

COME TO THE BIKE SHOW

MARCH 2-3-4-2007 Circle the dates on your calendar— and come visit us at our booth. Another service that will be available to you as a CAN-BIKE provider is that we will display your materials, but you will need to get them to us. If you are an instructor, you may also distribute your information. Contact Mike Trigiani (see last page for contact info).

There will be a photo display board for anyone who wants to share their CAN-BIKE photos. The photos will not be returned but will be kept for next year's display. However, if you want yours returned, please include a self-addressed, stamped envelope.

The Ontario CAN-BIKE Committee will also be hosting our 3rd Annual Meeting, which take place on March 3 at the Bike Show. There will be round robin discussions, followed by selection of new committee members. See the attached flyer and agenda for additional information.

Any person who is a member of the Ontario Cycling Association is permitted to cast a vote. However, to be elected to the Committee, a person must be a certified CAN-BIKE instructor in good standing. To be recognized as an instructor, the following conditions must apply:

- Be a member of the Ontario Cycling Association;
- Have basic First Aid Certificate;
- Hold a CAN-BIKE Instructor Certificate

An instructor is also expected to take a least one CAN-BIKE refresher course within a three-year calendar period. A refresher workshop is being sponsored by the City of Toronto on March 31, 2007 at the Toronto Police Services Facilities on Jane Street, just south of the 401. It is open to all instructors. For further details contact Barb Wentworth at 416-392-1142 or by e-mail at bwentworth@toronto.ca

We are continuing to work on a generic CAN-BIKE flyer and we hope this will be available soon. Also a promotional CD has been made by the Ontario Cycling Association and copies are available free of charge. The 15-minute CD gives a quick overview about the three youth programmes the OCA sponsors---BMX, Sprockids and Kids CAN-BIKE.

The new youth magazine, SKID, highlighted in the previous issue, is available for distribution to your members, free of charge. Give the OCA a call for further information. (See last page for contact info).

The OCA website has a CAN-BIKE page which is available to anyone who wishes to promote CB courses. Your course dates may be listed free of charge. Again to do this give the OCA a call and they will explain the process.

I have also re-printed the contest pages. Make sure you enter. The draw for both contests is at the Bike Show, on March 4th.

GIGGLES, FUN AND SOME R & R

Why were the 2 wheels locked up?

Because they were both framed.

Why was the cyclist in good spirits?

Because he was all cranked up and geared up to go

Why couldn't the instructor understand what the student was saying?

Because he spoke in circles.

Why couldn't the rear wheel go any faster?

Because it was "chained up"

Q	S	A	T	R	A	F	F	I	C	Y	C	L	E	S
Z	E	M	A	R	F	A	N	Z	L	L	E	B	W	S
W	A	T	E	R	D	S	R	E	A	G	C	I	T	X
E	T	E	W	R	F	T	E	V	B	G	T	K	A	Y
K	P	J	M	N	A	H	F	L	O	W	H	E	E	L
I	O	U	I	E	K	L	L	O	P	M	A	P	S	Z
C	S	C	H	A	I	N	E	R	E	N	I	A	P	H
K	T	M	N	B	V	V	C	O	L	D	C	T	X	A
S	L	L	A	F	L	A	T	E	M	L	E	H	G	N
T	H	A	S	A	S	H	O	E	S	E	D	F	G	D
A	K	O	V	Y	G	J	R	H	Z	D	R	N	O	L
N	L	P	R	I	G	H	T	I	O	I	O	G	U	E
D	S	R	L	T	O	U	R	I	N	G	T	O	O	B
G	A	R	T	Y	S	P	I	L	C	E	O	T	F	A
C	A	M	E	L	P	A	C	K	N	A	R	C	A	R

REFLECTOR

- SEATPOST
- HANDLEBAR
- WHEEL
- PAIN
- BELL
- CAMELPACK
- GONG
- SHOES
- GEARS
- SHORTS
- SEAT
- KICKSTAND
- CRANK
- CHAIN
- PRIZE
- COLD
- FRAME
- TOURING
- LIGHT
- FLAT
- VALVE
- WATER
- DOG
- TOECLIPS
- CYCLES
- TRAFFIC
- HELMET
- FOOD
- CAR
- INSTRUCTS
- MAPS
- ROTOR
- BIKEPATH
- CARRY
- RIGHT
- BOOT
- FALLS
- WET
- FAST
- FLOW
- HEAT

FIRST FIND THE WORDS-----THEN ANSWER THE QUESTION:

What do all these words have in common with riding your bicycle?

ANSWER HAS 2 WORDS _____

NAME: _____ phone # _____

E-MAIL ADDRESS _____

DROP OFF YOUR COMPLETED BALLET AT THE ONTARIO CAN-BIKE COMMITTEE BOOTH
OR MAIL YOUR ANSWER TO: CAN-BIKE@ontariocycling.org or cyclewithmichael@sympatico.ca

Mail-in ballots must be received by February 28, 2007 Midnight

DRAW WILL BE MADE AT THE BIKE SHOW MARCH 4, 2007

Ontario CAN-BIKE Instructors

General Meeting

Hosted by the Ontario CAN-BIKE Committee

Saturday March 3rd 2007

**Hall A – Salon 103
Direct Energy Centre
Exhibition Place, Toronto, Ontario**

This event coincides to but is not affiliated with
Toronto International Bicycle Show

All CAN-BIKE instructors
Programme providers
And interested contributors
Are welcome

- ? Update on recent and current CAN-BIKE activities
- ? Forum discussion of CAN-BIKE matters
- ? Elect members to the Ontario CAN-BIKE committee

Your participation is necessary for further progress!

For more information please contact:

Brian Betsworth
brianbetsworth@rogers.com

Michael Trigiani
cyclewithmichael@sympatico.ca

Ontario CAN-BIKE Committee

General Meeting

A G E N D A

Ontario CAN-BIKE Committee
Saturday, March 3rd, 2007

- | | | |
|---------|----------------------|---|
| 3:00 pm | Brian | Call to Order |
| | Greg | Recording of Minutes |
| | All | Approval of Agenda (Changes—Additions—etc.) |
| 3:05 pm | Brian / Mike | Word of thanks
Recognition of OCBC members in attendance
Chair Report - Recent committee activities
- recent successes

- current challenges
- future |
| | Jim Crosscombe | Changes at OCA/Future CB |
| | Brian per Barb | CB Instructor Refresher Mar 31
CB National Newsletter available |
| 3:10 pm | All | Appreciative Enquiry workshop (flipcharts)
- divide group into teams by number
- have each group appoint a spokesperson
- list strengths, successes, ideas, solutions
- 20 minutes to discuss and report back |
| 3:30 pm | All
Greg
Brian | Group spokespersons report back
collection of flipchart pages
promise to review/affirmation of mandate |
| 3:40 pm | Brian
All | Call for elections of Ontario Committee
Nomination of committee candidates |
| 3:50 pm | All | Election (verbal, or show of hands) |
| 3:59 pm | Brian | Notice of Next Meeting
Word of thanks |
| | Brian per Barb | reminders - CB Instructor Refresher Mar 31
- CB National Newsletter available |
| 4:00 pm | All | Adjournment |

GUESS THE ANSWER WIN A GREAT PRIZE!!!!

You are riding your bicycle at a constant speed. On your right side is a ditch. On your left is a fire truck travelling at the same speed as you. In front of you is a transit bus also travelling at the same speed as you. **Behind** you is an ambulance trying to overtake you and the fire truck, also travelling at the same speed. Behind the ambulance is a police cruiser with its lights flashing.

WHAT MUST YOU DO TO STOP SAFELY????

Draw will be at the Bike Show on March 4, 2007

E-mail your answer to:

CAN-BIKE@ontariocycling.org

Or drop your ballot off in person. Enter as often as you wish. Mail-in entries must be received by midnight February 28/07.

Ontario CAN-BIKE Committee Executive 2006-2007

Mike Trigiani (Chair)	416-259-4256	Steve Beiko	416 351-9718
cyclewithmichael@sympatico.ca		steve.beiko@gmail.com	

James Herman (Vice-Chair)		Greg Pieon (Recorder)	416-891-5787
james@possiblemissions.com	519-938-0231	gpieon@sympatico.ca	

Brian Betsworth		Issie Chackowicz	416-767-5169
canadianautoguy@hotmail.com	416-274-3275	Issie.chack@sympatico.ca	

Barb Wentworth (advisor) bwentwor@toronto.ca 416-392-1142

Ontario Cycling Association 1185 Eglinton Ave., East, Toronto, Ont., M3C 3C6
www.ontariocycling.org 416-426-7401 e-mail: CAN-BIKE@ontariocycling.org

SEND YOUR COMMENTS OF SUBMISSIONS TO:

CAN-BIKE@ontariocycling.org OR cyclewithmichael@sympatico.ca