

Annual Report to the membership

Inside this issue:

- Message from the President
- Past President Report
- FLC Board Rep Report
- Treasurer's Report
- Membership Report
- Rides Committee Report
- Communications Committee Report
- Social Committee Report



Message from the President

Linda Edwards-Green

Another cycling season is in the books! This certainly has not been the 'usual' season we have come to expect.

It turned out to be a year of new developments for our club. To start with, in January we reorganized our executive into three committees: Ride Committee, Communications Committee, and Events Committee. Each of these committees sends a representative to Executive meetings along with the president, past-president, secretary, and treasurer. It was agreed to pilot this organizational structure for the year and evaluate it in January 2021.

When the Covid lockdowns hit in March, we had to cancel our Ride Leaders Workshop as well as our Spring Workshop. Our Communications Committee, under the leadership of Pamela Lester, stepped up and started publishing a club newsletter with the intent to keep our membership informed and engaged throughout the lockdown. The contributions of club members helped make this newsletter interesting and relevant for our membership. I know that their hard work in this endeavor has been greatly appreciated.

In addition, an Old Spokes Facebook page was set up by Peter Whitehead. It turned out to be an outlet for members to post photos and descriptions of rides they were doing on their own or in small groups prior to the opening of our season.

In late June, when restrictions began to be reduced, we decided to start scheduling rides with a limit of 8 people per ride. Ride Coordinators felt that this was a reasonable number of people to enable leaders to ensure social distancing. As you can imagine, many rides were well oversubscribed, with many people on the waitlist. I know that many people experienced frustration when they were unable to sign up for rides. Our amazing Ride Coordinators stepped up and found leaders to offer ad hoc rides to accommodate those on the waitlists. I would like to thank those Ride Coordinators and the many members who offered to lead both the regular rides and the ad hoc ones. It is due to these volunteers that our season ended up being a success. As you would have noted, in August we increased the number of riders to a maximum of 12. Ad hoc rides were still offered, particularly in Level 2, to ensure all interested could ride.

Another change this year was our signup procedures. All membership renewals and signups are now online. As always, an FLC membership is required before signing up for the cycling club. In the process of getting an FLC membership, one must check the acknowledgment and consent box, eliminating the inconvenient process of getting a signed waiver to the Membership Coordinator before being able to join a ride. As noted in our

Membership Coordinator's report, membership numbers are currently down. We understand that part of this is due to COVID uncertainty and are hopeful that spring will see an increase in signups.

In closing, I would like to thank our many volunteers, both the executive members and the ride leaders, all of whom stepped up to make our rides possible in this most difficult year. Our club would not be possible without the many hours our volunteers put in.

I hope you all have a safe and enjoyable winter, and I look forward to seeing all of you come spring and cycling season!



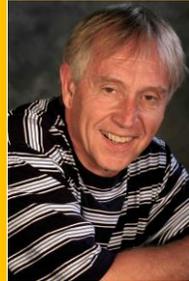
Past President Report

Tyrone Lester

The role of the past President is to provide a smooth transition to the incoming President. This includes training, advice, encouragement, and acting on behalf of the President when asked. Since our last AGM, I've been able to provide this level of support and work on the Club's revised structure to get more work done through the use of committees: Rides Committee, Communications Committee, Social Committee. I have worked closely with the Social Committee to plan the Spring Workshop, which was ultimately cancelled due to COVID. Now again, I am working with the Social Committee and on behalf of the President to plan and deliver a Virtual Fall Windup.

As past President, I have presented to the Cycling Club Executive the results of the Satisfaction Survey taken in 2019. Windup Event. Not surprising, there was a high level of satisfaction with the club.

Another role of the past president is to chair the Executive Search Committee in finding an incoming president. The position of President is a three-year commitment. The first is a year to learn, the second is a year to lead, and the third is a year to mentor the incoming president.



FLC Board Representative Report

Peter Whitehead

Board Projects

This has been a busy year for the Board. At the December Board Meeting the Board decided to:

- Replace the existing Waiver with an Acknowledgement and Consent.
- Develop a Club Privacy Policy and designate a Privacy Officer, Lawrence Gordon. The Policy is posted on our website.
- Review and update the Policy and Procedures Manual.
- Conducting surveys to determine what additional functionality the Activities would like to have available for their webpages. The plan is for this project to be completed for the beginning of the 2021-2022 membership year.

Activities Resuming

- In mid-March, our Activities were forced to shut down, and for several months we were unsure whether any activities would be able to resume in September.
- The Board formed an Activity Resumption Committee. Activities submitted their resumption plans to the Committee for approval. The Committee developed a Club protocol that would comply with our insurer's requirements. This protocol was in addition to the Alberta Health protocols and the protocols required by the various facilities in which we hold classes.
- Several Activities, after putting in many hours designing a plan, decided it was not feasible for them to resume in September and are hoping to resume in early 2021.
- Several Activities also took advantage of virtual classes and these have been very well received by our members.
- Our card, tile, and coffee groups who meet in the Seniors Lounge have not been able to resume.

If there are any questions, feel free to contact Peter Whitehead at pwhitehead@shaw.ca

Treasurer's Report

Dave Horn

OLD SPOKES CYCLING CLUB Income Statement Year Ending August 31, 2020

Revenue	
Memberships	1,225.00
Name tags	15.00
Jerseys	-
Casino Funds	217.34
	<u>1,457.34</u>

Expenses	
Name tags	-
Jerseys	-
Trico rent	217.34
Windup	454.71
Bank charges	30.00
Advertising	285.08
Radios	125.98
Donation	500.00
Spring Meeting	-
Office	-
	<u>1,613.11</u>

Income (Loss) (155.77)

Bank Balance

August 31, 2020 3,552.28

Notes

Casino Funds

FLC Seniors Club runs a casino and they use these funds to pay for rooms that the Cycling Club uses for meetings and the year end windup.

Donation

Made to Friends of Fish Creek Park as part of their initiative to purchase a pickup.

Jerseys

No jerseys were sold this year. Sales normally take place at the Spring meeting which was cancelled. There is no profit on the sale of jerseys. They are sold at cost.

These Financial Statements have been audited by a volunteer from the FLC Seniors Club.



Old Spokes FLC Seniors Cycling Club

Promotes health and fitness for cyclists 55+



- Three levels of rides
- Choose for your level of ability
- Daily ride opportunities
- Pedal assist e-bikes welcome
- Explore Calgary and beyond



www.flcseniors.ca/activities/cycling

email: cycling@flcseniors.ca

Come & Join Us!

This self-standing Cycling Club banner was produced to be used at our Spring Start-Up Meeting last April.

The Communications Committee plans to use it in the Trico Centre to attract new members, and at any other appropriate events.

When 'We'll Meet Again' it will be proudly displayed!





Membership Report

Rick Stothard

The Cycling Annual Membership drive started, as usual, in conjunction with the Annual FLC Membership drive in late August of 2019 and attracted 175 members. By early January 2020, that number had risen to 189. With the onset of Covid-19 in February and the cancellation of the April Workshop with the absence of a second registration blitz, membership sales remained below 200.

When the Cycling Club was finally allowed to resume rides in mid-June, our numbers rose to 205 members. The membership increase remained slow until the end of August 2020, to close out the fiscal year at 223 (see Chart 1 below). Membership was down considerably from the recent past, where we had three years in the range of 290 members (see Chart 2 below).

It is likely that the drop in Membership for this 2019-2020 fiscal year could be attributed to the following factors:

- An earlier, cooler fall in 2019, thus dampening folks biking enthusiasm,
- The onset of the Covid-19 virus, with the resultant safety concerns and restrictions,
- Lack of the Spring Workshop and 2nd registration event due to Covid-19,
- Mandated closure of outdoor “group” activities for April and May,
- Significantly reduced number of participants (8) on rides initially,
- Confusion arising from the early transition to the Online Membership System.

The registration for the 2020-2021 Cycling season started slowly in September, with only 125 members signed up by the time of this report. The reduced intake of members from the same time last year is of concern and needs to be evaluated. There have been several improved aspects from the new Online Registration system, the most significant one being the lightened workload for Membership.

Chart 1



Chart 2





Rides Committee Report

Hazel Banush & Peter Bradbury, Co-Chairs



REVIEW OF 2020 CYCLING OPERATIONS

Covid19 smacked us this year, just as it has many other sporting organizations and businesses.

- Membership declined by 22%. Hopefully, many members from last year who did not renew on account of the pandemic kept up their condition by cycling alone or in small private groups.
- We received clearance to start operations with appropriate safeguards in late June, which shortened our season by almost half.
- Physical distancing precautions forced us to set ride registration limits of 8, increased to 12 at the beginning of September.

Notwithstanding all these strikes against, we performed creditably.

- In 2020, we staged 87% of last year's number of rides: Level 1 increased trip production to almost 2019's number; Level 2 produced two outings every Tuesday and Thursday during the season to cut back on wait-lists; Level 3 staged more events on Saturdays.
- We resolved an organizational issue by moving our Level 3 Tuesday activity to Wednesday, merging it with last year's Level 2.5 program.
- Rider participation was better than half last year's total despite the 8/12 attendance limits.
- Our slate of leaders continued to strengthen, which will serve us well next year.

		2020	2019
Rides	Level 1	16	17
	Level 2	61	42
	Level 2.5		23
	Level 3	25	35
	Total	102	117
Riders	Level 1	105	247
	Level 2	482	555
	Level 2.5		220
	Level 3	188	267
	Total	775	1,289
Averages	Level 1	6.6	14.5
	Level 2	7.9	13.2
	Level 2.5		9.6
	Level 3	7.5	7.6
	Total	7.6	11.0
Activity: Weeks		16	28
Leaders		30	40
Members		223	285

Members will notice some further advancement next year, whether or not Covid19 restrictions continue.

- Ride registration dates will become more predictable so that members will have less need to consult the website frequently.
- Coordinators and leaders will accommodate members on waitlists with timely transfers to an ad hoc ride if a leader is available.
- We will stage more ad hoc rides on non-scheduled days.

We gained valuable experience in making our rides enjoyable for our members. Kudos go to our ride leaders for their dedication and work under trying circumstances this year. We hope you agree.

From the Ride Coordination Committee: Elaine Peek and Mary Gallagher (Level 1), Brock Burwash and Brent Daignault (Level 3), Murray Karn (Coach), Hazel Banush (Level 2 and Co-Chair), and Peter Bradbury (Co-Chair).

Communications Committee Report

Pamela Lester, Chair



This new committee formed to imagine the means to profile the Old Spokes Cycling Club: our message, audience, and methods to communicate with it. Our committee includes Rick Stothard, Peter Whitehead, Peter Bradbury and Pamela Lester.

Initially, we focused on creating interest in new membership to keep our Cycling Club vital.

We set a launch date for our Spring Start-Up workshop for new materials. Laminated posters were ready to post in strategic locations in the Trico Centre, and paper posters for broader distribution in the surrounding communities. Of course, all that was halted when we had to cancel the Spring Start-Up events due to the pandemic.

Our best means of promoting our Club is through our members. The next time someone inquires about the Old Spokes cycling club – wouldn't it be helpful to have a business card to pass out?



A new business card was produced to distribute at the Spring Start-Up workshop. We intended that all members pick up a few cards to carry in their bike bag, purse, or wallet, to have them available to distribute. Ride leaders were intended to have a supply on hand.

Some of these cards have been distributed to Ride Leaders and the Club Executive so far. If members desire to have some cards: let us know by using the Club email link on the website, and provide your mailing address.



The free-standing banner shown previously is also ready for action once we are able to use it.

The **Bike Banter** newsletter was an idea of Peter Bradbury and Pam Lester to provide some cycling information, interesting articles, a little fun, and some reflection. It was our way to reach out to our members whose cycling plans came to a halt with the pandemic. Published bi-monthly, then monthly, it was circulated via email and posted on our Cycling Club webpage. Several members submitted material, which was very helpful and appreciated. We are currently evaluating this initiative and planning for the new year.

Peter Bradbury became our 'chief correspondent' then 'feature writer'. (*terms applied by the Editor!*) His article series has been the backbone of our newsletters. His commitment and dedication are so valuable. (*see his interview article below.*)

A private member's Facebook group for Old Spokes was another strategy to communicate with our members. Peter Whitehead took this on and set up and manages the group. His initiative engages members and is much appreciated. (*see his article below.*)

The FLC Cycling Club webpage continues to be the communications hub for our Club.

Feature Writer

An interview with Peter Bradbury

Editor: Peter, how did your enjoyment of writing start?

When I was 12, I won the St. Andrews Essay competition with a short piece titled "Loch Ness Monster" about a chicken that left its coop, walked down a road into the lake, and metamorphosed into the monster.

Two years later, after I expressed a wish to be a journalist, my father sent me to an English tutor, Phillip Foy, during my summer vacation.

Old Spokes on Facebook

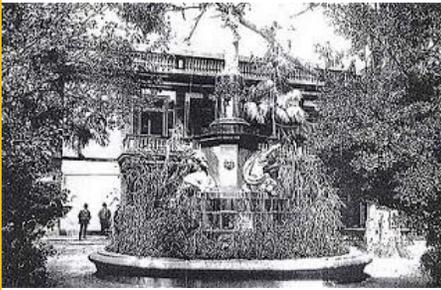
Peter Whitehead

The Old Spokes private Facebook page was new for 2020 and was experimental to see if our members would find a use for it and to facilitate informal communication among members of the club.

We have **84 out of 123** club members registered.



I idolized the man, not because he tried to teach me clauses and phrases, but because he had been a fast bowler who played cricket for Argentina.



Once a week, I rode my bike to visit him in his room at the Las Delicias Hotel in Adrogué, a distant suburb of Buenos Aires. The hotel had seen better days when the country's presidents visited, and society staged dances there.

After my lessons, Mr. Foy pulled out a deck of Spanish cards to play "Truco," a trick-taking game with bidding. His eyes twinkled when he foxed me with a bluff.



Many years later, as a member of a ratepayers' association in West Vancouver, B.C., I wrote a few articles for the Lions Gate Times about municipal affairs, one of which headlined on the front page. I declined an offer of support to become an alderman. Alan Jessup, my mentor, a retired editor of The Province, chastised my first effort saying: "Your trouble, Peter, is you start off roaring like a lion and end up bleating like a goat!"

Editor: Tell us about the background of the Netherlands articles you are writing.

The Netherlands is the #1 cycling nation because it has the highest concentration of bicycle ridership. It disseminates cycling know-how and experience gained over 100 years globally and unstintingly.

According to The Economist Intelligence Unit's 2019 survey, Calgary is the 5th most liveable city worldwide. We know cycling contributes to liveability. Calgary urban planners and engineers learn from the cycling experiences and experiments of other cities and apply them as appropriate and progressively to our city.



Why should we not rank at the top?
..... The story needs telling.

There have been a variety of posts ranging from maps of rides (very useful), funny videos, scary videos, warnings of pathway closures, announcements of new pathways or newly paved pathways, the odd joke here and there.

Also, articles from the City about cycling & transportation, and warnings about thefts from vehicles at popular parking lots.

There are tons of photos of our members on the weekly and other rides (my personal favourite was the bald eagle that level 3 saw).

The monthly newsletters are available on the FB page under the FILES tab.

Old Spokes has a web page on the flcseniors.ca website but we are constrained by space and rules (not everyone can add content to the web site).

The FB page is much more free form, limited only to good taste and available to all members of Old Spokes for their contributions.

If you have ideas that you would like to see incorporated on the page.

- send a note to cycling@flcseniors.ca
- or post your idea on the Old Spokes Facebook page.





Social Committee

René Starratt & David Smith

A spring workshop was planned for April 4/20 from 10 till noon at the Deer Run United Church. This was a different venue than years before, so that there would be more room for displays and presentations.

The Executive decided to cancel this event due to Covid numbers restrictions.

The usual end of bike season wrap-up potluck at Trico was canceled. So, a Zoom get-together will take its place on November 27, 2020, at 7 PM, with members signing up on the website.

Hopefully, in 2021, we will be able to get together in person.



Our Editorial Team:

Pamela Lester, Publisher
Peter Bradbury, Feature Writer
Richard Stothard, Distribution
Peter Whitehead, Facebook Coordinator

Your feedback about this newsletter is very welcome.

Send your comments and ideas to:
pamelalester@shaw.ca
or to any member of the Cycling Club Executive.

SAVE THE DATE
Friday, November 27 at 7 pm

Old Spokes 2020 Windup Event
Is happening virtually!



Enjoy your favourite beverage & snacks from the comfort & safety of your home.
Socialize in small groups.
Door Prizes
Entertainment

Register for the Windup Event via the Rides button on the FLC Cycling homepage.

You will receive an email with a Zoom invitation to the party, and details about how to join.

Old Spokes - FLC Seniors Cycling Club
Promotes health and fitness for cyclists 55+

www.flcseniors.ca/activities/cycling

Email: cycling@flcseniors.ca

Facebook: Old Spokes