

Pedalling the Cycle Tour News



2023 – EDITION 2

Monday, August 21

Off to a great start!

The hot weather during week 1 of our Cycle tour was not conducive for women over 55 to be out on bikes, but despite this challenge we covered 3690 kilometres. The launch, the back-to-back "Monday" rides, the Pedalling Past the Point optional group ride, the Friday Gentle Ride and other individual rides all contributed to this total. (We did, however, only hear from 19 of the 50 registered riders!)

Well done everyone! If you missed sending your weekly kilometres to VG4Acycledistance@gmail.com on Saturday, please add your week 1 and week 2 kilometres together and submit them this coming week.



From left to right: Suzanne (photographer) Jane, Susan, Lib, Meg and Mary Ann

The above photo was taken on Sunday, August 13 on the ride to Cadboro Bay following the launch at Mile Zero that morning. Suzanne and Jane are new to the Cycle Tour this year and are excited to be participating.

In this and the next three editions of our Pedalling the Cycle Tour News we will feature an individual grandmother in Africa.

Can you hold Gogo Irene in your heart as you push those pedals this week?



In Harare, Zimbabwe, Gogo Irene could not enroll her granddaughter in school without a birth certificate. "It pained me so much to see this child growing up so smart but not in school," she recalled. When she connected with Mavambo Trust and found Francesca could start at their school for orphans the next day, she shouted, "Go scrub yourself, you are a schoolgirl now!"

Irene also joined Mavambo's group of grandmothers where they discussed their problems and got support and training in growing sack gardens. "The first day the vegetables were ready," she said, "I cooked so much, we ate and ate and it was the first time the grandchildren said, 'Gogo, I can't finish.' That day I knew my life was transforming. The grandchildren started growing and I started to gain weight and look beautiful again.

I started selling extra vegetables at a table outside my house and could afford to buy clothes for the children and all of the other things they need. We grannies learned dressmaking for income, and patchworking, so even scraps of clothing would not go to waste – they can become blankets for the children. Now we grandmothers have started saving together and using the revolving loans for bigger projects. With my loans I go to second-hand markets and buy clothes that I sell here or trade for maize in the rural areas."

The Stephen Lewis Foundation partners with community-led organizations like Mavambo Trust in the 15 sub-Saharan countries in Africa worst affected by the continuing HIV and AIDS pandemic. Mavambo's website states: *Mavambo Orphan Care (MOC) is a local non-governmental organisation established in 2001 in Zimbabwe with a mission of empowering children to develop their maximum potential by capacitating them to become socially adjusted, self-sustaining, healthy responsible citizens.* Programmes it runs include a school feeding programme, child protection, psychosocial support, education support, health and hygiene, and household economic strengthening. <https://mavambotrust.org.zw>

Irene's story is on p.165 of [Powered by Love: A Grandmothers' Movement to End AIDS in Africa](#), which is available in VG4A's library and GVPL.

Riders enjoy coffee at the Cadboro Bay Moka house during the first of our optional rides last week on Thursday, August 17.

Around the table clockwise: Jane, Lynn, Susan, Lib, Jane, Cynthia, Lisbie and Suzanne. Photo by a willing customer.

Thanks to Todd N. watch the group as they cycle up Foul Bay Road.

<https://youtu.be/lzZM8Ijeeck>.



Rides this week are as follows:

Monday, August 21: Meet at 8:00 at the Switch Bridge for a 69 km ride on the Peninsula.

Tuesday, August 22: *Fickle Fig 50* – Meet up at 9:30 at the Lochside/Blenkinsop connector. Register on line at vg4a.ca/events. Moderate pace – 15-17 km average pace per hour.

Wednesday, August 23: *Two ride options* to take you to the *VG4A Summer Social*. Meet up at 9:30 either at the Lochside/Blenkinsop connector or the Janion building down town.

Thursday, August 24: *3 Ferry Ride*. Meet up for the 8.40 a.m. Brentwood Bay to Mill Bay Ferry. Register on line at vg4a.ca/events. This ride is for stronger cyclists. It is 80 km and hilly 😊

Friday, August 25 – *Friday Gentle Ride*. Meet up at 9:30 at the Saanich Municipal Hall.

Please send your pictures and stories from the road to

vacationlauren@gmail.com



Photos by Laurie Wilson from the August 14 and 15 Back-to-Back training rides

Watch for an edition of *Pedalling the Cycle Tour News* each Monday

We also encourage you to check www.vg4a.ca often for current news and information