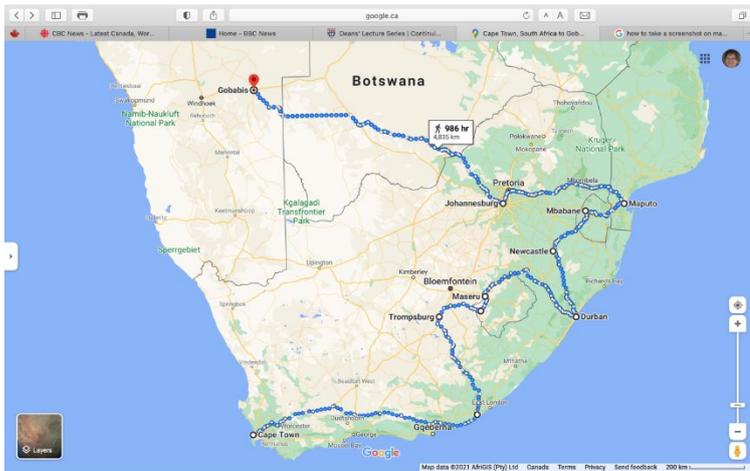


Peddalling the Cycle Tour News



Last Week



We rode 4861 km last week, starting from Cape Town, spending the first few days in South Africa but also going through Eswatini, then over to Maputo, Mozambique on the coast. We rode right across Botswana and ended up in Gobabis, Namibia!

25 riders did not send their kilometres to vg4acycledistance@gmail.com yet. Send them as soon as you see this, or wait and send weeks 1 and 2 together.

Cyclists from outside greater Victoria:



Sue from Merville with her beautiful sculpture.

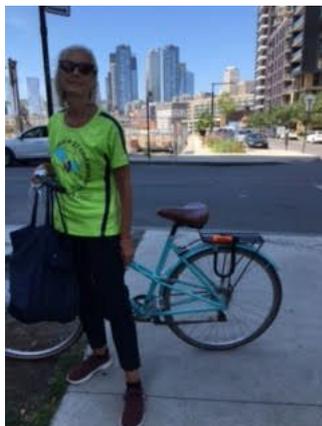


Karen from Campbell River found rain in the Sayward Valley!

Cyclists Riding Away from Home



Berken at Caliper PP, ON



Robin in Montreal, PQ



Patricia on the Fulford ferry



Monday riders in Mill Bay

This Week

- **Monday, August 23rd**– 90K ride out Lands End Rd, the first of two back-to-backs should you care to commit – meet at the Switch Bridge at 8 am. Leaders will be Wanda Bentkowski and Laurie Wilson.
- **Tuesday, August 24th**– 90K ride out to Metchosin – meet at the Switch Bridge at 8 am. Leaders will be Christine Scott and Stefa Katamay. **Also drop by the 7 pm Zoom meeting:** <https://us02web.zoom.us/j/81276502913?pwd=ZG9uRHB0UFM0L1V1aitrNTRvQkg4dz09>
- **Wednesday, August 25th 9 am** at the Blenkinsop Connector (<https://tinyurl.com/3jfc97um>) – Christine Scott will lead a leisurely ride out the Goose to the E and N at Atkins and take the E & N back into town. We will ride the waterfront to Ruth & Dean for coffee and then be some of the first ones to arrive at the VG4A lunch social at Willows Beach. Riders should pack a lunch and be prepared to make their own way home when they choose.
- **Friday, August 27th 9:30 am** at the Saanich Municipal Hall at [Darwin Ave & Lochside Trail](#)– 25 – 35K Gentle Friday ride. Leaders will be Lynn Kobierski.
- **By Friday evening, August 27th** – Send your week’s kilometres (rounded off to the nearest km please!) to vg4acycledistance@gmail.com.
- **Send a photo of your cycling or coffee adventures this week to vacationlauren@gmail.com** (or the Registrar).

A Piece of Cycle Tour History

Rose Mary Ormerod remembers her first tour in 2010:

On an August morning in 2010 I was enjoying a coffee with Carol Judd after our regular Saturday run around Elk/Beaver Lake and she mentioned the VG4A cycle tour. Having lived in southern Africa and recently taken up cycling, my interest was piqued.

Me: I would like to do that one year.

Carol: There is still space for this year.

Me: Oh, okay. How far is it?

Carol: Just under 300 kilometres.

Me: Oh.

Up until then I had only cycled into town and back and as there were no organized training rides, I was not sure what I had signed up for. However, everyone was so reassuring, the cause so compelling, and these ladies were very organized. Jocelyn and Roger would transport my bike, Yvonne’s son would drive some of us up to Campbell River, food and lodging was arranged. All I had to do was cycle.

Not to sound negative but the first two memories of that tour that come to mind are hills and rain. How could riding down the Island have so many uphills! And then the daily rain which turned into a downpour on the third day as we approached the Brentwood Bay ferry. David, my husband, cycled up the Malahat from Victoria to meet us and took the photos of us coming up Mill Bay Road in the rain and then drying out and warming up in the ferry’s engine room.

We cycled into Victoria through Chinatown and, although the sun did not come out, the rain ceased. I recall feeling elated and so very fortunate as we rode under the red and gold arch, the Gate of Harmonious Interest. What could be more fitting!



Meeting Women on our Virtual Tour of sub-Saharan Africa

We ended Week 1 and will start Week 2 in the country of Namibia. **Monica Geingos** (née **Kalondo**; born in 1977) is a Namibian entrepreneur, lawyer and First Lady of Namibia since 2015. She has been a board member and director within many of the country's large companies. She has also chaired the Presidential Economic Advisory Council. In 2012, she was voted one of the 12 most influential people of Namibia, and in 2020 she was in the list of 100 most influential African women. Geingos is a graduate of the University of Namibia, and spent the early part of her career working for the Namibia Stock Exchange (NSX) in Windhoek. She holds two legal degrees B. Juris and an LLB.



Geingos showcased a flagship program of the Office of the First Lady to the UNAIDS Executive Director, Winnie Byanyima, during Ms Byanyima's spring 2021 visit to Namibia. Launched in February 2018, the #BreakFree anti-violence campaign aims to contribute towards preventing violence through awareness-raising around various forms of violence in Namibia and finding pragmatic solutions for prevention. As part of the campaign, Ms Geingos hosted a women leaders' dialogue to engage Ms Byanyima and women leaders in Namibia on critical discussions about gender inequality and gender-based violence as critical structural drivers of the HIV epidemic.

The Government of Namibia has recently launched a mass media campaign, Nationhood and National Pride, against gender-based violence. "Even though progress has been made in policy development, women's representation and other areas, girls are still born in an unequal world and violence against women still remains a challenge," said Ms Byanyima.

Information taken from: Wikipedia and <https://www.unaids.org/en>.

And a recent article about women leaders dealing with Covid-19 in Botswana:

<https://blogs.worldbank.org/youth-transforming-africa/five-african-women-leading-way-covid-19-recovery-botswana>

Did you know???

- We have a  page: <https://www.facebook.com/Victoria-Grandmothers-for-Africa-115977452288>
- The age of the 65 Cycle Tour 2021 participants varies from 58 to 85.
- The average age of the participants in Cycle Tour 2021 is 70.
- The median age of the participants in Cycle Tour 2021 is 70 (half of the participants are above 70, half are below).
- The mode (the most common age) of the participants in Cycle Tour 2021 is 72. There are nine 72-year-olds participating!

Here is an article published in *Inspired Senior Living* in December 2020 about the two oldest members of Cycle Tour 2020: <https://www.seniorlivingmag.com/2020/11/29/super-seniors-cycling-four-pillars-for-longevity/>.