

**Centre for Heart Lung Innovation
Winter Quarterly Meeting
Annual Awards
Dr. Bob Schellenberg retirement
Dec 7th 2020**





Quarterly Meeting 9:00 – 10:30 am

Zoom- Dec 7th

Adoption of Minutes from Sep 21 2020

Director's Update

Dr. Don Sin

Centre News

Tracy Yang

Finance Update

Operational Updates

Andrew Ferris

IT Update

Claire Smits

Ops Notes

Beth Whalen

Molecular Pheno Lab (Core 1) Update

Ivan Leversage

Health & Safety, Education and Events

Carleena Ortega

Trainee Association News

Dr. Vivienne Chan

Grant Successes

Dr. Don Sin & Chris Robinson

**Staff Service, Trainee & Special Appreciation
Awards Presentations**

Dr. Jim Hogg

**Congratulations to Dr. Bob Schellenberg
on his upcoming retirement**

**Adoption of Minutes
from Sep 21st 2020
Quarterly Meeting**



Director's Update



FACULTY RECRUITMENT

Stem Cell
Biologist (Card,
SBE)

Filled
(Dr. Z.
Laksman)

Started

Public Health
Genomics

James Hogg ...
SFU/CRC (2)

Filled
(Dr. G. Koelwyn)

July 1, 2021

CV
Pathology
(Path)

Filled
(Dr. Y.
Wang)

Mar 1, 2021

AI Radiology
& Precision
Medicine

(Radiology &
Centre for Brain
Health)

2 final
candidates

Pharmacogeno
mics (APT)

Filled
(Dr. A. Singh)

Jan 1, 2021



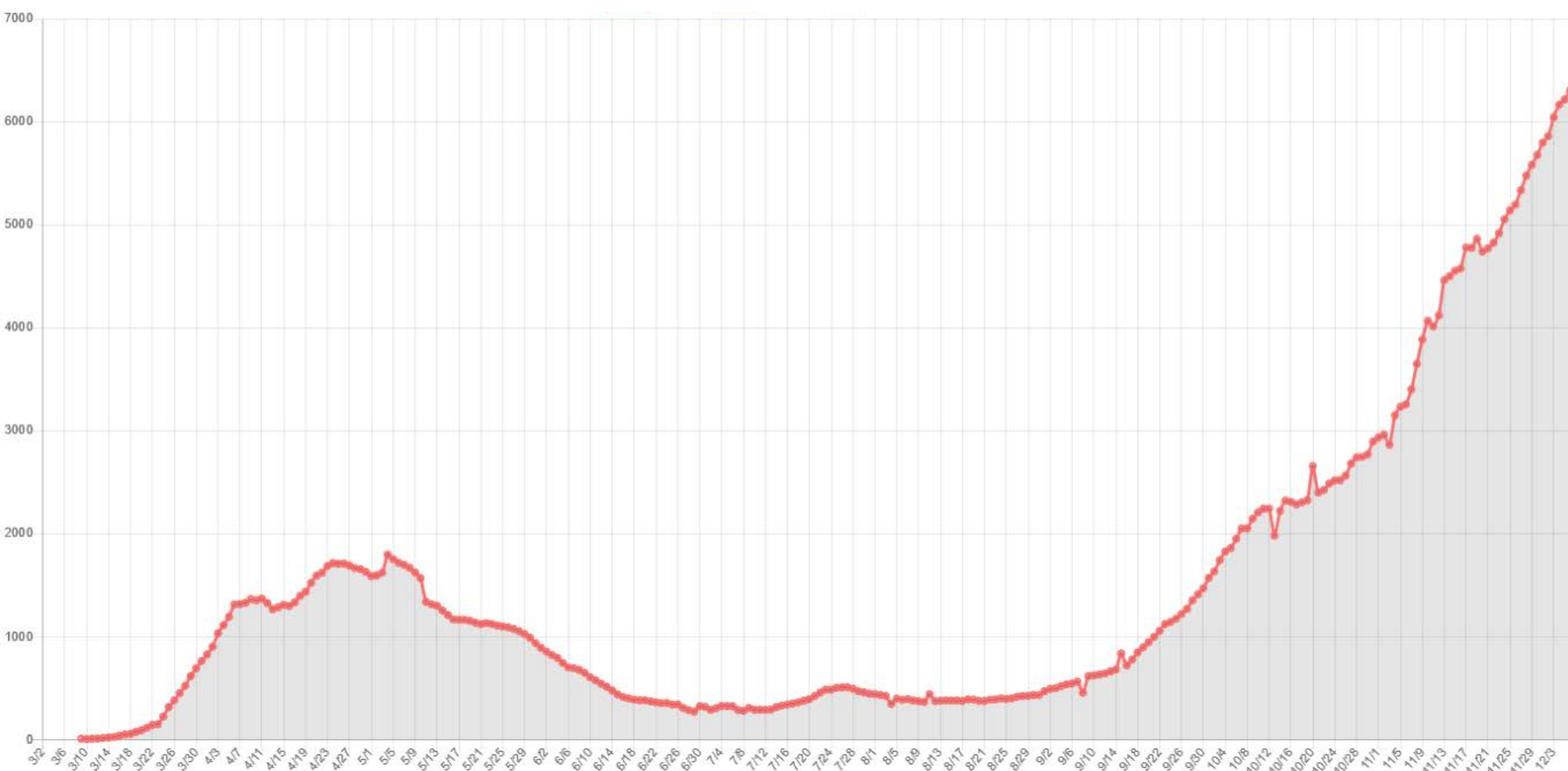
FACULTY RECRUITMENT

**CRC (1) in
Asthma and COPD
Pathobiology and
Therapeutics
Dr. T. Hackett**

**CRC (2) in
Airway Translational
Biology
Dr. J. Leung**



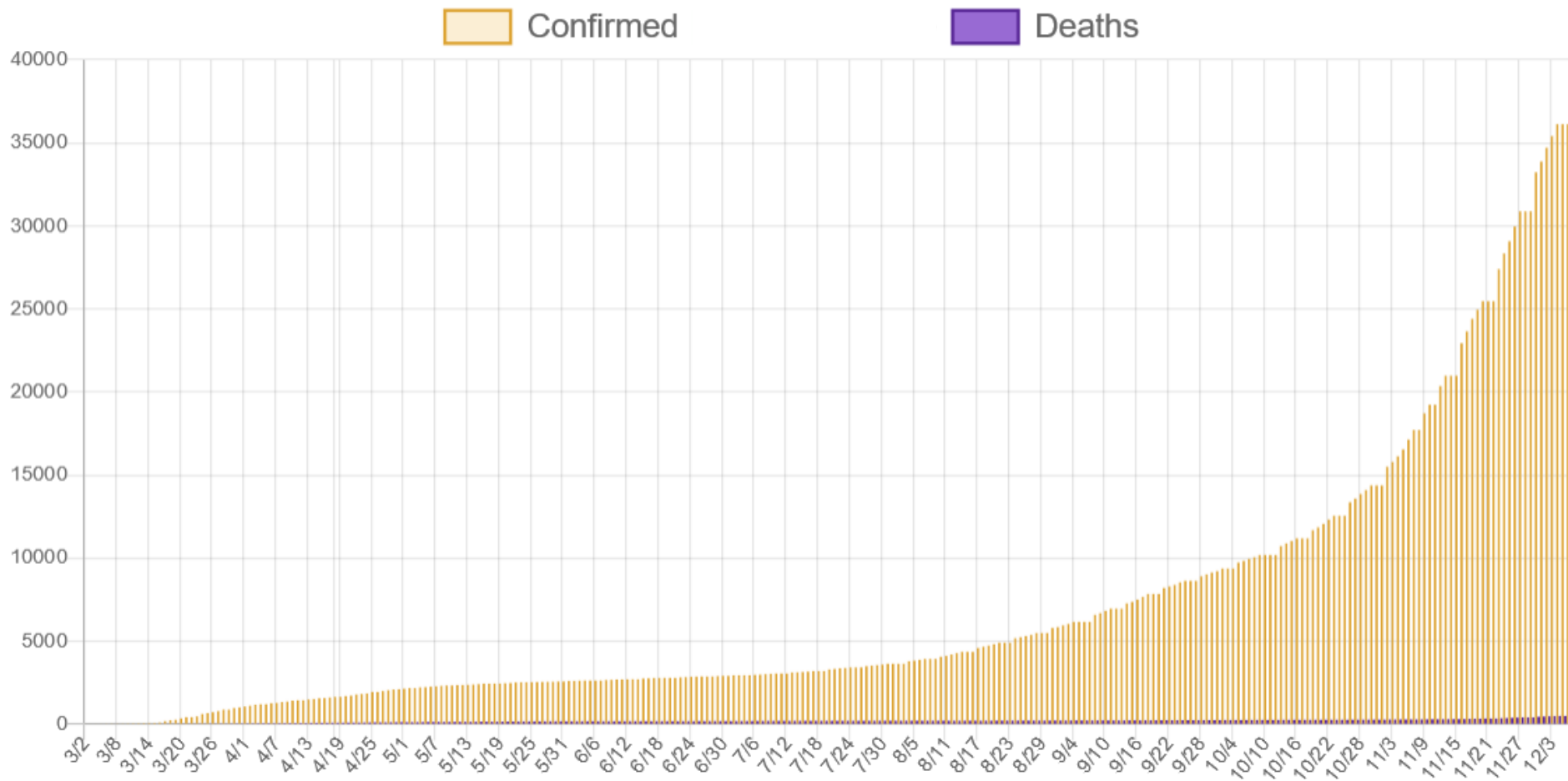
OF NEW CASES OF COVID-19 IN CANADA



<https://www.covid-19canada.com/>



OF NEW CASES OF COVID-19 IN BC



<https://www.covid-19canada.com/>



Financial Update

April 1, 2020 to March 31, 2021

	Received	Projected Budget	Balance
Hospital Infrastructure personnel	\$1,000,000	\$1,000,000	\$0
Other Infrastructure personnel	\$299,571	\$299,571	\$0
Cost Sharing	\$115,599	\$175,000	(\$59,401)
Indirects	\$0	\$230,250	(\$230,250)
Overhead	\$25,757	\$125,000	(\$99,243)
TOTAL			(\$388,894)

Actuals at Oct 31 2020



Financial Update

Cost Sharing					
		Carry-Over	Budget	Expenses	Balance
Imaging		\$1,721	\$3,279	\$0	\$5,000
Equipment, Facilities, and Safety					
	General Repair and Maintenance	\$0	\$30,000	\$13,267	\$16,733
	Miscellaneous Equipment	\$0	\$12,000	\$26,246	(\$14,246)
	Service Contracts - Freezers	\$36,506	\$0	\$7,255	\$29,251
	Service Contracts - Other	\$0	\$30,000	\$0	\$30,000
	Tissue Culture	\$0	\$21,000	\$5,259	\$15,741
	Server Room Hardware and	\$0	\$45,000	\$3,487	\$41,513
	Server Software	\$0	\$30,000	\$16,589	\$13,411
	Workstation Software	\$0	\$30,000	\$15,740	\$14,260
	Supplies	\$0	\$30,000	\$6,973	\$23,027
IT/Equipment Contingency		\$130,000	\$0	\$0	\$130,000

BSC to be billed to CFI

Actuals at Oct 31 2020



Financial Update

Courier		\$0	\$6,000	(\$24)	\$6,024
Telephone/Fax Expenses		\$0	\$3,000	\$1,091	\$1,909
Laundry		\$0	\$0	\$0	\$0
Seminar Series		\$0	\$15,000	\$4,193	\$10,807
Education/T&E		\$0	\$5,600	\$2,304	\$3,296
Infrastructure Training		\$0	\$2,000	\$906	\$1,094
Clinical Research Core		\$0	\$65,000	\$29,185	\$35,815
Indirects and Overhead					
		Carry-Over	Budget		Balance
Administrative Costs		\$0	\$60,000	\$10,968	\$49,032
	Photocopier Lease, water, catering, etc.				
Infrastructure Salary Account					
		\$0	\$85,000	\$29,523	\$55,477
Computing		\$0	\$15,000	\$0	\$15,000
HLI Contingency		\$10,706	\$39,903	\$44,364	\$6,245
	[Special Initiatives, Training, Recruitment]				

Credits from 2019

BT invoices & GR salary to Jul 20

Actuals to Oct 31 2020



Core Revenue Balances

Core Facility Budgets	Carry Forward Balance	Total Received	Total Spent	Balance		
Molecular Pheno	\$72,126	\$14,796	\$20,614	\$66,308		
Cellular Imaging	\$115,944	\$11,850	\$45,605	\$82,189		
Cell Culture	(\$686)	\$0	\$4,703	(\$5,390)	Billing at year end	
Histology	\$117,533	\$21,917	\$78,284	\$61,165		
Imaging	\$87,696	\$8,362	\$16,334	\$79,725		
Computing	\$45,288	\$215,166	\$182,004	\$78,450		
GEM	\$34,298	\$116,311	\$126,457	\$24,152		

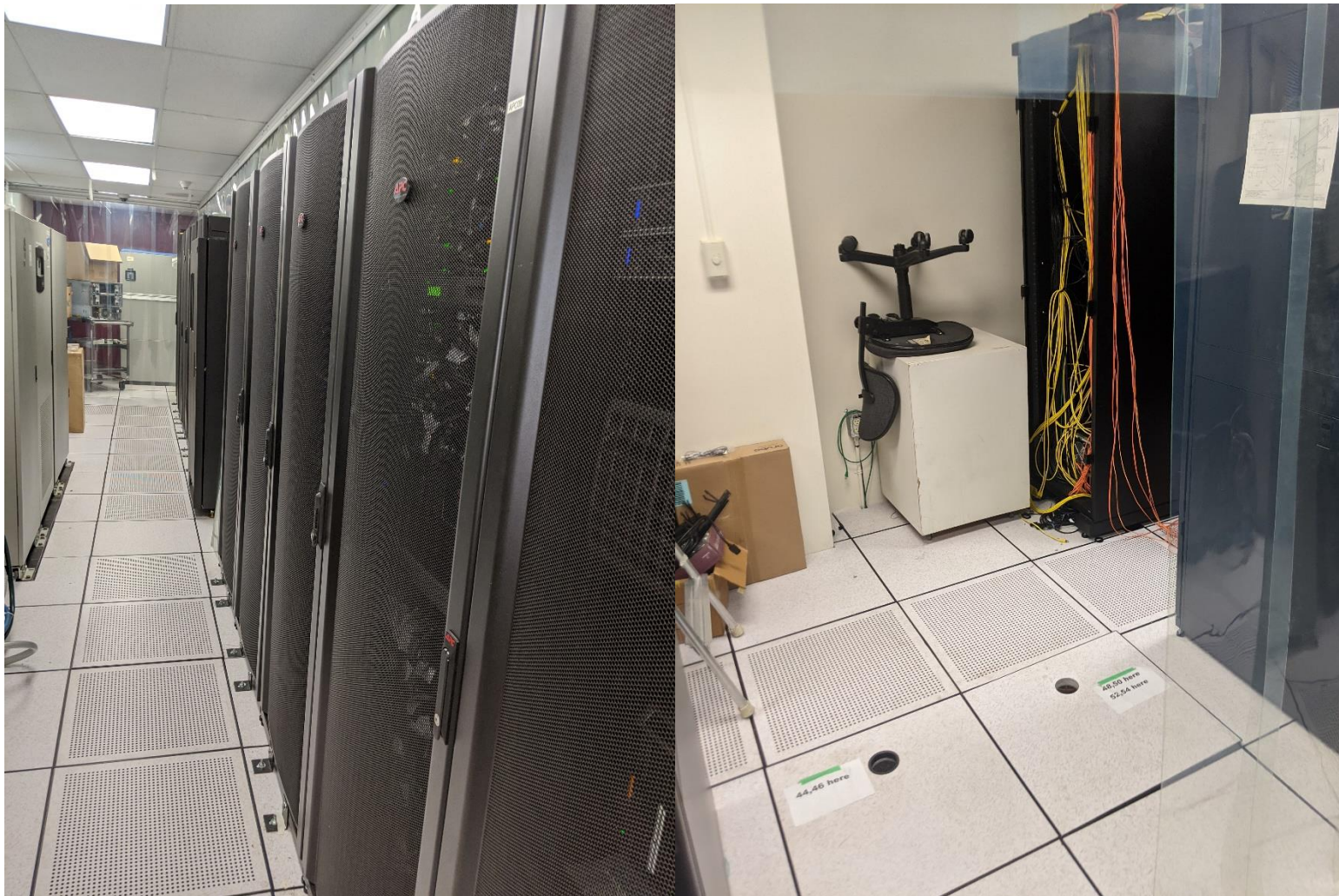
Actuals to Oct 31 2020



IT Update



Data Centre Updates



Data Centre Updates

- Decommissioning
 - Old Backup System
 - Secure shredding of
> 800 backup tapes



Data Centre Updates

- Decommissioning
 - Old Storage arrays
 - Secure destruction of old Storage Drives



Data Centre Updates

- New Racks for
 - Analysis nodes
 - Storage
 - Archive
 - Arriving in the new year



Projects Update

- Canuck – beta – waiting for proofing
- Working on:
 - Lung Registry
 - Drug checking
 - Equipment booking
 - PHCRI Accounting



Security

- Please be extra vigilant when you receive emails from outside users
- Phishing
- If you have any question please contact the help desk and they can assist with the validity of the email



Operations Updates



HLI Safety Plan update

- Continuing with mandatory mask wearing at HLI (exception – you are alone in an office)
- Report your Thrivebc covid-19 assessment test results to your supervisor/PI/manager/centre staff on site daily.
- Stay home if you have any signs of illness
- Physically distance, wash hands, sanitize



Research Resumption Phase 2

As new students and staff come on board, please update your research resumption form (excel sheet) :

- 1. Check with HR for a desk assignment, add to your summary table tab

Floor #	# of Faculty on Floor - Monday	# of Staff on Floor - Monday	# of Students on Floor - Monday	Total # of people on Floor - Monday
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- 2. If working on new projects add the project REB/ACC number and title to the project info sheet
- Send to Claire.smits@hli.ubc.ca. Will batch and send to FoM
- Patient based research – must have approved documents in place (ethics, safety checklists) check with Julie.hadden@ubc.ca or paula.piper@ubc.ca



Research resumption requirements

- 1) Read HLI's Safety Plan document (updated)
- 2) Complete the UBC SRS Online Course:
srs.ubc.ca
- 3) Watch HLI's Safety Plan video – **on HLI intranet**
- [http://eguide.hli.ubc.ca/home/admin/health & safety/HLI COVID-19](http://eguide.hli.ubc.ca/home/admin/health&safety/HLI%20COVID-19) **Safety plan video**
- Wear a mask, maintain physical distancing on site in the lab and in your seating area



Biobanking- Freezer Room 4

- Plans for a new freezer room are going ahead
- Tentative capacity – ten -80C's 4 -20C's
- Location will be in Burrard basement – B05/06 next to HLI Registry Storage Facility
- Thanks to the benevolence of PHC

- ETA Spring 21



COVID-19 Vaccine Task Force

- HLI has been approached by the task force to determine if we have space for short term storage of both Pfizer and Moderna vaccines
- We are on their list to be contacted if space is needed



Comox

- Contractor will move out by Dec 20 20
- Advocating for more office space on 3rd floor
- Tentative plans to create a student gathering area in room 345 – eta Spring 21



CSRC

- Met with new project manager Nov 20
- PM will attend HLI QM Spring 21 and provide an update
- CSRC team will be working behind the scenes for the next 6-9 months
- Will engage HLI Fall 2021 to participate in more detailed design planning

New Equipment available in the MPCL

- QuantStudio 6 Pro Real-Time PCR System – replacing the ViiA7



- NanoDrop 8000 Spectrophotometer – replacing our aged NanoDrop



- BioRad T100 thermal cycler – 96 well



Updates

Health & Safety
Education





Masks



- It is now mandatory to wear masks in public indoor spaces. This includes hallways, corridors, lunchrooms, stairwells.
- If you are working alone in a office you can take it off. If you have visitors, all must wear a mask.

Non surgical face masks are available at reception, and at hospital main entrance



Health & Safety

- The Safety Committee initiated installation of many NEW wall hand sanitization stations throughout HLI
- There are numerous sanitization stations (spray bottle, hand sanitizer bottles & wipes) Please let Ivan know when supplies need replenishing
- Reminder: with reduced staff and students on site, it is important to follow all safety procedures and policies
- If you are working alone, please follow HLI's Working Alone Policy (on intranet)



COVID-19 Rules Reminder

- Report your daily Thrive BC self assessment result to someone on site – your PI / your manager / centre staff on site
<https://bc.thrive.health/covid19/en>
- If you are unwell or are exhibiting symptoms - **stay home**
- If you travelled internationally or had contact with a COVID-19 infected person you need to quarantine at home for 14 days
- Practice physical distancing
- Wear a non-surgical face mask if at a public or work place indoors
- Sanitize common touch and personal work areas frequently
- Please respect Maximum Room Occupancy signs
- Wash hands frequently
- Fewer faces, smaller spaces – keep your groups small

2020 In Review

- **Jan 21** – How to fill out ethics applications Gen Rocheleau- HLI Clinical Research Core
- **Jan 22** – STEMCELL Seminar
- **Jan 23** – Breaking Patterns of Procrastination Workshop
- **July 6th to 10th** - Career Week
- **July 29th** - Health & Safety Seminar
- **August 21st** - HLI Research Day
- **PATH 518/MEDI 560** –Cancelled
- **Oct 28th** – Thermo Fisher - Training on new qPCR instrument
- **Nov 4th** – Thermo Fisher - qPCR basics Lunch and Learn
- **Nov 24th** – VWR Virtual Vendor Show
- **DEC 2** - Thermo Fisher - Biomarker Presentation
- HLI Research in Progress Seminar Series – average attendance 36
- HLI Friday Seminar Series –average attendance 51



Upcoming in 2021

- Transport of Dangerous Goods Training- Jun 2021
- PATH 570 – January 13
- RIP – January 11
- Friday Seminar Series - January 15
- IDT Seminar – TBA
- Grants Workshop - TBA



Free Virtual Pilates Classes

15 people max per class

You will require:

- **A yoga mat, or chair (if mobility challenged)**
- **A block, cushion or folded towel**
- **A camera setup (your phone is fine) so the instructor can see you**
- **Complete the participant questionnaire**
- **4 people (physical distancing) can join from Gourlay**
- **Last class for 2020 Dec 9th at noon– classes will resume in January and occur alternate weeks- one week Tuesday at 4 pm and the following week Wed at noon**



Centre for Heart Lung Innovation

Cordially Invites You to Our

HOLIDAY ZOOM PARTY

Wednesday, December 9th

3:00 p.m. to 4:30 p.m.

<https://ubc.zoom.us/j/67728086370?pwd=VTBTUORORG5GZVFndVQ3QXUwUTNldz09>

Meeting ID: 677 2808 6370 Passcode: 152878

Join us from home or work, dress up yourself, your baby,
your pet or your zoom background

3:00-3:05 zoom in

3:05-3:10 : Director's Welcome

3:10-4:30 Games, Prize Draws!

Play Do You Know HLI? Pictionary, Bingo, Dress up your baby - , visual prizes -

Santa's Little Helper (kids under 3) random prize draws

Be there to win and share holiday cheer with your HLI friends



Carleena Ortega

Trainee Association Update



James Hogg Grant

☐ 2 awardees of \$800 each



\$2500 pool with a maximum of \$500 per awardee

☐ Travel expenses for conference



Professional development courses, memberships, tools for supporting ongoing research, and etc.

Applications are due on Jan 15th, 2021

Contact Ivan Leversage for any questions



a place of mind



Centre for
Heart Lung Innovation
UBC and St. Paul's Hospital



STpaul's
FOUNDATION



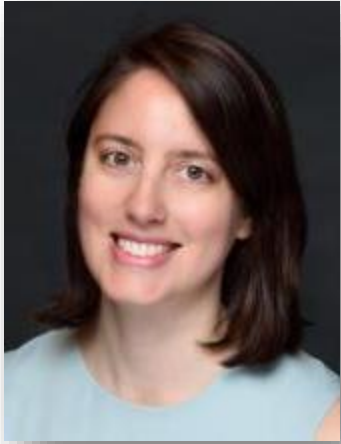
PROVIDENCE HEALTH CARE
Research Institute
Pursuing **real life** health solutions.



Grants and Awards

Sept 22nd, 2020 to Dec 7th, 2020

PI Grants



Canada Foundation for Innovation

Mari DeMarco

The ABCD Consortium (“Accelerating Blood and Cardiopulmonary COVID-19 Diagnostics”)

\$502,600



Canadian Cardiovascular Society – Young Investigator Award

Liam Brunham



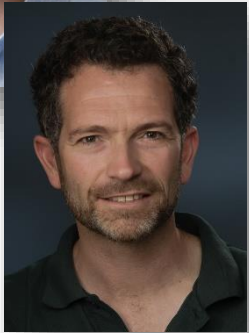
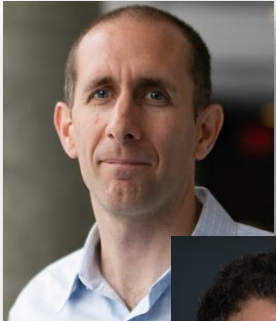
PI Grants

Genome BC

Chris Ryerson and Scott Tebbutt

Blood single-cell RNA sequencing of fibrotic interstitial lung disease subtypes

\$245,637



Don Sin and Xuekui Zhang (UVic)

Endo-phenotyping of human alveolar macrophages from bronchoalveolar lavage (BAL)

\$250,000



PI Grants



Cystic Fibrosis Foundation

Brad Quon

C reactive protein and calprotectin to diagnose CF pulmonary exacerbations

\$81,889



Jain Foundation

Pascal Bernatchez

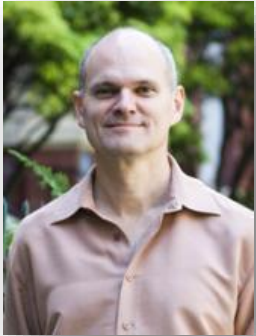
Cholesterol in Muscular Dystrophies

\$85,000



PI Grants

UBC Faculty of Medicine Awards



Keith Walley

Bill and Marilyn Webber Lifetime Achievement Award



Andrew Krahn

UBC Killam Research Prize



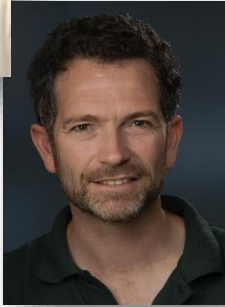
Jonathon Leipsic

Distinguished Achievement (Overall Excellence – Senior Faculty)



PI Grants

UBC – Research Facility Support Grants



Honglin Luo and Scott Tebbutt

Core Service Facilities at the James Hogg Research Centre

\$75,000



Don Sin

Biobanking and Tissue Registries at the UBC Centre for Heart Lung Innovation

\$75,000



PI Grants

**UBC – Merit, Performance Salary Adjustment,
Outstanding Academic Performance**

John Boyd

Liam Brunham

Chris Carlsten

Gordon Francis

Andrew Krahn

Jonathon Leipsic

Bradley Quon

James Russell

Chris Ryerson

Keith Walley



MITACS Accelerate



**Improved Phenotyping of Macrophages
Using Cell Line Models, Gene Expression
Signatures, and Protein Secretion Data
(\$45,000)**

Supervisor: Don Sin

Intern: Jing Wen (Co-op student)

Partner: Providence Airway Centre



Trainee Grants and Awards



Arash Tehrani (Bernatchez lab)

- UBC Graduate Scholarship Award (\$15,000)



Justin Turner (Camp lab)

- UBC Rehabilitation Sciences Alumni Margaret Hood Scholarship in Occupational Therapy (\$4,300)
- Indspire Building Brighter Futures Indigenous Student Bursary (\$4,500)



Daniel He (Tebbutt and Ryerson labs)

- Faculty of Medicine Research Day – 3-Minute Thesis



Next Quarterly Meeting
Spring 2021
Monday March 8th
9-10 am

Wash your hands



2020 Staff Service Awards

Each year we recognize the talented, committed, dedicated and loyal staff that have been with the Centre for many years.

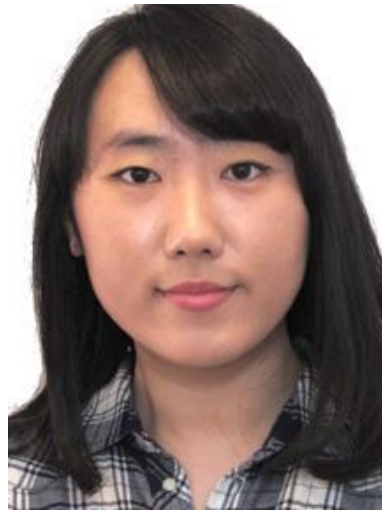
We thank you for your many years of dedicated service.



5 Years of Service



Aaron Barlow



Julia Kong



Basak Sahin

10 Years of Service



Sara Assadian - PROOF



**Casey Shannon-
PROOF**



Nghia Tran

15 Years of Service



Lubos Bohunek



Zsuzsanna Hollander
PROOF



Tatjana Ponomarev



Claire Smits

20 Years of Service



Gurpreet Singhera

Trainee Awards

Trainees apply for the following three awards and then are voted on by the Principal Investigators. These awards recognize trainees who demonstrate excellence in research.

Each trainee receives \$100 VISA card
(available at reception Thursday Dec 10th)



Bob Schellenberg

Rookie of the Year Award

This award is open to students supervised by HLI PIs who are in their first 18 months of graduate studies and have demonstrated excellence in basic scientific and/or clinical research. One award will be presented every year.





Centre for Heart Lung Innovation
University of British Columbia, and St Paul's Hospital

Bob Schellenberg
The Rookie of the Year Award

Is awarded to

Amirhossein Bahreyni

For their extraordinary dedication, hard work and outstanding contributions
to the future success of the Centre

January 1, 2020 to December 31, 2020

A handwritten signature in black ink, appearing to be 'DS'.

Dr. Don Sin
Director
Centre for Heart Lung Innovation
UBC and St. Paul's Hospital

A handwritten signature in black ink, appearing to be 'JG'.

Dr. Jordan Guenette
Associate Director
Centre for Heart Lung Innovation
UBC and St Paul's Hospital



2020 Bob Schellenberg Rookie of the Year Award Recipient



Amirhossein Bahreyni



Cornelius van Breemen Outstanding Young Investigator Award

This award is open to Ph.D. graduate students that are supervised by HLI PIs who have demonstrated excellence in basic scientific and/or clinical research. One award will be presented every year.





Centre for Heart Lung Innovation
University of British Columbia, and St Paul's Hospital

The Cornelis van Breemen
Outstanding Young Investigator Award

Is awarded to

Yasir Mohamud

For their extraordinary dedication, hard work and outstanding contributions
to the future success of the Centre

January 1, 2020 to December 31, 2020

A handwritten signature in black ink, appearing to be 'DS'.

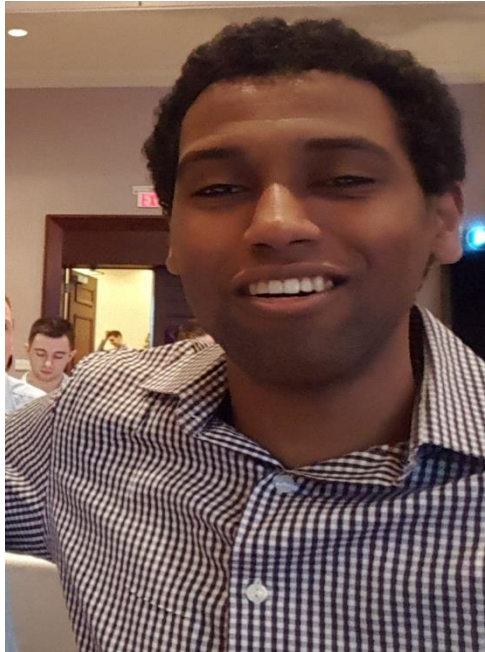
Dr. Don Sin
Director
Centre for Heart Lung Innovation
UBC and St. Paul's Hospital

A handwritten signature in black ink, appearing to be 'Jordan Guenette'.

Dr. Jordan Guenette
Associate Director
Centre for Heart Lung Innovation
UBC and St Paul's Hospital



2020 Cornelis van Breemen Outstanding Young Investigator Award Recipient



Yasir Mohamud



James C. Hogg Outstanding Young Investigator Award

This award is open to all Post-Doctoral Fellows and Research Associates at HLI that has demonstrated excellence in scientific and/or clinical research.

One award will be presented every year.





Centre for Heart Lung Innovation
University of British Columbia, and St Paul's Hospital

*The James C. Hogg
Outstanding Young Investigator Award*

Is awarded to

Feng Xu

For their extraordinary dedication, hard work and outstanding contributions
to the future success of the Centre

January 1, 2020 to December 31, 2020

A stylized signature of Dr. Don Sin, consisting of a large 'S' and 'D' intertwined.

Dr. Don Sin
Director
Centre for Heart Lung Innovation
UBC and St. Paul's Hospital

A stylized signature of Dr. Jordan Guenette, consisting of a large 'J' and 'G' intertwined.

Dr. Jordan Guenette
Associate Director
Centre for Heart Lung Innovation
UBC and St Paul's Hospital



2020 James C. Hogg Outstanding Young Investigator Award Recipient



Feng Xu



Something special

2020 Appreciation Awards

- Many of us didn't see each other this year, so we asked for nominations for those who have helped out others during trying times.
- We received 23 notes with 2 special team mentions. Each person will receive a **\$50 VISA** card along with the kind words of their anonymous nominators. (available Thurs at reception)
- Here they are in no special order....



Appreciation Awards- Teams

- **IT Team: Joe, Andrew, Nghia, Kyle, Dean**
 - Ensured everyone stayed connected so we could work from home, worked tirelessly, helped with network log in issues, we tend to overlook people who work behind the scenes, they are our real heroes
- **GEM Team: Tatjana, Lubos, Lynne, Claire**
 - Thank you for coming in daily to care for the animals throughout the pandemic and do procedures for those who couldn't come in and arrange your schedules to help those who were here. Thanks for your dedication.



Appreciation Awards

- **Lori DeWolff** - Arranging shipments, help with transitioning p-cards, brightens up reception even from behind plexiglass.
- **Beth Whalen** – Organizing workshops, helping others when you are swamped, supportive, you are an inspiration
- **Elodie Sauge** – Hardworking, comes in every day, finds a way to get it all done. Always says good morning & checks in
- **Pat Camp** – showed empathy, kindness to her team throughout pandemic, always accessible, supportive



Appreciation Awards

- **Ivan Leversage** — a constant presence, always responds to requests, picks up deliveries, kept meetings running
- **Mai Tsutsui** — kept her studies going, seeks input & ensures all team members are up to date, thoughtful
- **Claire Smits** — a leader with great ideas, enabled us to keep our research going, always looking after the centre, provides tangible solutions, solves problems
- **Guangze Zhao** — offers to help when he sees you are busy, polite, gives core team members acknowledgement for help with his projects



Appreciation Awards

- **Chris Robinson** Always responds immediately, handles tricky situations with sensitivity and thoughtfulness
- **Gurpreet Singhera** – always in the lab making sure theory fits practice, responds to emergencies, the ‘mom’ of the centre.
- **Vivienne Chan** – played an instrumental role in the success of the centre’s grants, scholarship and fellowship applications.



Appreciation Awards

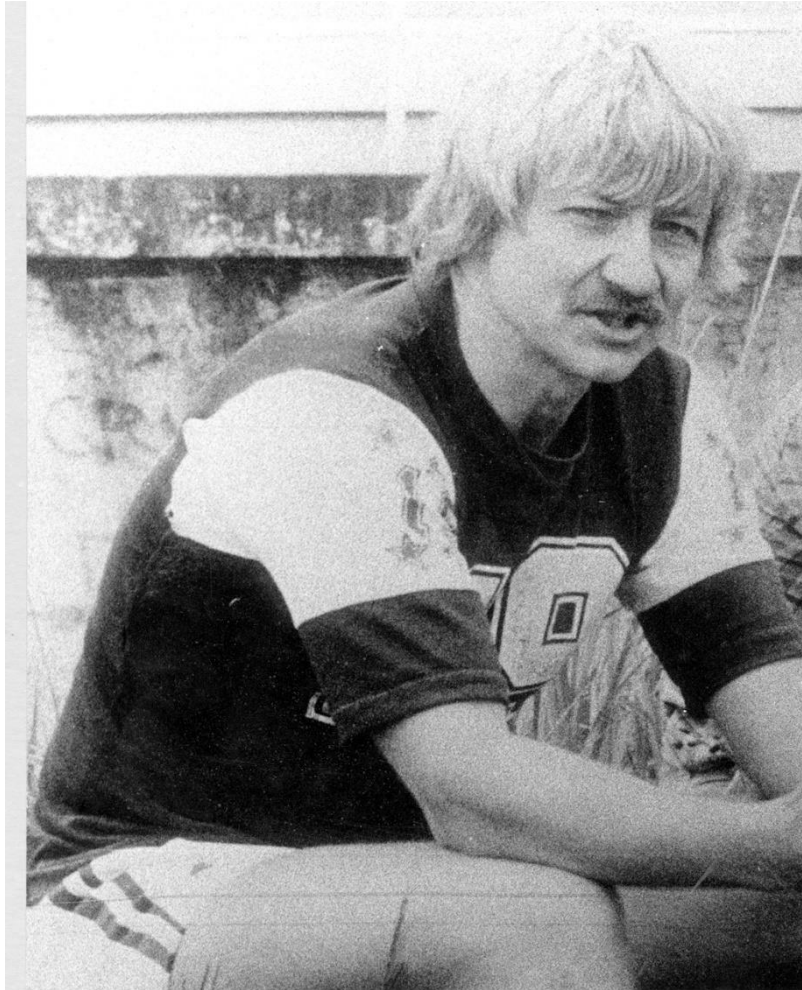
- **Lu Wang**: Always helpful and appreciative for anything done for her. Willing to step in to help whenever asked.
- **Kelly Ceron**: Thanks for your guidance and advice and making confusing situations straightforward
- **Dan Vikse** : If your equipment works after you not looking after it for 6 months, its because of Dan.
- **Tracy Yang** : So helpful and fast (and I mean really fast) helped get CRCEF apps in, did workday training on the fly.



Congratulations Dr. Bob Schellenberg

- Bob is retiring Dec 31st 2020
- We plan on having a 'proper' send off for Bob in 2021 when gatherings are allowed.
- In the interim, on behalf of the centre, Dr. Jim Hogg will say a few words about Bob





Robert R. Schellenburg





BOB'S CORNER



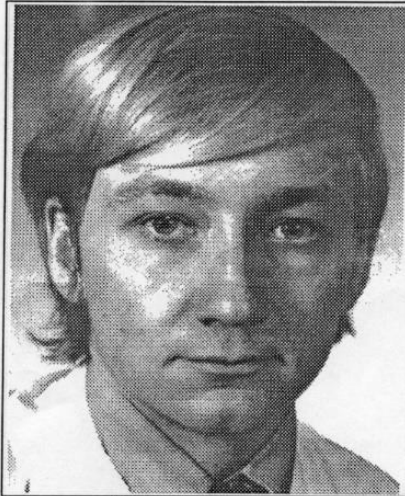
Ominous Beginning

by Bob Schellenberg

My delivery into this world was breech. Not a footling breech where one cowardly sticks out a toe to test the waters (in this case leaves the waters to test that untouchable substance called air). No, mine was a full breech, defiantly mooning the doctor and nurse. After all, who in their right mind would rocket down the birth canal and dive headfirst into an unknown universe?



PRL People



BOB SCHELLENBERG

Whew! Would you want this character bending over you with a stethoscope?

FROM COUNTRY BUMPKIN TO THE PRL

I claim little responsibility for the first impression I made on entering this world although those with a more philosophical bent have suggested that my subconscious had obviously heeded my mother's appeals to me in utero that first impressions were crucial. Yes, I was a breech delivery -- not a footling breech who sticks out one foot first to gingerly test the new environment, but a full breech in jack-knife position, defiantly mooning the world! My mother told me that I was also born with a black eye, presumably in a battle with the doctor. This may account for my reluctance to seek their help in later years.

I grew up in numerous small towns in rural Manitoba, my father being a teacher who believed that it was preferable not to become too closely tied to a community to be most effective

in his job. He was a stubbornly independent man, having arrived in Canada in 1903 at age 3, grown up on a homestead near Herbert, Sask., put himself through high school and college and worked at many jobs to survive the Depression. As kids, one defied him at one's peril as corporal punishment was a widely accepted practice and a few times "over the knee" made one think twice, or at least be more devious. Later we would learn that he found some of our pranks hilarious, but this never short-changed justice. My mother, who had also been a teacher before getting married and who, after we had reached high school, began a kindergarten in our community, was a more sympathetic parent and a great cook, explaining my lifelong struggle with excess weight

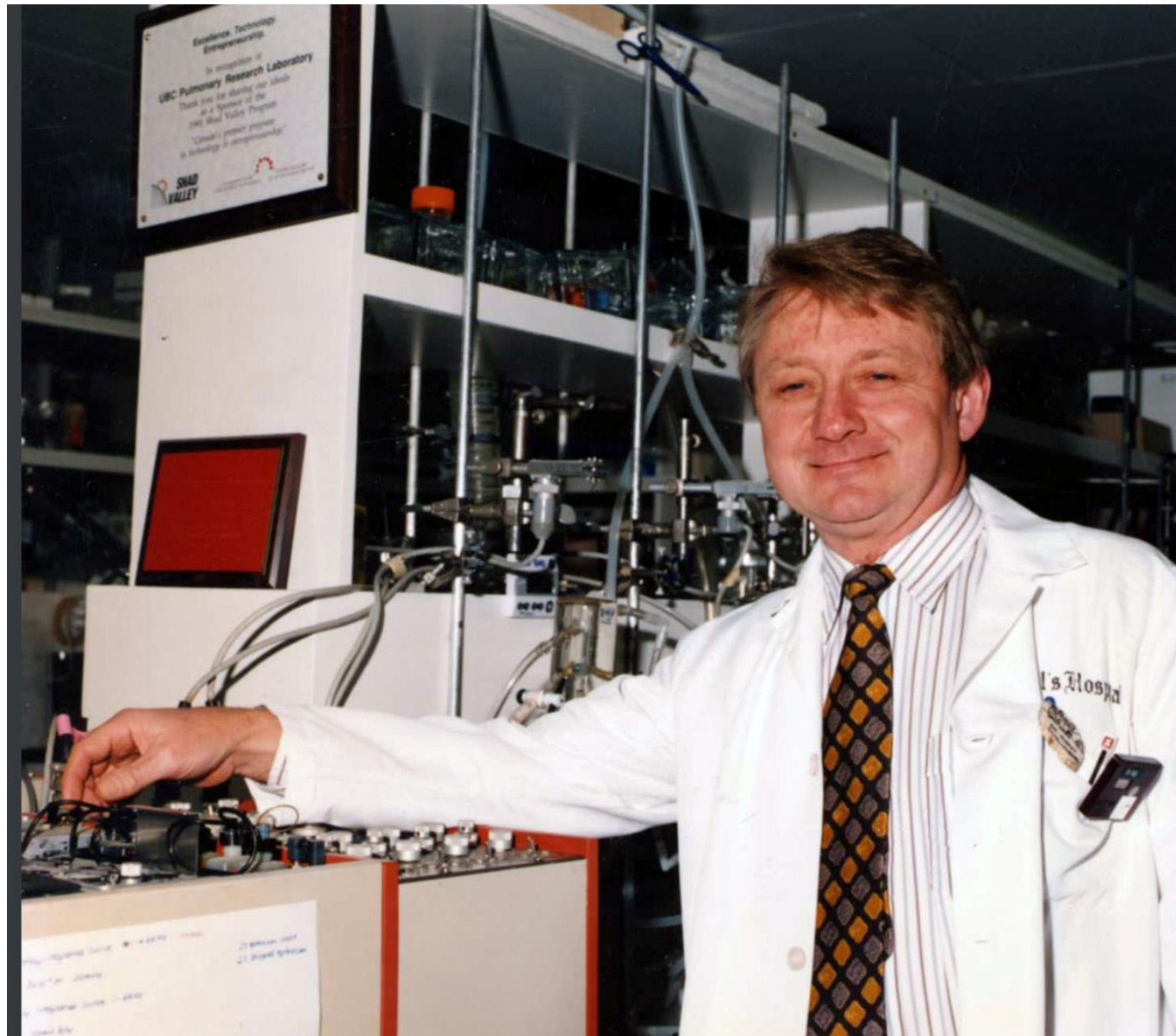
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Bob's Pathological Corner

No one can avoid labels, especially in this computer era. For all the information that corporations have compiled on us, we might as well have a bar code stamped on our foreheads. Farfetched? Well, the Dade County medical examiner doesn't think so. A trial run has been initiated to avoid embarrassing miscues with bodies in the county morgue by using bar-coded toe tags. With the number of bodies littering the streets of Miami these days, I can appreciate the need for a system speeding check-out. I wonder if we tourists require an extra strip that automatically deducts the processing costs from our American Express cards. After all, the city is paying a fortune to convince the tourism industry that the fact that there are 18.2 guns for every man, woman and child should not deter anyone from enjoying the sun, beach and fishing while surrounded by real action scenes involving the Miami vice squad. The last thing I would want is that my slug-filled carcass be a burden to the tax-payers - might prevent them from buying a ship load of Uzis for self protection.

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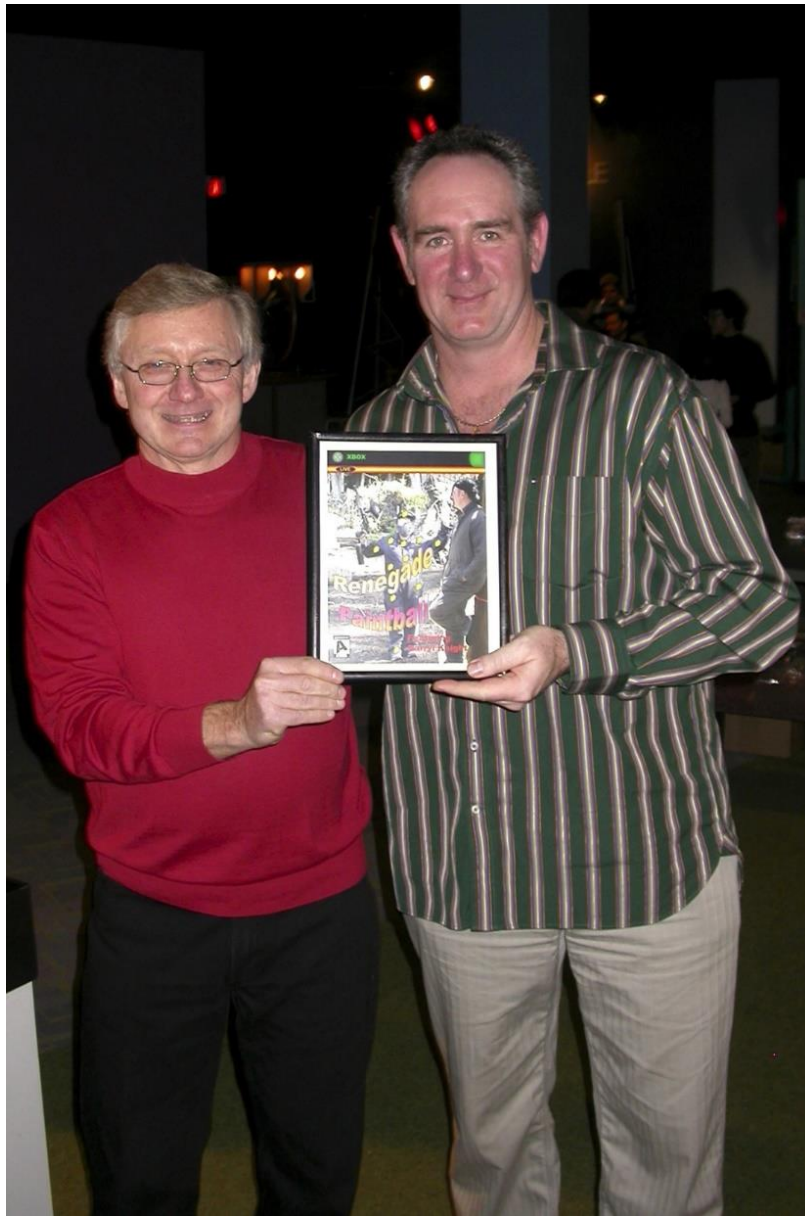


Last year's bike ride.....



... Join us this year on June 24th











The 8th Annual Bike Ride Friday June 16th, 1995

Sunrise was officially 5:07am., but that didn't seem to help much - it still felt unhealthy early....

As we (Mary Sue, Lyle and Kathy, Blair, Peter, Bob and Devin, Treena, Dan, Shizu, Dean and Jenny) met outside the lab at 7 o'clock and got ready to roll.

By 5 minutes after the hour, all 12 of us were pedalling through the "pigeon zone" on Thurlowe St. Where was our Crossing Guard when we needed him?

On we went, racing down back alleys, over traffic diverters, on through the slumbering West End and into Stanley Park, scattering geese in all directions, narrowly missing being extras in another movie, and around the seawall to our main feature of the trip...breakfast!

All were gourmet delights - fresh fruits, juices, coffee, muffins, pastries, etc. - but the top rating had to go to Lyle and Kathy for their home-made cinnamon buns, unbelievably scrumptious - where was Patrick when we needed him? And to our Crossing Guard, Randy, who turned up just in time ("... but my alarm fell off my side table and broke!!") with hot bread and the additional excuse that he'd been busy baking...! Greg must have smelled the fine aromas, as he kamakazied across the Lion's Gate Bridge - he arrived in time to finish off the feast.

So 14 of us made it to Siwash rock for the traditional photo, and then on to work (fighting for the showers!!).

See you next year, same time, same place, Friday, June 28th, 1996!! *Jenny*

BOB'S DOWNHILL CORNER

"Yeah! Let's cycle down the Oregon coast!" exclaimed Judeen. Nice ring to it - especially the *down* part. From Vancouver, it's only down on the map. Unfortunately, sea level is no lower further south. If only they built the roads level with the sea, it would be alright, but perverse engineers insisted on having roads go over mountains rather than around. "What a fantastic view!" the 300-pound tourist remarked as he lit his cigarette, waddling out of his RV just as we panted up to the viewpoint. By the thirtieth such gorgeous vista over the coast, we were wondering if we couldn't just buy the post card and forget

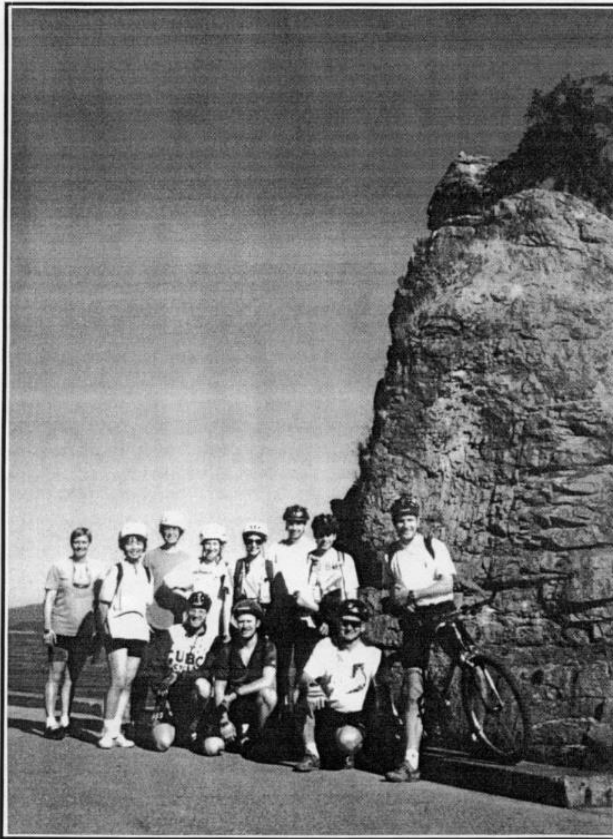
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9TH ANNUAL PRL BREAKFAST RIDE

Although, in the Chinese calendar, '96 is the year of the rat, in PRL circles it's the year of the dragon - or was it that the leaders of the pack were hungrier than usual and decided that the Empress of China figurehead was far enough to cycle before breaking out the gourmet feast of muffins, croissants, coffee and so on? (See page 2)

Just to show how compliant we are with the new biking helmet regulations, here's our mugshot in front of Siwash Rock - well, Mary Sue?!!!!

Jenny

Gumshoe Bob's Corner

"Worst case of wind burn I've ever seen!" proclaimed the dermatologist. "But why is it only on your right middle finger?" he muttered quizzically. "I know you cycle to work, but surely your entire hand should be affected if that were the cause."

Sheepishly, I spouted out, "Drivers."

The puzzled look on his face suggested that this explanation was inadequate, so I expanded by describing my daily adventures.

"Only this morning, I had yet another encounter. With no traffic behind me, I changed to the left lane of Willingdon to make a left turn at the cut off to Grandview. Soon afterwards, an irate woman in her flaming red Honda (obviously chosen to match her temperament) sped up behind me and started blaring her horn, remaining in this position despite both lanes being free for her to pass. I signaled with my customary Trudeau salute, right middle finger thrust into the wind. When she finally decided to pass, hand still firmly pressing her horn, we exchanged morning pleasantries. I hate to think how she'll handle rush hour when school starts again, although she did demonstrate that she has the necessary vocabulary."

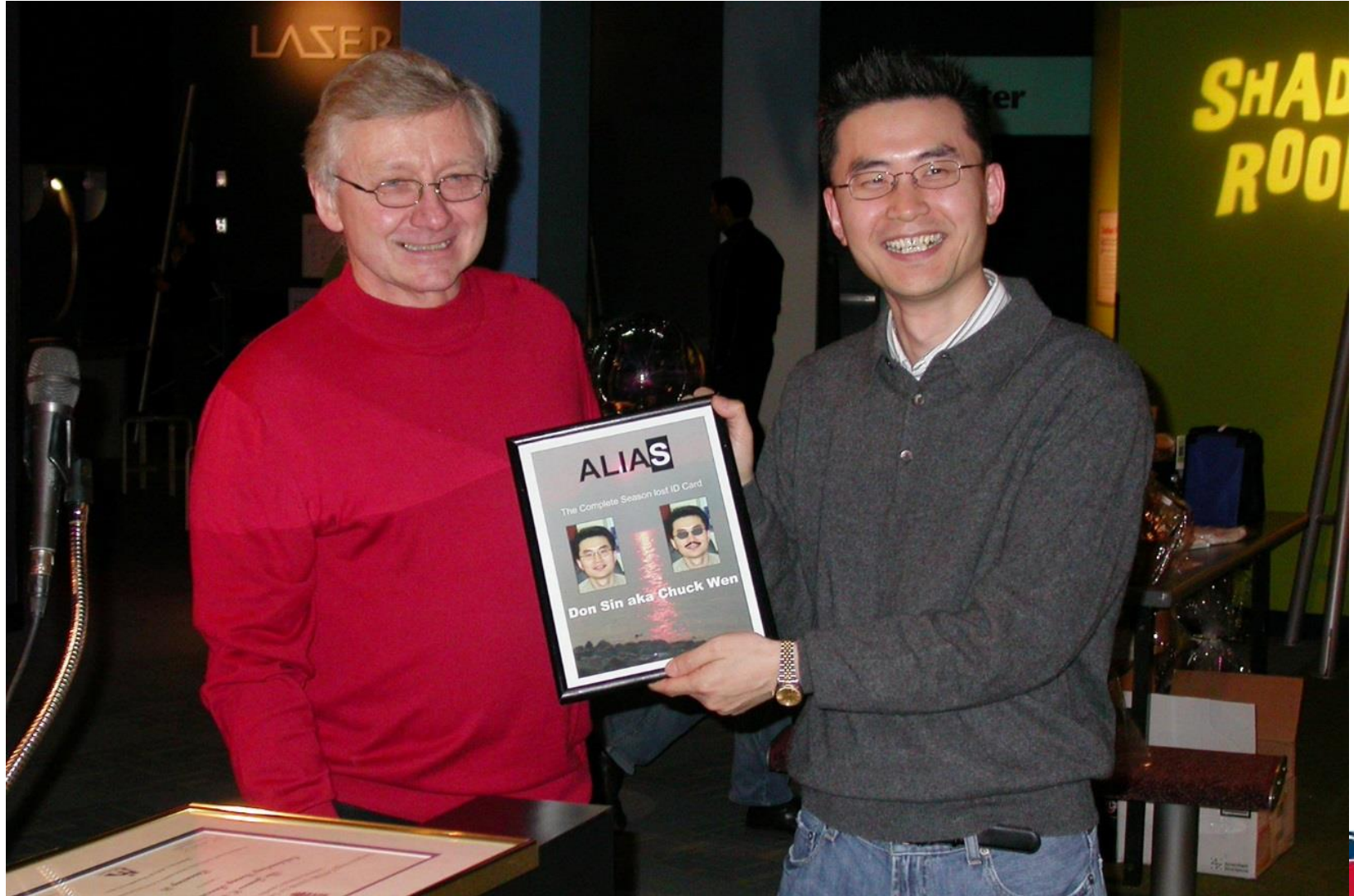
Just how bad drivers are becoming came to light last week. I was changing lanes on Smithe and had to give space to a careening Canada Post truck that had dodged cars as it sped through a solidly red light.

When the mail is in a hurry, I start to worry. Although not a jealous man, I envy my letters. The scenic routes they travel are only surpassed by my airline luggage.

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McDonald Wing Annual Bike Ride around Stanely Park

Annual Bike Ride

by Shizu


Despite threats from weather forecasters on June 26, 1997, but in keeping with past records, no rain fell on the 11th annual McDonald Wing bike ride around Stanley Park. In fact the sun did make an appearance once or twice. But as we cycled around Brockton Point a chilly wind greeted us. Twelve cyclists were joined by two roller bladers at the figure head of the S.S. Empress of Japan for a potluck breakfast of muffins galore, Randy's fresh home-made bread, David's cinnamon buns, fresh strawberries and raspberries from the Valley and much more. Unfortunately, despite Bob's valiant efforts to supply us with the much needed piping hot coffee, misfortune cut short the supply of this fresh brew. A photo stop at Siwash Rock completed the traditions of the early morning ride.

Bob's Fly-by Corner

(Editor's Note: The following diatribe once again illustrates what a little bit of crap it takes to inspire Bob's writing. *Reader discretion advised.*)

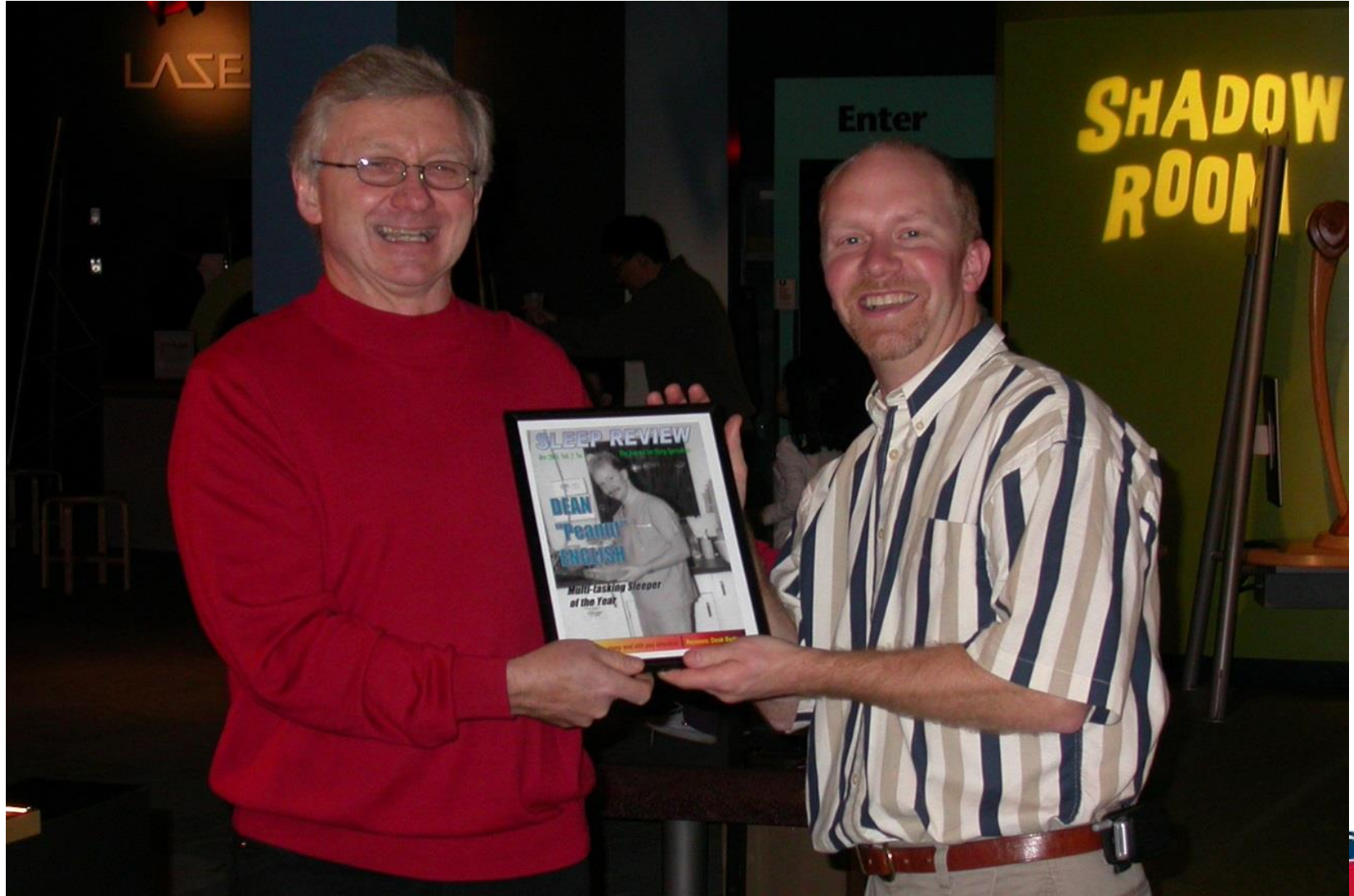
Walking into my office on July 10th, I was devastated! Bright light streamed through my window, illuminating the mess on my desk. But Hilda and Jack, my faithful companions of the last 12 years, had vanished.

Many of you will find it hard to believe that I had grown attached to the two streaks of pigeon poop on my window, but such is the nature of constant companionship. Hilda, the 2 by 4 inch glob, was directly above the skinny, foot-long Jack. I always thought of them as dizygotic twins since they both arrived on the same morning back in October, 1985. The physics of their delivery and arrival on my windowpane has yet to be deciphered as a small birch precludes a traditional in-flight cargo drop. The deliverer must have performed a power-turn around the tree while using centrifugal force to hit the target. It clearly had better timing than I

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We will miss you Bob !



HAPPY HOLIDAYS



Stay safe

**The centre will close at noon Dec 24th
and reopen Mon Jan 4th 2021**

