

welcome



Welcome to the June issue of One Day enews. It's Bike Month, and this issue celebrates our 3<sup>rd</sup> annual cycling-focused One Day enews. Read on for climate change news, local events, action reminders and stories about fellow Vancouverites.

*One Day is a City of Vancouver initiative that encourages residents to take small actions in their daily lives to use less energy at home and on the road, to help protect the climate, and to make Vancouver the cleanest, greenest, healthiest city in the world.*

Stay tuned for our next month's issue, which will be focused on food. We'll also have a fresh new look for our enews so watch out for it in your inbox on July 15.

ONE DAY ACTION OF THE MONTH



Get out there and celebrate Bike Month and be a part of the ever growing community of cyclists in Vancouver. While you're at it, why not do one of three specific things:

1. Ride your bike to a summer festival or community event. Better Environmentally Sound Transportation (BEST) will park and watch your bicycle for you. Look for bike valet parking this weekend at the myriad of [Car Free Vancouver community celebrations](#) happening on Commercial Drive, Main Street, Kitsilano and the West End, as well as events throughout the summer.
2. Tell someone about the Vancouver Area Cycling Coalition's [cycling skills courses](#). They are perfect for people who'd like to start cycling but are concerned about riding in traffic. Registration is only \$35.
3. Express your cycling opinions. The City of Vancouver is looking at where people cycle, what sort of end-of-trip facilities you use or would like to use, and general opinions about the state of cycling (bike lanes, facilities, culture, etc.). Cyclists and non-cyclists alike, [share your thoughts with our City's transportation planners](#).

ONE DAY WONDERS - KELLIE AND BRIAN



Kellie always wanted to fly but gravity kept getting in the way. Last April, she found her solution. Due to a curious medical condition, her energy was being sapped and walking to work was becoming impossible. After spending weeks wasting money on taxis, she realized that she was not only contributing to her own poor health, but also to her beloved city's. So she bought herself an electric bike, a Schwinn AL1020 Folding Electric Bike, to be exact. Freedom was hers the minute she set her seat down. The first ride was like discovering wings. Kellie named her bike Elektra.

(Kellie's medical condition turned out to be a treatable form of lymphoma. She started chemo mid-April and is currently responding well to the treatment. Though her energy is back and she can now walk to work again, she still rides Elektra every day).



Our second June Wonder is Brian, known as one of the few film executives in town who cycles to work. Since last summer, Brian has also been working hard spearheading the new eco-friendly direction of his show, Robson Arms. So far Omni Film, the producers of Robson Arms, have much to celebrate: using one of the few bio-diesel generators in Vancouver; having the production caterers use washable plates and cutlery; hosting internal commuter competitions for cast and crew; reducing waste by using less paper and composting kitchen waste; and switching to hybrid vehicles for picking up cast members! Brian remains enthusiastic to spark further sustainability initiatives on future Omni Films and we look forward to hearing about them.

ONE DAY - ONE BIKE ROUTE AT A TIME



Vancouver will be adding 75 km of new bikes routes this year!

Watch for these new routes:

- Alberni bike lanes from Chilco to Cardero
- Yukon bikeway from 10th to 20th Avenue
- [Heather bikeway](#) extension
- [Carrall greenway](#)
- [Central Valley Greenway](#)

[Find a route near you.](#)

ONE DAY - ONE ELECTRIC BIKE

According to Don Chandler, Vancouver Electric Vehicle Association (VEVA) President, "e-bikes are a practical transportation alternative, especially during summer months, as commuters can use them without having to shower at the end of the ride, they are relatively effortless, yet have all the benefits of being outside in the fresh air and sunshine." We couldn't agree more.

E-bikes are more popular and more affordable than ever before. With all the different models out there it can be confusing to find the right e-bike for you. Visit the [VEVA website](#) for current electric vehicle information, as well as links to sites explaining different types of e-bike and their batteries (i.e. [e-bikes.ca](#) and [e-ride.ca](#)).

To support the use of e-bikes, Vancouver City Council has [approved changes to the off-street bicycle parking by-laws](#), which will affect all new buildings. The new by-laws address much needed security for bikes and include provisions for charging electric bikes and bike storage rooms in condos and other retail/commercial buildings.

>> Send this on!

Send this enews to anyone who loves the outdoors; they'll like cycling and they'll love One Day.

[New readers - sign up now!](#)

what's happening...

Check out the [One Day events calendar](#) for the latest One Day-related action happening in Vancouver.

[VACC Cycling Skills Courses](#)  
Dates through summer 2008  
Various community centres

Learn to bike safely and confidently at a one-day Vancouver Area Cycling Coalition's Commuter Cycling Skills course.

[Bike Month Celebration Stations](#)  
June 8-9:30am  
Ontario Street at 10th Avenue, and Cypress Street at 7th Avenue  
Celebrate your morning cycling commute at one of the City's commuter stations.

[Cycling Buddies](#)  
June 17 starting at 8am  
7 Routes  
If you'd like to ride to work but don't know how to get started, cycle with City staff members using Vancouver's Bicycle Network.

[Bike Month Celebrations](#)  
Through June  
Throughout Lower Mainland  
Get on a bike and ride for fun, health and the environment!  
Enjoy your pick of more than 50 Bike Month events.

[Vancouver Summer Farmers Markets](#)  
May to October  
Kitsilano, West End, East Vancouver and Riley Park

 Featuring farm fresh fruits, vegetables and plants, quality local crafts, delicious edibles, community information, live music and much more. Farmers markets occur weekly.

WHAT'S IN SEASON?

Asparagus, English Peas, Fava Beans, Fresh Herbs, Green Onions, Mustard Greens, Lettuce, New Potatoes, Radishes, Rhubarb, Salad Greens, Turnips, Kale, Mushrooms, Spinach, Strawberries, Nursery Plants and Veggie Starts with more coming each week...

DID YOU KNOW...



1,143 workplace teams and 5,879 individuals throughout Metro Vancouver participated in [Bike to Work Week](#) last month. A special congratulations and warm welcome goes to the more than 30% of people who signed up who were new to cycling.

If you type in "bike shops Vancouver" into Google Map, you get a listing and map of the locations of a number of our neighbourhood shops. This a great tool to help you get your bike tuned up for the summer.

ONE DAY NEWS



- [Bike route rides](#) 11 June 2008
- [City expands bike routes at record pace](#) 6 June 2008
- [Ride a bike and save the world](#) 30 May 2008
- [The Great Rebate Ecochallenge: Victoria Superheros](#) 26 May 2008
- [New buildings get electric bicycle plug-ins!](#) 15 May 2008

ONE DAY ENEWS - MAY ISSUE UPDATE

[Making Energy Efficiency A Way of Life in B.C.](#) 22 May 2008

The Province of British Columbia unveiled [the incentives](#) for the new LiveSmart BC Program.