

# MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety

and Friendships

## 2024



### SEPTEMBER IS HERE AS FALL APPEARS !!

Well, another Summer has past. Our days get shorter and the weather cooler (or at least that's the way the weather is supposed to act!) Just stay *alert* to the up coming Fall scenery that you will enjoy as you ride bikes.

Our last meeting was interesting. We briefly discussed our Picnic which we had a total of 8 attend. (I truly thought we would have about twice as many. Apparently I did a poor job in selling the Picnic idea to the members of our Club.) I think those attending enjoyed themselves.

At the meeting we appointed a T-Shirt Committee of Byron, Vincent, David H, Bill, Luis & Tina. We hope to come up with a T-Shirt design and weigh the cost in the next 60 days.

David H. has set up a Cranksgiving Event for Sunday, November 17<sup>th</sup> at 1:00 PM. (Meeting at Center Township Trustee's on #2 West.) We would like to have as many as possible to participate.

I think we will do Paper Products for our food pantry exchange for September; and the Can Goods for our October and November food pantry collection.

Thank You Bill for the Little 500 Bike presentation you gave us. It was really interesting! Several shared their comments with us afterwards.

We are still planning on a Chili Bash this year. Maybe we can discuss this more at our September Meeting.

Our next Meeting will be Monday, September 16, 2024 at the La Porte Church of the Brethren Fellowship Hall at 7:00 PM. We need to make plans for **2024** and **2025**.

Please Note: We have a ride scheduled for the Pumpkinvine Trail on Saturday, September 28<sup>th</sup> at Shipshewana Towne Park at 11:00 AM. (This should be a very colorful ride with all the scenery changing.)

Remember September has, Labor Day, Grandparents Day, and our 5/11 Remembrance Day. Also **Autumn** begins.

Be sure to enjoy those Fall colors and the changes of Mother Nature. **Enjoy Fall!**

Just Keep a'-pedalin'  
Ride Safely  
Wear **Bright Colors**

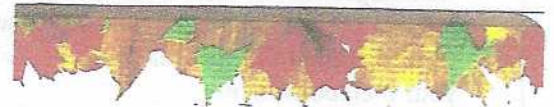
- Dave Wolfe

#### KIND WORDS

Kind words produce their own image in men's souls, and a beautiful image it is. They soothe and quiet and comfort the hearer. We have not yet begun to use kind words in such abundance as they ought to be used.

-Pascal

### What doesn't get done today will be there tomorrow!







# "Members' Mileage Chart"

2024

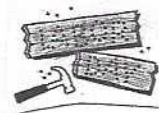
	<u>Jan/May</u>	<u>June</u>	<u>July</u>	<u>Aug.</u>	<u>Sept.</u>	<u>Oct.</u>	<u>Total</u>
Matt Amor	120	93	107	95			415
Tim Bates	1604	436	246	467			2753
Garry Bowers	80	10	32	15			137
Annette Clark	100	99	261	339			799
Pam Creed	784	355	378	358			1875
Byron Fitzgerald	1928	369	364	676			3337
Richard Galloy	0	0					0
David Heinold	1300	550	500	400			2750
Tom Hilbish	793	357	310	390			1850
Tom Hughes	0	0	0				0
Jerry Jackson	730	387	343	244			1704
Vinnie Kuta	1545	479	683	718			3425
Lisa Marek	324	90	150	160			724
Luis Miramontes	318	63	72	204			657
Tina Miramontes	376	68	72	202			718
Mark Nagel	200	125	60	150			535
Lisa Novak	59	83	164	286			592
Amy Pearson	16	14	46	20			96
Steve Pearson	375	79	123	75			652
John Phelan	1500	400	350	350			2600
Mike Sebella	35	85	0	0			120
Diane Szynal	154	43	60	12			269
Joe Szynal	793	160	209	215			1377
Dan Tannas	0	0	0	0			0
Dean Woodson	0	25	40	60			125
Bill Yoder	81	47	36	68			232
	<u>13,215</u>	<u>4417</u>	<u>4606</u>	<u>5504</u>			<u>27,742</u>

**All Miles Count ! Take Pride YOU Are Riding !!!**



## Stop sitting, get moving, to lower diabetes risk

Walking after a meal may do more than just help you feel "less full." Researchers say that interrupting periods of prolonged sitting, whether it's due to a long meal, busy workday, or just extended time on the couch, can help lower blood glucose and insulin. Their study, published in the journal *Diabetes Care*, compared blood glucose and insulin levels in groups of people who remained seated for five hours with the levels of people who got up every 20 minutes to briskly walk around or perform some other exercise for at least two minutes. These brief periods of exercise kept blood glucose and insulin from spiking. Previous research has shown that these short bursts of activity also burn calories: even people who fidget a lot in their seats burn more calories. Plus, getting up every 20 minutes and walking around loosens muscles that have clamped down when you're seated in one position for hours. In addition, this new research indicates that brief periods of exercise, sprinkled throughout your day, will help improve your metabolism, too.



Grandparents Day



In Remembrance of  
Sept.



INTERNATIONAL  
DAY OF  
PEACE



Autumn



## Birthdays - September

- 3 - Ava Moller
- 9 - Tim Bates
- 10 - Holly Belzowski
- 13 - Keith Belzowski
- 16 - Frank Stella
- 21 - Jim Pfender
- 29 - Ellen Stone



*If I missed someone - Please let me know!*

### JOY IS A CHOICE

**Pain is inevitable,  
but misery is optional.**

**We cannot avoid pain,  
but we can avoid joy.**

—Tim Hansel

## Patriot Day — a day of remembrance

On December 18, 2001, Congress approved a joint resolution designating September 11 of each year as "Patriot Day." It's a day to remember the more than 3,000 innocent lives lost on that September morning in 2001.

The resolution requests that each year the President issue a proclamation calling on the American people and state and local governments to observe the day with appropriate programs and activities.

Those activities include remembrance services, candlelight vigils, moments of silence, and flying the American flag at half-staff.

In his 2003 proclamation President Bush said, "On that day, and in its aftermath, we saw the greatness of America in the bravery of victims; in the heroism of first responders who laid down their lives to save others; in the compassion of people who stepped forward to help those they had never met; and in the generosity of millions of Americans who enriched our country with acts of service and kindness."

Keep them all in your prayers this Patriot Day.

## SEPTEMBER

"My Story" by Ingrid Bergman

These days of September. They go like arrows through one's heart. Floating, full of nameless goodbyes, sustained hopes and promises, golden and quiet without regrets. To keep the intensity of youth clearer by experience comes the mystic ninth month of the year.

## September song



There is an anthem  
In every chrysanthemum  
Singing praise to God!

—Peggy Ferrell

## A CHILD'S VIEW OF GRANDMAS AND GRANDPAS

A grandmother is a lady who has no children of her own, so she likes other people's kids. A grandfather is a man grandmother. He likes to go on walks with kids and they talk about fishing and things like that.

Grandmas don't have to do anything except be there. They're old, so they shouldn't play hard or run. They let us ride the "pretend horse" at K-Mart and have plenty of quarters ready. They take us on slow walks and always stop for things like caterpillars and pretty leaves. They never, ever say, "Hurry up."

Usually they are fat, but not too fat to tie kids' shoes. They wear glasses and funny underwear. They can do neat things like take out their teeth.

They don't have to be smart, only answer questions like, "Why dogs hate cats" and "How come God isn't married." They don't talk baby talk like visitors do, because it's hard to understand. When they read to us, they don't skip, or mind if it is the same story again.

Everybody should try to have one, because Grandmas and Grandpas are the only grownups who have got time.

—Gate City United Methodist Church  
Gate City, VA

- "Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all."

—Stanley Horowitz

## Poem for laborers

Lives of great men all remind us  
We can make our lives sublime  
And, departing, leave behind us  
Footprints on the sands of time.  
Let us, then, be up and doing,  
With a heart for any fate;  
Still achieving, still pursuing,  
Learn to labor and to wait.

—Henry Wadsworth Longfellow from "A Psalm of Life"





## ON-THE-FLY-FIX

TEMPORARY REPAIRS TO GET YOU OUT OF A JAM AND ON YOUR WAY HOME

### Bypass a Mangled Derailleur

The Fumble A stick got caught in your chain and trashed your derailleur. Or you unwittingly misadjusted your derailleur's limit screws, and the pulley cage and spokes got tangled.

The Fix Using the chain tool on your multitool, push out a rivet and remove the chain. If your derailleur is toast, bend it away from the wheel. If you think it's salvageable, use a hex wrench to remove it from the frame. Either way, with the derailleur out of the picture, loop the chain around the small chainring (middle on a triple) and a midrange cog. With the chain nearly taut, mark the length using your finger and remove the unwanted section of links. Slide the rear wheel out of the frame to create slack, then press the remaining links together with the chain tool. Reinstall the wheel and gingerly pedal home. Fix it properly before your next ride.

- Alan Cote

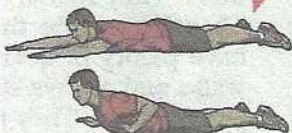


## Buzz

The latest news and views from our health and fitness expert by Selene Yeager

### Be a More Efficient Climber

When your hips rock on climbs, you lose valuable power. One key to better efficiency is to strengthen and brace your pelvis. Do this exercise two or three times a week to bolster the muscles that support your spine.



DO IT

### BACK EXTENSION WITH SHOULDER-BLADE SQUEEZE

Lie faced down, arms extended overhead, chin up, tops of feet on the floor. Pull your elbows back, keeping them tight against your rib cage, palms down and squeezing your shoulder blades together. Lift your upper body off the floor, leading with your chest. Pause. Then slowly lower your chest, keeping your elbows and hands off the floor. Do 15 to 20 reps. Source: Peter Park, coauthor of Foundation (Rodale)

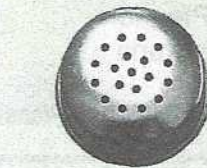


### My New Favorite Saddle-Sore Stopper

I may be late to the party on this one, but Oko! Stuff is the best chamois cream I've ever layered on. It stood up to eight days of long rides during a sweltering mountain-bike stage race (the ABSA Cape Epic in South Africa). I didn't have a single sore spot all week, and one application stayed put all day, even through stream crossings and water-bottle showers. The tea tree oil, aloe, and lanolin left my skin in better condition than when I started. \$25/6-oz. jar; endurostuff.com

### Ch-Ch-Ch-Chia!

Don't be surprised if those seeds of clay-planter infamy show up in your next sports drink. A study in the *Journal of Strength & Conditioning Research* reported that athletes ran just as fast during a 10K time trial after drinking a 50/50 blend of chia seeds and Gatorade as they did after downing 100 percent sports drink. The chia seeds provide a carb boost without excessive sugar. "They're also rich in omega-3 fatty acids, calcium, potassium, magnesium, iron, and zinc—nutrients that are essential for performance," says lead researcher Travis Illian, of the University of Alabama.



# five hundred

average amount, in milligrams, of sodium lost per pound of body weight during exercise

# 2

average number of pounds a rider is able to sweat off per hour in hot conditions

# 2,400

maximum daily recommended milligrams of sodium

# 1,000

milligrams of sodium you should replace—via high-sodium sports drinks, energy foods or supplements (such as electrolytes and lava salts)—each hour when riding more than four hours if you're a salty sweater (i.e., you typically crust your kit)

Source: Monique Ryan, RD, LDN, author of *Sports Nutrition for Endurance Athletes*, 2nd edition.



LEARN MORE FROM SELENE AT [BICYCLING.COM/BLOGS/FITCHICK](http://BICYCLING.COM/BLOGS/FITCHICK).



# Simple Summer Salad

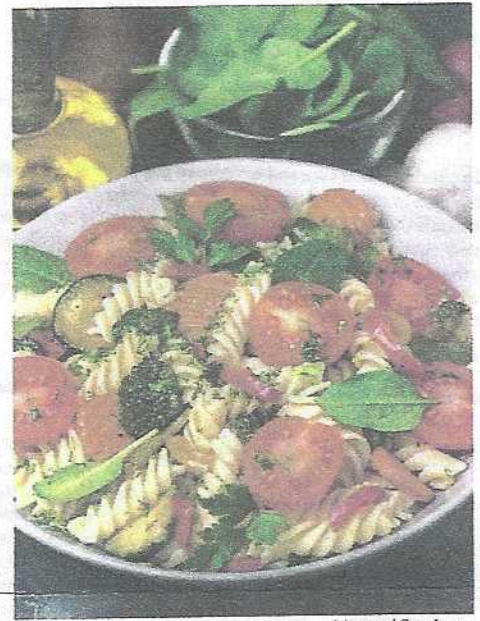
Take advantage of the availability of fresh, local produce.

Choosing the most nourishing anti-inflammatory foods is part of a comprehensive approach to easing joint pain from arthritis. Studies have shown that following a Mediterranean diet may lower markers of inflammation and possibly improve joint symptoms.

Major components of the Mediterranean diet are vegetables, fruits, legumes, nuts and extra virgin olive oil. What better time than the

summer, when fresh produce is plentiful, to nourish yourself with anti-inflammatory meals.

Cleveland Clinic dietitian Julia Zumpano, RD, LD, recommends a pasta salad with a delicious mix of fresh herbs, vegetables, garlic and shallots. She suggests making it with a bean-based pasta to provide a boost of fiber and protein, which is also gluten free. You can also use whole-wheat rotini.



© bergsberg | Getty Images

## ROASTED ITALIAN VEGETABLE PASTA SALAD

- 1 pound cherry tomatoes, halved
- 1 medium zucchini, quartered and cut into ½-inch cubes
- 1 medium summer squash, quartered and cut into ½-inch cubes
- 1 shallot, minced
- 1 fennel bulb, cut into ½-inch slices and diced
- 1 small red bell pepper, seeded and cut into ¾-inch cubes
- 1 garlic clove, quartered, plus 1 clove, minced

- 1 ½ Tbsp extra virgin olive oil
- ½ tsp salt, optional
- Freshly ground pepper
- 8 oz bean-based pasta or whole-wheat rotini
- 2 Tbsp balsamic vinegar
- 2 Tbsp grated Parmesan cheese

### NUTRITION INFORMATION

Servings: 4

**Per Serving:**  
 330 calories  
 1 g sat fat  
 7 g total fat  
 12 g protein  
 60 g carbs  
 12 g fiber  
 65 mg sodium

Preheat oven to 425°F. Place tomatoes, zucchini, squash, shallot, fennel, bell pepper and quartered garlic clove in an ovenproof nonstick skillet. Toss with the oil, salt and ground pepper. Roast for 6 minutes. Turn and continue to roast for another 6 minutes. Remove from oven. While vegetables are roasting cook the pasta, following package directions. Drain the pasta, reserving 2 Tbsp of cooking water, and return to the pot. Toss pasta, roasted vegetables with their juices, reserved pasta water, vinegar and minced garlic. Place the vegetable pasta salad on a serving plate and top with cheese and basil.

\$4.90. Jill makes ten dollars for every one dollar that Jack makes, or nine dollars more than Jack. Thus, since Jill's price is 90 cents higher than Jack's price, Jack's profit is ten cents and Jill's is a dollar, so the wholesale price is \$5.90 - \$1.00 = \$4.90.

### MIND TICKLER

### Aerobic Activities

Walking is a great form of aerobic exercise. You might also try:

- Bicycling
- Swimming
- Dancing
- Sports, such as tennis, pickleball and volleyball
- Water aerobics
- Aerobics class, available at community centers, YMCAs, and programs such as Silver Sneakers (silversneakers.com).

## MYTH OF THE MONTH: WE ALL NEED EIGHT CUPS OF WATER A DAY

The idea of drinking eight (eight-ounce) cups of water a day has been repeated for so long, many of us think we should use it as a goal for our water intake. This so-called standard isn't supported by science—it's not actually accurate. The amount of fluid your body needs depends on many factors, such as age, body size and composition, physical activity level (work and leisure), temperature and humidity, geographic location (latitude and altitude), and pregnancy and lactation.

The "eight cups a day" idea originated with a 1945 statement from the U.S. Food and Nutrition Board of the National Research Council which encouraged adult water intake of 64 ounces a day. What many people fail to realize is

that this recommendation included water from foods, which usually contribute approximately 20 percent of our water intake. In addition to water, juice, tea, coffee, and other beverages, fruits and vegetables (some of which, like watermelon and cucumbers, are over 90 percent water) are some of the biggest dietary contributors of fluids, and yogurt, soups, stews, and foods that absorb water when cooked (like beans, lentils, grains, and pasta) contribute as well.

With the possible exception of some older adults, most of us will be fine if we simply drink when we're thirsty. Pay special attention to your need for fluids when it is hot and humid, if you are sweating, and when you are unusually active.



Aiming for eight cups of water a day is not a bad goal, but it's by no means a hard-and-fast rule.

Talking about computers can make your mother board.

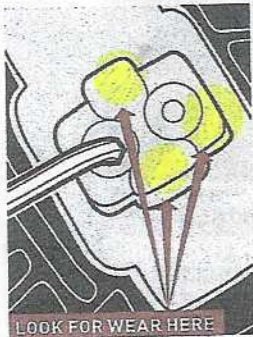




[ FALL ]

**TIRES** To check for fatal cuts and embedded grit that will lead to punctures, deflate the tube to about half pressure. Working in sections as you rotate the wheel, squeeze and wiggle the tire between your fingers. Manipulate or tweeze out grit and shards. Think of cuts as you would with your body: Anything superficial is no worry, but anything that exposes underlying tissue (in this instance, casing instead of bone) is serious. As a general rule, replace a tire with three or more serious cuts, or with one gash that, at full pressure, causes the tire to bulge outward.

from now on **EVALUATE ONCE A WEEK**



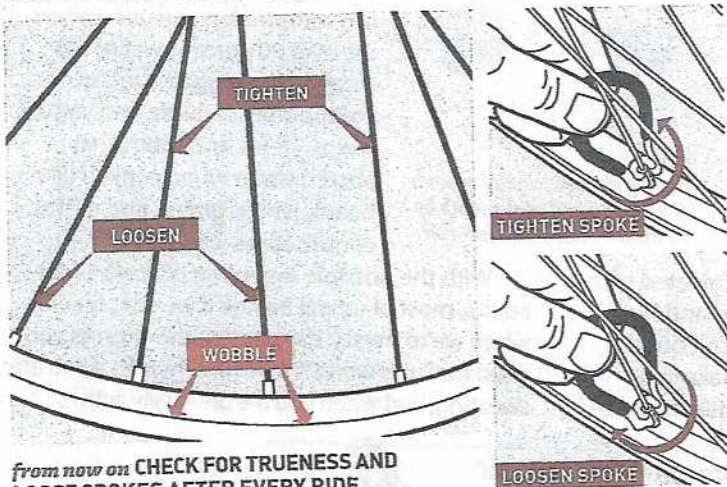
**CLEATS AND PEDALS** When your cleats wear, your foot can get stuck in the pedals—hello, embarrassing topple at a stop sign—or pull out under torque and take half the Sunday ride down at the town-line sprint. Most plastic cleats, such as Look, have built-in wear indicators: When a different color shows through, it's time to replace the cleat. Also watch for chipped or ragged edges. Metal cleats tend to look sharp or overly shiny at the edges. The best indicator is that clicking in or out becomes unpredictable. If performance is iffy but you don't detect wear, try lightly lubing the pedal everywhere it contacts the cleat (not the shoe sole). If that doesn't work, tell your mechanic "I dunno what's wrong."

from now on **INSPECT EVERY SIX MONTHS, OR WHEN CLICKING IN OR OUT BECOMES PERSNICKEY**

**WHEEL** When you feel a wheel wobbling, you have to return it to true [side-to-side alignment]. A wheel that's hopping is considered out of round, which is much harder to address, and best handled by an expert at a shop. Even when it comes to truing, messing with spokes is one of the most intimidating acts for amateur mechanics, but if you work in small increments and use patience you can often restore a smooth spin to your wheel.

To true a wheel: Spin the wheel and locate the section that is wobbling toward one side. On that side of the wheel, use a spoke wrench to loosen the two spokes closest to the wobble one-quarter turn. On the other side of the wheel, tighten the two closest spokes one-quarter turn. (Which way is tight and which is loose? Imagine the tire and tube are gone and you standing behind the mounted wheel—front or rear—looking at the spokes and nipples through the rim. Turning the nipple clockwise tightens the spoke, counterclockwise loosens it.) Spin the wheel and tune the wobble again. Never turn the nipples more than a quarter-turn at a time, and be prepared to work back and forth, loosening or tightening several times on each side until the wheel spins true.

One other thing: All the spokes on one side of a wheel should be equally tensioned; check this by plucking them like harp strings and listening to the tone. If one is significantly looser or tighter, begin the truing process by dialing it to the right tone. (On the rear wheel, driveside spokes are tighter than spokes on the left—but all the spokes on one side should feel the same.)



from now on **CHECK FOR TRUENESS AND LOOSE SPOKES AFTER EVERY RIDE**

## RealityWatch

### CPR harder than it looks on TV

Do you think you could do CPR if the need arose, even if you've never been through a class?

The answer, according to a new study from Purdue University, is "Probably not."

Researchers put 104 adults untrained in CPR to the test along with 83 firefighters trained in the procedure.

They found that more than 60 percent of the untrained people simply did not apply enough force for effective CPR, which uses chest compressions to keep blood flowing until professional help arrives.

The American Heart Association recommends pushing hard enough to compress the chest 1.5 to 2 inches, which requires 100 to 125 pounds of force.

Surprisingly, a large percent of the trained firefighters — 40 percent of them — also failed to apply needed pressure, according to the study.



### What you should know about GLIMMERS:

- \* Glimmers are the opposite of triggers
- \* They are small moments of goodness or beauty that regulate our nervous systems
- \* They cue safety to the survival brain
- \* They instill peace and evoke joy
- \* They can be internal or external
- \* They improve mood and mental health
- \* They help build nervous system resilience
- \* They are a trauma-recovery resource
- \* Each day brings with it hundreds of glimmers
- \* Noticing glimmers is a powerful healing practice that adds up over time
- \* Becoming a glimmer-seeker will change your brain and life

@SarahJacksoncoaching

### The Tastiest Health Tonic: A Cup of Tea



Every day, people around the world drink an estimated 2 billion cups of tea, the beverage made from the leaves of the *Camellia sinensis* bush. Whether black, green, oolong, or white, most of those cups are drowned for enjoyment or as a pick-me-up. But the many *bioactive* in tea—catechins, caffeine, photogenic acid, theaflavins, and more than 2,000 other natural chemicals—do more than deliver a satisfying brew.



# MCBC CALENDAR RIDES - 2024

**Club rides happen because riders show up !**

			<u>Time</u>	<u>Leader</u>	<u>Place</u>
Sept.	4 (Wed)	Club Ride	5:30 PM	Pam	Union Mills Library
Sept.	6 <sup>th</sup> (Fri)	Nite Ride	9:00 PM	Dennis F. Smith	Amphitheater (Fox Park)
Sept.	7 <sup>th</sup> (Sat)	Michigan City to New Buffalo	10:00 AM	Pam	DNR Parking Lot Mich, City
Sept.	11 (Wed)	Club Ride	5:30 PM	David H.	AL's Parking Lot
Sept.	15 <sup>th</sup> (Sun)	Rolling Prairie Loop	1:00 PM	Annette	School Parking Lot
Sept.	16 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
Sept.	18 (Wed)	Club Ride	5:30 PM	Byron	Luhr Park
Sept.	25 (Wed)	Club Ride	5:30 PM	Vincent	Fairgrounds
Sept.	28 <sup>th</sup> (Sat)	Pumpkinvine Trail	11:00 AM	Group	Shipshewana Towne Park
Oct.	2 <sup>nd</sup> (Wed)	Club Ride	5:30 PM	Show-N'-Go	
Oct.	9 <sup>th</sup> (Wed)	Club Ride	5:30 PM	Show-N'-Go	
Oct.	21 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
Nov.	17 <sup>th</sup> (Sun)	Cranksgiving Event	1:00 PM		Center Township Trustee - #2 West

Look these Rides over! Mark your calendars!  
 (Interested in leading One or More of these rides, let Dave know. Thank You!)  
 (More Information - call 219-369-3978)

Check Facebook for any scheduled rides !



## 2024 - UPCOMING RIDES of INTEREST

Aug.	31	Blueberry Cruise	Plymouth, IN	<a href="http://www.blueberryfestival.com">www.blueberryfestival.com</a>
Sept.	1	Bike the Drive	Chicago, IL	<a href="http://www.bikethedrive.org/">www.bikethedrive.org/</a>
Sept.	8	Dam to Dam Ride	Wabash, IN	<a href="http://www.visitwabashcounty.com/dam-to-dam/">www.visitwabashcounty.com/dam-to-dam/</a>
Sept.	14	Lakeshore Harvest Ride	South Haven, MI	
Sept.	29	Apple Cider Century	Three Oaks, MI	<a href="http://www.applecidercentury.com/">www.applecidercentury.com/</a>
Oct.	4-6	Hilly Hundred	Ellettsville, IN	<a href="http://www.hillyhundred.org/">www.hillyhundred.org/</a>
Oct.	12	Crane Cruise	Medaryville, IN	



Check out: [Bike Rides in Indiana.com](http://BikeRidesinIndiana.com)

### Mind Tickler

Jack and Jill are competing retailers who pay the same wholesale price for a widget. Jack sells the widget for \$5.00 and Jill sells the widget for \$5.90. Jill's profit on her sale of each widget is ten times Jack's profit. What is the wholesale price of the widget?

# MCBC Meeting

Monday, September 16, 2024  
7:00 PM

at  
La Porte Church of the Brethren  
414 Hawthorne St. - La Porte

**Refreshments & Fellowship**



E-Mail

[maplecitybicyclingclub@gmail.com](mailto:maplecitybicyclingclub@gmail.com)

Affiliated with:



**MCBC has Facebook**  
**Maple City Bicycling Club**  
Maple Leaf Logo

Website

[www.maplecitybicyclingclub.com](http://www.maplecitybicyclingclub.com)

We are not sent into this world to do anything into which we cannot put our hearts. We have certain work to do for our bread, and that is to be done strenuously; other work to do for our delight, and that is to be done heartily; neither is to be done by halves and shifts, but with a will; and what is not worth this effort is not to be done at all. Perhaps all that we have to do is meant for nothing more than an exercise of the heart and of the will and is useless in itself; but, at all events, the little use it has may well be spared if it is not worth putting our hands and our strength to.

John Ruskin



Maple City Bicycling Club  
P. O. Box 55  
LaPorte, IN 46352

## Autumn

