

MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety

and Friendships

2022



ANOTHER *NEW YEAR!*

Well, 2022 does bring us another new year. Last year (2021) saw some not so good times; and some better times. It would be great if we could have just a 'very good' year. And this will take some positive efforts on everyone's part.

At our November meeting (8 present) we accomplished very little. I thank those members that did come; but, in order to get our Club activities on line and on time, we need a good majority to help in our planning. If we plan to have our yearly O.C.T. event, we must get the ball rolling NOW!

It appears we will not have a Website or Facebook for 2022 as it appears the 'ball' was dropped. (I blame myself for not making the parties sit down with me and work the problems out.) Will a new Club president help here? ?

We received a letter from the Friends of the Panhandle Pathway regarding extending their Trail (Winamac area). We decided to ask our members to pledge funds toward this when paying their membership dues in January. (What ever you pledge over your membership dues will be sent to their Club.)

Those of you who rode in November and December may include your mileage by listing it on the January sign-up sheet or phone it in to Doris (219-575-5376).

Jerry Jackson is planning a New Year's Day Ride (Jan. 1), meeting at City Hall (801 Michigan) at 10:30 AM. This will be determined by weather and conditions of the streets. Here is your chance to get an early start in 2022.

Of course our "*New Year's Celebration*" is coming up in just a few weeks. It will be on Monday, January 17, 2022 at 6:30 PM at the La Porte Church of the Brethren Fellowship Hall. You won't want to miss the start of our New Year!! Here's your chance to fellowship with your fellow club members. At this meeting we will determine

Club officers, holding our O.C.T. event, planning Club rides for 2022 ??, and reviewing our committees and their responsibilities.

Since we did not get much done in November; we need to hit the ground running in January. A lot of things need to get done, so we need a great turn out at this meeting. If you care about our Club, it is **vital you attend** this meeting and help plan our future !!!

If you are one that may be riding thru the colder weather, be sure to dress accordingly and wear **bright color** clothing. Stay alert to traffic around you as drivers will not be looking for cyclists at this time of year! So, be sure to ride safely at all times! !

HAPPY NEW YEAR !

- Dave Wolfe

P.S. It's time to be thinking about renewing your MCBC Membership.

YEAR'S FIRST RIDE ?

January 1st - 10:30 AM

Meet at City Hall
(801 Michigan)

Check with Jerry Jackson - 219-608-9716
We'll keep you posted on riding conditions!



May all the wonders and joy
of the season be yours throughout the year.

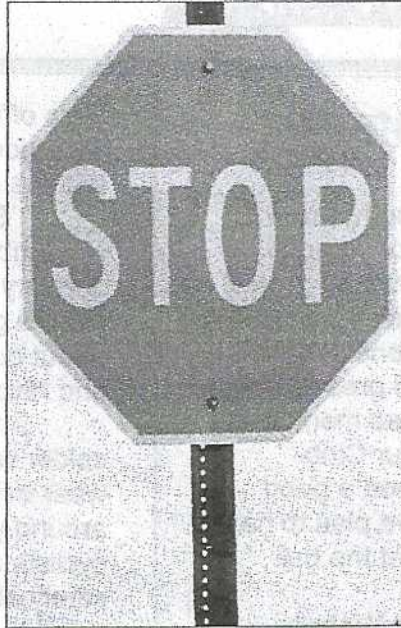
"Slowing, Stopping, Stopped."

By Bonnie McClun

"Slowing" and "Stopping" are two simple words that, when not used, can turn an enjoyable group ride into a calamity. If the cyclists in front of you don't declare their intention to slow down, you may find yourself having a close encounter with the rear wheel of the bicycle in front of you, causing you to have a close encounter with the pavement. If all cyclists could remember that they don't have brake lights, we would probably do better at calling out our intentions ("slowing" or "stopping") and making the universal signal (left arm extended out and down at a 45° angle with palm of hand facing rearward). **Safe, street-smart cyclists are predictable and follow the rules of the road.**

Speaking of rules of the road, imagine that you are riding your bike and are approaching a stop sign. How will you respond? In general, we bicyclists get most of our bad press from the behavior we exhibit at stop signs. How often have you seen a cyclist ride at full speed through a stop sign? Have you ever rolled through a stop sign? Just what is a "stop," anyway?

Effective Cycling® points out that the Uniform Vehicle Code Stop-Sign law requires two



distinct actions: first a stop and then a yield. If a stop is defined as no longer rolling, then the bicyclist has to put his or her foot down and the motorist has to come to a complete stop. That being the case, then cyclists "stop" about as well as motorists do. A motorist usually will slow for the stop sign, then creep into the intersection and check for oncoming traffic. If there is no traffic, the motorist accelerates. If there is traffic, then the motorist stops. Is the process different for bicyclists? No.

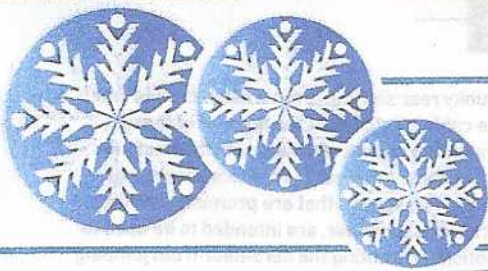
A bicyclist can perform this kind of stop as well as a motorist. The cyclist can slow,

check for traffic, yield if necessary, or stop if traffic requires. As a cyclist, you don't have to put your foot down to yield the right of way. However, *you must be in control of your vehicle* and be able to stop if necessary.

With your feet still on the pedals, you are best able to get moving again after the stop sign. It is to your advantage to keep rolling as slowly as possible and pause between the visibility point and edge of the traffic line. That pause gives you time to see and choose a gap in traffic that will let you to cross the intersection, merge into the flow of traffic, or come to a complete, foot-down stop, if needed. Some local municipalities may ticket you if you don't come to a full, foot-down stop. You'll need to know the idiosyncrasies of your local law-enforcement agencies.

Follow the rules of the road. Stop for stop signs. Be predictable. There is nothing more delightful than to watch the look of astonishment on the face of a motorist when a bicyclist correctly yields to them. Let's be our own best advertising for our right to share the road.

In an effort to promote safe cycling behavior among League members, each issue of Bicycle USA features an Effective Cycling column. For more information and one-on-one interaction with an experienced E.C. Instructor, sign up for an Effective Cycling class. This column is sent to all League-affiliated clubs and coalitions c/o the League Rep. for reprinting in their newsletters. If your club is not taking advantage of this benefit, and you would like to contact your League Rep. but don't know who that is, call us at (410) 539-3399.



JANUARY

The New Year

'Twas a package left from Christmas—
Left beneath the tree a week—
One we couldn't shake or open,
Couldn't even take a peek.
Now that we've removed the wrapping,
We are still in some dismay
'Cause we can't be sure what's in it
'Til we've used up every day.

Margaret Rorke



- Take the first step in faith. You don't have to see the whole staircase, just take the first step.
—Martin Luther King, Jr.

IN ORDER

Think of one word in which all the vowels, including "y," appear in order.

A New Beginning

Margaret Rorke

Every end's a new beginning
With another chance for winning—
A renewal of our energy and hope.
What is over only strengthens
The connecting link that lengthens
All of living with its duties and its scope.

So it is with marching seasons:
Each in sequence has its reasons
In the purpose and intention of the Lord.
Let us seize this as a sample—
A divinely sent example—
And perceive in new beginning—new reward.

Birthdays - JANUARY

- 5 - Doug Gaff
- 5 - Okey Akers



HAPPY BIRTHDAY

SWEET & SPICY MEATBALLS

- 1 pkg. (16 oz) frozen cooked meatballs, thawed
- 1 can (16 oz) jellied cranberry sauce
- 1 can (15 oz) pineapple chunks, drained
- ¼ cup packed brown sugar
- 1 canned chipotle chile in adobo sauce, chopped

Place the meatballs in a slow cooker. In a medium bowl, mash cranberry sauce with a fork, then add the pineapple, brown sugar, and chile. Mix well. Pour sauce mixture over meatballs, and stir to combine. Put lid on slow cooker, set to low setting, and cook 4 to 5 hours, or until sauce is thickened. Makes about 16 servings.

Great thoughts from Martin Luther King, Jr.

On excellence: "If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven played music or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great street sweeper who did his job well."

On repentance: "We will have to repent in this generation not merely for the hateful words and actions of the bad people but for the appalling silence of the good people."

On character: "I look to a day when people will not be judged by the color of their skin, but by the content of their character."

On courage: "We must build dikes of courage to hold back the flood of fear."

On hope: "We must accept finite disappointment, but never lose infinite hope."

Happy New Year Happy New Year

JANUARY



EPIPHANY

MARTIN LUTHER KING JR. Day



Winter is here!



MAINTENANCE

[WINTER]



BOTTOM BRACKET/CRANKSET

With the chain derailed, spin the crankset slowly with one finger.

If the movement feels gritty, audibly grinds or catches at certain spots in the rotation, you need either a bottom bracket overhaul or full replacement. You did the diagnosis, which is plenty. Leave the surgery to a shop. **1** Grab the crankarms and try to wiggle them toward and away from the frame. If there is play, determine if the whole crankset is moving or if it's only one of the crankarms. For the crankarm, try tightening **2** (with the required 8mm hex, a thin-walled socket or in some cases a proprietary tool) then check again. For the crankset itself, a shop might be able to tighten the BB or else replace it. **3** Finally, snug all chainring bolts, usually with a 5mm hex or a Torx key. (Some bolts require you to hold the opposite side while you tighten.)

from now on CHECK IT ONCE A MONTH

REAR DERAILLEUR

Clunky rear shifting is most often caused when the cable stretches or the amount of tension it exerts on the derailleur somehow goes out of whack, which affects the derailleur's alignment with the cogs. Amateur mechanics sometimes try to fix this by fiddling with the two screws that are prominent on the derailleur body. Those limit screws, however, are intended to be used to set up the initial range of motion (preventing the derailleur from jumping into the spokes on the large-cog side, and centering it precisely at its lowest, least-tensioned starting point on the small-cog side).

Fortunately, the simplest way to tune the rear shifting solves somewhere around 90 percent of all problems. Shift to the smallest cog. Turning one pedal by hand, click up one gear. If the derailleur balks, click back and stop the drivetrain. Turn the barrel adjuster—located where the cable goes into the derailleur; it's the only thing down there that looks like a barrel—out half a turn (counterclockwise). Try



TURN BARREL ADJUSTER COUNTERCLOCKWISE

the shift again, continuing to dial out the adjuster as needed until the derailleur snaps crisply onto the cog. Progress up the cogs. When the shifting is perfect that way, repeat the routine coming down the cogset. This time if the derailleur hesitates, dial the barrel adjuster in just one-quarter of a turn at a time. You should be able to work your way up and down the cogset and fine-tune the shifting in less than 10 minutes.

from now on TUNE WHENEVER SHIFTING GETS BALKY

LUBE HERE



CHAIN

A pro-team mechanic showed us a cheap and easy quick-clean method we love: Soak the center of a sponge with dish soap (or a commercial degreaser or cleanser). With one hand, wrap the sponge around the chain, under the chainstay, then with the other hand backpedal 10 revolutions. Rinse the sponge, squeeze out excess water, reload with cleaner and repeat. Continue until the sponge no longer gets dirty. Dry the chain by letting it sit for 10 minutes or by backpedaling through a clean rag. Apply one drop of lube to each of the chain's pins, then backpedal 10 revolutions, allow five minutes for the lube to penetrate, then wipe the chain with a clean rag by backpedaling. (Any lube removed this way is excess that doesn't help the links move, and attracts grime.)

from now on CLEAN EVERY TWO WEEKS, 10 HOURS OF RIDING, OR IF WET RIDE

COMMON DENOMINATOR

Only one letter of the alphabet appears in all the words of each group below. Transfer that letter to the correspondingly numbered blank at the bottom to spell a related word.

1. Fishing rod, Pliers, Skillet, Knife, Pitchfork
2. Weed cutter, Trunk, Coffee cup, Vacuum
3. Toothbrush, Hammer, Ice chest, Tomahawk, Pitcher
4. Broom, Golf club, Bucket, Paintbrush, Bicycle
5. Brief case, Spatula, Wagon, Faucet, Umbrella
6. Portable TV, Sword, Racquet, Door, Lawn mower
7. Screwdriver, Basket, Slot machine, Chisel, Dustpan
8. Hand organ, Scythe, Trash can, Shovel, Hatchet
9. Drill, Grinder, Pruning shears, Spray gun, Trowel

Bonus word:

H A I R B R U S H

What do all the words above have in common?



COMMON DENOMINATOR
(all 45 have handles)



Pizza with pizzaz



Ring in
A
New
Year
Begins

IN ORDER: Facetiously.

Erika Enigk
More Content Now
USA TODAY NETWORK

Almost everybody likes to eat pizza. One good reason for that is that no matter what you like to eat, there's a pizza for you. Today, we're going to look at a few kinds of pizza that people enjoy in different parts of the country. Maybe you'll find something new and exciting to try!

New York

New York style pizza is famously thin, with sauce and cheese taking center stage. You can get it with toppings, but many people love it just as it comes.

St. Louis

If you go to St. Louis, you might enjoy a pizza that is similar to the tavern style in Chicago but is usually made with different kinds of cheese than the usual mozzarella, and a different mix of spices in the sauce.

Chicago

Chicago pizza is the opposite of New York's. Also called "deep dish," it's thick. You'll need a knife and fork to eat it. Instead

of on top, the toppings are inside with the cheese, and all you see on top is a nice layer of sauce.

Chicago has a bonus pizza, too. Many people enjoy what's called "tavern style" pizza, which has a thin, crispy crust and is cut into small squares.

California

If all this talk of pizza is making you feel too full, you might want to try a pizza in the California style. These pizzas are usually made small, for just one person, and the toppings are healthy ingredients like avocado.

Dessert pizzas

OK, so dessert pizzas aren't from any one place, but they're a cool category to talk about. They're built the same basic way that meal pizzas are: crust, sauce and toppings. Crusts are made with bread dough or cookies. Sauces are things like cream cheese or melted chocolate. Toppings can be candy, fruit or spices. For example, you could make a cinnamon roll dessert pizza with bread dough, cinnamon, sugar and icing. You could make a fruit pizza with a sugar cookie crust, whipped cream cheese in the middle and fresh fruit on top. The possibilities are endless!

Activity:
Invent a pizza
for your town

Even if you live in a place that already has a pizza of its own, now is an opportunity to create something new!

- Is the crust thick or thin? What is it made out of? Does it have any special ingredients?

- Does your pizza have sauce? Does the sauce go on top of the crust or somewhere else?

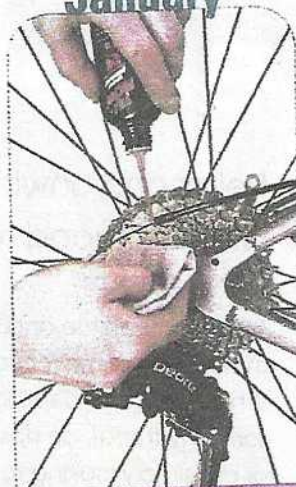
- What kind of cheese will you use? Will you use cheese at all?

- What kind of toppings will you put on your pizza? Do you like traditional toppings like pepperoni, sausage and green peppers? Or would you rather try something new like chocolate or apples or turkey?

STAY IN TUNE

Pay special attention to a different part of your bike each month and you'll ride smoothly all year long.

January



CHECK GEAR AND BRAKE HOUSINGS
Disengage housing segments from the stops and barrel adjusters. Slide the housings up, then clean the obscured portions of the cables and apply a light oil such as Tri-Flow. Check that the gear-housing ends aren't frayed under the caps; if they are, replace the cables.

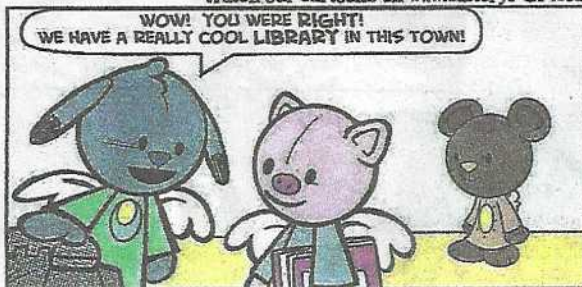
February

CLEAN PEDALS AND CLEATS
Crud on the cleat retention mechanism of your pedal will make clipping in and out difficult. Using a seal pick and an old toothbrush, remove packed dirt and debris from the pedal platform. Avoid internal-bearing contamination by using an air compressor (rather than water or a degreaser) to remove crud from the cleat platform.



ANGELS FROM THE ATTIC By Mark Marderosian

Watch our cartoons on www.batteryPOP.com



Teas with Benefits

Relax and unwind this holiday season with feel-good teas.

The holiday hustle and bustle can make taking time for yourself tricky. Whether you're dealing with a scratchy throat, an upset stomach or are simply looking to relax, a warm cup of tea might be just what you need.

TO COMFORT AN UPSET STOMACH

Peppermint isn't just a festive flavor for this time of year. It's also used to soothe digestive discomfort — ideal for sipping after a big holiday meal.

Ginger is a classic stomach soother, and it's often used to alleviate nausea. You can find simple ginger teas or blends that include complementary flavors like turmeric, lemon and green tea leaves.

TO SOOTHE A SORE THROAT

Any warm cup of tea can feel pretty great on a sore throat, but there are some varieties that work especially well. Look for a tea with slippery elm, an ingredient also used in some throat lozenges.

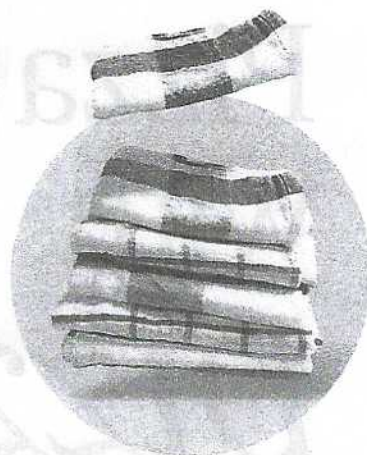
Green tea is another great choice. It's long been associated with wellness because of its anti-inflammatory properties and high antioxidant content. Plus, the neutral flavor makes it a perfect vehicle for

a spoonful of honey, which can also help ease sore throat symptoms.

TO HELP YOU SLEEP

If catching some z's is your goal, unwind with a cup of chamomile or lavender tea. Both are known for their smooth taste and soothing aroma. Plus, simply taking some time to yourself at the end of the day can be helpful as you transition to bedtime.

When drinking tea just before sleep, it's always a good idea to check the label and ensure you've selected a caffeine-free variety.



Ever-Green Holiday Cleaning

Sprucing up your home? These eco-friendly options are a great way to keep your space looking its best.

ALL-PURPOSE CLEANING SPRAY

This do-it-all spray can tackle messes throughout the home. Look for organic options that can remove dirt and grime without parabens, sulfates and phosphates.

REUSABLE CLOTHS

Investing in new dish towels for wiping down counters and general cleaning is an easy and effective way to cut back on single-use paper products.

COMPOSTABLE FAVORITES

Hosting a group? Cleanup is a breeze with compostable cutlery, coffee cups and even trash bags, designed for easy composting of any holiday food waste.

PainWatch

Heat wraps may ease back discomfort

Heat wraps that retain their temperature may relieve pain, a new study suggests.

The study looked at whether over-the-counter heat wraps provide effective pain relief for severe lower back pain.

Past studies have shown that self-application of topical heat may relieve lower back pain, but techniques for applying heat continuously over several hours have been cumbersome.

This study examined the effectiveness of a heat wrap that maintains a temperature of 104 degrees for eight hours of wear.

The researchers note that Procter & Gamble, the manufacturer of the heat pack used in this research, funded the study and employs most of the authors. In addition, the levels of pain and pain relief were self-reported.

The researchers conclude that people with severe lower back pain may wish to consult their doctor about trying a heat wrap.



(219) 872-9228

bikestopcycling@yahoo.com

Offers
MCBC MEMBERS
10% Discount
On Merchandise
Purchased

In the New Year

Always remember to forget the troubles that have passed away, but never forget to remember the blessings that come each day!

PICKLES



HEALTH STAT

150

For adults 65 and older, the CDC recommends at least 150 minutes a week of moderate intensity activity, such as brisk walking, and at least two days a week of activities that strengthen muscles.



MCBC Membership

Single - \$10.00 Family - \$15.00

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

Birthdate _____ Membership _____ Single. _____ Family

If family membership – list family members and birthdays: _____

Phone _____ E-Mail _____

Make checkout to and mail to: Maple City Bicycling Club
P.O. Box 55
La Porte, IN 46352

MCBC Meeting



"New Year's Celebration"

Monday, January 17, 2022
6:30 PM

Church of the Brethren
Fellowship Hall
414 Hawthorne St. - La Porte

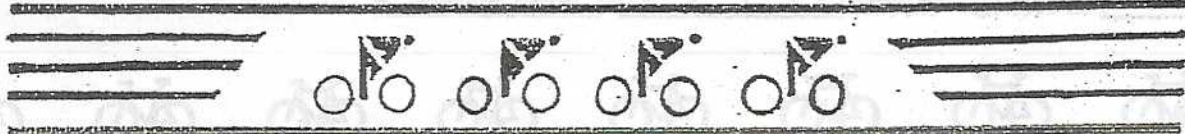
Pizza Party



Happy New Year



Affiliated with:



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

A
New
Year
Begins