

# MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety  
and Friendships

2023



## HERE COMES SUMMER . . With JUNETEENTH ! !

We are hoping June will bring us some real happy sunny days. Riding bikes, enjoying the wind in our face, and the sunshine covering our bodies; that's the start of Summer. Yes, JUNE brings us all of these!

Our O.C.T. proved to be a great success. We had nice weather, a nice turnout, and lots of help. (Could always use more help!) Special Thanks go to Annette Clark, Tom Casey, Tom Hilbish, Pam Creed, Jon & Kathy Mack, Lisa Marek, Ellen Stone, Julie Childress, Doris Wolfe, who worked our Sag's. Also Thanks to Jerry Jackson, John Phelan, Lisa Marek, Byron Fitzgerald, Tim Bates, and David Heinold for marking our routes. (We heard many great compliments on our road markings.) If I missed anyone I'm sorry as this was truly a Club effort. Thank You ! This year we had 130 riders who enjoyed a wonderful bicycling day, weather was outstanding and a nice gathering of mutual friends.

With May being the 'bicycle month' I wish to thank Pam Creed for hosting the Ride of Silence and all the work she put into it. With the cool weather we still had a nice turnout of 14 riders.

Our next meeting will be June 19, 2023 at 7:00 PM at the La Porte Church of the Brethren's Fellowship Hall. We will be discussing the O.C.T. and starting our plans for our 40<sup>th</sup> Anniversary event. Also, we will review our weekly Club Rides as well as our weekend rides.

We have listed your "Members' Mileage Chart" in our Newsletter this month. We trust it to be correct, but, if not please let Doris know so it can be corrected. Some ride a lot and some ride just a little; but, every mile counts and you need to be proud of that ! !

A few members have inquired about getting one of our Club Jerseys. Let us know if you are interested (cost around \$70 ?). Can take your listings at our June meeting or call Doris at 219-369-3978.

Also we have a few of this year's O.T.C. T-shirts for sale at \$20. Let Dave or Doris know if you wish one.

Hopefully Summer has arrived. (Well on June 21<sup>st</sup> anyway!) Let's celebrate.

### Respect & Honor Our Flag Happy Father's Day

- Dave Wolfe

## What Makes a Nation Great?

Alexander Blackburn

Not serried ranks with flags unfurled,  
Not armored ships that gird the world,  
Not hoarded wealth nor busy mills,  
Not cattle on a thousand hills,  
Not sages wise, nor schools nor laws,  
Not boasted deeds in freedom's cause—  
All these may be, and yet the state  
In the eye of God be far from great.

That land is great which knows the Lord,  
Whose songs are guided by His word;  
Where justice rules 'twixt man and man,  
Where love controls in art and plan;  
Where, breathing in his native air,  
Each soul finds joy in praise and prayer—  
Thus may our country, good and great,  
Be God's delight—man's best estate.

# How to stop an e-mail after you've sent it

Wait, did you send a copy of that e-mail to your boss? You know, the e-mail that said your boss was driving you crazy. Wouldn't you like to get that back? Believe it or not, you can! Gmail has a cancellation option, but few people know about it. Go into settings, scroll down to "undo send" and choose a cancellation period that can last from 5 to 30 seconds. But do it now! Because you won't have time to do it after you send that embarrassing e-mail.



From now on, you'll see a message at the top of your inbox with an "undo" option available for the length of time you selected.

What constitutes the bulwark of our own liberty and independence? It is not our frowning batlements or bristling seacoasts, our army and navy. These are not our reliance against tyranny. All of those may be turned against us without making us weaker for the struggle. Our reliance is in the love of liberty which God has planted in us. Our defense is in the spirit which prized liberty as the heritage of all men in all lands everywhere. Destroy this spirit and you have planted the seeds of despotism at your own doors.

Abraham Lincoln



## Father's Day Word Search

E H O F W G D V X L F N G C Z I C S N U L Q L N  
 H V B Q X G A P P W X D K X R E U N E Y A K X U  
 P T I Z G N O R T S U N D E R S T A N D I N G J  
 L E G T G I W C F E N C O U R A G I N G C N N Q  
 A J G P I M E F P X Q K Z F J T M B H J O X I D  
 I A D E T S U R T S Y Y G R Y G S U C Z B M Z G  
 C L O O C C L O X A U M R Z Q G L H L A D C J A H  
 E O D C O M Y P V S N C T D F U R M R P B M M  
 P V M A C A W C F V C R H I E F K F I Z J G A U  
 S E V U D Y N N U F A U A A I R I M N W B Y C A  
 C D B O L A G T U M T J N R H E N Q G Z C V S R  
 J T Y O A E N K S P J I D F U D D X T Y J W P C  
 H Y S L O V I N G D Q H Y A W N G H E L P F U L  
 L I P E M R R L M Y B I Y N Z O G W P T D W E W  
 Q I R V B E I S W F A L C U V W I P A N T E F H D  
 L R O G Q P P U W N C A K S U P P O R T I V E R Q  
 R V U C X Y S P U N E R W B W H C G Q B Y V C R  
 A C D Y J T N E R M T I I R E B B A N N I K E D F  
 S A N C Z L I R F N O O I M D T W N N I K E D F  
 K G E V A R B G N I P U N Z C N D Y D U V Q Z P  
 A V F Z E X G J R Z D S S W E E T I B S B I K U  
 F S G B E S I W R E U F M P O V B G U M O Y G W  
 U H L Y R H U W K D A H V E V O L J Z U A M R J  
 N R O B I X F A P R O T E C T I V E T U U E X

- |           |           |             |            |               |
|-----------|-----------|-------------|------------|---------------|
| proud     | wonderful | giving      | wise       | understanding |
| trusted   | unafraid  | encouraging | positive   | loved         |
| super     | sweet     | supportive  | special    | smart         |
| inspiring | kind      | handy       | handsome   | strong        |
| brave     | great     | best        | protective | carling       |
| love      | dad       | hilarious   | funny      | loving        |
| fun       | amazing   | cool        | helpful    |               |



## SURPRISING WAY TO RESET YOUR BLOOD PRESSURE

Always go to the bathroom before you have your blood pressure taken. A full bladder can raise your blood pressure by as much as 15 points systolic (the top number) and 10 points diastolic (the bottom number). Get more information about controlling blood pressure on page 35 of your free gift, *The Answers to Good Health*.



### A TRIBUTE TO FATHER

A father is a guiding light  
Sent to us from above.  
He listens to our sorrows  
And soothes them with his love.

A father is a teacher  
Whose place no one could take,  
For he's the source from which  
We learn to think and navigate.

A father is a gift from God,  
From whom we learn to be  
Patient, strong and loving,  
Filled with integrity.

### A FATHER'S DAY PRAYER

Mender of toys  
leader of boys  
changer of fuses  
kisser of bruises  
Bless him, dear Lord.

Mover of couches  
soother of ouches  
pounder of nails  
teller of tales  
Reward him, O Lord.

Hanger of screens  
counselor of teens  
fixer of bikes  
chastiser of tykes  
Help him, O Lord.

Raker of leaves  
cleaner of eaves  
dryer of dishes  
fulfiller of wishes  
Bless him, O Lord.

-The Christian Church  
Redmond, OR

With malice toward none; with  
charity for all; with firmness in  
the right, as God gives us to see  
the right, let us strive on to finish  
the work we are in; to bind up  
the nation's wounds; to care for  
him who shall have borne the  
battle, and for his widow, and his  
orphan—to do all which may  
achieve and cherish a just and  
lasting peace among ourselves  
and with all nations.

Abraham Lincoln



### Birthdays - JUNE

- 1 - Vincent Kuta
- 4 - Amy Pearson
- 7 - Jonah Belzowski
- 9 - Kevin Stone
- 14 - Byron Fitzgerald
- 15 - Kate Hilbish
- 15 - Kathy Mack
- 22 - Bill Yoder

This  
Month's  
Birthdays



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

God made the country, and man made the town.  
What wonder, then, that health and virtue should  
most abound and least be threatened in the fields  
and groves.

William Cowper

Many an excellent man is tempted to  
forget that the best offering he can make  
his children is himself.

### THOUGHTS ON FATHER'S DAY

It is difficult to find appropriate commentaries for Fa-  
ther's Day —

- UNLESS you want to preach at fathers,  
telling them what they should be;
- UNLESS you want to burden fathers  
with reminders of responsibilities;
- UNLESS you want to embarrass fathers  
with mushy sentimentality.



Happy Father's Day

The role of fatherhood in this second half of the twen-  
tieth century has been subject to critical examination.  
Many of the traditional guidelines for fatherhood have  
been questioned, sometimes leaving fathers torn be-  
tween loyalty to their own fathers' style of upbringing  
and the "new and improved" role models for father-  
hood. Today, fathers need our support. They need to  
know that WE know they're doing their best.

And so, to all our fathers we say, "Happy Father's  
Day" for the happy memories, for the hard lessons lov-  
ingly given, for strength when we needed it, and for  
sometimes showing us your soft side. "Happy Father's  
Day" for doing your best and for just being you.

—The Dallas United Methodist Church  
Dallas, PA



# "Members' Mileage Chart"

2023	Jan/May	June	July	Aug.	Sept.	Oct.	2022 Total
Matt Amor	84						816
Tim Bates	382						489
Garry Bowers	23						70
Annette Clark	11						589
Pam Creed	553						3016
Joe Collins	0						1091
Byron Fitzgerald	2479						4300
Bob Fuller							1984
Richard Galloy	0						52
David Heinold	1500						3600
Tom Hilbish	486						3309
Tom Hughes	0						55
Jerry Jackson	761						3500
Vinnie Kuta	1754						5578
Lisa Marek	368						
Shelly McGinty							532
Luis Miramontes	164						
Tina Miramontes	164						
Mark Nagel	270						35
Steve Pearson	96						558
John Phelan	400						3860
Cole Sandin	329						718
Mike Sebella	155.1						715
Diane Szynal	55						494
Joe Szynal	724						2610
Dan Tannas	110						567
Dean Woodson	25						280
Bill Yoder	52						526
	<u>10,945.1</u>						<u>36,065</u>

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

## MCBC Club Jersey

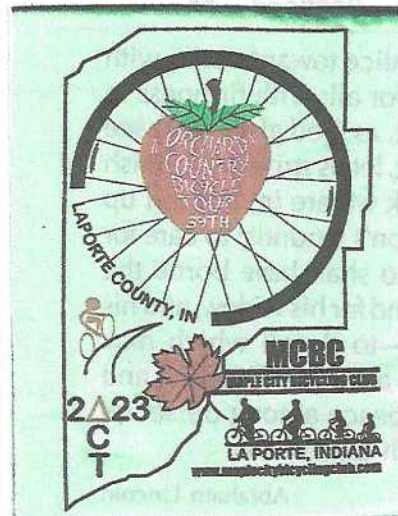


If interested

Call  
Dave  
or  
Doris

219-369-3978

## 2023 O.C.T. T-Shirt

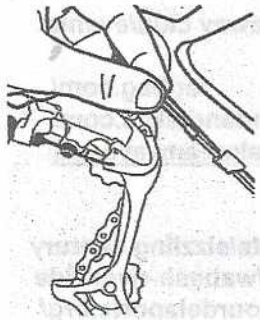


# THE GREAT MECHANIC WITHIN

[SUMMER]

## CABLES AND HOUSING

If shifting or braking feels sluggish, the problem is often gummed-up housings or dirty cables. You can restore spry action with a simple cleaning. Create slack in the brake cables by opening the quick-release buttons (on the calipers for Shimano and SRAM, on the lever for Campagnolo). To slacken the rear derailleur cable: Shift to the largest cog while turning the pedals; stop the pedals and rear wheel, then push the shifter as if to return to the smallest cog; because the derailleur won't move, the cable slackens. (The front shifter cable is exposed along most of its length already.) With the tension gone, you can easily slip the housings out of the stops, then slide them along the cables to expose dirt and grit. Wipe the newly exposed sections of the cables clean, then spray degreaser into one end of each housing until it drips cleanly out of the other end. Most modern cables don't



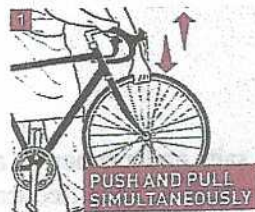
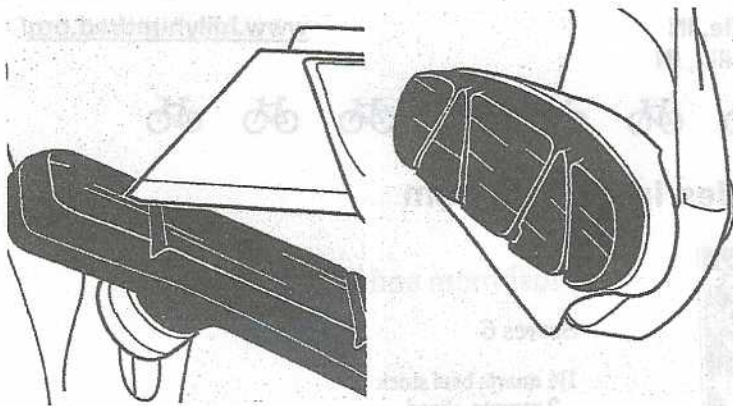
need lube for smooth operation, but you might want to try it to see if friction is reduced; place a drop or two of lube on your thumb and forefinger, then pinch the cable between them and wipe any exposable sections. Replace the housings in the stops, tighten the quick-releases, and gently pedal the rear derailleur into the proper gear. If the shifting is still sluggish or the cables appeared frayed, rusted or bent, take your bike to the shop for a replacement.

**from now on REPLACE BOTH AT THE END OR BEGINNING OF EVERY SEASON, OR WHEN YOU NOTICE ANY CUT OR CRACK IN THE HOUSING, OR FRAYING OR RUST ON THE CABLE**

## BRAKE PADS

Examine the pads and remove embedded grit or metal shards (which come from your rim) with an awl, tweezers or other sharp implement. Then roughen the surface with sandpaper or a file to improve braking. Finally, replace the set if either pad is too hard to let you press in with your thumbnail, or if the grooves etched into the pad are so worn they're almost nonexistent.

**from now on EXAMINE ONCE A WEEK, OR AFTER EVERY WET RIDE**



## HEADSET

Left unaddressed, a loose headset could cause you to lose control, impair steering and eventually damage your head tube and fork. **1** With your bike in a stand or sitting on the ground, grab the handlebar with one hand and the front wheel with the other, then push and pull in opposition while feeling for play. To tighten: **2** Loosen the two bolts that clamp the stem to the steerer tube, then turn the bolt in the top cap of the stem clockwise and retighten the clamping bolts to the manufacturer's recommended torque. The headset is just right when there is no slop when you perform the check, but the front wheel freely flops from side to side when you pick up the front of the bike. You might need several attempts to find the precise adjustment. Make sure you always loosen the clamp bolts before tightening the cap.

**from now on CHECK EVERY TWO WEEKS**

## Get moving.



**HEALTH AFTER 50** board members are unanimous about your single most potent antidote to aging: Exercise. It's free and anyone can do it. Physical exercise slows the erosion of muscle strength...maintains better cardiovascular and respiratory function...limits the risk of developing diabetes...and increases bone mass, which helps prevent osteoporosis. Exercise also facilitates digestion, promotes efficient bowel function, reduces insomnia and prevents depression. An effective exercise routine should include endurance training (such as walking, jogging or cycling) as well as two or three strength training sessions a week using light weights. (1 to 12 pounds)

## MOVES OF THE MONTH

These exercises from physical therapist Robert Maschi strengthen and stretch the quadriceps muscles in the front of the thigh.

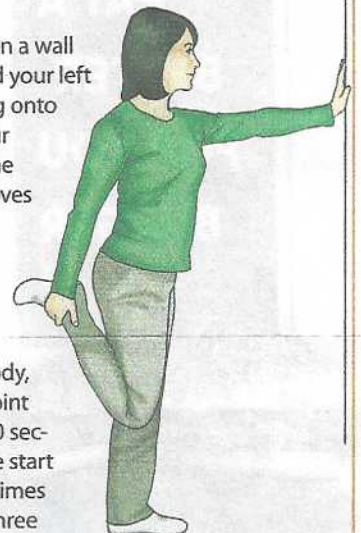
### 1. Thigh strengthener

Lie on your back. Bend your right knee, keeping the foot on the floor; keep your left leg extended. Slowly raise your straight left leg about 12 inches off the floor, until it is in line with your right knee. Hold for one second, then slowly lower down. Repeat 10 times, then do 10 repetitions with the right leg. Do three sets of 10 for each leg.



### 2. Thigh stretch

Stand with your hand on a wall or bar for balance. Bend your left leg behind you, holding onto your left ankle with your left hand. Gently pull the leg back (your knee moves slightly upward and behind you) until you feel a stretch in the front of your thigh. Make sure the thigh stays in line with the body, as shown; don't let it point forward). Hold for 20-30 seconds, then return to the start position. Repeat three times with the left leg, then three times with the right.



# 2023 - UPCOMING RIDES of INTEREST

June	2	Moonlight Over Tippy	Winamac, IN	<a href="http://www.pathhandlepathway.org/events">www.pathhandlepathway.org/events</a>
June	10	B & O Bicycle Tour	Brownsburg, IN	<a href="http://www.botrail.org">www.botrail.org</a>
June	16	Le Tour de Shore	Chicago, IL	<a href="http://www.letourdeshore.com/">www.letourdeshore.com/</a>
June	17-23	PALM (Pedal Across Lower Michigan)	New Buffalo to Trenton	<a href="http://www.palmbiketour.org">www.palmbiketour.org</a>
June	17	Pumpkinvine Bike Ride	Goshen, IN	<a href="mailto:rjcarrico1@gmail.com">rjcarrico1@gmail.com</a>
June	24	Flat 50 Bike Tour	Decatur, IN	<a href="http://www.adamscountybicycleclub.org/">adamscountybicycleclub.org/</a>
June	24	Tree City Rolling Tour	Greensburg, IN	<a href="http://www.treerollinttour.org">www.treerollinttour.org</a>
July	4	Sunstroke 74	Kokomo, IN	<a href="http://breakaway.club/events">breakaway.club/events</a>
July	15	RAIN Ride	Terra Haute, IN	
July	22-29	RAGBRAI (430 miles)	Sergeant Bluff, Iowa	<a href="http://ragbag.com/">ragbag.com/</a>
July	29	Amishland And Lakes	La Grange, IN	<a href="http://www.amishlandandlakes.com/">www.amishlandandlakes.com/</a>
July	29	Cardinal Greenway	Muncie, IN 765-287-0399	<a href="http://www.cardinalgreenways.org">www.cardinalgreenways.org</a>
Aug.	19-20	Ride Across Wisconsin	LaCrosse, Wis.	
Aug.	19	Sizzling Century	Kokomo, IN	<a href="http://breakaway.club/events/sizzling-century">breakaway.club/events/sizzling-century</a>
Aug.	26	Wabash River Ride 2023	West Lafayette, IN	<a href="http://wrcc.in.org/page/wabash-river-ride">/wrcc.in.org/page/wabash-river-ride</a>
Aug.	27	Tour de LaPorte	La Porte, IN	<a href="http://tourdelaporte.org/">/tourdelaporte.org/</a>
Aug.	29-9/3	DALMAC	Lasing, MI	
Sept.	2	Blueberry Cruise	Plymouth, IN	<a href="http://www.blueberryfestival.com">www.blueberryfestival.com</a>
Sept.	3	Bike the Drive	Chicago, IL	<a href="http://www.bikethedrive.org/">www.bikethedrive.org/</a>
Sept.	10	Dam to Dam Ride	Wabash, IN	<a href="http://www.visitwabashcounty.com/dam-to-dam/">www.visitwabashcounty.com/dam-to-dam/</a>
Sept.	16	Lakeshore Harvest Ride	South Haven, Mi	
Sept.	24	Apple Cider Century	Three Oaks, MI	<a href="http://www.applecidercentury.com/">www.applecidercentury.com/</a>
Oct.	6-8	Hilly Hundred 2022	Ellettsville, IN	<a href="http://www.hillyhundred.org/">www.hillyhundred.org/</a>
Oct.	14	Crane Cruise	Medaryville, IN	



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

**EAT A  
BETTER-  
FOR-YOU  
BURGER**



Think plant-burgers have less saturated fat than beef? Our analysis showed that some have *more!* And most plant burgers had *lots* of sodium. To enjoy real beef, in moderation, consider grass-fed beef. It has more stearic acid, a saturated fat that won't raise your cholesterol level.



## Mushroom and Potato Soup

Serves 6

- 1½ quarts beef stock
- 2 carrots, sliced
- 1 pound mushrooms, sliced
- 1 large onion, thinly sliced
- 4 potatoes, peeled and sliced
- Salt and pepper to taste
- 4 tablespoons butter
- 3 tablespoons flour
- 1 teaspoon caraway seed

Combine stock, vegetables, salt, and pepper in a saucepan. Bring to a boil over medium heat. Reduce heat and simmer, partially covered, until vegetables are tender (about 30 minutes). Melt butter in saucepan; whisk in flour until absorbed. Stir in ½ cup of the soup and cook until mixture thickens; return to soup. Simmer, stirring occasionally, until slightly thickened (about 5 minutes). Stir in caraway seed and serve hot.

# MCBC CALENDAR - 2023

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

			<u>Time</u>	<u>Leader</u>	<u>Place</u>
May	31 (Wed)	Club Ride	5:30 PM	Steve P.	M.C. Lighthouse Place
June	3 (Sat)	Fish Lake Ride	10:00 AM	Byron ?	Conservation Club
June	7 (Wed)	Club Ride	5:30 PM	Pam C.	Kingsbury Game
June	14 (Wed)	Hudson Lake Ride	5:30 PM	David H.	Monroe Crossing
June	19 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
June	21 (Wed)	Club Ride	5:30 PM	Tim B.	Cummings Lodge
June	25 (Sun)	Club Ride	2:00 PM	David H.	LaCross Library
June	28 (Wed)	Club Ride	5:30 PM	David H.	Al's East Parking Lot
July	5 (Wed)	Club Ride	5:30 PM	Pam C.	Union Mills Library
July	8 (Sat)	Wanatah Ride	10:00 AM	Pam C	Wanatah Library
July	12 (Wed)	Club Ride	5:30 PM	Tim B.	Hailman School
July	16 (Sun)	DQ Ride	3:00 PM	Dave W.	Luhr Park
July	17 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
July	19 (Wed)	Club Ride	5:30 PM	Pam C.	So. Central HS
July	26 (Wed)	Club Ride	5:30 PM	Mark N.	Beverly Shores Depot MC

**(More Information - call 219-369-3978)**

**Check Facebook for any scheduled rides !**



## From a reader: How to keep your coffee hot for longer

"Avoid lukewarm coffee or cocoa with this smart tip," says Nannette Riley of Allen, Texas. "Fill your mug with hot water or microwave cold water in your mug. Let mug get completely warm, then dump out water and promptly fill with desired drink. Your beverage will stay hot much longer." Thanks for the perky tip!

## Why you should not keep your fruits and vegetables in your fridge's fruit bin



**We all know that eating fresh fruits and vegetables is the key to staying healthy.** But one of the worst things you can do is store your fruits and vegetables in your refrigerator bins.

Why? Because when you put them in those drawers, they are "out of

sight, out of mind." You'll forget to eat them, and they'll spoil.

Instead, keep them easily accessible in the most visible area of your fridge. To make room, store jarred foods and condiments in the drawers.

# MCBC Meeting



**Monday, June 19, 2023  
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)

The seahorses of the world may be divided into three basic types: the rugged shores of rock, the sand beaches, and the coral reefs ... The Atlantic coast of the United States is one of the few in the world that provided clear examples of each.



(219) 872-9228

[bikestopcycling@yahoo.com](mailto:bikestopcycling@yahoo.com)

**Offers  
MCBC MEMBERS  
10% Discount  
On Merchandise  
Purchased**

We treat this world of our as if we had a spare in the trunk.



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

