

MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety

and Friendships

2024



MARCH WINDS ARE A-BLOWIN . . .

This past month (Feb.) has been more like **Spring** than **Winter**. (Not complaining though). Several of you have been out on your bikes quite a bit. Yes, getting a head start on this year's mileage! (WAY TO GO!)

I was pleasantly surprised by the nice attendance at our last meeting (Feb. 19th). We learned that our O.C.T. Shirt should be ready for review in about 10 days. We also discussed the need for road markers and SAG supply helpers.

We discussed Club Weekend Rides for this Summer. Pam supplied us with a nice list of weekend rides for June thru September. We have listed those elsewhere in this newsletter and are asking you to plan ahead as I feel these rides can prove exciting and a lot of fun. Please look them over and mark them in your riding calendars. Possibly you could even lead one of these rides.

It was decided to start our Club Rides after our March meeting (March 18th). So our first Club Ride will start Wednesday, March 20th. Meet at Kesling Park Shelter #2 at 5:30 PM. It was decided that we should have most of our rides in the La Porte and/or Michigan City areas. Rides in the rest of the county could possibly be arranged for our 'weekend' rides. So mark your calendar and be prepared for March 20th, Kesling Park, 5:30 PM.

After more discussion, we set Sunday, June 30th to ride the Pumpkinvine Trail. Plan to meet at Abshire Park in Goshen at 11:00 AM. It sounds like there will be a stop over some place for lunch. Again, mark you calendar.

We talked about our Website and Facebook and the need to be sure to keep them current at all times. David Heinold agreed to help Tom (Hughes) in updating and revising them.

For our Next Meeting we will bring fruit and/or canned fruit to assist our Local Food Pantry. This is one way that we can share in helping our community.

Our Next Meeting will be Monday, March 18th at 7:00 PM at the La Porte Church of the Brethren Fellowship Hall. Discussions will be on O.C.T., ride agenda and Summer activities. Your input is very important here .

A number of you have already paid your yearly dues and we Thank You. However if you have not already done so, we would appreciate you doing so as soon as possible.

Spring and the warmer weather are coming, As you get out on your bikes, ride safely, wear bright clothing and be aware of your surroundings. As we ride, **let's set good examples.**

**HAPPY St. PATTY'S DAY
SPRING IS A-COMING**

- Dave Wolfe



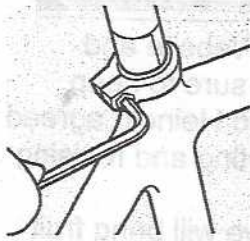
THE GREAT MECHANIC WITHIN

The (Not Very) Dirty Dozen *continued...*

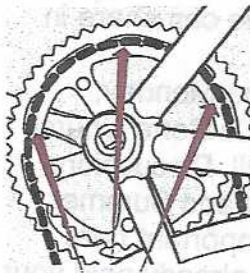
[SPRING]

SEATPOST

Mark your seat height by wrapping electrical tape around the seatpost (flush with the collar, the part that clamps the post in the frame). Loosen the clamp bolt and remove the post. Clean it with a dry rag. Tip your bike upside down and let the water that's accumulated in the frame run out of the seat tube in a brackish, malodorous stream. Feel smug about doing this. Push another rag into the seat tube and swab the inside clean. For a steel or aluminum post, spread a dollop of grease along the bottom third of its length. Use just enough to leave a milky sheen. With carbon posts, do the same with paste or assembly compound; these are tackier and grittier, which helps you avoid overtightening the clamp bolt in an attempt to keep the post from slipping. Reinsert the post to the correct height. Tighten the clamp to the manufacturer's recommended torque.



from now on
CLEAN AND REAPPLY GREASE OR PASTE EVERY SIX MONTHS, OR AFTER SEVERAL WET WEEKS, OR WHEN YOU HEAR A SQUEAK



CHECK CHAIN FOR WEAR

You'll hear chain wear called "stretching,"

because you detect a worn chain by measuring the distance between pins, but the term is inaccurate. The plates don't get longer. The pins and bushings that hold the links together degrade, creating slack that increases the distance between pins. When this happens, the chain doesn't sit properly on the teeth of the cassette or chainrings. Shifting becomes clattery and imprecise and the teeth can wear, leading to expensive replacements. You can detect wear with a special tool, but here's the simplest method: With the chain on the small ring, apply force to the right pedal with one hand while holding the rear wheel stationary with the other. If the chain floats above the teeth rather than fully meshing with them, it's time for a new one.

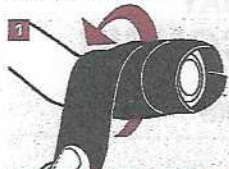


GAP = WORN CHAIN

from now on **MEASURE EVERY 500 MILES**

BAR TAPE

Fresh wrap changes your bike's appearance so much some people will ask if you just bought a new ride. But there are practical reasons to change tape: Friction from your gloves eventually erodes the tape's tackiness, leading to an insecure grip, and as small cuts, tears and abrasions accumulate so does the chance of the tape ripping or slipping during a moment of high-stakes stress—like when you're locked onto the bar in a sprint. To remove the wrap, first unpeel the finishing tape that holds it in place near the center of the handlebar. Unwind the wrap by hand, spiraling along the bar. When you get to the brake/shift lever, peel back the hood then continue. Before you reach the end of the bar, remove the plug that tucks the end of the wrap into the hollow. When the wrap is off, scrub away adhesive left on the bar. Taping isn't difficult, but expect several botched attempts. The fundamentals: Start from the end. **1** On the first wrap, leave half the width of the tape hanging off the

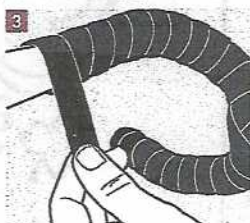


1 **SPIRAL TAPE AWAY FROM BIKE AS YOU PASS OVER THE BAR**



bar (this is the part you'll tuck in with the plug). Continue along the bar in spirals, wrapping away from the bike as you go over the top of the bar, and slightly overlapping.

2 At the bend, say a hosanna and wrap around the brake in a figure eight. Continue on. **3** A hand's width from the stem, cut the tape and tack it down with two revolutions of electrical tape.



from now on
REWRAP ONCE OR TWICE A YEAR

Murphy's Laws

of Bicycling ...



1. If you are delayed a few minutes getting to a meeting place, the ride will have left on time.
Corollary: If you are on time, the ride will always be delayed. This is especially true if you must return early.
2. Whatever you wear, it will have to be modified during the ride.
3. If you bring your rain suit, it will not rain.
Corollary: If it does, it's only because you rain suit leaks.
4. At some point in the beginning of the ride all odometer readings will diverge. From this point on no two will agree with each other or with the cue sheet.
5. All route sheets contain at least one mistake or ambiguity.
6. Flat tires always occur when everyone is already to leave, when you are at the rear of the group, or when darkness is rapidly descending.
7. Lunches are always forgotten on rides that don't include a lunch stop.
8. The condition of the terrain is directly proportional to the hardness of your seat and the sensitivity of your rear.
9. All Class C rides of 12 people or more break up into two rides. One Class C and one Class B.
10. Rides following late night parties always appear to become Class A.
11. The amount of traffic is always directly proportional to the number of riders and inversely proportional to their ability to cope with it.
12. No matter which way the wind is blowing at the start of the ride, it will change direction & become a head wind on the return trip.
13. The further you ride, the steeper the hills become.
14. Gear ratios tend to increase upwardly and in direct proportion to the length and difficulty of the ride.

by John Lambert

from the Central Jersey Bicycle Club newsletter *The Hub*

Life is glorious

Life is a pretty precious and wonderful thing. You can't sit down and let it lap around you ... you have to plunge into it; you have to dive through it! And you can't save it, you can't store it up; you can't horde it in a vault. You've got to taste it; you've got to use it. The more you use, the more you have ... that's the miracle of it!

—Kyle Samuel Crichton

"There is a form of laughter that springs from the heart, heard every day in the merry voice of childhood, the expression of a laughter-loving spirit that defies analysis by the philosopher, which has nothing rigid or mechanical in it, and totally without social significance. Bubbling spontaneously from the heart of child or man. Without egotism and full of feeling, laughter is the music of life."

—Sir William Osler

Lent is a time for repentance

Repentance is the process by which we see ourselves, day by day, as we really are: sinful, needy, dependent people. It is the process by which we see God as He is: awesome, majestic and holy.

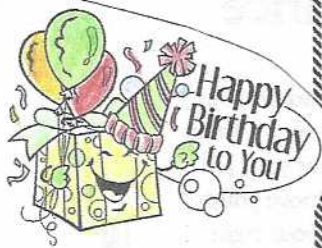
—Charles Colson
in *From Against the Night:
Living in the New Dark Ages*

Kindness Can Move Mountains

Birthdays - MARCH

- 2 - Tom Casey
- 4 - Tom Hughes
- 6 - Joe Collins
- 9 - Jerry Jackson
- 11 - Marie Galloy
- 11 - Ben Gruber
- 13 - Robb Boughner
- 13 - Rebecca Gaff
- 13 - Cammy Trail
- 20 - Bryan McCarty
- 21 - John Ryder
- 24 - Regina Smelser
- 25 - Andrew Mullen

If I missed someone - Please let me know!



An Irish blessing

May you have
walls to keep out the wind,
a roof to keep out the rain,
warm drinks by the fire,
laughter to cheer you,
those you love near you,
and all that your heart may desire,
including the love of God within.



MCBC Officers for 2024

President - Dave Wolfe
Vice. President - Pam Creed
Treasurer/Secretary - Tom Hilbish
Media - Tom Hughes / David Heinold
Newsletter - Doris Wolfe



- Time is free, but it is priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it, you can never get it back.

—Harvey Mackay

I am glad that in the springtime of life there were those who planted the flowers of love in my heart instead of thistles.

Robert Louis Stevenson



Ode to Easter

With happy voices ringing
Thy children, Lord, appear;
Their joyous praises bringing
In anthems loud
and clear,
For skies
of golden splendor,
For azure
rolling sea,
For blossoms sweet and tender,
O Lord, we worship thee.

—William George Tarrant (1888)



DAYLIGHT SAVING TIME

In March, we spring forward. How did this practice of Daylight Saving Time (DST) begin? The Old Farmer's Almanac (around 1792) answers your questions.



MCBC WEEKEND RIDES - 2024

Club rides happen because riders show up !



DATE	TIME	LEAD	AREA MAP	PARKING
June 9 th (Sunday)	1:00 p.m.		Westville Loop	Bluhm Parking
June 22 nd (Saturday)	10:00 a.m.		Fish Lake Loop	Conservation Club
June 30 th (Sunday)	11:00 a.m.		Pumpkinvine Trail	Abshire Park in Goshen
July 13 th (Saturday)	9:00 a.m.		Michigan City Loop	Lighthouse Mall
July 21 st (Sunday)	3:00 p.m.		D.Q. Ride to Westville	Luhr Park
Aug. 17 th (Saturday)	1:00 p.m.		Mill Pond Picnic & Ride	Mill Pond, Union Mills
Aug. 25 th (Sunday)	1:00 p.m.		Wildlife Loop	Kingsbury Fish & Game Shooting Range Parking Lot
Sept. 7 th (Saturday)	10:00 a.m.	Pam	Michigan City to New Buffalo	DNR Parking Lot Mich, City
Sept. 15 th (Sunday)	1:00 p.m.	Annette	Rolling Prairie Loop	School Parking Lot

Look these ride over! Mark your calendars!

(Interested in leading One or More of these rides, let Pam or Dave know. Thank You!)



Monitoring Diabetes With Tears Instead of Blood

People with diabetes are accustomed to drawing blood with finger sticks multiple times a day to check their blood glucose levels. What if tears could be used instead? In a small Japanese trial reported at the European Association for the Study of Diabetes meeting in October 2020, glycated albumin (GA) levels in tears strongly correlated with GA levels in blood, even after adjustments were made for age, gender, obesity and kidney health. If the amount of tears required to conduct the test can be reduced, and the size of the equipment needed to process the tests made smaller, future patients with diabetes may be able to monitor sugar levels noninvasively.



Easy Exercises to Boost Your Balance



Heel to toe walk
Walk as though on a tightrope, positioning the heel of one foot right in front of the toes of the other foot. Walk heel, toe, heel, toe in a straight line across the floor for at least 8-10 steps, and then walk back.



Single leg "walking" Stand on your left leg. Move your right leg out in front of you in a walking motion as your left arm swings forward; then move your right leg behind you as your right arm swings forward. Repeat these movements for 20-30 seconds. Then do the same while standing on the right leg for 20-30 seconds, making sure to reverse the arm movements (move the left leg in front of you as the right arm swings forward; move the left leg back as the left arm moves forward).



Sit to stand, no hands Sit in a strong, stable chair with your feet firmly on the floor. Cross your arms or put your hands behind your head. Press down into the floor to stand, then sit down in a controlled way. Repeat 8-10 times.

Colored chickpeas higher in antioxidants than plain ones

Colored chickpeas appear to have higher antioxidant levels than their cream or beige-colored counterparts, according to a study published in the March 2010 issue of the *Journal of Food Science*. Chickpeas are well known sources of protein, and research continues to show the many health benefits of the antioxidants, such as polyphenols and flavonoids, that are packed into these popular legumes. In the study, researchers examined 17 varieties of chickpeas, including black, brown, red, green, gray, yellow and beige, among others. The results showed that colored chickpeas had up to 11 times more flavonoids and up to 31 times more antioxidant activity than beige chickpeas. 🍌

Walnuts may offer heart protection in diabetics

In a small study presented at the American College of Preventive Medicine meeting in February 2010, researchers found that test subjects with type 2 diabetes who consumed 56 grams (about two ounces) of walnuts per day achieved significant improvement in flow-mediated dilation compared to diabetes patients who didn't eat walnuts. (Flow-mediated dilation is the dilation or expansion of a blood vessel when blood flow increases). Those who ate walnuts saw slightly better reductions in their LDL ("bad") cholesterol levels, compared to those without walnut supplementation. Researchers suggested that both walnuts and almonds be consumed regularly by diabetic patients, because almonds may help control blood sugar levels. 🍌



A Crypto-Family is a list of related words in code. When you have identified a word, use the known letters to help decode the other words.

1. THINK IRISH Example: Shillelagh

PDESZGYJL
MYKLF EYFSKZU
IPYSLDV MFQLD
ZPYXXYCG SKLC
ZDPFKZ ZSQMM
MFDE XYLZKLC
DBDSYPX KMPD
"XYLLV IQV"
MGYBSQZU
ISQCJD



Spring

Esther Moorefield Lea

*Spring is many things like these—
Trailing fronds of willow leaves
Dawning in awakening glade,
Music that the wind harp made,
Dewy daisies wild and sweet
Kneeling softly at my feet,
Winnowing of unseen wings.
Spring is many lovely things.*



HIP POP

A TV marathon calls for 'corn!
Liven up the sweet or salty snack
with some creative stir-ins.

Parmesan Ranch Popcorn

Mix ¼ cup grated Parmesan cheese, 2 Tbsp. dry ranch salad dressing mix, 1 tsp. dried parsley flakes and ¼ tsp. onion powder. Drizzle ½ cup melted butter over 3½ qt. popped popcorn; toss with cheese mixture. Store in airtight containers.

Italian Cheese Popcorn

Mix ½ cup grated Romano cheese, 2¼ tsp. Italian seasoning and ¾ tsp. garlic salt. Drizzle ½ cup melted butter over 3½ qt. popped popcorn; toss with cheese mixture. Store in airtight containers.

Peppermint Popcorn

Drizzle 8 oz. melted white candy coating over 3½ qt. popped popcorn; sprinkle with ½ cup crushed peppermint candies and toss. Immediately spread onto waxed paper; let stand until set. Break into pieces. Store in airtight containers.



STAR POWER

Sprinkle a twinkle of stars onto a sweet popcorn mix for some fun.

Confectionery House
Gold Star Sprinkles
\$6/4 oz. bag
confectioneryhouse.com

The lowdown on dizzy spells, saddle sores and shoulder separations

Postural hypotension

Q: I've read about "postural hypotension" (spells of dizziness after getting up quickly) in



BICYCLING articles over the past few years and they helped my doctor diagnose what was happening to me. But he admits he knows very little about the condition or how to treat it.

What's going on?

David P. Boland
Neenah, WI

a: David, postural hypotension is a fancy way of saying that blood pressure falls when you stand up. When you stand, your heart has to overcome gravity to pump blood to the brain. If it doesn't do so promptly, you get dizzy. When you stand after lying or

sitting for awhile, receptors in the neck cause the heart to beat faster and harder. As blood pressure to the brain normalizes, the receptors simmer down.

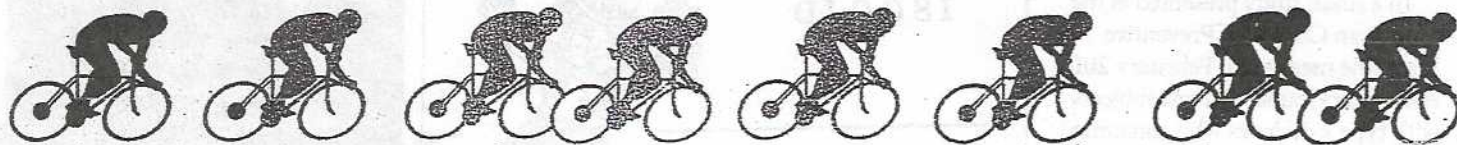
Anything that reduces circulation to the head can result in lightheadedness, dizziness and even temporary blackouts. Dehydration, exercise, a warm environment and alcohol are common causes of postural hypotension.

Postural hypotension can also occur as a result of overtreatment of high blood pressure, or as a side effect of non-hypertension medications. For some people, low-salt diets cause postural hypotension.

It's also possible that you have a medical condition that predisposes you to this problem. If it remains troublesome, and your regular physician is baffled, an endocrinologist (a hormone and gland specialist) may be able to help.

—Arnie Baker, M.D.

Karla Genschler



GET THE WET OUT

CAUGHT IN A DOWNPOUR? USE THIS POSTRIDE RITUAL TO PROLONG THE LIFE OF YOUR BIKE.
BY ANDREW J. BERNSTEIN

RINSE CYCLE Before taking cover, hose down your bike using low pressure—if it's too high, you could force grit into internal components such as the bottom bracket, hubs, and bearings, or wash away necessary lubricants. Don't forget wheels, drivetrain, and braking surfaces—parts on which road crud accumulates.

SPIN CYCLE Remove your seatpost and turn your bike upside down so water can escape. Even if your frame is carbon, which can't rust, do it to ensure no moisture sits in your bottom bracket. Then take off your wheels. If they have a drain hole, lay them at an angle that lets the water run out of the opening. No drain holes? Deflate your tires and drain water through the valve-stem hole.

DRY CYCLE Move the whole operation out of the rain, then replace your wheels and seatpost. Run a clean, dry towel over your entire bike, getting into all the nooks and crannies. Your final step: Lube the chain (see how at BICYCLING.com/howtolube).

Drowned your phone? Drop it into a Bheastie Bag (\$20) and seal it shut. The reusable pouch contains water-absorbing beads that draw moisture from small electronics. Resuscitation isn't guaranteed, but it's worth a shot.

Hose off your shoes to rinse away any gravel lodged in cleats and closures. Remove insoles and pull up the tongues. Tightly pack each shoe with newspaper. When it soaks through, replace it. Expedite drying time by placing your shoes in front of a fan.

ON SLICK ROADS, LOWER YOUR TIRE PRESSURE BY 5 TO 10 PSI.

Check your seat bag. It probably contains a rust-prone tool and CO₂ cartridge. Remove and dry its contents, and leave it unzipped so air can flow through.

MCBC CALENDAR - 2024

Club rides happen because riders show up !

		<u>Time</u>	<u>Leader</u>	<u>Place</u>
March 8 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
March 20 (Wed)	Club Ride	5:30 PM		Kesling Park #2
March 27 (Wed)	Club Ride	5:30 PM		Kesling Park #2
April 3 (Wed)	Club Ride	5:30 PM		Kesling Park #2
April 10 (Wed)	Club Ride	5:30 PM		Kesling Park #2
April 15 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
May 15 (Wed)	Ride of Silence	6:30 PM	Pam	LP Fairgrounds
May 19 (Sun)	O.C.T.	7:00 AM	Club	LP Fairgrounds

(More Information - call 219-369-3978)

Check Facebook for any scheduled rides !



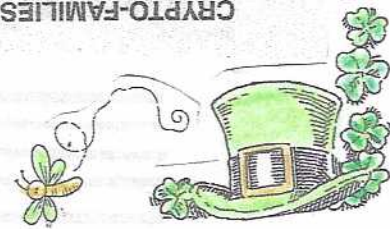
Use ice water to revive wilting vegetables.

Revive wilting broccoli by soaking it in cold water for 1 hour before using. This trick also works to revive asparagus, celery, scallions, and parsley. To revive soft leafy greens like lettuce, spinach, and arugula, soak them in ice water for 30 minutes.

1. THINK IRISH: Leprechaun, Saint Patrick, Blarney Stone, Claddagh ring, Celtic cross, Step dance -ing, Emerald Isle, "Danny Boy", Shamrock, Brogue.

CRYPTO-FAMILIES

March 17th Saint Patrick's Day!



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



Monday, March 18, 2024
7:00 PM

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

Refreshments & Fellowship

E-Mail

maplecitybicyclingclub@gmail.com

Affiliated with:



MCBC has Facebook

Maple City Bicycling Club

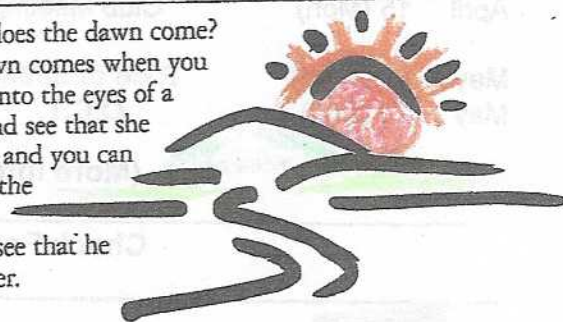
Maple Leaf Logo

Website

www.maplecitybicyclingclub.com

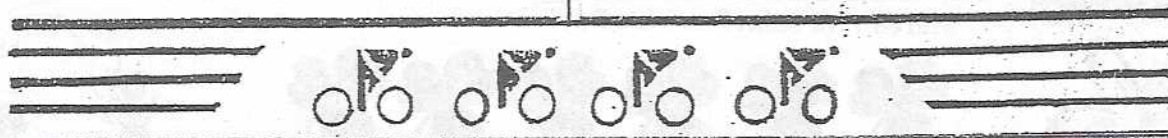
Finding dawn

When does the dawn come?
The dawn comes when you
can look into the eyes of a
woman and see that she
is a sister, and you can
look into the
eyes of a
man and see that he
is a brother.



Kindness in words creates confidence,
Kindness in thinking creates profoundness,
Kindness in giving creates love.

Lao-Tse



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

Let the green times roll!

