

MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety
and Friendships

July

2024

JULY'S A WHISTLIN' .. the WEATHER'S A SIZZLIN'

Summer is here! Last month we already encountered a number of hot days. If riding your bike during these days be sure to stay hydrated.

There was a decent turn out at our last meeting; but, a number were missing. Unfortunately we still have not heard more on our T-shirts. (I continue to follow up and hope to get this matter resolved shortly.)

We briefly discussed Wednesday rides leaders. It is understood that riders may appoint one of themselves if a leader had not already been selected. We also discussed a possible Fall Pumpkinvine Ride for maybe September 29th. (We can talk about this at next meeting.) It was decided that our August 17th picnic ride at Mill Pond would be eat first and then ride. So, the plan is to meet and 1:00 PM and eat, then take a ride thru the rural Union Mills area.

There was also discussion regarding a different 2025 O.C.T. route. I have asked our more distant riders to check out other roads thru out this season so that we can make a better decision at the end of this year. I would like us to start coming up with our 2025 T-shirt design so we can determine proper pricing too. (We need to start now! !)

Our next Meeting will be Monday, July 15th at 7:00 PM at La Porte Church of the Brethren Fellowship Hall. We will be discussing Fall Pumpkinvine Ride, reviewing O.C.T. routes, forming committees for 2025 T-shirts - design and price, plus any other current events.

We continue to enjoy Summer weather and all kinds of Summer activities. But let us be cautious of heat, staying hydrated at all times, and not getting over exhausted. Let's just have fun and enjoy these nice days. Always be aware of your surrounding. Ride safely and wear bright colored clothing so you can be seen. And practice bicycle safely at all times! !

Happy 4th of July
Ride Safe
Have Fun

- Dave Wolfe

Kindness

I have wept in the night
For the shortness of sight
That to somebody's need made me blind;
But I never have yet
Felt a tinge of regret
For being a little too kind.

-Author unknown





"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					213
Tim Bates	1604	436					2040
Garry Bowers	80	10					90
Annette Clark	100	99					199
Pam Creed	784	355					1139
Byron Fitzgerald	1928	369					2297
Richard Galloy	0	0					0
David Heinold	1300	550					1850
Tom Hilbish	793	357					1150
Tom Hughes	0	0					0
Jerry Jackson	730	387					1117
Vinnie Kuta	1545	479					2024
Lisa Marek	324	90					414
Shelly McGinty	0	0					0
Luis Miramontes	318	63					381
Tina Miramontes	376	68					444
Mark Nagel	200	125					325
Lisa Novak	59	83					142
Amy Pearson	16	14					30
Steve Pearson	375	79					454
John Phelan	1500	400					1900
Mike Sebella	35	85					120
Diane Szynal	154	43					197
Joe Szynal	637	160					797
Dan Tannas	0	0					0
Dean Woodson	0	25					25
Bill Yoder	81	47					128
	13,059	4417					17,476

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

Peppers and Parkinson's.

Foods that contain nicotine—the same chemical found in cigarettes—might reduce a person's risk of Parkinson's disease, a study in the May Annals of Neurology concluded. Researchers compared the lifetime diets of 486 people newly diagnosed with Parkinson's and 636 healthy people. Higher intakes of plant-based foods that contained nicotine and similar chemicals, including bell peppers, were linked to a lower risk of the disorder.



How to Do a Squat

Stand with your feet shoulder-width apart, toes pointing outward or straight ahead. Bend your knees and push your hips back, as if you are sitting in a chair. Lower your body as much as you can, keeping your knees aligned over your ankles. Aim to get your thighs parallel to the ground.



Illustration by Anna Pappas

Food that helps prevent memory loss!

Eating blueberries, strawberries, and other berries may prevent age-related changes in the brain like memory loss and loss of motor control. Scientists discovered that the high levels of antioxidants in berries not only protect cells from harmful free radicals, they even change the way brain neurons communicate, and prevent neuron-damaging inflammation!





Ben Franklin's epitaph for himself

The body of Benjamin Franklin, printer, like the cover of an old book, its contents torn out and stripped of its lettering and gilding, lies here, food for worms. But the work shall not be lost; for it will, as he believed, appear once again in a new and more elegant edition, revised and corrected by the author.

Wake up!

Wake up, all you citizens, hear your country's call,
Not to arms and violence, but peace for one and all.
Crush out hate and prejudice, fear and greed and sin,
Help bring back her dignity, restore her faith again.

Work hard for a common cause, don't let our country fall.
Make her proud and strong again, democracy for all.
Yes, make our country strong again, keep our flag unfurled.

Make our country well again, respected by the world.

Make her whole and beautiful, work from sun to sun.
Stand tall and labor side by side, because there's so much to be done.

Yes, make her whole and beautiful, united strong and free,

Wake up, all you citizens, it's up to you and me.

—Pansy Myers Schroeder

A PRAYER FOR SUMMER

A rippling sea of green and gold
Is shimmering before us
As wind stirs the tall corn,
Wave after green wave rises high,
Reaching for the summer sun.

Lord God,
When you summon seeds
From these furrowed fields,
How readily they obey!
Like the myriad crops,
Help us to grow steadily:
Help us stretch, ripen
Round out, unfold.
In the warm rays of your strength,
Help us yield goodness!

—St. Mark's Lutheran Church
Birdsboro, PA

A definition of character

Character is like a tree and reputation is like its shadow. The shadow is what we think of it; the tree is the real thing.

—Abraham Lincoln

Birthdays - July

- 7 - Jude Belzowski
- 10 - Jude Rakowski
- 13 - Matthew Armor
- 13 - Hank Fretters
- 18 - Bob Fuller
- 20 - Jim Bodine
- 21 - John Landwerien
- 24 - Tina Miramontes
- 27 - Marcia Johnson
- 28 - Patience Bodine
- 29 - Bob Dawson
- 31 - Tracy Novak



If I missed someone - Please let me know!

A father's prayer

Lord God, you have called me to be a father. You have placed in my stewardship the crown of your creation, other human lives. Forgive me where I have failed in this calling, but let me rejoice genuinely in the successes I have had in being a father. Be with me as I struggle to reflect your love, your reconciliation within my family. And hear me as I pray for the needs of my brothers who are fathers around the globe. Hear this father's prayer in the name of your Son, Jesus Christ. Amen.

—John P. Gilbert

Men and Faith (Spring 1987)

Our strength is shown in the things we stand for;
Our weakness is shown in the things we fall for;
Reputation is valuable, but character is priceless.

—First Church of Christ
Mt. Pleasant, MI

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

—Henry Neumann

His best contribution

Even though he may be a senator, a governor, a president of a college or a top industrialist, a man just might make his most significant contribution to America by the kind of far-reaching but unsung job he does in his own home as a father.

—Walter MacPeck

REAL BEAUTY SIZZLING SUMMER BEAUTY

Don't sweat the small stuff this season with these easy-breezy tips.

When the temperature climbs, an icy homemade beverage is a satisfying way to stay hydrated. So we've whipped up two new recipes and brought back a tried-and-true staff favorite to help you keep your cool. Cheers to a fun summer and 10 years of MyMagazine™!



Orange Lemonade

I'll often double the batch and send a jar next door to my mother-in-law! I was looking for a way to sweeten lemonade without using more sugar when I came up with the recipe.

—Wendy Masters, Grand Valley, ON

Prep: 15 min. + chilling
Cook: 5 min. + cooling
Makes: 12 servings (3 qt.)

1½ cups sugar
2½ cups water
2 Tbsp. grated lemon zest



Scan for more drink recipes, like this Watermelon Mint Lemonade.



2 Tbsp. grated orange zest
1½ cups lemon juice (about 10 lemons)
1½ cups orange juice (about 5 oranges)
6 cups cold water

1. In a large saucepan, combine the sugar and water; cook and stir over medium heat until sugar is dissolved. Cool slightly.
2. Stir in citrus zests and juices. Let stand, covered, 1 hour. Strain syrup; refrigerate, covered, until cold.
3. To serve, fill glasses or pitcher with equal amounts of fruit syrup and water. Add ice and serve.

1 cup 136 cal, 0 fat (0 sat. fat), 0 chol., 1mg sod., 35g carb. (33g sugars, 0 fiber), 0 pro.

Pineapple Surprise

Pineapple juice is delicious on its own, but the addition of tart, complex kombucha gives it a sophisticated edge.

TOTAL: 5 MIN • SERVES: 4

16 oz. ginger-flavored kombucha
16 oz. pineapple juice
¼ cup freshly squeezed lemon juice
Ice
4 thin wedges pineapple
4 leaves fresh basil

1. In pitcher, combine kombucha, pineapple juice and lemon juice.
2. Divide mixture evenly among 4 ice-filled glasses and garnish each with 1 pineapple wedge and 1 basil leaf. Serve, refrigerating any leftovers.

PER SERVING: 120 Cal; 0 g Tot Fat; 0 g Sat Fat; 0 g Trans Fat; 0 mg Cholesterol; 10 mg Sodium; 30 g Carb; 1 g Fiber; 21 g Sugar; 1 g Protein



May Need Magnifying Glass

Drink It In

The saying, "beauty comes from within," is true! Staying hydrated can help keep your skin's lipid barrier healthy, which prevents moisture loss. It may also improve skin elasticity, creating a more youthful glow. Plus, it helps keep your overall body functioning at its best. Make water more enticing by infusing it with fresh fruit flavors. Mix and match fruits to create thirst-quenching combos.



Sliced Cucumber + Fresh Mint Leaves: This is the ultimate refresher for the palate and perfectly light for hot summer days.



Iced Green Tea with Honey and Ginger

The combination of green tea and ginger will invigorate you when the humidity sets in. Honey adds a welcome touch of floral sweetness, though you can substitute simple syrup or agave.

TOTAL: 4 HOURS 25 MIN • SERVES: 4

6 cups water
½ cup fresh ginger, peeled and sliced thin
4 bags green tea
½ cup honey
2 Tbsp. freshly squeezed lemon juice, plus 4 slices lemon
Ice

1. In medium pot over high heat, combine water and ginger. Bring to a boil, then add tea bags. Turn off heat and cover; steep 10 minutes.
2. Remove ginger and tea bags. Stir in honey. Transfer mixture to container or pitcher, cover and chill in refrigerator at least 4 hours.
3. When ready to serve, stir in 2 tablespoons lemon juice. Divide mixture evenly among 4 ice-filled glasses and garnish each with 1 lemon slice. Serve, refrigerating any leftovers.



PER SERVING: 100 Cal; 0 g Tot Fat; 0 g Sat Fat; 0 g Trans Fat; 0 mg Cholesterol; 15 mg Sodium; 25 g Carb; 0 g Fiber; 24 g Sugar; 0 g Protein



Lemon Wheels + Blueberries:

A little sweet and a little tart to satisfy the best of both worlds.

Cucumber-Lime Cooler

This sophisticated sipper is a thirst-quenching, alcohol-free alternative to gin and tonic.

TOTAL: 5 MIN • SERVES: 2

1. small cucumber, peeled and chopped (about 1 cup)
 2. Tbsp. freshly squeezed lime juice, plus 2 slices lime
 - 1½ Tbsp. superfine sugar
 - Ice
 - 1 bottle (6.75 oz.) tonic water
1. In blender, combine cucumber, 2 tablespoons lime juice and sugar; blend until smooth.
 2. Strain through fine mesh strainer into liquid measuring cup.
 3. Divide mixture evenly among 2 ice-filled glasses. Top each with tonic water and garnish with 1 lime slice. Serve, refrigerating any leftovers.



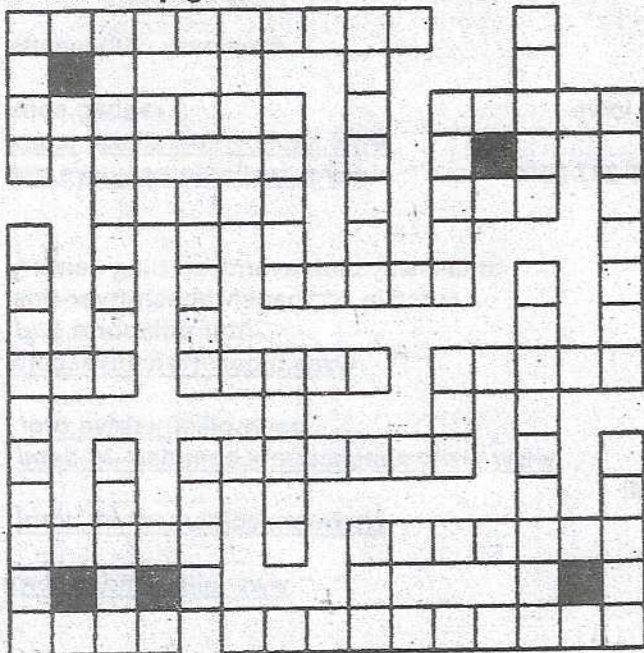
PER SERVING: 40 Cal; 0 g Tot Fat; 0 g Sat Fat; 0 g Trans Fat; 0 mg Cholesterol; 20 mg Sodium; 20 g Carb; 1 g Fiber; 11 g Sugar; 1 g Protein



Framework 13

First word on page 290

Solution on page 284



We All Scream for Ice Cream

3 Letters

Bar

Cup

Out

Pay

Sit

4 Letters

Cake

Nuts

Soda

5 Letters

Apple

Bombe

Float

Fruit

Fudge

Mocha

Pecan

Scoop

Split

Store

Taste

Treat

Truck

7 Letters

Coconut

Custard

Dessert

Parfait

Raisins

9 Letters

Milkshake

Raspberry

10 Letters

Deep freeze

Neapolitan

Strawberry

National
Ice Cream
Month



National
Chocolate
Day



Nat. French
Fry Day



Nat.
Peach
Ice
Cream
Day



National
Ice Cream
Day



National
Hot Dog
Day



National
Hamburger
Day



Foods for Stronger Bones

EVERYONE KNOWS that consuming foods rich in calcium and vitamin D helps keep your bones strong. We asked Brenda J. Smith, a professor at the Indiana University School of Medicine, if there are other foods that can help people over 70 avoid osteoporosis. She offered these ideas to boost your bone health.

A kale salad with blue cheese sprinkled in it Vitamin K, found in dark leafy greens such as collards and kale and in fermented cheeses such as Gouda, Swiss and blue cheese, is a key to bone strength. Research shows that it supports new bone formation and reduces the rate of bone breakdown.

Sweet potatoes Consider an alternative to the spud. The Bone Health and Osteoporosis Foundation recommends adding sweet potatoes to your weekly meal mix. Rich in magnesium, a mineral that helps lower the risk of osteoporosis, they promote healthy bones and cartilage.

Dried plums Research has found that prunes (a.k.a. dried plums) can prevent bone loss. And some preclinical studies have pointed to their potential to help rebuild bone density.

Tart cherry juice The juice has to be from tart cherries, which are chemically similar to plums, not sweeter cherry varieties. The phenolic acids and oligosaccharides found in both fruits work together to prevent bone loss.

—Julie Goldenberg



Bees and mosquitoes can definitely put a damper on outdoor fun if you happen to be in the wrong place at the wrong time. But here's a neat trick to keep 'em far away. Before you head outside in the summer, tie a scented dryer sheet through one of your belt loops. The bees and buzzers hate the scent, so you can relax and enjoy the great outdoors!



*Fitness is
feeling GREAT!*



2024 - UPCOMING RIDES of INTEREST

June 29	Tree City Rolling Tour	Greensburg, IN	www.treerollingtour.org
June 29	N.I.T.E. Ride	Indianapolis, IN	
July 4	Sunstroke 74	Kokomo, IN	breakway club/events
July 20	RAIN Ride	Terra Haute, IN	
July 20-27	RAGBRAI	Sergeant Bluff, Iowa	ragbag.com/
July 27	Amishland And Lakes	La Grange, IN	www.amishlandandlakes.com/
July 27	Cardinal Greenway Ride	Muncie, IN 765-287-0399	www.cardinalgreenways.org
Aug. 17	Ride Across Wisconsin	LaCrosse, Wis	
Aug. 17	Sizzling Century	Kokomo, IN	breakway.club/events/sizzling century
Aug. 24	Wabash River Ride 2024	West Lafayette, IN	/wrcc.in.org/page/wabash-river-ride
Aug. 25	Tour de LaPorte	La Porte, IN	/tourdolaporte.org/
Aug. 31	Blueberry Cruise	Plymouth, IN	www.blueberryfestival.com
Sept. 1	Bike the Drive	Chicago, IL	www.bikethedrive.org/
Sept. 8	Dam to Dam Ride	Wabash, IN	www.visitwabashcounty.com/dam-to-dam/
Sept. 14	Lakeshore Harvest Ride	South Haven, MI	
Sept. 29	Apple Cider Century	Three Oaks, MI	www.applecidercentury.com/
Oct. 4-6	Hilly Hundred 2022	Ellettsville, IN	www.hillyhundred.org/
Oct. 12	Crane Cruise	Medaryville, IN	



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

SHOP TALK

Edited by Jim Langley

How to remove decals, size a road bar and bolt on a bottle cage

Is it possible to remove manufacturers' decals from a frame without damaging the finish?

David Beech, Tacoma, WA

First off, be aware that if you remove frame decals that identify the bike, you reduce the value of your bike and may void the warranty.

That said, whether or not they'll come off depends on how the decals were applied. Bikes with painted finishes often have decals that are applied before a final clear coat is sprayed on.

This see-through top layer protects the paint and decals.

Unfortunately, it makes it impossible to remove the decals without harming the finish.

Not all frames have clear coats, though. If yours doesn't, you'll be able to feel the edge of the decal when you run a fingernail along its border. (You'll feel a smooth tran-



sition with a clear-coated decal.)

First, try this: Apply a strip of cellophane packing tape (photo)

over the decal. (Fold an inch or so of one end onto itself so you can grab it later.) Rub the tape with the palm of your hand so that it adheres to all the letters. Then grab the folded-over end and gently tear off the tape. Sometimes the decal will come off with the tape. If you get just part of it, try again. With luck, you'll eventually strip off the whole decal.

You can also try scraping it off with the serrated edge of a plastic knife or cellophane tape dispenser, using it like a chisel. Usually, you'll be left with a gummy residue. To remove this, spray on WD-40, let it sit a few minutes and wipe the frame clean. Repeat until the residue is gone.

—Jim Langley



DONNA CHARELL



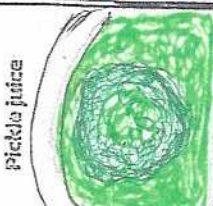
MCBC CALENDAR RIDES - 2024

Club rides happen because riders show up !

			Time	Leader	Place
June	19 (Wed)	Club Ride	5:30 PM	?	Church Parking Lot
June	21 (Fri)	Nite Ride	9:00 PM		Park Office, Pine Lake Ave.
June	22 nd (Sat)	Fish Lake Loop	10:00 AM	Byron	Conservation Club
June	26 (Wed)	Club Ride	5:30 PM		Luhr Park
June	30 th (Sun)	Pumpklinvine Trail	11:00 AM	Group	Ashire Park in Goshen
July	3 (Wed)	Club Ride	5:30 PM		
July	10 (Wed)	Club Ride	5:30 PM		
July	13 th (Sat)	Michigan City Loop	9:00 AM		Lighthouse Mall
July	17 (Wed)	Club Ride	5:30 PM		
July	19 (Fri)	Nite Ride	9:00 PM		Beechwood Golf Course
July	21 st (Sun)	D.Q. Ride to Westville	3:00 PM		Luhr Park
July	22 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
July	24 (Wed)	Club Ride	5:30 PM		
July	31 (Wed)	Club Ride	5:30 PM		
Aug.	7 (Wed)	Club Ride	5:30 PM		
Aug.	14 (Wed)	Club Ride	5:30 PM		
Aug.	16 (Fri)	Nite Ride	9:00 PM	Dennis F. Smith	Amphitheatre (Fox Park)
Aug.	17 th (Sat)	Mill Pond Picnic & Ride	1:00 PM (Eat then Ride)		Mill Pond, Union Mills
Aug.	19 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
Aug.	21 (Wed)	Club Ride	5:30 PM		
Aug.	25 th (Sun)	Wildlife Loop	1:00 PM		Kingsbury Fish & Game Shooting Range Parking Lot
Aug.	28 (Wed)	Club Ride			
Sept.	4 (Wed)	Club Ride	5:30 PM		
Sept.	7 th (Sat)	Michigan City to New Buffalo	10:00 AM	Pam	DNR Parking Lot Mich, City
Sept.	15 th (Sun)	Rolling Prairie Loop	1:00 PM	Annette	School Parking Lot

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 !



Pickle juice

Curbs cramps

The juice relieves muscle cramps 45 percent faster than no drink and 37 percent faster than water, scientists at Brigham Young University in Utah say. Drink 1/3 cup of it (poured straight from the pickle jar!) to ease leg and foot spasms.

From the commercial of the past . . .

Protection From the Sun

When using sunscreens be sure to select those that contains one of the following ingredients, which block both types of rays (UVA & UVB); avobenzene, dioxybenzone, ecamsule, titanium dioxide, or zinc oxide.



MCBC Meeting



Monday, **July 15, 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

What is a vacation?

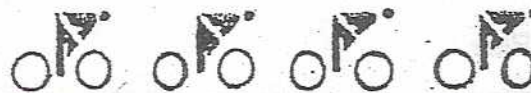
A vacation is a succession of 2's. It consists of 2 weeks, which may be 2 short. Afterwards, you are 2 tired 2 return 2 work, but 2 broke not 2. Therefore, be sure 2 bring or mail 2 the church your 2 weeks' offering before you leave. (If not, we will be 2 far behind 2 do all the things for the Lord that he wants us 2 do.)

—First United Methodist Church
Scottsboro, AL

July

The summer looks out from her brazen tower,
through the flashing bars of July.

—Francis Thompson



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



INDEPENDENCE DAY