

MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety
and Friendships

2021



Oh .. APRIL Showers!!!!

They say APRIL Showers will bring MAY flowers; guess we will just wait a little and see. It appears some flowers are up and blooming at the beginning of April!

And with the start of April, our O.C.T. is less than two months away. Time is flying . . . will we be ready this year? We need everyone's help to get it done! Can we count on YOU??

Flyers out, reservations coming in, weather is warming up, there's excitement in the air; yet, we are somewhat cautious, and that's good too! We now are able to register on-line, thanks to Tommy, and that's another step forward.

At last month's meeting, we talked about our O.C.T., discussed maybe having a food truck at finish of the ride. Tommy will look into this. We also set a time for the start of our Club rides. Yes, we will start on Tues. April 20th with our Casual Ride; Wed. will be our Liz's Ride; and Thurs. will be the Cardio Ride. (All will start at **5:30 P.M.** from Kesling Park.)

For your information, our Casual Ride is a slower pace, 7 to 9 mph; Liz's Ride is a little faster, 10 to 14 mph; and the Cardio Ride is usually 15+ mph and covers a variety of areas around our county. Find a ride that fits you! Invite your friends to join you. We have a ride that will fit everyone.

Also, Doris will be recording all riders' mileage from April thru October. You will need to call her (219-369-3978) around the 25th of each month. Whether you ride 10 miles or 1000 miles, we want you to share your mileage with the Club, and she will keep track of your mileage throughout the year.

Our next meeting will be April 19, 2021 at 7:00 P.M. at the La Porte Church of the Brethren Fellowship Hall. We will be discussing and planning our O.C.T., plus looking at our upcoming Club rides. (Let's hope we can get off to a great start this year.)

Remember, **Spring** is here! The weather is warming up, so get out on those bikes and enjoy some of it! Start slow and work your way up. Just be sure to have **FUN!!!** Wear **colorful clothing** so drivers can see you.

HAPPY EASTER!!!

- Dave Wolfe

The Willow Cats

They call them pussy willows
But there's no cat to see,
Except the little furry toes
That stick out on the tree.

I think that very long ago,
When I was just born new,
There must have been whole pussy cats
Where just the toes stick through;

And every spring it worries me,
I cannot ever find
Those willow cats that ran away
And left their toes behind!

Margaret Widdemer

Happy Easter!



EASTER FUN FACTS

What is the true meaning of Easter Sunday? Why does the date of Easter change every year? How is Easter calculated? Why are eggs associated with Easter? Here are some answers from The Old Farmer's Almanac.

What Is Easter Sunday?

Easter is the most important holiday on the Christian calendar—and has been regularly observed from the earliest days of the Church.

Easter Sunday celebrates Christ's resurrection from the dead, following crucifixion. It marks the end of Holy Week, the end of Lent, and the last day of the Easter Triduum (Holy Thursday, Good Friday, and Easter Sunday), as well as the beginning of the Easter season of the liturgical year.

The resurrection represents the triumph of good over evil, sin, death, and the physical body.

When Is Easter Sunday?

Easter is a "movable feast" and does not have a fixed date; however, it is always on a Sunday.

How Is the Date of Easter Determined?

Would you believe that the date of Easter is related to the full Moon? Specifically, Easter is celebrated on the first Sunday after the paschal full Moon on or just after the vernal equinox.

For simplicity, the equinox is considered to be March 21 (a fixed spring date set by the Church), although in astronomy, it's not always that day. The paschal full Moon always falls on the 14th day of a lunar month; because ancient calculations (made in AD 325) did not take into account certain lunar motions, it may differ from the actual full Moon date by a day or so.

Easter always falls on a Sunday between March 22 and April 25.

What Folklore Is Associated with Easter?

Eggs, traditionally forbidden during Lent, symbolize new life.

The Easter Bunny recalls the hare, the Egyptian symbol of fertility.

Where Did the Word "Easter" Come From?

The origin of the word "Easter" is unclear.

It may have derived its name from the Anglo-Saxon dawn goddess Eostre, whose feast was celebrated each spring at about this time.

Or, it may have derived from words meaning "rising," "dawn," or "east."



TREASURES

Down on the beach when the tide is out
Beautiful things lie all about –
Rubies and diamonds and shells and pearls,
Starfish, oysters, and mermaids' curls;
Slabs of black marble cut in the sand,
Veined and smoothed and polished by hand
And whipped-up foam that I think must be
What mermen use for cream in tea.

These and a million treasures I know
Strew the beach when the tide is low –
But very few people seem to care
For such gems scattered everywhere.
Lots of these jewels I hide away
In an old box I found one day.
And if a beggar asks me for bread
I will give him diamonds instead.

—Mary Dixon Thayer

Rejoice, the Lord is King

Rejoice the Lord is King! Your Lord and King adore!
Rejoice, give thanks and sing, and triumph evermore.
Lift up your heart, lift up your voice!
Rejoice, again I say, rejoice!

—Charles Wesley (1707-1788)

EAT A BRAZIL NUT TO HELP FEND OFF YOUR RISK OF ALZHEIMER'S. Brazil nuts contain selenium, a mineral shown to switch ON antioxidant activity to help protect your brain from damage. Just one Brazil nut supplies all of the selenium you need in a day.



APRIL

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)



Good Friday?

At first glance, Good Friday appears to be a misnomer. It seems inconsistent that the day of Christ's crucifixion should in any way be described as "good." But that seeming inconsistency vanishes when we understand that the ancient meaning of good was "holy." The word *holy* is entirely consistent with the suffering and cross that Christ endured for us. Hence, Good Friday is also known as Holy Friday.

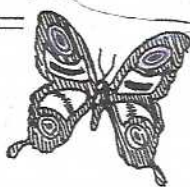
Monday after Easter

Some churches encourage members to return on the Monday after Easter. They have one purpose: to tell jokes, to laugh heartily, to share outrageous stories, especially those with surprise endings. What was the Resurrection but a surprise ending?

Springtime

Arise, my love, my fair one,
and come away;
for lo, the winter is past,
the rain is over and gone.
The flowers appear on the earth,
the time of singing has come,
and the voice of the turtledove
is heard in our land.
The fig tree puts forth its figs,
and the vines are in blossom;
they give forth fragrance.
Arise, my love, my fair one,
and come away.

—Song of Solomon 2:10-13



Birthdays - APRIL

- 6 - Dan Tannas
- 11 - Allison Johnson
- 18 - Julie Moller
- 20 - John Phelan
- 25 - Shelly McGinty
- 25 - Mike Sebella



If I missed someone - Please let me know!

The Price of Joy

You don't begrudge the labor when the roses start to bloom;
You don't recall the dreary days that won you their perfume;
You don't recall a single care
You spent upon the garden there;
And all the toil
Of tilling soil
Is quite forgot the day the first
Pink rosebuds into beauty burst.

—Edgar A. Guest

Easter Saturday

A friend of mine, struggling to believe in a loving God amid much pain and sorrow, blurted out this statement: "God's only excuse is Easter!" The language is nontheological and harsh, but within that phrase lies a haunting truth. The Cross of Christ may have overcome evil, but it did not overcome unfairness. For that, Easter is required. Someday God will restore all physical reality to its proper place under his reign. Until then, it is a good thing to remember that we live out our days on Easter Saturday.

—Philip Yancey

April Fool's Day

The origin of playing jokes on people on April 1st is unclear, but some scholars believe that it started in France during the 1500's. Here's a brief description of this theory.

April first used to be the beginning of the New Year. When the calendar changed, people in France would still give their friends gifts or play pranks on this day as a joke. This practice soon spread to many countries and the victim of the jokes was called on April Fool.



Pork Chops with Rhubarb

A quick rhubarb sauce makes these tender chops extra special. I like it on the tangy side, but you can always add more honey to sweeten up the fruity sauce a bit if it's too puckery for your family.

—Bonnie Bufford, Nicholson, PA

Takes: 25 min. • Makes: 2 servings

- 1 Tbsp. all-purpose flour
Salt and pepper to taste
- 2 bone-in pork loin chops
($\frac{1}{2}$ to $\frac{3}{4}$ in. thick)
- 2 Tbsp. butter
- $\frac{1}{2}$ lb. fresh or frozen rhubarb,
chopped
- 1 Tbsp. honey
- $\frac{1}{8}$ tsp. ground cinnamon
- $\frac{1}{2}$ tsp. minced fresh parsley

In a shallow dish, combine the flour, salt and pepper; add pork chops and turn to coat. In a skillet, melt butter over medium heat. Add pork chops; cook until a thermometer reads 145°, 4-5 minutes on each side. Remove and keep warm. Add the rhubarb, honey and cinnamon to the skillet; cook until rhubarb is tender, about 5 minutes. Serve sauce over pork chops. Sprinkle with parsley.

1 PORK CHOP 390 cal., 19g fat (7g sat. fat), 111mg chol., 82mg sod., 17g carb. (10g sugars, 2g fiber), 38g pro.



Ask Marilyn

By Marilyn vos Savant

I think the white trails left behind by jets are fuel exhaust. But my friends believe they are chemicals purposely ejected from the plane. What's the truth?

—Donna Zubowicz,
Lake Havasu City, Ariz.

The trails in the wake of jets are mostly condensation, caused by the engine emitting hot, humid air into a cold atmosphere. That's why they are called "contrails," short for "condensation trails." Think of this as similar to seeing your breath on a cold winter's day. But the trails also do contain exhaust, comparable to the way automobiles emit exhaust. Ugh. Yet as far as pollution and climate change are concerned, contrails are considered a minor component.

FUN FACT

Raspberries

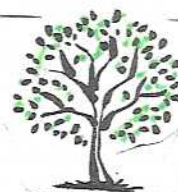
Raspberries are a member of the rose family.

THE FAMILY CIRCUS



1-26
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"Why do I have to wash my hands? The dirt won't show on a BROWNIE!"



National Arbor Day



Give dust the brush-off

10 BEST TIPS FOR GREEN LIVING

Earth Day is April 22

BY ERIN C.J. ROBERTSON,
USA TODAY
GREEN LIVING
MAGAZINE

1 Make it rain. Install a high-efficiency showerhead (look for the WaterSense label) and cut your family's water use by 2,900 gallons a year.

2 (M)eat less. Put meat on the menu just a couple of times a week; livestock is a high contributor of greenhouse gases.

3 Simmer down. Bring your pasta or rice to a boil, then put a lid on the pot and

turn off the stove. Your food will cook just as well, says Katie Heyhoe, author of *Cooking Green: Reducing Your Carbon Footprint in the Kitchen*.

4 Clean green. Look to your kitchen cabinet for natural cleaning products, such as baking soda, white distilled vinegar and essential oils.

5 Ride slow. Drive the speed limit, avoid rapid acceleration and brake less (except when it counts!) to increase your car's fuel efficiency.

6 Bin cleanse. Make it a weekly ritual to clean out your refrigerator's vegetable bin and get rid of spoilage-causing bacteria.

7 Eco loan. Swap clothes, books, magazines and DVDs with neighbors and friends in place of buying new. Or turn to online trading sites like swap.com and bookins.com.

8 Drink responsibly. Forget plastic and refresh your palate with a swig from a reusable metal or glass container.

9 Cold splash. Be good to your wallet, wardrobe and the planet by washing full loads of laundry in cold water. For an even greener punch, switch to an Energy Star washing machine that uses 20% less energy and 35% less water.

10 Date local. Make your love life climate-friendly by moving closer to your sweetie. (You can tell her it was your idea!)

For Carmen Carr of Pensacola, Fla., cleaning the house is something of an art.

"One of my favorite cleaning tools is a 3-inch paintbrush," she writes. "Perfect for dusting and cleaning carvings in wood furniture, computer keyboards, the back of the computer and other electronics." The list goes on: She also says she uses them to dust "baseboards, covers on portable and pedestal fans, grille covers on air conditioning and heating filters."

"Seems like I find a new use everyday."

Before Your Ride: The ABC Quick Check

By Bonnie McClun

So... you're going for a bike ride. Your body will get a workout, and so will your bike. Have you checked your bike for mechanical safety? Timely bicycle maintenance can prevent a serious accident. Here is the **ABC Quick Check***, which you should do every time you ride.

✓ A is for Air.

- *Check tire pressure.* Tires should be inflated to the rated pressure noted on the sidewall (pounds/square inch). Use a gauge to verify you have reached the recommended rate.
- *Check for damage to the tire sidewalls and/or tread.* Sidewall damage is common if the brakes aren't adjusted properly. If the bands of the tire are showing below the surface, you need a new tire—now!

✓ B is for Brakes.

- *Check the brakes for pad wear and adjustment.* Visually check the brake-block pad. If less than 1/8" of rubber shows at any place, replace the brake-block/pad assembly. Make sure the brake blocks are parallel to and aligned with the side of the rim when applied.
- *Check cables and housing.* Cables need to travel smoothly. If the cables stick, apply lubrication at the ends of the housing and work it in by applying the brakes several times. Frayed cables should be replaced.

✓ C is for Crank Set.

- *Check the crank set.* The crank set consists of the bottom bracket, the crank arms, and chainrings. To do this check, take the left and right crank arms in your hands and attempt to move them sideways. If both move, you have a problem with the bottom bracket. If only one moves, the individual crank arm is loose and must be secured. A loose crank arm should never be ridden.

✓ Quick is for Quick Releases.

- *Quick-release hubs* need to be tight, but not too tight. The proper pressure is obtained by pushing on the quick-release lever so it leaves an impression on the palm of your hand. The closed lever should face up and back to minimize the chance of catching on anything while you ride.
- *Quick-release brakes*, which are opened when removing or installing wheels, need to be in the closed position. When closed, check to make sure the brake pads aren't rubbing the rims.

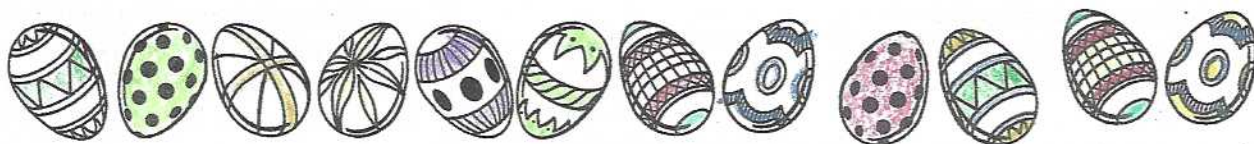
✓ Check is for a brief, slow ride to check that your derailleurs and shift levers are working properly.

Many items of the ABC Quick Check can be done visually; others require just a brief physical check. If you find that your bike needs adjustments beyond your ability, enlist the professional mechanics at your local bike shop.

*The ABC Quick Check was developed by Gene Miller, Kirby Beck, Allan Howard, and Stuart Bracken for the International Police Mountain Bike Association's Police Cycling Program.



League Education Assistant and daily bicycle commuter Joe Gardiner gives his bike the ABC Quick Check before his ride home.



Quick bicycle crunch focuses on core

Marlo Alleva
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USA TODAY NETWORK

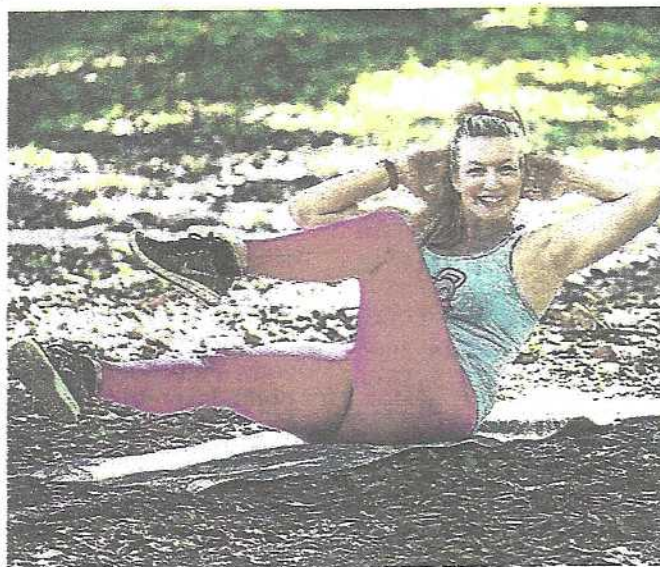
Can you believe spring break is right around the corner? It seems as though we were just ringing in the new year, and now we're looking at days at the pool and simply just more outdoor time.

How is your fitness? More specifically, how about those abdominals? Abs? That six-pack? Whatever you want to call it, it is time to kick it into high gear.

Our move today is a quick bicycle crunch. All you need is a flat surface. This move focuses on your complete core, but because you will be using your legs (as if you were bicycling), they will get a slight tone as well.

Begin this exercise by lying flat on your back on the ground.

Pressing your back flat to the floor and rotating in the hips, you will create an engagement in the midsec-



South (Fla.) Ledger Photo/ERNST PETERS

Marlo Alleva demonstrates a quick bicycle crunch.

tion. Placing your fingertips gently behind your ears, proceed to lift your upper body slightly off the floor.

Once you get your upper body in position, move on to the lower body. Lifting your legs off the ground should create an even deeper con-

traction in the tummy.

Now, start to pull one knee into your midsection, and at the same time twist the upper body as if you were going to meet the opposite elbow to knee at a midpoint.

As quickly as you twist in

the middle and pull in that knee, release it, and move quickly to the opposite knee and elbow. Pulling your knees into your middle will simulate pedaling a bicycle.

Keep this bicycle crunch moving quickly, giving yourself at least 10 repetitions on each side, equaling 20 per set. Give yourself a small break, then move into your next set.

If you feel you need more intensity, increase your repetitions. If you feel too much pressure in your back on the floor, you can have a seat in a chair and simulate the same movement.

With this quick bicycle crunch, you will get your heart pumping, and you will find yourself pedaling your way to a toned midsection just in time for spring break.

Marlo Alleva, an instructor at Gold's Gym and group fitness coordinator at Fontaine-Gills YMCA in Lakeland, Florida, can be reached at faluvzpa@msn.com.

>>> This just in...

Polysaccharides in black tea may slow blood sugar rise

Chinese researchers found that polysaccharides in black tea were more effective at inhibiting glucose absorption than either green or oolong teas, according to a study published in the August 2009 issue of the *Journal of Food Science*. Polysaccharides in teas are complex carbohydrates composed of starch and cellulose that affect the speed at which glucose, or sugar, is absorbed into the bloodstream. Since glucose metabolism is a key factor in diabetes, these findings may lead to the development of a product that could help manage diabetes. The researchers also discovered that the polysaccharides in black tea were the most effective at fighting free radicals, cells that contribute to chronic diseases such as cancer and rheumatoid arthritis.

BRIEFS

DRINK

Soda

A can of soda contains about 32 grams of sugar, but the American Heart Association recommends no more than 25 grams of sugar per day for women and 36 grams for men.

Over time, the excess sugar is turned into fat in your liver, which can lead to non-alcoholic fatty liver disease.

Against his will.

**Puzzle answer.*

Discover the vitamin that could lower your chances of breaking your hip by 30%. Bonus: it helps lower your risk of falling by 20%!

When scientists reviewed results from a recent meta-analysis about the effects on vitamin D for bone health, they found interesting results. At first it appeared that vitamin D had no real effect on bone health. However, when they took out the results of those people who admitted they didn't actually take the vitamin, the results were dramatic. Those who took at least 800 IU of vitamin D daily had a 30% lower risk of breaking their hip.

In addition those taking between 700 and 1,000 IU daily were able to lower their risk of falling by 20%. Check with your doctor to see if vitamin D could be useful for you.

When a person falls out a window, what does he always fall against?

MCBC CALENDAR - 2020



Club rides happen because riders show up !

			<u>Time</u>	<u>Place</u>
April	19 (Mon.)	Club Meeting	7:00 PM	Church of the Brethren
April	20 (Tues.)	Causal Ride	5:30 PM	Kesling Park
April	21 (Wed.)	Liz's Ride	5:30 PM	Kesling Park
April	22 (Thurs.)	Cardio Ride	5:30 PM	Kesling Park
April	27 (Tues.)	Casual Ride	5:30 PM	Kesling Park
April	28 (Wed.)	Liz's Ride	5:30 PM	Kesling Park
April	29 (Thurs.)	Cardio Ride	5:30 PM	Kesling Park
May	4 (Tues)	Casual Ride	5:30 PM	Kesling Park
May	5 (Wed.)	Liz's Ride	5:30 PM	Kesling Park
May	6 (Thurs.)	Cardio Ride	5:30 PM	Kesling Park
May	10 (Mon)	Club Meeting	7:00 PM	NOTE: Date! Church of the Brethren
May	16 (Sun.)	O.C.T.	7:00 PM	Fairgrounds

(More Information - call 219-369-3978)

Check Facebook for any scheduled rides !



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, April 19, 2021
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

Choose the 2nd Page with the
Maple Leaf Logo

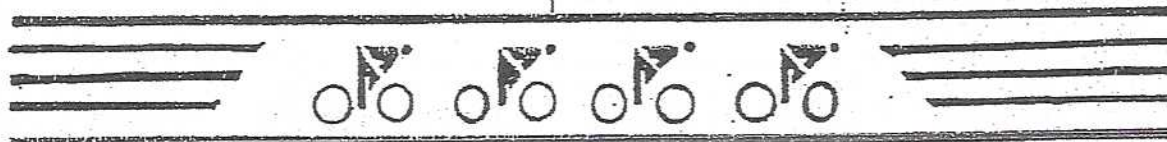
Website

www.maplecitybicyclingclub.com

Song of Easter

Easter lilies! Can you hear
What they whisper, low and clear?
In dewy fragrance they unfold
Their splendor sweet, their snow and gold.
Every beauty-breathing bell,
News of heaven has to tell.
Listen to their mystic voice,
Hear, O mortal, and rejoice!
Hark, their soft and heavenly chime!
Christ is risen for all time!

Celia Thaxter



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