

MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety

and Friendships

2023

April



APRIL BRINGS . . . SPRING RAINS . . .

With April we find that Spring has truly begun. While we still find some cooler days; April brings warmer weather, more sunshine, more daylight time, and even more rain at times. Even some flowers are starting to grow.

Spring has brought more bicyclists out. Yet, some have continued to play the 'waiting' game. Time to set your goals and get involved. (Don't let Spring get away from you!)

We have a number of things to do, and plans to be made. With May being National Bike Month, we have several events ahead of us.

1) On May 1st David Heinold has a short bike ride to City Hall at 5:30 PM - meet at Kesling Park.

2) Then, on May 6th there is a Bike Rodeo at Allesess Park at 11:00 AM to 1:00 PM. We need volunteers to help and a light lunch is planned. (Hoping to have 20 Kids attending)

3) Bike/O.C.T. Meeting on May 15th.

4) **Ride of Silence** is planed for 6:30 PM on May 17th, meeting at La Porte Fairgrounds.

5) Last but not least on May 21st at **7:00 AM** is our **O.C.T.**; **and we need your help!**

At our last meeting we chose our T-shirt color and finalized our shirt design. We decided to start our Club Rides on Wednesday, March 29th. (Be sure to check Cub Rides on separate page in Newsletter as some starting places may change.)

The excitement of our O.C.T. is growing.

Our next Club Meeting is Monday, April 17th at 7:00 PM at La Porte Church of the Brethren Fellowship Hall. We need to set up our committees for marking roads, and organizing SAG's. (Need volunteers to assist on getting supplies for SAG's.) Your attendance and help are needed. **Please Come!**

Easter is coming in a couple weeks. So, here is wishing all a Happy and Safe **Easter**. Let's continue to think **SUNSHINE** and **SPRING**.

Enjoy Warm Weather
Ride Safely (and Carefully)

Think **Spring Spring Spring**

- Dave Wolfe

It's Easter

Vivian Volk

The robin's song is gayer,
Soft and sweet as a prayer.
The grass seems a bit more greer
With more crocuses on the scene
The chapel bells softer ring,
While choristers sweeter sing.
The sun seems friendlier, too;
Heaven dons a brighter blue.

*Folks all wear a happy smile,
While dressed in the newest style —
What occasion or reason,
Or is it just the season?
Listen close, your heart will say,
"Hope reborn — it's Easter Day."*





A SALAD A DAY...

BY KATE SHERWOOD

It's a lot easier to eat a plant-rich diet if you have a stable of lick-the-bowl-clean salad recipes. Here are three more to add to your repertoire. Each recipe makes four hearty side salads or a quick, scrumptious lunch for two. 🍴

Got a question or suggestion? Write to Kate at healthycook@cspinet.org.

Chopped Salad

Total Time: 10 minutes ⌚



- 3 Tbs. fresh lime juice, more to taste (about 2 limes)
- ¼ cup minced red onion
- ¼ tsp. kosher salt
- 2 Tbs. mayonnaise
- 1 avocado, chopped
- 1 15 oz. can no-salt-added kidney beans, drained and rinsed
- 2 roasted red peppers, chopped
- Freshly ground black pepper
- 6 cups chopped romaine

We roasted the red peppers under the broiler until lightly charred, 10-12 minutes, then chopped them with the skin on. You can also use raw red bell peppers (we'd avoid jarred roasted peppers). Add a pound of grilled chicken or shrimp, and dinner for four is ready.

In a large bowl, whisk together the lime juice, red onion, salt, and mayonnaise. Add the avocado, beans, and red peppers. Season generously with black pepper. Toss gently to combine. • Arrange the romaine on four plates and spoon the dressed avocado, beans, and red peppers on top. • Serves 4 as a side salad.

Per Serving (2½ cups): Calories 250; Total Fat 13 g; Sat Fat 2 g; Protein 9 g; Carbs 26 g; Fiber 14 g; Cholesterol 5 mg; Sodium 190 mg

Shredded Salad

Total Time: 15 minutes ⌚



- 2 Tbs. balsamic vinegar
- 2 Tbs. peanut butter
- 1 Tbs. reduced-sodium soy sauce
- 1 small clove garlic, minced
- 1 tsp. sugar
- 1 cup basil leaves
- 1 cup mint leaves
- 1 cup cilantro leaves
- 4 cups thinly sliced napa cabbage
- 1 cup grated carrot
- ¼ cup roasted peanuts

No, that's not iceberg lettuce. It's napa cabbage, and it's part of what makes this salad pop with flavor and crunch. To turn it into a meal for four, double the dressing and toss in a pound of shredded cooked chicken or sautéed or baked tofu.

In a small bowl, whisk together the vinegar, peanut butter, soy sauce, garlic, and sugar. • Chop the basil, mint, and cilantro leaves and toss with the cabbage and carrot. • Toss the salad with the dressing and garnish with the peanuts. • Serves 4 as a side salad.

Per Serving (2 cups): Calories 150; Total Fat 9 g; Sat Fat 1.5 g; Protein 6 g; Carbs 15 g; Fiber 6 g; Cholesterol 0 mg; Sodium 180 mg

Pan-Roasted Tomato & Chickpea Salad

Total Time: 15 minutes ⌚



- 1 pint cherry tomatoes, halved
- 3 Tbs. extra-virgin olive oil
- 2 cloves garlic, minced
- ¼ cup orange juice
- 1 Tbs. red wine vinegar
- ½ tsp. kosher salt
- Freshly ground black pepper
- 6 cups baby arugula
- 2 cups basil leaves
- 1 15 oz. can no-salt-added chickpeas, drained

For dinner for four, serve this savory and slightly sweet salad with a roasted four-pound chicken and some crusty bread.

In a large non-stick pan, sauté the tomatoes, cut side down, in 1 Tbs. of the oil until well browned, 3-5 minutes. Remove from the pan and reserve. • Add the remaining oil and sauté the garlic for 30 seconds. Stir in the juice and simmer to reduce by half, about 2 minutes. Remove from the heat and stir in the vinegar, salt, and plenty of black pepper. • Toss the arugula and basil leaves with the dressing and top with the tomatoes and chickpeas. • Serves 4 as a side salad.

Per Serving (2 cups): Calories 230; Total Fat 12 g; Sat Fat 1.5 g; Protein 7 g; Carbs 25 g; Fiber 5 g; Cholesterol 0 mg; Sodium 270 mg

APRIL

Spring Shower

The soft sprinkling sounds of a shower,
That first hypnotic spring rain,
Enchant the heart and lift the spirit,
Soul refreshed from the refrain.

An invitation to bear witness
And sit in still repose,
Relax and welcome the performance
As nature changes clothes.

Emerald arrangements are everywhere,
Buds and blossoms swell and nod,
Bees and butterflies abound in boughs,
Blushed with hope and blessed by God.

Barbara Genettie
New Tripoli, Pennsylvania

Awe of April

Gertrude Rudberg

I stood upon a windswept hill,
The world beneath my feet,
And watched the birth of spring come in
As winter took retreat.

I saw beyond the countryside,
Its spread of emerald green,
The naked trees all budded out
In leaves of silken sheen.
I saw a willow tree bent low
In skirts of yellow grace,
And overhead the heavens blue
were stitched in ribboned lace.

I saw below a rivulet
Singing in ecstasy,
And all along its winding path
Was ice, now broken free.

I stood and looked far, far away
Across the waking earth,
And felt within a deep response
To April and new birth.

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!

Easter

Jesus, our Redeemer, arose on Easter morn,
Thus fulfilled the purpose for which He had been born.
In anguish in the garden, all our sins He bore,
Suffered on the cross that we might live forevermore.
His love, unequaled, transcends all we know on earth.
He died that we might partake of that great Rebirth.
How can we thank Him for this in our own small way?
What we do for others is for Him, the scriptures say.

June C. Bush
Rexburg, Idaho

A time to laugh

On the Monday after Easter, some Greek Orthodox Christians gather to swap jokes. Why not? What's more uplifting than God's triumphant victory over sin and death? Easter is absolute proof that God is Lord of both life and death. That's cause for not only rejoicing but hearty laughter.

Spring unlocks the flowers to paint the laughing soil.

Reginald Heber

(Taken from a Mother Goose Nursery rhyme)

In marble walls as white as milk,
Lined with skin as soft as silk,
Within a fountain crystal clear,
A golden apple doth appear.
No doors there are to the stronghold -
Yet thief break in and steal the gold.

What is it?

An Egg

PETER COTTONTAIL



ANGORA
BINS
BRER
BUCK
BUNNY
CARROTS
CHARMS
COTTONTAIL
DOMESTIC
DUTCH
EASTER
FASHIONS

FLEMISH
FLOPSY
GAME
HABIT
HARE
HOPS
HUTCH
KALE
LEAVES
MOPSY
PETER
RABBIT

RAISE
ROOTS
SEASON
SENSE
SPEEDY
STRAW
THICKET
THUMPER
TURNIPS
VEGETABLES
WILDERNESS
WINTER

• Plan ahead! It wasn't raining when Noah built the ark. Still, when it was floating, he had to worry more about the woodpeckers inside than the flood outside.

—Anonymous

Don't Let the Bedbugs Bite

Eighty percent of us fear picking up bedbugs in hotel rooms, says a recent survey from the National Pest Management Association (NPMA). Stay bug-free with this travel advice from the NPMA and *Health's* Medical Editor Roshini Rajapaksa, MD.

Before you go ...

- Pack all clothing in luggage liners (available at bedbug.com) to help keep the critters out.
- See if your hotel is listed on the national Bedbug Registry (bedbugregistry.com).

When you arrive ...

- Use a flashlight to check furniture, bedding (yes, even the bare mattress), crevices, and any wood surfaces. What

you're hoping *not* to find: the bugs themselves (they're dark red and about the size of an apple seed), brownish smears (blood from previous guests being bitten—eww!), and tiny brown specks (bedbug feces—double eww!). If you find these, alert the management. If you can't switch hotels, ask to be moved to a room several floors away.

- Keep bags off the floor, bed, chairs, or any wood surfaces. Stick to slick surfaces like a metal luggage rack or even the tub; they're too slippery for bedbugs to cling to.
- When you get home ...
- Inspect luggage for bugs. If you find them, wash and dry contents at high heat (above 122°F). Vacuum your suitcase and toss vacuum bag in an outdoor trash can.



Child Abuse Prevention Month



PALM SUNDAY

Mourning
Thursday



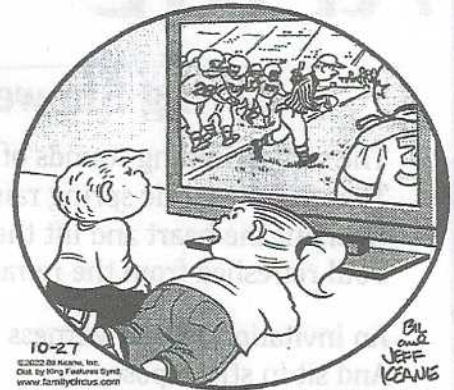
GOOD FRIDAY



National Arbor Day



THE FAMILY CIRCUS



10-27

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www.familycircus.com

Bill
and
JEFF
KEANE

"When they do something naughty, that man makes them back up."

What You Need to Know

- **Plantar fasciitis** is the leading cause of heel pain. Being overweight, standing too long or wearing flat shoes with no arch support can cause the condition. Research has found that having a "heel spur" does not cause plantar fasciitis.
- **Having certain types** of arthritis—particularly inflammatory forms of arthritis, such as rheumatoid arthritis, ankylosing spondylitis as well as fibromyalgia—can make you more prone to developing plantar fasciitis.
- **Gentle, yoga stretches** completed multiple times daily can help soften the fibrous band of the arch to ease the pain.

Sit on the edge of a chair with a straight spine and lengthen your legs straight out in front of you. Pull your toes up, hold for five to 10 breaths, and then point the toes down to release the stretch. Complete several times a day.

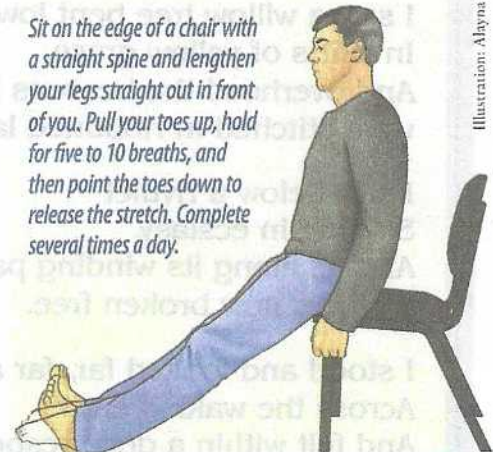


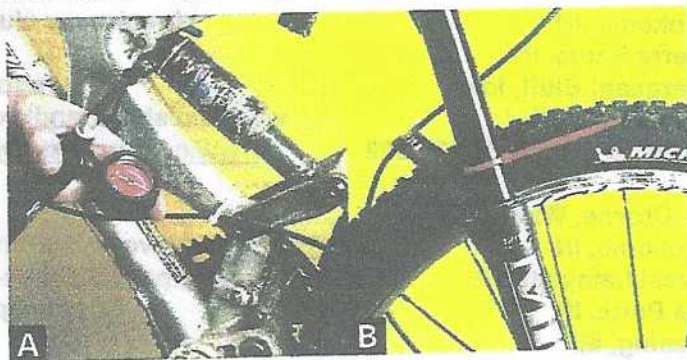
Illustration: Ahyana Paquette



SET YOUR SUSPENSION

PROPERLY DIALED FRONT AND REAR SUSPENSIONS MAKE A WORLD OF DIFFERENCE—AND A BETTER-RIDING BIKE.

Having a suspension bike is useless if you're not getting out of it what you should. So before you just hop on and start pedaling, take a moment to set your suspension right. It's easy. Really. Here are the four key measurements that will put the right bounce in your bottom—and take the bottom out of your bounce.—*Chris Cassidy*



PRELOAD WHAT IT IS: Setting suspension to match a rider's weight. If your shock or fork's pressure is too low for your weight, you may bottom out on bumps. If it's too high, you'll barely notice that you have any travel; set it just right, and you'll get the most from your suspension. **SET IT UP:** If you have an air fork or shock, you'll set the preload by pumping air into it with a special pump (see photo A). Coil-sprung suspension uses controls to compress the spring and set proper pressure. Check the side of the shock or fork, or your owner's manual, for pressure/weight guidelines. It's important to start with a spring that's correct for your weight. Most coil-sprung bikes come with a spring ideal for a 160–190-pound rider.

SAG WHAT IT IS: The amount your suspension moves when you initially sit your butt on the saddle. You want your sag to match the type of riding you do. For example, an XC rider wants relatively little sag for efficiency, whereas downhillers and freeriders need more sag in order to suck up bigger bumps. Your manual will have a list of suggested settings for your style. **SET IT UP:** Place a zip-tie on the fork



stanchion—the part that travels up and down (see photo B)—and one on the shaft of the shock. Have a buddy support your bike so you can sit on it in a normal riding position—feet on the pedals and with all your

REBOUND WHAT IT IS: The speed at which the suspension comes back to full travel after it's compressed. **SET IT UP:** Though rebound is a preference thing, in general you want your suspension to rebound as fast as it can without the shock topping out or feeling too springy. Set it slow and the suspension can't extend back into its travel before you hit the next bump, resulting in a harsh ride. Set it fast and your bike will bounce like a pogo stick. To adjust, use the clearly marked control on your fork or shock (see photo C).

weight on the bike. Carefully get off the bike and measure the amount each zip-tie moved from its original spot. This is your sag (typically it will be about one-third of your travel). Adjust it according to your bike's manual.

COMPRESSION WHAT IT IS: The time it takes for your suspension to slow a downward force. **SET IT UP:** Starting with the control knob completely open (counterclockwise), you adjust compression by turning the knob clockwise. Turn the knob too much and your suspension will take too long to go through all of its travel. Turn it too little and your suspension will bottom out on small bumps. Experiment to find the sweet spot that best matches your riding style and terrain.



MATT EAMES

SHIMANO MARKETING/TECHNICAL REPRESENTATIVE

2 STEPS TO SMOOTHER SHIFTING

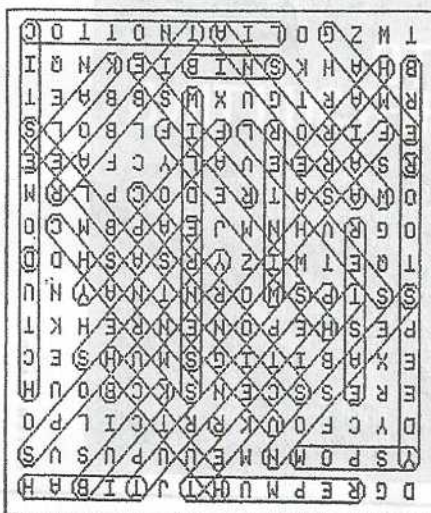
CLAIM TO FAME: Former Shimano Multi-Service captain and go-between for Shimano-sponsored professional teams **COMMON KNOWLEDGE:** "At the very least, replace your cables and housing once a year. If contaminated, your system's performance dramatically deteriorates. And always use a cable end cap; nothing is more annoying than getting pricked in the finger by a wild strand of cable." **UNCOMMON WISDOM:** "I'd say 95 percent of mountain bikes suffer from some level of derailleur-hanger misalignment, which causes shifting flaws that can't be corrected with the barrel adjusters. To align a hanger, do it in baby steps, a millimeter at a time. Don't just lay into the straightening tool or you'll bend it more, or worse, break it. If a hanger has been straightened more than twice, get a new one."—*Mike Cushionbury*

2023 - UPCOMING RIDES of INTEREST

May	15-21	Bike to Work Week		
May	17	Ride of Silence	La Porte, IN (Fairgrounds)	
May	19	Bike to Work Day (Friday)		
May	20	Fat and Skinny Bike Tour	Winona Lake, IN 574-598-0096	www.fatandskniitytirefest.com
May	21	O.C.T.	La Porte, IN (Fairgrounds)	
June	2	Moonlight Over Tippy	Winamac, IN	www.pathhandlepathway.org/events
June	10	B & O Bicycle Tour	Brownsburg, IN	www.botrail.org
June	16	Le Tour de Shore	Chicago, IL	www.letourdeshorg.com/
June	17-23	PALM (Pedal Across Lower Michigan)	New Buffalo to Trenton	www.palmbiketour.org
June	18	Pumpkinvine Bike Ride	Goshen, IN	rjcarico1@gmail.com
June	24	Flat 50 Bike Tour	Decatur, IN	www.adamscountybicycleclub.org/
June	24	Tree City Rolling Tour	Greensburg, IN	www.treerollinttour.org
July	4	Sunstroke 74	Kokomo, IN	breakaway club/events
July	15	RAIN Ride	Terra Haute, IN	
July	22-29	RAGBRAI (430 miles)	Sergeant Bluff, Iowa	ragbag.com/
July	29	Amishland And Lakes	La Grange, IN	www.amishlandandlakes.com/
July	29	Cardinal Greenway	Muncie, IN 765-287-0399	www.cardinalgreenways.org
Aug.	19-20	Ride Across Wisconsin	LaCrosse, Wis.	
Aug.	19	Sizzling Century	Kokomo, IN	breakaway.club/events/sizzling-century
Aug.	26	Wabash River Ride 2023	West Lafayette, IN	wrcc.in.org/page/wabash-river-ride
Aug.	27	Tour de LaPorte	La Porte, IN	tourdelaporte.org/
Aug.	29-9/3	DALMAC	Lasing, MI	
Sept.	2	Blueberry Cruise	Plymouth, IN	www.blueberryfestival.com
Sept.	3	Bike the Drive	Chicago, IL	www.bikethedrive.org/
Sept.	10	Dam to Dam Ride	Wabash, IN	www.visitwabashcounty.com/dam-to-dam/
Sept.	16	Lakeshore Harvest Ride	South Haven, MI	
Sept.	24	Apple Cider Century	Three Oaks, MI	www.applecidercentury.com/
Oct.	6-8	Hilly Hundred 2022	Ellettsville, IN	www.hillyhundred.org/
Oct.	14	Crane Cruise	Medaryville, IN	



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



PETER COTTONTAIL

"Do a little bit of good where you are; it's those little bits of good put together that overwhelm the world"

—Desmond Tutu



In two small studies, a warm bath 90 minutes before bedtime helped people sleep deeper.



MCBC CALENDAR - 2023

Club rides happen because riders show up !

			<u>Time</u>	<u>Place</u>
April	5 (Wed)	Club Ride	5:30 PM	Kesling Park - Shelter #2
April	12 (Wed)	Club Ride	5:30 PM	Kesling Park - Shelter #2
April	17 (Mon)	Club Meeting	7:00 PM	Church of the Brethren
April	19 (Wed)	Club Ride	5:30 PM	Fairgrounds
April	26 (Wed)	Club Ride	5:30 PM	Fairgrounds
May	3 (Wed)	Club Ride	5:30 PM	Cummings Lodge
May	6 (Sat)	Bike Rodeo	10:00 AM	Allesee Park
May	10 (Wed)	Club Ride	5:30 PM	Door Village (Church Lot)
May	15 (Mon)	Club Meeting- Early Date!	7:00 PM	Church of the Brethren
May	17 (Wed)	Ride of Silence	6:30 PM	Fairgrounds
May	21 (Sun)	O.C.T.	6:00 AM	Fairgrounds

(More Information - call 219-369-3978)

Check Facebook for any scheduled rides !

You can't just stay there

Now, you cannot go on being the good egg forever; you must either hatch or rot.

—C.S. Lewis

This is the world of seeds, of causes, and of tendencies; the other is the world of harvests and results and of perfected and eternal consequences.

Joseph Addison



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 17, 2023
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

HELP WANTED

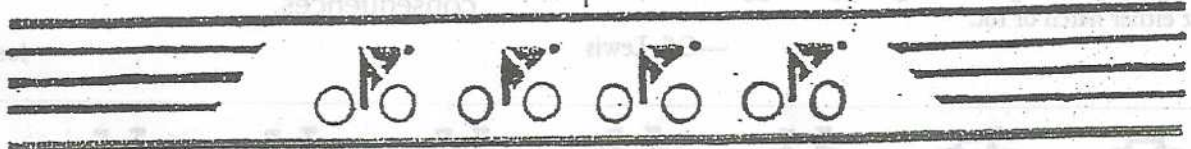


BIKE RODEO
 May 6th -- 11:00AM to 1:00 PM
 Allesee Park



MORE AEROBIC CHOICES

Don't feel confined to only aerobic dance classes to achieve cardiovascular fitness. Other activities such as brisk walking, jogging, swimming, rowing, cross-country skiing, and cycling also offer cardiovascular benefits. Include a variety of these aerobic activities in your schedule for a varied exercise routine.



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



Name _____
 Address _____
 City _____
 State _____
 Zip _____
 E-Mail _____
 Phone _____
 Birthdate _____
 If family membership - list family members and birthdates _____
 Phone _____
 E-Mail _____

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