

MCBC
MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety
and Friendships

2024



APRIL SHOWERS BRINGS SPRING FLOWERS

March proved a bit tricky as we were not sure whether to expect rainy, windy, sunshiny, or even snow. So, was **March** a lamb or a lion? Your choice, I guess.

Lets hope **April** brings us sunshine and maybe a few less showers. The weather should be changing for better; thus, your opportunity to start getting serious with your bicycling.

Our last meeting found us approving the 2024 O.C.T. T-Shirt. (Picture of shirt found elsewhere in our Newsletter.) We also discussed our Ride of **Silence** (May 15) and more on our O.C.T. (May 19). At this point we are not to sure on having an Anniversary cake. (Still looking in to this.)

We had three show up for our first Club Ride on March 20th. That was three brave fellows that battled a very windy and cold (about 20*) ride. Lets hope future rides are much warmer and a little less windy. Be sure to keep an eye on your MCBC Calendar.

Up coming events include: **May 1st** - Ride with the Mayor (Dave Heinold) from City Hall at **5 PM**. **May 11th** - Bike Rodeo **11 AM to 1 PM** City Park. **May 15th** - Fish Lake Library Workshop **4 to 5 PM**, AND Ride of **Silence** Fairgrounds **6:30 PM**.

Our next Club Meeting will be April 15th at La Porte Church of the Brethren Fellowship Hall at 7:00 PM. We must get our ordering of SAG supplies! Also SAG Workers and O.C.T. Helpers. So, **PLEASE PLAN TO ATTEND !**

As weather improves , I am hoping that more riders will join us in our weekly Club Rides. You will want to increase your mileage as next month; (May) we will start totaling 'Members Mileage' for the remaining year (for those who wish us to do so).

Spring is here! We have a lot of activities going on throughout the year. We hope you can attend as many as possible as riding with our Club Rides can be a lot of fun. Always be sure to ride safely; wear bright colored clothing; know your surroundings; and be sure to set good examples. (Don't be fooled on April Fools Day!)

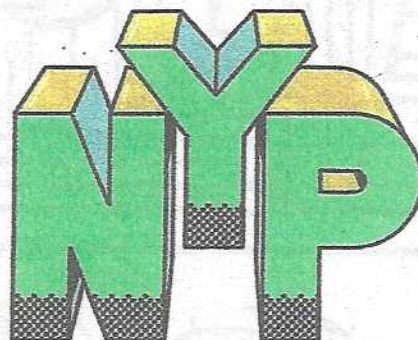
Think **Spring**, Good Weather
and start *spinning those wheels*

- Dave Wolfe

WORD PLAY

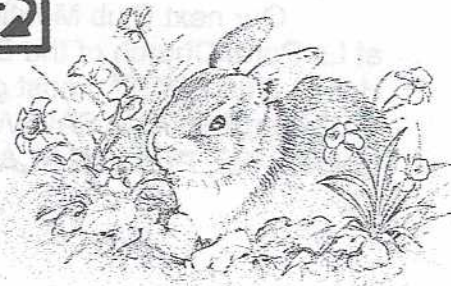
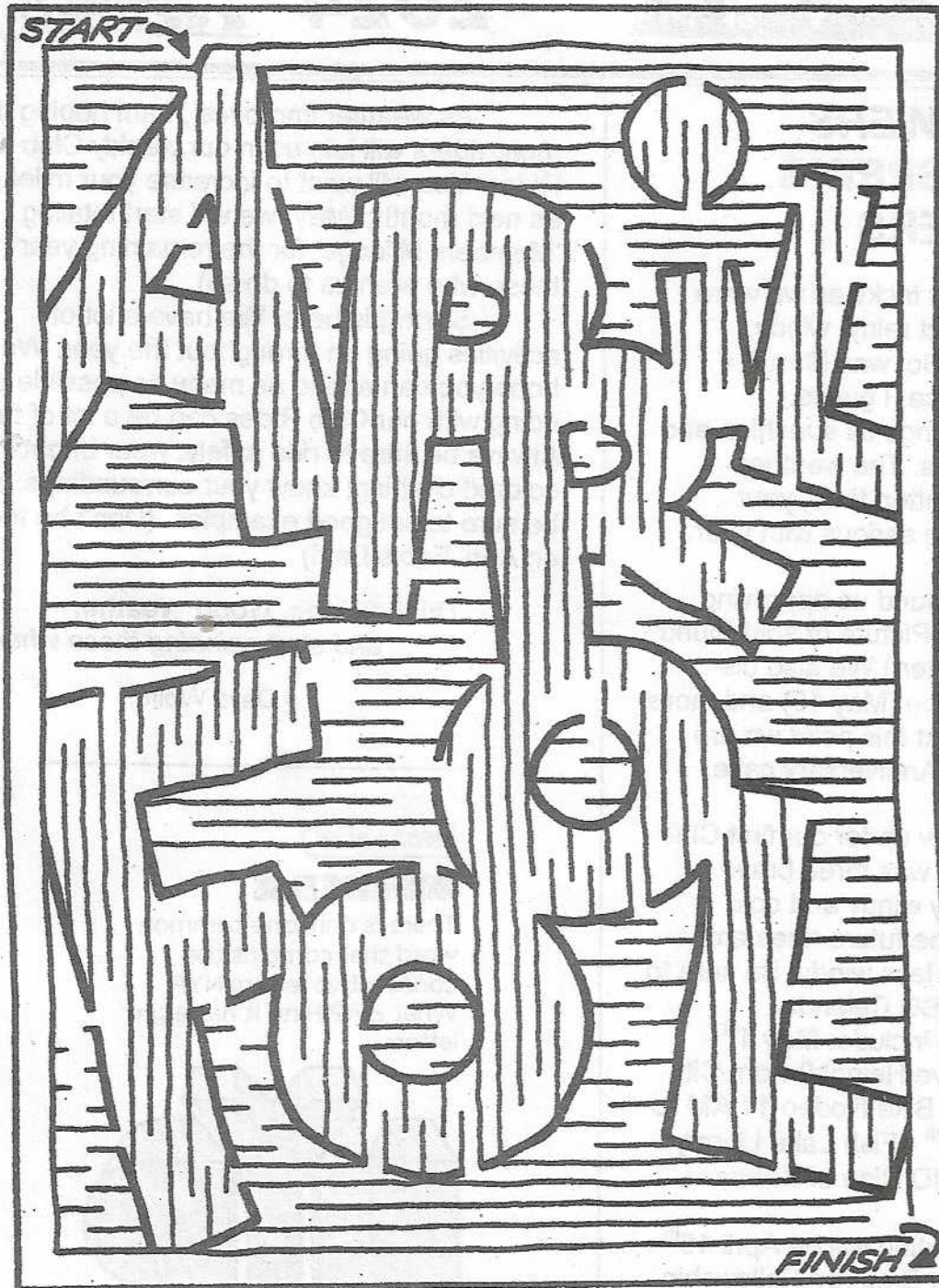
NOWHERE ELSE

There is only one common word that contains the consecutive letters NYP. What is it? Hint: It has eight letters.



JOKER'S MAZE

A maze on April Fool of course, is bound to raise doubts in your mind as to whether there really is a path from start to finish. We assure you there is, and kind-hearted as we are, allow you five minutes to find it. You'll have to hurry!



APRIL



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.

Come April

And now comes April, with her pleasant face,
whose laughter turns to tears with elfin grace.
Sunshine, for a moment, warms the earth below; and
an instant later, look for rain or snow! Miss April is a
lady of temperamental moods; we never can be
certain of sunshine or floods. There's no use idly
chatting, spring does get in our blood, but if poets
must sing about it, why don't they mention MUD?

—Presbyterian Church of Eureka
Eureka, IL

Thank you for the earth

Almighty and ever-gracious Maker, we give you
thanks for the fruits of the earth in their season and
for those who plant, harvest and prepare them for
our use. Make us mindful of the food and care that
you provide. Encourage us to comfort and support
those who are in any kind of need. We pray in your
name. You are the Farmer of all Creation. Amen.

—Worship With a Rural Flavor

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!

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?

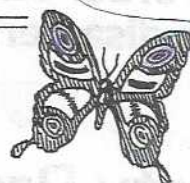
Springtime

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 turtle dove
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.

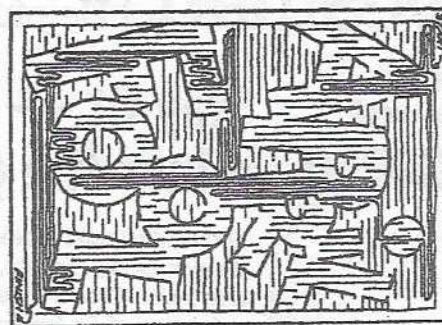
—Song of Solomon 2:10-13



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



Beneath these fruit tree boughs that shed
Their snow-white blossoms on my head,
With brightest sunshine round me spread
Of spring's unclouded weather,
In this sequestered nook how sweet
to sit upon my orchard-seat,
And birds and flowers once more to greet,
My last year's friends together.

William Wordsworth

Ask Bethenny

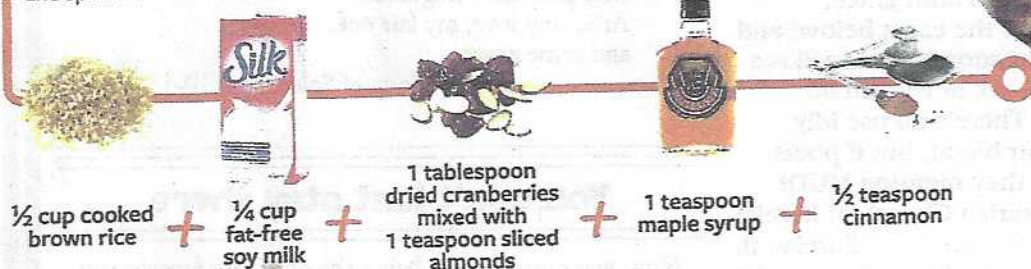
When I get home late, it's all about takeout. What can I order that's not a disaster?

To-go food doesn't have to be fattening. Order an egg white omelet with whole-grain toast or a salad with grilled chicken from a diner. Craving Japanese? Sashimi is practically the definition of virtuous. If you're jonesing for Chinese or Thai, choose steamed veggie dumplings, or brown rice with stir-fried veggies, chicken, scallops, or shrimp (light on the sauce, natch). But don't eat out of the containers—they're bigger than they look. Instead, serve up a small portion on a salad plate. Then go for it!

THIS + THAT

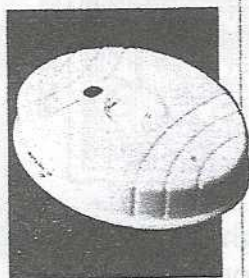
Tasty Brown Rice Breakfast

This time of year, I'm big on starting the day with something hot and healthy, like this supereasy bowl of yumminess. It fills you up like traditional oatmeal does, but even with the nuts and berries it has nearly 60 fewer calories and about 2 grams less fat. Combine the first 4 ingredients in a saucepan over medium heat until warmed through (about 5 minutes). Transfer to a bowl, and sprinkle with cinnamon. Makes: 1 serving; 180 calories per serving



LiveSmart | Helpful tips for your everyday life

Reader tip of the week



Here's a smart way to find your way in the dark and avoid a fall: Whenever Bob Murphy of Champion, Pa., and his wife travel, they take along a small, battery-powered motion-sensor light. They put it on the floor next to the bed, so when they wake up in the middle of the night, it turns on.

Stay fit — minus the gym

YOU DON'T NEED to spend hours in the gym to stay in shape, says Valerie Orsini, French fitness trainer and author of *Le Personal Coach*. Here are some of her tips for slipping healthy habits into your day:

Give strong abs a green light.

When you drive, each time you get to a red light, suck in your stomach for the duration. Contract your lower abs for five seconds, release, then add the upper abs for five seconds. Don't forget to breathe.

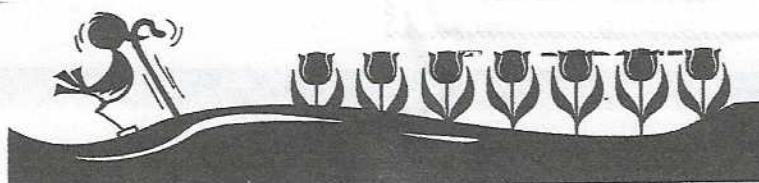
Keep your shoulders loose.

Several times a day, pretend you're

zipping and unzipping a dress with a back zipper. With one hand, start from the bottom and "zip up" as far as you can between your shoulder blades. Finish by taking the other arm and reaching down over your shoulder and pulling the "zipper" up farther. Reverse hands and repeat.

Contract your abs while you sit in traffic.

Fight dry feet. Before you put on socks, slather feet with a moisturizing cream. Then put on your socks and shoes and go for a walk. Combined with sweating, which opens pores, the heat from walking will help the cream penetrate much better than if you had simply put it on before going to bed, for example.



April

The same winter conditions that trashed your rims also wreak havoc on bearing components such as your headset, hubs, pedals and bottom bracket. Even sealed cartridge bearings aren't impenetrable; they can fail from moisture penetration sooner than the traditional ball-bearing type. To know if your bike needs an overhaul, try this test: Remove both wheels and rotate each axle. If they rotate freely, like twirling a spoon in yogurt, hold off. If it feels more like twirling a spoon in a box of nails, it's a sign that your whole bike might need a trip to the shop.



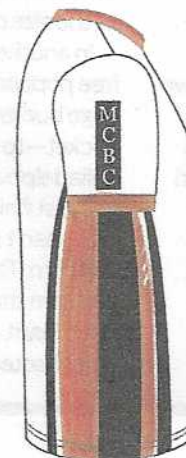
2024 - UPCOMING RIDES of INTEREST

| | | | | | |
|-------|-------|---------------------------|------------------------------|--|--|
| May | 13-19 | Bike to Work Week | | | |
| May | 15 | Ride of Silence | La Porte, IN (Fairgrounds) | | |
| May | 17 | Bike to Work Day (Friday) | | | |
| May | 18 | Wildman Countryside Tour | Winona Lake, IN 574-598-0096 | www.fatandskniityrefest.com | |
| May | 19 | O.C.T. | La Porte, IN 9Fairgrounds | | |
| June | 1 | B & O Bicycle Tour | Brownsburg, IN | www.botrail.org | |
| June | 7 | Moonlight Over Tippy | Winamac, IN | www.pathhandlepathway.org/events | |
| June | 14 | Le Tour de Shore | Chicago, IL | www.letourdeshorg.com/ | |
| June | 15 | Pumpkinvine Bike Ride | Goshen, IN | ricarrico1@gmail.com | |
| June | 22 | Flat 50 Bike Tour | Decatur, IN | .adamscountybicycleclub.org/ | |
| 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 | breakaway.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)

2024 O.C.T. T-SHIRT

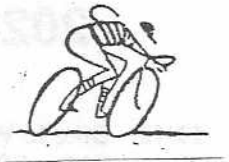


RIGHT SIDE

LEFT SIDE

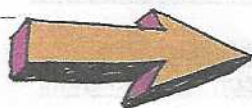
MCBC WEEKEND RIDES - 2024

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 <u>Picnic & Ride</u> | 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!)



EASY WAYS TO CUT CALORIES

We think we're the Master and Commander of what we eat, but we aren't. We're tremendously influenced by what's around us.

A few years ago, my colleagues at the University of Illinois and I invited a group of people to a pasta dinner two weeks in a row. Nothing changed from one week to the next except the size of the plates: One week we served the pasta on 10-inch plates, and the next week we used 12-inch plates. We found that people ate 22 percent more pasta—134 calories more—when they ate off the 12-inch plates. Afterward we asked if they had noticed anything different about the



◆ **Serve dinner on 9- or 10-inch plates** (you'll eat up to 22 percent less).

two meals. Some guessed that the lighting was different (it wasn't) or that the pasta recipe was different (nope). No one noticed that the size of the plates had changed. When we told them, they denied they could

be tricked by something as silly as the size of a plate.

In another study we gave free popcorn—either a huge bucket or a *really* huge bucket—to some suburban Philadelphia moviegoers who had just finished dinner. But this wasn't normal, yummy popcorn. This was 14-day-old popcorn that squeaked like Styrofoam. After the movie, we collected people's buck-

ets and weighed how much they had eaten. Even though they weren't hungry, and even though the popcorn was awful, they ate 34 percent more if given the really huge bucket.

When the people left the theater, we asked, "Do you think the size of the bucket had anything to do with how much you ate?" "No way," they said.

All of us think we're too smart to be fooled by the size of a plate or bowl. That's why these cues are so powerful.

We unknowingly booby-trap our homes in similar ways. We leave the potato chips out; we serve the casserole with a big spoon. Instead, move your snack food to the back of the pantry and use a tablespoon as a serving spoon. It's easier to change your environment than to change your mind.

TRICKS TO TRY

How much you eat is greatly influenced by how you store and serve your food. Here are three simple changes that'll help you.



◆ **Use tall, thin glasses instead of short, wide ones** (you'll pour 29 percent less).



◆ **Store all your snacks in small single-serving food-storage bags** (you'll eat up to 20 percent less).



◆ **Keep the main serving dishes on the stove or counter** (you'll eat 19 percent less than if you kept the food on the table).

MCBC CALENDAR RIDES - 2024

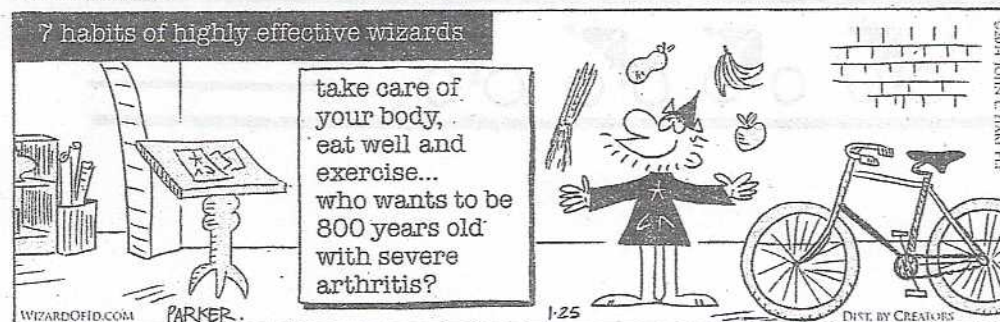
Club rides happen because riders show up !

| | | | Time | Leader | Place |
|-------|----------|--------------------------------|--------------|----------|------------------------|
| 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 |
| April | 17 (Wed) | Club Ride | 5:30 PM | | Kesling Park #2 |
| April | 24 (Wed) | Club Ride | 5:30 PM | | Kesling Park #2 |
| May | 1 (Wed) | Ride With Mayor | 5:30 PM | David H. | City Hall |
| May | 8 (Wed) | Club Ride | 5:30 PM | | Kesling Park #2 |
| May | 11 (Sat) | Bike Rodeo | 11AM to 1 PM | | City Park (Park St.) |
| May | 13 (Mon) | NOTE-DATE! Club Meeting | 7:00 PM | | Church of the Brethren |
| May | 15 (Wed) | Workshop | 4 to 5 PM | | Fish Lake Library |
| May | 15 (Wed) | Ride of Silence | 6:30 PM | Pam | LP Fairgrounds |
| May | 19 (Sun) | O.C.T. | 7:00 AM | Club | LP Fairgrounds |
| May | 22 (Wed) | Club Ride | 5:30 PM | | |
| May | 29 (Wed) | Club Ride | 5:30 PM | | |
| June | 5 (Wed) | Club Ride | 5:30 PM | | |
| June | 12 (Wed) | Club Ride | 5:30 PM | | |
| June | 17 (Mon) | Club Meeting | 7:00 PM | | Church of the Brethren |

(More Information - call 219-369-3978)

Check Facebook for any scheduled rides !

WIZARD OF ID



April First

Financially, the country's sound,
Affairs are better all around,
Our taxes are decreasing fast,
A buck is worth a buck at last,
Subsiding prices are the rule,
And living's cheaper - April Fool.

-Richard Wheeler



MAPLE CITY BICYCLING CLUB

Name _____ Birthday _____

Address _____ City/State/Zip _____

Phone _____ E-Mail _____

Check one: ☐ Single membership \$10.00 yr. ☐ Family membership \$15.00 yr.

If family membership - list family members and birthdays: _____

Monthly Newsletter sent by E-Mail unless you prefer Hard Copy. Hard Copy Preferred _____

Mail check to: Maple City Bicycling Club, P.O. Box 55, La Porte, IN 46352

MCBC Meeting



**Monday, April 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

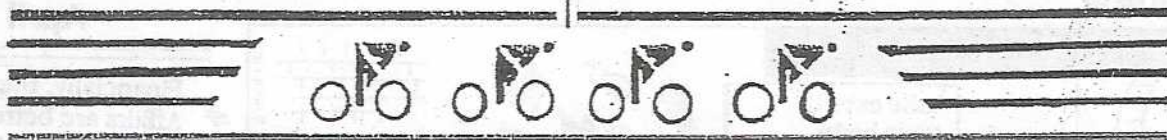
Website

www.maplecitybicyclingclub.com

If we want to know what happiness is we must seek it, not as if it were a pot of gold at the end of the rainbow, but among human beings who are living richly and fully the good life. If you observe a really happy man you will find him building a boat, writing a symphony, educating his son, growing double dahlias in his garden. He will not be searching for happiness as if it were a collar button that has rolled under the radiator. He will have become aware that he is happy in the course of living twenty-four crowded hours of the day.

W. Beran Wolfe

— NOWHERE ELSE ANYPLACE —



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

