

MCBC

MAPLE CITY BICYCLING CLUB



Promoting **Bicycling, Bicycling Safety**
and **Friendships**



2024

January

HOPING FOR MORE IN 2024

The ending of 2023 has been rather mild for most of November and December. This has given several of you extra opportunities for cycling. We can only hope that our New Year continues along these lines. (Note: Our first ride of the year is planned for 1:00 PM, January 1st.)

In November our Bicycle Club had a Cranksgiving Ride on November 19th and we participated and had fun in Santa's Parade on November 25th. We had a nice turnout at both events. The Cranksgiving event was a first for our club.

We hope that all had an enjoyable Holiday Season, and enjoyed fellowship with family and friends. The Holiday Season always has great meanings for most families.

In 2024, I'm hoping that we can broaden the scopes and activities of our bicycle club. We are hoping for an outstanding 40th O.C.T. event; a weekly club ride event that will include more riders; a summer where we schedule at least 2 weekend rides each month (June thru September); 2 or 3 safety classes for our community; and, possible holding of a summer activity where we have some type of pot luck meal. (I'm sure each of you have other goals or ideas of what you would like to accomplish in 2024.)

Our Next Meeting is Monday, January 15th at **6:30 PM** at the La Porte Church of the Brethren Fellowship Hall. This will be our annual 'New Year's Celebration'. This is your opportunity to bring some friends or so that may be interested in bicycling and to help plan for this year.

For those keeping your yearly mileage be sure we have them to list on your records.

It is imperative that we have both our Website and Facebook pages up-to-date in order to attract new members and keep our current members abreast of our current activities.

If some of you should get outside on your bikes, be sure to dress properly and wear bright clothing. And be sure to use courtesy and safety when riding your bikes.

HAPPY NEW YEAR

- Dave Wolfe

P.S. It is time to be thinking about renewing your MCBC Membership.

Control

Things we CANNOT control:

- Someone else's faults
- How long we will live
- Another person's opportunities

Things we CAN control:

- *Our* attitude
- The *kind* of life we live
- What we do with *our* opportunities

YEAR'S FIRST RIDE ?

January 1ST - 1:00 PM

Meet at City Hall
(891 Michiaan)

Happy New Year

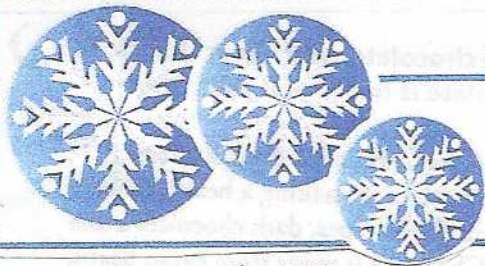
TWENTY QUESTIONS

Here are twenty questions on a variety of subjects for you to try to answer. None is really tricky, but some specialized knowledge is required. If you answer at least ten correctly, you have done very well; 15 right puts you in the experts' class; and more than 15 correct makes you a walking encyclopedia!

1. What adjective describes a monkey's grasping tail?
2. What's the opposite of a tributary?
3. Who was Václav Havel?
4. What's the significance of the time lapse between seeing lightning and hearing thunder?
5. What newspaper is published by the U.S. armed forces?
6. CFC molecules are attacking what crucial barrier?
7. What sport typically features matches of three 3-minute periods?
8. Where does one find the headquarters of the Coptic Church?
9. In the old poem, what precedes "...to Grandfather's house we go"?
10. What Latin phrase means "whither goest thou"?
11. In the song "Send in the Clowns," the singer complains of "losing my timing this late" ...in what?
12. What kind of bird is a raptor?
13. Stendhal is known for his work in what field?
14. Orloons and chiffons are names of materials as well as names of what?
15. States once gave their names to battleships but now give them to what naval craft?
16. What sort of animal is a wombat?
17. In what country is the resort city of Puerto Plata located?
18. What do you do with a quahog?
19. What is a plurality?
20. If you are tracking spoor, what are you following?

I only got a few of them. How did you do? Good Luck !!





JANUARY

A New Beginning

Margaret Rorke

Every end's a new beginning
With another chance for winning—
A renewal of our energy and hope.
What is over only strengthens
The connecting link that lengthens
All of living with its duties and its scope.

So it is with marching seasons:
Each in sequence has its reasons
In the purpose and intention of the Lord.
Let us seize this as a sample—
A divinely sent example—
And perceive in new beginning—new reward.

•This is the next year you expected so much from last year.

-Ed Howe

Winter



*A sky eiderdown enfolds the lean
And shivering trees; each field and hill
Now wears upon its skeleton a clean
Close-fitting cloak of snow; once noisy rill
Calls softly through its narrowed corridor
Assurance to the life, snow-locked below.
The leaf is gone, the lilting troubadour,
The vivid blooms of Summer's flashing show.
The earth unfolds quintessent purity
Before our very eyes for all to know—
And God, to spare the shrinking soul of me,
Sifts down a veil of softly falling snow.*

Sylvia Trent Auxier



Great thoughts from Martin Luther King, Jr.

On excellence: "If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven played music or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great street sweeper who did his job well."

On repentance: "We will have to repent in this generation not merely for the hateful words and actions of the bad people but for the appalling silence of the good people."

On character: "I look to a day when people will not be judged by the color of their skin, but by the content of their character."

On courage: "We must build dikes of courage to hold back the flood of fear."

On hope: "We must accept finite disappointment, but never lose infinite hope."

In the New Year

Always remember to forget the troubles that have passed away, but never forget to remember the blessings that come each day!

Quote - The Archives Of Eating

Chefs were mainly concerned with how to satisfy a master's jaded palate. It was said ancient regime chefs aspired to give fish the flavor of meat, meat the flavor of fish and vegetables no flavor at all.

-Bee Wilson

Birthdays - JANUARY

- 5 - Doug Gaff
- 5 - Okey Akers
- 25 - Steve Pearson



HAPPY BIRTHDAY

BELIEVE and act as if it were impossible to fail.

Cheesy Cornbread & Chili Bake

Serves 8
Cook Time 55 Min.



- 2 Tb. vegetable oil
- 1 lg. onion, chopped
- 3 cloves garlic, minced
- 2 lbs. ground beef
- 1 (28-oz) can crushed tomatoes
- 2 Tb. Chili powder
- 1 tsp. ground cumin
- 1 tsp. salt
- 1 tsp. black pepper
- 2 (16-oz) cans red kidney beans, drained
- 1 (8 1/2-oz) box corn muffin mix
- 1 cup (4-oz) shredded Mexican cheese blend

- 1 In a large pot over medium-heat, heat oil, sauté onion and garlic 5-min., or until tender. Add ground beef and brown 8 to 10 min., or until no pink remains; drain off excess liquid. Add remaining ingredients except muffin mix and cheese; mix well. Cover and simmer over low heat 20 to 25 min., or until thickened.
2. Preheat oven to 375* F. Coat a 9x13-in. baking dish with cooking spray.
3. Spoon chili into prepared baking dish. Prepare muffin mix as directed on package; stir in cheese. Spread mixture over chili.
4. Bake 20 minutes, or until toothpick inserted in center of cornbread topping comes out clean. Cool slightly and serve.

Note: If you like it more spicy add more chili powder.

MCBC has Facebook

Maple City Bicycling Club

Maple Leaf Logo

Website

www.maplecitybicyclingclub.com

E-Mail

www.maplecitybicyclingclub@gmail.com

Affiliated with:



Q I love chocolate, and I hear that dark chocolate is healthy. Is that true?

A Chocolate is certainly a delicious treat. When it comes to making a healthy choice among the different types, dark chocolate is the way to go. Chocolate is made from cacao beans, which contain beneficial antioxidants called flavanols. The beans are fermented and roasted, producing cocoa beans, from which cocoa solids are made.

Milk chocolate and dark chocolate both contain similar ingredients: cocoa solids, cocoa butter (the fatty portion of cocoa beans) and sugar. Milk chocolate also has some form of milk. The main difference is the proportions. Dark chocolate contains two to three times more of the beneficial cocoa solids (50% to 90%) than milk chocolate (10% to 50%). Dark chocolate also has less sugar.

Dark chocolate contains important minerals, including iron, magnesium, zinc, copper and phosphorus. And it has fiber. The higher the cocoa content, the more nutrients, flavanols and fiber. Choose a product with 70% or more cocoa to get the most benefit. Several studies have examined the effects of dark chocolate on health. There is some evidence to suggest a beneficial effect on cognitive function, blood pressure and mood, among others.

While dark chocolate may have some health-promoting effects, moderation is key. Dark chocolate is high in calories (150 to 170 per ounce), it has a moderate amount of saturated fat, and it has caffeine. Limit your consumption to one to two ounces (usually one or two squares) as a treat.

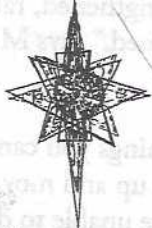
1. prehnslie; 2. an estuary; 3. a play-
wright and two-time president of the
Czech Republic; 4. the shorter the time
lapse, the closer you are to the storm's
center (about one mile per 5-second de-
lay); 5. Stars and Stripes; 6. the ozone
layer; 7. wrestling; 8. Egypt; 9. "Over the
river and through the wood"; 10. quo
vadis; 11. "my career"; 12. a bird of prey;
13. he was a French novelist and essayist;
14. singing groups; 15. submartins; 16. a
marsupial; 17. in the Dominican Repub-
lic; 18. eat it, it's a clam; 19. the number
of votes in an election that the leading
candidate gets over the next highest can-
didate, or the number by which the votes
cast for the leading candidate exceed all
the rest of the votes combined; 20. an ani-
mal's trail.

TWENTY QUESTIONS





JANUARY



EPIPHANY

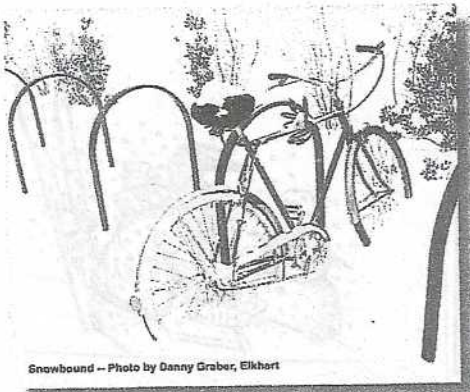
MARTIN LUTHER KING JR. Day



Winter is here!



Happy New Year & Happy New Year & Happy New Year



Snowbound — Photo by Danny Graber, Elkhart

Tame the Flame of Inflammation

Saturate your diet with these 9 inflammation-quelling foods.

You're probably painfully aware of the inflammation associated with a twisted ankle or a hammered thumb. But you can't feel low-grade inflammation, which can operate in stealth mode for years until it reveals its ugly head as cancer, diabetes, rheumatoid arthritis, or heart disease. Fight inflammation with our top nine foods.

1 Broccoli. Cruciferous vegetables, such as broccoli, kale, and Brussels sprouts, are linked with lower inflammation, according to a study in the *Journal of the Academy of Nutrition and Dietetics*. Antioxidants might be behind this benefit. **► Eat more:** Work broccoli into soups, pasta dishes, stir-fries, salads, and egg dishes such as frittatas.

2 Wheat berries. While it seems everyone is ganging up on wheat these days, an *American Journal of Clinical Nutrition* study found that eating whole wheat and the polyphenol antioxidants it contains can lower inflammation. **► Eat more:** Toss chewy cooked wheat berries with chopped vegetables and lemon vinaigrette for an inflammation-busting lunch salad.

3 Extra virgin olive oil. This Mediterranean staple contains oleocanthal, a naturally occurring compound with anti-inflammatory powers similar to ibuprofen. **► Eat more:** Use the oil to make homemade salad dressings as well as pesto. Drizzle over sliced tomatoes.

4 Lentils. Eating four servings of legumes, such as lentils, weekly can reduce inflammation, according to Spanish scientists. They determined that the synergy of fiber, vitamins, and minerals probably explains this benefit. **► Eat more:** Serve in soups and salads, or experiment with as a replacement for ground meat in burgers and meatloaf.



5 Salmon. These fish harbor a boatload of eicosapentaenoic acid, a mega-healthy omega-3 fat that lowers inflammation.

► Eat more: Try using salmon in tacos, sandwiches, salads, and pasta dishes.

6 Grapefruit. A Harvard study showed that women with higher intakes of flavonoid antioxidants from grapefruit had significantly lower inflammation markers compared to those with the lowest intakes.


► Eat more: Try broiling grapefruit halves until darkened and then top with a dollop of Greek yogurt; or use in a salad along with onion rings and olives.

7 Brazil nuts. These giants of the nut world contain a bundle of healthy fats, vitamins, and minerals, which is why their intake is associated with reduced inflammation and improved blood lipids. **► Eat more:** Add chopped Brazil nuts to oatmeal, yogurt and salads.

8 Turmeric. A heavy hand when it comes to seasoning dishes with turmeric could partly explain why Indians who follow a traditional diet tend to have low rates of heart ailments. Curcumin, the antioxidant that lends turmeric its yellow hue, is a potent foe of inflammation.

► Eat more: Use turmeric to season soups, stews and roasted cauliflower. Steep slices of fresh turmeric in hot water for an inflammation-fighting drink.

9 Yogurt. Preliminary research suggests that the beneficial bacteria found in fermented dairy, like yogurt, may play a role in inhibiting inflammation.

► Eat more: Beyond enjoying a bowlful for a snack, use yogurt as a replacement for mayo or sour cream in items like tacos and potato salads. 

—Matthew Kadey, MS, RD

Photo: Thinkstock



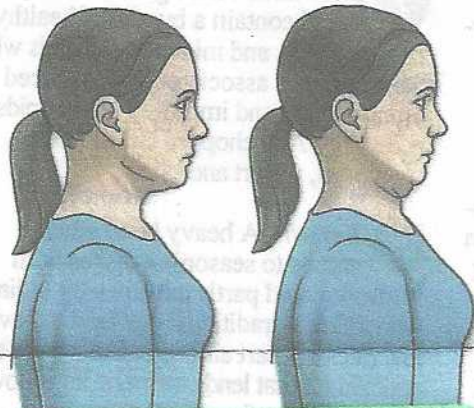
Stretches for Computer Users

Take periodic breaks to stretch and move around.

A poorly designed computer workstation, whether at work or at home, can cause or worsen pain in the back, neck and other parts of the body. The proper way to position yourself and your equipment to reduce stress on joints was discussed on page 4.

"Even when a work environment is ideally set up, if someone sits there long enough, they will tend to start to slouch," says Cleveland Clinic occupational therapist, Michael Milicia, OT. "People get pulled into the monitor, head forward, shoulders rounded, and lumbar spine rounded." To counter this, Milicia teaches patients stretches that go in the opposite direction.

Here are some examples:



CERVICAL RETRACTIONS

Cervical Retractions

"Instead of a head forward position, where the head is leading the body forward, I encourage people to do periodic cervical retractions," says Milicia.

Imagine there's a wall an inch behind the back of your head. Pull your chin and head straight back to try to touch that wall. Don't look up or down. Hold for three to five seconds. Repeat three to five times.

Lumbar Stretch

To stretch out your lower (lumbar) spine, stand with your feet shoulder width apart, hands on your hips. Arch back so you feel a contraction in your lower spine. "This is the opposite of the slouched forward position," says Milicia.

Forearm Stretch

When typing on a keyboard, the proper position is to have your hands floating over the keyboard, with straight wrists. However, many



LUMBAR STRETCH

people rest their wrists on the desk, causing their wrists to bend backward. "This puts a lot of tension on the extensor muscles of the wrist," says Milicia.

The opposite of this is to flex your wrist (bend it forward) and straighten your elbow. Then place the other hand on the back of the hand and give it a gentle stretch. Repeat three to five times. Repeat with the other hand.

"Now the tissues in the back of the forearm are lengthened, rather than being shortened," says Milicia.

Move Often

One of the best things you can do is to regularly get up and move around. "If you're unable to do that, at least do some ankle pumps and scrunch your toes together," says Milicia.

The heart pumps blood to the ankles and feet, and movement (standing, walking) pushes it back to the heart. "Blood flows back to the heart by moving the ankles and feet." ■



FOREARM STRETCH

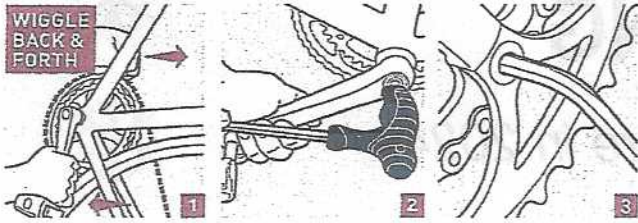
Illustrations by Alayna Paquette

BLONDIE



MAINTENANCE

[WINTER]

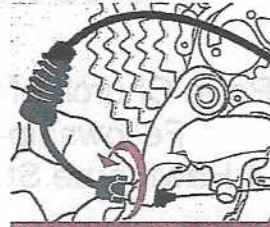


BOTTOM BRACKET/CRANKSET With the chain derailed, spin the crankset slowly with one finger. If the movement feels gritty, audibly grinds or catches at certain spots in the rotation, you need either a bottom bracket overhaul or full replacement. You did the diagnosis, which is plenty. Leave the surgery to a shop. **1** Grab the crankarms and try to wiggle them toward and away from the frame. If there is play, determine if the whole crankset is moving or if it's only one of the crankarms. For the crankarm, try tightening **2** (with the required 8mm hex, a thin-walled socket or in some cases a proprietary tool) then check again. For the crankset itself, a shop might be able to tighten the BB or else replace it. **3** Finally, snug all chainring bolts, usually with a 5mm hex or a Torx key. (Some bolts require you to hold the opposite side while you tighten.)

from now on CHECK IT ONCE A MONTH

REAR DERAILLEUR Clunky rear shifting is most often caused when the cable stretches or the amount of tension it exerts on the derailleur somehow goes out of whack, which affects the derailleur's alignment with the cogs. Amateur mechanics sometimes try to fix this by fiddling with the two screws that are prominent on the derailleur body. Those limit screws, however, are intended to be used to set up the initial range of motion (preventing the derailleur from jumping into the spokes on the large-cog side, and centering it precisely at its lowest, least-tensioned starting point on the small-cog side).

Fortunately, the simplest way to tune the rear shifting solves somewhere around 90 percent of all problems. Shift to the smallest cog. Turning one pedal by hand, click up one gear. If the derailleur balks, click back and stop the drivetrain. Turn the barrel adjuster—located where the cable goes into the derailleur; it's the only thing down there that looks like a barrel—out half a turn (counterclockwise). Try the shift again, continuing to dial out the adjuster as needed until the derailleur snaps crisply onto the cog. Progress up the cogs. When the shifting is perfect that way, repeat the routine coming down the cogset. This time if the derailleur hesitates, dial the barrel adjuster in just one-quarter of a turn at a time. You should be able to work your way up and down the cogset and fine-tune the shifting in less than 10 minutes.



TURN BARREL ADJUSTER COUNTERCLOCKWISE

from now on TUNE WHENEVER SHIFTING GETS BALKY

LUBE HERE



NOT HERE

CHAIN A pro-team mechanic showed us a cheap and easy quick-clean method we love: Soak the center of a sponge with dish soap (or a commercial degreaser or cleanser). With one hand, wrap the sponge around the chain, under the chainstay, then with the other hand backpedal 10 revolutions. Rinse the sponge, squeeze out excess water, reload with cleaner and repeat. Continue until the sponge no longer gets dirty. Dry the chain by letting it sit for 10 minutes or by backpedaling through a clean rag. Apply one drop of lube to each of the chain's pins, then backpedal 10 revolutions, allow five minutes for the lube to penetrate, then wipe the chain with a clean rag by backpedaling. (Any lube removed this way is excess that doesn't help the links move, and attracts grime.)

from now on CLEAN EVERY TWO WEEKS, 10 HOURS OF RIDING, OR IF WET RIDE



MCBC Membership

Single - \$10.00 Family - \$15.00

2024

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



"Challenging you more in 2024"



**Monday, January 15, 2024
6:30 PM**



La Porte Church of the Brethren
Fellowship Hall
414 Hawthorne St. – La Porte



Pizza Party



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

MCBC Membership

Name _____

City _____

State _____

E-Mail _____

Phone _____

Birthdate _____

Membership _____

Family membership - list family members and birthdays _____

E-Mail _____

Phone _____

A New Year Begins

Make checkout to and mail to: Maple City Bicycling Club
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