

MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety
and Friendships

2024



MAY'S SUNLIGHT CYCLIST DELIGHT ..

May is not only bicycle month, but a month that we have a lot of activities planned; as well as our O.C.T. on May 19th. Of course our **Ride of Silence** is on May 15th. We really need and encourage you to attend our Wednesday Ride of Silence. (Ride of Silence is honoring those cyclists injured or killed.)

Again I was happy with the nice turnout at our April Meeting. We briefly discussed our weekly rides and the possibilities of moving our rides around to different locations. I believe the majority was in favor of this.

We discussed the need for help at the SAG's; the road markings; and the help of getting our SAG's together. I believe we will find out for sure at our May 13th meeting.

On Saturday, May 11th we and the Kiwanis Club are putting on a **Rodeo**, instructing young kids on bicycle safety and bicycle riding at City Park. If you feel you would like to help, just come out to City Park 11 AM to 1 PM. We could also use some help on May 15th at the Fish Lake Library when we hold a **Work Shop** from 4 to 5 PM. (The 2 David's could use your help here, so let us know if you can.)

NOTE DATE CHANGE: Next Meeting is set for **May 13th** - 7:00 PM at the La Porte Church of the Brethren Fellowship Hall! We will finalize our O.C.T. plans, so **PLEASE PLAN ON ATTENDING!**

La Porte Food Pantry was thrilled with the cereal they received. Presently they have a real need for peanut butter and jelly. That will be our contribution this month.

May also includes Mother's Day and Memorial Day. We would be remiss if we did not honor our Mothers as well as remembering our Veterans on Memorial Day. Let us say a big Happy **Mother's Day**, and be sure to honor those Veterans on **Memorial Day**.

The bicycle Season of 2024 is now at hand. We need to be careful and cautious when out riding. We want to continue wearing bright colors so we can be seen. And always be alert to your surroundings. Let's enjoy bicycling as best as we can. **Just have fun!**

*Happy **Mother's Day**
Remember our Veterans*

- Dave Wolfe

P.S. Next Month we will start listing 'mileage' for those members wishing to participate. Can our Club members hit 40,000 miles this year?

mother's DAY

Kindness Can Move Mountains

O.C.T.

Date - **May 19, 2024**

Time - **7:00 AM**

Meet - **Fairgrounds**





PEANUT BUTTER ZUCCHINI SHEET CAKE

I was so tired of the same zucchini dessert recipes, and I love peanut butter, so I thought, *Why not try something different?* The result was amazing, and it freezes well. Even people who don't like zucchini enjoy this recipe. I bet you can't eat just one piece!

—Candy Scholl, West Sunbury, PA

Prep: 25 min. • Bake: 25 min.

Makes: 24 servings

- 1¾ cups sugar
- 1 cup canola oil
- 1 cup creamy peanut butter
- 3 large eggs
- 1 Tbsp. vanilla extract
- 2½ cups all-purpose flour
- 1 tsp. baking soda
- ½ tsp. baking powder
- ¼ tsp. salt
- ½ cup 2% milk
- 2 cups peeled and shredded zucchini

FROSTING

- ½ cup creamy peanut butter
- 6 Tbsp. butter, softened
- 6 Tbsp. 2% milk
- 1 Tbsp. vanilla extract
- 4 cups confectioners' sugar
- Chopped salted peanuts, optional

1. Preheat oven to 350°. Grease a 15x10x1-in. baking pan.
 2. In a large bowl, beat sugar, oil and peanut butter until smooth. Add eggs, 1 at a time, beating well after each addition. Beat in vanilla. In another bowl, whisk flour, baking soda, baking powder and salt; add to the batter alternately with milk, beating well after each addition. Fold in zucchini.
 3. Transfer to prepared pan. Bake until a toothpick inserted in center comes out clean, 25-28 minutes. Cool on a wire rack until warm.
 4. Meanwhile, for frosting, in a large bowl, beat peanut butter and butter until creamy. Beat in milk and vanilla. Gradually beat in confectioners' sugar until smooth. Spread over warm cake. If desired, sprinkle with peanuts. Serve cake warm.
- 1 PIECE 404 cal., 21g fat (5g sat. fat), 32mg chol., 193mg sod., 49g carb. (37g sugars, 1g fiber), 6g pro. ●

ENVIRONMENTAL NUTRITION



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

ON THE BALL: Table-tennis ball, Golf ball, Tennis ball, Baseball, Softball, Bowling ball, Soccer ball, Basketball



A PRAYER FOR MAY

O heavenly Father,
protect and bless all things
that have breath;
guard them from all evil
and let them sleep in peace.

-Albert Schweitzer

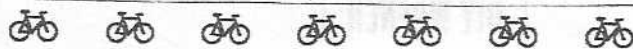
MAY

The lesson of Memorial Day

We may not, and should not, approve of war or violence or excess. But until we learn to make a better world, that is the way it is, and this is the lesson of Memorial Day: Nothing is ever wholly negative, nothing is ever wholly lost. Despite all grief and human wastage, even over dead men's blood and bones, we manage to progress a little.

Let us then remember the dead - in all wars - gratefully. And let us hope that because of them we may become a touch better, a thimbleful wiser, and a handshake more tolerant of this changing world they did not live to see.

-Arthur Hailey



•The successful mother sets her children free and becomes more free herself in the process.

-Robert J. Havighurst

Don't help a butterfly

There is a story about a man who kept watching a cocoon. The man knew a butterfly would emerge, but it seemed to take forever. Finally, being impatient and wanting to free the struggling insect, he took a knife and split the cocoon.

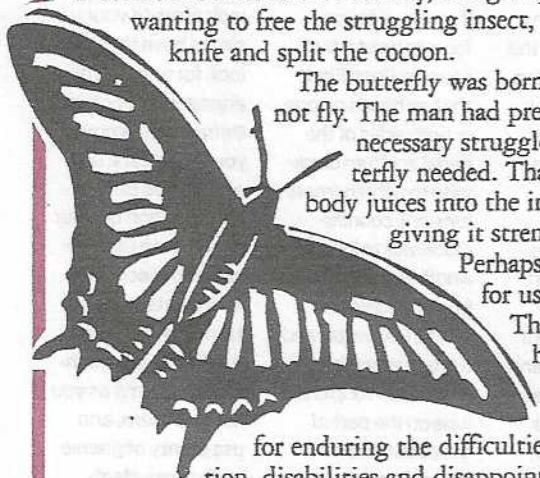
The butterfly was born, but it could not fly. The man had prevented a very necessary struggle that the butterfly needed. That struggle forces body juices into the insect's wings, giving it strength to fly.

Perhaps there is a lesson for us in the story.

Those who have had some great struggles in life are often better

for enduring the difficulties. Losses, rejection, disabilities and disappointments can teach us patience, strengthen us spiritually, and make us better, more kindly humans.

Theologians sometimes use the phrase "No cross, No crown." It was victory over the Cross that made Christ King.



Birthdays - MAY

9 - David Heinold
21 - Tina Bowers
27 - Annette Clark
29 - Gus Hernandez
31 - Luis Miramontes



If I missed someone - Please let me know!

TO BE A MOTHER

A mother cannot claim the honor of having built Notre Dame Cathedral. She does not need to. She has built something more magnificent than any cathedral ... a dwelling place for an immortal soul, the tiny perfection, her baby's body. The angels have not been blessed with such a grace. They cannot share in God's creative miracle to bring new saints to heaven. Only human mothers can.

-Calvary Baptist Church
Kannapolis, NC

Pentecost

Unless the eye catch fire, God will not be seen.
Unless the ear catch fire, God will not be heard.
Unless the tongue catch fire, God will not be named.
Unless the heart catch fire, God will not be loved.
Unless the mind catch fire, God will not be known.

-William Blake



Unchanged is a mother's love
Throughout the fleeting years
A love that's wrapped with gentleness
Which wipes away all tears
How precious is a mother's love
It lingers all the while
And keeps alive that Heavenly bond
Tween mother and her child.
Loise Pinkerton Fritz

This is your land

Let righteousness roll down like living waters,
And justice like an everflowing stream.
Let us be neighbors, caring for each other,
Working together to preserve the dream;
A life on farms, in rural towns and cities,
God's land and ours, community redeemed.

-Ed Kail

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 Picnic & Ride	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!)

DON'T clean a cut with hydrogen peroxide!

For years, we've been told to clean cuts with hydrogen peroxide. But it turns out that advice is wrong. In fact, it can actually slow down the healing process.

That's because while hydrogen peroxide kills bacteria, it also destroys skin cells. Here's what doctors recommend: Wash the cut with warm water. Don't use soap, which can hurt. Then apply a thin coat of bacitracin, which can be found in over-the-counter ointments. Finally, cover the wound with a bandage. This keeps the area moist and prevents scabbing, which slows down healing and can increase the risk of scarring.



[DIY WRENCH]

PEDAL POINTERS

SIMPLE TIPS TO BUY, USE, AND MAINTAIN THE MECHANISMS BENEATH YOUR FEET BY TORI BORTMAN

THINK QUALITY

Most of us don't need the priciest pedals. But when you spend even \$50 more than the cheapest model available, you upgrade from lower-quality steel alloy to stainless or titanium, giving you a stronger pedal that's also lighter in weight. Plus, the bearings on higher-quality pedals are sealed better, which makes them less susceptible to dirt, water, and other contaminants. That means they should last you a lot longer.

SPIN 'EM RIGHT

Your left pedal has reverse threading, so turning it counter-clockwise tightens it, (clockwise tightens the right, which is the customary direction for tightening). Not sure which pedal is which? Hold them spindles up. The one with threads that slant down to the right is your left pedal. If you interchange them, you'll likely strip your crank arms. Before installing pedals, grease the threads. Then use a torque wrench and tighten to 34nm.

TAME TENSION

If your shoe slips out without warning, you need more tension on your spring. If you have to use force to twist it out, you need less. Find the hex heads on one or both sides of the pedal and turn clockwise to tighten (more tension), counter-clockwise to loosen. Another culprit is grit in your pedals and cleats. Use water and a brush to scrub out debris, then drip chain lube on the part of the pedal platform that moves when you insert your cleat.

MOVE ON

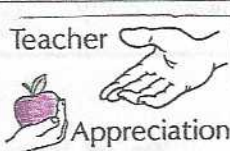
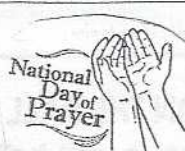
Worn-out cleats can make entry or release unpredictable. Check wear indicators (if your cleats have them) or look for wear at the engagement points. Before you remove your old cleats, use a marker to outline their position on your shoes, then use the guide to place the new cleats in the same spots. Keep track of bolts, washers, and shims as you remove them, and use plenty of grease on the new cleat-bolt threads.

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.fatandskkniiytirefest.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.letourdeshore.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	Amish 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	Dan 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: BikeRidesinIndiana.com



Affiliated with:



May is National
Bike Month



Hop on Your Bike America!

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.

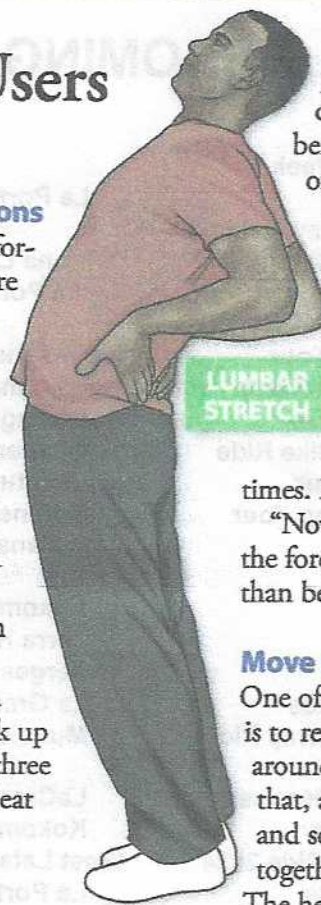
Imagine there's a wall an inch behind the back of your head. Pull your chin and head straight back to try to touch that wall. Don't look up or down. Hold for three to five seconds. Repeat three to five times.

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.

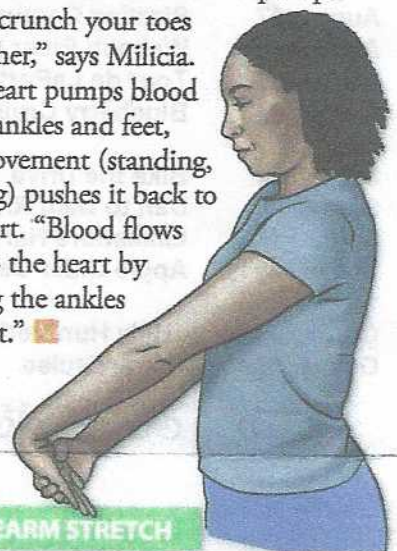
The opposite of this is to flex your wrist (bend it forward) and straighten your elbow. Then place the other hand on the back of the hand and give it a gentle stretch. Repeat three to five times. Repeat with the other hand.

"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

The Truth About: Laundry detergent. Even the best laundry detergent pods can't match the cleaning power of our top-rated liquid detergents — in spite of the fact that some pods are *more expensive* per load compared to liquid detergents. To get your clothes their cleanest, consider the liquid detergents that performed best in our tests: Tide Plus Ultra Stain Release and Persil ProClean Stain Fighter.



ON THE BALL

We all know that a golf ball is smaller in diameter than a bowling ball, but can you place all the balls listed below in order of size, from smallest to largest?

Baseball
Basketball
Bowling ball
Golf ball
Soccer ball
Softball
Table-tennis ball
Tennis ball

MCBC CALENDAR RIDES - 2024

Club rides happen because riders show up !

			<u>Time</u>	<u>Leader</u>	<u>Place</u>
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	Tim	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	Joe S.	Al's Supermarket
May	29 (Wed)	Club Ride	5:30 PM		Luhr Park
June	5 (Wed)	Club Ride	5:30 PM	Steve P.	Lighthouse Place - MC
June	9 (Sun)	Westville Loop	1:00 PM		Bluhm Parking
June	12 (Wed)	Club Ride	5:30 PM	Tina	Cummings Lodge
June	17 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
June	19 (Wed)	Club Ride	5:30 PM		Church Parking Lot
June	22 (Sat)	Fish Lake Loop	10:00 AM		Conservation Club
June	26 (Wed)	Club Ride	5:30 PM		
June	30 (Sun)	Pumpkinvine Trail	11:00 AM		Ashire Park in Goshen

(More Information - call 219-369-3978)

Check Facebook for any scheduled rides !



MCBC has Facebook

Maple City Bicycling Club

Maple Leaf Logo



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: _____

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

MCBC MEETING

Monday 13, 2024

(NOTE: Day Change !!)

7:00 PM

at



La Porte Church of the Brethren
414 Hawthorne St. - La Porte

Final Plans for O.C.T.

Refreshments & Fellowship

HELP WANTED

BIKE RODEO



May 11th - 11AM to 1 PM
City Park - Park St.

RIDE OF SILENCE

May 15, 2024
6:30 PM



La Porte County Fairgrounds

This is a ride for honoring cyclists who
were killed or injured.

E-Mail

maplecitybicyclingclub@gmail.com

Website

www.maplecitybicyclingclub.com



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

May

NATIONAL

**Try
Biking!**

BIKE MONTH

**Celebrate
Cycling!**