

MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety

and Friendships



MAY 2023

MAY SWINGS . . . AS SPRING SINGS . .

May also equals our Club Rides, warmer weather and of course our own O.C.T. (We tried to get an earlier start on our Club Rides, only to have several canceled due to inclement weather.)

May is Bicycle Month and all of our O.C.T. avenues are coming together. It is exciting! Thanks to all who have stepped up to make our event successful.

At our last meeting (April) we set up our committees for our SAG's, road markings, and hopefully lined up several SAG worker positions. (We still need SAG workers. If you are only able to work a few hours, we still can use you. Please let Doris know - 219-369-3978.)

May is a busy month with our weekly Club Rides, starting with May 3rd where we will ride from Kesling Park to City Hall where our **BICYCLE FRIENDLY COMMUNITY** will be presented to the city. Next we have our Bicycle Rodeo on May 6th at Allesee Park. Bicycle Club Meeting (O.C.T.) on May 15th; Ride of Silence on May 17th; and O.C.T. on May 21st. (That's a busy week!)

It is important that you review our Club Ride MCBC Calendar as starting points change. (In June we also hope to list some week-end rides.)

Last year members enjoyed keeping a running total of their mileage. We will start this again, and you may list your total mileage for this year (2023). You will want to call or text (219-369-3978) in your mileage around the 25th of May so Doris can log it on our 'Mileage Chart.' Every mile counts and shows you are riding your bike.

Our Next Meeting will be on May 15, 2023 at the La Porte Church of the Brethren at Fellowship Hall at 7:00 PM. We will be finalizing O.C.T. Event activities.

May also includes Mother's Day and Memorial Day. We would be remised 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 on **Memorial Day**.

The Bicycle Season of 2023 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

- Dave Wolfe



Mother's share

A school teacher asked a boy this question about fractions: "Suppose your mother baked an apple pie, and there were seven of you – your parents and five children. What part of the pie would you get?"

"A sixth, Ma'am," the boy answered.

"But there are seven of you," said the teacher. "Don't you know anything about fractions?"

"Yes," replied the boy, "I know all about fractions, but I know all about Mother, too. She would say she did not want any pie."

—First Christian Church
Pasadena, CA

A gift for Mom

The three young children told their mother that she wasn't to lift a finger on Mother's Day. They were going to do all the cooking. So, they got out three pots, two frying pans, six measuring spoons, three mixing bowls, a double boiler, a chopping board and eight serving dishes. Mom said it was the best Jell-O she had ever tasted!

MAY

Melanoma/Skin Cancer Detection and Prevention Month

Malignant melanoma, the most deadly form of skin cancer, can be removed if found in an early stage. Look at your skin regularly for changes in moles or dark spots. Look for uneven shapes, irregular borders, varied color from one area to another, or size larger than a pencil eraser. Learn more at www.aad.org.



Potatoes were introduced to North America in the eighteenth century by Irish immigrants. But, they are originally from South America. Potatoes were first cultivated in the Andes Mountains over 7,000 years ago.



There are many kinds of potatoes, but the most common are the russet, round white, and the red potato. They are tough and durable and they store well. Potatoes are a rich source of fiber, potassium, and vitamin C. Like many other fruits and vegetables, potatoes are a low calorie food and are free of fat, cholesterol, and sodium.

When choosing potatoes, be sure they are firm, smooth, and the color they are supposed to be. Softness, a green tinge, or wrinkly skin may indicate a potato is old.

Limes were famous for their historical benefits to sailors. In the eighteenth century, all British naval ships that were assigned to long journeys had limes available to be eaten to prevent scurvy — a disease caused by vitamin deficiency. Limes are packed with Vitamin C.



Limes were originally grown in India. In the sixteenth century, limes were established in what is now named Florida. Today limes are grown in Florida, the Southwest, and California.

When selecting a lime, look for ones that are glossy and light to deep green in color and are firm, but not hard. They should have a thin, smooth skin. Small brown areas on the skin do not affect the flavor, but avoid large blemishes or soft spots. This indicates a damaged lime. Avoid limes that have a yellowish skin or are too small. Limes can be found year-round in most supermarkets.

Substituting fruits and vegetables for higher-calorie foods can help you cut the number of calories you eat each day.

Fruits and vegetables contain vitamins and minerals that are often found in supplements. They also have natural substances that may help protect you from disease.

TERRIFIC TONIC

DOUSE THE FLAMES TONIC

This tonic can help keep your internal "engine" cool and aids digestion, promotes healthy weight loss, balances blood sugar, reduces pain, and encourages healthy skin. **WOW!**

- | | |
|--|---------------------------|
| 1 cup of warm (not boiling) water | ½ tsp. of ground turmeric |
| 2 tbsp. of apple cider vinegar | ¼ tsp. of ground ginger |
| 1 tsp. of lemon juice (or ½ tsp. of grated fresh ginger) | 1 tsp. of honey |

Pour the water into a mug, and stir in the remaining ingredients. Taste, and add more honey if desired. Then sit back and drink to cooler internal temperatures—and a longer, healthier life!

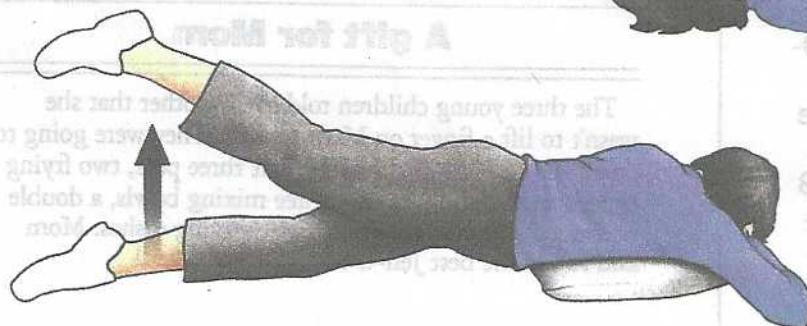
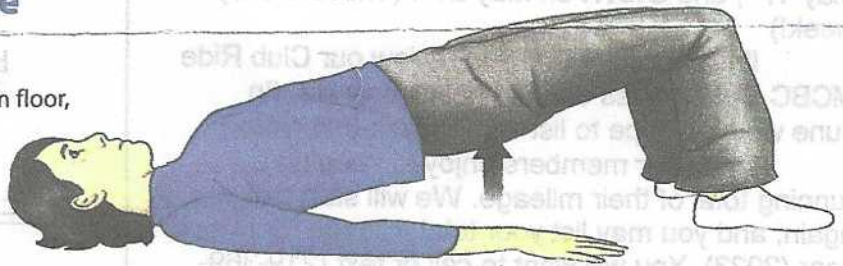
The "M" word

During a science lesson, a second-grade teacher demonstrated how a magnet can pick up metal objects such as nails and screws. Afterward, she said, "My name begins with the letter 'm.' I pick up things with my power. What am I?" A boy quickly answered, "You're a mother!"

Easy Ways to Stabilize Your Spine

Bridging

Lying on your back, slowly raise your buttocks from floor, keeping stomach tight. Repeat 10 times per set. Hold five seconds, completing two sets per session. Complete one session per day.



Straight leg raise

Lying on your stomach with your abdomen and head supported, keep left knee locked and raise leg at hip. Avoid arching low back. Repeat on right leg. Repeat 10 times per set. Complete two sets per session. Complete one session per day.

Illustrations: Alayna Paquette

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!

May

Then came fair May, the fairest maid on ground,
Deck'd all with dainties of the season's pride,
And throwing flowers out of her lap around.

—Edmund Spenser

Celebrate
Cycling!

Happy Mother's Day

Irene Larsen

I wish you,

Clocks that run slowly
As the years pass by
And music played softly
For you to dream by.

I wish you,

New seasons and dreams
With your love close by;
Starshine and moonbeams,
Blessings from on high.

I wish you,

All the joy a heart can hold
With faith to lead the way;
Wishes come true—a hundred-fold
And a happy Mother's Day.

In recognition of volunteers

A volunteer is willing, tolerant and anxious to serve,
Considerate and thrilling and has energy in reserve.
In retirement facilities, throughout the land,
They share their abilities by lending a hand.
Shake a hand — understand,
Push a chair — comb the hair,
Give a pat — sit and chat,
Give a hug — never shrug,
Give an arm — ease alarm,
Wipe a brow — give a bow,
Give a ride — also provide,
Comfort, cheer — slowly, clear.
All of these and any others,
That brighten the day for elderly fathers and mothers.

—Source unknown

Mother's Day Word Scramble

1. SFOEWRL _____
2. MHORET _____
3. UALFIEBTU _____
4. SISSEK _____
5. SUHG _____
6. RAAHIOPEPNTC _____
7. ECRDNIHL _____
8. LAMYFI _____
9. AGNCIR _____
10. LOHIYAD _____
11. ANPTRE _____
12. EATELRBEC _____
13. RTUEURN _____
14. FRUETGAL _____
15. PCSIAEL _____

Memorial Day

Over the years, Memorial Day has become a big holiday weekend. It's now the unofficial start of summer, rather than a day of tribute to the departed it was originally meant to be.

Even if we plan fun events for Memorial Day weekend, it's important to stop long enough to bow our heads and pay respect to our departed loved ones — especially those who fell in battle while helping preserve America's liberties.

Let us take time to make the pilgrimage to various cemeteries and pause long enough to say, "Thank you, Father, for these special lives, for sacrifices made and for friendships we have shared."

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.fatandskniytirefest.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	rjcarrico1@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	wrrc.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)



Crabgrass

BY TAUHID BONDIA



Affiliated with:



BIKE MONTH ABCs



ASSISTANCE – You need volunteers to hold a successful Bike to Work event, regardless if it is a small work function or a citywide weeklong bike fiesta. Recruit volunteers now and be specific what their role is. Avoid burnout by asking what their commitment level is and assign tasks accordingly.

BRAINSTORM – What did you do last year that worked? What is your Bike to Work Week dream? All of these ideas and more are worthy for your consideration. Get to work now, research successful events held in other cities and office, and start planning!

CO-WORKERS = CO-RIDERS
Are you the only one who bikes to work in your office? Well, encourage a co-worker who lives on your route to work along for a bike commute. You never know, you could make them a lifetime cyclist. If there is a network of bike commuters in your office, encourage them to implement a buddy system too, and soon you could have your whole office riding!

DO GET ON YOUR BIKE!

EVENTS – Now you have an event, so post them at bikeleague.org/bikemonth_events! Also, promote them any way possible to encourage registration and participation.

FUNDRAISING – Sponsorships are vital to successful Bike Month events. Prepare a specific funding proposal for each potential sponsor. Ask for a

specific amount of money or product with a plan showing the provider where their contribution will be recognized and how it will positively assist your efforts.

GET STARTED – If your workplace or community has never participated in Bike Month, it's time to start! It just takes one person to suggest the idea, and we guarantee that your boss or city will think it is a good idea. Get your community riding!

HISTORY – For 56 years, Bike Month has been the time for new or returning riders to get back on the saddle and ride their bike. Originally the Cycle Trade Association called the month American Bike Month but in 1956 it evolved to National Bike Month. Along with the name change, Bike Month became more about promoting cycling and safe bicycling, not just selling bicycles.

IDEAS – Need some? How about energizer stations, a citywide celebration in the town center before and after work, bike-in movies, bike to school competitions, free employee breakfasts, open street events, mayor-led rides or a bike scavenger hunt. It doesn't matter what you do, just make it fun to get new riders out there on their bikes!

JAM – Get out of a traffic jam and jam on your bike!



KIDS – Parents and teachers, encourage your kids and students to ride to school. It is a way to get them exercising and awaken their brains even before they enter a classroom. To find out if your community has a Safe Routes to School program, visit saferoutespartnership.org/local.

LOCAL LEADERS – Bike Month is the perfect time to involve your local leaders, especially if they have a history of not supporting bicycling. By inviting your mayor or council member to a Bike Month event or for a ride, they experience first-hand why bicycling is beneficial. You might get some new bike parking or added enforcement efforts by just extending an invite!

MEDIA – Drum up publicity for your Bike Month events by contacting your local media. A press release is a good start and a live interview is even better. For tips on dealing with media, visit bikeleague.org/bikemonth

NEXT YEAR – I know; I know. You just started planning your 2012 Bike Month events but remember to save and file all of your 2012 planning, sponsorship information and volunteer contacts. You will want them come 2013!

OFFICE PARTICIPATION – How can you get your office to participate? Start with an office wide commuter challenge, offer free breakfast for all those that ride during Bike to Work Week, host bike meet-ups to happy hours after work, and find who lives

near you and show them the way to bike to work.

PROMOTION – Promotion, promotion, and more promotion. Print out the League's Bike Month flyers at bikeleague.org/bikemonth promotion and hang them in your office, post the banners and buttons on your office, bike club or community's Web site. Spread the word early!

QUESTIONS? If you have questions about anything Bike Month, e-mail the League at bikeleague@bikeleague.org or visit bikeleague.org/bikemonth.

ROUTES AND RIDES – New and returning riders will participate if riding to an event or to work is not confusing. Remember, biking to a destination is usually not the same way as walking or biking there. So please, make it easy for our new riders and provide clearly marked maps and/or directions on your Web site and in your office. If you don't have a readily available tool, Google Maps provides directions via bike.

SOCIAL MEDIA – Facebook, Twitter and the rest of the social media world are an easy and free way to promote your Bike Month events. An added bonus, many demographics you wouldn't usually reach are out there and listening on social networks. Harness interest across all ages and demographics and start tweeting on Twitter and sharing event information on Facebook. Start the conversation now!

TIMELINE – Timing is everything; and if you do not make and stick to a timeline, preparation might not get completed for your Bike Month event. Mark up your calendar!

U.S. COMMUTER DATA – Find out who is riding in or near your community and how many bike lanes are in your area by visiting bikeleague.org/acs2010.

VIDEO – record your Bike Month events and post them to your social networking sites. Let people know riding bikes is fun!

WEB SITE – If you have a business, club, city or group Web site and have the ability to get Bike to Work and Bike Month information on there, do it. A larger audience will receive your updates, and people who are looking for your Bike Month event information will have a place to find it. You may be the only source.

X-FACTOR – What is your one variable that could have the most significant impact on your community or office during Bike Month? Are you social? Coordinate a ride or an event with city. Are you an educator? Set up a rodeo or bike clinic. Use your special talent or quality and get people riding bikes this May.

YOU CAN DO IT – Whatever you need to do to get riding more, to get your community riding or your co-workers riding. You can do it!

ZIP around your community on your bike to do your errands and shopping. The more who people see you riding around town, the more people who will be encouraged to ride!

BIKE MONTH IDEAS

Learn more about Bike Month at bikeleague.org/bikemonth.

Kindness

Be kind to one another, tenderhearted, forgiving one another as God in Christ forgave you.

—Ephesians 4:

A little more kindness,
A little less creed,
A little more giving,
A little less greed,
A little more smile,
A little less frown,
A little less kicking
A man when he's down,
A little more "we"
A little less "I,"
A little more laugh,
A little less cry,
A little more flowers,
On the pathway of life,
And fewer on graves
At the end of the strife.

—Anonymous



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



Mother's Day
1. Flowers
2. Mother
3. Beautiful
4. Kisses
5. Hugs
6. Appreciation
7. Children
8. Family
9. Caring
10. Holiday
11. Parent
12. Celebrate
13. Nurture
14. Grateful
15. Special

MCBC CALENDAR - 2023

Club rides happen because riders show up !

			<u>Time</u>	<u>Leader</u>	<u>Place</u>
April	19 (Wed)	Club Ride	5:30 PM	Byron F.	Fairgrounds
April	26 (Wed)	Club Ride	5:30 PM	Vinny K.	Fairgrounds
May	3 (Wed)	Club Ride	5:30 PM	David H.	Kesling Park (City Hall)
May	6 (Sat)	Bike Rodeo	10:00 AM	David H.	Allesee Park
May	10 (Wed)	Club Ride	5:30 PM	Pam C.	Door Village (Church Lot)
May	15 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
May	17 (Wed)	Ride of Silence	6:30 PM	Pam C.	Fairgrounds
May	21 (Sun)	O.C.T.	6:00 AM		Fairgrounds
May	24 (Wed)	Club Ride	5:30 PM	Joe S.	Fairgrounds
May	31 (Wed)	Club Ride	5:30 PM	Steve P.	M.C. Lighthouse Place
June	7 (Wed)	Club Ride	5:30 PM	Pam C.	Kingsbury Game
June	14 (Wed)	Club Ride	5:30 PM	David H.	Hudson Lake - Monroe Crossing
June	19 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
June	21 (Wed)	Club Ride	5:30 PM	Tim B.	Cummings Lodge

(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, May 15, 2023
7:00 PM

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

Refreshments & Fellowship

E-Mail
maplecitybicyclingclub@gmail.com

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

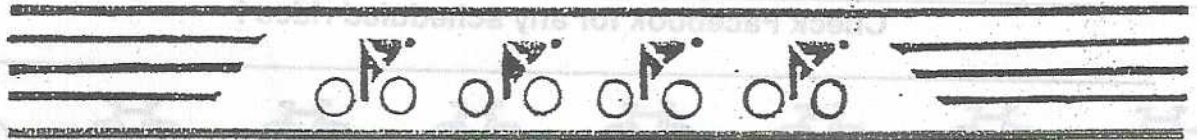
O.C.T.

Date - **May 21, 2023**
Time - **7:00 AM**
Meet - **Fairgrounds**



RIDE OF SILENCE

May 17th - 6:30 PM
Fairgrounds



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

May is National
Bike Month



Hop on Your Bike America!

Form fields for Name, Address, City, State, Zip, E-Mail, Phone, Birthdate, and Membership.

Make check out to and mail to: Maple City Bicycling Club
P. O. Box 55
La Porte, IN 46352