



Spokin' Times News

SLOW SPOKES BICYCLE CLUB
P.O. BOX 792
STERLING HEIGHTS, MI 48311-0792

Dec 2009 Jan 2010

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Ride Chair:

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www.SlowSpokes.org

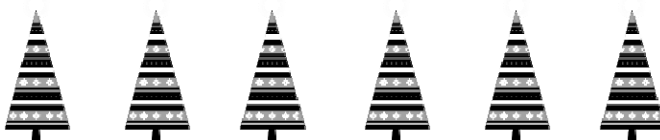
Mailing Address:

Slow Spokes

P.O. Box 792

Sterling Hts, MI 48311

Slow Spokes After-Christmas Party



Heritage Estates Apartments Club House
18 Mile Road East of Hayes
(Carpooling is recommended due to limited parking)

Saturday, January 9, 2010
5:00 to 10:30 P.M.

Buffet Dinner, including dessert served at 6:00 P.M.

(Additional donated desserts would be appreciated)

Bring your own beverages. Coffee and Tea will be provided.

Cost \$13.00 per person

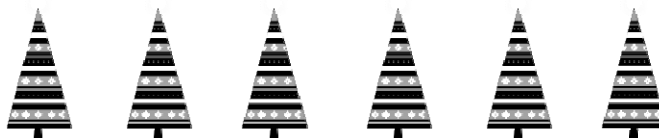
RESERVATIONS AND PAYMENT DUE BY DECEMBER 15, 2009

Please make checks payable to:

Mary K. Miller
28132 Lorraine Ave.
Warren, MI 48093

Questions? Call Mary at 586-573-4754 or 586-946-4954.

~Slide show presentation of Slow Spokes 2009 activities included.~





Meetings—Unless otherwise noted, meetings are held at 7:30 p.m. on the first Friday of every month at the Graham Elementary School located on Crocker, north of Metro Parkway. Refreshments are served.



Ride Information—Send information for rides and walks to Rose Marie Jacobs at: rmj211@comcast.net

Ride reports are due by the 10th of each month.



Newsletter Information—Send articles you'd like published to Chuck Pottenger at 46644 Vineyards Lane, Macomb, MI 48042, or email the information to him at chuck@milupus.org. Articles must be received by the 15th of the month for inclusion in the newsletter. Feel free to call Chuck at his office 586-775-8310 OR cell 586-524-3052 but emails are preferred.



A Christmas Thought.....

*until one feels the spirit of Christmas----
there is no Christmas. All else is outward display----
so much tinsel and decorations. For it isn't the holly,
it isn't the snow. It isn't the tree nor the
firelight's glow. It's the warmth that comes to the
hearts of men when the Christmas spirit returns again.
Christmas began in the heart of God. It is complete
only when it reaches the heart of man. R.M.J.*

FROM THE MAIL BAG RE: 2009 POAR

What a wonderful job conducting the ride! I've been a member of the Slow Spokes for a number of years, but haven't ridden with the club much the last couple years. The conduct of the POAR certainly made me proud to be a member. I did other Century a few years ago, but the organization of and the support during the POAR was much better.

I did the Century this year because I had a goal to do so when I was 75 and I also used it to help my daughter-in-law in her fund raising for her 3-day cancer walk. That aside I was going to do another ride, but the neighbor that was going to ride with me couldn't do so that day so we decided on the POAR and I was very happy we did so. We were having such a good ride we got talking and missed a turn (not the fault of the Slow Spokes, the turns were well marked and the map was clear) which ended up adding significant miles to our ride and made us about the last to finish. A support van, however was out there to check on us and we still were able to get our picture for the certificate and get a hot dog and short cake. There was nothing at the end of the other ride mentioned. They had run out of whatever they were serving and just left even though we weren't late getting in then.

I must also mention the rest stops. They were plentiful and well manned not to mention the bagpipe serenade at the last one.

Thanks for putting on a great ride.

Notes from the Newsletter Editor:

1) Every attempt will be made to include all articles as they are submitted, and in their entirety, in the newsletter. However, due to space constraints, this may not always be possible. If you do not want your article edited in any way, shape or form (even if typos and/or grammatical errors are apparent) please make a note of that when the article is sent.

PRESIDENT'S CORNER

POAR Chair Needed

Chuck Pottenger did a terrific job as Peach of a Ride chair this past year. However, because of the increasing demands of his position with the Lupus Alliance he reluctantly will not be able to chair this event again in 2010. On behalf of the Club, I want to thank Chuck for his efforts.

Chuck's departure leaves us with some big shoes to fill for the coming year. We need a chairperson if we are going to have a 2010 Peach of a ride. Most of the committee chairs and volunteers are in place and Chuck has agreed to assist in an advisory capacity. If this sounds like something you'd like to get involved with, please contact me for details.

As stated above, **there can not be a Peach of a Ride without a chairperson.**

Attention Florida Snowbirds

There is a group of us planning to ride the Pinellas Trail from St. Petersburg Florida to Tarpon Springs and back on January 15th and 16th. The plan is to meet the morning of Friday the 15th, ride to Tarpon

Springs, spend the night and return back to St. Petersburg on the 16th. If you're going to be in the area and would like to join us, contact Paul at (586-247-6397) or (jpwilhelm@hotmail.com) for details.

Feather Bowling

Keep Friday, February 12th open. Buff Muylaert is planning the Second Annual Slow Spokes Feather Bowling outing for that evening. Details at the December meeting.

Ride the Outerbanks of North Carolina

I'm planning a van supported camping bike tour of the North Carolina Outerbanks. The tentative dates are from April 16th thru April 25th which includes two days travel and eight days riding and sight seeing. Highlights include Pamlico Sound, the Outerbanks barrier island, Kittyhawk and the Wright Brothers museum. If you'd like to be included in this trip contact me at 586-247-6397 or jpwilhelm@hotmail.com. I plan to have an information/planning meeting for interested parties in early to mid February

BIKE FEAST NEEDS VOLUNTEERS

To all members of sembike and all clubs. Is there any interest in hosting bike feast? LMB did it last year only because nobody else was interested. And LMB did not want bikefeast to disappear. Please respond ASAP. Jim Carpenter LMB region four Representative

WELCOME NEW & RETURNING MEMBERS

NEW MEMBERS

Phyllis and Andy Lefebvre, Warren

Jane Mayle, Mt. Clemens

Robert Greene, Clinton Township

December January Events

December Walks

Wednesday's With Evelyn Take a Hike!

DISTANCE:	3—4 Miles	DATE:	Weds Dec. 2—9—16—30
PACE	3 mph pace	TIME:	9:30 A.M..
TERRAIN:	Flat		
LEADER:	Evelyn Bires 586-778-8397		
MEETING PLACE:	Malooof Parking lot—NW corner of Martin Rd. (11 1/2 Mile Road) and Harper Park near Martin Road.		
ADDITIONAL INFORMATION:	No food stop planned.		

SATURDAY BELLE ISLE WALK

DISTANCE:	5 MILES	DATE:	Saturday, Dec 12, 2009
PACE	3—4 mph pace	TIME:	9:00 a.m.
TERRAIN:	Flat		
LEADER:	Tom Miller 586-573-4754		
MEETING PLACE:	Meet at Majestic Plaza in Warren for car pooling to Belle Isle at 9:00 A.M. Meet at the East Parking lot of the Casino on Belle Isle if you are joining us at 9:30 AM		
ADDITIONAL INFORMATION:	There will be a lunch stop at the Polish Village Cafe in Hamtramck for a warm bowl of "DILL PICKLE SOUP" or other fine Polish Food. The Palace Bakery is across the street from the Polish Village Cafe if you are interested in some wonderful baked goods.		

GROSSE POINTE LAKESHORE WALK

DISTANCE:	4- 5 MILES	DATE:	Saturday. December 19, 09
PACE	3 Mph	TIME:	5:30 PM
TERRAIN:	Flat		
LEADER:	Evelyn Bires 586 778 8397		
MEETING PLACE:	Meeting place: Police station parking lot -- NW corner of Jefferson and Vernier. Park in lot off of Jefferson.		
ADDITIONAL INFORMATION:	Coney Island stop after walk, optional No walk if 6 inches or more of snow has fallen within 24 hours prior of scheduled time. (We were snow stormed out last year!!!)		

DO WE HAVE YOUR CORRECT EMAIL ADDRESS?

If you want to know of impromptu rides and other information of special interest not found on our website or in the newsletter, please make sure you sign up online to do so at www.SlowSpokes.org



Dick and Gayle Barry Memorial Walk and Luncheon

DISTANCE:	4 MILES (more if desired by group)	DATE:	Saturday, Dec 26, 2009
PACE	3—4 mph pace	TIME:	9:00 a.m. or 10:00 a.m.
TERRAIN:	Flat		
LEADER:	Tom Miller 586-573-4754		
MEETING PLACE:	WARREN: 9:00 AM Majestic Shopping Plaza located at the S.E. corner of Van Dyke and Martin (11½ Mile Rd.) in Warren to join the carpool. ST. CLAIR: 10:00 AM Murphy Inn located at Clinton Hwy. and 6th in St. Clair		
ADDITIONAL INFORMATION:	Meet at Majestic Plaza in Warren for car pooling to St. Clair at 9:00 A.M. After the walk there will be a short tribute to remember Dick and Gayle Barry in the Murphy Inn. Enjoy a nice lunch from the many fine choices on the Inns menu.		

January Walks

SATURDAY MORNING WALKS!

DISTANCE:	4 to 6 miles depending on weather	DATE:	January 9 & 23
PACE	3 mph	TIME:	9:30 A.M..
TERRAIN:	Flat		
LEADER:	Evelyn Bires 586-778-8397		
MEETING PLACE:	Meet in Meijer parking lot - S E Corner of 13 Mile and Little Mack park near the Cracker Barrel		
ADDITIONAL INFORMATION:	No walk if 6 inches of snow has fallen in last 24 hours prior to the walk		

Book Club Meeting

The book selection for the next meeting is: "*Stolen Lives*" by Malika Outkir.

The meeting is on December 15th at 7:00 pm. Mary Jane Hinze house 22632 Millenbach, St. Clair Shores. 586-294-2978

Dear Fellow Slow Spokes:

May you and yours have a joyous and blessed Christmas.

And may the New Year find you healthy happy and prosperous.

..... R.M.G.



Prevent Swine Flu - Good Advice

Dr. Vinay Goyal is an MBBS,DRM,DNB (Intensivist and Thyroid specialist) having clinical experience of over 20 years. He has worked in institutions like Hinduja Hospital , Bombay Hospital , Saifee Hospital , Tata Memorial etc. Presently, he is heading our Nuclear Medicine Department and Thyroid clinic at Riddhivinayak Cardiac and Critical Centre, Malad (W).

The following message given by him, I feel makes a lot of sense and is important for all to know. The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible to avoid coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

1. Frequent hand-washing (well highlighted in all official communications).
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat, bathe or slap).
3. *Gargle twice a day with warm salt water (use Listerine if you don't trust salt)... *H1N1 takes 2-3 days after initial infection in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.
4. Similar to 3 above, *clean your nostrils at least once every day with warm salt water. *Not everybody may be good at Jala Neti or Sutra Neti (very good Yoga asanas to clean nasal cavities), but *blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.* Neti pots and sinus rinse kits are available at the drug store and relatively inexpensive..under \$15.
5. *Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits). *If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
6. *Drink as much of warm liquids (tea, coffee, etc) as you can. *Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.



DATELINE - LONDON ENGLAND MAYOR SAVES GIRL FROM GANG

London Mayor Boris Johnson has been dubbed a "knight on a shining bicycle" after rescuing a woman who was attacked while walking home in North London. Mr Johnson reportedly chased off a gang of girls, calling them "oiks", after they pounced on filmmaker and climate activist Franny Armstrong. Ms Armstrong was surrounded by the group of young girls as she walked home on Monday, one of them threatening her with an iron bar, the *Daily Mail* said.

She called out to a passing cyclist, who happened to be the mayor, the *Mail* said. Mr Johnson approached the girls, shouting: "What do you think you are doing?" The girls dropped the iron bar and ran off, but Mr Johnson picked up the bar and chased after them on his bike, the *Mail* said.

He returned to walk Ms Armstrong home.

"He was my knight on a shining bicycle," she said.

Article from: Sydney Morning Herald

YOUR FAVORITE BIKE SHOP!!!

The following bicycle stores offer a discount on equipment and accessories. Be prepared to show your Slow Spokes membership card when making a purchase to receive the discount.

Allied Cycle	23101 Gratiot	Eastpointe, MI 48021	586/772-3411
American Cycle & Fitness	29428 Woodward Ave	Royal Oak, MI 48072	586/542-7182
American Cycle & Fitness	2169 Metro Parkway	Sterling Heights, MI 48310	586/979-7570
Anchor Bay Bicycle & Fitness	35214 23 Mile Road	New Baltimore, MI 48047	586/725-2878
Bicycle & Fitness Barn	1604 Stone Street	Port Huron, MI 48060	810/987-2523
Bike Tech	18401 E. Warren	Detroit, MI 48236	313/884-2453
D & D Bicycles	4141 W. 12 Mile Road	Berkley, MI 48072	248/547-0770
Fraser Bicycle & Fitness	34501 Utica Road	Fraser, MI 48072	586/294-4070
Macomb Bike & Fitness	28411 Schoenherr	Warren, MI 48088	586/756-5400
Main Street Bicycles	11 S. Washington	Oxford, MI 48371	248/236-9100
Main Street Bicycles	5987 26 Mile Road	Washington Twp., MI 48094	586/677-7755
Paul's Bike Depot	28057 Gratiot	Roseville, MI 48066	586/776-9165
American Cycle & Fitness	20343 Mack Avenue	Grosse Pointe Woods, MI 48236	313/886-1968
American Cycle & Fitness	203 N. Perry Street	Pontiac, MI 48342	248/333-7843
Hamilton Bicycle	69329 Main Street	Richmond, MI 48062	586/727-5140
American Cycle & Fitness	18517 Hall Road	Macomb Twp. MI 48044	586/416/1000
D & D Bicycles	8383 N. Middlebelt Rd	Westland, MI 48185	734/522-9410
D & D Bicycles	121 N. Center Rd.	Northville, MI 48167	248/ 347-1511
D & D Bicycles	9977 E. Grand River	Brighton, MI 48116	810/227-5070
East Side Bike Shop	26210 Van Dyke Ave	Centerline, MI 48015	586-756-2001

Thanks for your Vote of Confidence

I have served on the club's board as treasurer for the past three years. Thanks to you votes, your trust and your confidence in me. I'll serve for another term. Having had the privilege to serve with several interesting and talented people these past years has been most valuable to me. There is a quality about folks who give of their time and share the expertise that they have with an organizations. It is heartening to know that a myriad of organizations around the county are in existence due to these types of people. So, whenever time allows or whenever one is needed PLEASE be a Volunteer! Volunteers are the heart of America. Donna Mesyn Treasurer 2007 2008 2009 2010.

SLOW SPOKES MEMBERSHIP APPLICATION

DATE: _____ NEW MEMBER _____ RENEWAL _____

NAME: _____ PHONE: _____

ADDRESS: _____

EMAIL: _____

Please mail this application along with a check for \$15.00 payable to:
 Slow Spokes
 P. O. Box 792
 Sterling Heights, MI 48311-0792

I ***do not*** wish to receive a hard copy printed of the Newsletter.

Anyone interested in bicycling is eligible for membership. Those under 18 years of age must be accompanied by an adult during all club activities and rides.



Slow Spokes Spokin' Times News

Website: www.SlowSpokes.org



Slow Spokes are members of the League of Michigan Bicyclists and
the League of American Bicyclists.



BIKE SMART

Always Wear Your Helmet!

Sterling Heights, MI 48311-0792

P. O. Box 792

Slow Spokes

