



Slow Spokin' Times

April 2003

President: Paul Wilhelm
Vice President: Mary Stoolmiller
Treasurer: Carol Blanchard
Secretary: Terry Taylor
Newsletter Editor: Kay Sheere

Membership: Ron Phifer
POR Co-Chair: Minnie Szatkowski
POR Co-Chair: Mary Zahler
Ride Coordinator: Mary Stoolmiller
Sunshine Liaison: Aloys Turck

Check our website: www.lmb.org/clubs/spokes.htm or Hotline: 586-819-0187

Potpourri

- **The April meeting will be held at 7:30 P.M. on Friday, April 4, 2003, at 7:30 P.M., at the Owen-Jax Activities Center, 9 Mile Road east of Van Dyke. Refreshments will be served.**
- **Ride information:** Send information for rides/walks for the May Spokin' Times to Mary Stoolmiller, 6143 Walker, Troy, MI 48085, by April 10, 2003. (248) 879-6004.
- **Newsletter information:** Send any articles or information you want published in the May Spokin' Times to Kay Sheere, 11318 Jacqueline, Sterling Heights, 48313 by April 15, 2003 (586) 939-9817. Email address ktmc1014@a1above.net

2003 MS Walk

For those of you who are unaware, Multiple Sclerosis (MS) is a chronic disease of the central nervous system, affecting the brain and spinal cord, that usually strikes adults between the ages of 20 and 50. One new case of MS is diagnosed every hour. It comes and goes unpredictably, often leaving people to wonder "Will I become paralyzed, blind or have trouble walking? Will I be able to raise my family and continue my career?"

For the second year in a row, I'm organizing a team of walkers. Last year the team's official head count was 49 and we collectively raised close to \$9,000 for research.

As members of the Slow Spokes, or any other club, we've all experienced the contagious energy that comes from being part of a group. So anyone who would be interested in being a part of this team, and walking two, three or five miles on Saturday morning, May 3, in Warren, or if you're unable to walk but would like to sponsor someone who is walking, please give me, Lennie Raines, a call at 586/463-4916.

Thanks so much for considering being a part of my personal quest to help end the potentially devastating effects of this disease.

Peach of a Ride 2003

Slow Spokes members Mary Zahler and Minnie Szatkowski have agreed to co-chair the 2003 Peach of a Ride. Let's all do our best to help them make the 31st Peach of a Ride a big success! We have had our first meeting, with most of the committee present, and everything is coming along as planned.

A Thought

By member Rose Marie Jacobs

THE FIGHT

*The heart wants to love, yet we hate.
The heart wants to understand, yet we are confused.
The heart wants equality, yet we try to dominate one another.
The heart wants peace, yet we fight.
The heart wants to give, yet we are greedy.
The heart wants to help, yet we destroy.
The heart wants to care, yet we are insensitive.
If only the heart were a little stronger.*
Susan Polis Schultz

New Dates for Niagara on the Lake Bike Ride

Due to a conflict with the 2003 Palm Ride, I have changed the dates of my Niagara on the Lake ride. The new dates are June 4th and 5th, 2003.

I plan to arrive there the afternoon of June 3rd. It is approximately a 5 hour drive to Niagara on the Lake via Port Huron.

Members will be able to ride any and all of the above dates. I will supply detailed suggested routes, but members will be permitted to ride wherever they wish. Many wineries are located along these routes and may be visited if desired.

I have listed several phone numbers and websites to assist our riders in making their own room reservations and theatre reservations.

Niagara on the Lake B&B Assoc. (866) 855-0123 www.bba.notl.on.ca
Niagara on the Lake Chamber of Commerce (905) 468-1950 www.niagaraonthelake.com
Shaw Festival Box Office 1-800-511-shaw www.shawfest.sympatico.ca
Maps of the area: www.tourismniagara.com

I highly recommend that all interested riders make their own room and theatre reservations ASAP, as the good B&B's fill up early. (Jim Carson and I made our room reservations in December).

One word of caution, however; many B&Bs do not usually serve breakfast until 9:00 AM or later. I plan to begin riding at 10:00 AM on Wed. June 4th and Thurs. June 5th. I suggest that you make arrangements to eat early to enable you to join me at 10:00.

Feel free to contact me at any time with questions. My home phone is (248) 651-6714. Jan. thru Mar. I will be in Florida and may be reached at (850) 497-1028, or email me at fmeinberg@hotmail.com. Looking forward to a fun time.

Fred Meinberg

Miscellaneous Local Bike Rides – Call for Information

- **Can-Am Wheelers** (207) 743-9018 – Lighthouse Tour 7/11-19, Nova Scotia, 8 days; North Country Challenge-7/3-8/26, Labrador, Newfoundland, Cape Breton
- **Loop for Lupus Bike Ride**-5/18/3002 - (800) 705-6677 or (586) 775-8310, ask for **Chuck**.

COMING EVENTS

**ALL RIDES: CALL THE LEADER OF THE ACTIVITY IN WEATHER IS QUESTIONABLE
THE TIME LISTED IS THE START TIME. ALLOW 15 MINUTES BEFORE START TIME TO
GET YOURSELF AND YOUR BIKE READY TO GO.**

Tuesday, April 1, 2003, Grosse Pointe April Fool's Morning Ride 11:00 AM

Meet at the Grosse Pointe Municipal Building, at 20025 Mack Ave., between Moross and Vernier, on the W. side of Mack.. Park at the N. side of the parking lot. Lunch during the ride. If weather is questionable, we may not take the long drive into G.P. Call before 9:30 AM
Pat and Shirley Mullin (248) 656-2187

Saturday, April 5, 2003, Metro Parkway Ride 10:00 AM

Leader: Mike Ennis (586) 792-7709 Distance 20 miles Pace 10-12 mph Flat terrain
Meet at St. Thecla's Church parking lot, E. of Groesbeck, between 15 Mile and 16 Mile. Turn E. at light onto Carlier. Go to Little Mack; turn left on Little Mack to Nunnely, and into Church parking lot. Bring snacks for ride.

Sunday, April 6, 2003 St. Clair Shores to Windmill Pointe 10:00 AM

Leader: Tom Miller (586) 573-4754 Distance 25 miles Pace 12-14 mph Terrain-flat to flatter
Meet at Lakeshore Village Shopping Center, at the NW corner of Jefferson and Marter Roads (approximately ½ mi S. of 9 Mile Rd.) Coffee and bagels at Brueggers mid-ride. 17144
Kercheval, Grosse Pointe, (313) 885-7750

Wednesday, April 9, 2003, Rochester Hills Morning Ride 11:00 AM

Join Shirley and Pat for a ride around nearby hilly neighborhoods in Rochester Hills. Meet at their condo at 1754 Thomas Ct. Enter Streamwood Condominiums, north off Hamlin Rd., just east of Crooks Rd. (North of M-59). Lunch nearby after the ride. Call if weather questionable. Shirley and Pat Mullin (248) 656-2187

Saturday, April 12, 2003 Paint Creek Brunch Ride 11:00 AM

Leader: Mary Stoolmiller (248) 879-6004 Distance 20 miles Pace 10-12 mph Flat terrain
Meet at Rochester City Park, one block W. of Rochester Rd., one block N. of University Drive, on Pine St. Brunch or lunch at an old-time restaurant on Main Street in Lake Orion.

Sunday, April 13, 2003, Grand Boulevard Tour of Old Detroit 10:00 AM

Leader: Phil LaRonge (586) 758-0416 Distance: 20 Miles Pace: 11-13 mph Flat terrain
Meet at Belle Isle Casino parking lot. Take Belle Isle bridge to Casino Way, parking just NE of casino. We will ride the edge of the city 100 years ago, through Indian Village, Wayne State campus, and other historic places. We will have lunch at Pegasus in Greektown (or your choice).

Friday, April 18, 2003 Grosse Pointe Morning Ride 11:00 AM

Meet at the Grosse Pointe Municipal Building, at 20025 Mack Ave., between Moross and Vernier, on the W. side of Mack.. Park at the N. side of the parking lot. Lunch during the ride. If weather is questionable, we may not take the long drive into G.P. Call before 9:30 AM
Pat and Shirley Mullin (248) 656-2187

Saturday, April 19, 2003

Lake Huron – Country Ride

10:00 AM

Leader: Alex Schneider (810) 329-7245 Approx. 41 miles. Meet in Lexington in the parking lot at the foot of Simons St. Take I-94 to M-25. Follow signs to Lexington. One block past the light, turn right on Simons. Proceed down the hill to the parking lot. Ride: north Lake Huron to Washington Rd., West, then South to Applegate West. Southeast to Croswell. Bike path return to Lexington.

Sunday, April 20, 2003

HAPPY EASTER!!!

Tuesday, April 22, 2002

Soup-er-Ride

10:00 AM

Leader: Kay Hein (248) 879-9165 Dist. 20 miles Pace 10-12 mph Terrain, road ride, flat to rolling. Meet at Kay's house N. of Square Lake Rd., W. off Rochester Road, Troy. Call if weather is doubtful. Lunch: Kay's house for soup. Let's get riding again – get strong – start practicing – toughen up!

Saturday, April 26, 2003 Huntington Woods to Birmingham Meet @ 8:00/Ride @8:30 AM

Meet at Gretchen Siewert's home, 10424 Nadine Ave., Huntington Woods. (248) 543-2174 S. on Woodward past 11 Mile, to Salem (Bank One sign), turn W. onto Salem, which splits with Nadine going to the right at 2nd cross street. Travel 5-6 blocks on Nadine. My home is 2nd house on right just past Meadowcrest. Park on the street. Ride is 7 miles each way and can be extended into Lathrup Village, Pleasant Ridge or Royal Oak, to the Royal Oak Farmers Market. Route is paved, flat, quiet back streets. Morning is a good time to avoid traffic. We will stop at the Greek Islands Restaurant in Birmingham for breakfast – located next to the Palladium 12 movie theatre.

Sunday, April 27, 2003

Lower Huron Metroparks Ride

10:00 AM

Leader: Kevin Degen (248) 603-5314 Distance 25 miles Pace 11-13 mph Terrain flat
Call Kevin if you want to meet at 6 AM for an early ride. Meet at Tulip Tree Picnic Area in Lower Huron Metropark. Take I-94 to Haggerty Rd., Exit 89. Go S. into park to the second parking area, Tulip Tree. Meet near the restrooms. Bring a picnic lunch to eat in the park after the ride. This is a paved trail through 3 scenic parks along the Huron River.

Thursday, May 1, 2003

Harsen's Island Ride

10:00 AM

Leader: Evelyn Bires (810) 778-8397 Distance 22-32 Terrain flat Meet behind McDonald's on M-29 in Algonac, about 2 miles E. of Harsen's Island ferry dock. Restaurant stop after the ride.



Contact Tom Paonessa 586-293-8624 to have your activity listed on the hotline.