



# Slow Spokin' Times

Feb./Mar. '03

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](http://www.lmb.org/clubs/spokes.htm) or Hotline: 586-819-0187

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## Potpourri

- **The February meeting will be held at 7:30 P.M. on Friday, February 7, 2003, (pizza, salad and pop and will be served), and the March meeting will be on Friday, March 7, 2003, (there will be a swap meet, bring bicycle items you wish to sell). Meetings 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 April Spokin' Times to Mary Stoolmiller, 6143 Walker, Troy, MI 48085, by March 10, 2003. (248) 879-6004.  
**Newsletter information:** Send any articles or information you want published in the April Spokin' Times to Kay Sheere, 11318 Jacqueline, Sterling Heights, 48313 by March 15, 2003 (586) 939-9817. Email address [ktmc1014@a1above.net](mailto:ktmc1014@a1above.net)
- Don't forget to bring your new jacket or vest to the February meeting if you would like to have it embroidered. The cost will be \$12.00 for both the logo and first name. If you have any further questions, please contact Rita Zupan at 586-264-0712.

## **SLOW SPOKES WANTS YOU! TO BE A RIDE LEADER!!**

Most club members ride in their own neighborhoods and know the area well. If you can stretch that ride to 15-20 miles, you have a perfect route for a slow-paced (10-12 mph), easy ride for beginners and intermediates. If you prefer bike paths, there are Metroparkway, Paint Creek, Lower Huron Metroparks and several others you may know of. The leader sets the meeting place, time, and distance to ride – nothing to it!

Early Sunday mornings are the best times for rides: low traffic and cool temps. Later Sunday mornings or afternoons are good too, especially in cooler weather. Saturday mornings are fine, and with all our retired members, mid-week rides are popular. Pick a time and place that suits you and you'll find others happy to join you.

Experienced leaders can help by asking neophytes to co-lead with them. First-timers can ask a veteran to ride sweep. If we all cooperate, we should be able to double our number of ride leaders and increase the number of rides we offer.

Our season begins April 1 and runs through November. We need at least 100 rides to fill our calendar. Start planning now for one or two (or more) rides you will lead this year.

Mary Stoolmiller, Ride Chairperson

## A Thought .....

By member Rose Marie Jacobs

*"Let us be grateful to people who make us happy.  
They are the charming gardeners who make our souls blossom."*

*Marcel Proust*

### Don't Miss the Bike Feast!

The Bike Feast will be on March 23, 2003, from 3:00 PM to 8:00 PM, at the Gerry Kulick Community Center, in Ferndale at 9 Mile and Livernois. Tickets are on sale for \$5.00, available through Lester Useted – call to reserve your ticket at (586) 754-6334.

### Logos on Jackets or Vests

Don't forget to bring your new jacket or vest to be embroidered to the February meeting. The cost will be \$12.00 for both the logo and first name. Any further questions, please contact Rita Zupan at (586) 264-0712.

### New Member

Welcome to new member Eric LaKin, 1021 Meadowcrest Dr., Waterford, MI 48327

### 1,000 Mile Club

Following is a list of the people who responded to the article in the last newsletter and reported their riding mileage for 2002.

NAME	MILES	NAME	MILES
Ron Phifer	6,730	Rita Zupan	3,006
Bob George	6,034	Kevin Degen	2,500
Bill Smith	4,700	Jim Walter	2,100
Tom Miller	4,369	Boni Michalak	1,857
Alex Schneider	4,200	Jim Kegler	1,714
Annette Smith	3,866	Alois Turk	1,627
Carol Blanchard	3,734	Betty Stencil	1,228
Evelyn Bires	3,301	Kay Hein	1,100
Art Meerhaeghe	3,300	Glen Kielbowicz	1,002
Tom Paonessa	3,238	Hilda Lamont	1,001

### Mark Your Calendar

Fred Meinberg is planning a ride in Niagara on the Lake, Ontario, Canada, tentatively scheduled for the week of June 15, 2003. We will visit several wineries along the route, and ride along the beautiful Niagara River to our very nice B&B in Niagara on the Lake, which is located next door to Niagara Falls. It is a 5 hour drive from our area. There will be several routes available to choose from, each of these routes a different distance. Each rider will be responsible for making their own room reservations. More details will appear in subsequent Slow Spokin' Times. If you have any questions, call Fred at (248) 651-6714.

# COMING EVENTS

**PLEASE BE SURE TO CALL THE LEADER OF THE ACTIVITY IN CASE OF QUESTIONABLE WEATHER!!!**

**Saturday, February 1, 2003, Neighborhood Walk 10:00 AM**  
Meeting: 32022 Bunert, in Warren. N. off Masonic (13 ½ Mile) between Hayes and Schoenherr.  
Distance: 3-4 miles. Restaurant lunch afterward, optional.  
Leaders: Leo and Ruth Ann Booms, (586) 293-7603

**Sunday, February 2, 2003, and all Sundays during February and March: 12 Noon**  
Hike/Bike/Ski. Activity to be determined by the weather.  
Meeting Place: Stony Creek Park boat launch area for biking or hiking. Meet at the Golf Course Clubhouse for X-Country skiing.  
Starting time: 12 Noon  
Coordinator: Tom Paonessa (586) 293-8624.

**Friday, February 7, 2003 Slow Spokes Meeting 7:30 PM**  
Meet; Owen-Jax Activities Center, 9 Mile Road east of Van Dyke. Pizza, salad and pop will be served.

**Saturday, February 22, 2003 Belle Isle Walk 10:00 AM**  
Four mile walk on Belle Isle at a 3-4 mph pace  
Meet: Belle Isle Casino, East Parking Lot  
Leader: Tom Miller (586) 573-4754

**Sunday, March 2, 2003, and all Sundays during February and March: 12 Noon**  
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Meeting Place: Stony Creek Park boat launch area for biking or hiking. Meet at the Golf Course Clubhouse for X-Country skiing.  
Starting time: 12 Noon  
Coordinator: Tom Paonessa (586) 293-8624.

**Friday, March 7, 2003 Slow Spokes Meeting 7:30 PM**  
Meet at the Owen-Jax Activities Center, 9 Mile Road east of Van Dyke. There will be a swap meet, so bring in any bicycle items you may wish to sell. Refreshments will be served.

**Saturday, March 15, 2003 Tank Plant Revisited 10:00 AM**  
Four mile walk through the former Warren Tank Arsenal  
Meet: Warren City Pool on Campbell Ave., between Martin Rd and I-696 Service Dr.  
Leader: Mary Miller (586) 573-4754

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

## A Warm Thought for Cold Weather

As you read this, there are less than 70 days till the start of Daylight Savings Time (in my mind the start of the biking season). As you mark off the days till we can start riding regularly again, please make plans to share your favorite rides with the club as a ride leader. It's an easy and fun way to increase your biking enjoyment. As you're making plans don't be constrained by the way things have been in the past. Turn your imagination loose. If you'd like a night ride, an early morning ride, a ride at a faster or slower pace or to an unusual location, do it – most of us are eager and willing to try something new.

## Club By-Laws Update

At the January meeting a motion was approved to review and update the club by-laws. The last time they were updated was 10 years ago. You will find a copy of the existing by-laws elsewhere in this newsletter. Please read them over and come to the February meeting prepared to make your suggestions of changes/additions/deletions you would like included in the update. A committee will be appointed to incorporate your suggestions in the revision.

## Club Jerseys

I will be placing another order for club jerseys after the March meeting. They are a bright yellow Canari Paceline jersey with the turtle logo on the front and back. Cost will be in the \$35.00 range (depending on quantity ordered). Size (Small, Medium, Large, X-Large and 2X-Large) runs a tad on the small side. Place order by sending a check for \$35.00 (payable to Paul Wilhelm) along with size desired to

Paul Wilhelm  
48120 Walden Rd.  
Macomb, MI 48044

## Trail Updates.

We are fortunate to live and ride in an area where there is a great deal of Rail-Trail conversion activity. Dave Rumohr, club member and Friends of the Macomb Orchard Trail (MOT) Director, will update us on the progress of the MOT at the February meeting. I hope to have a representative of the Polly Ann Trail (PAT) do the same at the March meeting.

## SLOW SPOKES OF MACOMB, INC. BY-LAWS

### Article I -- Name:

The name of this organization shall be the Slow Spokes of Macomb, Inc. The principal place of business shall be Macomb County, Michigan. The club shall maintain a post office box.

### Article II -- Colors:

The official colors of the club shall be orange with an auxiliary color of black.

### Article III -- Aims and Goals of the Club:

1. To promote the general interests of cycling in all of its phases.
2. To encourage and facilitate all forms of bicycling.
3. To defend and protect the rights of bicyclists.
4. To secure a better understanding and recognition of the need for safer riding conditions.
5. To cooperate with public authorities in the observance of all traffic regulations.
6. To promote better bicycle facilities.

### Article IV -- Membership:

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.

### Article V -- Fiscal Year:

The club's fiscal year shall be December 1st through November 30th.

### Article VI -- Dues:

The membership shall set the dues, for the next year, by a majority vote prior to the end of the fiscal year. If such a vote is not taken then the previous year's dues shall be in effect for another year. Dues shall be paid prior to the beginning of the month of April.

### Article VII -- Officers:

The following officers and directors shall be elected by the membership, at the election meeting, and shall serve a one-year term of office.

President, Vice-President, Secretary, Treasurer,  
Newsletter Editor, Membership Chairman.

The Peach of Ride Chairman shall be appointed by the Board of Directors and shall be a member of the Executive Board. These officers shall constitute the Executive Board to govern the club, subject to the approval of the membership.

### Article VIII -- Elections:

Elections of the club officers shall be held annually at the November meeting. A nominating committee appointed by the president shall present a list of candidates for the offices to be filled. Additional names may be placed in nomination from the floor immediately prior to the election. A majority vote of the members present shall be necessary to elect. Installation of the officers elected shall take place at the first regular meeting following the elections.

### Article IX -- Committees:

The Executive Board may appoint committees as deemed necessary.

### Article X -- Meetings:

Regular meetings shall be held each month.

### Article XI -- Amendments and Adoption:

Amendments to these by-laws may be proposed by any club member and may be incorporated, if approved by a majority vote of members present at a regular membership meeting.

*Get ready for the season by visiting your favorite bike shop!*

These bicycle stores offer a discount on equipment and accessories. You must show your Slow Spokes membership card when making a purchase to receive the discount.

Adventure Cycle & Sport	454 West Nepessing Lapeer, MI 48446-2150	(810) 664-1313
Allied Cycle	23101 Gratiot, Eastpointe, MI 48021-1628	(586) 772-3411
American Cycle and Fitness	1109 S. Washington Royal Oak, MI, 48067-3219	(248) 542-7182
American Cycle and Fitness	20343 Mack Avenue, Grosse Pointe, MI 48236- 1717	(313) 886-1968
American Cycle and Fitness	2169 Metropolitan Pkwy., Sterling Heights, MI 48310	(586) 979-7570
American Cycle and Fitness	39600 West 14 Mile Road Walled Lake, MI 48390-3909	(248) 960-1371
Anchor Bay Bicycle & Fitness	35214 23 Mile Road, New Baltimore, MI 48047- 3650	(586) 725 2878
Bicycle and Fitness Barn	1604 Stone Street, Port Huron, MI 48060-3344	(810) 987-2523
Continental Bike Shop	24426 John R., Hazel Park, MI 48030-1	(248) 545-1225 14
D & D Bicycles	121 North Center Northville, MI 41867-1413	(248) 347-1511
D & D Bicycles	4141 West 12 Mile Road Berkley, MI 48072-1121	(248) 547-0770
D & D Bicycles	8383 Middlebelt Westland, MI 48185-18 10	(313) 552-9410
Fraser Bicycle and Fitness	32064 Utica Road, Fraser, MI 48026-2207	(586) 294-4070
Macomb Schwinn Cyclery	28411 Schoenherr, Warren, MI 48088-6300	(586) 756-5400
Paul's Bike Depot	28057 Gratiot, Roseville, MI 48066	(586) 776-9165
Prestige Cycles	36558 Moravian, Clinton Township, MI 48035-1202	(586) 7924040

**Slow Spokes Membership Application**

Date \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ E-mail \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Check one please.      New membership    \_\_\_\_\_      Renewal    \_\_\_\_\_

Please make your \$ 10.00 check payable to Slow Spokes.  
Mail this application and your check to:  
Slow Spokes, P.O. Box 792, Sterling Heights, MI 48311-0792