



Slow Spokes of Macomb Spokin' Times News

December 2007
January 2008

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



HIKING AND BIKING STILL IN FULL SWING

Inside this issue:

Hiking & Biking	1
Presidents Corner	3
Upcoming Walks & Rides	4-5
Holiday Party	6
Recap of Haunted Halloween Ride	7
Remembering Sharon	8
Bike Shops	8
The Lighter Side	9

Special points of interest:

- New Members Page 2
- 2007 Miles Completed
- Holiday Party get your reservations in NOW!
- Unfortunate Damage to Club House
- Other Club Rides available
- Milestone Photo Log

We really have a good start on our virtual journey to Mackinaw. The walking club is off to a good start along with the addition now of hiking the mountain bike trails.

Yes, hiking with Catherine is back, see the ride/walk schedule for specific details. Some things to remember to make the hikes and walks more enjoyable would be walking shoes and/or hiking boots, a water bottle, tissues, chap stick and a snack. The hiking trails do protect you from the wind so it may not be as cold as you think it would be.

Please call the walk/hike or ride leaders if you have any questions or concerns and always keep in touch with other members so it will be easier for everyone to stay informed of impromptu events, cancellations and changes.

Some helpful information for winter fun:

Cross Country Skiing at Stony Creek Metro Park

Cost: Skis: \$3.00, poles \$2.00, boots \$3.00 for a total of \$8.00

Rentals are available at the Golf Course (586) 781-9166

Snow Shoeing at Stony Creek Metro Park

Rental for snowshoes \$5.00. Rentals are available at the New Nature Center (586) 781-4242

REI located at Big Beaver and Rochester Rd also rents downhill skis, cross country skis, boots, poles and snow shoes for day use or weekend, call for pricing (248) 689-4402

Good luck on making this winter your own personal wonderland, ENJOY!!!

The following people reached significant milestones for 2007

Tom Graham	6,000 Miles	10/14 at the Fall Color Tour
Rita Zupan	5,000 Miles	10/7 at the Blue Water Ramble
Jeannette Solomon	4,000 Miles	10/7 at the Blue Water Ramble
Marie Applebury	1,000 Miles	10/24

See Photo's on Page 4

Submitted by Tom Miller

President Paul Wilhelm
Vice President Kim Mau
Treasurer: Donna Mesyn
Secretary Carol Blanchard
Newsletter Editor: Chuck Pottenger
Newsletter Distributor: Rita Zupan

Membership Chair: Lennie Raines
POR Co-Chairs: Kim Mau
Dawn Somerville
Ride Coordinator Kim Mau
Sunshine Liaison: Aloys Turck

Website: www.lmb.org/spokes



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 Kim Mau via email at: maumarkd@sbcglobal.net by the (10th) of the 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.

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 forward your correct email address to Paul Wilhelm at jpwilhelm@hotmail.com

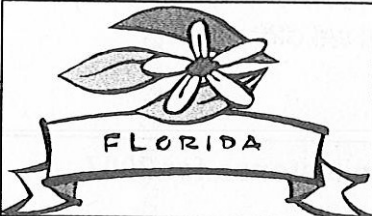
A Big Welcome to New Members:

Gerald Boor, Lenox

Marcia Basler, Clinton
Township

Gerald Anderson, Macomb

BIKE FLORIDA 2008



Bike Florida is a Trail Link for 2008. It runs from March 30th to April 4th on trails of Florida's West Coast from Clearwater to Fanning Springs. For further information you can go to their website at: www.bikeflorida.org

Some Slow Spoke members are planning to make this trip. If you would like to speak with someone about the plans contact Tom Graham at 586-286-3135.

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

NEWSLETTER CONFUSION

There has been discussion at the last couple of meetings regarding delivery of the Club Newsletter. It seems this discussion has given rise to the misconception that the Newsletter would only be available from the club website. Clearly, that is not the intent. The Spokin' Times News is and will be for the foreseeable future mailed to those members who wish to re-

ceive it in "hard copy". Anyone who would prefer to download and print it from the website is encouraged to do so. The advantage of downloading is the color and clarity of the pictures and graphics that Chuck has been using to "spice up" the newsletter. It is not possible to get that kind of crispness and any color from our copier.

What I propose is effective with the next

membership renewal, a box be added to the Membership Application/Renewal form.

Anyone who does not wish to receive "hard copy" would so indicate by checking the box. If the box is left blank, the newsletter would continue to be mailed to the member. Certainly one issue a year, the one that includes the Membership Roster, would continue to be mailed to everyone.

Please remember if you elect to get the newsletter from the website, you will need to have Adobe Reader (free software found at adobe.com) installed on your computer and it is recommended that you have a high speed internet connection (i.e. Comcast, Wowway, etc.) as well.

I hope this eliminates the concerns many have had regarding this issue.

THANK YOU

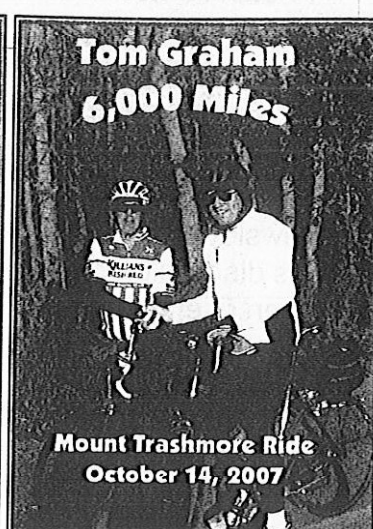
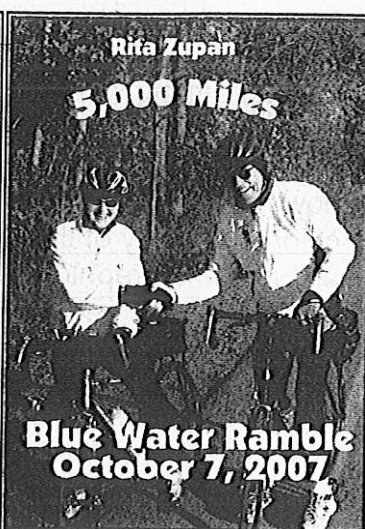
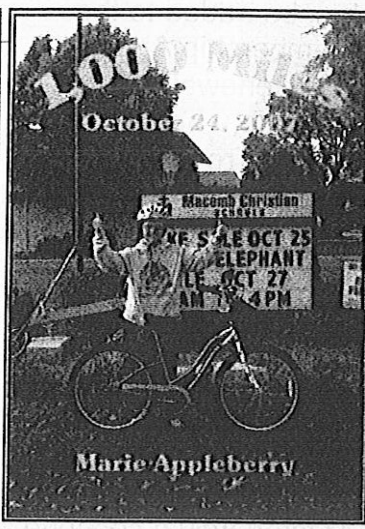
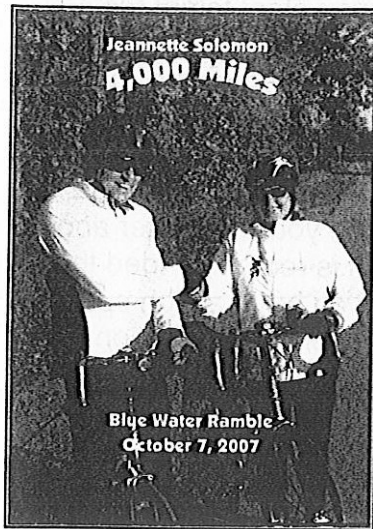
I'd like to thank the Slow Spokes for the love and support shown to my family and me on the passing of my wife Sharon. It's impossible for me to find words to express how much it meant to us.

Sharon, although she didn't ride much, considered herself a Slow Spoke. She really enjoyed participating in the non-riding activities and insisted I tell her about the rides we did - who was there, where we rode, what we saw and any funny or unusual thing that happened. She was pleased and proud that we were Slow Spokes and considered all of you her friends.

Again, thank you for your thoughts and prayers.

Sincerely,
Paul Wilhelm

2007 Milestones Accomplished



DECEMBER HIKE SCHEDULE

JEFFERSON WALK

DISTANCE:	Approximately 4 1/2 miles walking till 7:30 p.m.	DATE:	Thursday evenings
PACE:	Brisk	TIME:	6:00 p.m.
TERRAIN:	Flat		
LEADER(S) AND PHONE NUMBER(S):	Carol Green (586) 296-7381		
MEETING PLACE:	Parking lot at Masonic and Jefferson		
ADDITIONAL INFORMATION:	Walk until approximately 7:30 p.m.		

HIKING WITH CATHERINE

DISTANCE:	We will walk for 1-2 hours	DATE:	Saturday morning
PACE:	Brisk	TIME:	9:00 a.m.
TERRAIN:	Hilly and uneven		
LEADER(S) AND PHONE NUMBER(S):	Catherine Serra (248-495-1630)		
MEETING PLACE:	Stony Creek West Branch Picnic Area, Parking lot B		
ADDITIONAL INFORMATION:	It is recommended that you have hiking boots. Please bring a water bottle, tissues, chap-stick and a snack. The trails will protect you from the wind. There is an optional lunch stop after the hike. For beginners please join us. We will walk you back to your car at any time, example if you only want to walk for 30 minutes.		

DETROIT RIVERFRONT WALK

DISTANCE:	4-5 Miles	DATE:	Saturday, Dec 1, 07
PACE:	3-4 mph	TIME:	11:00 a.m.
TERRAIN:	Flat		
LEADER(S) AND PHONE NUMBER(S):	Tom & Mary Miller 586-573-4754		
MEETING PLACE:	Rivard Plaza located at Rivard and Atwater on the Detroit Riverfront. Optional start at Majestic Plaza in Warren for car pooling at 10:15 a.m.		
ADDITIONAL INFORMATION:	Lafayette Coney Island midway in walk. We will explore Detroit's beautiful new Riverwalk and Downtown Detroit.		



HOLIDAY PARTY

Scrumptious Deserts
prepared by none other
than Evelyn Bires

Mark Your Calendars—Reservations Available

Saturday, January 5, 2008 Time 5:00 PM Meal Served at 6:00 PM


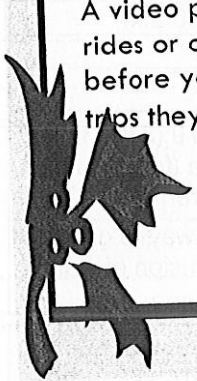
Location: Bob & Gabe Halsall's house located at 61331 Windwood Court., Washington, MI. 48094 - phone: 586-781-6784. They have graciously opened up their beautiful home for our Holiday Party once again. A great time has been had in years past and I'm sure it will be a huge success again this year. Deserts and snack foods will once again be made by none other than our very own "Evelyn Bires" and we all know how delicious they will be.

The meal will be catered once again by "Nancy Buscemi's Catering Service" at \$10.00 per person. For reservations please contact Rita Zupan @ 586-264-0712 or email at rzupan@peoplepc.com. It will be limited to 50 people so please call early to make your reservation at which time payment is due. It is recommended that you bring your own beverage for the evening other than coffee or tea which will be provided.

A video presentation will be done by Tom & Mary Miller of several trips done this year, be it club rides or organized rides such as Bike Florida, Palm, MUP etc. For those of you that have seen this before you know we are in for a special treat again this year. Also anyone having any photo's of trips they did this year please bring them to share with the group.

Address: 61331 Windwood Court, Washington, MI Phone 586-781-6784

**Cost \$10.00 each person
Please pay when making reservations.**



WALK IN THE PARK AT DODGE PARK

DISTANCE:	Approximately 3.5 miles	DATE:	Sunday, Dec 2, 07
PACE:	2-3 mph	TIME:	12:00 p.m. noon
TERRAIN:	Flat		
LEADER(S) AND PHONE NUMBER(S):	Kim Mau 586-779-2767		
MEETING PLACE:	Dodge Park parking lot near the Recreation Center		
ADDITIONAL INFORMATION:			

VILLAGE OF WARREN WALK

DISTANCE:	4 miles	DATE:	Saturday, Dec 8th
PACE:	3-4 - mph	TIME:	9:00 a.m.
TERRAIN:	Flat		
LEADER(S) AND PHONE NUMBER(S):	Tom & Mary Miller 586-573-4754		
MEETING PLACE:	Warren Community Center (5460 Arden). Arden is approximately 1/4 mile S. of 14 Mile Rd. between Mound and Ryan in Warren. Meet in the South parking lot near the main entrance.		
ADDITIONAL INFORMATION:	We will walk through Warren's Historical Area and have lunch at the Friar's Kitchen (12 mile W of Ryan) after the walk.		

TERRY TAYLOR CHRISTMAS MEMORIAL WALK

DISTANCE:	4-5 miles	DATE:	Friday, Dec 14th
PACE:	To be determined pace set by participants	TIME:	6:00 p.m.
TERRAIN:	Flat		
LEADER(S) AND PHONE NUMBER(S):	Evelyn Bires 586-778-8397		
MEETING PLACE:	Grosse Pointe Shores Municipal Building located on the NW corner of Vernier and Lakeshore Drive in Grosse Pointe Shores.		
ADDITIONAL INFORMATION:	We will walk Lakeshore Drive between Vernier and Moross and then return to starting location via residential streets.		

WALK THROUGH MT. CLEMENS

DISTANCE:	Approximately 4 miles	DATE:	Saturday Dec 15th
PACE:	To be determined	TIME:	10:00 a.m.
TERRAIN:	Flat		
LEADER(S) AND PHONE NUMBER(S):	Agnes McGartland 586-268-8198		
MEETING PLACE:	Recreation Bowling parking lot at 40 Crocker Boulevard in Mt. Clemens		
ADDITIONAL INFORMATION:			

DICK & GAYLE BARRY MEMORIAL WALK & LUNCHEON

DISTANCE:	2-4 miles	DATE:	Weds, Dec 26th
PACE:	3-4 mph	TIME:	10:00 a.m.
TERRAIN:	Flat		
LEADER(S) AND PHONE NUMBER(S):	Tom & Mary Miller 586-573-4754		
MEETING PLACE:	The Murphy Inn (810) 329-7118, 505 Clinton Ave, St. Clair, MI 48079 (810) 329-7118. Optional start 9:00 a.m. at the Majestic Plaza Shopping Plaza (for car pooling) located on the SE corner of Van Dyke and Martin Road in Warren.		
ADDITIONAL INFORMATION:	Enjoy a brisk walk along St. Clair's picturesque water front. A good way to get back on track after all those holiday meals. Lunch at Murphy Inn at conclusion of walk.		

NEW YEARS DAY RIDE THE FIRST DOZEN FOR 2008

DISTANCE:	24 miles if weather permits	DATE:	Tuesday, Jan 1, 08
PACE:	12-14 mph	TIME:	11:00 a.m.
TERRAIN:	Flat		
LEADER(S) AND PHONE NUMBER(S):	Rita Zupan 586-264-0712		
MEETING PLACE:	Freedom Hill parking lot Metro Parkway		
ADDITIONAL INFORMATION:	Call morning of for details about ride and weather conditions		

POST HALLOWEEN HAT RIDE & PARTY MUSINGS

The day was sunny and bright albeit a little cold. But that did not deter 26 brave riders from doing the ride. They returned from their outing with ravishing appetites after all that exercise. Upon arrival at the clubhouse they joined 16 non-riders for some great food, fun and games. Our resident GHOUL frightened a few cyclists. We heard a lot of screams from the people entering the clubhouse. He was very UGLY. But, you know, after awhile he grew on you and people seemed to warm-up to him. He seemed to be a very personable UGLY guy once you got to know him. Sincere thanks go out to our brave ride leaders, our resident gourmet chef, our game planner and Agnes McGartland for adding two delectable desserts to our pastry table. Thanks also to all the people who helped with the clean-up. Made our job a little easier.

THE THREE WICKED WITCHES OF THE SLOW SPOKES BICYCLE CLUB

NOW THE NOT SO GOOD NEWS ABOUT THE HALLOWEEN PARTY

At the beginning of this year, we closed the clubhouse for four months to do major renovations. One of the renovations was to take out the old wooden dance floor and install a brand new floor. We were very proud of the fact that we were able to do this work in-house and save some money as we were on a strict budget. I happened to be the person overseeing every aspect of this job. Our crew did a fantastic job, as they paid a great deal of time and effort to attend to all the little details of their work.

WELL, Sunday afternoon, despite a large sign on the clubhouse door that kindly asked all cyclists to remove their CLEATED shoes before entry into the clubhouse, some of the guests chose not to do so. Our new wooden dance floor had not one, not two, not three, but several rather unsightly gouges to the floor. Just hurts my heart so, that a fellow cyclist could be so terribly inconsiderate.

I am on the Board of Directors at this complex and therefore expected to uphold all the rules and regulations and be a shining example to others. Boy, did I flub my job in trusting my fellow friends and cyclists to be just a little considerate and respectful of a facility that is part of my home.

Regretfully,
Rose Marie Jacobs

Clinton River Riders Invite You to Attend their Scheduled Rides

On Wednesday mornings at 9 am meet Rick & Sue Moorman for a 30 mile ride from TBD To TBD. Contact Rick for the weekly particulars.

On Friday at 8 am. or 8:30 a.m. Meet Bill and Annette Smith for a 40-50 mile ride at a 15-18 mph pace. Call Bill 248-652-2278 for more information.

On Saturday mornings 9 a.m. Stony Creek West Branch parking lot, meet TJ Hill for mountain biking at a pace of TJ, An advanced intermediate ride, call TJ if interested for more details at 586-293-0162

On Saturday morning at 9 a.m. meet Jane at Shultz Funeral Home located at 8 1/2 & Gratiot Enjoy a winter long 33 miles at 14 -16 mph. There is a stop near the 1/2 way point and breakfast afterwards.

On Sunday morning meet T. J. at 9 a.m. at the Stony Cr Boat Launch for 50 miles of mostly dirt road riding. With a lunch stop somewhere near the 30 mile mark. Call TJ at 586-293-

CROSS COUNTRY ANYONE?

Anyone interested in a cross-country trip in 2008 or 2010? Please contact Donna Mesyn with your interest at: 586-790-4622.

Or you can contact Richard Gallo via email: fleal@juno.com or 646-243-7643 to see the route plans for Bicycle Adventure Club's 2008 planned cross-country from Pacific to Atlantic Ocean trip.

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	New Address: 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
Continental Bike Shop	24426 John R.	Hazel Park, MI 48030	248/545-1225
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 (Formerly Pointe Cycle & Fitness)	20343 Mack Avenue	Grosse Pointe Woods, MI 48236	313/886-1968
American Cycle & Fitness (Formerly	203 N. Perry Street	Pontiac, MI 48342	248/333-7843
Hamilton Bicycle	69329 Main Street	Richmond, MI 48062	586/727-5140

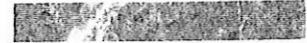
Remembering a beautiful Person ~~~~

Dear Sharon:



We cannot see you anymore but deeply feel your presence.
 We cannot touch you anymore but carry you gently in our hearts.
 We cannot hear you anymore but warmly remember the sweet
 lilt of your voice.
 Our worldly time with you is gone but never forgotten,
 for our memories can bring you back to us again and again.
 And when thoughts of you emerge in our minds
 remembering you will always bring sunshine to our hearts.
 And so we sail on with our lives here on earth,
 without you aboard on this ship called life.
 As sad as it is to say Goodbye,
 we say it with love for you dear friend.
 We shall meet again.

R.M.J.

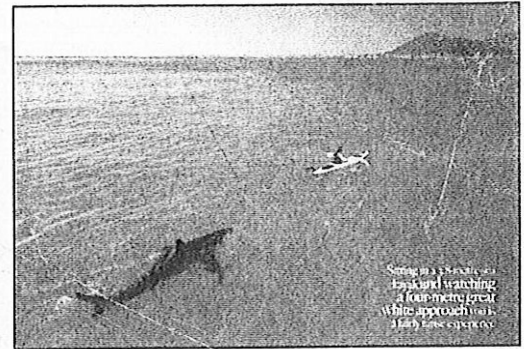


THE LIGHTER SIDE

CHILDREN'S VIEWS ON ANGELS

1. "It's not easy to become an angel!! First, you die. Then you go to Heaven, then there's still the flight training to go through. And then you got to agree to wear those angel clothes." -- Matthew - Age 9
2. "I only know the names of two angels: Hark and Harold." --- Gregory - Age 5
3. "Angels talk all the way while they're flying you up to heaven. The basic message is where you went wrong before you got dead." --- Daniel - Age 7
4. "Angels live in cloud houses made by God and his son, who is a very good carpenter."
5. "What I don't get about angels is why, when someone is in LOVE, they shoot arrows at them." --- Sarah - Age 7

R.M.J.

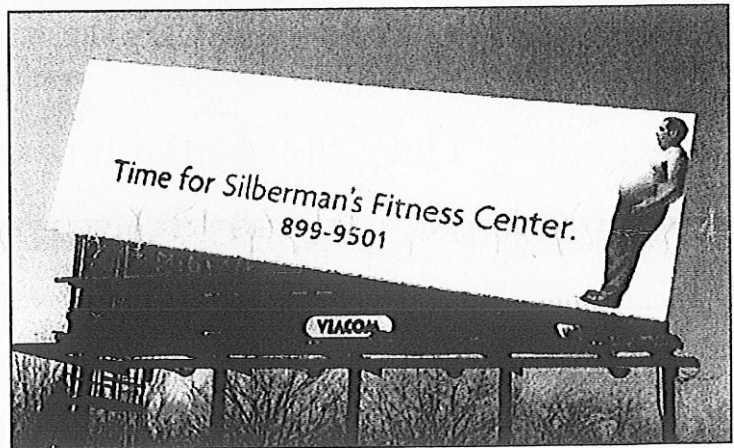


When You Know A Boat's Too Small

Thank You

I wish to give my heartfelt thanks to all who called to wish me well, offered prayers, or sent Get Well cards after my recent accident. I seem to be healing quite well and should be back on the bike sometime in December.

Tom Miller



When You Finally Realize It's Time to Get on A Bike

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

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.

