

Spoke 'n Word

THE NEWSLETTER OF THE BIG WHEELS BICYCLE CLUB

www.bwbc.bfn.org

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Mark Your Calendar

- Unofficial Rides: Feb. and March weather permitting. Check online.
- Snowshoeing, xc skiing: any time
- Tim Hortons evening coffee breaks.
- Pot Luck Dinner 2/12/05 at Zion Lutheran
- Newsletter articles due 2/20/2005
- Board Meeting: Boulevard Family Restaurant 3/19/05
- First ride: 4/3/05
- PA wine tour: Friday, Sep 23 to Sunday Sep 25, 2005.

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President's Message



I find it hard to believe that with the temperatures in the single digits, snow drifts and ice covered walkways that we will ever ride again, but spring is just around the corner and lets make sure our bikes will be ready for the next ride. Things to check are brake cables, brake pads, headsets, derailleur settings and other things that could go unnoticed through the regular season. Regular check items like tires, wheel bearings and trueness, along with cleaning the chain and lubricating wear points are done through out the year, especially after that unexpected ride through the rain. This is a good time to take you're your bikes into the shop of your choice for an early spring tune up. Besides, the local shop owners are bicyclists too, and, like you they can't ride either, but they sure enjoy talking about the years past, and the rides awaiting us.

On another note, I am pleased to announce that we have a volunteer (Jack Bates 745-3224 kamikazekatt@netscape.com), to record the mileage for the upcoming season. Jack just joined BWBC last year; and deserves our accolades for assuming this time consuming task. Please join me in extending a hearty thank you to Jack as our new mileage chairperson. Welcome aboard, and thanks Jack!

The BWBC annual potluck diner is scheduled for February 12 at the Zion church hall at the corner of Koenig Circle and Parker Blvd, in Tonawanda (just around the corner from Brighton Park – see map on page 3). Since this is an open board meeting; bring your questions and concerns to the meeting for discussion and clarification.

We should also have the new ride schedule available for you to examine. Thanks to Craig Maefs, Patrick Baird, Jack Bates and Karl Minklei for their outstanding efforts in making this years

schedule a little different and interesting. Now I wish they could do something about the weather. .b

BIKE CLUB BOARD MEETING MINUTES OF Saturday, January 15, 2005

The meeting was called to order at 12:30 at the Boulevard Restaurant President Stanczyk. In attendance were: Evalyn Katz, Patrick Baird, Pat Stanczyk, Terri Turski, Craig Maefs, Karl Minklei, Ron Storfer, Harold Rodehaver, Jack Bates, Linda Bates, Bruno Perfette, and Barb Ciepiela.

Ron moved and Bruno seconded to accept the Bike Club Schedule for the 2005 season as presented by Craig Maefs. Approved as presented.

Paula Manijak is going to be in charge of membership this year. Jack Bates is going to be the mileage coordinator.

There was a long discussion of what people should get bike mileage for. It was mentioned that if you leave early, you only get credit for what you rode or you receive no credit at all. This should be brought up at the Membership Meeting on February 12.

The Pot Luck is on February 12 at 6:00 PM at the Zion United Church of Christ. Terri Turski is in charge.

Tom Lonzi will pay \$45/month for a color insert that-he will place in the newsletter.

Richard Uschold has resigned from the board for personal reasons . Harold Rodehaver has offered to fill the position. Ron moved that we accept Harold Rodehaver to replace Richard's



position. Bruno seconded. Approved. Welcome Harold.

The meeting was adjourned at 1:42. Respectfully submitted, Barbara Ciepiela b



● Always Ride With Traffic

The number-one killer of American bicyclists is riding against traffic (riding on the left side of the road). This is a killer because drivers entering roads rarely check to their right when pulling out. They assume it's clear because they know cars don't come from that direction. So cyclists riding there have no chance. Why do cyclists make this deadly mistake? Sadly, it's because parents teach them to. Why? Because they've got their safety rules confused. They're applying the adage to always walk facing traffic (a good rule) to bicycling—a lethal mistake.

● Helmet Hints

Wear your helmet every time you ride, but please wear it right, too. The helmet should sit square on your head with the brow low and just above your eyes. Adjust the straps so they hold the helmet in place. If you can't seem to adjust the helmet correctly, reread the owner's manual, or ask friends, or visit a shop and ask for expert help. A helmet worn wrong will not protect you in a crash. Keep in mind, too, that helmets wear with age. You should get a new one at least every five years. And any helmet that's been crashed should be replaced (they're designed for only one impact).

● Always Hook Your Thumbs Beneath the Handlebars

Riding some roads and most trails, you'll encounter obstacles that can easily knock your hands off the handlebars if you're not holding the bars correctly. Remember to always have at least one thumb beneath the bars. That way, when you hit one of these nasty bumps, your hand may slip. But, it won't slip off the bars. And that can be the difference between hanging on and planting your face in the dirt (ouch!).

● Cornering Safety

When riding unfamiliar roads always remember that vehicles often kick dirt and debris into the road around corners. Keep an eye peeled for this and corner with care if you're not sure what's ahead.

● Consider a Mirror

Always looking over your shoulder to

check the road? Worried about cars overtaking you and passing dangerously? Consider getting a rear-view mirror. There are tiny ones that attach to your glasses inside the lens that are just about invisible. Yet they give you a great view of the road behind. These mirrors are great because they let you watch traffic. Better, perhaps, they let you know when no one is behind so you can ride right down the middle of the road. Surprisingly, that's most of the time!

● Don't Get Doored

When riding past parked cars, always carefully watch the side-view mirrors and driver's-side seat. If you see a driver in there, expect that door to open, and leave yourself an out! Running into a door that someone opened in your path is called getting "doored," and it can be deadly. Don't let it happen to you!

● Watch Out for Oil Slicks

When it hasn't rained for a while and it suddenly drizzles, oil on the road rises to the surface, turning a formerly grippy road into a skating rink. Slow down in these conditions. Also, even on dry days, there are often oil deposits on some roads at intersections where cars stop and idle. These are usually toward the middle of the lane. Watch for deposits like this and avoid them at all costs!

● When You Don't Have a Lock

Whenever possible, bring the bike inside with you. If that's not possible, consider doing your shopping or whatever some other time, because the risk of bike theft is great almost everywhere. If you absitively have to leave the bike while you go inside for a few seconds, do this: Unscrew the adjustment barrel on the front brake until the brake is locking the front wheel tightly. Now, if some jerk tries to rip off your bike, he at least won't be able to ride it (because it won't roll at all). With any luck, he'll think it's a bad bike and he'll leave it alone.

<http://www.jimlangley.net/crank/safety.html>

Birthdays

January

Barone, Thomas
Lord, Patricia
Katz, Evalyn
Hens, Elaine M.

February

Ciepiela, Barb & Lester
Kersch, Shari L.
Turski, Terri

Border Crossings



Lately this question has been asked by the membership and I hope this will shed some light about ID.

What form of identification do I need to cross into Canada and back into the USA?

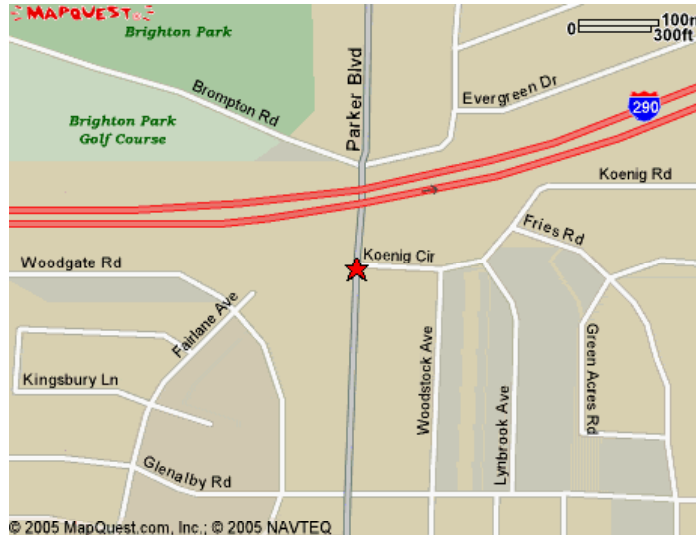
Answer: US Citizens need to bring their original birth certificate, or a certified copy. You will also need a government issued photo ID. Current passports are also accepted. Non US citizens need to phone both the Canadian Consulate (716-858-9501) and the US Immigrations office (716-282-3141) to find out what type of documentation is needed. These regulations are frequently changing. To get the latest - visit the INS web site. INS Website Entry into Canada & USA <http://www.uscis.gov/graphics/index.htm>



Turn-of-the-century Schwinn ad

Come one Come all to the 35th Annual Potluck Dinner

Where: Zion United Church of Christ. Koenig and Parker



When: February 12, 2005- 6:00 PM



What to Bring:

A tasty dish to pass.

BWBC provides pop, paper products, coffee, and tea

What to do: Brag about past rides, fantasize about future rides, and debate about the best coffee stops

Questions: call Terri Turski at 688-8904 email: Tturski@aol.com

Cycling is Good For You

There are nearly as many reasons for cycling as there are cyclists. If you are thinking of leaving the car keys behind, but suddenly develop a severe case of procrastination every time someone mentions a bike, we are here to gently educate you and answer any questions you may have as a potential cyclist.

Only 30% of men and 20% of women are as fit as they should be for their age (British Medical Association). Cycling can greatly improve your health: you will feel and look better. Even moderate cycling every week can give you the health and fitness of someone **ten years younger**.

A little cycling could also decrease your chances of **heart disease**. Heart Disease rates would fall by five to ten per cent if one third of all short journeys (less than 5 miles) were made by bike (CTC Bikes Not Fumes, 1992).

"Won't my bike get stolen?"

No guarantees here, but be sensible and lock your bike, even when 'just nipping into the shop for a paper'. A British Home Office survey of crime found out that the odds of having your bike stolen were the same as having your car stolen.

"Isn't cycling in traffic dangerous for my health?"

There is now evidence to support the view that a car driver breathes in twice the amount of carbon monoxide that a cyclist does on the road. The Government have now accepted the fact that pollutants inside the car are higher than out.

"But cycling is so slow."

Not so. In large cities motorised traffic is now slower than it was in horse drawn Victorian days.

There have been lots of Commuter Challenges in recent years, where the time taken to travel a commuter route using different forms of transport was compared. One such Commuter Challenge commissioned by Strathclyde Regional Council summarised that:

- For distances of two miles or less, a bicycle has a clear advantage over a car and public transport.
- For distances up to two miles walking is just as fast as a car.
- For distances of five to seven miles cycling is still faster than a car and does not have the disadvantages of parking.

Overall - cycling, walking and public transport were the most sensible modes of transport for commuting in terms of health and economic and environmental well-being.

Ron Storfer
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Words of Wisdom

"Middle age is when you've met so many people that every new person you meet reminds you of someone else." Ogden Nash

The first step to getting the things you want out of life is this: Decide what you want." - Ben Stein

"Long hair minimizes the need for barbers; socks can be done without; one leather jacket solves the coat problem for many years; suspenders are superfluous." Albert Einstein

"If you think your boss is stupid remember; you wouldn't have a job if he was smarter." Albert Grant.

"The definition of a consultant: Someone who borrows, your watch, tells you the time and then charges you for the privilege." anon

"If you're playing a poker game and you look around the table and can't tell who the sucker is, it's you." Paul Newman.

"What we see depends mainly on what we look for." - John Lubbock

"One of the secrets of a long and fruitful life is to forgive everybody, everything, every night before you go to bed." - Bernard M. Baruch

"A person without a sense of humor is like a wagon without springs --jolted by every pebble in the road." - Henry Ward Beecher

"The greatest use of life is to spend it for something that will outlast it." - William James