

From: Silver Wheels Cycling Club SilverWheelsCyclingClub@wildapricot.org
Subject: January 2022 Rollin'
Date: January 9, 2022 at 2:44 PM
To: Sally Saul sjsaul@mac.com



January 2022



Rollin'

THE NEWSLETTER OF SILVER WHEELS CYCLING CLUB

Your Current Leadership Team

President:	Cheryl Burkhardt
Vice President:	Steve Osmialowski
Treasurer:	Rick Wells
Secretary:	Sandy Lottman
Membership:	Randy Lottman
Website Coordinator:	Tom Weber
Merchandise:	José Morell
Sunshine:	Eleanor Stout
Mileage Minder:	Karen Hobbs
Newsletter Editor:	Steve Osmialowski
Ride Committee:	Dennis Stout
Social Committee:	Sherry Bouch
Education/Safety:	Peggy Doheny
Dog Days:	Scott Edmundson
Physical Assets:	Emily Townsend
Social Media:	Mel Cruzado and Cheryl Burkhardt

Directors: Peggy Doheny, Mel Cruzado, Scott Edmundson, Bob Burkhardt

See the club roster for specific contact information

From The Editor

Welcome to 2022!

The cold and cloudy days of winter are here for a couple more months. On top of that, covid infections are still quite high. That starts the year with a big YUCK! However, there's no need to stay inside until March. With the right winter clothing and gear, and the wonderful nearby metroparks, opportunities for adventure await. If the bike trail is dry, bundle up and go for a ride, even if it's just a few miles. If snowy, put on those boots and take a hike in the park. I find even if it's too cold for a long duration outside, a short adventure is still very welcome. For example, driving through a park and stopping to get out and explore along a river for a few minutes is good for the soul. We often don't go out into the cold because we are just not used to it. With modern winter gear, you can be comfortable outside and that dose of fresh air and natural daylight can really help get through the winter.

Steve



Ponderings From The President

By Cheryl Burkhardt

As I sit gazing out at yet another gray, rainy day, I am pondering how to get through yet another dreary winter. Long ago, I was diagnosed with SAD, seasonal affective disorder. Surviving the winter months has always been a real struggle for me, and I suspect that others may find it difficult also. With the anxiety that comes from today's divisiveness in the country, the ever-present Covid mutations, personal battles that some may be fighting within, and worries about just about a million other things, it's hard to not want to hunker under the covers, devour enumerable amounts of carbs, and just sleep. Total hibernation.

It is January 2nd, and I have resolved to learn more about how to deal with the grayness of the weather and of my mind. WebMD has some suggestions. The first is to exercise. Bob and I have been trying to get out for trail rides

when the weather is dry and above 40 degrees with wind that doesn't blow us off the bikes. I sometimes resist going, but always feel so much better during and after the ride. Exercise is a mood-booster that is great for our minds and bodies. It boosts our confidence and our endorphins, the feel-good chemicals in our brains. It's even better when done with others so that socialization is an added factor that lifts our spirits. According to WebMD, "high-energy and frequent exercise is best. Aim to do at least 3 – 5 times a week." Guess I need to dust off the exercise bike in the basement. Ugh!

Several other suggestions were relaxation techniques like yoga, meditation, and breathing exercises. Shutting my mind off to meditate is so taxing for me, but the experts say only 2 – 5 minutes can make a difference in easing anxiety. I'll give it a try again. Another recommendation was to watch your diet. Another UGH! Anxiety and depression equal comfort food cravings and hiding the scale in a locked closet! Lean protein (which most of us do not get enough of) and healthy fats (unfortunately ice cream is not in this category) help us feel calmer and fuller. Fruits and vegetables should fill half our plates, and of course sugary foods, caffeine, and alcohol should really be avoided. Sigh!

Finally, the experts feel we need to put our minds at ease by eliminating clutter in our lives, making goals to work towards with a plan, getting lost in a good book, and finding ways to foster your own creativity.

Most importantly, we need to get "involved in an activity that feels important." This could be any pursuit, but it should be one that gives us a sense of purpose in life. Bicycling is one of the things that does that for me. Just maybe I can weather this season. See you on the trails!



Silver Wheelers,

Last spring, your Silver Wheels Ride Committee was given the task of writing a "Ride Posting Procedures" manual by the Board of Directors. The goal was to consolidate all of the ride information that is scattered under various headings throughout the club's website into a comprehensive document which lists the types of rides the club sanctions, the approval processes for same, and other information relevant to our ride program. The task was completed in November and adopted by our Board of Directors that same month. You will find the document, "Ride Posting Procedures," on the club's website. Click on "Ride Leader Resources" and then on "Ride Posting Procedures" to view it.

Not a lot was changed from what we have done in the past but here is a brief summary of the more important changes the Ride Committee made: times between approval and posting to the Event's Calendar have been increased for some rides when it was felt more time benefited club members who may want to participate in a given event; there is a glossary which defines or redefines some of the descriptive terms the club uses; and the several ride types sanctioned by the club are listed and defined followed by the approval procedure.

If you are planning to organize or attend an event this year or in the future which requires board approval, or if you would like to learn more about club rides, I urge you to review the entire document, or at the very least, the section that applies to the approval and posting of your particular event. If possible, rides for upcoming seasons that require board approval should be brought to the board's annual planning meeting at the end of January for discussion and approval.

Finally, the Ride Committee would like to hear any comments for improvements to or questions about "Ride Posting Procedures" you may have. You can send your comments to me or any member of the committee.

Dennis Stout

Ride Committee Chair

dbstout@windstream.net

FOR SALE: By Rob Hipskind

After much thought I have reached a difficult decision about what my New Year's Resolution will be for 2022. As much as I love biking and everything that comes with it, this hobby/lifestyle is taking up quite a bit of my time. I am struggling to keep up with yardwork and home maintenance, so something has to give. I have decided to get rid of my gear.

Below is a list of what's available. Serious inquiries only, and please don't insult me with low offers, I know what it is all worth. Thanks for reading and understanding.

Lawn Mower

Leaf blower

Weed wacker

Wheelbarrow

Chainsaw

Sidewalk Edger

Snow Blower

Various rakes and shovels

Ladder and step stool

Painting supplies

Tom Cline, longtime club member and oldest Silver Wheels member, passed away recently. While I only met him a few times, he seemed to be a great guy. Reading his obituary (below) tells me he led quite an interesting and rewarding life. Rest in peace, Tom.

Steve

Tom Cline, 97, of Berlin Heights, was welcomed into his heavenly home December 23, 2021, following a lengthy illness. His final days were spent at Stein Hospice Care Center. Tom was born April 11, 1924, in Sandusky, Ohio to the late Steward and Hedwig (Fettel) Cline. He was a 1942 graduate of Birmingham High School and was a World War II US Army veteran. Beginning 30 days after D-Day until the war's end, Tom served in campaigns across northern Europe as part of the 2nd Infantry in the 5th Division of the 3rd Army and was awarded the Purple Heart. Upon returning home from the war he worked on the family farm and meat market. He also sailed on ore ships across the Great Lakes. Tom married Marguerite (Dolly) Angelo on March 11, 1950. Tom was an owner/operator truck driver for 25 years hauling heavy machinery across the country to all 48-states. In the mid-1960's, Tom and Dolly opened Pin Oak Lake Park in Florence Township, where they operated as co-owners until retirement in 1987. Tom and Dolly traveled across the country by motorhome for many years making numerous friends along the way. They also traveled to Alaska, Australia, and China. For the past 10 years, Naples, Florida was their home away from home during the winter. Tom was an avid bicyclist for over 30 years and a member of Silver Wheels Cycling Club. He participated in numerous cross-state road trips and continued riding locally into 2021. Tom is survived by his children; Steward (Bonni) Cline and Sandra Torres; four grandchildren, Heather (Gary) Bush, Joshua (Shannon) Torres, Lauren (Jarret) Silagyi and Michaela Cline; 12 great-grandchildren; and many nieces and nephews. Including his parents, Tom was preceded in death by his wife of 69 years, Dolly; a newborn daughter; and his siblings, August Cline and Alice Wharton.

Silver Wheelers Membership Milestones Achieved During 2021

20 Years

Dennis German

Patricia Perkins

15 Years

Cindi Conrad

James Conrad

John C. Duffy

LaDean Hutter

Colleen Linn

Dan Roob

Evelyn Roob

Thomas Sailer

Eva Weber

Tom Weber

10 Years

Diana Brattoli

Margaret D'Anieri

Ellen Higgenbotham

Benny Higgenbotham Jr.

Terry Hobbs

Scott Kapferer

Jose Morell

Ann Streza

David C. Weber

Jennifer Weber

Rick Wells

5 Years

Ron Cicerchi

Bobbi Roberta Cook

Wayne Cook

Tim Creamer

Richard DeLombard

David Deucher

Mary Deucher

Peggy Doheny

PJ Doheny

Bruce Doll

Tammy Edmundson

Paulette German

Keith Gundlach

Benny Higgenbotham III

Janice Hooks

Kate Ludwig

Nate Ludwig

David MacCluskie

Kathryn MacCluskie

Patti McAndrew

Amy Morris

Sarah Niehart

Jesiah Page

Jim Paine

Alex Paul

David Paul

Lizbeth Perry

Kathy Wall

From the Education and Safety Committee

Bonking is a term often used but what does it mean? Should you be concerned? Can you avoid it? The ideas shown are good points to think about on these cold January days when being a couch potato or going to the rec center may be the only ways to "bonk"