

PEDAL POWER

Bay View Bicycle Club

VOL 18 NO.1

www.bayviewbikeclub.org

January 2006

Celebrating Eighteen Years of Fun!

The Prez Sez

Looking Back

Having completed my first season as the Club's President, it feels most gratifying looking back at the accomplishments that highlighted another Club historic chapter carved out by its Members.

- It all began with the Club's annual The New Year's Day 'Polar Bear Ride' to Bradford Beach! A definite 'wake up call' in deed!
- Now you really don't want to miss this year's repeat of the Club's annual Holiday party in January in the Third Ward featuring the viewing of the winning ice sculptures on display followed by dinner with lots of chattering at the Milwaukee Ale House.
- The Club was duly represented at the South Shore Pavilion in February for the 'Winter Fun in Bay View' event.
- Ah, what memories Katie's kites brought to the 'Past Presidents' ride/picnic on May 22nd.
- Feel the thrill and excitement again as the Tour de France saw its seven-time winner, Lance Armstrong, in July.
- Kudos to the many volunteers who prepped for the renewed and successful annual BVBC Classic in Oconomowoc on July 16th, which incorporated the unending and tireless efforts on the part of Sam White and Dan Gannon, who were, subsequently, heralded with the Prez and BVBC Prestigious awards for their achievements.
- July 31st welcomed the uniting of members of the Cream City Cycle Club and the Waukesha City Spinners to Whitnall Park, site of the 'Coalition' ride/picnic hosted by the BVBC.
- "Balls flying everywhere in the night of August 19th bombarded wannabe golfers at Warnimont Park golf course!" read the breaking news headlines in the weekly edition of the Cudahy Golf Digest.
- Members Dick Knepper and Tom Simonson helped recruit new members at the Club's booth for 'National Day Out' at South Shore Park in August.
- The month of September brought out more membership riders to add to their individual mileage and rider points.
- Captivating and informative topics presented by guest speakers at membership meetings throughout the year.
- Don't forget the October Awards/Dinner, the last scheduled Club meeting which officially capped off the short year!
- Our supporting role at the October 15th opening of the newest segment of the Oak Leaf Trail behind the South Shore Pavilion included more positive exposure for the Club in a Bay Viewer article.
- Club members entered as a Team again in the 21st anniversary of the annual Arthritis Jingle Bell 5k run/walk at the zoo on November 13th.
- The last official Club scheduled ride on November 26th turned out to be a real 'turkey' due to the snowy conditions, but it didn't preclude everyone from having a fulfilling year!

The aforementioned activities and events were only a brief encounter into the past, which categorized the BVBC Members as being the Best there are!

Looking Ahead

- We'll be searching out those valued member volunteers again as the 2006 BVBC Classic is in the early stages of planning.
- The 2006 Ride Schedule is right on schedule.
- Spectacular new innovations are geared for the Club's booth at the Wheel & Sprocket Expo, usually held in April.
- And with the election of the three new Board Members; Kent Kelly, Ride Committee Chairperson; Dan Krall, Vice Prez; and 'JoJo' Orosa, Jr., the Social Committee Chairperson; the Club will continue to maintain its focus on providing the best there is in friendly bicycling and fun for its Membership.

There's just no doubt, it's going to be a much better and productive year in 2006!

That's it for one more time, as the Prez Sez edition of the Newsletter will continue for each publication.

In conclusion, I do wish all a very happy and safe Holiday season!

And don't forget to call me<414.764.3676>or any Board Member with your concerns.

Plus, continue your patronage at the Wheel & Sprocket, Ben's and Emery's bike shops.

Jimmy Mamayek,

a.k.a. Jimmysnot

For up-to-the-minute information about rides, special events, and meetings

BVBC Hotline ■ ■ ■ ■ 299-0317

Hotline Manager: Phil Fellner:

fatdogbikes@yahoo.com

Club Meetings

Club meetings are held on the third Monday of each month at the Beulah Brinton Center. 2555 S. Bay St. All are welcome!

Members of the BVBC Board

President	Jimmy Mamayek grenbett@execpc.com 414-764-3676
Vice President	Dan Krall 414-321-5212
Secretary	Heidi Aponte 262-786-0351
Treasurer	Tom Simonson 262-752-9753
Ride Committee Chair	Kent Kelly 414-423-0236 knkelly@wi.rr.com
Social Committee Chair	JoJo Orosa 414-940-2717 oscjoro@hotmail.com
Membership Chair	Pauline Ellington paulineellington@hotmail.com Sandra "Sam" White (w) 276-4970 sandraw@warshafsky.com
Classic Chair	
Newsletter Editor	Barb Pier bikenut07@sbcglobal.net

Standing Committees

Quartermaster	Tom Sericati	764-0091
Web Master	Ron Santoro: bikerron@earthlink.net	453-8636
Nominating	Dick Knepper Gil Krueger MRGGK@hotmail.com	744-5315 262-797-8448



REMINDER

Club meetings will resume on February 20th at 7:00pm. Get ready for a new riding season! Can Spring be far behind???



December Birthdays

Name	BirthDate
Larry Lefebvre	December 1
Christopher Locher	December 3
Peggy Downs	December 3
Nancy Krueger	December 6
Barbara Pier	December 7
Phoenix Rann	December 10
Kristina Thompson	December 18
Maxine Pretzel	December 27
John Taylor	December 31
Karen Gunther	December 31

January Birthdays

Name	BirthDate
Steve Ohly	January 2
Ron Santoro	January 3
Dave Weis	January 4
Tierney Lalor	January 10
Sandra White	January 12
Robert Polk	January 14
Amy Fulton	January 18
Harry Fischer	January 20
Joe Fahey	January 29
Tom Nelson	January 30
Adelheid Aponte	January 30

Member Meeting Minutes

10/17/05

By Heidi Aponte

At 7PM just prior to the start of the meeting we listened to Heather Reitberg from the American Cancer Society. She talked to us about the legislation for a smoke free city and

requested that we call our aldermen and state our support for the legislation.

At 7:18 the meeting was called to order by Jimmy Mamayek. The minutes from the previous meeting were accepted and seconded. Gil Krueger read the treasurers report. We have \$7404.64.

Pauline gave a membership report. There are 133 members including 6 children and two new members, Bruce and Amy Fulton.

Jimmy reported that he and several other club members represented our club at the preview of the opening of the bike trail behind the South Shore Pavilion on Saturday the 15th. Jimmy also read a letter of thanks from the Zoological Society of Milwaukee for the clubs help as marshals for their annual Zoo ride on Sept. 18th and they requested our help again next year.

Tom discussed the remaining rides for this season and the addition of the Too Much Turkey ride again this year on the 26th of Nov. Linda volunteered for ride leader.

Clare reminded every on of the hike on Nov. 6th with the Nordic Ski Club out at Pike Lake State Park.

Dick Knepper brought up the idea of possibly car pooling to some of the club rides that are farther away from the city.

Barb talked about the guidelines for articles in the newsletter. This is the last general meeting until Feb. but the newsletter will continue monthly.

Sam talked about getting a BVBC team for the Jingle Bell run/walk for Arthritis again this year. This takes place Nov. 13th at the Zoo.

The nominating committee (Dick Knepper) presented the names of 3 people to replace the board members, Tom Sericati, Gil Krueger and Tom Nelson whose terms are up. The new board members who were all approved are Kent Kelly, Jo Jo Orosa, and Dan Krall.

We then started the annual awards portion of the meeting led by our club President.



Holiday Party

By Jo Jo Orosa

Hello, everybody.

As the chairperson of the BVBC Social Committee, I invite all members of our bike club to our annual Holiday Party on January 21, 2005 (Saturday) at the Milwaukee Ale House, located at 233 North Water, Milwaukee.

The plan is to start the party at 6:30 p.m. for cocktails and dinner at 7:00 p.m. The evening of January 21st is also the night of the Gallery Night and of the Ice Sculpting Contest in Downtown Milwaukee. So, those who are interested will have a chance to walk around to view the ice sculptures or just to stay in the restaurant for live music performance.

Food choices and entries will be available on the first week of January.

For reservations, you can contact me through my cell phone: (414) 940-2717 or my email address: oscjoro@hotmail.com

Blessings

Jojo Orosa

VOLUNTEER PRIDE

By Sandra White

How wonderful that no one need wait a single moment to improve the world.

— Anne Frank

Not being able to do everything is no excuse for not doing everything you can.

— Ashleigh Brilliant

Nobody made a greater mistake than he who did nothing because he could do only a little.

— Edmond Burke

You have to become involved to make an impact. No one is impressed with the won/loss record of the referee.

— John Holcomb

I wondered why somebody didn't do something. Then I realized, I am somebody.

— Source Unknown

Staying Motivated

Remember that when you leave this earth, you can take with you nothing that you have received

— only what you have given.

— St. Francis of Assisi

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

— Margaret Mead, anthropologist

No act of kindness, no matter how small, is ever wasted.

— Aesop

Here is a test to find whether your mission on earth is finished: if you are alive, it isn't.

— Richard Bach

Rewards

It is one of the most beautiful compensations of this life that no man can seriously help another without helping himself.

— Charles Dudley Warner, 1873

A bit of fragrance always clings to the hand that gives roses.

— Chinese proverb

I am a recipient of unconditional love; I am a volunteer!

— Shanterra McBride, Empower Program

It is time once again to fill up our Volunteer Sign-Up Sheet for the Bay View Bicycle Club Lake Country Classic Ride. The Ride date is July 8, 2006. Volunteers are needed for the following Committees:

PROMOTION Committee: Place ads; write articles for local news; create and distribute Ride brochures; assist with web site Ride info; handle post-ride survey.

SPONSORSHIP Committee: Contact local businesses for sponsorships; obtain sponsors' logos for t-shirt; increase visibility of sponsors' logos during Classic Ride; send thank-you letters to sponsors.

RIDE ROUTES Committee: Create new Ride routes and update existing routes; create route maps; work with Route Safety Committee.

ROUTE SAFETY & SENTRIES

Committee: Contact municipalities about routes and permits; mark routes and place signs before the Classic Ride; assign Sentries at intersections; work with Ride Routes Committee.

SAG SUPPORT Committee: Arrange for SAG vehicles; ambulance service; handle Wheel & Sprocket mechanics; repair/replace route signs.

T-SHIRTS Committee (Design, Order, Pickup, and Sales): Choose design; work with Registration Committee; order T-shirts; sell T-shirts at Classic Ride.

REGISTRATION Committee: Update registration database; coordinate updating and printing of 2006 registration form; mail registration forms to previous years' riders; work with T-Shirt Committee; work with webmaster to get registration on website; staff registration desk on day of Ride.

REST STOPS Committee: Contact stores for food donations; organize and deliver food treats, drinks, water and ice to rest stops; staff rest stops on Ride day.

FREE TO VOLUNTEERS ON RIDE DAY -- 2006 Lake Country Classic Ride T-Shirt and pasta dinner with dessert.

We do not have membership meetings in December and January, where you could actually put your name on a sign-up sheet, but we need you to volunteer now, so it will have to be by telephone, or email. Please email, or call, Sandra "Sam" White with instructions on where to place your name on the sign-up sheet. Email: sandraw@warshafsky.com. Phone: 414-276-4970 (daytime work number), or 262-673-7686 (evenings). THANK YOU!!!!!!

Ride Chair

Hi. Kent Kelly here. I'm the Ride Chair for our 2006 season. As I set up our ride schedule, I have two thoughts in mind.

First, if you have a ride you'd like to turn into a special event (a picnic ride, a fall color ride, a new ride, or some other), please contact me as early as you can.

Second, please consider volunteering as a ride leader. To restate what has been said before, our club goes on the willingness of the members to give their time above making the rides. We've a strong club; you can contribute. The extra rider points don't hurt either.

Contact me:

1. At our monthly meeting.

2. By e-mail: knkelly@wi.rr.com (please include BVBC in the subject line)

3. By phone: 414.423.0236 (home - you can leave a message)

4. On a ride

Thanks, and, keep spinning.

Polar Bear Ride

By Kent Kelly



Kick-off 2006 with our Polar Bear Ride on January 1 at 10:30 am --- an easy ride but cold. Dress warmly and meet at South Shore Park located at 2900 S. Shore Dr (directions below). We ride approximately 15 miles round trip to Bradford Beach to watch the Polar Bear Club jump in the lake at noon. Bring a camera for polar bear snaps or some left-over Christmas cookies to share. The Alterra coffee shop is on the way for warm drinks.

Directions to South Shore Park. Take I-94; exit at Becher St. Go east on Becher to E. Bay St. Veer right on E. Bay St.; follow it around to Russell Ave. Turn left on Russell to Superior. Turn right on Superior to Estes St. Turn left on Estes and right on South Shore Dr. Consult a map for more details.

Stuff for Old Dogs

By Linda Roessl

I recently visited Orphan Kanines, a no-kill dog shelter located in Racine, WI. This Shelter houses senior & adult dogs that are in need of new homes. I am well aware that everyone is looking for a handout, but these dogs will take what you normally throw out. They need old blankets & towels, stuffed toys, area or bathroom rugs. They don't care about holes and stains; they welcome what you don't want. They need dust pans, cleaning supplies & spatulas; some things bikers have no time for because we are out riding our bikes. They are always in need of doggie treats, dish & laundry soap and paper towels (new). I'm not asking you to invest any money in this, only give what you are not using. With the change in weather, we are cycling a little less and home a little more. Please take some time to collect these items and give me a call @ (414) 764-2513. We can make plans for a pick-up or drop it off at my house. I know your

old stuff would be appreciated by a bunch of old dogs.

Cold Weather Clothing Tips.

By Phil Fellner

Use liner gloves. Check your local backpacking or skishop for liner gloves made of Thermax or another synthetic material. They're thin so they fit easily inside a winter cycling glove. The technical fabric wicks moisture from your skin to keep hands drier and warmer. We've found that cycling gloves designed for 40F-degree rides are toasty in the 20s with this simple addition.

Wear "lobster" mitts. Even when it's well below freezing, these keep hands comfortable. The design has three compartments, one for the thumb and one each for the first two fingers and last two fingers. They effectively pool warmth, but unlike regular mittens they still allow enough dexterity to operate a bike. Be careful, though -- once it's above freezing, lobsters can be too warm. Sweaty hands feel cold no matter what's covering them.

Install bar-end shifters. When you're wearing any type of winter glove, STI or Ergopower brake/shift levers can be tough to operate. It's hard to feel the two-part levers, and the fabric tends to jam between them. But bar-ends can be easily operated even if you're wearing mittens. Not quite as handy but still easier to use than STI are old-fashioned down-tube levers.

Make a chest protector. In cold but dry conditions, a wind shell often leads to overheating. But wearing just a long-sleeve jersey, even a heavy one, leaves your chest vulnerable to the cold wind. Our solution is a piece of plastic or windproof fabric about 18x18 inches. Tuck it between your jersey and base layer. You'll find that it keeps you warm in temperatures that are 10-15 degrees colder than a jersey can normally handle.

Cover your crotch. Cycling tights, even thick winter versions, may not adequately protect private parts in frigid temps. For men, the result can be penile frostbite. We bet you'd like to avoid this malady. An easy solution is an extra piece of fabric tucked strategically down your shorts. Try an old wool sock or ski hat.

Wear a fanny pack. A small one is unobtrusive and it helps in three ways. First, it makes your stuff easily accessible, as opposed to having it

buried in pockets. Just sit up, slide the fanny pack around to the front and pull out the Chap Stick. Second, it keeps your jacket down to prevent air leaks and let you work the front zipper with one hand to ventilate. Third, it holds body heat against your low back to help it stay warm and loose.



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