

# Fresh Air



## OutSpokinWheelmen

Feb. 2010

About this

Newsletter:

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YoungstownOhio 44501

Editor: Terry Brake [tlbrake@yahoo.com](mailto:tlbrake@yahoo.com)

### Officers:

President: **Paul Rienarth** 330 757 3344

Vice President:: **Mike Straub**

Secretary: **Jenifer Terry**

Treasurer: **Bill Russell** 330-549-0550

Trustee: **Dave Hughes** 330-332-9248

### Committee Chairs

**President:** Paul Rienarth 330-757-3344

**Vice Pres.:** Mike Straub 330-482-3223

**Secretary:** Jenifer Terry 330-538-3254

**Treasurer:** Bill Russell 330-549-0550

**Trustee:** Dave Hughes 330-332-9248

### Committee Chairs:

**Advocacy:** Lowell Satre 330-743-2748

**Bikeways:** OPEN

**Fresh Air Editor:** Terry Brake 330-654-9439

**Historian:** Jerry King 330-398-2927

**L.A.B. Rep.:** Lowell Satre 330-743-2748

**Membership:** Judy Dubiel 330-782-8748

**Mileage:** John McCormick

[jmak628@hotmail.com](mailto:jmak628@hotmail.com)

**NEOC:** Gary Bradshaw 330-482-2891

**Program:** OPEN

**Ride Captain:** Gary Miller 330-540-2330

**Safety:** Frank Krygowski 330-757-9057

**SICCO:** OPEN

**Social:** Nalungo Aduma 330-743-4250

**WEB:** Jerry King [jdkingphoto@gmail.com](mailto:jdkingphoto@gmail.com)

### Editor's Note:

If your Fresh Air did not get to you on some issues, please check your address/status with our Membership Chair Judy Dubiel, to be sure it is current. Every month a new list of address is sent to the editor to send out that issue. Your Editor doesn't edit the membership list/addresses, so the queries received by the Editor are just forwarded to Membership.

## Outspokin' Wheelmen Minutes

The meeting was called to order by President Rienarth. Paul want to remind everyone that dues reminders will be sent out at the beginning of February.

**Trustee Report:** None. Dave Hughes wants to thank the long time members for starting the club, and also the newer members for keeping the club going.

**Mileage** Nothing

**Fresh Air Editor** Nothing

**Ride Captain** Nothing

**Safety** Nothing

**SICCO** Mike Staub, Jerry King

and Dave Hughes have volunteered for the SICCO committee. They will be researching some new stops and perhaps a second, shorter route.

### Social

Nalunga reminded all attending to signup to bring treats in the upcoming months. Thank Nancy, Dave and Rosemary for the treats tonight.

### Website

Jerry will get prices on software for the website. This software will make site development easier.

### Old Business

Rosemary asked what happened to the pictures which were turned in for judging? She would like her photos returned.

### New Business

Paul motioned to have the club endorse House Bill

**OSW Meeting:Feb10,Wed 7:30p at the Canfield Experimental Farm.**

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174 which would change the Ohio Revised Code to put into law the three foot pass law. Second by John McCormick. Passed by a majority. Frank Krykowski will send a letter of support.

Rosemary **motioned to adjourn**, second by Linda Staub. Passed by a majority.

Respectfully submitted: Jenifer Terry

### Prez Sez

Well I'm still president and the club hasn't imploded yet; so far so good. This has been one of those winters that I remember from years ago. Snow that doesn't disappear and temperatures that actually feel like a real winter. Good for the skiers, not so good for all but the hardiest and most committed cyclists. With the advent of disc brakes on MTB's the winter rides in the woods have become much safer; no more iced rims and no brakes because there is no friction between pads and rims.

At our December meeting canned goods and other non-perishables were collected and delivered for distribution by Jenifer Terry to the Girl Scouts. Thanks to those who participated in this mini food drive. At our January meeting a motion to give our endorsement to Ohio Senate Bill 174 was passed unanimously. Anyone who would like to read the contents of this bill can contact me.

The date is also set for **SICCO**; it will be on 04/25/10. We are in the process of gearing up for this invitational and are looking for volunteers to help out (any little bit helps) on this event.

I know this is a little ahead of schedule, but membership renewals will be mailed out shortly and I hope all of you will expedite the return and not have to be gently reminded. Of course one way to avoid all that is to become a life member (what a concept!). Keep motivated, Spring is just around the corner, you know the one, it's just after the St. Patrick's Day blizzard. I hope to see all of you emerge from your igloos real soon.  
Paul

### OSW Treasurer's Report -

Treasurer's Report - November 2009

Beginning Balance: 11/01/09	\$12,472.82
Income: Banquet	\$232.00
Jersey	\$50.00
Membership	\$7.50
Interest	.50
Total Income	\$290.00
Sub-total	\$12,762.82
□	
Expenses: Banquet	\$920.01
Click2Mail	(\$28.04)
Fresh Air (Dec-Jan)	\$78.04
PO Box Fee	\$176.00
Total Expenses	\$1,146.01
Ending Balance: 11/30/09	\$11,616.81

**Miles: 0**

### Membership: Birthdays February

William	Russell	2
Mary Louise	Merritt	2
David	Roch	3
Nicholas	Miller	5
Pat	Thomas	8
John	McKeon	9
John J	Chos	9
Chris	Lewis	10
Jenifer	Terry	10
Randall	Friess	13
John	Marino	15
Barbara	Snyder	17
Jocelyn	Birmingham	24
Christopher	Miller	26
Andy	Konsol	29

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## Heal That Hangover Ride report:

Another Heal That Hangover Ride is now a distant memory. I began the ride in 1992 and have only missed one or two as has several of you. This year was cold, in the low 20's, and the roads were snow covered. But 7 brave souls showed up to ride, Ode Aduma, Gary Bradshaw, Dave Hughes, Jerry King, Paula Kohler, Bill Russell, and Jenifer Terry. Nalungo brought hot chocolate, so Dave Hughes led us on our traditional toast to a great new year of cycling. We were joined in the toast by 8 not so brave, but much appreciated members, to include: Nancy Vasel, Bonnie Byler, Nalungo Aduma, Larry Ward, Gary Miller, Rick Barnhart, Barb Howley and Ed Howley.

We slide around Mill Creek Park and some of the adjoining neighborhoods. I had messed up my chain on a ride on New Year's Eve, but I thought my bike would make it. But at about the three quarters mark in the ride my chain caught my rear derailleur and ripped it off my bike, breaking the hanger in the process. Dave and Ode were able to wire tie it to my frame so I could coast and or walk my bike the two miles to my apartment. When I was just getting home, my not so brave, but adorable just the same, girlfriend Kim called. She had tried to meet me at the end of the ride to surprise me and to see everyone, but she found out I had a mechanical and she set out to find me.

I'm sorry I didn't get to finish the ride and talk to everyone after the ride. Thanks to everyone for making the snowy and freezing 18th Annual Heal That Hangover Ride a success. Have a safe and prosperous New Year with lots of great cycling.  
Carl Frost

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## Hike In Hubbard Park

On January 16th, 2010, a hardy bunch gathered in Harding Park in Hubbard, for two hours of rambling through the woods. Although a lot of the snow was no longer covering the grounds in residential areas there was still plenty of the white stuff in Harding Park. Warmer weather hadn't quite

gotten to the snow beneath all those trees.

The snow made it pretty in the trees. Otherwise it might have been a bit muddy. I've hiked and mountain bike in Harding. But not in recent years. Some of the paths are now overgrown with brush and thicket. We were able to make it through without difficulty.

Not long after leaving the roadway we came upon our first stream crossing. But not before Jenifer Terry spotted a concrete well she thought needed inspecting. Not much in the shallow well to look at so we carefully forded the stream. Carefully because the stream had been frozen but the warmer temperatures caused the ice to break up. It was tricky crossing but all made it across without landing bottom first.

Someone has been driving an ATB with very knobby tires through some of the wooded area of Harding Park. At times the tracks left help a path to follow and at times they created a mess of mud. When we began climbing to higher elevation the tracks helped us get to higher ground.

Once we got to the highest point in Harding, we used a fence to hang onto to safely get back to lower ground. Again we had a stream to cross. And again there was ice. We safely picked our way across the stream without incident.

After crossing we hiked through a clearing where we could see some of the beautiful big homes on John White Road. After leaving the clearing we had to bushwhacked our way through heavy underbrush and thicket. When we got through the thick growth we came to an old fence made of four by fours or old rail road ties and drag line cable.

We were now on an old hiking path filled with tree roots. Now we could see the main part of the park ahead of us. Our group came to a small bridge so we didn't have to walk through another stream. Making our way through the ball fields and boccie course we got back to our cars. Now it was time for lunch. That we had at the Downtown Cafe in the

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center of Hubbard.

Thanks to these folks for joining me on a nice Saturday, in January. Cabin Fever was broken with the help of Jenifer Terry, Gary Miller, Paul Reinerth, John McCormick, John Zenoble, Rosemary Company, Kelley Walker, Gary Bradshaw and Nalungo Aduma.

Ode Aduma

### Ian Hibell and Clinton Trowbridge.

***Into the Remote Places.*** London: Robson Books, 1984. Available through inter-library loan, or very expensive purchase.

We all remember the extremes of biking: bitterly cold wind, drenching rain, crosswinds so gusty that we can't keep the bicycle on the road. Ian Hibell's cycling in remote places took the extremes to the ultimate, defying death as he toted his bike and pack through the previously untraversed Darien Gap swamp of Panama. One night, in order to avoid hungry mosquitoes, he slept in water up to his head, with leaves piled on top (How much sleep he got is not recounted). His experiences in central America were mild compared to his crossing of the Sahara desert. There's even sex and love in Hibell's account.

There is no technical information in this book, no mention of gearing or tire size. No indication that the ball bearings, underwater and filled with fine sand, might have been replaced at least once. Nor does he often acknowledge that he could never have completed, much less even survived these adventures, without the help of many people. He does name several cycling companions, all seemingly as eccentric as Hibell, but most of his assistance came from the good-hearted help of passing strangers.

Sadly, Ian Hibell died in August, 2008, struck and killed by a hit and run driver in Greece. He was honored by many organizations, including Adventure Cycling and the League of American Bicyclists.

Lowell and Ellen Satre

Dear travel friends,

As many of you know, Lowell and I are leaving for



another tandem bicycle adventure, this time to New Zealand for three months. We expect to find internet from time to time, and you could be on our list for receiving periodic messages from the road. If for ANY reason you'd prefer not to be on this list for getting group messages, please let me know. We won't take it personally, believe me—I sometimes ask the same thing, just to reduce the glut of e-mails these days.

We wish you all a happy and healthy winter and early spring. We've had our share of cold and snow, so we are looking forward to heading to the Southern Hemisphere.

Cheers. Ellen & Lowell: [lesatre@hotmail.com](mailto:lesatre@hotmail.com)

## FEBRUARY RIDES:

**Sat. Feb. 6 Winter Outing** Meet at the overflow parking lot on West Golf drive in Mill Creek Park at 10 AM. Depending on the weather we'll either ride our bikes, or hike, or x-country ski. Call to help me decide John McCormick 330-755-7105.

**Sun. Feb. 7 Paul's Winter Ride** Meet at Town One Square in Poland at 10 AM. We'll ride about 25 miles, no ride in rain or snow. We'll hike about 3 miles if it's too cold to ride. Call Paul Rienenrth at 330-757- 3344.

**Wed. Feb. 10 Monthly Meeting 7:30pm Canfield**

**Sat. Feb. 13 Hike The Wick Recreation Area** Meet at 10 a.m. at the Wick Recreation Area (sled riding hill, former ice skating rink and the par 3 golf course area) of Mill Creek Park off McCollum Road and Belle Vista in Youngstown. Some of the hike will be on rough terrain so sturdy shoes or hiking boots and a walking stick could be a plus. We'll likely be out for a couple of hours. Lunch at the D.D. and Velma Davis Visitors' Center in Mill Creek Park. Questions? Call Ode Aduma at 330-743-4250.

**Sun. Feb. 14 Tour de Nouveau Castille II** Meet me at the Town One Square in Poland at 9am. From there

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we will car pool to the lovely village of Nouveau Castille where we will enjoy a hearty breakfast. After finishing our fine cuisine, we will embark upon a 5 mile tour of the town and the surrounding areas. Our visit will include several homes and churches of interesting architecture along with an extended tour along and over the beautiful Neshannock River (bring food for the ducks if you wish). Other attractions too numerous to mention are also planned for this occasion. If the weather is cold (ha ha), there are many coffee shoppes along the way that we may stop in to regain our warmth. Those who wish may detour on the return trek to imbibe stout ale to revive their spirits. Call Gary Miller at 330-540-2330 for further information.

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**Fri. Feb. 19 Friday Night Out Fat E's Is Back!!!** Meet at 6:00pm to celebrate the return of Fat E's (located at 126 S. Bridge St. in Struthers, same as before). Reservations must be made by Thursday, Feb. 18. Call Paula Kohler at 330-533-6299.

**Sat. Feb. 20 Ride With John** Meet at Panera Bread (Elm Rd. in Warren) at 9:00am for breakfast. At 1000am, we'll be leaving for a 20 mile ride over flat terrain. This low-moderately paced ride will feature a lunch stop. Call John Zenobile at 330- 509-2580.

**Sun. Feb. 21 Mill Creek Hike With The Howleys** Meet at the Ford Nature Center at 1pm, We'll commune with nature while hiking for a couple of hours. Call Ed or Barb at 330-793-8219.

**Sat. Feb. 27 Ride With John 2** Meet at Panera Bread (Elm Rd. in Warren) at 9:00am for breakfast. At 1000am, we'll be leaving for a 20 mile ride over flat terrain. This low-moderately paced ride will feature a lunch stop. Call John Zenobile at 330- 509-2580.

**Sun. Feb. 28 Ride To The Ice House** Meet at 11am at the Experimental Farm for a ride to the Ice House for lunch. If clear, bring your road bike. If snow, bring your mountain bike. If lots of snow, bring your skis. Call John McCormick at 330-755-7105.

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