

OUTSPOKEN

.....*Newsletter of Santiam Spokes, Inc. • Volume 13, No. 4 • January 2005*.....

... **President's Comments** ...

SANTIAM SPOKES DONATIONS

•BIKING CHRISTMAS SPIRIT FOR KIDS•

By Charles Taylor

This year 2004, using money earned from the Strawberry Century bike ride, we were able to donate \$3000.00 to the Lebanon Community Hospital Foundation. We received two letters of thanks. The first was from Becky Pape, Chief Executive Officer, thanking us for our generous gift, and a personal note "May you all have many safe rides ahead". The second was a letter from Bill Rauch, President LCH Foundation saying they would like to honor this gift by naming a workstation in the Health Career and Training Center as a tribute to our club. Bill also noted Santiam Spokes giving history to Lebanon Hospital, has totaled \$22,091.00 since 1993.

We were able to donate \$1000.00 to BTA (bike safety program), and \$500.00 to Get-In-Gear Bike Shop (a bike program for young children through the YMCA). To Adventure Cycling \$250.00, they are a national bicycle advocate group.

This brings us to 2005--next years Strawberry Century. Tim Mangan, has volunteered to Co-Chair this program, but Tim will be biking the two months prior to the event. We need another in-town VOLUNTEER to co-chair with Tim.

Speaking of volunteers, Kari Kropf will be the new editor for OutSpoken, our newsletter. Roger Gaither has other commitments and will longer be able to be editor or to be Ride Captain. Therefore we need VOLUNTEERS for Ride Captain and Co-captain, and Co-chair for the Strawberry Century.

Connie and I, through our church volunteered to adopt a needy family for Christmas. We received the name of a family with two children ages 9 and 11 years old. They gave us a list of presents the children would like. Toys, art supplies, but first on both their lists was a bike.

I was telling this story to Gene Stutzman, the owner of Stutzman's Bike Shop. Gene told me of a single mother that was working for minimum wage with two children. They had money for food, but it was going to be a Christmas without presents for the children. The mom told Gene that the children had not ridden their bikes in six months. The bikes were broken and the family had no money for repairs or parts. A few days later Gene helped the single mom with two gift certificates to repair the children's bikes. The first person to call me will receive a free bike tune up from Stutzman's Bicycle Shop, in Lebanon, Oregon. And I would like to thank Allen Randall for reading last month's newsletter. But only one gift per year. Have a HAPPY NEW YEAR, and keep peddling. ct



New Year's Ride

Saturday January 1, 2005 9:30 am

Tim and Marlene Mangan will be leading the January 1st ride. Rain or shine (or snow) we will gather at the Hospital at 9:30 am. From there it will be either a long or short ride depending on the weather and how everyone is feeling after New Year's Eve. Lunch will be served by Charles and Connie Taylor at Sally Skaggs' new meeting hall. Appropriate holiday beverage will be available for those so inclined. So bring on the New Year with a fun start for 2005 and turn that first pedal with your cycling friends.

January Meeting

Thursday, 7:00 pm, January 6, 2005 LCH

Topics: Vote on changes to Bylaws; New Ride Captain and Co-Captain; Looking for a Chairperson to head up Strawberry Century.



WINTER WEIGHT GAIN

Strategies to fight the battle of the bulge
by Nancy Clark, MS, RD

For those of us who live where the cold north wind blows frigid headwinds, dreaded winter is here again. Dreaded not only because of frozen toes, frostbitten cheeks, and slippery roads, but dreaded because of fear of winter weight gain. Finding enjoyable winter exercise that fits into your weight-management program can be a challenge for even the most dedicated cyclist. Just who gets excited about yet another boring indoor exercycling session? Somehow, baking cookies seems like more fun. I commonly hear complaints about winter weight gain, such as, "I don't bike as much in the winter and inevitably gain two to four pounds." Because consistent overconsumption of only one hundred to two hundred extra daily calories can contribute to waistline expansion, we need to be careful when entertaining ourselves with those few extra Oreos, the second mug of hot cocoa, or the bigger bowl of popcorn munched in front of the TV.

If you are among the many cyclists who struggle with winter weight gain, here are three simple nutrition strategies that can save one hundred to two hundred calories per day enough to make a difference in your battle of the bulge.

Strategy #1. Boost your calcium intake

Calcium-rich diets are helpful not only for regulating blood pressure and keeping bones strong but also for weight management. A growing body of evidence indicates that consuming calcium-rich dairy foods three to four times a day equals burning about one hundred more calories of body fat per day

— or about ten pounds of fat per year. In 1988, researchers were surprised and fascinated by the results of this blood-pressure study: subjects who ate two cups of yogurt per day not only lowered their blood pressure but also lost eleven pounds of fat in twelve months — even though they had been told to try to maintain weight! This finding triggered more research, and today we know:

- Calcium within the cell regulates fat storage.
- A high-calcium diet turns more calories to heat than to body fat.
- Calcium-rich diets contribute to fat loss in the stomach area.
- Calcium-rich diets can help minimize midlife fat gain.
- Eating three to four servings of calcium-rich dairy foods per day contributes to the beneficial effect of burning fat while preserving muscle. In a twelve-week weight loss study, those who ate three cups of yogurt per day lost sixty percent more fat than those who got calcium through supplements. If you balk at the thought of consuming at least three servings of yogurt or milk per day, keep in mind it's not very hard to do. Simply choose cereal with low-fat milk for breakfast (or cook hot cereal, such as oatmeal, in milk instead of water), have a low-fat yogurt for a mid-morning or evening snack, and enjoy a latté or hot cocoa made with low-fat milk for an afternoon energy booster. Other options include putting two slices (1.5 ounces) of low-fat cheese on a sandwich, and, yes, even drinking chocolate milk for a post-exercycle recovery drink. The weight-regulating trick is to be sure the dairy calories are within your daily calorie budget

General Meeting

Kari Kropf

December 9th, 2004.
Christmas Party! We had a brief meeting starting about 7:40. Beverly Henderson called the meeting to order. The minutes were seconded and approved. Dennis Murphy gave the Treasurer's Report. Everything was basically the same as in November. Donations were made to the Lebanon Community Hospital Foundation and to Adventure Cycling. Mary Ellen Lind gave the membership report. There was nothing new to

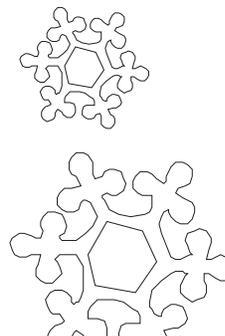
report.

Business for the evening – Roger Gaither is stepping down as Ride Captain as he will be doing some traveling this year. We are in need of a new Ride Captain to replace him, and it would also be good to have a co-captain as well. Rides are planned for December and January. The New Captain would start with February Rides. We will bring this up for the January meeting for a final decision. In other business, we are looking for Co-

Club Information

Santiam Spokes is a recreational bicycling club for cyclists of all ages & abilities. The Willamette Valley offers wonderful roads through beautiful farmland with plenty of hills nearby. We ride weekly Saturday year-around plus other times during the dryer months. Club meetings are normally each month the first Thursday at 7:00 PM at the conference center of Lebanon Community Hospital. See Outspoken for specifics. The public is invited to the rides & meetings. 2004/5 Club officers are: Membership > Mary Ellen Lind, 541-738-8600. President > Charles Taylor, 541-258-1850; Vice-President > Bev Henderson, 541-461-3884; Ride Leader & Newsletter > Roger Gaither, 503/394-3696; Secretary > Kari Kropf, 541-451-4446; Treasurer > Dennis Murphy, 541-738-8600; Historian & Publicity > Bill Pintard, 541-967-3295; Web Master > Larry Fratkin, 503-526-3977. Membership information and form are posted on our web site (santiampokes.org), or call any of the officers.

Strawberry Century on June 11, 2004. The board has been reviewing the bylaws and has presented some possible changes for the clubs consideration. These proposed changes have been published in the last newsletter. We will go over these in January and members will have an opportunity to vote on the proposed changes. Ok, that's it...back to the party!



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and not excessive. You cannot start to guzzle gallons of milk and expect to lose body fat! People who don't drink milk can get calcium from nondairy sources (broccoli, calcium-enriched orange juice, supplements), but calcium from dairy foods is most effective. For help with learning how to boost your calcium intake, consult a local sports dietitian (www.eatright.org will help you find one locally)

Strategy #2. Eat breakfast

About forty percent of adults skip breakfast at least four times a week. Although skipping breakfast may seem like a good way to eliminate calories, breakfast skippers tend to be fatter than breakfast eaters. When people eat a larger-than-normal breakfast, they end up eating almost one hundred fewer calories by the end of the day, an amount that can curb creeping obesity. Hence, eating breakfast is one strategy that makes a big difference in weight management. In one group of dieters, each of whom has lost at least thirty pounds and kept the weight off for at least a year, ninety-seven percent are now committed breakfast eaters! They know that eating breakfast works! Breakfast does not have to be eaten immediately upon rising, but it should be eaten within two to three hours of waking. If you can't find time to eat breakfast at home, at least make plans to eat breakfast at the office.

Strategy #3. Eat more fiber and whole-grain foods

Foods that are satiating (that is, they fill you to the point that you choose to stop eating) are rich in protein (turkey, tuna fish, chicken) or fiber (whole grains, fruits, vegetables, nuts). Given that protein often is accompanied by unhealthy saturated fat (as

in cheese, bacon, hamburger), the wiser option is to curb hunger by filling up on fiber-rich foods. Fiber-rich foods tend to be bulky, and bulk helps promote a feeling of fullness. That is, you can reduce the calorie content of a casserole by 30 percent by adding bulky vegetables (mushrooms, celery, peppers), and people will consume fewer calories without noticing the difference. According to Barbara Rolls, author of The Volumetrics Weight-Control Plan, consuming bulky foods with a high-fiber and water content can help you eat fewer calories. This means eating more fruit, vegetables, soup, beans, legumes, bran cereal, and whole grain cereals. These are more satisfying than a croissant with an equal number of calories.

Summary

Whether you are motivated to fight winter weight gain or simply to fuel your body healthfully, eating a hearty, wholesome breakfast and consuming more calcium, fiber, and whole grains are wise nutrition strategies. Sounds like Wheaties is not only the breakfast of champions but also of lean cyclists!

Nancy Clark, MS, RD, former TransAmerica tour leader, is a nutrition counselor at SportsMedicine Associates in Brookline, Massachusetts. The new third edition of her best-selling book Sports Nutrition Guidebook is available by calling (617) 739-2003 or by visiting www.nancyclarkrd.com.

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Lunch in Jefferson - Lebanon to Jefferson Ride

December Rides

Christmas Lights Ride



Dinner at Wyatts



Christmas Lights

Proposed Bylaw Changes

The club Board Of Directors proposes the following changes to the club's bylaws. These will be considered in the regular January 6, 2005 club meeting. Key To Changes: ~~Delete~~. Add.

Article 1. Name

The name of the organization shall be SANTIAM ~~SLOW~~ SPOKES, INC..

Article 2: Objectives And Purposes

F. No member shall make commercial use of the name or emblem of the SANTIAM ~~SLOW~~ SPOKES, INC..

G. No member shall use the name or emblem of the SANTIAM ~~SLOW~~ SPOKES, INC. to exploit personal views.

Article 4. Membership

A. Classes of membership shall be regular, and family group.

B. Anyone interested in bicycling is eligible for regular membership:

- ~~1. upon acceptance by the board of their application.~~
2. payment of dues as may be set by the board.
- 2 3. with signature of an adult legal guardian if applicant is under 18 years of age.

C. Any person eligible for regular membership, together with ~~spouse and/or dependents~~ any person at the same address shall be eligible for family group membership.

D. Members' names, addresses and/or phone numbers will not be provided to any person or organization outside of the SANTIAM ~~SLOW~~ SPOKES, INC. without permission of the members.

Article 5. Dues

A. Dues shall be paid once annually on or before ~~the October annual meeting~~ their anniversary of membership in amounts set forth by the board.

The anniversary of membership is the next closest October or April after the date a member joins the club.

~~*New members who join the club less than six months previous to the annual meeting may pay for the remainder of that year at a rate equal to one half the regular annual dues as set forth by the board.*~~

Article 8. Meetings Of Members

D. Quorum shall consist of ten percent of the club membership, but not ~~more than 25~~ nor less than 5 10 members.

G. Voting of classes

Each regular member shall be entitled to cast one vote on all matters submitted to a vote of the members.

Each family group membership shall be entitled to cast two votes on all matters submitted to a vote of the members.

Article 9. Election Of Officers

A. Nominations

Nominating committee selected by the President shall consist of three members. The committee shall present a list of candidates for election to office at the annual October meeting of the members.

The names of the members of the nominating committee shall be published in the club newsletter at least two months prior to the date of the annual October meeting.

B. Officers and elections

1. The elected officers shall be; president, vice-president, recording secretary, treasurer, two touring ride co-captains, membership chairperson, newsletter editor, publicity chairperson, and historian.

The election of officers shall be held annually at the annual October meeting. A plurality of the vote of the members voting constitutes an election. Mail-in ballots shall be received prior to midnight two days before the election.

In the event only one candidate is nominated for each office, the entire slate may be elected by a simple majority vote of the annual October meeting members.

The term of office shall be for one year.

No person may serve more than three consecutive terms in any one office.

Installation of officers shall take place during the seven days following the annual October meeting.

Newly elected officers shall assume their duties immediately following installation, and shall serve until their successors have been installed.

Any person who is a member as of the first of the month of the annual October meeting shall be eligible for office.

Each new officer shall receive one copy of the bylaws.

Parts A through B, 9 of this article shall be read to the membership prior to any election activity at the annual October meeting.

Upon failure of any member of the board of officers to attend three consecutive board meetings, any member may recommend termination of that officer and the board may declare that position vacant. The board shall make necessary appointments to fill vacancies. Such appointments shall be for the remainder of the unexpired term.

C. Duties of Officers.

4. ~~Touring Ride~~ Co-captains

a. ~~One~~ captain responsible for scheduling Schedule weekly and/or other occasional club rides that are medium to difficult routes and/or longer rides.

b. ~~One~~ captain responsible for regular or occasional rides that are easy to medium routes and/or shorter rides.

b. e. Maintain the ride files and records.

c. ~~d.~~ Appoint and instruct leaders for scheduled club rides.

9. Historian

b. At the annual October meeting, provide a display of the year's activities that will be filed in the SANTIAM SPOKES, INC. historian book history records.

Article 10. Officers

A. Number of Officers. The number of officers shall be not less than 9 5 and shall be also called the officers of the club.

H. Fees and Compensation of Officers. Officers and members of committees may not receive compensation for their services. Reimbursement of expenses, as may be determined by resolution of the board to be just and reasonable, is permitted.

1. Pre-approval by the board of any purchases in the name of the SANTIAM ~~SLOW~~ SPOKES, INC. is required for reimbursement.

January 2005 Cycling • Santiam Spokes

Sun

Mon

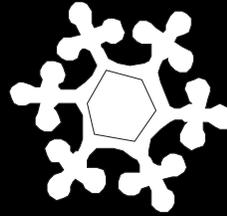
Tue

Wed

Thu

Fri

Sat



Saturday January 1, 2005 9:30 am New Year's Ride

Come one, come all. Clock some miles for '05. We will depart LCH at 9:30 AM. If the weather is good, we will ride a 30 mile route. If poor, we will loiter around coffee and ride 10 miles. Refreshments will be provided after the ride at Sally Skaggs new meeting hall.
Ride Leaders: Tim & Marlene Mangan. 541-979-5829.

Sat Jan 8, 2005 9:30 am Jefferson-Aumsville-Stayton

Starting Location: Plantation Inn on Hwy 99E in Jefferson
Distance: 36
Ride Level:
Ride Leader: Ken Fullen. 327-2084

Sat Jan 15, 2005 9:30 am Albany-Lebanon Loop

Starting Location: Beanery (south of Home Depot),
1852 Fescue St., Albany
Distance: 29 Miles
Ride Level:
Ride Leader: Roger Gaither. 503-394-3696

January 22, Sat., 9:30 am Adair to Monmouth

Starting Location: Adair County Park
Distance: 37 Miles
Ride Level: Hilly
Ride Leader: Need leader. Route is planned and mapped.

January 29, Sat., 9:30 am LCH-Brownsville Loop

Starting Location: LCH
Distance: 34 Miles
Ride Level:
Ride Leader: Roger Gaither. 503-394-3696

Wed. Wanderers

For info or to start a ride call:
Bill Pintard @541-967-3295 or
Ken Fullen @ 541-327-2084

Club Meeting LCH • 7:00

Wed. Wanderers

For info or to start a ride call:
Bill Pintard @541-967-3295 or
Ken Fullen @ 541-327-2084

*Please submit material for
February Outspoken by
today to Kari Kropf:
kropfrk@comcast.net
PO Box 1183
Lebanon, OR 97355
541.451.4446*

Wed. Wanderers

For info or to start a ride call:
Bill Pintard @541-967-3295 or
Ken Fullen @ 541-327-2084

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