

# *Spokes*

*The newsletter of the Edmonton Bicycle and Touring Club*

*November/December 2009*

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## ***Volunteer Appreciation Dinner***

Who do we appreciate? Our volunteers! Without their leading rides and trip co-ordination the club wouldn't be able to offer

the diverse day rides and overnight cycling trips we all enjoy. The Tour de l'Alberta would not be possible without the

army of volunteers who help throughout the day. Come join us in honouring them with a Volunteer Appreciation Dinner.

This year the event will be at the Fort Saskatchewan Curling Club at 9312 102 Street in Fort Saskatchewan

Please RSVP to Chris Chapman by Jan 7 at 936-7174 or [cjlion@shaw.ca](mailto:cjlion@shaw.ca)

6 pm drinks and socializing

6:30 dinner

8:00 comedic entertainment

Cash Bar

Open to the first 120 people

## *EBTC Executive Members*

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We welcome your comments and suggestions - especially if you have an idea for a trip or outing you think your fellow club members might enjoy!

## *Newsletter Enquiries and Submissions*

The deadline for the newsletter is the 22<sup>nd</sup> of each month. Enquiries and articles can be e-mailed to [guru1@shaw.ca](mailto:guru1@shaw.ca). Articles **must** be submitted in Word format and any pictures may be scanned and e-mailed.

## *Moving?*

If you're moving, please send your name, old address, new address and new phone number(s) to the Membership Co-ordinator at the mailing address above. This information will ensure that you receive your newsletters.

## *E-mail?*

The EBTC maintains an e-mail directory of members. Occasionally, e-mail or other items received by EBTC considered to be of interest to the membership are forwarded via e-mail. If you wish to be added to this electronic mailing list to receive updates, please send your request via email to [info@bikeclub.ca](mailto:info@bikeclub.ca)

To save costs and valuable executive time, all club members receive e-mail notification when **Spokes** is posted on the club website and are expected to access it online. Members who cannot access the Internet readily can get **Spokes** in hard copy by sending in a written request to the EBTC post office box noted below. Remember that it costs \$2.00 for each copy we print and put in the mail.

## *Publisher Information & Policies*

**Spokes** is the newsletter of the all-volunteer Edmonton Bicycle & Touring Club. **Spokes** is published monthly in the summer and bi-monthly in the winter months.

Fees for non-members to advertise in *Spokes* is \$25 for a quarter page, \$50 for a half page and \$100 for a full page.

Opinions expressed in **Spokes** are those of the contributor and are not necessarily shared by the Edmonton Bicycle & Touring Club. The editor reserves the right to edit for clarity, brevity and content and is the sole judge of suitability for all articles and advertisements.

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## ***Wednesday Evening Snow 'n Go - SKIING***

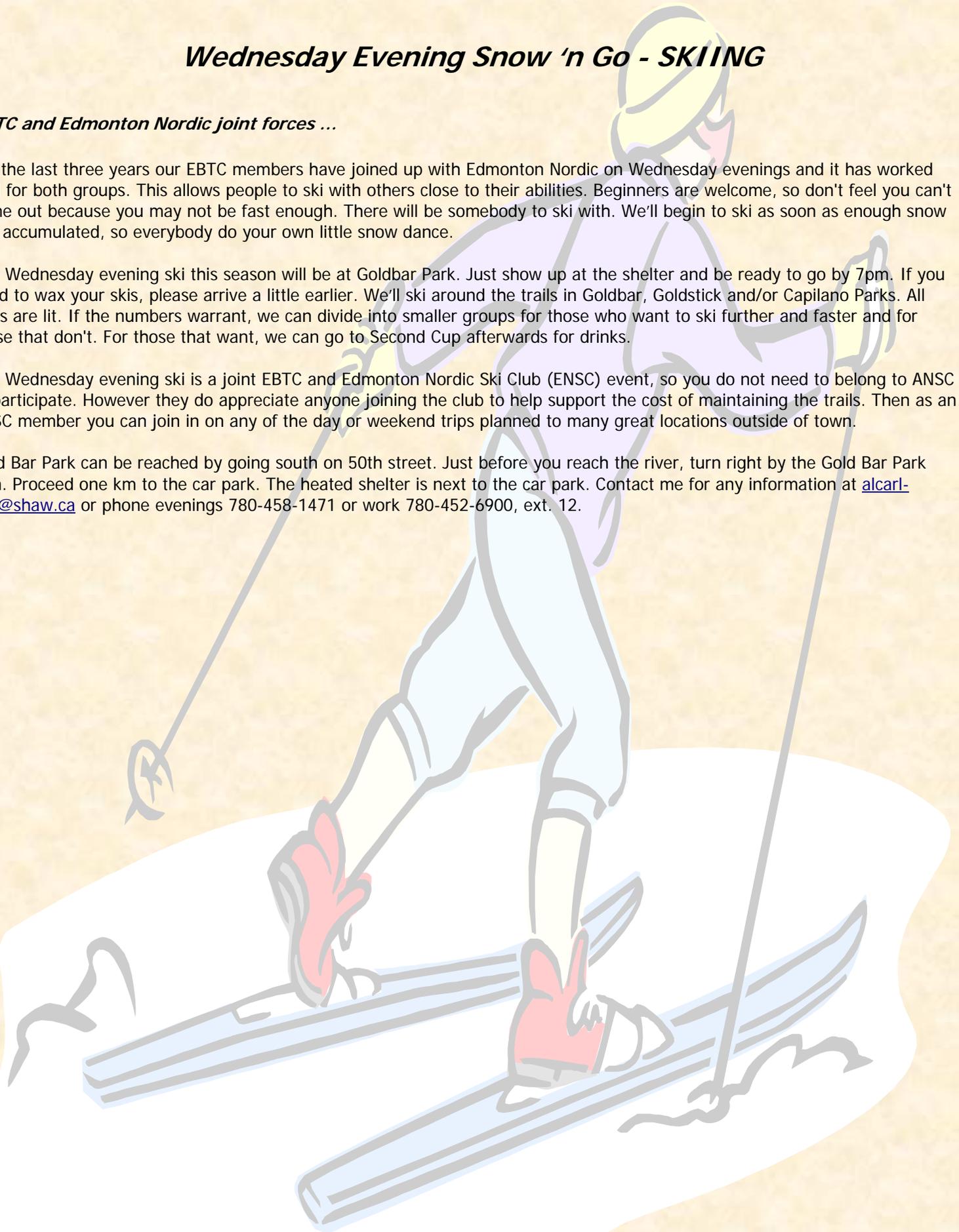
### ***EBTC and Edmonton Nordic joint forces ...***

For the last three years our EBTC members have joined up with Edmonton Nordic on Wednesday evenings and it has worked well for both groups. This allows people to ski with others close to their abilities. Beginners are welcome, so don't feel you can't come out because you may not be fast enough. There will be somebody to ski with. We'll begin to ski as soon as enough snow has accumulated, so everybody do your own little snow dance.

The Wednesday evening ski this season will be at Goldbar Park. Just show up at the shelter and be ready to go by 7pm. If you need to wax your skis, please arrive a little earlier. We'll ski around the trails in Goldbar, Goldstick and/or Capilano Parks. All trails are lit. If the numbers warrant, we can divide into smaller groups for those who want to ski further and faster and for those that don't. For those that want, we can go to Second Cup afterwards for drinks.

The Wednesday evening ski is a joint EBTC and Edmonton Nordic Ski Club (ENSC) event, so you do not need to belong to ANSC to participate. However they do appreciate anyone joining the club to help support the cost of maintaining the trails. Then as an ENSC member you can join in on any of the day or weekend trips planned to many great locations outside of town.

Gold Bar Park can be reached by going south on 50th street. Just before you reach the river, turn right by the Gold Bar Park sign. Proceed one km to the car park. The heated shelter is next to the car park. Contact me for any information at [alcarlson@shaw.ca](mailto:alcarlson@shaw.ca) or phone evenings 780-458-1471 or work 780-452-6900, ext. 12.



## *Flu Season*

Flu season is upon us but, despite what you may be hearing, you do not need to panic. As concerns mount about the possible pandemic of virulent influenza the question is what can one do to prepare for the onslaught. Flu drugs such as Tamiflu are one possibility however, what if the cupboard is bare or the drug has minimal influence. With regards to the flu shot, the problem is the difficulty in predicting which strain of the flu will present in any given year. Whether the threat be a deadly pandemic virus or the seasonal flu virus that we are all accustomed to, preparation begins with the basics. Are you eating properly? Is your lifestyle balanced and healthy? When one works from the ground up, the innate resources are tapped into that enable our immune system to function as it was meant to. A regular routine of moderate exercise is recommended. Dietary suggestions include whole grains foods, quality fruits and vegetables. Eat regular meals incorporating simple food combinations. Don't forget the importance of environment and mental health. Toxicity includes both physical toxins and emotional toxins. Find and incorporate methods to cope with high stress situations in your life. In addition, develop good hygienic habits including washing your hands thoroughly and regularly.

Foods that assist in building the immune system include selenium, which is found on the outer coatings of whole grains in the form of bran and germ. Spelt is an old world grain coming more into vogue as people savor it's nutty sweet flavor and recognize the positive effects on improving digestive processes. It is rich in nutrients being higher in protein, fat and fiber than most varieties of wheat, and works to enhance the immune system. The blue-green micro-algae in the forms of spirulina and chlorella are valuable additions to your diet when considering immune building actions. Spirulina, rich in chlorophyll content, is nurturing, tonifying and helps to overcome deficiencies and build the body defenses. Chlorella is somewhat comparable to spirulina, although it is renowned for it's tough outer cell wall, which contains compounds related to those found in bacteria that fortify immunity and protect the body. Omega 3's, following their conversion to hormone like substances called prostaglandins, assist in regulating the function of every organ and cell in the body and are essential to building a healthy immune system.

### ***Chinese Medicine***

In Chinese Medicine we speak of strengthening our protective or "wei" qi. Wei qi is that aspect of our lives that protects us from viruses, weather influences and diverse toxins in our lives. Our bodily health is determined by a combination of both prenatal and postnatal energies in our lives. We cannot change what we were born with but we can have some influence on what happens after that point in time. Wei qi is derived from the essential substances in food and the air that we breathe. It is considered to be the most vigorous energy in our bodies. In the daytime it nourishes and skin and muscles and the outer most areas of our bodies- the yang aspect, providing protection while opening and closing the pores and regulating the sweat glands. At nighttime it moves deeper to the interior of our body-the yin aspect, where its actions are prominent in the internal organs, circulating and balancing the essential energies.

Chinese herbs and acupuncture help to boost the immune system, thereby working either to avoid invasion of viruses or to eliminate the virus faster once it has invaded. Unlike vaccines, Chinese herbal therapies and acupuncture are not specific for a viral strain but work to provide a general immune boosting response or ameliorate some of the symptoms. Be proactive. Prevention is the best medicine. You may also like to consider homeopathic remedies such as Influenzinum and Thymuline. These homeopathics are administered as a measure of prevention at the beginning of the winter, or as a curative measure once the flu has taken hold.

After all is said and done, we go back to the basics. Protect your neck and head from the ravages of wind and cold, which Chinese Medicine consider to be pernicious influences that can precipitate the onset of cold and flu symptoms. Follow that with a good dose of your mom's chicken soup and you're ahead of the game. Enjoy the recipes.

### **Mom's Chicken Soup**

2 quarts cold water  
1 kosher chicken (4 to 5 pounds) quartered  
1 large onion, peeled and cut into 1 inch pieces  
3 carrots, peeled and cut into 1 inch pieces  
3 stalks of celery cut into 1 inch pieces  
3 parsnips, peeled and cut into 1 inch pieces  
1 or 2 cloves of garlic, pressed or finely chopped  
½ bunch of fresh dill, thicker stems removed, chopped (about a cup)  
¼ bunch fresh parsley, chopped (about ½ a cup)  
½ teaspoon dried or 1 teaspoon finely chopped fresh thyme  
1 teaspoon salt  
1 teaspoon freshly ground pepper  
additional salt and pepper to taste.

### **Spelt Scones**

½ cup butter  
2 cups spelt flour  
4 tsp baking powder  
½ tsp salt (sea salt)  
2 tbsp organic sugar  
rice milk or other milk to moisten dry ingredients

Stir until dry ingredients are moistened. Divide dough in half, roll dough into two 2" diameter rolls. Cut rolls at ½" intervals with sharp knife. Place on cookie sheet and bake at 375 deg for 20-25 minutes. Wonderful with homemade jam.

Contributed by Massage Therapy & Holistic Centre 780-738-4769

Author: Valerie Plante, Le Soleil Health and Wholeness

## *Glorious Fall Foods*

In Traditional Chinese Medicine, Fall is associated with the element Metal. Fall is the time for the harvest and gathering-in what we have planted and worked for over the summer. Like metal, it has a contracting nature, that is, the focus of energy is to move inward. Leaves fall off the trees and the active components of the tree slow down and move inward to conserve energy for the winter. Foods selected for consumption in the Fall generally include foods of a warming, astringent nature. Foods in Fall are cooked for a longer period of time with a more focused preparation. Cook foods with less water, lower heat and for longer periods of time

The essence of food is received through the sense of smell, which is related to the Metal element and Lungs. The fragrance of baked and sautéed foods stimulates the appetite. These foods act to thicken the blood enabling us to keep warm over the long, cold winter months. Astringent foods are sour in nature and include foods such as, sourdough bread, sauerkraut (like grandma's), olives, pickles, leeks, aduki beans, salt plums, rose hip tea, vinegar, cheese, yogurt, lemons, limes, grapefruit and sour varieties of apples, plums and grapes. Remember the general rule of moderation-small amounts have a strong effect.

### **Winter Vegetables and Their Properties**

#### **Beets**

Neutral thermal nature, sweet flavor, strengthens the heart, sedates the spirit, improves circulation, purifies the blood, benefits the liver, moistens the intestines and improves vascular congestion. Use with carrots for hormone regulation during menopause. **Broccoli**

Cooling thermal nature, pungent, slightly bitter, diuretic. Contains Vitamin A, which benefits the skin and has more vitamin C than citrus. Broccoli is also a good natural source of sulfur, iron and B vitamins. Use in moderation in cases of thyroid deficiency or low iodine.

#### **Cabbage**

Slightly warming thermal nature, sweet and pungent flavor, mucilaginous- moistens the intestines, benefits the stomach, improves digestion, and beautifies the skin. Also treats constipation, common cold, whooping cough, frostbite, mental depression and irritability and worms in the digestive system. Cabbage contains vitamin U (really) that is beneficial in treating ulcers. Cabbage may be used simultaneously as a poultice and taken internally to treat skin eruptions, leg ulcers, varicose veins, arthritis and wounds. Cabbage also contains iodine and is a rich source of vitamin C –even more so than oranges. The outer leaves are high in vitamin E and contain a third more calcium than the inner leaves.

#### **Carrots**

Neutral thermal nature, sweet flavor, benefits the lungs, strengthens the spleen-pancreas, improves liver functions, stimulates the elimination of wastes, diuretic, dissolves stones and tumors, treats indigestion including stomach acid and heart-burn, eliminates putrefactive bacteria from the intestines, used for diarrhea and dysentery and contains an essential oil that destroys pinworms and roundworms. Carrots are one of the richest sources of beta-carotene, an anti-oxidant that protects against cancer. Beta carotene/vitamin A benefits the skin and is anti-inflammatory for the mucous membranes. Carrots are therefore useful for skin and lung lesions, digestive tract and urinary tract infections. They are also good to give to children suffering with measles or chicken pox. Recommended consumption is at least 6 ounces of carrots per day or 1-2 cups of juice. Remember, moderation-avoid over-consumption as carrot juice is very sweet and may weaken the kidneys.

## Recipes

### East Indian Style Cabbage

1 medium cabbage, chopped  
1 teaspoon sesame oil (optional)  
1 teaspoon mustard seed  
 $\frac{1}{2}$  teaspoon each ground coriander  
And cumin, grated ginger  
 $\frac{1}{2}$  teaspoon turmeric  
 $\frac{1}{4}$  cup almonds

Heat oil. Add mustard and cover. Allow them to pop and dance inside the pot for a few minutes minutes.  
Scatter in remaining spices and stir once.  
Add cabbage. Saute 8 minutes.  
Add milk and cover.  
Simmer on low heat 30 minutes until tender and bright light green.

### Ginger Carrots

4 carrots sliced diagonally  
1 teaspoon grated ginger  
1 teaspoon sesame oil (optional)  
Sea salt to taste

Saute carrots 3 minutes.  
Add ginger and salt.  
Cover and shake pan counterclockwise.  
Cook 30 minutes on low heat until tender.

### Vegetable Pie

1 pie shell  
 $\frac{1}{4}$  onion, diced (optional)  
1 carrot, diced  
1 turnip, diced  
 $\frac{1}{4}$  head cabbage chopped  
1 teaspoon oil (optional)  
1 clove garlic, minced  
1 teaspoon tarragon  
 $\frac{1}{4}$  teaspoon sea salt  
1 cup béchamel sauce (see below)  
1 sheet nori, toasted

Preheat oven to 350 deg.  
Bake pie shell 20 minutes.  
Saute onion, then carrots and turnips. Add a little water. Cover and steam 5 minutes.  
Add cabbage and seasonings. Steam 5 minutes more or until tender.  
Combine vegetables with sauce and place in pie shell.  
Bake 10-15 minutes.  
Sprinkle with toasted nori.  
Yield: one pie.

### Bechamel sauce

1 tablespoon oil  
2 tablespoons flour  
1 cup water, broth, or almond or other nut milk, heated  
Seasonings: sea salt, miso, or soy sauce

Heat oil in a heavy saucepan.  
Stir in flour. Whisk 1-2 minutes over low heat  
Remove from heat. Add heated liquid and stir briskly until smooth.  
Return to heat. Add seasonings. Bring almost to a boil. Turn to low heat and Simmer until thickened.  
Yields 1 cup.

If you have recipes that you would like to share with us, it would brighten our day. Thank-you.  
Valerie Plante L.Ac

### Le Soleil Health and Wholeness

#15, 9353-50 Street Edmonton, Phone (780) 414-1466

## **SAGE Award Nomination Max Mayer**

On behalf of the executive of the Edmonton Bicycle and Touring Club (EBTC), I would like to nominate **Max Mayer** for a SAGE Award. We believe that Max who very recently celebrated his 80<sup>th</sup> Birthday, and is an inspiration to all who know him in the EBTC, is deserving of a SAGE award for his contribution to participation, promotion and support of active living.

Max has been a member of the club for over 20 years, and during this time has participated in day rides, overnight rides and weekly rides organized by the club with great enthusiasm. On Sunday July 26, 2009 Max completed a monumental feat for an 80 year old, the 178 km ride of the Tour de l'Alberta, an EBTC sponsored event for cyclists from all over western Canada.

Max is a quiet and gentle man, who when engaged has many interesting stories to tell especially when one is cycling along beside him. He is ever so humble about his achievements in terms of the mileage he has cycled, the hills and mountains he has climbed and skied.

Max has a great love for several sports, and although we think it is cycling, he has a passion for skiing, hiking and kayaking. Max is a member of the Rocky Mountain Seniors Ski Club and when he is not cycling in the winter, he can be found on the slopes at Kimberly, Marmot and just about any resort in the Rockies with good snow.

Aside from his athletic capability and love of sport and the mountains, Max is very well travelled, recently fulfilling a dream of having visited every province in Canada as well as many other countries since emigrating from Austria after WW II in 1951 at age 22. Max made his way via a circuitous route from Ontario and the Yukon to Edmonton. In 1953 Max met and married his wife Hermine in Edmonton. In October they will celebrate 56 years together. They have raised four children and they have several grandchildren.

Max retired from full-time work in 1987 following a 35 year career with Canadian International Paper. At work Max drove delivery trucks and did any job that needed doing and was promoted several times completing his career at CIP at the Manager level. Following retirement from CIP Max started a second career in the tourism industry with a German based company called Stumbock Club where he conducted tours for visitors from Germany to resorts in Alberta and British Columbia for downhill skiing and heli-skiing. Max's second career lasted for 16 years. Max has worked with several tour companies over the years and during this time he has taken tourists hiking, biking, kayaking, canoeing, camping, downhill skiing heli-skiing you name he has done it.

As well as tours in the Rockies, Max has conducted guided tours in German and English in the city of Edmonton. In 2005 Max was honored as an "Outstanding Tour Guide" an example of how appreciated he is by his clients. He can still be found volunteering on the Magic Bus to Marmot as a tour guide in his spare time! Max is very well informed and is truly an ambassador for Canada, Alberta and Edmonton.

Max is a role model for all who know him. His secrets to a long life, and this has been confirmed by Max, would be to have a good partner, enjoy yourself, keep in shape, take pleasure in the beauty of the earth, eat good food and drink an occasional cold beer!

