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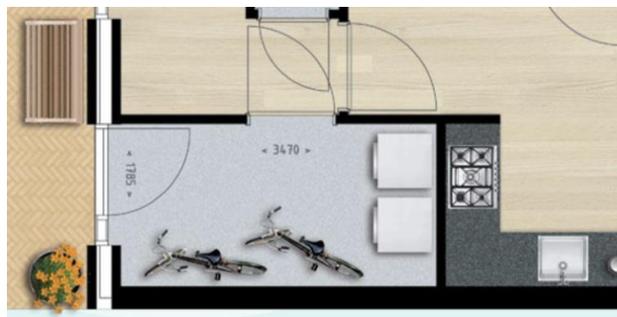
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- Where Can I Park My Bike? (#6 in the series)
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How did the Netherlands become the #1 bicycling nation? (#6 in the series)

WHERE CAN I PARK MY BIKE?

Amsterdammers own 1½ bicycles each on average, the highest rate of ownership in the world. Many possess an up-scale bike for leisure and another cheap one for errands or commuting.



People live almost exclusively in apartments and row townhouses without private car garages typical of North America. Since bikes are justified when they are quickly accessible, in the past, their owners used to leave them outside on the sidewalk, exposed to the weather, unfortunately. Starting in 1950, municipal governments began to mandate the inclusion of bicycle garages in new homes. Current national regulations require residential buildings have, for each family unit, a private, rain-resistant, lockable storage space of at least five m², 1.8 m width, and 2.3 m height, accessible from the public road, with sharing variations.

People can park their bikes anywhere on public roads, in principle, according to national law, as long as there are no signs prohibiting bike parking, and their bikes are not in people's way or could do damage if blown or knocked over. Municipalities can designate areas with restrictions in time or method of storage, confiscate bikes in violation of the rules, and charge a small fee for claimed bikes.

Municipalities and private enterprises provide guarded bike parking facilities, some free, others for an annual, daily, or hourly fee. Typical garages have transitways for riding bicycles in and out and double-decked storage.

Many cities have huge bike storage problems at railway stations, with 40% of train travelers arriving by bicycle. The Amsterdam Central station has a four-story parking facility in front of the station, and ships for additional parking behind the station, all of





them originally intended to be temporary. Many shopping locations have parking facilities for their customers, some of them underground, but customers habitually park their bikes closer to the shops.

Children bike unescorted to school. See video of them arriving and parking. https://www.youtube.com/watch?v=8NUgB_xklvU

Amsterdam handles illegally parked bikes, bicycles stored for longer than the allotted time, and abandoned ones by picking them up after proper notice and transporting them to the public storage facility, the "Fiedsdepot." The deposit processes 80,000 bikes a year. It returns claimed bikes for a fee; as for unclaimed bikes, it sells them to dealers for refurbishment and resale, ships them charitably to undeveloped countries, or recycles them.



Many abandoned bikes find their way into Amsterdam's canals for fuzzy reasons: no longer usable, drunken high jinks, theft residues. Waternet, a municipal agency, the only such operation globally, recovers the bikes by employing two fishers, two barges, and a grappling claw. The agency recovers an estimated 15,000 units per year, which helps clear the water and removes the wrecks from tour boats' path.

Amsterdam and other cities in the Netherlands have shown success in securing bikes for people, reducing theft, and lessening the eyesore of many bikes lying around the city. Whatever the problems masses of bicycles cause, they are small beans compared to automobiles' environmental consequences.

Next: The Dutch car/bike wars.

Sources: Many from the internet.

Editor: We invite your critique, comment, or question about this article or any other in this series.

Peter Bradbury

Does this apply to scary cycling rides???



COVID Cookies or Halloween Masks?



Ride Review



L2 Leader Team Approach

2020 has been a year of tremendous challenges but it has also been a year of tremendous success for our L2 ride program.

L2 History - 2017 - 2019

I (Hazel Banush) have been coordinating L2 Tues and Thurs leaders since 2017 when Bob & Eleanor Anderson (Tues Coordinators) and Rick Clarke (Thurs Coordinator) stepped down.

My main reason for coordinating was (and is) that I wanted to ride on Tues and Thurs so I had a vested interest in the success of the L2 ride program. My friend Laurie Longay said that she would support me in this role. In fact she inspired me to step forward. She had volunteered as a membership coordinator in her first year with the club. I had been with the club since 2011 with very little leadership commitments. I had led a ride or 2 especially in Sept when Bob and Eleanor had other commitments. I only had 1 or 2 routes that I could lead. I would never have the stamina or aptitude to scout out many routes like our prior coordinators did.

My saving grace was that I knew the L2 riders and if each of them could offer to lead 1-2 routes, we would be able to offer a full program. Both Bob Anderson and Rick Clarke helped to fill some spots in my first schedule.

L2 leaders were encouraged to pick a route with which they were familiar and to lead a ride. Yes, there was some arm twisting along the way but leaders did step forward. Often they would offer the same ride on Tues and Thurs as some people rode one day or the other. Some of our volunteer leaders enjoyed scouting for new routes others enjoyed offering the same 1 or 2 rides with possible enhancements. L2 riders enjoyed the diversity of the rides due to the diversity of the leaders.

L2 2020 - Maximum Participation was set to 8 riders due to Covid Pandemic

This year our L2 Leader Team building has really paid off as we have scheduled rides and then created Ad Hoc rides to handle the WaitList on the scheduled rides. Our leaders have stepped forward in a big way. Ad Hoc rides may be similar to the scheduled ride or different depending on the leader available. Even now in Sept after we increased the ride maximums to 10 or 12, we are filling our L2 rides. Our leaders are all eager to support our fellow leaders by signing up to enjoy the rides, physical distancing of course.

We always welcome other riders to join us on our Tues and Thurs excursions. We are constantly on the lookout for more riders to join our L2 Leader Team. Every rider has a ride they enjoy that we would love to experience.

Although this 2020 season has demanded more commitment, it has been very rewarding. L2 is stronger because of our leaders' dedication in ensuring so many extra rides this year. Let's hope the weather holds to enjoy more L2 Adventures!

Stay Safe but Keep Rolling,

Hazel Banush
L2 Leader Coordinator



Sanjay Thakrar, CEO at Euro Exim Bank Ltd., got economists thinking when he said:

"A cyclist is a disaster for a country's economy.

He does not buy a car and does not take a car loan.

Does not buy car-insurance.

Does not buy fuel.

Does not send his car for servicing and repairs.

Does not use paid parking.

Does not become obese.

*Healthy people are not needed for an economy.
They do not buy drugs. They do not go to hospitals and doctors.
They add nothing to a country's GDP.*

On the contrary, every new McDonalds outlet creates at least 30 jobs:

10 cardiologists,

10 dentists,

10 weight-loss experts - apart from people working in McDonalds outlets.

*Choose wisely: A bicycle or a McDonalds?
Worth thinking."*

Walking is even worse. Those people do not even buy a bicycle.

Submitted by Marilyn Paterson

**When you see one thing, BUT...
it's ANOTHER**



Pandemic Humour...

So let me get this straight...

People are scared of getting fined or arrested for congregating in crowds, as if catching a deadly disease and dying a horrible death wasn't enough of a deterrent.

Submitted by a friend who spent 77 days in a Calgary hospital, much of it in ICU, fighting COVID.

Gratitude

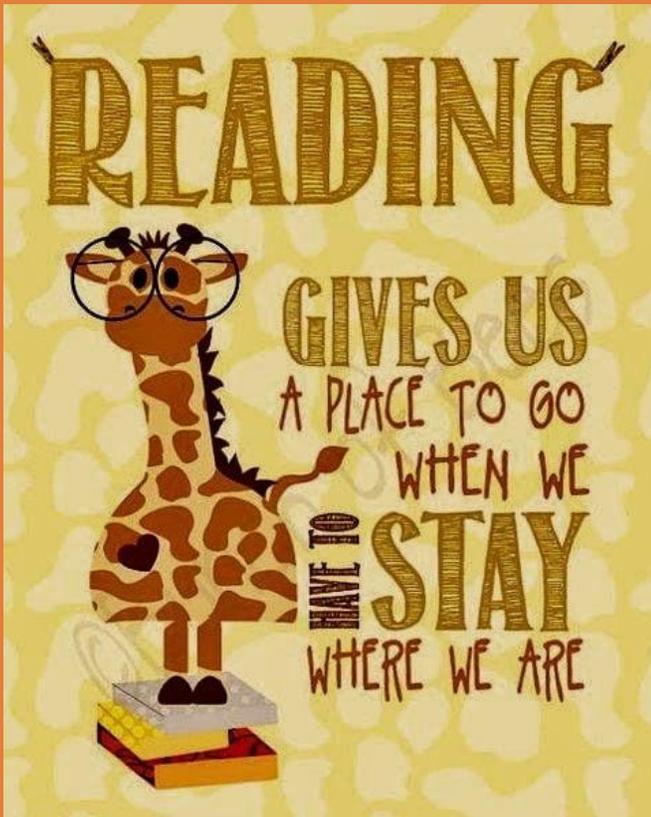
I would like to thank the Old Spokes cycling group for welcoming me into the community and to Hazel, Ken and Laurie for convincing me to lead Level 2 rides.

When I will look back at the year of COVID and the impacts it created, I will reflect fondly on cycling with the Old Spokes. Since the beginning of the pandemic, every time I got on my bike I felt a sense of normalcy, as COVID did not exist while I was on my bike. Once I joined the Old Spokes group the sense of normalcy exponentially expanded with a sense of inclusion and community. Even though everyone I rode with shared a concern and respect for the current COVID situation, it in no way diminished the quality and quantity of our rides and most importantly it provided the social connection that was so important to maintaining my mental health during these times of restricted social connections.

Each cyclist played an important role, showing up for the rides with a smile on their face and sharing their positive and supportive attitude with the group of riders.

As coordinator for the Level 2 program, Hazel's dedication and determination to make the program work and her innovative skills in etching out a program that kept us on our bikes this season is truly appreciated by myself and I'm sure by many others in the Old Spokes community.

See you in the Spring.....
Sharon Plett



More Pandemic Humour...

If you believe all this will end
and we will get back to normal
just because we reopen everything,
raise your hand.

Now slap yourself with it.



S. T. R. + T. STROKE IDENTIFICATION:

Stroke has a new indicator. Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue.

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) ...she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening.

Jane's husband called later telling everyone that his wife had been taken to the hospital. (at 6:00 PM Jane passed away) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S* Ask the individual to SMILE.

T* Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. Chicken soup)

R* Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, **call the emergency number 911 immediately** and describe the symptoms to the dispatcher.

New sign of a stroke:

T* Stick out Your Tongue!

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

A cardiologist says if everyone shares this with 10 people; you can bet that at least one life will be saved.

Submitted by Hazel Banush



On
October 31
1962

FOR HALLOWEEN, THE CHART-TOPPING HIT WAS

"THE MONSTER MASH"

(IT WAS A GRAVEYARD SMASH!)

Reflections

I asked my grandmother once, if she ever felt "anxiety" when she was growing up. After a thoughtful pause she replied, "Well - we never thought about ourselves back in those days. We didn't sit and think about what we felt like, we just didn't have the time. We got up and went outside to work."

I didn't expect her to say anything remotely like that -, I thought she was going to say, "Well OF COURSE we did!" But - she did not. We spend a lot of time thinking about what we feel like every second of the day and I am guilty of that as well.

This piece of time - this slice of history we've been presented with has exacerbated our thinking process. It has escalated the speed and the volume of our thoughts. We're all on a wheel that is rolling down the side of a mountain, headed for a speeding train. You get my drift.

I've decided that I am going to quit thinking all together. That's right, I'm not thinking anymore.

I am going to start doing instead.

I am going to find purpose in seemingly small things.

I am going to walk down the road and feel the gravel beneath my crappy old rubber boots.

I am going to listen to the birds yatter and chatter and yell at each other.

I am going to stop dwelling on old things, old memories, what was, where I was a year ago, a decade ago, a lifetime ago.

I am going to be right where I am.

I am going to phone three friends everyday and cheer them on.

I am going to plant things and check them every single day to see how they're doing.

I am going to watch old movies and probably bite my nails.

I am going to hug my dog.

I am going to say goodbye to controlling my life and hello to being okay with it.

I am going to talk out loud to my mother. *(editor: Jann's mother passed away recently)*

I am going to ask for help when I need it and even when I don't need it, because we all want to help each other even if we don't think we do.

When one of us is sad, we are all sad.

When one of us suffers, we all suffer.

When one of us is hungry, we are all hungry.

The things we've learned in two months, would have taken us 20ty years.

What a gift this has been.

Even if you don't see it yet, you will.

The universe just handed us a piece of time.

The thing we have always wanted the most.

Jann Arden May 5, 2020

Old Spokes - FLC Seniors Cycling Club
Promotes health and fitness for cyclists 55+
www.flcseniors.ca/activities/cycling
Email: cycling@flcseniors.ca
Facebook: Old Spokes