

# ROLLING WHEELS



OCTOBER MEETING

THURSDAY  
OCTOBER 7, 2010  
7:00 PM

AT THE  
NEW VILLAGE  
RECREATION CENTER

Suffolk Bicycle Riders' Association | October 2010



**Thanks to all of the SBRA members who volunteered for the 2010 Guide Dog Ride**



**At this month's meeting,**  
Marc Taczanowski, DC, CCSP, CSCS,  
ARTc of True Sport Care will speak about  
back injury prevention and management—  
including stretching related to cycling,  
how and when.

# Welcome New Members



John Barrow, Robert Carroll, Christopher Daiuto, Dennis Desmond, Edmond Desmond, Thomas Dominguez, Paul Forziano, John Gratto, Nicholas Gratto, John Martin, Paul McNeil, Alma Murray, Paul Murray, Bennett Owens, Hunter Owens, Preston Owens, Susan Owens, Tom Owens, Blair Pandeloglou, Marc Pandeloglou, Gail Rhatigan, Robert Rhatigan Jr., Joye Toor. Guide Dog members to be listed in the next issue.

*Norm Samuels, Membership Chair*

## 2010 Executive Committee

<b>PRESIDENT</b>	Bob DeVito	745-2282
<b>VICE-PRESIDENT</b>		
<b>VICE-PRESIDENT</b>	Janine Schwartz	
<b>TREASURER</b>	Joe Matzelle	273-3578
<b>RECORDING SEC</b>	Dave DiRoma	821-7598
<b>CORRESPONDING SEC</b>	Paul Miklean	689-7186
<b>MEMBERSHIP</b>	Norm Samuels	928-3913
<b>SOCIAL DIRECTOR</b>	Evie Karakatsanis	
<b>EDUC &amp; SAFETY DIR</b>	Gordon Howard	878-1716
<b>ADVOCACY DIR</b>	Joe DePalma	235-9467
<b>RIDES DIR</b>	Bill Pope	475-4531
<b>WEBMASTER</b>	Percy Zahl	
<b>WEB EDITOR</b>	Brenda Meyer	

## 2010 Chairpersons

<b>ADVERTISING</b>	Bob DeVito	745-2282
<b>BIKE-BOAT-BIKE</b>	Peter Olivieri	365-7588
<b>GRAPHIC DESIGNER</b>	Jim Deerfield	724-6401
<b>GUIDE DOG RIDE</b>	Jeff Meyer	471-2129
	Brenda Meyer	
<b>REFRESHMENTS</b>	Sue Sherman	473-4732
	Hava Samuels	
<b>MONTAUK CENTURY</b>	Jack Steffens	669-4740
	Peter Olivieri	365-7588
<b>NEWSLETTER</b>	Rona Dressler	751-2135
<b>PUBLIC RELATIONS</b>	Joe DePalma	235-9467
<b>QUARTERMASTER</b>	Jack Steffens	
<b>RIDE COORDINATOR</b>	Bill Pope	475-4531
<b>MAPS &amp; CUE SHEETS</b>	Lili Burliuik	
<b>RIDES STATISTICIAN</b>	Joe Matzelle	
<b>SUNSHINE</b>	Bruce Presner	476-3923

## Celebrating October Birthdays

Janine Schwalb – 02; Paul McNeil – 03; Judy Fanning – 06; Robert Braun – 07; Jeff Cohen – 07; Dennis Current – 10; Roberta Roesch -11; David DiRoma – 11; Gregg Maynard – 11; Charles Merritt – 12; Margaret Jackson – 14; Cathy Cahill – 14; Daniel Mussler – 15; Ira Marder – 16; Ronnie Levy – 18; Robert Smith – 18; Anita Risener – 19; Brant Brown - 20; Robert Turano – 21; Thomas Ingargiola – 24; Susan Herlyn – 25; Susan Hammerschmidt – 26; Mary Hoeffling – 27; Ellen Bogolub - 28; Raymond H. Watts - 29; John Saraceno – 29; Valerie Godfrey - 30th Adam Molny – 29.

*Norm Samuels, Membership Chair*



The purpose of the Suffolk Bicycle Riders Association is to teach members about bicycle mechanics, bike safety, the joy of bicycle touring, bicycling awareness for non-participants and to enjoy a mutual appreciation and compatibility during bicycle tours that may include camping and racing. Members shall consist of individuals and families who wish to participate as members abiding by the constitution and bylaws of the club. The Club may not discriminate in admitting members, according to their age, race nationality, sex, creed or religion.

**SBRA meetings are held on the 1st Thursday of each month at the New Village Recreation Center in Brookhaven. Located near the intersection of Wireless Road and Hawkins Road East of Nicolls Road (CR97).**

**FAQ: I'd like to Ask a Question or contribute to the answers—email: [Webmaster@SBRAweb.org](mailto:Webmaster@SBRAweb.org)**

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# MEETING MINUTES

## September 2, 2010

**1) Call to order** –President Bob DeVito called the meeting to order at 7:05PM. Approximately 50 members and guests were in attendance.

**2) Acceptance of Minutes** – the minutes of the August 5, 2010 meeting were accepted as published on the SBRA web site.

**3) Treasurer’s Report** (Joe Matzelle): Joe reviewed recent receipts and expenditures. The only expense item of significance since the last meeting was the club contribution to the Lobster Ride. The next major expense will be the purchase of the initial inventory for the club store.

**4) Committee Reports:**

**a. Statistician** (Joe Matzelle) – Joe reported that for the year to date over 187,000 miles have been ridden by club members, with 171 rides posted in August. Stats were updated two weeks ago on the web site and will be updated again in the next week.

**b. Membership** (Norm Samuels) – there are presently 979 members, with 13 new members since the last meeting.

**c. Sunshine** (Bruce Presner) – Bruce was absent but Norm Samuels reported that Steve Sendrowsky had recently had surgery and is doing well. Joe Matzelle noted that Dave Holbrook had recently been injured in a fall, suffering several broken bones.

**d. Webmaster** (Percy Zahl) – Percy was absent and no report was given.

**e. Web Editor** (Brenda Meyer) – Brenda was present and had no report

**f. Safety/Education** (Gordon Howard) – Gordon was not present and no report was given.

**g. Advocacy** (Joe DePalma) – Joe was not present and no report was given.

**h. Social** (Evie Karakatsanis) - Evie reported that the Halloween Ride is scheduled for October 24 at the Holtsville Ecology Center. Details will be available shortly on the web site.

**Old Business:**

**a. Sign-In Sheets** Bob DeVito reminded ride leaders to use the new sign-in and accident waivers available on the web site. Bob was pleased to note that we are nearly doing much better on getting sign-in sheets on a timely basis, with legible names.

**b. Guide Dog Ride** – Jeff Meyer reminded the membership that the 21st Annual Guide Dog Ride is scheduled for September 12th. He still has a few openings for volunteers; particularly to lead the 5 and 10 mile guided rides. Currently, there are about 200 pre-registered riders with about 500 total riders expected.

**c. Lobster Ride** – Bob DeVito noted that a total of 76 people registered for the lunch, more than had been originally planned.

Although the club paid for the additional attendees, Bob stressed that we must be more disciplined about holding to the advertised limits. The Hampton Maid Ride, scheduled for October 17 has a very strict limit due to the size of the restaurant.

**d. Long Island Criterium** – Bob discussed the reasons that this event was cancelled. Due to relatively low pre-registration in the days leading up to the event, it was decided to cancel rather than to incur costs and possibly lose money on the event. We will try this again for next season, possibly looking to sponsor the event earlier in the season, in late April or early May.

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**e. Contribution Policy** – Dave DiRoma outlined the new policy that has been presented to the Board to deal with requests for contributions or donations by the club. Once the draft policy is completed, a process will be posted on the web site for interested parties to follow when requesting that SBRA make a donation of money or a contribution of volunteers or other resources to a non-club activity.

**f. Contributions** – Dave DiRoma mentioned that the Executive Board had approved a \$100 contribution to the American Cancer Society on behalf of Linda Abraham, who was participating in an event for Breast Cancer Awareness.

**g. Nominating Committee** – Bob advised that club elections are coming up soon and we need candidates to run for various offices and board positions. Anyone interested in participating on the Nominating Committee should see him after the meeting.

**h. Awards Committee** – Barbara Abraham mentioned that the committee would be meeting shortly to start planning the awards for the Holiday Party. The Board has made some suggestions as to how some of the awards are determined and Barbara is looking for member input on other types of awards that could be made.

**New Business:**

**a. Club Store** – Brenda Meyer reviewed the various types of club-branded clothing and other accessories that will be selling once the store is up and running. Shoe noted that a member, Bobby Ploetz, had offered to run the store, which involves managing the inventory and delivery of purchased items. Payment will be accepted only via PayPal for on-line purchases and members can have their choice of delivery via mail or pick-up their items at the monthly meetings. Brenda advised that we are in the process of placing an order and expect to have items available for sale in October, except for club jerseys, which will be available in December. Currently access to the store will be limited to club members but Bob DeVito noted that once we have some experience in running the store, the Board would consider opening it to non-members as well.

**b. Club Support** - Norm Samuels advised that he had been contacted by Dennis O'Donnell, who is involved in organizing the North Fork Wounded Warrior ride on September 18. The organizers are looking for club support, primarily as ride marshals. Any one interested in helping out should contact Norm.

**Program:** John Generella moderated a series of presentations by owners of recumbent bikes. A number of recumbents, representing a variety of styles were brought in for display. Thanks, to John, Pat Mullen, Brant Brown, Herb Brown and Brian Mahoney for an excellent discussion

Adjournment - the meeting was adjourned at 8:25 PM.

*Respectfully Submitted,*  
David DiRoma  
Recording Secretary



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# Season's Spin



October brings with it cooler temperatures, falling leaves, beautiful biking days and....allergies? Many people talk about their "seasonal" allergies, meaning spring and fall. As the season's shift from late summer to autumn, you may start to notice itchy eyes, nasal congestion and sneezing.

Fall allergies can be just as difficult for some to deal with as in spring. While springtime allergies are due to the abundance of flower pollen, fall allergies are usually the result of ragweed (which can pollinate from August through the fall) but also mold. All those beautiful falling leaves pile up, get damp and can produce mold.

One way to help keep allergies under control, as well as reduce nasal congestion and sinus infections, is with nasal rinses. Using either a netti pot or a product like Neilmed Sinus Rinse after a ride can help wash away the allergens that you picked up while outdoors. Both can be found at major health stores or online.

Another option to try is an herbal supplement called stinging

continued on page 7

NICK ATTISANO'S

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nettle, which has natural antihistamine and anti-inflammatory properties. It can help open sinus passages and also alleviate some asthma symptoms. (Please check with your health care provider before starting any supplements.)

The shorter days of autumn don't necessarily mean less time on the bike. So don't let a few allergy symptoms keep you off the road (or out of the woods!).

## Karen

*Karen Giles is a New York state licensed, nationally board certified acupuncturist with a private practice in Port Jefferson. Find out more at KGilesAcupuncture.com.*



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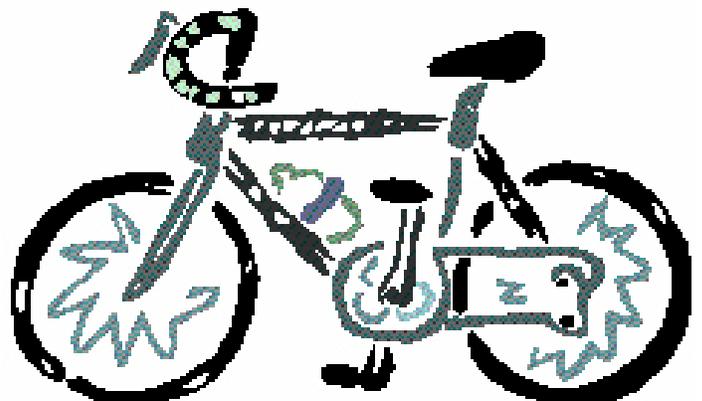
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# SBRA Members cruise the New England coastline to Canada

by Linda Resnick



**SBRA** took Bike Boat Bike to a whole 'nother level when Dick Cunningham organized a bike cruise open to our members which took place this past August. The cruise, aboard the Celebrity Summit, traveled up the New England coastline to Canada. The one week excursion featured four ports: Portland and Bar Harbor, Maine, St. John, New Brunswick and Halifax, Nova Scotia. In the months preceding the cruise, Dick worked long and hard to contact cycling groups in each port so that we could have local input and, in most cases, local cyclists, to lead us on our 25 to 30 mile rides through the areas. The 25 participants from our group were joined by about 12 cyclists from the Bicycle Touring Club of Northern New Jersey, whose member Jane Giordano did additional organizing at her end. Both Dick and Jane J did a great job overseeing the care of our bikes on the ship and

the linking up with the locals in each port. Our sincere thanks to you both. What fun to take our bikes on the cruise ship, roll them off the ramp each day and cycle through new territory!

Mother Nature, as beautiful as it was as we cycled through green hills and picturesque villages (and, in Halifax, unfortunately, lots of construction) did conspire to spice up the trip. Our ports coincided with a three day heat wave (even that far up north) where, we were told, it hit as high as 103 degrees (that, in Halifax!). In addition, Hurricane Earl was predicted to hit directly at the Bay of Fundy, New Brunswick and the captain thought it best to skip this port and head straight east leaving Halifax, so that he could steer the ship out and around the hurricane as we sailed back to New York. We did have extremely choppy seas during most of Saturday, our last full day at sea.

All told, though, we had a fabulous time. What a life style, having all meals prepared for us while we cycled the day away! The Celebrity Summit was a quality ship and we enjoyed the company of 30+ cyclists all looking forward to a wonderful day of touring on two wheels. The trip was a total success. Our thanks to Ray Giglio and his riding buddies of the Kennebec Valley Bicycle Club in Portland, Bryan and Dale (who would have been our leaders in St. John if we had gotten there) and Steve Bedard of the Halifax Cycling Coalition for their efforts in putting our rides together.

