



THE SPROCKET

May - June 2021

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S.I.W. President's Message

SIW Members,

Today was one of those odd days for me that I opted not to ride. The temperature was a little cooler and the weather report and radar indicated that the first two hours of the ride would likely be in the rain. I also listened to a feeling of mild fatigue that implied that a day off the bike would probably be best. I'm also probably putting a few positive credits in my account with Frances as I am home to help with hosting several grandchildren.

Without a doubt, this is my favorite time of the year. The redbuds and dogwood trees are blooming and this past week I observed the most spectacular rainbow of my life. Weather conditions in general have been excellent for bicycling for several weeks and it's good to see more of you participating in our rides.

Safety continues to be a theme I plan to continue to emphasize. Please continue to observe all CDC, state of Indiana and SIW COVID-19 guidelines as well as observe road cycling safety guidelines. The American League of American Bicyclists has five rules for the road. They are Follow the Law, Be Predictable, Be Conspicuous, Think Ahead, and Ride Ready. For more details, visit <https://bikeleague.org/content/rules-road-0>. A final point is to encourage you to formally report if you experience any problems with dogs that are loose and in the roadway. Information on reporting is available via the Links > Legal Assistance > Animal Control Contacts on the SIW website.

The planning for Harvest Homecoming 2021 is underway so please mark your calendar for October 2, 2021. As you probably know, this event is our major fundraiser and I hope you plan to volunteer to help.

David Campbell

If you need a quick response from me, please call or text me at [502-262-4771](tel:502-262-4771). For less urgent matters, my email address is campbelb5730@sbcglobal.net.



Next Club Meeting:

Monday, May 10, 2021
Zoom

We will begin promptly at 6:00 PM.

Come join us & support your club.

Happy
Birthday!



MAY

Donna Richard	<u>05/01</u>
Mary Ann Galbraith	<u>05/06</u>
Bryan Madison	<u>05/09</u>
Ann Bishop	<u>05/14</u>
Sandra Jacobi	<u>05/14</u>
Edward Gootee	<u>05/16</u>
Malvery McKim	<u>05/17</u>
Edward Fritzing	<u>05/20</u>
George Wilding	<u>05/20</u>
Barry Davis	<u>05/23</u>
Kim Decker	<u>05/24</u>
Marla Huhnerkoch	<u>05/25</u>
Roben Rosenberger	<u>05/26</u>
Katy McMillen	<u>05/27</u>
John Bell	<u>05/29</u>
Tony Duncan	<u>05/29</u>
Donna Neel	<u>05/29</u>
Brenda Gutmann	<u>05/30</u>

JUNE

Patrick Yates	<u>06/04</u>
Amy Chrisman	<u>06/16</u>
Ron McKim	<u>06/17</u>
Kevin Sigafos	<u>06/17</u>
John Hamilton	<u>06/18</u>
Mike Jacobi	<u>06/25</u>
Nathan Domagalski	<u>06/26</u>

Emergency Contacts

By *John Neichter*

One of the unfortunate facts of life for bicyclist is that eventually you or someone you are riding with will have an accident. None of us want to think about it but it will happen. Obviously the first step is to evaluate the situation; is the rider conscious, are they bleeding, does 911 need to be called? If the accident is bad and emergency help is called, how do you contact that person's family to let them know what is going on after you have called 911? Hopefully, this article will help.

Setting Up Emergency Contact Information

With today's technology most of us ride with a smart phone. For those with whom you ride regularly, ask for emergency contact information, just a name and phone number. One or two of their contacts will do. With an iPhone, go to your friend's name on your device, hit edit and add this information under notes. Keep it simple, like Andrea (spouse) 812-555-5555.

But how do you help someone for whom you have no emergency contact information? Look on their device and see if this information is available.

With newer iPhones using OS 14 or greater, emergency contact information can be accessed with Medical ID without signing in, if it has been set-up in advance. To access, press the button on the right and the volume up button on the left (the top button), at the same time. This is the same button combination used to shut down the phone. When these buttons are pushed, the screen shows Power Off, Medical ID, Emergency SOS. To active, press and slide the feature you want to use. When Medical ID is used, it shows medical information and when you scroll down, it shows emergency contacts and telephone numbers.

To set-up Medical ID on an iPhone go to Settings/Health/Medical ID. Here you can add several contacts including your spouse, children, friends or doctor. You can add medical information including medicines, blood type, allergies, or medical conditions like asthma. If you are unable to communicate, this information might save your life.

Pressing and sliding the Emergency SOS button will call 911. If set-up with contact information, after the phone call ends, a text message will be sent to the emergency contacts with your location, unless you cancel. I suggest you use the Medical ID feature and call their contacts yourself on YOUR phone so if you have to leave a message, they can call you back.

Medical ID can also be set up on an Apple watch by going into the watch app on the phone. Go to the Watch app/My Watch/Health/Medical ID. To access, press and hold the on/off button on the lower right side. If you have an accident and you are by yourself and cannot access your phone, this will be really handy.

Another feature on the Apple watch is Fall Detection, but I do not like it and do not recommend it because I believe it is too sensitive. If you want to set up, go to the watch app, Emergency SOS/ Fall Detection, turn on.

Android and other devices offer the same features, go on-line to find out more. Take a few minutes and explore the features on your phone along with how to set-up instructions.

As the saying goes, "You don't plan to fail, you fail to plan." By planning ahead, you can make it easier for someone to contact your family when it is needed the most.

Cycle Zydeco

April 7-11, 2021

By: *Peggy Bannon, Barbara Thorn, Maggie Ridge*

Five members from SIW headed south to Lafayette, Louisiana to explore the Cajun culture and countryside with Cycle Zydeco. About 350 people from 21 states converged at Vermilionville, a living history museum and folklife park. Here, people camped or were shuttled to close by hotels (that would be us). With the two nights of heavy rains, we were glad we had a roof over our heads. Vermilionville was a great venue where we listened to Zydeco music, enjoyed meals in a beautiful garden and tasted various beers from a local brewery. There was time to explore the grounds which had original buildings from Acadian, Native American and Creole cultures. We switched up our muscle use and used our arms to pull us from one house to another using a human powered ferry.

Breaux Bridge, the Crawfish Capitol of the World, was the second location used for starting and ending rides. It is a charming little town filled with a variety of restaurants and shops to explore. We were treated to more Zydeco and an old-fashioned crawfish boil. Not saying how many plates of mudbugs we consumed, but anyone who has pinched off the tails and squeezed out the meat knows it takes a lot of work.

We had beautiful cycling weather and the cue routes took us past huge oak trees draped in Spanish moss and bayous filled with water lilies. Their season is way ahead of ours with roses already blooming and something you do not see here, Amaryllis growing in the ground. So Beautiful! We rode through fish camps, past beautiful farms and ended with a tour around the University of Louisiana. Occasionally, you would see the outline of a camera in the road. Those were points of interests that revealed old plantations and a playground for monkeys. A U of LA student told us that those monkeys were used in the Pfizer vaccine research. SAG stops were plentiful taking us to gardens filled with statues, a swamp visitor center, and old taverns (including one called Quinn's). We were treated to Boudin; a Cajun sausage made with meat, rice, and spices. Southern hospitality was at its finest as all the volunteers were so friendly and helpful.

The last final celebration ended with delicious Jambalaya and Zydeco music. This is a great ride for any skill level, beginners to seasoned. There were many mileages to choose from and the roads are FLAT, FLAT, FLAT. Many thanks to Jim and Debbie Shelton for organizing this event and keeping us straight with cue sheets. This is a "let's do this again" event.





Upcoming Events

See Ride Schedules <http://siwheelmen.org/rides.htm> for additional details

Date	Title	Location	RC
May 10, 6:00 PM	Club Meeting	Zoom	
May 29-30	Horsey Hundred Bike Tour	Georgetown, KY	Brian Christoff

If you are interested in submitting pictures or an article to *The Sprocket* Newsletter please contact Holly Campbell at hcampbell6229@gmail.com.

Additional information on bicycling in Indiana can be found by contacting:

Bicycle Indiana • info@bicycleindiana.org • www.bicycleindiana.org

Southern Indiana Wheelmen web pages • <http://siwheelmen.org/>

If you are a bicyclist in the Southern Indiana/Louisville area and would like to ride with a great group of people with similar interests, come check us out! Just pick up a Southern Indiana Wheelmen / Slowspokes ride schedule from the Clarksville Schwinn bicycle shop. If you have any questions, please contact one of the club officers or visit our web site at www.siwheelmen.org.