



# The Cue Sheet

The Newsletter of the Elmhurst Bicycle Club  
Riding Strong in our 41st Year

## February 2018



Elmhurst Bicycle Club is the League of American Bicyclists' 2009 Bicycle Club of the Year for Region 4.

### Our President's Message

Greetings EBC Members! February is upon us and we are all praying for snow and cold weather so the EBC winter program of XC Skiing, snowshoeing, winter hiking and single track snow riding can begin in earnest. There will be road rides as well when the road conditions are safe. EBC never sleeps, there is always something going on to keep you moving.

The fabulous EBC Cross Country Ski Trip is coming up February 4<sup>th</sup> to 9<sup>th</sup> and is an event that is not to be missed. Several dozen EBC members make the trip each year to Ironwood, Michigan to ski at ABR (Active Backwoods Retreat) which has some of the best grooming in the county. The trip also has snowshoe hikes daily. This is really fun trip with great camaraderie among the attendees. See the EBC Ride Schedule for more information.



On The Business side of things, our new Website represents a change in the way EBC does business and I want to ask all members to be patient and maintain a civil and cheerful tone when dealing with Webmaster John Riordan on this issue. He is inundated with requests to reset passwords, troubleshoot membership etc. Many pages like the ride schedule and the member miles pages will be different than what we are used to, but we all must adapt. Right now John is The Elmhurst Bike Clubs MVP, please treat him accordingly.

We are extremely excited to have our own Pravin Patel as our featured speaker at our next Club meeting on March 8<sup>th</sup> 2018. He will tell us about his amazing month long biking and hiking trip to the Himalaya. Our meetings are at the Elmhurst Community Bank, 330 W. Butterfield Road, Elmhurst, IL (junction of Butterfield Road & Spring Road.) All members and guests are encouraged to attend to keep up with club happenings and to socialize with your fellow members.

I hope to see you on the road or trail in May.....riding, hiking and skiing at the speed of fun!

George Pastorino  
President

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### February EBC Meeting Canceled due to Ski Trip

The next Board meeting will be Thursday March 8, 2018 at 6:30pm at Elmhurst Community Bank, 330 Butterfield Road, Elmhurst IL 60126.

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## REI Wilderness First Aid Course By George Pastorino

Pussanee and I became certified in Wilderness First Aid by taking the 18 hour class over a 2 day period. REI sponsored the class, but does not teach it. The class is taught by The Wilderness Medicine Institute of the National Outdoor Leadership School (NOLS). The class is very thorough and challenging and the instructors outstanding. They teach students how to handle medical emergencies and trauma in the backcountry with just the supplies you carry with you and they also teach you what to carry. This is a very hands on class and students must be comfortable touching and being touched in a professional manner. You have to do head to toes assessments by touch and tape bare ankles and feet etc.

The class is from 9am to 6pm for two days in a row so it can be tiring. They use stage blood and makeup to simulate real injuries and it is quite realistic. We also got certified in the use of an epinephrine auto injector (EpiPen). This certification will allow to obtain and carry an EpiPen in our Kit.



## Tom Preston's 75th Birthday Ride By Vincent Gatto

January 20th is Tom Preston's Birthday. This year makes the third year that I have rode at the Arboretum with him on his birthday. In the past years, it was just Tom and I. In the video, I included photos of the past years with just Tom and myself. Tom turned 75 this year and his ride attracted more riders. This year Tom and I were joined by Tom, Phil, Chuck, and Ken. The photos I had were from my phone, the videos I had were from my GoPro and my drone. We did 2 complete laps around the Arboretum, (15 miles). When the ride was over, everyone, except me, went in for coffee at the Arboretum restaurant.

*Click on image to launch video*



## EBC Annual Picnic Date By Joanne DeZur

It might help your spirits with the snow we have been having to remember the annual EBC picnic.

The date for this year is August 11th, same location. As usual as it gets closer to the date I will be looking for volunteers for set-up, water carrier, game handler (if you can think of something other than our bean bag game, let me know although everyone seems to enjoy it) and lastly take down and clean up.

Mark it on your calendar and remember we also have rides to the picnic so you can obtain mileage along with meeting some people you may not ride with, and spending time with old friends.

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## Morton Arboretum Hikes

By Ken Hickey

Morton Arboretum hikes regularly lead by Bill and Kären. pictured: Bill, Kären, Lee, Hope, Chuck, Ken and Paul



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## Check out the new Member Profile Photo Help page by Nancy Shack

By John Riordan

We love volunteers!  
Nancy Shack has pitched in and authored a guide on helping you all to get those Membership Directory Profile Photos looking good.

Please Try this link: [Member Profile Photo Help](#)  
Or see the link on the new website's Home page (Current Events section) or as a Help page under the About Us menu.

Folks, it really helps to have a usable photo of yourself in the directory for Ride Leader's, or friends, or members that you are just meeting to look at.

Thanks Nancy!

**Elmhurst Bicycle Club**  
ESTABLISHED 1977

Home » Member Profile Photo Help

**Member Profile Photo Help** Last updated by Nancy Shack & John Riordan: 1/4/2018

The member profile photo updating mechanism is not part of the member Profile page, nor is it as user-friendly as it could be. So here is a step-by-step guide on how to get yourself a good portrait photo on your listing in the Membership Directory.

1. The most effective picture is a head shot. If you include more than that, the end result will appear so small in the directory that your face will be difficult to see. A good size to upload is about 100 pixels (width) by 150 pixels (height), but you can do a little larger. Whatever you upload will be resized to thumbnail-size picture.
2. You need to have your photo on your computer and in a place where you'll know where to find it. The easiest location is probably your desktop.
3. Log into the club's website at this address: [www.ElmhurstBicycleClubExpress.com](http://www.ElmhurstBicycleClubExpress.com). The login is at the top right of the page. A successful login results in your name now being at the top-right of the page.
4. Click on your name, or the down arrow at the top-right of the page. You'll now see an outline of a head with a question mark, as well as your contact information.
5. Click on the outline and you'll go to another page.
6. Scroll to the bottom and you'll see a box that allows you to upload a photo.
  - Click on "Browse" and a dialogue window that shows files on your computer will appear.
  - Since you know where to find your photo on your computer, you must navigate to it and then "Select" it by clicking on it.
  - Then click "Open".
7. You are now back on the website page in the above step.
  - Click "Save" and you are done.
8. Feel free to contact Nancy Shack <[nshack@comcast.net](mailto:nshack@comcast.net)> if you need help.

You can see how your photo looks on your listing, and if you aren't satisfied with it, you can go back and change it as many times as you want.

Elmhurst Bicycle Club is a 501(c)(3) non-profit organization. All proceeds from our events go to support our club.

**Board Minutes  
January 11, 2018**

**Present:** George Pastorino, Ken Hickey, Kim Messina, Shelly Hicks, Judy Mikesell

**1. President:** George asked Judy to gather the 2017 top 20 Ride Leaders, Member Mileage, New Member Mileage Award, and Patch Qualifications statistics to prepare for the awards meeting in April. John Reardon will be the main source for some of this needed information once the 2017 ride entries have all been completed. There has not been a Young Rider (under 12 years of age) Award qualification for years, so the board passed a motion to abandon this award.

**a.** The Board passed a motion to make \$500 donations to: Bike Illinois, Active Transportation Alliance, CAMBR, and Project Mobility. \$100 was donated to Elmhurst Cool Cities Coalition.

**b.** No February club meeting, due to many members will be attending the UP Cross Country/Snowshoe week.

**2. Vice President:** Ken has made a training video on how to list a ride on the new EBC website. There will be additional tutorials developed as more features are made available to use. February 1 is the target date for switching to the Club Express website.

**3. Membership Coordinator:** Currently there are 394 members.

**4. Treasurer:** Monthly Banking Summary (dated 1/1 - 1/5/18): Total income: \$1,355.00; Total Expenses \$128.80; Total balance: \$16,528.80

**5. Secretary:** Elmhurst Cool Cities Coalition, along with One Earth Film Festival is presenting the movie *Happening: A Clean Energy Revolution* on Sunday March 4 at 1pm, to be held at Schaible Science Center, Elmhurst College. EBC made a contribution to sponsor this event and will be listed in their program. Information on EBC and safe cycling can be handed out to all attendees.

**a.** UP Cross Country/Snowshoe/Hike Week Sunday Feb 4 - Friday Feb 19 at Indianhead Motel in Ironwood, MI.

**6. Sponsorship:** no news.

**7. Newsletter:** Kris Nicoletto - no news

**8. Website/Database:** Cutover to Club Express EBC site is planned for Feb 1. Training video is on the website which explains how to list a ride.

**9. Publicity:** none

The next Board meeting will be Thursday March 8, 2018 at 6:30pm at Elmhurst Community Bank, 330 Butterfield Road, Elmhurst IL 60126.

Respectfully submitted,

Kim Messina  
Club Secretary

**EBC General Meeting Minutes  
January 11, 2018**

**Present:** George Pastorino, Ken Hickey, Judy Mikesell, Shelly Hicks, Kim Messina

The General Meeting was called to order at 7:15 p.m. at Community Bank of Elmhurst.

**1. President:** No club meeting in February - due to many members will be up at the UP.

**2. Vice-president/Ride Captain:** There is a tutorial on the new website, as well as emailed to club members, that Ken made on how to list a ride on Club Express. Anyone listing a ride or hike should list on both the old and new EBC site. February 1 is the cutover date from the old site to Club Express site, if all goes as planned.

**3. Secretary Report:** UP Cross Country/Snowshoe/Hike Week Sunday Feb 4 - Friday Feb 19 at Indianhead Motel in Ironwood, MI. Great fun, lots of laughs, and Dirty Uno during the week of winter adventures. There is still time to sign up! For the hotel: [www.Indianheadmotel.com](http://www.Indianheadmotel.com)  
Elmhurst Cool Cities Coalition, along with One Earth Film Festival is presenting the movie *Happening: A Clean Energy Revolution* on Sunday March 4 at 1pm, to be held at Schaible Science Center, Elmhurst College. EBC made a contribution to sponsor this event and will be listed in their program. Information on EBC and safe cycling can be handed out to all attendees. Further details will be put on the Ride Schedule.

**4. Membership Coordinator:**

Total members: 394

Meeting attendance: 24 members

To keep your club benefits, make sure to renew as soon as possible.

**• Door prize winners:**

John Loesch - \$25.00 certificate Trek Store Downers Grove

Jay Lumkes - EBC socks

**5. Tonight's refreshments:** Donna Busching  
**Refreshment Coordinators:** Donna and Gary Busching

**6. Treasurer:** Monthly Banking Summary (dated 1/1/2018 - 1/5/2018): Total income: \$1,355.00 Total Expenses \$128.80; Total balance: \$16,528.80

**7. Awards and Club Attire:** Award ceremony is scheduled for April. Awards will be given to members who have ridden over 1000 miles, to the top 20 ride leaders, members who rode 200 miles in one day, new member - most miles award, and The Patch award - 25, 50, 75, and 100 miles ridden in one year.

**a.** The Young Rider (under 12 years old) Award has been discontinued - due to no participation of young riders.

**8. Sponsorship:** no news

**9. Advocacy Chair:** no news

**10. Sergeant at Arms:** Sue Hickey. Send photos to her for entry into our new data base

**11. Programs:** Should members have any ideas for guest speakers or bike related topics to be presented at our meetings, please contact Vince Gatto

**12. Safety Chairman:** no message

**13. Mountain Bike Coordinator:** Weather is now in a freeze/thaw cycle. Rides are best when it is below freezing to prevent damage to the trails. Make note to your calendars: Mountain Bike Rides / Pool Parties at the Pastorino's will be the last Sunday of June, July, and August. There are always a variety of rides offered, and as always, everyone invited to stop by even if you don't ride. More details will be posted in the ride schedule.

**14. Website/Database Team:** John Riordan spoke on the progress being made with Club Express. Membership renewal was successful for the 1st year using Club Express. Web pages are being updated. Start location, riders pages, mega links pages, ride log - members mile page, ride leader responsibility page, how to ride with GPS - lots of progress has been made and a lot of information can be accessed on the new site. There are some known 'bugs', some will may be fixed, some may not be fixed due to simply Club Express and their site issues.

**15. Announcements:** Kathy Wagner-Selbach will be organizing some additional rides prior to the Apple Cider Ride, the weekend Sep 28-30. She is planning on doing the century Sep 30 on her steel bike - the same bike she used the 1st time she did the Apple Cider. More details to follow, but mark your calendars for now.

**16. Publicity:** No news

**17. Tonight's Program:** Kathy Smith from Touring Rides in Rural Indiana will be in town to speak to our club. She will speak on the RAIN Ride and the RAIN STORM Ride.

See: <https://www.rainride.org>

The next meeting will be the Thursday March 8, at 7:15pm at Elmhurst Community Bank, 330 West Butterfield Road, Elmhurst IL 60126.

Respectfully submitted,

Kim Messina  
Club Secretary

Please submit articles and/or photos for the newsletter to Kris Nicoletto (knicoletto\_comcast.net). The deadline is the 25th of the month.

### Elmhurst Bicycle Club Officers and Committee Chairs

**President**

George Pastorino, 708.903.8700  
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**Vice President/Ride Captain**

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John Riordan, 630.833.8201

**Refreshments**

Donna and Gary Busching, 630.967.4727  
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**Safety**

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**Sergeant-at-Arms**

Sue Hickey, 630.627.4518  
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**Assistant Ride Captain**

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Human Interest Person  
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Interested in joining EBC? - [Membership Application](#)

## February, 2018 • • • Club Rides

Ride Schedule - The most current ride schedule can be found on our website at: [Ride & Event Calendar](#).

### Please Support Our EBC Sponsors



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