

SPOKE

Notes

Newsletter of the Cyclonauts Bicycle Club, Springfield, MA

THE PRESIDENT'S CORNER



I would like to take a moment to talk about bicycle safety. I would suggest having an emergency

contact card with you during the ride or have it listed in your phone.

On an iPhone you can access the medical ID by pressing and holding both the power and volume up buttons. Check to see how it works on your device. (See how to set up a medical ID on the iPhone on the Editor's Rest Stop page.)

Also, I encourage everyone to take a First Aid and CPR class. Please familiarize yourself with the club's safety rules on the website at <http://www.cyclonauts.com/bicycle-safety-rules.html>.

As a reminder, the Ride Leader is responsible for reviewing the basic safety rules before each ride, especially if you have new riders with you or non-members.

Thank you to everyone that attended this year's annual banquet. It was nice to see people I normally don't run into during the hikes/rides. Several members spoke about hikes they led and trips they went on.

I hope you all can attend the **CLUB PICNIC** on **July 29th at 4:00** at Mary Ann Siron and Bill Steven's house, 280 Prospect St. Extension, Westfield, MA. It will be great to see you there.

James DeSellier
President

Summer Picnic

Is On Its Way

WHEN

July 29 @ 4:00

WHERE

@ Mary Ann Siron and Bill Stevens' House,
288 Prospect St., Ext., Westfield, MA

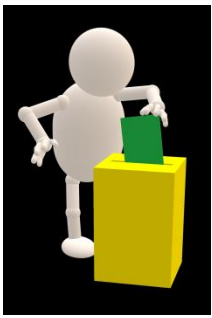
WHAT

As always, please bring:

- lawn chairs
- a dish to share
- eating utensils (plate and silverware)
- your favorite beverage

The club will provide hamburgers, veggie burgers, hot dogs, buns, and condiments.





ELECTIONS



At the Club's Annual Banquet on April 29th, a motion was made to accept the current slate of officers. The motion passed, and the officers are listed below

Elected Officers

- President - James DeSellier
- Secretary - Ann Morin
- Treasurer and Membership Chair - Janet Parslow
- Trips Chair - Betty Siwinski
- Hike Chairs - Mike Cronin (Wednesday Hikes)
Mary Ann Siron (Saturday Hikes)
- SpokeNotes Editor - Donna Katz
- Web Master - Betty Siwinski

Nominated At Large Members

- Ray Siwinski
- Sue Strange
- Diane Goguen
- Bill Grigaitis

Minutes for the Annual Meeting held at Storrowton Tavern on April 2023

The Club's Annual Banquet was held on April 29, 2023, at Storrowton Tavern, West Springfield. Due to the Covid pandemic, this was the first banquet held since 2019.

President James DeSellier thanked the approximately 30 people present for their attendance.

A tribute and a moment of silence were held for the Cyclonaut members whom we most recently lost: Ann Setnes - January 2023; Barbara Mancuso - August 2022; Henry DeSellier - May 2022, James's Dad who introduced him to the Cyclonauts in 1986; Rolland Daigneault - April 2022; Jack Fitz-Gibbon - April 2022; and Paul Dower - June 2020.

James presented Treasurer Janet Parslow's report. There are currently 50 single, 39 family and 14 lifetime memberships in the Club. There were 15 single and 3 family non-renewals. The Club's beginning balance this year was \$512.05. Paid expenses to date (LAB, stamps, envelopes, labels) amount to \$317.95, with insurance (approximately \$525) and picnic expenses (approximately \$200) yet to be paid. Deposits totaled \$1,880. Balance after the banquet - \$874.15

James thanked Kris Jackson and Les Prentice for organizing this year's banquet. James also thanked Mary Ann Siron and Bill Stevens for volunteering to host this year's picnic.

Since our by-laws state that the election of officers is to take place at the banquet each year, the annual election was held. The slate consisted of the current officers and those present were introduced by Susan Strange. (Please note that the current officers are listed on the club website).

A motion was made to accept the current slate of officers. The motion passed.

The Board has recommended an increase in membership fees as expenses continue to rise. Current fees are \$10 for singles and \$15 for families. The proposed fees are \$15 for single memberships and \$20 for family memberships.

A motion was made to accept the increase in dues. The motion passed.

Following some discussion related to the past season's hikes, James thanked all of the ride and hike leaders for their contributions to the Club.

Respectfully submitted,

Ann Morin
Secretary

EDITOR'S REST STOP



Hi everyone,


Just a reminder: If you wish to contribute, please don't hesitate to submit information you think will be helpful or of interest to the other club members. Send letters to the Editor, or feedback to me at donna.katz56@gmail.com regarding how SpokeNotes can be more interesting or useful to our members.

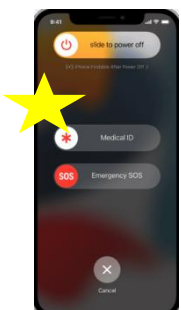
LETTERS TO THE EDITOR:

This is a place for club members to share their ideas and opinions with respect to all aspects of cycling and our club. Please limit letters to less than 200 words.

Steps for setting up a Medical ID on the iPhone:

Steps for setting up a Medical ID on the iPhone:

1. Select **Settings**
2. Scroll down to find and select the **Health** icon 
3. Select **Medical ID**
4. Follow the prompts to insert the information you choose to share including your emergency contacts.
5. If you want your emergency access visible in case of an emergency, then under the heading "Emergency Access" **Enable Show When Locked**.
6. Select **Done** at the top right corner of the screen.
7. Now when the on/off and volume up buttons are pressed simultaneously, the emergency SOS screen will appear with the medical ID option – as seen in the photo below.



Check out this YouTube video on "How to Set up your Medical ID:

<https://www.youtube.com/watch?v=F3XIkI75EIs>

THE WEBMASTER'S CORNER

When ride leaders need to cancel due to weather, I am happy to send out the ride cancellation notice. All notices should be sent to spfldcyclonauts@gmail.com.

However, whether or not to cancel is completely up to the ride leader. Please do not ask me to make that decision. We all realize that it can be difficult as the forecasts often change from evening to morning. Here are several things to consider when making that decision. The first is if the prediction is for thunderstorms. The risk of getting caught out in the open in a thunderstorm is not worth taking for a bike ride. Second is the temperature. Temperatures in the 50's with rain can lead to hypothermia. Finally, wet roads can be hazardous and can also be a reason to cancel. If weather reports the evening before a ride are inconclusive, remember that rides can still be canceled in the morning. The final responsibility lies with each rider. If riders are not certain if the ride is on, they should call the ride leader. This was what everyone relied on before email.

Betty Siwinski, Webmaster

Waivers Waivers Waivers!

The importance of leaders having all nonmembers on their ride sign a waiver and keeping the waiver with them on the ride, was brought home this past Saturday. We had a guest rider that, tragically, had a medical emergency on the ride. Thankfully, Diane Goguen thought to have the waiver with her on the ride and was able to contact the wife quickly. When you lead a ride, please be sure to have a waiver with you. The waiver, or release form, can be printed from the club website. Alternatively, if you do not have one with you, use any piece of paper to get the emergency contact information of any nonmembers on the ride and bring it with you on the ride. We can not overstate the importance of this.

Betty Siwinski, Ride Coordinator

Please let me hear from you as this is your website.
As always I can be reached at spfldcyclonauts@gmail.com .

