

November 2007

Draft Lines

by President Carol Davis

As winter approaches, there is no need to despair. Winter is a great time to participate in TWBC! In the summer, so many people are gone from the area. Winter is a time when everyone comes together, enjoying friendships and celebrating last season's achievements. Be sure to put our Holiday Party (December 15) and The Annual Banquet (January 26) on your calendars. Rides tend to be shorter and slower, so it is a great time for riders of different abilities to ride together. Don't put your bikes away just because it is dark and rainy! The pain you will go through to get back in shape isn't worth it!

At our October Club Meeting, members were asked to discuss and jot down **safety tips** for riding in the winter. There is much collective wisdom in our group. The tips were in three basic categories: Winterizing your bike, Clothing, and Technique.

Winterizing Your Bike



To get your **bike ready** for winter, put on headlights and taillights. Remember in dreary weather, even during the daytime, car drivers can't see you as well. A headlight will help oncoming traffic know you are there, especially if you are turning left or even if you are behind a car. Use the brightest taillight you can find, and of course make sure the batteries are ready to go.

Some people are lucky enough to have a different bike to use in the winter. Steel is not the best choice. If you don't have a special winter bike, you may want to add fenders. People riding behind you will really appreciate that! Put on heavier tires with better traction than those skinny tires you zip around on in beautiful weather!

Winterizing Yourself (Clothing)



Preparing means wearing the **right clothes** and taking extra clothes with you. Of course, wear bright neon clothing. Dress in layers, so your layers underneath should also be bright in case you take something off! (Don't wear white if it is snowing!) I learned the hard way, that it is better to be a bit too warm, than to get chilled and get sick. "Be warm, not distracted by misery!" Keep your fingers and toes warm. Make sure your helmet can accommodate a skullcap or ear warmers, and make sure your shoes can accommodate extra socks. Carry raingear and extra clothes to keep you warm in case everything you are wearing gets wet. Clothing should be polypropylene, fleece or neoprene; absolutely NO cotton! Try putting Rain-X on your glasses. In dreary weather, use pink, gold, or clear lenses. Your sight is just as important as the car drivers'.

Draft Lines, cont. on page 3, column 1

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ANNUAL CLUB PICNIC:

Who wants to volunteer for 2008?

Occurring on the 3rd Tues in August



PMC



Next Club Meeting:

Tuesday, November 20, 2007

Dec. Ride Calendar Deadline:

Wednesday, November 21, 2007

Article Deadline for the Dec. COG:

Friday, November 23, 2007

*(If you don't receive your mailed
newsletter, contact the editor!)*



The TWBC 'Smiling Bicycle' Logo
was designed by member Steve Lay,
as are the majority of our Club Ride
T-shirts, as well as the Club Jersey.

TWBC Ride Line

253 - 759 - 2800

UPDATED WEEKLY!



Winterizing Your Route (Technique)



Plan your route for winter. Make sure you are riding on roads where you will have the **best visibility** and plenty of room. When I used to commute from Purdy to Bremerton, I chose to ride on Highway 16 rather than those beautiful backroads we take in nice weather. The highway has excellent shoulders. I also felt comforted to know that so many people recognized me. I believed they would help me if I ever needed it.

Planning your route and watching the road are most important. Wet leaves can cause you to slip, and you don't know what might be underneath them. The white painted line is more slippery than the road surface. (That was the cause of my **FIRST** broken bone.) Use caution on steel plates and grates. Watch for oil on the road. Be careful braking and cornering on wet surfaces. If your rims and brakes are wet, they won't work as well. Give yourself more time to stop.

Wow! Look how smart we all are when we put our heads together! Some of these tips are common sense; some were learned the hard way! So get ready, and come join us for rides, parties, and meetings this winter!

(Editor's Note: The clip art used for this article came from the Web Site for Adventure Cycling Association, www.adv-cycling.org, published in January, 2000. From the January issue of Adventure Cyclist, the 1st & last clip arts were drawn by Greg Siple; the middle one was drawn by Luke McDonnell.)



Renewing Members:

Bernie Finklein, Carla Gramlich, Jeff Grider and Dianne Bechtold, Fletch Kistler, Patsy Lavelle, Jill Priest, Stan and Joan Sanders, & Jan Wieser.

New Members:

Juan Camacho.

Things Done This Year, or Next Years Goal(s)

Submitted by Jim Arhens, Safety & Education Officer

You have come a long way this season and so has your image as a cyclist. This year you -

- Purchased a new bike.
- Rode to work and back dozens of times.
- Successfully competed in Ride to Work month and week, exceeding your individual targets.
- Recognized the importance of rest, food and water.
- Rode on days when you would rather not.
- Improved your recovery time.
- Learned how to ride more safely (be seen, let them know what you're going to do, give them plenty of room, and you're going to make a least one mistake a day).
- Taking your turn up front, staying on the front longer, riding faster and further.
- Worked on individual training plan.
- Rode in the rain!

In the coming weeks (for the upcoming year) set some attainable goals; for example:

- Ride 100 miles per month (or set a specific amount).
- Ride to work 2x per week.
- Join a bike club, an online bicycle blog, or subscribe to a bicycle magazine.
- Read a bicycling article.
- Write a bicycling article (and send it to The Cog!)
- Attend an organized club ride (or attend x number per month).
- Volunteer to help on a bike ride.

...stay involved...and ride safe.

Prevent getting colds or the flu this season by making an effort to wash your hands **twice** as many times a day as you usually do. Use a soft cloth w/ alcohol or disinfectant quick-wipes on work surfaces, door handles, phones, & computer keyboards, **twice** as much in November. Keep your hands away from your eyes, nose or mouth, unless you have just washed your hands. Remember to wash your hands for as long as it takes you to sing the 'Happy Birthday' song to yourself **twice!**



Bob Myrick
TWBC Director of
Community and
Government
Affairs

Government Affairs Report

Our committee met again on Tuesday, October 10 at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenues. We plan to meet there again on Tuesday, November 6 at 7:00 pm to carry on our agenda for 2007. Hopefully, the new Narrows Bridge bike and pedestrian path will be open by then. State Representative Pat Lantz would like to see an unofficial opening of the path that is part of the Scott Pierson Trail. Hopefully, we could invite local elected officials to ride across the path and again have a celebration near the Bridge.

Diane Wiatr is a planner and commute trip reduction official with the City of Tacoma. She attended to talk with us about the City's Green Ribbon Task Force whereby the City is trying to do their part in improving the environment. Our TWBC mission is to encourage cycling for recreation, health and transportation, so we have been cycling the talk for a long time. We are improving our personal health and the health of the environment.

Diane thinks it is time for a new Bikeway Master Plan that would be part of the Complete the Streets agenda of TWBC. The City Manager is somewhat fearful of biking to work although he walks to work a lot. I told Diane there are 18 to 20 reasons why bike lanes and paths are good and only one reason applies to cycling. I offered to take Diane to University Place so she could observe their world-class system and try to figure out why more people don't use the system.

We don't see many people biking to their work along Bridgeport and we don't see many commuters riding their bikes on weekends to shop, etc. Still, there are almost 20 reasons why bike lanes are good. The City Manager is also engaged in solving the parking problems in Tacoma and possibly bringing back the streetcar. Ironically, easy parking probably means less people bicycling and walking. My good friend, Dixie Gatchell is fired up to promote Active Transportation and our local Health Department is very engaged in promoting walking and biking. Dixie says burn calories, not carbon.

Gov. Affairs, cont. on page 5, column 1
the cog



RIDE CAPTAIN REPORT



By Carla Gramlich



November marks the end of the season for TWBC. Please take the time to add up your rides and mail it in to the PO Box for TWBC. The form allows you to keep track of your mileage for Club Rides and most organize rides. Also there is a form to keep track of your monthly commute miles. At the annual Banquet in January we recognized everyone that submits their forms with Mileage for rides and commuting.

Now is the time to submit all your forms for rides that you have led during the year, if you haven't already. I can only count rides that you have led by how many forms that you submit to me. Sometimes, a ride is listed but due to weather it doesn't happen. From these forms (ride leaders and mileage) I can start buying fabulous prizes to hand out at the Banquet. I hoping for a record number of awards to hand out this year.

If you are new to the club, or just didn't take the time to keep track of your mileage, this is a good time to start. November is the start of the new season. The next couple of months may not be the best time to ride but we do have some nice days even during the winter to get out for a short ride. This maybe the year to purchase some rain/winter gear so you can get out more often during these months.

I am looking for photos members have taken during the past year for the presentation at the Banquet. This presentation is done with digital photos. Pictures of members or places members have been are ideal. These can be emailed, if you have a couple or burned onto a CD if you have several. In December, I sit down with all the photos members have given me and start to make the DVD for the Banquet.

I always thought I would go to New York City to do the Borough Ride that is held every spring. But I am going to be spending the first week in NYC, for something even better. My oldest nephew, David, qualified for the Olympic Marathon Trials. These Trials are held in New York on November 3, and I am going to be there to cheer him on. If

Ride Captain, cont. on page 5, column 2
page 4

Gov. Affairs, cont. from page 4, column 1

Dave Killen reported the Spanaway Lake Park trail appears to be complete. He suggested we try it out on one of our rides through the park. We also talked about the County's efforts to eliminate the bike lane on Spanaway Loop Road. I encouraged Dave and Steve Brown to follow up on the County's activities out there. Spanaway Loop road is out of compliance with its ability to handle traffic and therefore, we have the County's effort to eliminate the lane and make more room for cars.

Jay Emry from Olympia reported to me the Chehalis-Western Trail from Lacey to Rainier and Yelm is now finally bike friendly with their bollards so it should be safe for tandems and challenged cyclists to negotiate the trail with ease. He is still working to get the trail north of the freeway equipped with proper bollards. On another positive note, the new Watershed trail is available for use. Eventually, it will tie in with the Chehalis-Western in Lacey. Get to it off of Eastside Drive in downtown Olympia just south of the freeway. It heads east up towards Lacey. The trail has been a local citizen driven effort over the past ten years or so.

Out on the trails around here, we are recommending the County should hire at least two more people to get our trail acquisition and building program moving forward in a more timely manner. We are also recommending the County revise their old condemnation rules with regard to trail building so land can be acquired in a more business like manner. In Puyallup, we have lobbied for a connection to the Meeker Trailhead off of Shaw Road since the road is being reconfigured right now. I attended an Eatonville Trail planning meeting and a meeting on the Upper Nisqually Valley Rural Transportation Plan. The Interurban Trail in Milton is under construction and should be ready by spring.

Thanks in advance for any help you can provide in meeting our mission. Remember, your help is needed in your local community. I will soon be leaving for Nepal; yes, I will burn carbon and calories. Our trip will be a trek in the Annapurna region for about three weeks. Meanwhile, look for information in next month's newsletter regarding the coming TWBC Banquet in January. I hope to see you there. Don't forget to cycle more and worry less. Try to get out and bike or walk every day and be safe.

Remember, for the **November General Meeting**, Roz & Carol Davis will be showing a digital picture show of their **European Adventure** & we will be voting on the **TWBC Budget** for the coming year.

Ride Captain, cont. from page 4, column 2

you are up early on November 3, switch on NBC, The Today Show will be broadcasting the start of that race.

The next day, I am hoping to get a photo of Lance Armstrong as he runs the NYC Marathon. The rest of the week I will spend touring the city with my mother, seeing a show or two and some museums. I will also, check out some of the new bicycle facilities that NYC is installing to increase bicycle commuting.

Once back in Washington, I will ride to/from work and do a couple of club rides in November. I keep my ride logs on the wall at work. Down will come last year logs and up with the new logs. This is a convenient place for me and it also is right in front of me to remind to keep riding.

Editor's Note: Be sure to send in your personal Ride Logs and/or your Ride Leader Lists to the Club PO Box, Attn: Ride Captain, so that Carla can get them quickly.

European Cycling Adventure: Part 3

Submitted by Carol Davis

After experiencing Mike and Marcia's excellent presentation at the October Club Meeting, I reflected on how different our trip was last summer. Roz & I had very little planned, and went according to our whims. Of course, I wouldn't do that crossing those empty Great Plains, but in Europe it is quite possible, even in the busy summer. We tended to stay in places that most tourists don't go, although we did ride into Paris. I made a reservation there the day before. We learned to get to the tourist office BEFORE it closes. We learned that we SHOULD always carry food because you never know which days of the week a restaurant might be open, and ONLY restaurants are open between 12-2 PM.


Cycling in Europe is like living in a fairy tale. We went through the small town of Egg, Switzerland. I'm sure that is the home of Humpty Dumpty. The castles, cottages, and medieval villages spark imagination.

Come to the November Club Meeting to see a digital picture show of our fairy tale adventure. Five weeks in Switzerland and France by Bike! Put us on the spot with your questions!



twbc monthly event schedule


call the ride line for the latest additions and corrections...253-759-2800

Day/- Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
11/01 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. 100% paved trail w/ very few road crossings;. No hills, no unpleasantries or your money back! Smoothies or beverage of your choice in South Prairie (no host). Rain Cancels. Start: East Puyallup Trailhead.
11/03 Sat	Fun	Notes	Facts	Sandwich Saturday	National Sandwich Day. Observed on the birthday of John Montague, Fourth Earl of Sandwich, creator of the Sandwich.
11/04 Sun	2 AM	00	00	Time	Set your clocks back one hour. Note: it is Daylight Saving (singular) Time, NOT Daylight SavingS Time; we are 'saving' daylight, so it is singular, & not plural. 
11/05 Mon	9:30 AM	1 C	22 (13)	David & Joyce 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance. Someone will stay with the slowest rider. Regroup at Ft. Nisqually, then onto Fircrest for espresso/raspberry scones. You can shorten to 13 miles by cutting out Fircrest. Rain/Freezing Cancels. Start: Starbucks @ 26th & Proctor.
11/06 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Note new Winter Start Time. Start: Call Ride Line or check Club Website for details.
11/06 Tues	All Day	Your Choice	Your Choice	Yourself	Bicycle your Vote to your polling location, Post Office, or local drop off site.
11/06 Tues	7 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455	Government Affairs Meeting @ Guadalajara Taqueria in the Stadium H.S. area @ 1st & Tacoma Ave. Work on bicycle problems around Pierce County. All are invited to participate.
11/07 Weds	9:30 AM	3 B	5 x #?	Joe or Larry 228 - 9554	Five Will Get You Fifty. Multiple tours of Pt. Defiance, w/short extension to include Vassault. Stamina building. Click 'Intend to Participate' on Club Website to register your intentions. Heavy Rain Cancels. Start: 1st 20 parking slots @ Pt. D Park entrance.
11/08 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 11/01 for Ride Details.
11/09 Fri	9:30 AM	2 A	30	Jim Graham 752 - 0076	Foothills Friday. No host coffee/smoothies in South Prairie. Rain Cancels. Start: East Puyallup Trailhead.
11/09 Fri	Fun	Notes	Facts	Flashy Friday	Neon Sign Day. Georges Claude received the patent for the neon sign on this day in 1911.
11/10 Sat	9:30 AM	2 B	30 - 40	Steve & Phyllis Lay 759 - 1816	Ride to the Sumner Bakery. This ride will stop at the dedication for the 1000 Friends house that some TWBC Members helped to build this past summer. Start: Starbucks @ 26th & Proctor.



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Day/- Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
11/11 Sun	1 PM	2 B	30	Carla Gramlich 879 - 0115	Sunday Afternoon Ride on the Foothills Trail with a stop for coffee/snacks in South Prairie. Start: East Puyallup Trailhead.
11/12 Mon	9:30 AM	1 C	22 (13)	David & Joyce 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 11/05 for Ride Details.
11/13 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Note new Winter Start Time. Start: Call Ride Line or check Club Website for details.
11/13 Tues	Fun	Notes	Facts	Tender Tuesday	World Kindness Day. Observed this day every year.
11/13 Tues	6:30 PM	00 Meet	00 & Eat	Carol Davis 380 - 8819	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club members welcomed.
11/14 Weds	9:30 AM	3 B	5 x #?	Larry or Joe 312 - 7588	Five Will Get You Fifty. Heavy Rain Cancels. See 11/07 for Ride Details.
11/15 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 11/01 for Ride Details.
11/16 Fri	9:30 AM	2 A	30	Jim Graham 752 - 0076	Foothills Friday. Rain Cancels. See 11/09 for Ride Details.
11/17 Sat	8 AM	2 B	30 - 40	Steve & Phyllis Lay 759 - 1816	Pancake Breakfast Ride To Spanaway. Start: Starbucks @ 26th & Proctor. 
11/18 Sun	10 AM	2 B	40	Roz & Carol Davis 460 - 5622	Tour of Seattle. Lunch out. Rain Cancels. 253 - 380 - 8819 Day of Ride. Start: Lincoln Park/West Seattle, upper parking lot.
11/19 Mon	9:30 AM	1 C	22 (13)	David & Joyce 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 11/05 for Ride Details.
11/20 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Note new Winter Start Time. Start: Call Ride Line or check Club Website for details.
11/20 Tues	Fun	Notes	Facts	Timely Tuesdays	The Time Clock was invented by Willard Bundy in 1888. The following year, Bundy's brother Harlow, organized the Bundy Manufacturing Co, mass producing time clocks. Through consolidations of & purchases by others, the company eventually became known as IBM.
11/20 Tues	7 PM	00 Meet &	00 Great	TWBC 759 - 2800	November Club Meeting. M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma.
11/21 Weds	9:30 AM	3 B	5 x #?	Larry or Joe 312 - 7588	Five Will Get You Fifty. Heavy Rain Cancels. See 11/07 for Ride Details.



twbc monthly event schedule

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Day/- Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
11/23 Fri	9:30 AM	2 A	30	Lou & Karel Vance 921 - 4847	Foothills Fridays. Rain Cancels. See 11/09 for Ride Details.
11/25 Sun	9:30 AM	1 A	40 ±	Sharon & David Remagen 847 - 7907	Sharon & David's Anniversary Ride to Yelm for brunch. Heavy Rain &/or Freezing Cancels. Start: Chambers Lake Trailhead in Lacey (Exit 109). 
11/25 Sun	2 PM	1 B	17	Roz & Carol Davis 460 - 5622	Tour of Tacoma w/ Scott Pierson Trail, Grandview in UP, & a short busy stretch on Orchard. Social @ Wildside Wine after, complimentary soft or hot drinks, 2 wine tasting. 253 - 380 - 8819 Day of Ride. Start: Skyline P & R.
11/26 Mon	9:30 AM	1 C	22 (13)	David & Joyce 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 11/05 for Ride Details.
11/27 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Note new Winter Start Time. Start: Call Ride Line or check Club Website for details.
11/28 Weds	9:30 AM	3 B	5 x #?	Larry or Joe 312 - 7588	Five Will Get You Fifty. Heavy Rain Cancels. See 11/07 for Ride Details.
11/29 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 11/01 for Ride Details.
11/30 Fri	9:30 AM	2 A	30	Lou & Karel Vance 921 - 4847	Foothills Fridays. Rain Cancels. See 11/09 for Ride Details.

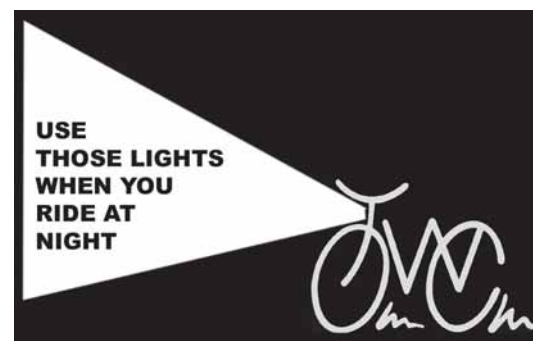
RIDE CODE CHART

Pace Code: Average mph on flat surface:

- 1 - Easy pace, frequent stops to catch up and regroup, 9-12 mph on flats.
- 2 - Moderate pace, occasional stops to catch up and regroup, 12-15 mph.
- 3 - Steady pace, limited stops, cue sheets or maps provided, 13-16 mph.
- 4 - Fast pace, very limited stops, cue sheets or maps provided, 16 + mph.

Terrain Code examples:

- A - Mostly Flat (Inter-urban Trail)
- B - Gently rolling with one or two steep hills
- C - Rolling steeper hills (Kitsap Peninsula)
- D - Difficult terrain with longer, steeper hills (Vashon Island)



Update on Tandem Damage

Submitted by Cynthia Hammer

Several months back (see the July 2007 issue of *The Cog-nitive Courier*), I reported that our tandem crank and front gear got bent in transit on NW Airlines. The damage amounted to \$160 and we got the check a few weeks back—three months after submitting the claim.

Air Travel with your 'Bike'

Submitted by Dena Wessels

After traveling w/our Bike Friday (BF) Tandem, Ralph & I have started a SOP or 'Standard Operating Procedure' when traveling on an airline with our bike. First, with the tandem packed into two standard Samsonite suitcases, the suitcases contain 'Bike Parts,' not 'a Bike.' A 'Bike' (one unit, fully put together) will incur a handling fee of \$50 to \$100 from a lot of airlines, unless you are traveling as a member of the League of American Bicyclists where getting your tickets through that organization allows your bike to fly for free. Using tickets purchased anyother way usually results in 30 minutes or more of arguing with the ticket counter person that your 'bike parts' do not require special handling (if packed in a standard suitcase), nor a special handling fee. A 'handling fee' indicates that your 'suitcases' will receive special handling, usually by two employees to a suitcase (or bike box). A standard suitcase (well packed & protected inside) can be 'gorilla handled' on the way to & from the plane. TSA on the other hand....

When traveling to the east coast for Cycle North Carolina, one TSA employee saw our BF suitcases going through x-ray & remarked, "Whoa, PIPES!" Guess he was thinking pipe bomb or something. Another TSA employee called out to find the owners of the suitcases, & gestured me over (luckily the screening was done in an area where the passengers still were located, not out of sight & out of mind). He asked me what was in the suitcases, & I replied that it was bike parts that when put together after 30 minutes would become a tandem bicycle. I had placed BF flyers on top each 'bike part,' together with an 11 x 17 color photo of how the bike (part) was packed, taped to the inside top of each suitcase. The TSA employee took a type of mirror (dental?) & looked down all the tube openings, in case some-

thing was stuffed down them. He then picked up Ralph's shoe (this suitcase was packed to the max!), & asked, "What is this metal in the bottom of the shoe?" My reply: "It's a cleat." His question: "What's a cleat?" So I indulged in some bicycle education, while he continued to poke around further in the suitcase.

I have also read on BF's website that it is suggested that when traveling on an airline, that you tie your bike together as a unit (old shoe strings are good to use), so that it does not come 'unfolded' if TSA further checks out the 'bike parts' by lifting it out of the suitcase. Then tie the pedals, seat or other parts onto the frame (again, as a unit). Put all screws, nuts & bolts into a zipped type clear plastic bag, & tie that to the frame also. I have read of lost nuts & bolts, of the 'bike part' which could not be forced back into the suitcase with the lid closed, & so was sent though (opened) in a large container, further loosing more parts (one pedal, screws to a rack, etc.). You could also wrap that nice paint job in clear, see through plastic, the type that is used for tablecloths, available at fabric stores.

One way to safeguard yourself & your 'bike parts' is the following. Once you have your 'bike parts' fully packed (remember, some TSA employee will probably be taking everything out, so pack accordingly), place that day's local Newspaper (from the city you start your trip in & the city from which you return!) on top of your 'bike parts' in its suitcase. Then take a picture! That way, you have a record of how your 'bike parts' looked at the start & return of your trip: specifically, **UNDAMAGED!**

Update on Club Member's Choices On E-mailing *The Cog-nitive Courier*

As Editor, I would like to (not so) proudly report to the Membership that in answer to my query in the October issue of *The Cog-nitive Courier* of how Members would like to receive their monthly Newsletter, that from our grand total of 330+ Members, that a whole whooping wholesale response of FIVE, yes, a total of Five Members have actually responded to the question.

Remember, that address to respond to is newsletter@twbc.org.

Spring Forward, Fall Back

Submitted by Dena Wessels

Please note: These passages were taken from the seven page website: <http://webexhibits.org/daylightsaving/b.html> It contains general information that Members may find interesting concerning all that switching of the clocks. I urge Members to copy & paste the above website into their search engines to learn more about our Daylight Saving Time.

The main purpose of Daylight Saving Time (called "Summer Time" in many places in the world) is to make better use of daylight. We change our clocks during the summer months to move an hour of daylight from the morning to the evening. Countries have different change dates.

The idea of daylight saving was first conceived by Benjamin Franklin during his sojourn as an American delegate in Paris in 1784, in an essay, "An Economical Project."

Daylight Saving Time does save energy. Studies done by the U.S. Department of Transportation show that Daylight Saving Time trims the entire country's electricity usage by a small but significant amount, about one percent each day, because less electricity is used for lighting and appliances.

Energy use and the demand for electricity for lighting homes is directly related to the times when people go to bed at night and rise in the morning. In the average home, 25 percent of electricity is used for lighting and small appliances, such as TVs, VCRs, and stereos. A good percentage of energy consumed by lighting and appliances occurs in the evening when families are home. By moving the clock ahead one hour, the amount of electricity consumed each day decreases.

In the U.S., 2:00 a.m. was originally chosen as the changeover time because it was practical and minimized disruption. Most people were at home and this was the time when the fewest trains were running. It is late enough to minimally affect bars and restaurants, and it prevents the day from switching to yesterday, which would be confusing. It is early enough that the entire continental U.S. switches by daybreak, and the changeover occurs before most early shift workers and early churchgoers are affected.

For decades, candy manufacturers lobbied for a Daylight Saving Time extension to Halloween, as many of the young trick-or-treaters gathering candy are not allowed out after dark, and thus an added hour of light means a big holiday treat for the candy industry.

Many fire departments encourage people to change the batteries in their smoke detectors when they change their clocks because Daylight Saving Time provides a convenient reminder. "A working smoke detector more than doubles a person's chances of surviving a home fire," says William McNabb of the Troy Fire Department in Michigan. More than 90 percent of homes in the United States have smoke detectors, but one-third are estimated to have dead or missing batteries.

On August 8, 2005, President George W. Bush signed the Energy Policy Act of 2005. This Act changed the time change dates for Daylight Saving Time in the U.S. Beginning in 2007, DST will begin on the second Sunday in March and end the first Sunday in November (instead of the last Sunday in October). The Secretary of Energy will report the impact of this change to Congress. Congress retains the right to resume the 2005 Daylight Saving Time schedule once the Department of Energy study is complete.



**Set your clocks Back!
Change the Batteries
in your Smoke Detectors!**

**Watch for coming attractions
in the December issue of
*The Cog-nitive Courier!***

:The Annual TWBC Holiday Party,

hosted by local Club Members in a beautiful setting!

:Information & Registration for

The Annual TWBC Banquet in January;

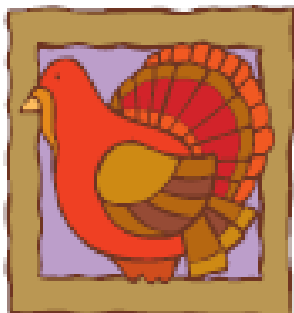
find out where it will be held & what it will include!



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November
2007



mail to:



Please Note: You can become a member at www.twbc.org. Click on 'Online' under the Join heading.

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Name: _____

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City, State: _____

Home Phone: _____

Work Phone (optional): _____

E-mail: _____ @ _____
 (for Club use only)

Please Check Those That Apply:

New Member Renew Addr Chg

Want to Receive Newsletter by:

E-mail USPostal Service Both

Individual person membership Fee\$15 _____

Family membership Fee\$20 _____

One-time Initiation Fee\$5 _____

Total Membership Fee(s)\$ _____

Thanks for becoming a member of TWBC!

Send this form and a check for the total \$ amount to:

TWBC Membership
PO Box 112078
Tacoma, WA 98411

Check box if you do not want your USPS address, phone # or email address in the yearly membership listings.

Also...Check boxes if you are interested in volunteering for:

Leading Bike Rides

Events (Daffodil, PMC, Headwaters)

Newsletter

Club Meeting Programs

Becoming a Club Officer



Why is Mike Madden sitting in an unfinished bathroom? Find out by coming on Steve & Phyllis Lay's Ride to the Sumner Bakery on November 10, leaving from Starbucks @ 26th & Proctor.

The Ride will stop at the dedication for the 1000 friends house that some TWBC Members helped to build this past summer, in part, from Mike & Marcia Madden's 5000 mile trek across the US to raise funds for Habitat for Humanity.

See the entire completed house, not just this unfinished bathroom!

(Photo submitted by Carla Gramlich)

In celebration of National Sandwich Day on Saturday, November 3, make your lunch, the traditional Sandwich meal, be a special treat.

Shown here is a giant lunch burrito for one TWBC's Member who left the area to fulfill career goals. Of course, Scott Kubiszewski was a rapidly growing teenager/young man when he was here in the area, riding with the Club.

How many sandwiches would this one giant burrito make (compare it to the size of the red plastic drink cup on the desk)?

(Photo submitted by Scott Kubiszewski)

