

# Teachable Moments

By Tom Frady

The following is a subject index and list of the “Teachable Moments” and other articles written and released to the LH Bicycle Club. We have compiled this index for those who would like to refresh their memories on their content and for those members who have joined the club since I’ve started writing these, in 2014

To access any article simply click on the name and you will be taken directly to the article. Any comments you have on these or requests for articles on other subjects, please email Tom Frady at ([TDfrady@sbcglobal.net](mailto:TDfrady@sbcglobal.net)). If the club finds this useful, we will provide updates to reflect new articles released.

Tom Frady and Jim Klein

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