

# MCBC

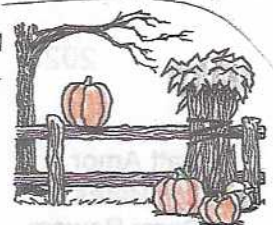
MAPLE CITY BICYCLING CLUB



Promoting **Bicycling, Bicycling Safety**

and **Friendship**

## 2023



## OCTOBER

### SEPTEMBER SWITCHED . TO OCTOBER BEWITCHED

October begins with warm weather that cools off rather suddenly. That means shorter days with 'cooler sunshine.' We just need to choose the days and clothing to extend our cycling season.

At our last meeting we discussed our Club Rides and decided to continue thru October, weather permitting. (Rides continue to start at 5:15 PM.) We brought up the Crane Cruise as the last organized area ride on October 14<sup>th</sup> for those interested.

We also discussed more regarding our 40<sup>th</sup> Annual T-Shirt design. Hopeful we can get our design pretty much finished by our October meeting. We talked a little bit about our Sunday Rides in September. I understand a few showed up for the Rolling Prairie Ride; and, a few more showed up to the LP DQ Ride here. Hope those that showed up enjoyed themselves.

Doris continues to track our "Members' Mileage" each month. We trust our members enjoy 'keeping tabs' of the miles they covered, especially during the summer months. Does it cause you to push for that 'extra mile' or two when riding?

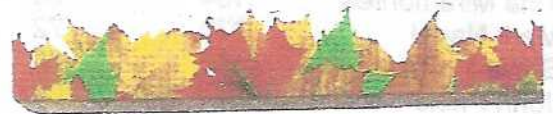
Our Next Meeting will be Monday, October 16<sup>th</sup> at the La Porte Church of the Brethren Fellowship Hall at 7:00 PM. It is important to have better attendance to help plan things together.

Some upcoming 'Holidays' prove to be interesting. (See listings elsewhere in Newsletter.) Especially *Halloween!*

Be sure to enjoy the Fall Colors that Mother Nature creates. Just get out on your bike and journey thru the countryside and/or our city streets.

Enjoy **Fall Colors**  
Wear **Bright Colors**  
Ride **Safely**

- Dave Wolfe



### Seven things you'll never regret

1. Feeling reverence for your Maker.
2. Showing kindness to an aged person.
3. Destroying a letter — or not sending an e-mail — written in anger.
4. Offering an apology that saves a friendship.
5. Stopping gossip that could wreck a reputation.
6. Taking time to show loved ones consideration.
7. Accepting the judgment of God on any question.



### QUOTES / QUIPS

- Flowers are the sweetest things God ever made and forgot to put a soul into.

- Henry Ward Beecher



# "Members' Mileage Chart"

2023

	Jan/May	June	July	Aug.	Sept.	Oct.	Total
Matt Amor	84	93	86	114	93		470
Tim Bates	382	524	712	834	454		2906
Garry Bowers	23	55	17	12	37+		144+
Annette Clark	11	103	113	122	173		522
Pam Creed	553	632	216	875	941		3218
Joe Collins	0	0	0	0			0
Byron Fitzgerald	2479	552	366	718	149		4264
Richard Galloy	0	0	0				0
David Heinold	1500	350	1000	600	250		3700
Tom Hilbish	486	443	345	474	405		2153
Tom Hughes	0	0					0
Jerry Jackson	761	505	365	375	310		2316
Vinnie Kuta	1754	478	571	588	507		3898
Lisa Marek	368	198	90	240	272		1168
Shelly McGinty	92	35					127
Luis Miramontes	164	38	79	96	275		652
Tina Miramontes	164	38	63	96	253		614
Mark Nagel	270	72	225	84	84		735
Steve Pearson	96	58	147	179	132		612
John Phelan	400	700	600	700	450		2850
Cole Sandin	329	30	62	26	29		476
Mike Sebella	155	148	92	95	93		583
Diane Szyal	55	35	10	75	9		184
Joe Szyal	724	175	262	384	266		1811
Dan Tannas	110	0	55	0	0		165
Dean Woodson	25	70	70	75	25		265
Bill Yoder	52	62	35	102	110		361
							<u>34,050</u>

**All Miles Count! Take Pride YOU Are Riding !!!**

October



World Smile Day



16 World Food Day



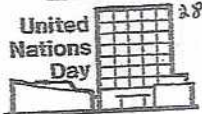
Boss's Day



18 - National Chocolate Cupcake Day



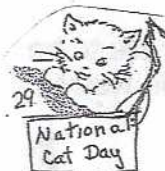
21 - National Apple Day



PIZZA

- 1 - Four Cheese Pizza Eating Day
- 9 - National Pizza And Beer Day
- 11 - National Sausage Pizza Day
- 30 - Pizza Without Anchovy Day

23 National Chocolate Day



## OCTOBER

Hot, dry October winds  
 Swoop down and blow  
 Dried brown leaves  
 Into dusty funnel clouds  
 To set the autumn stage—  
 A cast of thousands  
 Like the flocks of blackbirds  
 That undulate in the sky  
 Up and down  
 Between oak and maple  
 On the same wind  
 That billows the tablecloth  
 Spread by picnickers  
 On one last outing.

Jan Harvey  
 Sumner, Iowa

## Birthdays - OCTOBER

- 5 - Rita Ryder
- 5 - Pam Dwight
- 8 - Dawn Hernandez
- 10 - Cole Sandin
- 12 - Susan Peterson
- 19 - Julie Hilbish
- 23 - Kerry Frazee



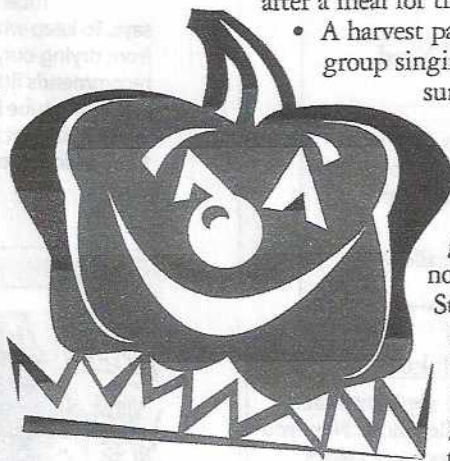
*If I missed someone - Please let me know!*

*The tree is full of poetry.  
Henry David Thoreau*

## Alternative ways to observe Halloween

Many churches have developed safe alternatives to the mayhem and madness of traditional Halloween activities. Here are just a few of them:

- An upbeat drama performed by high school students and attended by all age groups. This might be performed after a meal for the entire congregation.
- A harvest party with games, group singing, contests, booths for surprises, puzzles, pumpkin carving, etc. Invite the community.
- A funhouse with surprises, guessing games, and strange (but not frightening) noises. Station people dressed as Bible characters within the funhouse. Visitors to the funhouse try to guess who the characters are, by the clues and hints the characters give.



Award prizes (candy, small toys, etc.) for correct answers.

- A costume parade and contest for children. Give awards for 1) the most creative costume, 2) the most extravagant or elaborate, 3) the ugliest or scariest, 4) the funniest, 5) the most outrageous, etc. Follow the contest with refreshments, group singing, and treats passed out to the kids.
- "Trunk-or-treat" is a popular alternative to trick-or-treating. Adults decorate the insides of their car trunks, and then park in the church parking lot. Costumed kids go trick-or-treating from open car trunk to open car trunk. Give awards for the best costumes and the best trunk decorations.

# October Thirty-First

Margaret Rorke

When we come to the end of October  
And the gold has been spent in the leaves,  
There's a sense in the air—sadly sober,  
As though all of the atmosphere grieves.

In this pause there's a sort of suspension—  
A sensation of hanging between—  
Till earth yawns so's to soften the tension  
And emits a most mystical scene.

Little witches and goblins come screeching  
As they cast on the neighbors a spell—  
With their bags and their breathless beseeching,  
With the threat that we've come to know well.

In an hour or two it is ended.  
Earth inhales with sigh drowsy, deep;  
And October's no longer suspended.  
Like the children, it's full and asleep.

**One of the nicest things about October  
is that November isn't here yet.**

"There is a form of laughter that springs from the heart, heard every day in the merry voice of childhood, the expression of a laughter-loving spirit that defies analysis by the philosopher, which has nothing rigid or mechanical in it, and totally without social significance. Bubbling spontaneously from the heart of child or man. Without egotism and full of feeling, laughter is the music of life."

-Sir William Osler

### PEDAL POWER

Bicycle races are coming your way  
So forget all your duties, oh yeah.

-words from the rock band Queen's song  
"Bicycle Race"

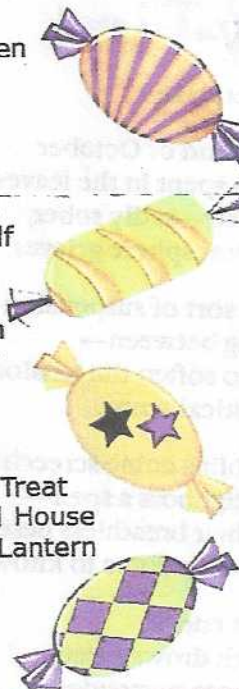
### HAPPINESS

BE GRATEFUL  
BE OPTIMISTIC  
COUNT YOUR BLESSING  
USE YOUR STRENGTHES  
COMMIT ACTS OF KINDNESS



# HALLOWEEN WORD SEARCH

Halloween  
October  
Spooky  
Scary  
Ghost  
Vampire  
Werewolf  
Witch  
Zombie  
Skeleton  
Monster  
Black  
Orange  
Candy  
Trick or Treat  
Haunted House  
Jack O' Lantern  
Boo  
Spider  
Bats



Y W I T C H D Y R A C S J W K  
W J A C K O L A N T E R N C D  
L H E G G H O S T H S K A R E  
N R E T S N O M A P K L O E I  
O O S U E D R L I R B J P B B  
T O U V M R L D P S E Z V O M  
E B O Z V O E G B G H C A T O  
L A H L W R I E N A W F M C Z  
E T D E Y A R A Y E Y J P O S  
K S E T A E R T R O K C I R T  
S N T K K O Q E Y I O T R J O  
I Y N X L U W D P X O Z E O Q  
K M U E S O N T I N P S K F B  
M N A U L A L V C M S X K C P  
J E H F C T F J K T G B N N B

## Fun Food = Apple Peanut Butter Teeth



### What You'll Need

- 1 apple
- 1 jar of peanut butter (you will use about 1/4 to a 1/2 cup for one apple depending on amount you put)
- 1 bag of mini marshmallows

### How To Make It

First start by cutting the apple into slices. Then cut them into smaller slices. Now you want to put about a teaspoon or two of peanut butter onto each slice. Then put a row of mini marshmallows across one apple slice. Then sandwich them together. Press firmly until they stick and you have your teeth!

Is your tube half-full or half-empty?

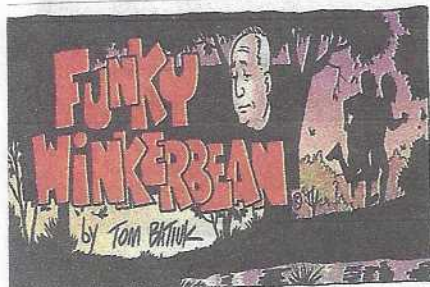


Who hasn't experienced the frustration of seeing lotion left in a bottle but not being able to reach it? When you have squeezed all you can out of your tube of moisturizer or hand cream, cut the tube in half, suggests Marylu Jagers of Durant, Okla.

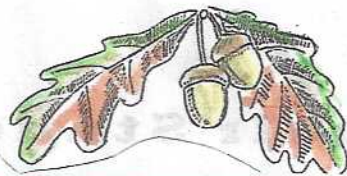


"You'll be surprised how much is still in that tube," she

says. To keep what's left from drying out, she recommends fitting one half of the tube into the other. You'll get at least three or four more uses.



# PUMPKIN PASTA CARBONARA



PREP: 5 MIN | COOK: 10 MIN | TOTAL: 15 MIN | SERVES: 4

- Salt
- 2 large eggs
- 1 cup Kroger Brand 100% Pure Pumpkin
- ½ cup half-and-half
- ½ cup Kroger Brand Grated Parmesan Cheese, plus more for serving
- Freshly ground black pepper
- 8 oz. Kroger Brand Penne Rigate Pasta
- 4 slices Kroger Brand Naturally Hardwood Smoked Thick Cut Bacon, cooked and crumbled (safe internal temp. 145°F)
- ¼ cup thinly sliced basil

1. Bring large pot of salted water to a boil. In large bowl, whisk together eggs, pumpkin, half-and-half, parmesan, a pinch of salt and a generous grind of pepper.
2. Cook pasta until al dente, 9–11 minutes. Drain, reserving ¼ cup hot pasta water. Gradually drizzle reserved pasta water into egg mixture, whisking constantly.
3. Transfer cooked pasta to serving bowl, add sauce and stir to coat. Stir in bacon and additional pepper, to taste. Top with additional parmesan and basil. Serve immediately, refrigerating any leftovers.

Per Serving: 470 Cal; 21 g Tot Fat; 0 g Sat Fat; 0 g Trans Fat; 120 mg Cholesterol; 430 mg Sodium; 50 g Carb; 4 g Fiber; 5 g Sugar; 20 g Protein



## NEWS BRIEFS

### Migraine sufferers: "Smart" new relief is in the palm of your hand

If you're one of the 36 million people in the U.S. living with migraine, here's a great new way to reduce the number of headaches you suffer each month: use your smartphone! An app called RELAXaHEAD uses a technique called PMR—progressive muscle relaxation—to help reduce stress and the number of migraine attacks.



## 2 easy stretches to release tension

Feeling stressed? Give your body a break with these two stretches.



### Back stretch\*

- Scoot to the front of a sturdy chair with your feet flat on the floor.
- Bend slowly forward at the hips.
- Let your chin drop and your hands fall to your shins until you feel a stretch.
- Hold for 10 to 30 seconds.
- Sit up slowly.
- Repeat 3 to 5 times.

\*Talk to your doctor before starting a new exercise routine.



### Neck stretch\*

- Sit up tall and look straight ahead.
- Turn your head slowly to the right until you feel a slight stretch.
- Hold for 10 to 30 seconds.
- Turn to the left and hold again.
- Repeat 3 to 5 times.

## Say Yes to Cardiac Rehab

Fewer than 1 in 5 older adults who qualify for cardiac rehab participate. But a study of 733 people in their 40s through their 80s who did cardiac rehab found benefits for all, regardless of age. The fitness gains of the oldest subjects were on a par with those of younger participants, and they saw levels of anxiety and depression fall.

Source: Canadian Journal of Cardiology, October 2019.

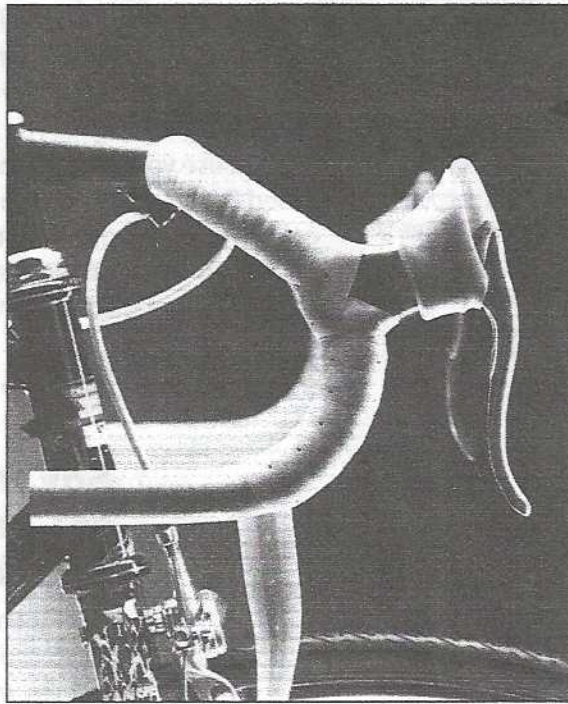


## Wrapping a Handlebar

By Jim Langley

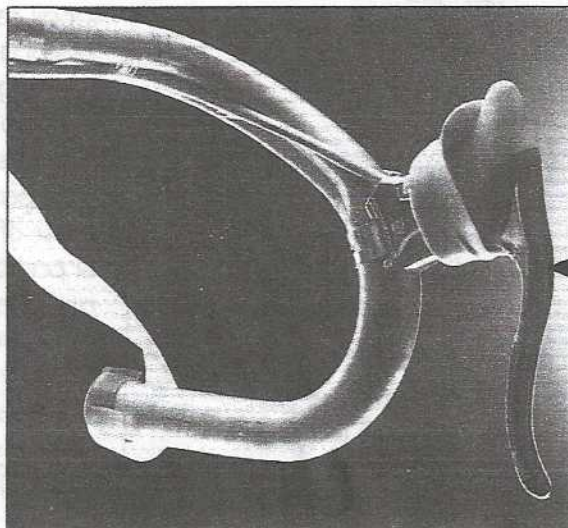
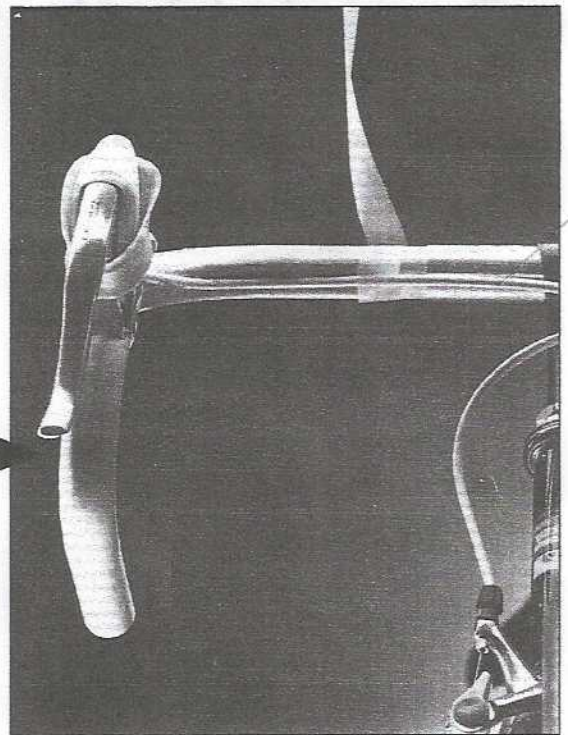
### Required Tools and Supplies:

- 1 package of handlebar wrap
- plastic adhesive tape (colors are available)
- transparent tape
- brake hoods (if necessary)
- scissors
- screwdrivers
- small rubber mallet



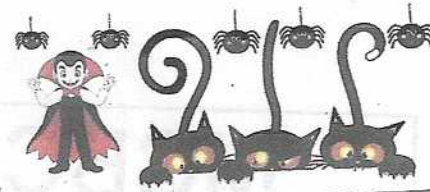
**1** Roll the brake hoods away from the bar or cut them off. Carefully pry internal handlebar end plugs free with a small screwdriver. (First loosen the center screws on internal-expanding types.) Remove the finishing tape and old wrap. You needn't remove external end caps or bar-end shift levers. If the wrap is not supplied in halves, unroll and cut it in 2 equal pieces. Remove a 3-inch length from each. (Sometimes these short pieces are provided in the package.) Place new rubber hoods in hot water to soften them.

If you have aero levers or bar-end shifters, check the cable routing. For aero levers, the housing should travel in a smooth, gradual bend in front of the upper portion of the bar. This way it's out of sight and fits easily in your grip when holding the bar tops. Bar-end shifter cables should travel underneath the bottom portion of the bar and partway up the front side of the bend before exiting and curving to the down tube cable guide. Secure the cables with transparent tape if necessary.



**3** External end caps: If they were removed, install the caps and secure them with transparent tape. Affix another piece of tape to the end of non-adhesive wrap and tape it to the end cap. Wind either type of wrap around the bottom of the bar, stretching it tight as you go. Overlap each turn about 3 mm.

# MCBC CALENDAR - 2023



**Club rides happen because riders show up !**

			<u>Time</u>	<u>Leader</u>	<u>Place</u>
Sept. 18 (Mon)	Club Meeting		7:00 PM		Church of the Brethren
Sept. 20 (Wed)	Club Ride		5:30 PM	Show & Go	Luhr Park
Sept. 24 (Sun)	LP <b>DQ</b> Ride		2:00 PM	David H.?	(8-10 Miles) Ride Trails
Sept. 27 (Wed)	Club Ride		5:15 PM	Vinny	Garwoods
Oct. 4 (Wed)	Club Ride		5:15 PM	Show & Go	Kesling Park #2
Oct. 11 (Wed)	Club Ride		5:15 PM	Show & Go	Kesling Park #2
Oct. 16 (Mon)	Club Meeting		7:00 PM		Church of the Brethren
Nov. 20 (Mon)	Club Meeting		7:00 PM		Church of the Brethren

(More Information - call 219-369-3978)

Check Facebook for any scheduled rides !

## 2023 - UPCOMING RIDES of INTEREST

Sept. 24	Apple Cider Century	Three Oaks, MI	<a href="http://www.applecidercentury.com/">www.applecidercentury.com/</a>
Oct. 6-8	Hilly Hundred 2022	Ellettsville, IN	<a href="http://www.hillyhundred.org/">www.hillyhundred.org/</a>
Oct. 14	Crane Cruise	Medaryville, IN	



Check out: [Bike Rides in Indiana.com](http://BikeRidesinIndiana.com)

### The first snowfall

Those who live in the far North may not be overly thrilled at the first snowfall, but perhaps they should think again. Carol Knapp of Big Lake, Alaska, tells about the first snowfall which came to her town in mid-October. At worship the next Sunday, the pastor asked how many were depressed by the season's first snowfall. Immediately a young man named Alex, who was an exchange student from Brazil, quipped, "Not depressed — impressed." The congregation laughed.

The loveliness of snow covering Mother Earth can truly be impressive and a time for joy. Enjoy the dazzling beauty. Laugh with the children tumbling in the snow. Smile at the dogs hopping, leaping, barking as they try to race through the white miracle, snapping at the snowflakes.

Cheerfully build a fire, make a warm drink, call a friend, settle down with a book of devotions, think of the immeasurable gifts of God and be grateful. Don't be depressed. Be impressed.

—Charles Ferrell

### ArteryWatch

#### Juice with sterol may cut cholesterol

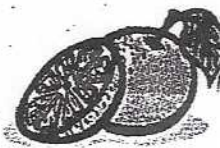
People who have high levels of cholesterol may be able to drink their way to a healthier heart using sterol-fortified orange juice.

Plant sterols are thought to limit cholesterol absorption in the intestines, thereby reducing the amount that could clog arteries.

In a 10-week study, 72 healthy volunteers with mildly elevated cholesterol drank a cup of orange juice with breakfast and another with dinner while following a normal diet. Half received unfortified orange juice; the other half got sterol-fortified juice.

At the start of the study, participants' average total cholesterol was 207, and low-density lipoprotein (LDL), or bad cholesterol, was 137. By the end, those given sterol-fortified juice had a decline in total cholesterol of 7 to 10 points and a decline in LDL of 10 to 15 points, said Sridevi Devaraj, a researcher at the University of California, Davis, Laboratory for Atherosclerosis and Metabolic Research. Those who drank unfortified orange juice had no change.

The research was released Feb. 5 in the online edition of the American Heart Association's journal *Arteriosclerosis, Thrombosis and Vascular Biology*.



# MCBC Meeting



Monday, October 16, 2023  
7:00 PM

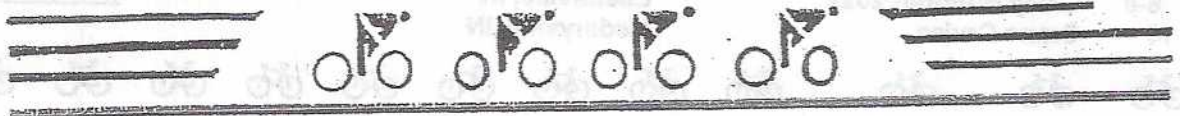
at  
La Porte Church of the Brethren  
414 Hawthorne St. - La Porte

**Refreshments & Fellowship**

E-Mail

[maplecitybicyclingclub@gmail.com](mailto:maplecitybicyclingclub@gmail.com)

Affiliated with:



Maple City Bicycling Club  
P. O. Box 55  
LaPorte, IN 46352

MCBC has Facebook  
Maple City Bicycling Club  
Maple Leaf Logo

Website

[www.maplecitybicyclingclub.com](http://www.maplecitybicyclingclub.com)

## A hallowed evening

Most of us like that popular little chorus that says, "This is the day that the Lord has made." But I am wondering ... Is it right to sing that song on Halloween?

When people begin talking about the origin of Halloween, we can remind them of the Creator who is the origin of every day. We can remind them that "From the rising of the sun until the going down of the same" [including] on October 31, "the Lord's name is to be praised."

Halloween actually means "hallowed evening." Hallowed means "holy." Our God is a holy God. And we can begin to set this evening aside in reverence ... We can come together to be sanctified, set apart unto the service of God, who has made *every* day.

—David Dodge