

# 2022

## MCBC

MAPLE CITY BICYCLING CLUB

Promoting Bicycling, Bicycling Safety  
and Friendships



### TIS' THE SEASON OF MERRIEMENT AND JOY!

November has arrived! Thus, our holiday seasons are now upon us. We have Veterans Day, Thanksgiving, Christmas and a New Year; remembering that Veterans Day & Thanksgiving come before Christmas.

At our last meeting, we discussed a little about Club Rides for the remainder of this year. (Weather likes to have it's own say!) We also talked about lining up sponsors for our O.C.T. T-shirts (2023). Kyleen and Dave will check into some possibilities of how this may be done and hopefully report at our November meeting.

We also discussed about our weekly Club rides and some weekend Club rides. We plan to look into this more next year. (Keep an open mind on this.)

The next meeting will be November 21, 2022 at the La Porte Church of the Brethren Fellowship Hall and 7:00 PM. We can review this years activities, goals and achievements. Since we **DON'T MEET** in December, you'll want to come and share some holiday wishes with your bicycle friends.

For those who ride in November and December, you may accumulate your mileage for those months and we will add them to your total for 2022. We are planning to list our members Mileage in 2023. (A number of our members have enjoyed this.) Thanks to all who participated this year! !

Just reminding everyone of this months Veterans Day & Thanksgiving. We truly do have things to be thankful for; just look around you!

Those wishing to get an early start in 2023, Jerry (Jackson) is planning a ride on New Year's Day. Time and place will depend on the weather. We will keep you posted on Facebook and Dave's Text.

Speaking of a New Year, don't forget to mark **January 16, 2023** for our **MCBC Meeting**.

So, here's wishing you an honorable Veterans' Day; a truly Happy Thanksgiving, and a meaningful Merry Christmas for all of us in the Maple City Bicycling Club. Let us continue spreading happiness, goodwill and cheer all year round!

**HAPPY THANKSGIVING**  
**MERRY CHRISTMAS**  
**HAPPY NEW YEAR**

- Dave Wolfe

Let us be thankful that there is still sunshine, that we can still glimpse the blue of the sky and in our onward way, continue to look up. Let us be thankful for friends with kindly smile and cheerful words. This is a time for grateful thanksgiving!

Author Unknown

### + Christian Symbols +

#### Advent Wreath

The Advent wreath is a symbol of watchfulness and increasing joy as we anticipate Jesus' birth. The wreath's circular shape symbolizes eternity, or life without end. The candles remind us that Jesus is the Light of the World — he brought light and life to a dark world (see John 1:4-5). On each of the four Sundays of Advent, we light a new candle. As the light grows, so do our hope and joy.





# Live Smart

## Cold-Weather Immunity Checklist



Six simple ways to stay well this winter  
By Lambeth Hochwald

**T**hough we didn't need to experience a global pandemic to realize how important it is to keep our immune systems tiptop, it turned out to be a powerful reminder of what we need to do to stay healthy. Happily, there are lots of expert-approved ways to bolster our immunity (beyond just washing our hands), which is particularly important in the winter when common colds and seasonal viruses spread more easily.

"In general, winter is the season when you're indoors more often and have closer sustained contact with people," says Joseph Khabbaza, M.D., a pulmonary and critical care physician at Cleveland Clinic. "That's why it's important to think about those people in your life with compromised immunities. You may be low-risk yourself, but if you're [going to] a holiday gathering where vulnerable people are also attending, you want to avoid riskier outings the week before or do a home COVID test before going."

Here are other ways to keep your immune system strong when the mercury dips.



**3 REDUCE STRESS** It's a challenge to stay zen right now for many reasons, including the pandemic's lingering effects. However, taking a yoga class or pausing for 10 minutes to meditate can mitigate some of the stress you're feeling—stress that's doing a number on your immune system. Turns out that stress can even decrease white blood cells (or lymphocytes), which help fight off infection, Khabbaza says.

**1 GET A GOOD NIGHT'S SLEEP** Not only is sleep super important for overall health, it's a key immunity helper because it boosts the body's ability to fight illness. While you're sleeping, your body produces cytokines—proteins that direct immune cells to fight inflammation. Don't get enough sleep and you're likelier to get sick after exposure to a virus and likelier to be sick longer, research shows. How much sleep is enough? "Getting eight hours of sleep a night is a nice goal, but some people need more and others need less sleep," Khabbaza says. "This is why I encourage people to gauge their own sleep needs and understand that everyone has a range of optimal sleep hours for overall health."



**2 REACH FOR HEALTHY FOODS** Eating a plant-based diet or foods that are rich in vitamins and minerals with minimal processing is good for your immune system. "Fruits, vegetables, nuts, oats—all of these unprocessed foods will keep your immune system healthy and inflammation in check," Khabbaza says. "You're going to fight off infection better if you're in a healthier place nutritionally."

**4 GET MOVING** One of the best things for your immune system is to get up and move—every day, Khabbaza says. "Maintaining a good exercise regimen during the winter months is crucial for your mental health, it will prompt you to fill your body with healthier foods and it plays a role in helping you sleep better," he says. "I also believe that anyone can exercise in the cold—you just have to have the right gear, the right layers and the motivation to get out there."

**6 TAKE YOUR SHOT(S)** Staying up-to-date on CDC-recommended vaccines (COVID, flu, pneumonia, shingles—whatever is right for your age) is a must-do on your immunity-boosting checklist. "It's critically important," Khabbaza says. "Vaccinations play a critical role in strengthening your immune system to stave off any viruses you may encounter."



**5 REACH OUT TO A FRIEND (OR GET A PET)** Social connections work wonders to keep our immune systems humming along in a healthy way, Khabbaza says. This is because spending time with a friend (even if you're just laughing or chatting together) tells the brain that you're safe—and eliminates the possibility of a stressful fight-or-flight response. In addition, interacting with a pet can boost your mood, lower your blood pressure and keep your brain healthy.



ASK AN EXPERT

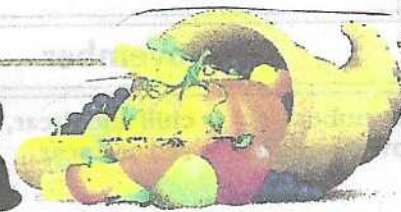


**Q/A** **How do I get grease stains out of my clothes?** Generously rub a stain stick like Resolve's Gold on the mark and let the clothing sit for the recommended amount of time, says Niki Detrick, head soigneur for UnitedHealthcare Pro Cycling. Or use a bike degreaser or a dish detergent like Dawn, and scrub the mark lightly with a toothbrush. Let it sit for about five minutes, then rinse. You may need to repeat this step a few times to get out as much grease as possible. Then wash the clothes in warm water—cold water will not break down oils, and hot water breaks down elastic—and make sure the stain is gone before drying.

STOCK (B)



# NOVEMBER



## November

Hartley Coleridge

The mellow year is hastening to its close;  
The little birds have almost sung their last,  
Their small notes twitter in the dreary blast—  
That shrill-piped harbinger of early snows;

The patient beauty of the scentless rose,  
Oft with the Morn's hoar crystal quaintly glassed,  
Hangs, a pale mourner for the summer past,  
And makes a little summer where it grows:

In the chill sunbeam of the faint bright day  
The dusky waters shudder as they shine,  
The russet leaves obstruct the straggling way  
Of oozy brooks, which no deep banks define,  
And the gaunt woods, in ragged, scant array,  
Wrap their old limbs with somber ivy twine.

### Birthdays - NOVEMBER

- 9 - Nark Nagel
- 12 - Dixie Phelan
- 15 - Michael Thuman
- 19 - Sammy Smelser
- 21 - Scott Moller
- 22 - Chris Smelser

HAPPY  
BIRTHDAY  
TO...



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

### Time to Give Thanks

Give thanks to our God for all He  
sends with love,  
there are your children, your home,  
loved ones and friends—there's His comfort  
He gives in times of need and sorrow,  
the beauty we see each and every day.  
Give thanks for the returning of morning's  
light, the sun that shines brightly for us  
and the stars glittering at night.  
For all these things we should lift  
our eyes, open our hearts to our  
Lord giving thanks. Amen!

Carolynn Mitchell  
Saucier, Mississippi

### "Taps"

This Veterans Day the well-known sound of "Taps" will be played at observances throughout our country. It was composed by Major General Daniel Butterfield, a member of the Army of the Potomac during the Civil War. He is buried in the Post Cemetery at the United States Military Academy at West Point. There are no official words to accompany the music, and many versions can be found. Here is a sampling of a few verses.

Fading light dims the sight,  
And a star gems the sky, gleaming bright.  
From afar drawing nigh — Falls the night.

Day is done, gone the sun,  
From the lake, from the hills, from the sky.  
All is well, safely rest, God is nigh.

Then good night, peaceful night,  
Till the light of the dawn shineth bright,  
God is near, do not fear — Friend, good night.



**VETERANS  
Day**

### A warning to the wise

Sign near a church lot in Verona, New York: "If thou hast parked thy car in this lot, thee had better be in church. All others will be towed at owner's expense."

—Reader's Digest, July 1999

### November's Moods

I love November's quiet moods,  
Her wan and weeping solitude,  
Her taciturn, unsmiling sky,  
Her lonely winds that whistle by,  
The calm submission of her leas,  
The resignation of her trees.

I love her undemanding days,  
Her patient, pious, peaceful ways,  
Her monochrome and modest gown,  
Her solid sense in settling down  
Before the winter's wrath intrudes.  
I love November's quiet moods.

Ruth Van Gorder  
Lake Ariel, PA





## November

November's sky is chill and drear,  
November's leaf is red and scar.

—Sir Walter Scott

### A puzzling question

Question: How is a person who can vote, but who never takes time to do it, any better off than the person who is prevented from voting at all?

### Orange-Maple Cranberry Sauce

In a saucepan combine 2 cups **fresh cranberries**, ½ cup each **orange juice** and **maple syrup**, and ¼ cup each **golden raisins** and **chopped walnuts**.



Bring the mixture to a boil. Reduce heat; simmer until cranberries start to burst and the mixture thickens, stirring occasionally.

### A day for the saints

Monday, November 1, is a day set aside by the church for remembering dedicated Christians of the past. It is often called All Saints' Day or All Souls' Day. This day has been set aside "since the Middle Ages for remembrance of the beloveds who no longer laugh and cry with us on Earth. But All Souls' Day is a beautiful occasion for contemplating how we care for our own souls ...."

—Sarah Ban Breathnach in *Simple Abundance*

#### Bob's Bicycles

Bob & Kyleen Fuller

116 J st  
Laporte, Indiana



219-575-7436



## THANKSGIVING TRIVIA

BY BONNIE L. GENTRY

1. Who was the first President to pardon a turkey?
2. Which President made turkey pardoning an annual event?
3. Which President made Thanksgiving a permanent national holiday?
4. Which President officially made Thanksgiving the fourth Thursday of every November?
5. Which Native American friend to the settlers act as an interpreter?
6. Sarah Josepha Hale, who campaigned for Thanksgiving to be a national holiday, wrote what famous song?
7. How many sides does every snowflake have?
8. What are the tiny snowmen created every time Elsa sneezes in "Frozen?"
9. Although the Grinch always appears as a green character in movies what color was he in the original Dr. Seuss book?
10. In "The Polar Express" what number was on all of the tickets?

### TRIVIA SOLUTIONS

- Christmas  
1225, which is the date of  
9. Black and White  
10. Six sides  
7. Snogles  
"Mary Had a Little Lamb"  
Roosevelt  
5. Squanto  
6. Franklin Delano  
4. Abraham Lincoln  
3. George H. W. Bush  
2. John F. Kennedy

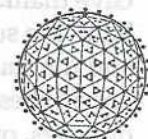
## NOVEMBER



WORLD  
COMMUNITY  
DAY



## December



New Year's Eve



I  
love  
a star,  
a wreath,  
a shopping  
list, a crowd,  
a gift, a time  
of worship, a toy,  
a child, a colored  
ball, a party, a kiss,  
a family together, the  
sound of laughter, turkey  
'n mince pie, joy and peace,  
a tree of lights, the glow of  
candles, the faith of a child,  
the sound of bells and an angel's song  
a season of wonder and togetherness

a  
world  
at  
peace  
filled with love  
and goodwill  
toward all  
mankind

-Cherokee Heights Baptist Church  
Macon, GA

●All we have shall some day be given.  
Therefore, let us give now that the  
season of giving may belong to us and not  
to our inheritors.

## How far is it to Christmas?

How far is it to Christmas day?  
The journey's just as long  
As taking time to listen  
To a joyful angel song.  
It's just as far as one can go  
In doing a loving deed  
That helps someone feel better  
Or that meets their special need.  
For Christmas is a journey  
That the heart makes every year.  
It starts right with your family  
And those you hold so dear.  
It travels on to strangers  
'Round the world to everyone  
With the message that God loves us  
And that's why he's sent his Son!

—Peggy Ferrell



[image above: JOURNEY6.TIF]

## Birthdays - DECEMBER

2 - Adam Hay  
2 - Jo Jensen  
17 - John Penzoil  
20 - Kayleen Fuller  
24 - Doris Wolfe  
27 - Pam Creed  
29 - Jade Moller



If I missed someone - Please let me know!

## Advent begins the church year

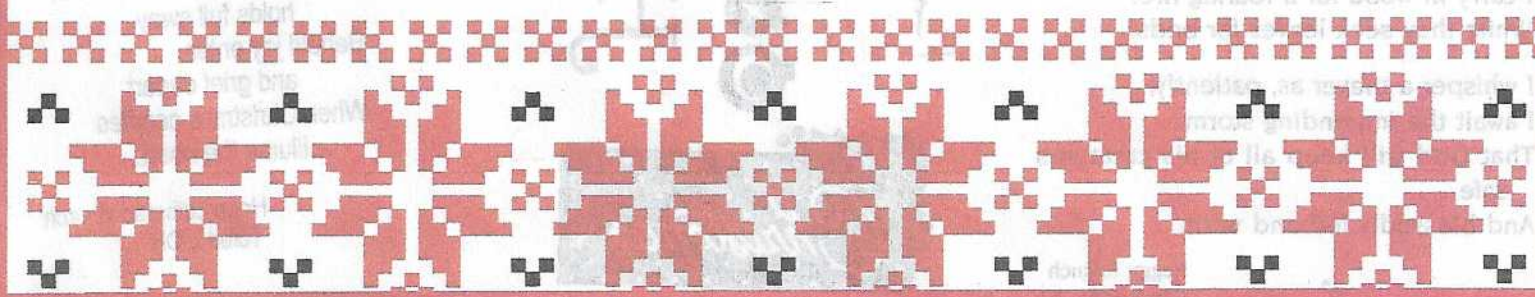
Advent, ... the opening season of the church year, ... was formally instituted at the end of the fifth century as a preparation for the celebration of the Nativity of our Lord, or Christmas .... Historically, Advent is a time for fasting and repentance, yet it has strong overtones of joy as the Christmas season approaches.

—The Dictionary of the Bible and Religion



## THE POINSETTIA

In the United States, the flower most symbolic of the Christmas season is the poinsettia. It was brought to this country in 1828 by Dr. Joel Poinsett, the first United States Ambassador to Mexico who discovered it there and for whom the flower is named. A Mexican legend tells that many years ago in a certain village there was the custom each Christmas Eve of placing gifts before the creche in the church. A small boy having nothing to give knelt to pray in the snow outside. When he arose he found in the spot where he knelt a beautiful plant with scarlet leaves and a yellow flower in the center. He picked the stalk and presented it as his gift to the Christ Child. The Mexicans call it 'Flower of the Holy Night' and think it resembles the Star of Bethlehem.





## Cinnamon Hot Chocolate Mix

When our children left for college, they each insisted on taking a large container of this cinnamon cocoa mix with them to the dorm. —Linda Nilsen, Anoka, Minnesota

1-3/4 cups instant nonfat dry milk powder

1 cup confectioners' sugar

1/2 cup nondairy creamer

1/2 cup baking cocoa

1/2 teaspoon ground cinnamon

1 cup miniature marshmallows

### ADDITIONAL INGREDIENTS:

3/4 cup hot milk

In a bowl, combine milk powder, sugar, creamer, cocoa and cinnamon. Add the marshmallows; mix well. Store in an airtight container in a cool dry place for up to 3 months. **Yield:** 18-19 batches (about 3-1/2 cups total).

To prepare hot chocolate: Dissolve about 3 tablespoons hot chocolate mix in hot milk. **Yield:** 1 serving per batch.

## Preparing for Advent

The last Sunday of November will be the first Sunday of Advent, the day we prepare our hearts to remember the Incarnation. Some anonymous poet has a message for us in these words:

There's Christmas in the home and church,  
There's Christmas in the mart,  
But you'll not know what Christmas is,  
Unless it's in your heart!



Advent

### As Winter Approaches

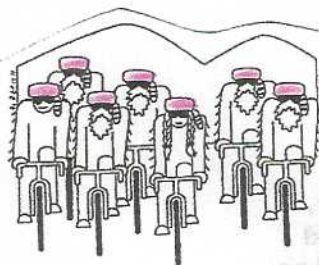
As winter steadily approaches,  
The animals and I  
Engage in like activities  
'Neath a dark November sky.

We scurry about compulsively,  
Making nests snug and tight,  
Blocking out the arctic wind's  
Ferociously chilling bite.

We gather together provisions now—  
Food for the months ahead;  
I carry in wood for a roaring fire,  
While they seek leaves for beds.

I whisper a prayer as, patiently,  
I await the impending storm,  
That God will keep all of his creatures  
safe  
And blessedly fed and warm.

Peggy Mlcuch  
Cambridge, VT



Have Yourself a Merry Little Christmas

## Legend of the Christmas Pickle

Back in the late 1840s, Germany began producing glass-blown ornaments, many in the shapes of fruits and vegetables. Woolworth stores began importing these baubles in 1880—around the same time the tale about the German tradition of the Christmas Pickle began to circulate. As the story goes, the pickle was to be the last ornament hung on the tree. The first child to find the cured cucumber ornament was to receive an extra present. *Nicht wahr*, say the Germans. No such tradition exists there. Looks like the Woolworth Company

had a pretty savvy marketing team!

The Christmas Heart  
is a gentle heart  
Malice and envy  
have no part;  
Coldness and bitterness  
cannot stay  
Where the spirit of Christmas  
holds full sway.  
Behold joy enter  
and grief depart  
When Christmas candles  
illumine the heart.

—Hope Lutheran Church  
Toledo, OH







## "Members' Mileage Chart"

2022

	<u>Jan/May</u>	<u>June</u>	<u>July</u>	<u>Aug.</u>	<u>Sept.</u>	<u>Oct.</u>	<u>Total</u>
Matt Amor	190	174	128	133	93	98	816
Tim Bates					386	103	489
Garry Bowers	70						70
Annette Clark	14	29	174	135	192	45	589
Pam Creed		1020	430	851	280	311	2892
Joe Collins	207	561	323				1091
Byron Fitzgerald	1529	248	940	467	303	228	3715
Bob Fuller	848	390	252	295	104	95	1984
Richard Galloy			38	14			52
David Heinold	1039	350	600	500	400	300	3189
Tom Hilbish	730	395	419	434	474	274	2726
Tom Hughes	15		5		25	10	55
Jerry Jackson	630	494	513	202	373	166	2378
Vinnie Kuta	1092	680	692	817	822	599	4702
Kathy Mack							
Mark Nagel				30		5	35
Shelly McGinty	151	244	137				532
Steve Pearson			126	248	138	26	558
John Phelan	1200	600	650	600	600	210	3860
Cole Sadin	245	149	102	101	81	40	718
Mike Sebella	124	92	140	136	122	101	715
Diane Szydal			234	219	41		494
Joe Szydal			1112	342	381	198	2033
Dan Tannas	90	150	117	87	123		567
Dean Woodson	45	50	25	40	70	50	280
Bill Yoder		135	80	190	90	38	533
							35,073

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

## ColdWatch

### Special aid for winter injuries

Here are two serious cold injuries you'll want to watch out for and tips from the National Athletic Trainers Association for how to treat them:

Hypothermia is a significant drop in core body temperature. Symptoms include shivering, increased blood pressure, impaired fine motor skills, lethargy — and in severe cases, impaired mental function and even loss of consciousness. Get out of the cold, remove any wet clothes and wrap up in warm blankets. Apply heat only to the trunk and other areas of heat transfer, such as the armpit, chest and groin. Drink warm, nonalcoholic fluids.

Frostbite is significant skin damage resulting from long exposure to the cold. Symptoms include swelling, a red or gray appearance to the skin, stiffness and tingling or burning. Severe, deep frostbite can also include blisters and numbness. To treat it, immerse the affected area for 15 to 30 minutes in a warm water bath no hotter than 98.6 degrees Fahrenheit.



## A New Beginning

Margaret Rorke

Every end's a new beginning  
With another chance for winning—  
A renewal of our energy and hope.  
What is over only strengthens  
The connecting link that lengthens  
All of living with its duties and its scope.

So it is with marching seasons:  
Each in sequence has its reasons  
In the purpose and intention of the Lord.  
Let us seize this as a sample—  
A divinely sent example—  
And perceive in new beginning—new reward.



# MCBC Meeting



**Monday, November 21, 2022  
7:00 PM**

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

**Refreshments & Fellowship**

**E-Mail**

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

**Affiliated with:**



## MCBC has Facebook

**Maple City Bicycling Club**

**Maple Leaf Logo**

**Website**

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

### MCBC Officers

President - Dave Wolfe  
Vice. President - Pam Creed  
Treasurer/Secretary - Tom Hilbish  
Media - Tom Hughes  
Newsletter - Doris Wolfe



### WINTER WORKOUTS

To stay warm during outdoor winter workouts, dress in layers: a T-shirt under a sweatshirt under a jacket. Not only do layers trap in body heat but also they are easy to pull off as your body warms up. Make use of outdoor apparel accessories. Cover your head and hands to prevent chapping. Use a scarf over your mouth to prevent loss of moisture from the lungs.



Maple City Bicycling Club  
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