

MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety
and Friendships

2021



'SPOOKED' IN OCTOBER

With October we find our weather changing and our nights arriving at a fast rate. That means riding 'daylight' decreases almost hourly. (This means it is much more difficult on scheduling rides for you.)

At our last meeting we spent time discussing our WebSite, and looking into updating/improving it. If you have any ideas of what you would like to see on our WebSite, please contact either Joe Collins or Dave Wolfe. We want this to be as informative as possible for all.

We also discussed Harold's Ride and hoped for a nice turn out. Currently our rides schedule has not produced the number of riders I hoped we would have. Our club is searching for ways to improve 'Club Rides' for all of our members. If you have an ideas regarding Club Rides, please share them with us !! We want to give **ALL** of our members an opportunity to ride with our club.

As you can see a number of our members have been on their bikes this past summer; some riding many miles and some not so many. Still you have been on your bicycles, and that is good exercise. To date we find 31,042 miles covered by our riders. That's a positive !! Good Show !!

Our Next Meeting will be Monday, October 18, 2021 at the La Porte Church of the Brethren at 7:00 PM. We need to talk about our WebSite, next year's rides, the 2022 O.C.T., Promotion Committee report, etc.

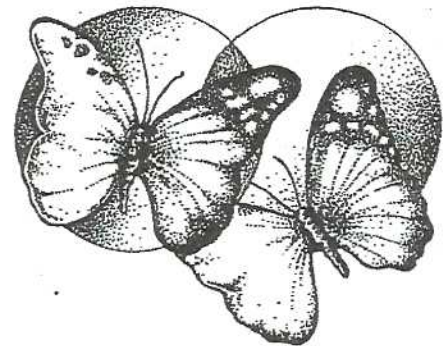
This years Crane Cruise is October 9th. Hope a number of you can make this ride. (This ride is mostly flat and a very exciting ride.)

We will continue to schedule Rides thru the middle of October, canceling if incimate

weather. When riding these days be sure to wear appropriate clothing (**BRIGHT COLORS, PLEASE**) ! Be sure that you are aware of your surroundings, ride safely and **STAY SAFE**.

Enjoy the **Fall Colors**,
HAPPY CYCLING

- Dave Wolfe



HAPPINESS

Happiness is like a butterfly.
The more you chase it,
the more it will elude you.
But if you turn your attention
to other things,
It comes and softly sits upon
your shoulder.

-I. Richard Lessor

FALL -

Football, pumpkins, piles of leaves, shorter days, crisper nights, and the sights and smell of summer turning the corner into autumn. These are some of the things that make Fall a special time of the year.

LiveSmart |



An easy way to clean the microwave

Clean your microwave oven fast by boiling water with a squirt of lemon juice in it. It will steam the microwave. Then wipe it with a damp cloth.

That's this week's winning tip from Yoly M (@CuponeandoLive) in Atlanta, one of the first members of the LiveSmart Society, part of Whrrl, a hot, location-based social network where people



give and get tips about everyday life.

Tell us your smart recommendations for shopping, cleaning, eating, exercising and parenting. When you do, you'll enjoy daily chances to win great prizes, such as \$50 in groceries and free movie tickets. And you may get in print!

Join the LiveSmart Society at whrrl.com/usaw.



PRO TIPS

PARKING LOT YOGA

No mat? No worries. Courtney Aronson, a yoga director at Studio Three in Chicago, shares three equipment-free ways to stay limber.



FORWARD FOLD

Do this to loosen up your low back: Stand with feet hip-distance apart and slowly bend at the waist while keeping a slight bend in your knees. Grab opposite elbows and let your head hang heavy. Feel the stretch through your legs, glutes and low back.



CHEST EXPANSION

Drivers, take note. Shake out strained upper back and chest muscles by reaching your palms behind your back and clasping hands together. Lift your palms away and stretch your knuckles back.



FIGURE FOUR

Glutes feeling like Jell-O? Try lifting your right leg, bending your knee to 90 degrees and crossing right ankle over left thigh. Flex your right foot, then bend into the left knee and sit back. (Feel free to use your car for balance.) Repeat on other side. **MYRL**

Cold-weather comfort top 10 food rankings

Addie Broyles
More Content Now
USA Today Network

As I contemplated what I wanted to make during a cold snap, I thought I'd compile some of my favorite cold dish recipes and rank them in a top 10.

Like every ranking, this one is entirely subjective, and it is highly influenced by the nostalgic foods of my youth, not to mention my current cooking preferences. Every fall and winter, I'll make each of these dishes at least once, and certainly every time we get a big drop in temperatures.

10. Shrimp and grits

Creamy, buttery grits (or polenta) with garlicky shrimp makes for a stick-to-your-ribs dinner.

9. Red beans and rice

Without sauce, red beans and rice is just an OK side dish, but once you add slices of kielbasa or other smoked sausage, it transforms into a rich (and easy and not too expensive) dish worth sharing.

8. Risotto

Once I figured out how to make risotto in the Instant Pot, I stopped fearing this notoriously fussy Italian rice dish.

7. Lasagna

There's no need to boil lasagna noodles when making lasagna, but on a cold day, sometimes it's nice to bring a big pot of water to boil on the stove anyway. There are about a million ways to make lasagna, but it takes so long to bake in the oven, it's perfect for a day when it's cold and gray outside.

6. Shepherd's pie

Mashed potatoes, by themselves, a dinner do not make, but throw a little chili, chicken noodles or other stewed concoction in a baking dish and top with mashed potatoes? That's comfort food, squared.

5. Chicken pot pie

Some people might argue that shepherd's pie and chicken

pot pie are too alike to each get their own ranking, but I disagree. Make a chicken or vegetable stew, mix in a little flour, pour into a baking dish and top with pie crust. (I keep store-bought crusts around for this purpose.) Bake at 400 degrees for 25 minutes, and you'll serve a piping hot dinner that's better than anything from the frozen section of the grocery store.

4. Chili

My kids like to eat it with macaroni, but I prefer Fritos, avocado, sour cream and cilantro. The key is heavy chili powder and a few dashes of garam masala. I also like the combo of ground beef, pork, black beans, kidney beans and sweet potatoes, but that's just me.

3. Chicken tortilla soup

Chicken tortilla soup has easily replaced chicken noodle soup in our house. The tortilla chips have something to do with that, but mostly, it's the hefty dose of lime juice. The acid from the citrus balances the richness of the stock to create a bright, hearty dinner that will cure what ails you.

2. Pozole

I like pozole just a hint more than tortilla soup because the large pieces of hominy make it even more filling, plus the leftovers keep a little better.

1. Chicken and dumplings

My No. 1 comfort food is entirely based on nostalgia and the fact that my grandmother really did make the best chicken and dumplings I've ever had. I've been trying to perfect her thick, hand-cut egg noodles over the years, but even when I don't come close, I still feel the most comforted when I eat this dish.

And because I can't get enough carbs when it's cold, I insist on eating those fluffy dumplings with saltine crackers.

(This story originally published during a cold spell in 2019.)

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!

PUZZLE OF THE MONTH

Name the U.S. state! The Land of Enchantment.

OCTOBER

Did you know The first World Series Baseball game was played on October 1, 1903. 10-1-1908 the Model T was introduced by Henry Ford. 10-1- is World Smile Day (1st Fri). 10-2-1959 the Twilight Zone premiered and Walt Disney World open its doors in 1971. 10-3-1960 the Andy Griffith show premiered. 10-4 is national Golf Day and national Child Health Day (1st Mon). World Teachers Day is 10-5. 10-7-1826 the first railroad in the U.S. was built in Massachusetts. 10-8- is World Egg Day. 10-11-1975 Saturday Night Live premiered. 10-11 is Columbus Day (2nd Mon) is this year. 10-15-1951 "I Love Lucy" premiered. 10-16 is National Boss's Day, World Food Day and National Sweetest Day (3rd Sat). 10-21 is national Apple Day. 10-24 is United Nation's Day, Forgiveness Day and national Mother-In-Laws Day (4th Sun). On 10-26 is national Pumpkin Day. 10-28 is national Chocolate Day and was when the Cotton Gin was invented by Eli Whitney in 1793. 10-29-1929 is when the Great Depression began. 10-30 is nation Candy Corn Day. 10-31 is when the first episode of Zorro aired in 1968, also Ghost Hunting Day AND it's Halloween. **Happy Halloween!**

- Success lies not in achieving what you aim at, but in aiming at what you ought to achieve, and pressing forward, sure of achievement here, or if not here, hereafter.



Columbus Day

There's a bit of Columbus
in every man's heart
As he looks at the lifetime
he's wanting to chart:
A new way to his "Indies,"
his personal shore
With its promise of riches
for him to explore.

Perhaps it's a trade route
no other has sought,
Or it might be a path
undiscovered in thought—
Something still in the realm
of the wholly ideal,
Waiting yet to be found—
to be proven as real.

If this bit of Columbus
were given a ship
Such as faith, hope, and courage
can always equip,
Just imagine the continents
people might find,
Sailing westward to lands
of the heart and the mind!

Margaret Rorke

1. Black cat

Black cats have been believed to be the cause of bad luck for hundreds of years. Ironically, this superstition most likely began because these cats were once believed to be bearers of good luck. Wives of sailors kept black cats at home to prevent disasters at sea, and if a black cat ran ahead of a sailor on his way to the ship the sailor would have a prosperous voyage.



Happy Halloween

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.

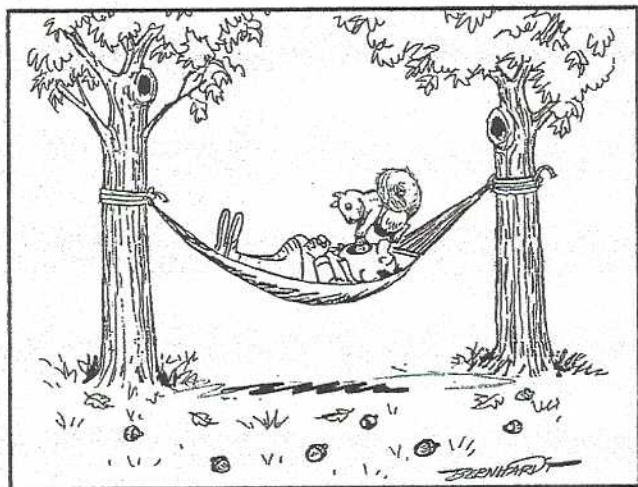
In this pause there's a sort of suspension—
A sensation of hanging between—
Till earth yawns so's to soften the tension
And emits a most mystical scene.

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.

Fall was the smell of cherry pie baking in the oven of the wood stove, the smell of ham hanging in the smokehouse, the dry smell of fodder in the fields, and the pungent smell of apples. Fall was for boiling and jarring and waxing and sealing and filling the cupboards and pantries.

- Charles Kuralt



Crypto-Families



The *Crypto-Family* is a list of related words in code. (One set of letters has been substituted for the correct letters.) When you have identified a word, use the known letters to help decode other words within the group.

HALLOWEEN

Example: Mask

TRICK
RFJMD

MIVRWHS

IMRIKSF

EJRMXSV

KPCMD MCR

AXIVR VRIFJSV

OCFRN

KFIHVRJMD

AIKPJBV

COOPSV

HALLOWEEN

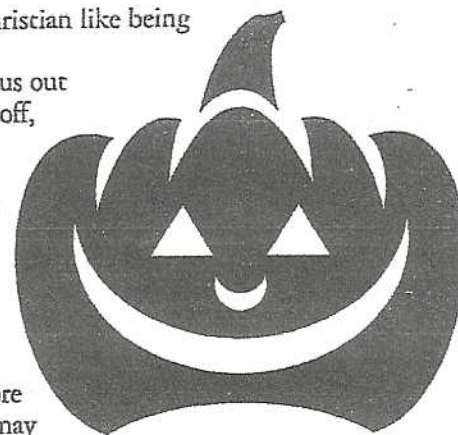


Pumpkin people

How is being a Christian like being a pumpkin?

God sees us, picks us out of the dirt, cleans us off, takes the yucky material out of us by forgiving us, puts a smile on our faces and places a shining light within us for others to see.

Jesus said: "Let your light shine before others, so that they may see your good works and give glory to your Father in heaven" (Matthew 5:16, NRSV).



- Golf - you drive for show, but putt for dough.

- Bobby Locke, Golfer

SIGNS OF WINTER

Before there were weather apps for your smartphone, or the National Weather Service, people looked to the signs of nature to prepare for what's to come.

Cleveland weather guru Dick Goddard put together a laundry list of these "signs" of nature that can predict a harsh winter ahead. We featured these in *The 1978 Old Farmer's Almanac*, and they are still relevant today.

Here Are the 20 Signs of a Hard Winter:

1. Thicker-than-normal cornhusks
2. Woodpeckers sharing a tree
3. Early arrival of the snowy owl
4. Early departure of geese and ducks
5. Early migration of the monarch butterfly
6. Thick hair on the nape (back) of the cow's neck
7. Heavy and numerous fogs during August
8. Raccoons with thick tails and bright bands
9. Mice eating ravenously into the home
10. Early arrival of crickets on the hearth
11. Spiders spinning larger-than-usual webs and entering the house in great numbers
12. Pigs gathering sticks
13. Insects marching in a line rather than meandering
14. Early seclusion of bees within the hive
15. Unusual abundance of acorns
16. Muskrats burrowing holes high on the riverbank
17. "See how high the hornet's nest, 'twill tell how high the snow will rest"
18. Narrow orange band in the middle of the woolly bear caterpillar warns of heavy snow; fat and fuzzy caterpillars presage bitter cold.
19. The squirrel gathers nuts early to fortify against a hard winter.
20. Frequent halos or rings around the Sun or Moon forecast numerous snow falls.

HOW TO:

Roast Pumpkin Seeds

The key is starting
with dry seeds.

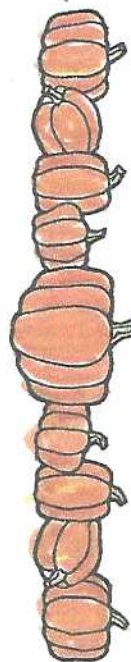
- 1 Preheat oven to 300°F.

- 2 Clean pumpkin seeds, removing any extra pulp or string. Pat seeds dry — excess water can create steam, which prevents the seeds from getting crispy.

- 3 In clean bowl, combine melted butter (or olive oil) with salt or any of your favorite spices — like pumpkin spice mixed with turbinado sugar. For every cup of seeds, use about 2 tablespoons butter (or oil). Use as much or as little spice as you like!

- 4 Toss spice mixture with seeds until well coated. Lay seeds on parchment-lined and greased baking sheet in a single layer.

- 5 Bake 45 minutes, stirring occasionally. Store leftovers in an airtight container.



Four Ways to Love Pumpkin Seeds

OATMEAL TOPPER

Go salty-and-sweet with traditional roasted pumpkin seeds and a drizzle of maple syrup.

SUPER SALADS

Add a satisfying crunch to field greens or creamy chicken salad.

PUMPKIN PASTA

Stir pumpkin purée into buttery farfalle noodles then add a pumpkin seed garnish.

GOURD GARNISH

Ready-made pie gets an instant upgrade with cinnamon and sugar pumpkin seeds! ■



HealthSmart

Advice from **THE DOCTORS**

4 ways to prevent a stroke

You've cut the butts and salt, kept your weight, blood pressure and blood sugar in check. Now what?

IF YOU STOP SMOKING, cut your sodium intake and keep your weight, blood pressure and blood sugar in check, you reduce your risk of a stroke. Here are four more tips:

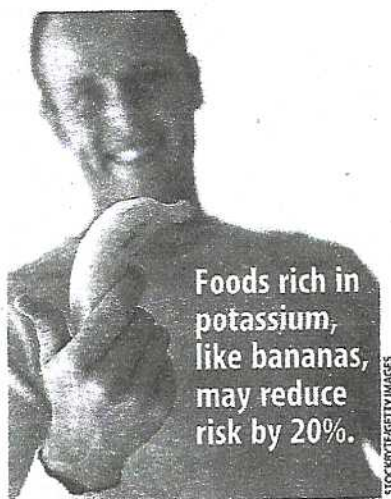
Watch heart palpitations. Be aware of these events, especially if the flutters are accompanied by shortness of breath, lightheadedness and chest pain; those are all signs of atrial fibrillation, an abnormal and often rapid heartbeat that boosts risk of stroke about fivefold.

Eat more raisins. Include bananas, beans and sweet potatoes, too. They're all loaded with potassium — and a diet rich in foods with this nutrient may reduce your risk of stroke by more than 20%, a recent report suggests.

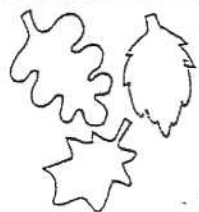
Walk 20 minutes a day. It'll cut your risk of stroke by 30%, according to a large study of nearly 40,000 women over a 12-year period. Walk briskly (for example, briskly enough so you can talk but not sing) and your chances are reduced by almost 40%. The link ap-

plies only to women; previous studies examining walking and stroke risk among men have been inconsistent, researchers say.

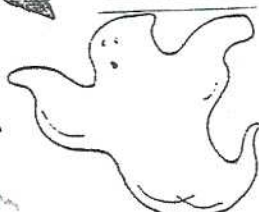
Get your eyes checked. A new study found that retinal vein occlusion (RVO), an eye disease that afflicts about 180,000 people each



year, nearly doubles your chance of stroke. RVO occurs when the small veins that carry blood away from the retina become blocked; atherosclerosis, diabetes and high blood pressure increase your risk. And preliminary research in the Netherlands suggests that older people who have advanced macular degeneration appear to be at an increased risk for bleeding stroke (the kind caused by a brain hemorrhage).



October



World Smile Day

16



Boss's Day



18 - National Chocolate Cupcake Day



National Children's Day

21

- National Apple Day



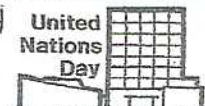
23

Make a Difference Day



24

United Nations Day



World Teacher Day

12



Columbus Day

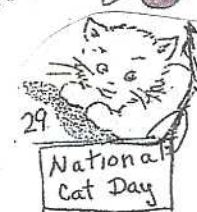


14

National Dessert Day

National Chocolate Day

28



29

National Cat Day

31



16 World Food Day



Family Day



Pick A Day



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



2. HALLOWEEN: Trick, Costume, October, Witches, Black cat, Ghost stories, Party, Broomstick, Goblins, Apples.

“MEMBERS’ MILEAGE CHART”

	<u>Jan/May</u>	<u>June</u>	<u>July</u>	<u>Aug.</u>	<u>Sept.</u>	<u>Oct.</u>	<u>Total</u>
Matt Amor	258	104	258	96	81		797
Robb Boughner	254	457	516	508	556		2291
Garry Bowers	75	75	51	53	38		292
Tom Casey	476	283	596	205	136		1696
Annette Clark	8	23	76	177	164		448
Pam Creed	183	130	432	706	1066		2517
Joe Collins		110	90	148	200		548
Byron Fitzgerald	2509	569	677	670	538		4963
Richard Galloy	15	22	22	32			91
Tom Hilbish	500	375	473	548	460		2356
Tom Hughes	15	72	25	65	32		209
Jerry Jackson	596	564	601	278	385		2424
Vinnie Kuta	1257	579	593	771	580		3780
Kathy Mack	8	26					34
Shelly McGinty	421	272	684	11			1388
John Phelan	965	766	846	756	450		3783
Cole Sadin	277	189	202	190	175		1033
Mike Sebella	360	154	165	208	70		957
Kevin Stone		23					23
Dan Tannas	81	55	98	151	148		533
Mike Thuman	1067	240	500				1807
Dean Woodson		22		25	25		72

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

The Business of Friendship

The happiest business in all the world is that of making friends,
And no investment on the street
pays larger dividends ,
For life is more than stocks and
bonds, and love than rate percent,
And he who gives in friendship's
name shall reap what he has spent.

Anne S. Eaton

Teaching your child to ride a bicycle provides a lesson that can be used all through the child-rearing years: a shaky child on a bicycle for the first time needs both support and freedom.



MIRACLE

*A miracle is the swoop of a bird
And the gesture of your hand.
A miracle is the blaze of the sun
And the sparkle of your eyes.
A miracle is the crash of the waves
And the flute of your voice.
A miracle is the cool of the wind
And the warm of your arms.
A miracle is rain and roses
And all else in creation
When I'm
With you.*

—MARK DAVIDSON

MUTTS



● Bike Commuting: Reflecting on Reflection

by Edward K. Payne, ECI #272

Fall and winter turn bicycle commuters' thoughts to visibility. As daylight savings time and shorter sunlight hours take their toll, we face heightened challenges to safe cycling.

Will we be seen during our commute? Can that commute be as relaxed in darkness as it was in daylight?

Head and tail lights are important, and are required by law in many areas. Complementing these active lights, careful selection and use of reflective materials will greatly help others see a cyclist riding in the dark.

• REFLECTIVE ADHESIVE TAPE •

You can find reflective adhesive tape at your local hardware store. Tape with the alternating red and white strips or any reflective tape in solid white, yellow, or red will do nicely. Apply the tape to the stays on your rear rack and to the leading edges of your fork blades. A strip applied to both sides of the down tube helps to announce your presence to the sides. Consider adorning your helmet with shapes of reflective material. Your local shop should have available a reflective card with various shapes—dots, triangles, strips—punched in it.

Place these small reflectors in such a way that car headlights will hit them dead-on when you are in a normal riding position.

• PEDALS AND OTHER REFLECTORS •

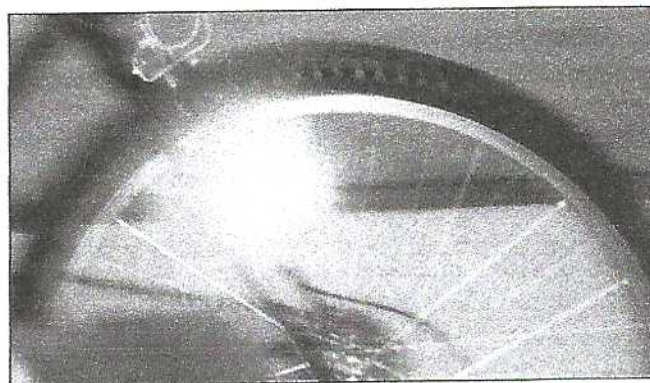
Pedal reflectors and leg bands attract lots of attention because of the motion of the pedals.

Just about all traditional "platform" pedals already have built-in reflectors. Make sure yours are clean and not cracked. Replacements are available at any bike shop.

"Clipless" pedals, on the other hand, do not generally have built-in reflectors and must be retrofitted. Shimano makes an attachment that fits SPD pedals nicely and accommodates both cleated and non-cleated shoes. Look has a different approach; they use a set-screw attached reflector that clings to the bottom of a Look pedal. These reflectors are prone to fall off, and must be checked frequently. Look's P-26 clipless pedal with built-in reflectors has been discontinued, though some bike shops may still have them in stock.

• REFLECTIVE VESTS •

Reflective vests come in a variety of styles, ranging from the inexpensive, minimalist SeeBack vest that many bike



shops feature to the big, bulky, full-sized vest worn by law enforcement officers and road construction crews. A minimalist vest can cost less than \$15, while fancier construction crew and law enforcement vests cost two or three times as much.

The more reflective material in the vest, the better the visibility. Make sure the vest is made of breathable material. You will cook in a non-vented vest. ECI John Donoughe of New Cumberland, Penn. recommends a "Special Safety Vest," available for \$23.27 from the Pennsylvania Institute for the Blind and Handicapped, (800) 447-8860. Remember that you are not after fashion here, but rather something that will get you noticed! (One EC Commuting student remarked that the author looked "like a giant bumble bee approaching through the gloom of the night.")

• ROAD TESTING •

Now that you have put together your ensemble, it's time to test how you will look to automobile drivers. Find a dark (ideally no street lights at all) parking lot, and have a friend don all your reflective gear and mount your reflective material-equipped bicycle.

Next, have your friend slowly ride away from you while you alternate the low beam and high beam headlights of your car, continuing until the rider is out about 500 feet. You will quickly be able to evaluate what an automobile driver views when looking at you. Next have the bike rider turn and slowly approach your car, swerving from side to side to simulate making turns. Once again, alternate your high and low beam headlights. You will be astounded at the performance differences among various materials and approaches.

MCBC CALENDAR - 2021

Club rides happen because riders show up !

			<u>Time</u>	<u>Place</u>
Oct.	5 (Tues)	Casual Ride	5:00 PM	Kesling Park
Oct.	6 (Wed)	Liz's Ride	5:00 PM	Luhr Park
Oct.	7 (Thurs)	Cardio Ride	5:00 PM	Luhr Park
Oct.	12 (Tues)	Casual Ride	5:00 PM	Kesling Park
Oct.	13 (Wed)	Liz's Ride	5:00 PM	Luhr Park
Oct.	14 (Thurs)	Cardio Ride	5:00 PM	Luhr Park
Oct.	18 (Mon)	Club Meeting	7:00 PM	Church of the Brethren
Oct.	19 (Tues)	Casual Ride	5:00 PM	Kesling Park
Oct.	20 (Wed)	Liz's Ride	5:00 PM	Luhr Park
Oct.	21 (Thurs)	Cardio Ride	5:00 PM	Luhr Park

(More Information - call 219-369-3978)

Check Facebook for any scheduled rides !

2021 - UPCOMING RIDES of INTEREST

Oct.	9	Crane Cruise	Medaryville, IN	www.cranecruise.com
Oct.	22	Hilly Hundred	Ellettsville, IN	www.hillyhundred.org




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

PREVENTING FALLS

Know the Signs of a Concussion

Concussions often go undiagnosed in an emergency room after a fall. You can have a concussion even if you never lost consciousness. So it's important you know the symptoms, such as:

- Headache
- Confusion
- Dizziness
- Clumsiness
- Irritability
- Nausea and vomiting
- Light and sound sensitivity
- Problems concentrating

Call your doctor if you experience any of these symptoms after a fall, even if it's a day or two later. 



MCBC Meeting



**Monday, October 18, 2021
7:00 PM**

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

Refreshments & Fellowship

E-Mail

www.MapleCityBC@gmail.com

Affiliated with:



MCBC has Facebook
Maple City Bicycling Club
Maple Leaf Logo

Website

www.maplecitybicyclingclub.com



(219) 872-9228

**Offers
MCBC MEMBERS
10% Discount
On Merchandise
Purchased**

bikestopcycling@yahoo.com

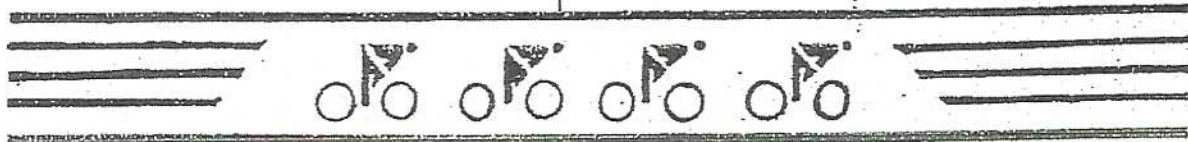


JOY IS A CHOICE

**Pain is inevitable,
but misery is optional.**

**We cannot avoid pain,
but we can avoid joy.**

-Tim Hansel



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

