

NFBC Newsletter

November December 2021

We Ride Every Day

Volume 52 Issue 4

Dates to Remember

Banquet/Party!
Saturday Nov.
20th, 6:00 PM
@Harris Hill Fire
Hall. Details on
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Winning Dessert Recipe
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How Sweet It Was – NFBC’s 2021 Picnic

If there was ever any doubt that NFBC members enjoy each other’s company, the 2021 picnic dispelled that notion, hands down! A highlight of the day was the ability sit and laugh and have an extended conversation with friends – a rarity over the past year and a half. Over 100 riders turned out on the picture-perfect riding day, participating in the ride of their choice out of Como LakePark.



While the riders were out doing what they do best, a group of a dozen volunteers gathered at the Large Gazebo to ready the sign-in, picnic and beverage tables, to install the sound system, help caterer Frank’s Grille unload and assemble the food, serve as judges for the dessert competition and more.

After a sumptuous lunch, Darrell Skelton ably moved us through the day’s proceedings. Jen Adolf reported on NFBC’s strong representation at the 2021 Ride for Roswell and Empire State Ride, which together brought in nearly \$80,000 to support cancer research at Roswell Park Comprehensive Cancer Center. She was followed by NFBC President Brenda Fischer, who greeted picnic attendees, thanking the day’s volunteers, ride leaders, and members for their continuing support during a trying period.



The always competitive dessert competition was won by Kathy Karnath, for her Texas Sheetcake (the recipe is on P.4). Ron Spohn took second for his Lemon & Lime Curd, and Mariann Caprino was awarded third place for her Peanut Butter Cookies.

The ever-popular raffle was supported by Bert's Bikes, Tom's ProBikes, and Wegmans, who together provided \$750 in gift cards and other prizes. Tom's also brought e-bikes that a number of us are considering to extend our riding days. Bert's and Tom's support us throughout the riding season, for which we are abundantly grateful, and we appreciate the nutritious offerings that fuel our bodies, available at Wegmans. We thank each for their respective roles in helping us to perform at our best.



Many thanks to the Board for its guidance during this different riding and picnic-planning season, with special thanks to Jim Turner, whose counsel was invaluable. Also, the picnic would not have happened without our two dozen unflappable and proficient volunteers who introduced a number of innovative and streamlined processes this year. We definitely attracted the A-Team for this event.

At the risk of excluding someone – apologies if that happens – following in no particular order is a list of folks who helped out, especially on D-Day. **Thank you** for your time, effort, and ingenuity! Pat and Loren Danaher, Jim Vozga, Darrell Skelton, Michelle Bates, Jen Adolf, Linc Blaisdell, Joan Charleson, Cindy Adams, Carrie Kowalski, Robbie MacDonald, Barry and Mary Ann Waldman, Rebecca Ribis, Gene Melnyk, Paula Ciolka, Brenda Fischer, Tim Leach, Lori Harf, Bill Murray, Liz Skelton, Mike Maher, Bob Alessi. – Jane Armbruster
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The 2021 NFBC Fall General Meeting has morphed into a PARTY! You are invited to gather at the Harris Hill Volunteer Fire Company on SATURDAY 11/20 to celebrate the end of the 2021 cycling season here in Western New York.

A soup-and-chili cook off will be held, so if you think your recipes are better than ours, bring it on! There's a stove in the kitchen to re-heat if necessary, or if you plan to bring a slow-cooker, kindly also bring an extension cord. Of course, you are also encouraged to bring munchies (crackers/cheese/veggies/dips/hummus/bread) and desserts (hint hint, Jen) as well as your favorite fall beverages.

Plates, cups, tableware, napkins will be provided.

The fun starts at 6 PM, so mark your calendars. See you there!

New Sunshine Committee Chairperson

Terry Turski has been Sunshine Committee Chairperson for years and has retired! Judy LiPuma has graciously volunteered as the new Sunshine Committee Chairperson! If you know of any Club member who is sick or injured and needs some sunshine, please contact Judy by email: lipumaj@aol.com, or by phone or text: 716-480-8001. Thank you to both Terry and Judy!





Texas Sheet Cake

- ½ c. Crisco
- 1 c. water
- 1 stick margarine
- ½ c. cocoa

Combine above in saucepan. Bring to a boil, remove from heat. Add dry

ingredients:

- 2 c. flour
- ½ tsp. salt
- 2 c. sugar
- 1 tsp. baking soda

Mix in:

- 2 eggs, slightly beaten
- 1 c. sour cream
- 1 tsp. vanilla

Pour mixture into large (17 x 11) greased pan. Bake 15 – 20 minutes @ 375 degrees. Cool slightly. While cake is baking, make frosting in the same saucepan (less cleanup!!):

- 1 stick margarine
- 4 Tbsp. cocoa
- 6 Tbsp. milk
- 4 ½ c. powdered sugar
- 1 tsp. vanilla

Bring first 2 ingredients to a boil. Remove from heat, add remaining ingredients and beat until of spreading consistency. Spread over warm cake. Top with 1 cup chopped walnuts (optional).





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Kazoo Party Ride

We missed a year but were finally able to have the last party ride of the season on Labor Day. After a bit of worry about some weather at the start, it turned out to be a great day for both the ride and the party! Thanks to everyone who participated and we hope to see you all next year.





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Welcome New Members

Miguel Lopez, Alice Hall, Nathan Fox, Michael Robert Conway, Joaquin Carbonara, Michael Sager, Beverly Schaefer, Brett Boerema, Paul Di Pasquale, Tim McMorrow, Sandy Sauvageau, Chris Niesser, Brian Hahn, Paul Bronschidle, Cory Joseph Ciambella, Michael Kilgallon, Bob Wahler

Wanted: Newsletter Editor(s)

Looking for a way to contribute to the Niagara Frontier Bicycle Club? The Newsletter is currently published ten times per year, and includes the ride and party schedule, as well as meeting notices and other biking articles of interest.

Duties include:

- solicit and edit articles and photos.
- compile and publish the Newsletter on the NFBC website.
- attend Board meetings.

Currently the Newsletter is prepared in Apple Pages and posted to the NFBC Website as a pdf file. Similar software will be necessary if you wish to do this.

The current editors will provide previous editions and information regarding the Newsletter. We will also be available to assist you if necessary.

Newsletter editors are appointed by the elected NFBC Board members, so if you are interested, please contact any Board member

Note: This may be the final NFBC Newsletter if no one wants to take over the editing task!



NFBC Newsletter Deadline

The deadline for submission of articles to the Newsletter is the twelfth (12th) of the month preceding the month in which the information is to appear. We welcome articles or story ideas about club members or club activities and digital pictures of either, with captions. Send to Joan Charleson or Mike Maher.

Party Rules

For NFBC members, biking is number one followed by socializing with friends. Get togethers are organized by volunteers in the club who enjoy hosting parties. The host(ess) supplies the facility, main course, soft drinks and, of course, time and energy. Those who attend bring a dish to share, a beverage of their choice, and funds for the “kitty” to offset the expenses of the host. Bring a lawn chair. Be a welcomed party goer and do your share to make these get togethers continued successes for the club.

Help Spread Sunshine

On behalf of the NFBC we will send a note of cheer to someone who may need it. Notify JudyLiPuma, Sunshine Chairperson. Please contact Judy by email: lipumaj@aol.com, or by phone or text: 716-480-8001. NFBC cares about its people!





Support Your Local Bike Shop



tlonzi@tomsprobike.com

Tom Lonzi
Owner

3687 Walden Avenue
716.651.9995

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*Bicycles & Fitness
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Niagara Frontier Bicycle Club

