

# NFBC Newsletter

November December 2021

We Ride Every Day

Volume 52 Issue 4

## Dates to Remember

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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  
www.nfbc.com



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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](mailto:lipumaj@aol.com), or by phone or text: 716-480-8001. Thank you to both Terry and Judy!







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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](mailto:lipumaj@aol.com), or by phone or text: 716-480-8001. NFBC cares about its people!



# NIAGARA FRONTIER BICYCLE CLUB MEMBERSHIP APPLICATION

## NFBC/LAB RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

In consideration of being permitted to participate in any way in the NFBC sponsored bicycling activity, I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of this bicycling activity, and that I am qualified, in good health, and in proper physical condition to participate in such activity, I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of travelling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. FULLY UNDERSTAND that (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death; (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the activity, the conditions in which the activity takes place, or the negligence of the releasees named below; (c) there may be other risks and social and economic losses whether not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs and damages I incur as a result of my participation in this activity.

3. HEREBY RELEASE, discharge and covenant not to sue the NFBC, the LAB, their respective administrators, directors, agents, officers, volunteers and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage or cost which may occur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE, AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE NOTWITHSTANDING SHALL CONTINUE IN FULL FORCE AND EFFECT. FURTHERMORE, I HAVE ALSO READ AND UNDERSTAND THE DUTIES OF A RIDER (see NFBC website - documents).

NAME \_\_\_\_\_

STREET \_\_\_\_\_ Address Change?    Y    N

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

PRIMARY MEMBER E-MAIL \_\_\_\_\_ Email Change?    Y    N

SECOND MEMBER E-MAIL \_\_\_\_\_ Email Change?    Y    N

\_\_\_\_\_  
PRIMARY MEMBER NAME/GUARDIAN      SIGNATURE      DATE      MEMBER #      BIRTHDATE (if under 18)

\_\_\_\_\_  
PRINT SECOND MEMBER NAME      SIGNATURE      DATE      MEMBER #      BIRTHDATE (if under 18)

\_\_\_\_\_  
PRINT THIRD MEMBER NAME      SIGNATURE      DATE      MEMBER #      BIRTHDATE (if under 18)

\_\_\_\_\_  
PRINT FOURTH MEMBER NAME      SIGNATURE      DATE      MEMBER #      BIRTHDATE (if under 18)

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MEMBERSHIP FEE:    Individual - \$25 \_\_\_\_\_      Renewing Member \_\_\_\_\_ or New Member \_\_\_\_\_  
                                 Family - \$40    \_\_\_\_\_ (includes any 2 adults and their children under 18 living at the same address)

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**Send check payable to NFBC (if applicable) along with signed application to: NFBC**  
**c/o Charles Grammer**  
**2801 George St**  
**Eden, NY 14057**



# Support Your Local Bike Shop



tlonzi@tomsprobike.com

**Tom Lonzi**  
Owner

3687 Walden Avenue  
716.651.9995

9430 Transit Road  
716.688.2453



Bertsbikes.com

40<sup>TH</sup>  
ANNIVERSARY

*Bicycles & Fitness  
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## Niagara Frontier Bicycle Club

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