

Bike Banter

We have quite a list of Covid19 newsletter title suggestions. Which one do you vote for?

- Quarantine Scene
- Quarantine Caffeine
- Pedal Nettle
- Bike Pyschs
- Free Wheeling Through Troubled Times
- Free Wheeling Through Troubled Waters
Inspired by Bridge over Troubled Water - Simon and Garfunkel
- Broken *Spoke*'n Ramblings
- Pandemic Possibilities
- Saucy Seclusion
- Resilient Ramblings
- Pandemic Play Time
- QuaranTimes

Let us know which title you like best. Entries still accepted.

Final title next edition. Prize for best title!

Send your ideas & votes to the editorial team at:

pamelalester@shaw.ca

More on the Penny Farthing



Inside this issue:

- Window Walk Ideas
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- Renovation Humour
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- Viewing – Local Musicians in Concert

WINDOW WALK IDEAS

WEEK OF:

April 12, 2020	Birds & Flowers	
April 19, 2020	Earth, Sunshine & Rainbows	
April 26, 2020	Insects	
May 3, 2020	Star Wars!! May the force be with us this week!	
May 10, 2020	Hearts & Mothers Day!	
May 17, 2020	Camping	
May 24, 2020	Stars & Planets	
May 31, 2020	Summer Snacks	

Cheering Squad

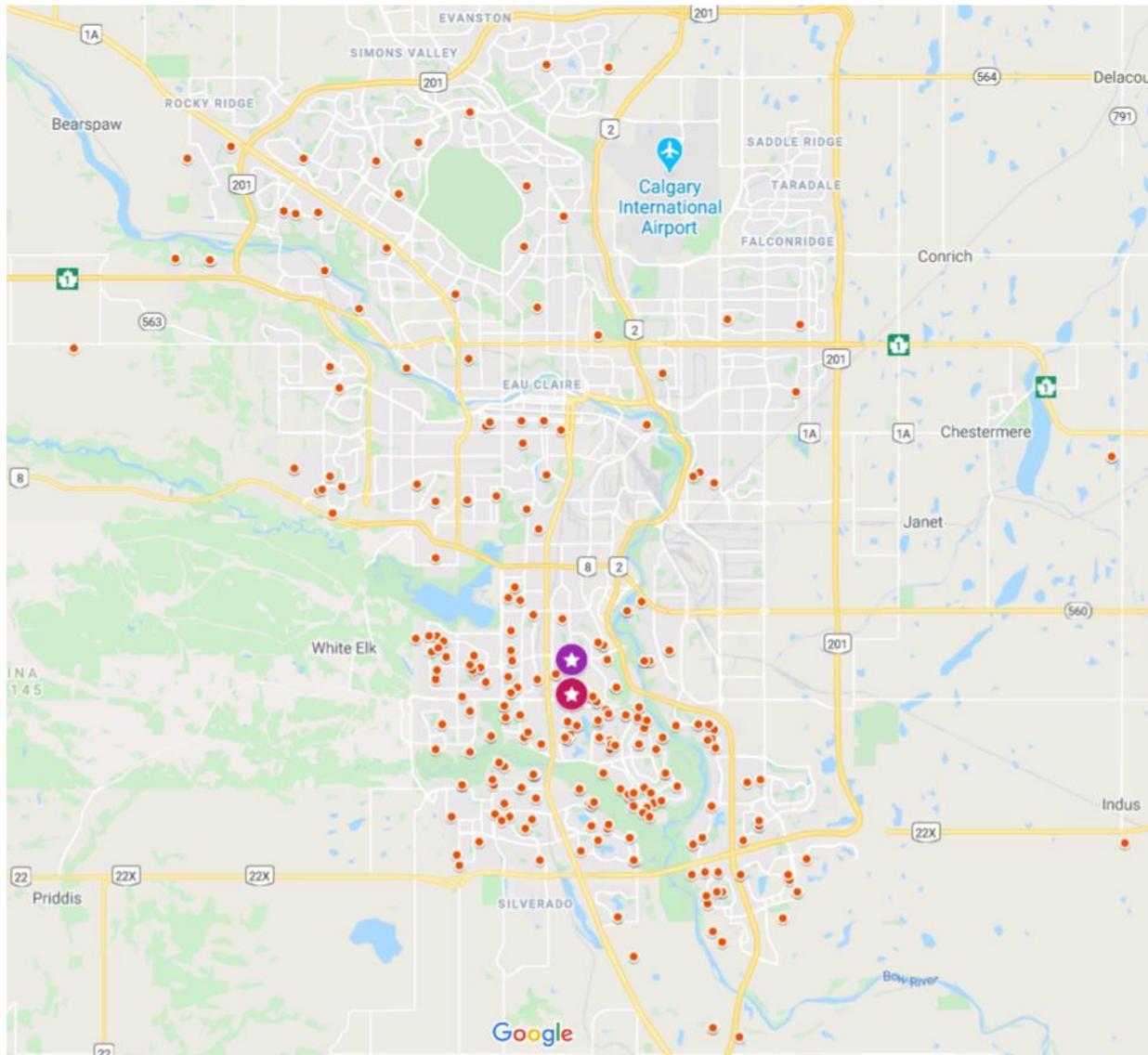
Have you seen some of the cheerful window and yard decorations families are doing to thank our medical and essential workers and to cheer each other up during our self-isolation?

Here is a list circulated by a resident of the Parkland community. The idea is to create window, fence, and/or sidewalk décor with a different theme each week.

Then going for walks around the neighborhood becomes a treasure hunt to find illustrated themes.

MEMBERSHIP GEOGRAPHIC CENTER

Do you ever wonder where all of us live? Take a look at the map below. It pictures the addresses of the 287 club members enrolled in 2019, minus a few domiciles lying outside the map boundaries.



You can examine the map more closely by clicking on the link below:

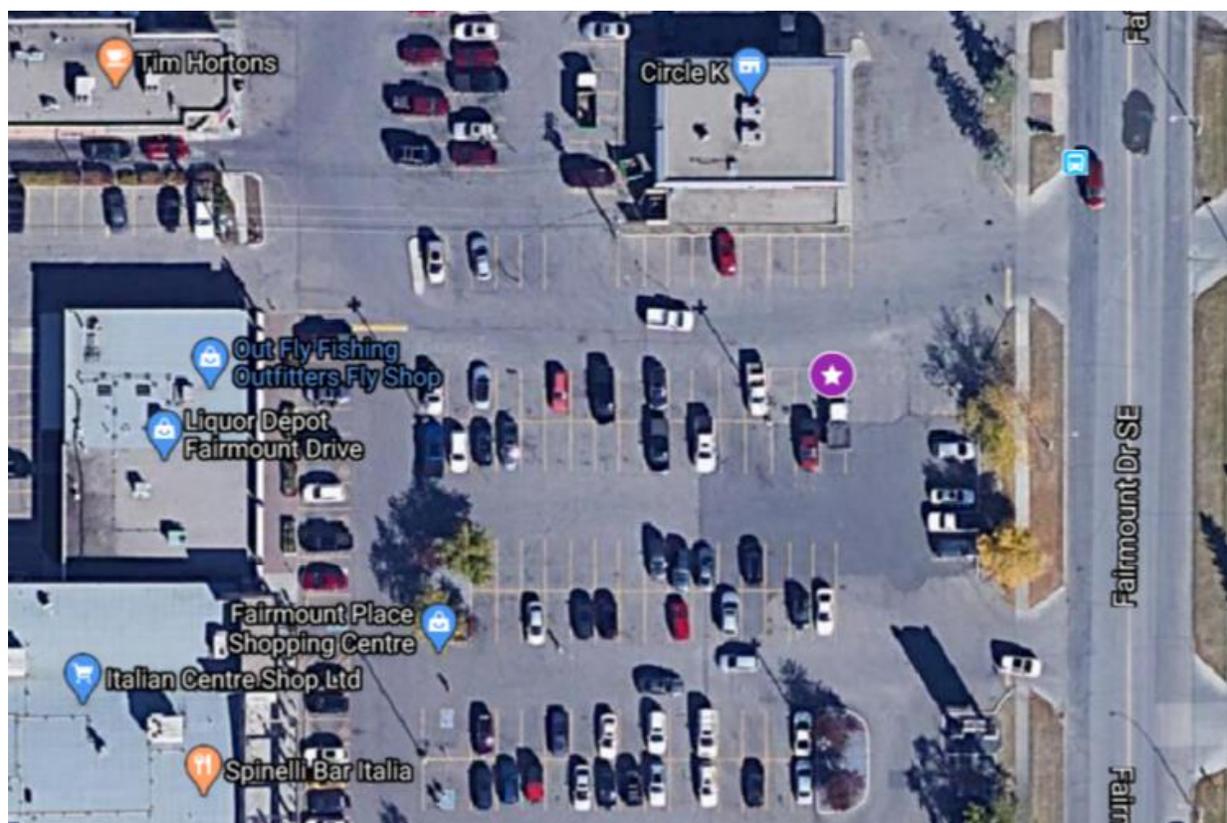
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Tech Note: copy this link into the 'Search or enter web address' bar at the top of your internet screen, not the 'Search' bar which appears below it.

The small red dots on the map often represent two or more members living in the same household. In those cases, individual members are counted separately in the geographic center calculation explained further on. Our members are well spread throughout the city and in the surrounding area. Two members live in Airdrie, but the most northern one lives on the way to Madden. The Okotoks member takes the prize for being the most southern. Towards the East, the member from Indus beats out the one from Chestermere. Springbank boasts the most westerly member.

In the map above, the big purple dot represents the geographic center of the membership. It is made up of the average latitudes and longitudes of all the residences as given by Google Maps. The geographic center is located in the Fairmount Place Shopping Centre on the southwest corner of Fairmount Drive and Southland Drive, just

inside the northern edge of Willow Park. The overhead view below shows its exact location on the furthest parking space from the Out-Fly Fishing Shop. The Old Spokes Cycling Club is thinking of erecting a small monument on the site.



The big red dot in the map shown earlier is the location of the Trico Centre for Family Wellness, our home base, only 1.25 km south of the membership geographic center.

Check the map to see your home is there!

Brent Daignault

Reflections

In These Difficult Times

In an evening class at Stanford University the last lecture was on the mind-body connection - the relationship between stress and disease. The speaker, the head of psychiatry at Stanford said, among other things, that one of the best things that a man could do for his health is to be married to a woman; whereas for a woman, one of the best things she could do for her health was to nurture her relationships with her girlfriends.

At first, everyone laughed, but he was serious. Women connect with each other differently and provide support systems that help each other to deal with stress and difficult life experiences. Physically this quality "girlfriend time" helps us to create more serotonin - a neurotransmitter that helps

Renovation Humour

Hometown on HGTV

While watching the delightful couple who restore vintage homes in their hometown, we heard a question asked of the septic tank installer.

"Would you say you are #1
in the
#2 business?" 🤔



S O C I A L D I S T A N C I N G

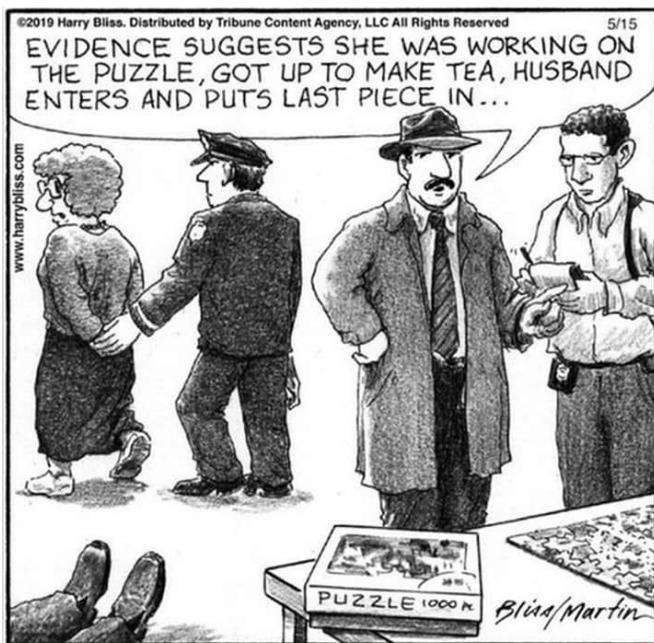
combat depression and can create a general feeling of well being. Women share feelings whereas men often form relationships around activities. We share from our souls with our sisters, friends, and evidently that is VERY GOOD for our health.

He said that spending time with a friend is just as important to our general health as jogging or working out at a gym. There's a tendency to think that when we are "exercising" we are doing something good for our bodies; but when we are hanging out with friends, we are wasting our time and should be more productively engaged.

Not true. In fact, he said that failure to create and maintain quality personal relationships with other humans is as dangerous to our physical health as smoking! So, every time you hang out to schmooze with a gal pal, just pat yourself on the back and congratulate yourself for doing something good for your health!

So, let's toast to our friendship with our girlfriends including grandmas, sisters, mothers, nieces, cousins, aunties... Evidently, it's very good for our health.

Submitted by Rick Stothard



Editorial comment:

Ok Guys – The Challenge Is On

How about the benefits enjoyed by camaraderie among men? How is it different from the female version in the adjacent article?

- Do you agree?
 - “that one of the best things that a man could do for his health is to be married to a woman”.
 - “that men often form relationships around activities”

Send us your comments! **Do a little research and write an article for an upcoming newsletter.**



Viewing Recommendations

CLEAN HANDS, CLEAR HEADS AND OPEN HEARTS

Enjoy a local on-line concert series presented by Stagehand and Calgary Arts Development.

Local Calgary and Alberta musicians go live weekdays at 2 pm (MDT) for a 45-minute concert.

Go to: <https://www.stagehand.app/events/7907>
Just click on "Watch Online" and you will be taken to the live video.

Or search for Stagehand on Facebook to see the Live Online Concert Series with archived videos of past performances.

Old Spokes - FLC Seniors Cycling Club

Promotes health and fitness for cyclists 55+

www.flcseniors.ca/activities/cycling