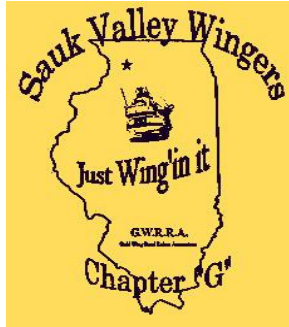




July 2019



<http://illinoischapterg.weebly.com>

Sr. Chapter Director

Mary Adams
hondagirl711@yahoo.com
815-535-8349

Assistant Director

Matt Shore
m-mshore@hotmail.com
815-631-9154

MEC Position

Linda Sue Davis
armymama@yahoo.com

Treasurer

Nicki Fowkes

Ride Coordinator

Bob Adams
adamsbm1@Comcast.net
815-535-6576

Motorist Awareness

Duane & Barb Imel
mrtrainbnsf@gmail.com
815-275-5014

Sunshine Lady

Margie Shore
m-mshore@hotmail.com
815-631-9154

Chapter Ambassadors

Matt & Margie Shore

Have you found Wingy Yet?



From the Directors Chair



We couldn't wait for the rain to stop and here it is summer time! Hot, Hot , Hot!

Our ride schedule is full of dinners and ice cream rides, whether you come in the car or ride on the bike, the most important thing is Participation.

We joined this organization out of common bond, the Gold Wing, we stay out of the friendships we have made.

We know we can not sustain our Chapter without new members and this is so hard to do anymore, but we can keep the Chapter alive and well with Participation and fun ideas.

We have shown that by putting our heads together and joining other Chapters with events and rides we can continue to enjoy our time with GWRRA.

The Illinois District Rally is coming up and it is an event that in the past our Chapter has attended in one form or another. Either for the weekend or just for the day. The agenda looks to be another great weekend. Let's join them and make more memories to share during the winter months when we can't get to travel much.

The MAP Fun run is still continuing, let's get out there and visit the sites. Post your photos on the Chapter G Facebook page or on the Illinois District Facebook page. We will draw at our Chapter Meeting in November! Travel Safe and have fun!!

Co-rider miles 2019—1618

We are still looking for someone to take over the Chapter as according to GWRRA guidelines, this is not a position I should be holding along with the District Director Position. Feel free to email me for details and paperwork.



SR Chapter Director, Mary Adams



CHAPTER G GATHERS

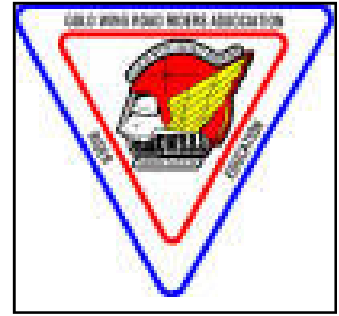
EAT at 6:00 & SOCIAL at 7:00 P M
Second Wednesday each month

Pizza Ranch
3900 E. LINCOLNWAY
STERLING, IL

RIDER EDUCATION



**District Ride Educator
Steve & Jeanine Brungard**



Happy 4th of July!

July is around the corner as well as gravel and dirt. Dirt from farmers trying to get into and out of their fields, and gravel from all the rain. Somebody must be building an ark besides the one in Kentucky.

Comfort Level

Comfort level plays a role in your ability to handle various riding situations. When you are comfortable with your mental and physical skills, you are able to react correctly and with precision to any hazard you encounter.

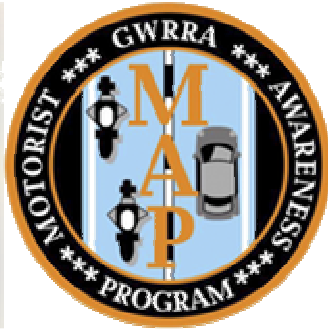
If you are uncomfortable in a situation -- for example, if you are stressed and distracted because surrounding traffic is moving much faster than you are -- you are prone to making mistakes and less likely to respond quickly when needed.

If you are not confident using the expressway at 65 mph, choose a route that uses smaller roads instead. If you are not comfortable riding in a large group, avoid organized rides and travel alone or with trusted friends. If you are forced into a riding situation that makes you uncomfortable, adjust your speed, position and following distance to give yourself more time and space to react to surprises.



**START SEEING
MOTORCYCLES**





As summer approaches and the days get longer, the dangers of working outside during hot weather also increases. Knowing how to work safely in hot weather can help prevent [heat stress injuries](#) and heat stroke. According to the [National Institute for Occupational Safety and Health](#) (NIOSH), heat stroke is the most serious heat-related disorder and occurs when the body can no longer control its temperature. The body temperature can rise to 106 degrees Fahrenheit or higher within 10 to 15 minutes and heat stroke can cause death or permanent disability if emergency treatment is not provided. Other heat-related disorders include heat exhaustion, heat cramps and heat rash.

Heat stroke occurs when the body no longer sweats and body temperature reaches dangerous levels. Symptoms of heat stroke include:

- Dry, hot reddish skin and lack of sweating
- High body temperature
- Strong, rapid pulse
- Chills
- Confusion
- Slurred speech

Heat exhaustion is the body's response to the loss of water and salt, typically through sweating. Symptoms of heat exhaustion include:

- Excessive sweating
- Weakness or fatigue
- Dizziness and/or confusion
- Clammy skin
- Muscle cramps
- Flushed complexion

Heat cramps are painful cramps in the body's muscles due to low salt levels and are typically caused by excessive sweating. Symptoms of heat cramps include:

- Muscle pain usually in the abdomen, arm or legs.
- Muscle spasms usually in the abdomen, arm or legs.

Heat Rash is an irritation of the skin caused by excessive sweating. Symptoms of heat rash include:

- Red cluster of pimples or small blisters
- Usually on neck and upper chest, groin area, under the breasts, and in elbow creases.



Duane & Barb Imel
Chapter G Motorist Awareness Coordinators



Everyone have a great and safe Summer!!!!

2019 June MAP Participation

Cook
DuPage
Henry
Oregon
Lee
Rock Island
Mercer
Whiteside
Ogle



McHenry
Lake
Carroll
Winnebago
JoDavis
Stephenson
Adams
McDonough
Hancock

"Sauk Valley Wingers"



Chapter Ride Coordinator Bob Adams



Hello Everyone,

It's July and the hot weather is here. We have been waiting for it and it looks like we got it. With that bring said, I hope when you are out riding you dress for it.

In June we had our first Tri-Chapter picnic at White Pines State park, I think we had a good turn out and hopefully we can continue this down the road.056897-01 In July we have some rides coming up. Tuesday July 9 ice cream at Bears in Thomson 6:30, Friday July 12 we have July's Birthday dinner in Oregon at Jay's Drive Inn 6:30, Monday July 15 ice cream in Dixon at Muesel's Dairy Delight 7:00, then on Sunday July 21 Chapter "R" Surprise Ride in Peru, meet in Mendota at (BP) Cindy's for Breakfast at 8:00, we will stop for ice cream after the poker run. Thursday July 25 ice cream in Morrison DQ at 6:30. Saturday July 27, 11:30 D&F Honda Sterling we leave for a Birthday dinner in Stockton. Then most important is our District Rally in Olney on Aug.1-3. We have a lot of things going on at the Rally, so I hope you can join us. That's about it for now,

Ride Hard and Ride Safe,

Bob Adams IL. Chapter "G" Ride Coordinator



Witticisms from the Assistant Chapter Director Matt Shore



When I'm used, I'm useless, once offered, soon rejected. In desperation oft expressed, the intended not protected.

What am I?

I am a perching barrel, filled with meat, Taking hits from leaps and dives. Look inside, but do not eat, The meat in there is still alive!

I'm a word that's hardly there. Take away my start, and I'm an herbal flair. What am I?

Who spends the day at the window, goes to the table for meals and hides at night?

What is the difference between a school boy studying and a farmer watching his cattle?

A boy has as many sisters as brothers, but each sister has only half as many sisters as brothers.

How many brothers and sisters are there in the family?



Membership Enhancement Coordinator Linda Davis



Ten Hot Weather Safety Tips:

1. **Stay hydrated.** Drink plenty of fluids; drink about 16 ounces before starting and 5 to 7 ounces every 15 or 20 minutes.
2. **Avoid dehydrating liquids.** Alcohol, coffee, tea and caffeinated soft drinks can hurt more than help.
3. **Wear protective clothing.** Lightweight, light-colored and loose-fitting clothing helps protect against heat. Change clothing if it gets completely saturated.
4. **Pace yourself.** Slow down and work at an even pace. Know your own limits and ability to work safely in heat.
5. **Schedule frequent breaks.** Take time for rest periods and water breaks in a shaded or air-conditioned area.
6. **Use a damp rag.** Wipe your face or put it around your neck.
7. **Avoid getting sunburn.** Use sunscreen and wear a hat if working outside.
8. **Be alert to signs of heat-related illness.** Know what to look for and check on other others that might be at high risk.
9. **Avoid direct sun.** Find shade or block out the sun if possible.
10. **Eat smaller meals.** Eat fruits high in fiber and natural juice. Avoid high protein foods.



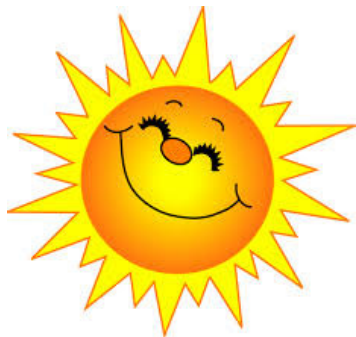
National Officers

President: Anita & JR. Alkire
 GWRRA Director: Jere & Sherry Goodman
 Presidential Assistant: Bruce & Barb Beeman
 Rider Education: John Kuhl



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 Chlorinators • Iron Filters

David Durham office - 815.544.5376
 cell - 815.505.8848



Sunshine Lady
Margie Shore



Our
Christmas Money tree
now has \$51.00

50/50 Winners

Dawn Fredin

Membership Number Drawing

Not Present

\$25 Game Gift Card Winner

No Winners

Chapter Birthdays

- 7—Donna Andres
- 8—Michelle Zdan
- 22— Dave Ginger
- 30— Dan Davis
- 31—Bob Adams

Anniversaries

July 16th
Bob & Mary Adams

GW Join Dates

- Jan Barton 7/06/09
- Olivia Zdan 7/03/14
- Harlen Browning 7/24/15
- Evenlyn Kahley 7/28/15
- Gary & Denise Warner 7/29/15

Quilting By The Creek
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 Using the Gammill Statler Stitcher
 Ginnie & Greg Townsend



2061 Cherokee Court
 Freeport, IL 61032
 (815)238-5898
 gngtownsend@comcast.net

see back for map

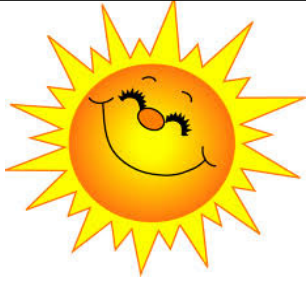


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Sunshine Lady
Margie Shore



A Little Sunshine Recipe
Sunshine Foods by: Margie Shore



Strawberry Shortcake

Strawberries:

- 3 baskets of fresh strawberries (about 6 cups)
- 1/2 cup white granulated sugar for the strawberries

Whipped Cream:

- 1 cup of heavy whipping cream
- 2 teaspoons powdered sugar
- 2 drops of vanilla extract

Biscuits:

- 3 cups (420g) all purpose flour
- 3 Tbsp sugar
- 1 1/2 Tbsp baking powder
- 3/4 teaspoon salt
- 12 Tbsp (168g) unsalted butter, cut into small cubes
- 1 cup (236 ml) milk
- 1/4 (60 ml) cup heavy cream
- 1 1/2 teaspoons vanilla extract



HOMEMADE BISCUITS

- **Stir** flour with dry ingredients: In a large bowl, vigorously whisk together the flour, sugar, baking powder, and salt.
- **Work in the butter:** Cut the butter into the flour mixture, either using your fingers, a pastry cutter, a fork, or a food processor, until the largest pieces of butter are the size of peas.
- **Add the wet ingredients:** Stir together the milk and cream, add the vanilla extract. Make a well in the center of the flour and pour the milk mixture into it.
- **Mix** with a fork or wooden spoon until the mixture is just combined. It should look rather shaggy. Gently knead by hand with fingers to form a loose ball of dough.
- **Chill:** Place the dough on a lightly floured surface and form it into an 8-inch square, about 3/4-inch to an inch thick.
- Place it on a parchment or silicone-lined baking sheet, cover with plastic wrap and chill for 20 minutes.
- **Bake:** Heat the oven to 425°F. Remove the dough from refrigerator. Cut the dough into 9 even squares and space them about 2 inches apart from each other on the baking sheet.

Make whipped cream:

While the biscuits are baking, whip the cream using an electric mixer, adding a drop or two of vanilla and 2 teaspoons of powdered sugar. Cover with plastic and place in the refrigerator to chill until ready to serve.

To serve, break up one biscuit per person into big pieces into a bowl. Ladle strawberries over the biscuit. Add a dollop of whipped cream.



Other Chapter
Socials
To attend

Tuesday June 4th

Chapter H2
Galesburg

Monday June 10th

Chapter DK
N. Aurora

Saturday June 8th

IA Chapter O
Davenport

Wednesday June 19th

Chapter R
Peru

Thursday June 20th

Chapter C2
Freeport

Tuesday June 23rd

Chapter L
Rockford

Sunday June 25th

Chapter Z

**Ride-Events
Info/Hotline
UPDATE**

Please consult this number before attending any Chapter Ride/Event for possible changes.

Bob Adams
815-535-6576
adamsbm1@comcast.net
Chapter G is on Channel 10

Be sure to get your Meet the Chapter Cards Signed each time you visit a Chapter.
You can collect 6 per card.
1 card per person.

Ride Schedule

July

Tuesday 9th	Ice Cream, Bear's, Thompson, 6:30 p.m.
Wednesday 10th	Chapter G Social, Pizza Ranch, Sterling Eat @ 6 p.m. Social Hour 7 p.m. Bring a Door Prize for extra 50/50 tickets! Bring your item for the Summer Rally Basket Bring all pop tops and plastic lids Jay's Drive In, Oregon 6:30 p.m.
Friday 12th	Jay's Drive In, Oregon 6:30 p.m.
Saturday 13th	Dinner with Chapter C2
July 12th-13th	Rastrelli's Clinton, Iowa 5:30 p.m.
Monday 15th	MN District Rally, Fargo North Dakota Ice Cream, Muesel's Dairy Delight, Dixon, 7:00 p.m. Ice Cream only - outside only
Wednesday 17th	Chapter R Social, The Right Spice, Peru Meet at the Casey's Rt. 30 & 40 @ 5:15 p.m. to carpool or ride. Eat @ 6 p.m. Social @ 7p.m.
Sunday 21st	Chapter R Surprise Ride, Peru Meet in Mendota for breakfast at Cindy's 8:00 a.m. Ice Cream in Spring Valley on the way home. Ice Cream Ride, Dairy Queen Morrison 6:30 p.m.
Thursday 25th	Ice Cream Ride, Dairy Queen Morrison 6:30 p.m.
Friday 26th	Dinner with Chapter C2 Welcome Inn, Elizabeth 5:30 p.m.
Saturday 27th	Vetesnik Open House
Saturday 27th	Chapter Dinner Ride, Checco's Pizzeria,

August

1st, 2nd & 3rd	Illinois District Summer Rally, Olney
Monday 12th	St. Judes Dinner, Pizza Ranch, Sterling Meet there at 6 pm. Chapter Shirts Please.
Wednesday 14th	Chapter G Social, Pizza Ranch, Sterling Eat @ 6 p.m. Social Hour 7 p.m. Bring a Door Prize for extra 50/50 tickets! Bring all pop tops and plastic lids
Saturday 17th	Chapter Z Poker Run
Tuesday 20th	Ice Cream Ride, Subula, 7:00 p.m. Meet at Douglas & Frye 5:30 p.m. (Ice Cream Only)
Saturday 24th	Birthday Dinner, Crooked Roof, Lanark 5 p.m. R.V.S.P. Meet at Douglas & Frye 10 a.m.
Friday 30th	Chapter G 5th Friday Game Night Imel's Home. Pot Luck, R.S.V.P.

PARTICIPATE, PARTICIPATE, PARTICIPATE!

1st Annual Tri-Chapter Picnic Chapter C2, Chapter G, Chapter L

The 1st annual Tri-Chapter Picnic was held on June 23rd at the pavilion in White Pines State Park. 31 members of Chapter C2, Chapter G and Chapter L attended. A very comfortable day for all as the weather stayed away for the whole day with a cool breeze helping to keep the bugs and mosquitoes away as well. Plenty of food was shared among all including desserts of all kinds. A Few games were played, Heads or tails and Wingo along with prizes and a 50/50. The overall day was that of friendship, communication and laughter.

This is something we definitely want to try again next year.



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Robert G. Thiel, Jr.
President
Illinois Division

Office: 815-544-1699
Mobile: 815-739-8893
Email: bobt@rdthiel.com
www.rdthiel.com

July 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Chapter H2 Social Galesburg	3	4	5	6
7	8 Chapter DK Social N. Aurora	9 Ice Cream Bear's 6:30 p.m.	10 Chapter G Social Pizza Ranch Sterling	11	12 Dinner Jay's Drive-In Oregon	13 Iowa Chapter O Social Davenport C2 Dinner Rastrelli's Clinton Iowa 5:30
14	15 Ice Cream Dairy Delight Dixon 7:00 p.m.	16	17 Chapter R Social Peru Leave @ 5:15 p.m.	18 Chapter C2 Social Freeport	19	20
21 Chapter R Surprise Ride See Ride Schedule	22	23 Chapter L Social Rockford	24	25 Ice Cream Dairy Queen Morrison 6:30 p.m.	26 C2 Dinner Welcome Inn Elizabeth 5:30 p.m.	27 Vetesnik Open House
28 Chapter Z Social Germantown Hills 5 p.m.	29	30	31			

Chapter G is looking for a newsletter editor and a webmaster.
 Both jobs do require time.
 Neither jobs are hard.
 If you are interested in this position please let me know.

ILLINOIS DISTRICT SUMMER RALLY



August 1st - 3rd

The Holiday
 1300 S. West St.
 Olney, IL 62450



Flag Parade



Memorial Balloon



Rides



Registration

GWRRRA Life Members \$20.00 - Per person

GWRRRA Members \$25.00 - Per person

Non-Members \$30.00 - Per Person

Children under 16 admitted free with a registered participant

The Holiday

618-395-2121

Gold Wing group rate - \$63.95

Lakeside RV & Camping

618-393-4352

50/50, 1/2 card draws

Raffles & More

Rally pins for first 100 enteries

"Sauk Valley Wingers"