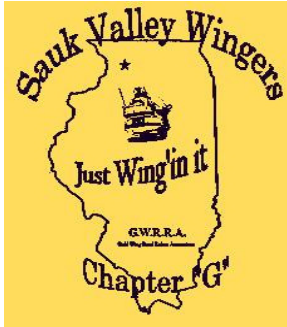


CHAPTER IL-G NEWS

ILLINOIS DISTRICT - REGION E



August 2018



<http://illinoischapterg.weebly.com>

Sr. Chapter Director

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hondagirl711@yahoo.com

815-535-8349

Assistant Director

Matt Shore

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MEC Position

OPEN

Treasurer

Nicki Fowkes

Ride Coordinator

Bob Adams

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Motorist Awareness

Duane & Barb Imel

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Sunshine Lady

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815-631-9154

Chapter Ambassadors

Matt & Margie Shore

Newsletter Editor

Mary Adams

From the Directors Chair

Happy Summer!!

August is almost gone!! This summer sure is going by fast. A constant 90° days have kept us from doing a whole lot of extra riding, along with that 4 letter word—work. Sure seems like time flies by no matter what you are doing.

At the Summer Rally this year, I was inducted as the new District Director. At this time I will continue to run the chapter, but I have the paperwork ready and will sign it for anyone to be the Chapter Director. Just let me know!!

Our schedule has changed alittle. Please check the website and the weekly emails for everything. I try to keep up with the changes and appreciate the reminders.

Looking forward, September brings cooler weather and hopefully a few more rides. Impromptu rides are always fun, send a text or email or facebook and invite a few members to join you.

Don't forget to save the plastic caps and pop tabs. I will be taking them to the Ronald McDonald House ride in September. Thank you to everyone who has contributed.

Dale & Donna will be taking the St. Jude's Ride for Kids in September. Lets Keep them in our prayers for a safe trip.

Keep the shiny side up!!!



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

Welcome to August

Welcome to August. Summer just keeps marching on seems like with or without us. How are you doing on your MAP locations? Chapter G went on a weekend ride a couple weeks ago. Maybe it was the size of the group that got us noticed. We had several friendly encounters with the motoring public. Not much more to report on so below you will find your social funny question. You can mill it over till the Chapter G social then bring me your best answer or guess I will accept both. Remember the public is always watching us for the example we will leave with them.

"Melvin had been briefing the boss at a staff meeting since he arrived at the office, too busy, in fact, even for a cup of coffee. Worse than that, he'd skipped breakfast that morning because he got up late, got dressed in a hurry and sped off to the office in his '65 Mustang convertible. The top was up, of course, because it was cold. It was January. No wonder he felt hunger pangs since he got to work.

"When he finally finished his busy meeting, he glanced at his brand-new digital wristwatch, which he got for Christmas. Yikes! No wonder I'm hungry. It's 12:01, lunch time. Melvin hurriedly donned his coat, hat and gloves and raced out the rear entrance of the building heading for the lunch counter across the street. He darted between traffic lanes and parked cars and almost fell into the doorway of the lunch counter. The door was locked. A sign hung inside the door, 'CLOSED, We Open at 11:00 A.M.'

"He rechecked his watch, which was working just fine, and realized why the lunch counter was closed."

What did Melvin discover?

See you at the next ice cream stop or next social where ever it is.



Duane & Barb Imel
Chapter G Motorist Awareness Coordinators

**START SEEING
MOTORCYCLES**



Chapter Ride Coordinator

July is over with and here comes August. This summer so far has been hot, we had a couple of good days, but mostly it's been hot. But ride, ride, ride is what we do.

We have been busy going to Chapter events and our ice cream rides. Not everyone can go to all the ice cream places or events, even Mary & I have missed some.

The Illinois District rally just got over with in Litchfield and it was a great time. We had over 200 members attend and at the end of August will be at Wing Ding in Knoxville TN.

We have a group of 7 bikes leaving Saturday August 25th.

We are busy in the month of August so be sure to check the schedule for correct times.

Meet the Chapters

This year Chapter "G" is participating in the "Meet the Chapter Poker Run" put on by Chapter "C".

We would like to visit other chapter socials and meet other GWRRA members.

It is nice to see how other chapters are doing and support them in their efforts to accomplish the same goals that we are.

"You are only a stranger once."

Let me know if you need a card to join us.

I will keep them with me as we ride. You do not have to ride to the meeting on your bike to qualify.

There are several chapters that have traveling trophies to claim.

50/50 drawings to win, charity events to help support and rides to join.

Sounds like loads of fun to be had!!

Check the schedule for ride information.

Other Chapter
Socials
To attend

Tuesday August 7th

Chapter H2
Galesburg

Monday August 13th

Chapter DK
N. Aurora

Saturday August 11th

IA Chapter O
Davenport

Wednesday August 15th

Chapter R
Peru

Thursday August 16th

Chapter C2
Freeport

Sunday August 26th

Chapter Z
Germantown Hills

Tuesday Cancelled

Chapter L
Rockford

**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

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

August

- 2-4 Illinois District Summer Rally, Niehaus Cycle, Litchfield
- 7 MTC—Chapter H2 Social, Galesburg
- 8 Chapter G Social - Pizza Ranch, Sterling
- 9 IC—Shiver's 708 Main St. Savanna, 6 p.m.
- 13 MTC—Chapter DK, North Aurora
- 14 IC—McKendrie's Street Cafe, 500 Evergreen Ln, Mt. Morris 6 p.m.
- 15 MTC—Chapter R Social, Peru
- 16 MTC—Chapter C2 Social, Freeport
- 18 Chapter Z Poker Run, Tremont Community Center
214 S. Sampson St. Tremont
Cost \$15 per person, includes Spaghetti Supper.
Leave Casey's on Rt 30 & 40 at 10 a.m.
- 19 Chapter L Poker Run, Rockford
Leave Rock Falls Casey at 8:00, RT. 30 & Rt. 40.
- 23 IC—Dairy Queen, 1203 W. 4th St. Sterling, 6 p.m.
- 30 IC—Culver's Dixon 6 p.m.

September

- 4 MTC - Chapter H2 Social, Galesburg
 - 6 Ice Cream Ride - Baskin Robbins, Rock Falls - 6 p.m.
 - 10 MTC - Chapter DK Social, North Aurora
 - 11 Ice Cream Ride - Frosted Spoon, 511 1st Ave., Rock Falls
 - 12 Chapter G Social - Pizza Ranch, Sterling
 - 18 Ice Cream Ride - Meusel's Dairy Delite, 118 E 7th St. Amboy 6 p.m.
- CASH ONLY**
- 15 & 16 Ronald McDonald House Ride - Springfield
 - 19 MTC - Chapter R Social, Peru
 - 20 MTC - Chapter C2 Social, Freeport
 - 20-22 Southern Ride-In, DuQuoin State Fairgrounds
 - 25 MTC - Chapter L Social, Rockford
 - 28-29 Iowa District Rally, Fort Dodge

RIDER EDUCATION



**District Ride Educator
Steve & Jeanine Brungard**



Do you check with any new riders before a ride to ask if they are diabetics?

When planning rides remember some riders may need to eat at a specific time...

Does Timing of Food Matter with Diabetes?

By [Jennifer Bowers Ph.D., RD](#)

Eating certainly affects glucose control. But does the timing of your food intake really matter, as long as you take your medications when you're supposed to? What about European cultures who favor a larger midday meal? What time of the day should you eat for optimal glycemic control?

Glycemic Control

Certainly, regularly scheduled meals and [snacks](#) are best for glycemic control. This is a long well-known principle. Standard of care recommendations are three meals, 4-5 hours apart, same or similar times of the day every day. Before we continue with this article, I wanted to let you know we have researched and compiled science-backed ways to stick to your diet and reverse your diabetes. Want to check out our insights? [Download our free PDF Guide "Power Foods to Eat" here.](#)

Setting your meal times and [medication](#) times on a regular schedule will result in improved glucose control throughout the day, and over time, evidenced by improved HbA1c values and improved insulin sensitivity.

A sample daily meal schedule would be: 7:00 a.m. – 8:00 a.m. breakfast + 12:00 p.m. – 1:00 p.m. lunch + 5:00 p.m. – 6:00 p.m. dinner.

Regular recommendations are 60 grams of carbohydrate at each of these meals, but that should be individualized by working with a Registered Dietitian (RD) or Certified Diabetes Educator (CDE). Individuals on long-acting insulin will need a bedtime snack including 15-30 grams of carbohydrate to avoid nighttime [hypoglycemia](#). This can be tricky for people working a night shift, or other lifestyle issues affecting a 'typical' schedule. Again, work with an RD or CDE to determine what can work for you.

Hunger & Satiety

Eating on a regular schedule, with small frequent mini-meals keeps you satisfied. Skipping meals in order to lose weight eventually ends up with overeating at the next meal.

Eating the traditional three larger meals each day may lead to hungry spells in between. Hunger scores were significantly improved in human subjects fed a larger morning meal compare to those fed a larger evening meal. An important key is mindfulness of satiety feelings. Paying attention to whether or not you are truly hungry or satisfied can regulate how much you eat. Eating slower and more mindfully would benefit anyone with difficulty controlling their food intake at a meal.

RIDER EDUCATION

**District Ride Educator
Steve & Jeanine Brungard**



Continued...

Energy Stabilization

Just like glycemic control, energy levels stabilize and regulate with regular meal times. Your circadian rhythm for sleep is similar to that of food and glucose needs, and subsequent energy levels. Especially in diabetes, energy levels are linked to regular eating times because the glucose needs are more specialized.

Weight Reduction

More recent research confirms the age-old belief that timing of food affect weight status. Eating late at night contributes to weight gain, eventual obesity and adiposity. Feeding animal and human subjects at the “wrong” times (i.e.; in the dark) results in higher deposition of fat tissue for storage. Meal timing throughout light hours has been proven to influence not only obesity, but weight loss therapy. If a larger meal is consumed during the light hours, the Mediterranean cultural norm of a larger mid-day meal is associated with healthier weight status than a larger evening meal. This held true independent of overall caloric intake. Late eaters lose less weight than earlier eaters, regardless of total calories ingested.

Circadian Rhythm

It is long known that sleep patterns follow a circadian rhythm, with sleep occurring most naturally during the dark hours. Newer research shows that our organ systems have a natural daily rhythm – including stomach, intestines, pancreas, liver, and even adipose/fat tissue. There is also a synchronization of the organ systems with each other, fully dependent on food intake. For example: the mouth produces salivary amylase in response to food intake. In turn, the stomach works in gastric emptying, the [pancreas](#) releases insulin, the intestines absorb nutrients, and the liver releases bile. All things work together like a functional machine. Keeping food intake on a regular schedule enables these organ systems to function at an optimal level.



Quilting By The Creek

*Custom Longarm Machine Quilting
Using the Gammill Statler Stitcher*

Ginnie & Greg Townsend

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

see back for map





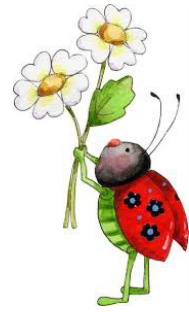
JEFF LESSMAN
CREWCHIEF@EASTLANDMOTORSPORTS.COM

110 E. IL RT 64, LANARK • 815-493-6835
WWW.EASTLANDMOTORSPORTS.COM






Sunshine Lady
Margie Shore



11th Dawn Fredin
25th—Margie Shore
26th—Lynn Kurtz
31st—Sandy Ginger

Happy Birthday!

9th
John & Jan
Barton
Greg & Glonie
Townsend
23rd
Gene & Annette
Shields

Join Dates

8/1/90—Don Smith
8/1/95—Richard Glasgow
8/1/98—Eldon Travis
8/17/05—Thelma Warner
8/21/06—Duane Imel
8/13/09—Barb Imel
8/26/13—Allen Bulkema
8/3/16—Laura Folkers

LET'S RIDE!



Chapter PI Challenge

This challenge runs from April thru October and is an individual challenge.

Mileage is figured Chapter Social to Chapter Social.

Miles are accumulative - visit once or all seven months.

Highest mileage wins - tie will be broken by a drawing.

Prize will be awarded at the 2019 Winter Warm Up and you must be present to win.

Requirements

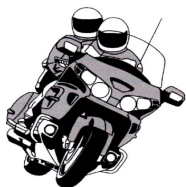
- Must ride
- Wear Chapter Shirt
- Membership current

This is what you are playing for



2018 Social Dates

- April 26
- May 24
- June 28
- July 26
- August 23
- September 27
- October 25



This challenge also plays into the MAP Fun Run, Meet the Chapters and the IL District Circle Ride



Come Join the Fun at "Z" Poker Run



August 18th

New place! New Route!

Tremont community center
214 S Sampson St Tremont



Spaghetti dinner included

Cost is \$15 a person

Starts at noon with last bike in at 3pm

Questions contact Debbie King (309)745-5960 or Email Grandmadeb10@msn.com

DuQuoin State Fairgrounds
DuQuoin is about 30 miles south of I-44,
on U.S. 51 in Southern IL.
You can exit from I-57 at Benton and go West on Rt. 14 about
15 miles. The Fairgrounds are visible from Rt 14 and also
from US 51. The Ride-In takes place in the north-east
corner inside the fairgrounds, north of the grandstand and
next to equestrian arena.



Local HOTELS in DuQuoin:

Super 8 (618) 542-4335
Fairgrounds Inn (618) 542-5000

Tent and RV Camping available at fairgrounds

In October 1985, GWRRA Chapters U, F, P, S & Q
first hosted the Southern Illinois Ride-In. Since then
the Ride-In has grown to become an event many plan
to attend every year in the fall. We've had riders from
Kentucky, Missouri, Indiana, Ohio, Georgia,
Alabama and California attend the Ride-In.

All makes and models of motorcycles welcome!

2018 34th ANNUAL Southern Illinois Ride In



SEPTEMBER 20, 21, 22, 2018

FREE Friday night supper!
FREE Saturday morning full breakfast!

\$100 CASH DRAWINGS
(Need not be present to win)

28100 CASH GIVEAWAY
(Must Be Pre-Registered and Present At Time Of Drawing)

Willie & Carlene Kohlenberger, Ride-In Coordinators
(618) 303-1366 tourom2@globaleyes.net
Additional Information and Registration Forms at
www.orgsites.com/ill/southernridein

Southern Ride In

REGISTRATION FORM - Please print clearly

Rider: _____ State: _____ Chapter: _____

GWRRA # _____ Exp. Date: _____

Position: _____ Is this your 1st SIRI? Y / N

Email address: _____

Rider / Co-Rider: _____ State: _____ Chapter: _____

GWRRA # _____ Exp. Date _____

Position: _____ Is this your 1st SIRI? Y / N

Email address: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone Number(s) _____ (H) _____ (Cell)

One way distance to rally: _____

Liability Release (ALL registrant must sign)
We agree to hold harmless GWRRA, the co-sponsoring
organization, and any property owners for any loss, injury
to self/property by any reason by participating
in this rally.

Rider signature: _____ Date: _____
Co-rider signature: _____ Date: _____

ALL Pre-registration forms must be received by: Sept 10, 2018.

REGISTRATION	\$10 X _____	= \$ _____
Day Pass (Sat only)	\$ 8 X _____	= \$ _____
\$100 CASH DRAWING (6) for	\$ 5 X _____	= \$ _____
20) for	\$10X _____	= \$ _____
REGISTRATION TOTAL	=	\$ _____
Check _____	Cash _____	

NOTE: Walk-in pass will be \$11

1ST 150 registrations get a free rally pin!

← **Mail left page (registration) with check or money order to:**

Southern Illinois Ride-In
238 Elstrom Carbondale, IL 62903

Make checks payable to: SOUTHERN ILLINOIS RIDE IN (SIRI)

SCHEDULE OF EVENTS

Activities/Times are subject to change.
Check the bulletin board to confirm activity times.

Thursday, September 20th

8:30 am Guided Lunch Ride
3-5 pm Registration, set up camp, meet your neighbor
7-9 pm Wingo
9:15 pm Ice Cream Ride to DQ

Friday, September 21st

7:30 am coffee
9:00 am-7 pm Registration, set up camp, meet your neighbors
10 am-Ride to Flamm's Orchard
1-3 pm People Games; 3 pm Joey Watson ISP Presentation
5:30 pm-Bikers Dinner
7 pm-Dirty Bingo; 9 pm-Ice Cream Ride Ye Olde Country Store

Saturday, September 22nd

7:30 am-9 am- Hot Breakfast
8 am-Noon-Flea Market; 8 am-Noon- Registration
9 am- 6 Hour Guided Scenic Ride (Tentative)
10 am- Ride to Flamms Orchard
10 am-Noon- People Games
2 pm-4 pm- Bike Games
4:30 pm-5 pm-Dog Showcase
5 pm- Prize Drawing, Awards and Closing
* Community Pot Luck Dinner after Closing