

# Wandering Wings

## IL-G2 NEWSLETTER



GoldWing Road Riders Association - February, 2021  
Friends for Fun, Safety and Knowledge

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While we were looking for things to do at home this past month, the Ride Committee was busy planning. We introduced the 2020 event calendar last month. This month we need to refine it and find people to take ownership of one or more events. See the Ride Committee's article on page 3.

Tony Valicenti, Tim McGuire and I attended the district's virtual Member Enhancement Coordinator meeting this month. There were MEC's from New Jersey, Ohio and Wisconsin present as well as some from Illinois Chapters. We shared ideas for some activities we've done during the pandemic. See Tony's meeting minutes for details.

It was suggested that we publish member profiles. This is something we did many years ago. Jim Fairman has made it easy by creating a set of interview questions that can be easily answered. See Jim's profile of himself on page 7. If you would like to be profiled see the template on page 6.

Don't forget to schedule your Coronavirus vaccine.

Stay safe and healthy.



Ellary and Holly Kahan

**G2 WEB PAGE**  
**www.ilg2.com**

**G2 PHOTO  
ALBUM**  
**gwilg2.shutterfly.com**  
**Use name "eddyd"**  
**and leave password**  
**blank**



### February Birthdays

- 3 — Rich Seligman  
Terry King
- 23 — Ellary Kahan



#### Got something to say?

This is your newsletter. We accept articles from any member.. Send your articles to the editor at [ellaryk@gmail.com](mailto:ellaryk@gmail.com). MS Word or equivalent format preferred. Text should be in Times New Roman font, single spaced with a one-quarter inch first line indent on all paragraphs except the first. Use .5 in. margins. Any photos should be cropped for publication. All submissions become the property of IL-G2 and may be edited.

## Upcoming G2 Events

### February

28 - Video Chapter gathering, 10 AM

### March

28 - Video Chapter gathering, 10 AM

### April

25 - 9 AM Chapter gathering with ride after, 9 AM

### May

2 - Slimy Crud Run (Tim)

8 - Dinner ride

23 - Chapter gathering with ride after, 9 AM

29 or 30 - Memorial Day ride

### June

5 - Breakfast ride

12 - Dinner ride, Road America

13 - Chapter gathering with ride after, 9 AM

19 - All day ride

26-July 4 - Wing Ding trip (Tony)

### July

10 - Dinner ride

18 - All day ride

25 - Chapter gathering with ride after, 9 AM

### August

7 - Breakfast ride

14 - Dinner ride

15 - All day ride

22 - Chapter picnic

28 - Wrenching day

### September

4-6 - Door County trip (Tony)

11 - Breakfast ride

12 - All day ride

18 - Dinner ride

26 - Chapter gathering with ride after, 9 AM

### October

2 - Breakfast ride

3 - Slimy Crud Run (Tim)

16 - All day ride

23 - Chili social

24 - Chapter gathering with ride after, 9 AM

### November

13 - Dinner (Ellary)

21 - Chapter gathering with 2022 calendar planning, 9 AM

### December

4- Holiday party

## ILLINOIS G2 CHAPTER STORE

The following items are available for sale at the monthly chapter meetings:

### NEW

G2 Logo Hats & Fleece  
Vests  
Name Badges

G2 & GWRRA Patches  
Chapter Shirts  
See Apparel tab on web site.

If you would like to order but cannot attend a Chapter meeting, contact  
Jim Fairman  
[gwrri.il.g2@gmail.com](mailto:gwrri.il.g2@gmail.com)

## GWRRA

### Directors:

Jere and Sherry Goodman  
[Director@gwrri.org](mailto:Director@gwrri.org)  
Membership Enhancement  
Dan & Mary Castello  
[MEP.director.gwrri@gmail.com](mailto:MEP.director.gwrri@gmail.com)

### Rider Education

Susan & George Huttman  
[Director\\_re@gwrri.org](mailto:Director_re@gwrri.org)

### IL District:

#### Director:

Bob Adams

[my1986goldwing@yahoo.com](mailto:my1986goldwing@yahoo.com)

Educator: Steve Brungard:

[sbrungard2@yahoo.com](mailto:sbrungard2@yahoo.com)

Membership Enhancement:

Diane & Steve Gottschalk

# Ride Committee

## 2021 G2 Rides

**I**L-G2 is your riding group and to make it more enjoyable and participatory, your ride committee (Mike, Tim and Tony) would like each of you who plan to join us in one or more group rides in 2021, whether it be a breakfast, lunch, dinner or all-day-ride to volunteer as a Ride Leader for at least ONE ride during the 2021 riding season.

The duties of a Ride Leader are to select a venue, points of interest on the way, a meeting place and start time and, if you wish, a Ride Captain to design a route, prepare route maps and lead the ride. Your only job is to choose a favorite venue or research one that you would like to try, find out if they have group seating, require reservations, parking, etc., and work with a ride coordinator of your choice to make it a great ride. The venue could be a park, restaurant (when safe or outdoors), museum or other interesting place, or an activity like miniature golf, bocce ball, etc.

The rides which already have a ride leader have been removed from the list (see the Calendar on P. 2). Please review the adjacent calendar, choose a ride and let one of the ride committee members know which ride you have chosen.

Thanks in advance for your help.

Mike Zyskowski,  
Tim McGuire  
Tony Valicenti

### Rides needing a Ride Leader

#### May

8 Dinner ride  
23 9 AM Chapter meeting/ride  
after  
29 or 30 Memorial Day ride

#### June

5 Breakfast ride  
12 Dinner ride  
12 Road America  
13 9 AM Chapter meeting/ride  
after  
19 All-day ride

#### July

10 Dinner ride  
18 All-day ride  
25 9 AM Chapter meeting/ride  
after

#### Aug.

7 Breakfast ride  
14 Dinner ride  
15 All-day ride

#### Sept.

11 Breakfast ride  
12 All-day ride  
18 Dinner ride  
26 9 AM Chapter meeting/ride  
after

#### Oct.

2 Breakfast ride  
16 All-day ride  
24 9 AM Chapter meeting/ride  
after

# Illinois Motorcycle Licensing When You Become 75

This is a short review of the current requirements for motorcycle licensing for seniors. Illinois law requires that you re certify all endorsements on your driver's license once your license is up for renewal and you are 75 or older.

Illinois requires drivers age 75 and older to renew their licenses in person. It requires both a vision test and road test for drivers ages 75 and older. Drivers age 75 and over may not renew by mail.

Drivers age 21 through 80 are issued licenses that are good for four years, and they expire on their birthdays. Those ages 81 through 86 must renew their licenses every two years, and drivers age 87 and older must renew their licenses every year.

A vision test is required at renewal. Licensing personnel will conduct a vision test free or drivers can have an exam performed by a licensed optometrist, ophthalmologist, or physician, who must complete a [Vision Specialist Report](#) and conduct the exam within six months of the renewal request.

A written test is required at every renewal for drivers age 75 and older on each type of vehicle type endorsed on your license.

Finally, a road test is required at every renewal for drivers age 75 and older on every vehicle type endorsed on your license. The automobile road test is currently waived if you pass a CDL road test in a higher class vehicle, such as an 18-wheeler or a school bus. The motorcycle road test is not waived and must be performed at a qualified DMV facility or through the Illinois Department of Transportation (IDOT) Motorcycle Safety Training Courses program. All courses for Cook County and Northern Illinois are administered by Harper College. Here is a link that describes their programs:

<https://ce.harpercollege.edu/public/category/programArea.do?method=load&selectedProgramAreaId=29362>

There are three courses given by Harper which will satisfy Illinois licensing requirements, but not all are available at all locations. These courses are detailed in this download:

<https://www.msf-usa.org/downloads/BRCHandbook.pdf>.

Reservations may be open by February 1, 2021, but this is not guaranteed.

The courses satisfying Illinois licensing requirements are:

- The Basic Rider Course (BRC),
- The Intermediate Rider Course (BRC2) and
- The 3-Wheel Basic Rider Course (3WBRC).

The first two furnish a 200-250cc Yamaha or Honda with knobby tires, the last, a trike of variable make and model. The 3-Wheel Basic Rider Course will satisfy only a trike endorsement, the others, any size motorcycle. None of these courses allow you to use your own vehicle.

A point of confusion is that the Advanced Rider Course (ARC) DOES use your own motorcycle, but is just a refresher or advanced training course and will not satisfy licensing requirements.

I hope that this helps to explain what is required for us of a certain age to continue the enjoyment of riding the roads on our motorcycle or trike.

Tony Valicenti

# January 24 Meeting Minutes

This meeting was the first chapter meeting of 2021. We welcomed a visitor from Chapter C, Carolyn Thomsen, and Bob Adams, Illinois District Director.

We began by summarizing a Membership Enhancement Program meeting held on Saturday, January 23 and attended by Ellary, Tim and Tony. Participants from the upper North districts included those from Minnesota to New Jersey down to Indiana and Iowa and much of their suggestions applied to G2. Most of the chapters are using Zoom meetings to keep in touch, sometimes with trivia games added to the meetings. One group has tried Zoom Pajama Meetings. Another group scheduled a “All-Holiday Party” a catered affair which celebrated Christmas, Hanukkah, Thanksgiving and other holidays, which were missed because of Covid restrictions. Some had tried indoor miniature golf in safe locations, outdoors when available. Participants suggested promoting Motorist Awareness when parked in parking lots, at gas stations and elsewhere to make motorists more informed of our presence when the riding season begins. The group suggested a riding season which includes some unusual rides and activities. These included a “Mystery Ride” in which only the ride captain knows the destination and Ellary noted that G2 had done this before. One focus of the group was the enjoyment of the diversity of the members of each group and encouraged all chapters to have some way to get to know each of the members in the group. This would benefit new members by getting them aware of common interests with existing members, and also as a way to introduce new members of the group.

Some subjects which could be included in a member profile are: your first bike, your favorite bike, your current bikes(s), favorite rides, topics for zoom meetings, ways to improve the chapter, etc. Even members who no longer actively ride should be encouraged to retain their membership and contribute some stories about trips they enjoyed, pictures and advice for newer members. Ellary suggested that Jim Fairman would be a good choice to coordinate the polling and writing of short interviews of members with photos, if available, in a monthly or regular newsletter column.

Our chapter meeting participants agreed with many other MEP items above and also lamented that not many G2 members are logging in to Zoom Chapter meetings and many may need technical help. Bob suggested that Frisbee Golf combined with a scavenger hunt, so groups can toss and tally and document their discoveries along the way would be a fun ride/activity. Membership is still a concern with GWRRA and G2. The “Meet G2” program in which we select a weekend day at a local Honda Dealer, such as DP Honda (Barrington), Nielsen Honda and Honda Northwest to acquaint new riders with our organizations will be coordinated by Ed Harms, with help from Craig and Lonnie. An expanded Ride Page will be developed by Tim and Tony

The meeting was adjourned at 11:10 am. The next chapter meeting will be a Zoom meeting on Sunday, February 28 and all chapter members are invited. If you have never attended a Zoom meeting and you need help setting up your laptop, desktop, tablet or phone, please contact Ellary for help. Until then, remember to stay safe and healthy so we can all enjoy the rest of the winter and a great 2021.

**THE NEXT MEETING WILL BE ON February 28, 2020, 10 AM.**



Respectfully  
Submitted,

Tony Valicenti

## G2 Rider Profile

This is a new feature, which was used in the past and is now being reborn as a result of recent District GWRRA meetings. It is a way to introduce ourselves to new members and to enjoy some of the experiences of some of our long-time members.

Please try to include any information you wish to share with one to two pages in length, including photos. Formatting will be applied to be similar to the Rider Recollections profile posted in the February, 2021 newsletter. Ideally, put content directly in a document edited with either MS Word or Google Docs, and email it to [yorx89@yahoo.com](mailto:yorx89@yahoo.com). Here are some examples of questions to get you in the mood.

What motorcycles have you owned, and what notable memories do you associate with each?

Describe your favorite motorcycle trip.

What are the top two motorcycle trips you'd like to take in the future?

When did you join G2, and why?

What have been your primary jobs during your career?

What are your primary hobbies?

What other information would you like to share about yourself or your motorcycling interests?

Please include no more than 6 photos related to the questions/answers above. If you'd like to include dates or descriptions about them, please note that accordingly. I will follow up to assist with any photo editing if you'd like help.

Thank you for sharing with your chapter!

# Rider Recollections

## A profile of Jim Fairman

### What motorcycles have you owned, and what notable memories do you associate with each?

**1976 Yamaha XS360.** I owned this bike for two years during college. I rode it rain & shine for a summer job as a motorcycle courier in DC, and had three accidents. I rode round trip between DC and Michigan twice on it. Most memorable was a cold and rainy early Spring drive on the Pennsylvania turnpike, fighting 18-wheeler turbulence and grooved pavement through construction zones .. which prompted me to upgrade to a bigger bike with a windscreen.

**1978 Yamaha XS750.** I owned this bike during college and briefly after, until a post-accident repair resulted in a seized engine .. never to be ridden again. Most memorable was a 3-day trip with my younger brother from DC, down Skyline Drive, then east to Virginia Beach, and back to DC. This trip prompted me to call in “sick” for perhaps the only time in my life. I recall standing at a pay phone on a glorious day at Virginia Beach, explaining that I was too sick to come in to work for the Navy.

**1993 Honda CB250 Nighthawk.** I owned this bike when I lived in Lincoln Park, feeling that I needed something “weak” enough that excessive speed wouldn’t get me into any more accidents, and wanting to simplify the parking challenges in Chicago. My wife learned to ride on this bike and got her motorcycle endorsement. Having had NO accidents on it, I sold it when I moved to the suburbs after attempting a short ride on US-94. I still laugh remembering the question posed to me by the big-heavy guy who bought it. Sitting on it in my driveway, he asked me if I thought he looked “cool” on it. What could I say?

**1996 GL 1500 ES.** I purchased this bike in 2009 prompted by the itch to ride and a friend who claimed ( with a straight face ) that riding with his wife had been great for his marriage! The purchase of a dated used bike was a “test” to see if long distance riding would agree with us. I’ve got deep memories tied to destinations reached with each of my daughters and wife, including the Blue Ridge Parkway, Boundary Waters and Soudan Mine State Park, S.S Irwin, Apostle Islands, Branson & gravel mountain roads in Northern AR, Michigan’s Leelanau peninsula, Lake Michigan circle-tour, Mackinac Bridge .. and three Amazing Challenges! The closest I’ve come to an accident on this bike was scraping a peg at “the kink” during a fan-lap at Road America. .. oh, and I LOVE my headlight and brake-light modulators.

### Describe your favorite motorcycle trip.

My oldest daughter rode with me to WingDing in Knoxville, then to DC. Along the way we made stops at Mammoth Caverns, rafting the Nantahala River, and along the Blue Ridge Parkway and Skyline Drive at Little Switzerland, Peaks of Otter Lodge and The Blue Ridge Music Center, on to DC! Memorable, with not much favorable to note was the 14 hr one-day one-up ride from DC back to Chicago in 90+ degrees.

### What are the top two motorcycle trips you’d like to take in the future?

- 1) 7+ days riding in the Rockies
- 2) Two weeks around France

### What have been your primary jobs during your career?

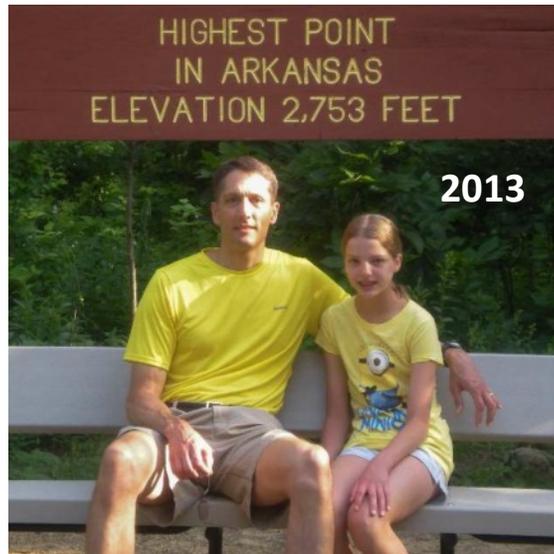
I started my career as a Software Engineer in Silicon Valley, changed focus to selling computer technology, and recently shifted to Project Management work for an Information Technology organization.



1996



2011



HIGHEST POINT  
IN ARKANSAS  
ELEVATION 2,753 FEET

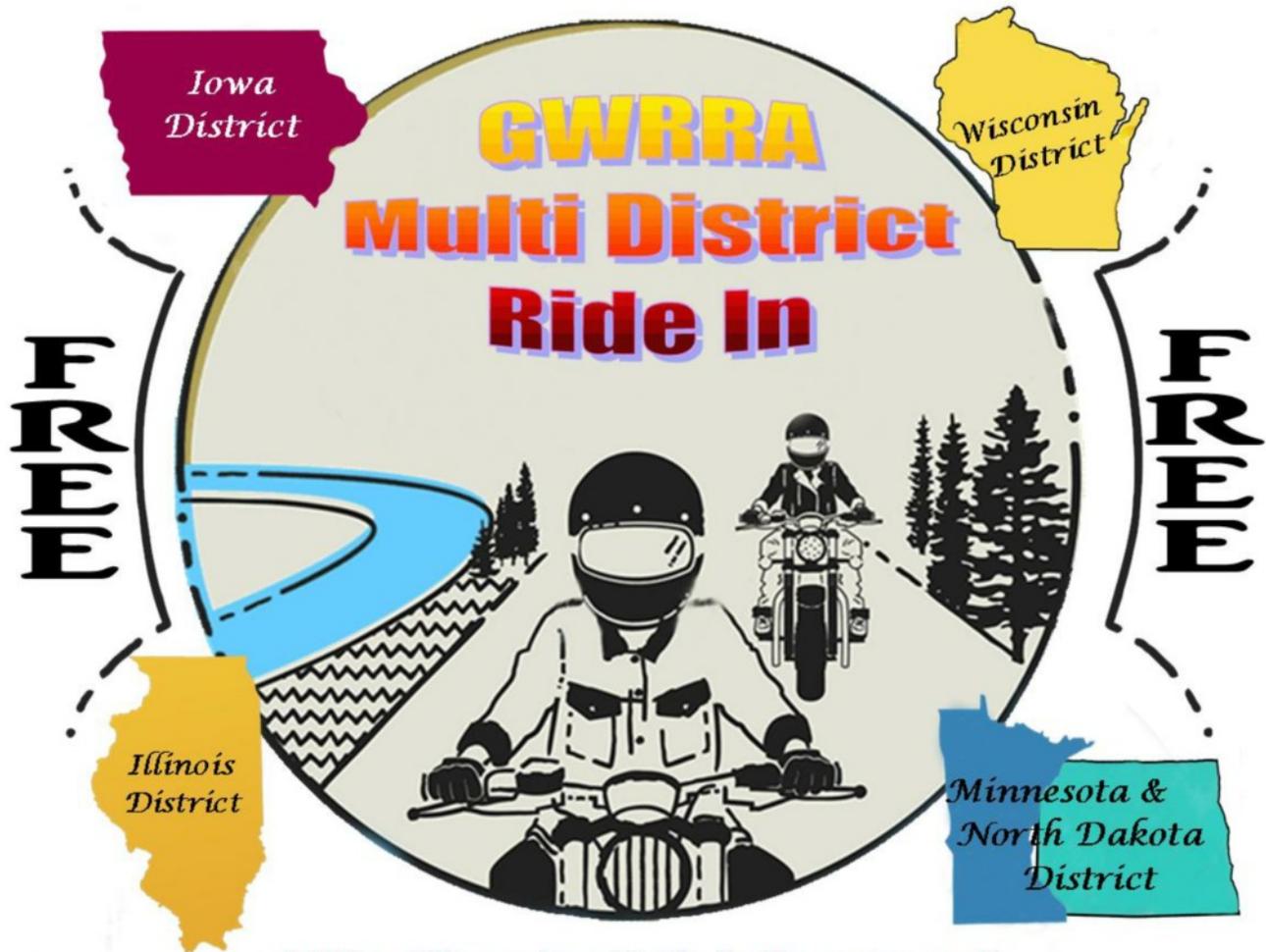
2013



Apostle Islands Tour  
- aboard the -  
- Superior Princess -

2015

M.I.W.I.N.D Ride In  
*Mary Olds Adams Memorial*  
*August 27-28th, 2021*



Miller Riverview Park & Campground  
**Dubuque, Iowa**

*Sponsored by*  
Minnesota-North Dakota, Iowa, Wisconsin and Illinois Districts

**Guided half and full day  
rides on Friday & Saturday**



**Friday & Saturday  
evening cookout**

RSVP at your District Facebook page or website

## Stress and Heart Disease

February is National heart month. Of the many risk factors related to heart disease, don't underestimate the stress factor. We all know stress can be caused by work, financial, general health, or family or other personal illnesses and other family dynamics. But how many of us, myself included take it seriously?

Per Johns Hopkins cardiologist Michael Blaha, M.D., M.P.H., "Too often, people consider their stress as almost separate from their health". The following is taken from John's Hopkins Medicine: Risk Factors for Heart Disease: Don't Underestimate Stress.

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/risk-factors-for-heart-disease-dont-underestimate-stress>

### Stress and Heart Disease: What's the Link?

- Stress can increase inflammation in your body, which in turn is linked to factors that can harm your heart, such as high blood pressure and lower "good" HDL cholesterol, Blaha says.
- But chronic stress can also affect your heart in a more indirect way. When you're worried, you tend to sleep poorly. You're also less likely to exercise, make healthy food choices, or watch your weight, Blaha says. All of these lifestyle changes can put your heart health at risk.

So, what can we do about this?

- Discuss your stress levels with your health care provider. This is especially important if you have other risk factors for heart disease, such as obesity or high blood pressure, Blaha says. Sometimes, just talking with your doctor can convince you to change your lifestyle.
  - Let stress motivate you. Turn stress into a reason to exercise instead of using it as an excuse to avoid physical activity, Blaha recommends.
- "When you have a stressful day, taking a break to



walk with friends over lunch can take your mind away from the grind," he notes.

Besides managing blood pressure and taking heart medications as ordered, and exercise, other stress reducers include things like Yoga, taking breaks more often, making use of more enjoyable activities or hobbies, and relaxation techniques such as meditation or Mindfulness. I was privy to partake in that last one about a year ago, and did enjoy what it had to offer.

Something else to keep in mind per the CDC website <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html#heart-conditions>: Having any of the following heart conditions increases your risk of severe illness from COVID-19:

- Heart failure, Coronary artery disease, Cardiomyopathies. Pulmonary hypertension
- Having other cardiovascular or cerebrovascular disease, such as hypertension (high blood pressure) or stroke, might increase your risk of severe illness from COVID-19.

So, while there may not be things we can do to prevent some risk factors, there are things we can do, such as those mentioned above. For those already higher at risk, I recommend continuing to take proper precautions against the COVID-19 virus. And if able, get those vaccines.

All of you, take care and have a safe and happy Valentine's Day with your loved ones!

Darlene Parks

## The Good Book Guide

This is actually a review of the movie *Blackbird*. But it is based on the novel *Silent Heart* by Christian Torpe and the screenplay was written by him. So I assume that the stories are the same. A woman (Susan Sarandon) terminally ill with ALS brings her family and best friend together one last time before ending her life. Her husband (Sam Neill) is a doctor who plans to assist her suicide. Lots of family issues are discussed. It shows how each member of the family is dealing with the situation and some secrets are revealed. It thoroughly examines the emotional and practical issues of euthanasia. The cast includes Kate Winslet as the older daughter, Rainn Wilson as her husband, Anson Boone as their son, Mia Wasikowska as the younger daughter, Bex Taylor-Kraus as her partner and Lindsey Duncan as the friend.

Despite the morbid subject matter I found the movie engaging and well acted. You can find it on Prime Video. After watching it you may want to read the novel (I didn't).

Ellary Kahan

