

## EAGLE WINGS MOTORCYCLE ASSOCIATION



# Chapter Illinois G2

*January, 2024*

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**Photographer**  
Tony Valicenti

Happy New Year!

Our past year was very successful. We had successful trips, dinner rides, breakfast rides, day rides all culminating with our holiday party. We saw the EWMA grow as well as our own chapter.

The holiday party was a lot of fun as we played a new gift exchange game that everyone loved. So we will be playing it next year. Thanks very much to our treasurer, Kathy Randall, who plans the party in addition to keeping track of our money.

My thanks goes out to the entire support staff. Thanks to Tony Valicenti for taking minutes at the chapter meetings, photographing most of our events and proof reading the newsletter. Thanks to David Bierman, who insists on educating us, whether we like it or not. Thanks to Gary Cueno and Gary Wanke for planning our trips and our picnic. Since they plan to continue doing these jobs I have appointed them Assistant Chapter Directors. And thank you to all those who stepped up to plan dinner and breakfast rides.

My last thank you goes to our Ride Coordinator, Tim McGuire. His creative route planning has made his rides quite popular and has likewise made our chapter the same. This requires a lot of time as he pre-rides most routes. Now we just need to get him to use that navigation unit that he has.

We start off the new year with a dinner on January 13 being planned by Tony Valicenti. The Illinois District's Winter Warm up is the 26<sup>th</sup> and 27<sup>th</sup> in Springfield and our first chapter meeting of the year is on the 28<sup>th</sup>.

Dan and Darlene Parks wish everyone a happy New Year! Have a happy, healthy and safe New Year! We hope to see you soon.



Ellary and Holly Kahan

# G2 WEB PAGE

[www.ilg2.com](http://www.ilg2.com)

## G2 PHOTO ALBUM

Under construction



### January Birthdays

- 16 — Craig Gilsinger
- 17 — Gary Cueno
- 28 — Glenn Hansen



#### 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. No space between paragraphs. 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

### January

- 13 - Dinner, The Shanty, Valicenti
- 26-27 - Ill. District Winter Warmup, Springfield
- 28 - Chapter meeting

### February

- 10 - Dinner, Kahan
- 25 - Chapter meeting

### March

- 9 - Dinner, Donato
- 24 - Chapter meeting

### April

- 13 - Dinner, Manion
- 28 - Chapter meeting

### May

- 4 - Breakfast ride. McGuire
- 11 - Dinner ride, Natenberg
- 16-18 - Wing'd Rider Ride In, Galena
- 19 - Chapter meeting
- 25 - Memorial Day Ride

### June

- 1 - Breakfast ride, Cueno
- 8 - Dinner ride, Bierman
- 23 - Chapter meeting
- 24-July 2 - W. VA Trip

### July

- 6 - Breakfast Ride, Valicenti
- 13 - Dinner ride, Muhlenfeld
- 14 - Ill. State Police Ride
- 28 - Chapter meeting

### August

- 3 - Breakfast ride, Natenberg
- 10 - Dinner ride, Prime Quarter, Kahan
- 17 - Day ride, Natenberg
- 25 - Picnic
- 29-31 EWMA Rendezvous, Green Bay

### September

- 7 - Breakfast ride, McGuire
- 14 - Dinner ride, Donato
- 22 - Chapter meeting

### October

- 5 - Breakfast ride
- 19 - Chili social, Harms
- 27 - Chapter meeting

### November

- 9 - Dinner, Wanke
- 24 - Chapter meeting

### December

- 7 - Holiday Party, Randall

## EWMA Store

Order from [mysticalmoment.biz](http://mysticalmoment.biz)  
Our shirt color is royal blue.

Our EWMA logo color is 205 yellow with a white eagle.

The right chest is "Chapter Illinois G2" in 205 yellow.

To order name badges contact Tony Valicenti.

## EWMA

CEO:

Anita Alkire

[EWMA.CEO@gmail.com](mailto:EWMA.CEO@gmail.com)

President

Bruce Beeman

[brucebeeman01@gmail.com](mailto:brucebeeman01@gmail.com)

CFO

Patti O'Neil Esposito

[ewmacfo@gmail.com](mailto:ewmacfo@gmail.com)

IL District:

Director:

Bob Adams

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

**Chapter Meetings are held at the Full Moon Restaurant, 1300 Skokie Hwy, Lake Bluff, 9 AM breakfast, 9:30 meeting.**

## Ride Coordinator

**H**ope everyone's enjoying the holidays with family and friends and looking forward to the New Year and upcoming riding season.

Coming up at the end of this month January 26 and 27 is the Illinois District Winter Warm Up.. It's held at the Crown Plaza Hotel and Convention Center in Springfield. There will be a raffle, bean bag baseball, a craft class, a seminar, and even a costume party! Skymed is supposed to be there as well so you can sign up or ask questions about their program. Joey Watson is scheduled to give his outstanding presentation again this year. At the Vandalia Rally last year we asked what else people would like to see at rallies and many G2 members said they enjoy card games. I took this info back to the District and we should have some new card games available at the Warm Up. Don't worry, you don't have to ride there if you don't want to. I'll make an exception for Greg!

Some other great events are coming up in May. A new annual event called the Wing'd Rider Northern Illinois Ride In will be May 16-18 in Freeport Illinois. This was created by some former members of the Illinois District Team. It will offer us a chance to visit Historic Galena and ride the hills and curves of Illinois, Wisconsin, and Iowa along the Mississippi River. It should be a blast!

The Summer Rally in Vandalia is also the same weekend in May. Several G2 members have gone to this in the past. It's a great ride down there and there are some nice day rides available during the weekend. There are games, a light show, raffle, and more. There should be plenty of hot dogs too Andy!

The Amazing Challenge is scheduled for June 17-21 in Davis West Virginia. Riders should arrive on the 17th for a pre-ride meeting that night and then three days of riding and an awards banquet on the last night. Mike Plumeri has more information on this event he's been doing for many years. Several of the G2 members are familiar with this event as well. Some even went to last year's event in Sturgis, South Dakota.

There is also talk about a ride to the areas of West Virginia during the same week as the Challenge. Some riders might take part in the Challenge and others can take the three days to explore other areas in the vicinity. Nothing is set in stone at this point. Look for details in the coming months.

Have a Happy New Year my friends and take good care of each other! See you next year. Until then, enjoy the great pictures from our Holiday Party on the next page.

Tim McGuire





# Holiday Party





# Educator

## Riding a Motorcycle Has Mental and Physical Benefits, New Research Shows

April 9, 2019 By Alen Schnell

Research reveals new potential mental and physical benefits from riding a motorcycle. Anyone who's been riding for a while already knew this. Now, science is here to back it up.

The research was performed by UCLA's Semel Institute for Neuroscience and Human Behavior. It was funded by Harley-Davidson.

Other studies have shown that riding a motorcycle can help reduce stress. This new UCLA study builds on that evidence. They found several key benefits from riding:

- Decreased levels of cortisol,
- Increased heart rate and adrenaline levels,
- Better sensory focus, and
- Increased attention and alertness.

### How Did the Study Work?

The researchers said they knew "anecdotal reports have suggested that riding a motorcycle may have beneficial effects on riders' brains and physiological states." How could they prove that it was true? They used a mobile EEG to track the electrical activity of 77 motorcycle riders' brains. They also had measured the motorcyclists while driving a Lexus NX200 and while resting. Additionally, they took urine and saliva samples after each test.

### What Did the Study Find?

Dr. Don Vaughn was the lead neuroscientist on the research team. He said previously measuring the impact of motorcycling on the brain didn't exist. Vaughn added, "[t]he brain is an amazingly complex organ and it's fascinating to rigorously investigate the physical and mental effects riders report."

### Motorcycle Riding Leads to Decreased Stress

The study found that "riding significantly decreased levels of cortisol by 28%." This decrease in cortisol, according to researchers, indicates the riders experienced a decrease in stress.

There's no mention if this applies if you're stuck in traffic or on a flying motorcycle. We'd recommend sticking to a wide open road if you want to ensure a decrease in stress.

### Riding Causes Increased Adrenaline and Heart Rate

The study also found increased levels of catecholamines like epinephrine (adrenaline). Riding a motorcycle increased these levels by 27% versus resting. Driving a car did not have a similar effect. Similarly, riding increased participants heart rates by 11%. Driving only produced a 7% increase. The researchers say, "the observed increase in catecholamines and heart rate suggest that riding, but not driving, increases arousal of the sympathetic nervous system." They add the level of increase is similar to that of "light exercise."

### Bikers Have Better Sensory Focus

The EEG results found that riding heightened the participants sensory processing ability. They found that this occurs via two mechanisms. The first is "strengthening focus." The second being a heightened ability by the brain to passively perceive "charges in the sensory environment."

### Riders Have Increased Attention and More Alertness

Finally, the EEG results found an increase in alertness "similar to the effects of caffeine." The researchers say it is similar to a single cup of coffee. According to the USDA that is about 95 mg of caffeine.

### Riding a Motorcycle Has Mental and Physical Benefits

Riding may help you reduce stress, increase your focus, and give you an adrenaline buzz.

If you were thinking about selling your motorcycle, you might want to think again. This study gives you

scientific evidence to go for another ride

It might just be time to prepare yourself for a long distance ride. The test participants rode for only 22 minutes., But hopefully the longer the ride, the bigger the benefits.

Join us for  
Dinner  
Saturday, January 13  
6 PM

at

The Shanty  
38985 HWY 41  
Wadsworth, Ill.  
(847) 336-0262

[www.theshantyrestaurant.com/dinner/](http://www.theshantyrestaurant.com/dinner/)

R.S.V.P.

to

Tony Valicenti  
[portraitsbyt@earthlink.net](mailto:portraitsbyt@earthlink.net)  
847-971-7580

by

Wed., Jan. 10

# *Eagle Wings Motorcycle Association*

## ILLINOIS DISTRICT

W I N T E R  
*Warm Up*  
2024



COME JOIN US FOR A WEEKEND OF

FRIENDS ❄️ GAMES ❄️ FUN

JANUARY 26 - 27<sup>TH</sup>

CROWNE PLAZA HOTEL & CONVENTION CENTER

3000 S Dirksen Pkwy, Springfield, IL

Illinois District Room Rate \$99.00

Phone: 217-529-7777

Registration Fee (Includes Dinner)

EWMA Member \$40.00 Non Member \$45.00

Day Pass Fee (No Dinner) EWMA Member \$15.00 Non Member \$20.00

FRIDAY NIGHT COSTUME PARTY

Wear your favorite costume

CRAFT CLASS

BEAN BAG BASEBALL

RAFFLES

50/50

GAMES

MOVIE NIGHT

# EWMA - ILLINOIS DISTRICT WINTER WARM UP 2024

Rider \_\_\_\_\_ EWMA# \_\_\_\_\_

Co-Rider \_\_\_\_\_ EWMA# \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

District \_\_\_\_\_ Chapter \_\_\_\_\_ Position Held \_\_\_\_\_

## FULL REGISTRATION INCLUDES SATURDAY DINNER

Registration for EWMA Members \_\_\_\_\_ x \$40.00 = \_\_\_\_\_

Registration for Non-Members \_\_\_\_\_ x \$45.00 = \_\_\_\_\_

Day Pass available at the Registration desk Total \$ \_\_\_\_\_

Members \$15.00 Non-Members \$20.00 (No Dinner)

*We agree to conform and comply with the rules governing this event and further agree to hold harmless EWMA, co-sponsoring organizations, or any property owners for any loss or injury to self or property in which I/we may become involved by reason of participation in this event. I/we agree to assume all responsibilities for any property I/we damage. I/we have read and agree with all stipulations on this entry form.*

### FORM MUST BE SIGNED BELOW BY ALL REGISTRANTS

Rider \_\_\_\_\_ Date \_\_\_\_\_

Co-Rider \_\_\_\_\_ Date \_\_\_\_\_



**Make checks payable to:** Illinois District

**Mail Registrations to:**

Steve Gottschalk

P.O. Box 83, Cambria, IL 62915



**Any Questions please call: Bob Adams**

**Phone: 815-535-6576**

**Email: my1986goldwing@yahoo.com**

**Or contact any: IL District Team Member**

**FRIDAY**

Jan 26<sup>th</sup>

**SATURDAY**

Jan 27<sup>th</sup>



**CROWNE PLAZA HOTEL & CONVENTION CENTER**

**3000 SOUTH DIRKSEN PKWY, SPRINGFIELD, IL**

**ILLINOIS DISTRICT ROOM RATE \$99.00 DEADLINE JAN 11<sup>TH</sup>**

**PHONE: 217-529-7777**



# The Good Book Guide

The synopsis of Jonathan Kellermans' *City of the Dead* from his web site:

"Los Angeles is a city of sunlight, celebrity, and possibility. The L.A. often experienced by Homicide Lt. Detective Milo Sturgis and psychologist Alex Delaware, is a city of the dead.

"Early one morning, the two of them find themselves in a neighborhood of pretty houses, pretty cars, and pretty people. The scene they encounter is anything but. A naked young man lies dead in the street, the apparent victim of a collision with a moving van hurtling through suburbia in the darkness. But any thoughts of accidental death vanish when a blood trail leads to a nearby home.

"Inside, a young woman lies butchered. The identity of the male victim and his role in the horror remain elusive, but that of the woman creates additional questions. And adding to the shock, Alex has met her while working a convoluted child custody case. Cordelia Gannett was a self-styled internet influencer who' gotten into legal troubles by palming herself off as a psychologist. Even after promising to desist, she found a loophole and has continued her online career, aiming to amass clicks and ads by cyber-coaching and cyber-counseling people plagued with relationship issues.

"But upon closer examination, Alex and Milo discover that her own relationships are troublesome, including a tortured family history and a dubious personal past. Has that come back to haunt her in the worst way? Is the mystery man out in the street collateral damage or will he turn out to be the key to solving a grisly double homicide? As the psychologist and the detective explore L.A.'s meanest streets, they peel back layer after layer of secrets and encounter a savage, psychologically twisted, almost unthinkable motive for violence and bloodshed."

I haven't found an Alex Delaware novel that I didn't like. This is no exception.

This is the synopsis of *Unnatural History*.

"Los Angeles is a city of stark contrast, the palaces of the affluent coexisting uneasily with the hellholes of the mad and the needy. It is that shadow world and the violence it breeds that draw brilliant psychologist Dr. Alex Delaware and Detective Milo Sturgis into an unsettling case of altruism gone wrong.

"On a superficially lovely morning a woman shows up for work with her usual enthusiasm. She's the newly hired personal assistant to a handsome, wealthy photographer and is ready to greet her boss with coffee and good cheer. Instead, she finds him slumped in bed, shot to death.

"The victim had recently received rave media attention for his latest project: images of homeless people in their personal "ream" situations, elaborately costumed and enacting unfulfilled fantasies. There are some, however, who view the whole thing as nothing more than crass exploitation, citing token payments and the victim's avoidance of any long-term relationships with his subjects.

"Has disgruntlement blossomed into homicidal rage? Or do the roots of violence reach down to the victim' family— clan, sired by an elusive billionaire, that is bizarre in its own right?"

"Then new murders arise, and Alex and Milo begin peeling back layer after layer of intrigue and complexity, culminating in

one of the deadliest threats they've ever faced."

Faye Kellerman is Jonathan Kellerman's wife and also a novelist. Her Decker/Lazarus series features Los Angeles police detective Peter Decker. In the first novel in the series, *The Ritual Bath*, Decker investigates a murder in a mikvah, a Jewish ritual bath. During the investigation he meets Rina Lazarus, a recently widowed Orthodox Jewish mother of two young boys and the caretaker of the mikvah. After eliminating her as a suspect, he strikes up a friendship with her that turns into romance. He converts to Judaism and they marry. Twenty-seven books later, Decker is retired and they now live in a fictional college town in upstate New York where Decker is also a police detective.

The synopsis of *The Lost Boys* is from her web site.

"When Bertram Telemann goes missing from a local diner near Greenbury, the entire community of the small upstate New York town volunteers to search the surrounding woods in hopes of finding him. Bertram had been on a field trip with the staff and fellow residents of the Loving Care Home when he vanished.

"When no trace of the man is found, the disappearance quickly becomes an official missing persons case and is assigned to detectives Peter Decker and his partner Tyler McAdams. As their investigation deepens, the seasoned Decker becomes convinced that Bertram hadn't lost his way, but had left with someone he knew. Soon Decker discovers that Elsie Schulung, a recently fired nurse who had worked at the home, seemed to be especially interested in Bertram. But answers proves elusive when Elsie disappears and human blood is found in her kitchen.

"But the complications are only beginning. While combing the woods, searchers discover the remains of one of three young men who had vanished during a camping trip. And for Decker, personal problems are adding pressure as well. After a ten-year absence, the biological mother of Decker's and Rina's foster son, Gabriel, has suddenly appeared in New York, children in tow, wreaking emotional havoc on the young man.

"Juggling the personal and professional, a hot case and a cold case, Decker and McAdams race to find answers, sifting through cabinets of old files, a plethora of clues and evidence, and discouraging dead ends. As on-going searches for Bertram and the campers' missing remains continue, the frustrated detectives begin to wonder if the woods will ever give up its dark secrets . . . and if these intertwining cases will be solved."

Gabriel is the son of a vicious contract killer who has beaten his mother who has fled to escape him. She leaves teenage Gabriel in the welcoming arms of Peter and Rina who nurture his talent as a concert pianist.

I strongly recommend reading this series from its beginning. Faye Kellerman clearly has strong family principles as she evolves these characters, expanding the Decker/Lazarus family with each subsequent novel. We also get to see their lives unfold with time, which adds a warmth to the novels that many other crime novels lack.



Ellary Kahan