



Goldwing Touring Association

October, 2011

**The Official Newsletter of the State of Wisconsin
www.gwtaofwisconsin.org**



State Director's Corner

The last 3 months were pretty hot but that made for a lot of riding to be done. Some members went to Gold Rush in Boyne Falls, MI. (Boyne Mountain Resort)

Then there was Meet n' Mingle in Friendship, WI. Also the Ride for Moola was in full swing. It's been pretty busy. Following are some highlights of each.

Gold Rush: What a beautiful area for a rally. The scenic riding was awesome. The light parade was like no other we've ever been a part of. The people of Boyne City

lined the streets and after we parked downtown they had a couple of bands and the people of the city could walk up and down the street that had been closed off to other traffic to look at all the bikes. It was like a bike show without actually being one. Everyone got to participate. We had a large number of members from Wisconsin at the rally. Bob & Linda Krueger won registration, 5 night hotel stay and \$500 cash to attend Gold Rush next year in the Lake of the Ozarks...just for pre-registering and being present at closing ceremonies.

Meet n' Mingle: It was held at the Friendship Town Hall in Friendship, WI. We had the building to ourselves and though it was a small group there was a great time had by all and everyone left with a door prize.

Meet n' Mingle will be held in Friendship, WI next year, August 11th. Put it on your calendar along with everything else that's already being scheduled for next year.

Ride for Kid's: Marcus & Diana Baudhuin, Glenn & Mary Kay Tointen and Barb & I went to Middleton, WI to participate in the ride. The overall donations were down however Marcus brought a good amount and thanks to all for donating to a worthy cause. We donated a total of just over \$1,000 on behalf of GWTA.

Ride for Moola: The drawing is October 1st at Team Motorsports in De Pere. We will put the winners name out there after the drawing. Good luck to all who completed the tour.

This is what our organization is all about. Good conversation, making friends, riding with a destination where food and ice cream seeming to be at the end of the ride.

Now it's getting close to the time for some of us to put the bike away for the winter. Where did the summer go? Some of the more fortunate retirees are heading for warmer climates to continue their unending season for riding their bike(s).

Region C Rally is June 8, 9, and 10, 2012 in Richland Center, WI.

The venue will be a riding rally with a patriotic theme. All games and rally activities will be held in the morning or in the evening so all of our members can ride during the day if they choose. A flier for our Region C Rally with more details is part of this newsletter.

The Region C Rally will be a great time next year. We will be looking for any and all help with making it a fun time for all those coming to Wisconsin.

Membership

Thank you to all those who have renewed their membership and chose to be of a great organization like GWTA. We lost a few memberships but also gained new members with all of enthusiasm. We held our own. Please look at your membership card for your date to renew. Under the new membership renewal program your membership fee of \$50/year must be paid before your renewal date. If you don't your membership will go to the new rate of \$75. There isn't a grace period. We as State Directors as well as your Chapter Director will do our best to remind you about your membership however, ultimately it's your responsibility to keep up on this. If you have any questions please feel free to contact either your Chapter and/or State Director.

Pat & Barb Williams
Your GWTA - WI State Directors

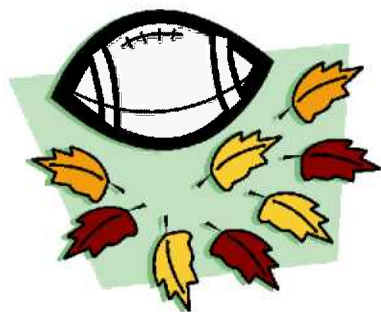
Letter from the Editor

Gold Rush is long gone but the memories linger. Boyne Mountain is a beautiful resort in a wooded area that is great for riding. We rode the Tunnel of Trees which is a 20 mile stretch of winding road along Lake Michigan that winds through forest with unique gift shops, art galleries and cafes.

Boyne Falls is 60 miles Southwest of Mackinac Island. Everyone had such a great time that GWTA is returning there in 2014. The Boyne Mountain staff is looking forward to it, too.

The town enjoyed the light parade of 184 bikes escorted by the local police to a weekly downtown music festival where there were 5 different groups playing a variety of music. What a thrill when we reached downtown and the streets were lined with people waiting for us. A cheer rose as the first bike approached.

Welcome to our new members. Glen and Mary Kay Tointen, Janice and Mike Thompson and Al and Barb Enderby. We look forward to getting to know them better.



Chapter Director's Corner

Chapter R

Chapter R has had a full summer of riding, and the prime months of June, July, and August were a busy time for us. Prior to Ride For Kids we spent time getting posters and brochures out, and immediately after several other rides were completed. But the main things were the RFK event and our Meet 'N' Mingle.

Chapter R was on the move during its biggest event of the year. The 19th annual St. Paul, Minnesota, Ride For Kids event was run amid warm and humid temperatures from Century College near White Bear Lake, Minnesota. Parking, registration, and staging was moved a bit east, but the result was the same: a bunch of motorcyclists came together for a big ride, had fun, and raised awareness and funds for pediatric brain tumors. Chapter R raised \$575 toward the grand total of \$50,100. That amount bettered last year's total by over \$3000. Just over 100 motorcyclists rode a 60-mile loop that included Minnesota 95 from Marine-on-the-St.Croix to Stillwater. Riders then enjoyed a terrific bag lunch and the Celebration Of Life reception. Ridemaster Bill Black recognized that it was warm. He encouraged riders to take water, and drop out if things got too hot. He suggested riders "remember how cold it was last winter, and know that our soldiers in Iraq and Afghanistan are dealing with much warmer temperatures where they are." I am

glad that the fund raising total increased, but we need to get more motorcyclists involved. We are grateful for all who participated.

For the Meet 'N' Mingle August 20 Dave and Sally Goetsch and I rode to the Friendship City Hall for our annual Wisconsin GWTA gathering. Many thanks to them for joining me! The highways were very nice and the weather was perfect. Once in Friendship we retrieved our lunches and added the beverages, desserts and chips from the State for a nice picnic lunch. About a dozen of us, including Bob/Linda Kruger from Chippewa Falls, chatted pleasantly to catch up on things and meet new members. It was great for me to see Bruce/Bev Roehrborn again and learn how well their scooter business is going. We discussed the 2012 Region C Rally set for Richland Center, next year's Meet 'N' Mingle, and how we as members should offer suggestions to our GWTA leaders. We thank all who attended, and especially Pat/Barb Williams, our State Directors, for hauling the beverages and conducting the meeting. Meet 'N' Mingle at Friendship is an ideal riding distance for all of us and the venue is just right for our purposes. Chapter R favors maintaining our annual gathering in Friendship, whether it is a one-day, rain-or-shine event, or the main part of a weekend rally.

Chap. Dir. Broten is currently in contact with GWTA Ex. Dir. Bruce Keenon regarding improvements to Touring News. He encourages all members to send a polite message to Bruce Keenon (gwtaed@aol.com), Reg. C Director Rick Hinrichs (papawing1@cox.net), Region C Representative Dave Telford (

con@cox.net, and/or Chairman Of The Board Barb Johnson (ridingcouple@frontiernet.net), with a copy to our State Director, suggesting improvements beginning with the regular mailing of the magazine. Please also request that our dues be set back to last year's levels, and that the process for a new Ex. Dir. be started. Broten asks that members be reminded that GWTA is a member-owned organization. Our voices will be heard. "I can't do it alone," said Broten. "But all of us together can make GWTA a better motorcycling organization."

Ride Safely, Stay Happy, Cherish Your Days!
Darrell Broten
Chapter R
Eau Claire WI



Chapter GB

Hello from Chapter GB,
Wow it sure has been a busy summer. On Aug 28th we had a pot luck at Members Joyous & Carl's house 29 members were present and all had a great time!
Several members went to Gold Rush, a few members also went on The Ride for Kids. Every other Wed. we had our leader rides usually 45 min to an hour long to somewhere to eat or just have ice cream. On our "off" Wed. we sometimes would just send out an

email to everyone to meet for dinner somewhere.

Myself and another member (Glenn Tointon) entered a bike show and we both took trophies home! It was a great way to meet other riders and tell them about GWTA too. Coming up we have a Booyah (like a chicken soup) cook out at our new members house Mike and Janice, also we have a color ride planned, and a chili dump and before you know it will be time for our Christmas Party. Whew where did the summer go? Clear skies,

Steve & Sue Wicker
Chapter Directors



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Up and Coming Events

October 2

Booyah Cookout

Mike and Janice Thompson's
Maribel, WI

October 5th

First dinner night

Gippers

6:00 pm.

October 15th

Color Ride - 10:00

Abrams Shell

2516 W.Frontier Rd.

October 16th

Chili Dump

Dean and Elaine Belangers

October 19th

Townline-dinner night

6:00

Alternating every other Wednesday with
Gippers.

December 4th

Christmas Party

The Woods



Safety Corner



Hi all. Our riding season is rapidly winding down. At this time of year farmers are starting to harvest the fall crops, so be aware of slow moving farm machinery especially on secondary roads. Also depending on the weather the farm implements can leave lots of dirt and mud on the roadways which can effect your traction.

Also the cooler weather can change the air pressure in your tires - be sure to check them often.

When it comes time to put the Wing away for the winter, be sure to add a fuel additive (Sta-bil or Startron) to keep the fuel from varnishing up as it gets old. Put it away, put a battery maintainer connected to the battery & LEAVE IT ALONE. Starting the bike just increases condensation in the oil and mufflers which just leads to problems down the road. You can visit it often and tell it how much you miss riding it, just don't be tempted to start it up.

Until next time Ride Safe,

Marcus Baudhuin,

Wisconsin and Chapter GB Educator

Once the frosty weather starts creeping in, it is the time to start thinking about storing your motorcycle for the winter. Yes, you definitely need to store your motorcycle in the garage but there's a whole lot more to this process. Proper cold weather storage will keep your motorcycle looking and running great for a very long time. In this short article we intend to cover a few things you simply must do to ensure your bike is ready for a long winter nap.

You'll need to make a number of purchases as you prepare to correctly store your motorcycle. A top priority is to invest in a uniquely designed fitted cover for your motorcycle. It is advisable to search for a breathable cover. This will help to counteract rust and mildew from growing on your bike due to water that gets under the cover.

The motorcycles battery is going to benefit by having a trickle charger. Throughout the winter, it's a wise decision to store your motorcycle battery separately from the motorcycle. Ideally, it is best to charge the battery 12 hours every few weeks, and a work bench makes an excellent storage option. Whatever you do you should never place your battery on a cement floor. Doing this could lead to damage to the battery which may lead to you being forced to buy a new battery.

And one further thing you will require are motorcycle stands. You require these to stop the tires from sitting on the ground. When storing your bike and not getting the wheels off the ground they will be sitting in the same position for months. This will likely lessen the lifespan of the tires. So, you need to lift the tires above the ground.

Now for by far the most important part. You'll certainly wish to buy a fuel stabilizer which you can add to the fuel for optimal storage during long periods of nonuse. There is really a method to doing this. For the most efficient method, you don't need to dump the additive into your tank. To start with, you need to simply empty the fuel tank no matter if you drain it or drive it until you're almost out of gas. At this point you should add the fuel stabilizer to your tank. Now head out for a brief two mile ride on your motorbike. Using this method you are guaranteeing that the stabilizer is definitely all through the fuel system.

Then come spring when your all set to take your bike back out again, all you need to do is to fill your gas tank with fresh gas, hook your battery up and you're ready to go. One last thing you may want to do is to thoroughly clean and lubricate the moving parts prior to storing your motorcycle. This is certainly a smart idea as it will certainly help to make sure nothing binds up from not being used.



To Your Health

Sugar

Sugar is a sweet, crystalline carbohydrate typically extracted from sugar cane and sugar beets. It is a non-nutritive empty calorie that robs the body of vitamins and minerals. Refined sugars have many

different names, such as granulated (table) sugar, powdered sugar, brown sugar, corn syrup, dextrose, raw sugar, turbinado sugar, and malt. Even much commercial fructose is really pure refined sugar.

Many people believe that sugar is only bad for you when ingested in enormous amounts, when actually "normal" amounts are damaging to the body.

Here is a partial list of physical conditions caused or exacerbated by sugar in the diet.

- overweight
- heart disease
 - raised blood triglycerides
 - sticky blood platelets
- duodenal ulcers
 - increased stomach acidity
- hypoglycemia
- diabetes
- hyperactivity
- kidney enlargement
- liver enlargement
- increase in uric acid in blood
- cancer
- hindered breakdown of dietary protein
- cavities
 - calcium leached from teeth
- weakened immune system
- PMS
- yeast overgrowth
- dependency

Refined sugar consumption is often at the root of these lesser physical symptoms:

- intense sleepiness not caused by lack of sleep
- muscle fatigue
- lethargy
- pallor
- coated tongue and persistent thirstiness
- bad breath
- heartburn/sour stomach
- excessive and/or foul-smelling intestinal gas
- flu-like symptoms
 - upset stomach
 - body ache
 - feeling run-down

Sugar is addicting. The more you get, the more you want! Some would say it is more addicting than heroin. It used to be only the rich could afford the luxury of sugar, but by 1840 the sugar pushers were handing out free samples. Now, the sugar industries have the largest advertising in the world. Less than 10 years ago the average American consumed something like 153 pounds of sugar a year, with a whopping 24% of their calories coming from sugar. No doubt today the figures would be even more astounding. Many wonderful people are hooked on the stuff, and those who attempt to quit the sugar habit find they have quite a struggle on their hands. Going off sugar, like quitting most drugs, invites withdrawal symptoms. The most common are headaches, chills, and body aches. Sugar, like alcohol, is intoxicating. It creates an imbalance of neurotransmitters in the brain.

Mental and emotional disorders are often linked to sugar in the diet.

Below are some of the mental/emotional symptoms that may be linked to eating refined sugar:

- irritability
- manic-depressive tendencies
- chronic or frequent bouts of depression
- difficulty concentrating
- forgetfulness or absentmindedness
- lack of motivation
- increasing undependability
- loss of enthusiasm for plans and projects
- inconsistency in thoughts and actions
- situational personality changes
- irrational thoughts
- emotional outbursts
- eating disorders

Only one third of a person's sugar consumption is purchased as packaged sugar. The rest is consumed in manufactured foods. Almost everything on store shelves has sugar in it, even salt and cigarettes. Some foods are even required to have sugar in them by the FDA. For instance, catsup cannot be called catsup if it does not contain sugar.

When sugar is eliminated from the diet, all foods start to taste better. Taste buds become more sensitive to the natural sweetness of foods.

Soon, sugar cravings begin to dwindle and control over ones eating becomes easier and easier. Bodies start feeling better, calmer, and sleep improves



Something to Think About

How to Get Through Winter

1. Get outside when the sun's up. It's in the middle of the day? Take a long lunch break. All that office work will still be there when it sinks but if you wait until the work is done the sun won't be.

2. Be active outdoors. That lunch break? Go skiing, walk to the post office, ice skate. Moving in what daylight there is can make a world of difference to your psyche.

3. On a nice day take a minute for the sunrise. Go find a window. Watch it. Breathe it.

4. Light your house well. When you wake up turn on all the lights it will help you wake up. Use light to help you keep your circadian rhythms from wandering too much as in my star light on a timer. A good reading lamp is also very essential.

5. A good potluck recipe! Potlucks are huge in Alaska, particularly in the winter. Winter is the time for socializing, for cookie exchanges, craft nights, movie nights, sauna nights, etc.

7. Layers! It's always cold outside, it's always too hot inside. Be prepared to layer up and layer down and make sure that you don't forget any key body parts.

8. For the love of digits...buy yourself a WARM pair of boots and a good pair of gloves and don't leave your ears uncovered unless you want frostbite.

9. Go camping! Yes, believe it or not, there is nothing more wonderful then snuggling deep into your sleeping bag with the northern lights playing above your head. You don't have to worry about bears - they're all asleep. And you can pack things like ice cream and not worry about them melting!

10. Hot drinks, plenty of firewood, checking your fuel tank & not letting it get too low, covering your window with plastic....and remember not to leave liquids in your car including, but not limited to, laundry detergent....yes, if it is cold enough, it will freeze. Realize that things such as plastics will be more fragile then usual so be careful. Keep a spare key handy!

11. Bright colors! They keep things cheerful and they make you more visible to traffic. Beautiful bold colors, fun socks and scarves, fun stripey long underwear...ever notice how much winter gear is black???? Why?

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Ride for Kids

<http://www.pbtfus.org/rideforkids/>

Salvation Army

<http://sagreenbay.org/>

Helping Hands

http://www.gwta.org/online_store/helpinghands.htm

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