



ILLINOIS CHAPTER H-2 NEWS EAGLE WINGS MOTORCYCLE ASSOCIATION



Established April 14, 1991
Visit us on the Web: www.ilh2.org

**Friends for Fun, Safety,
and Riding**



July 2024

Monthly Social: First Tuesday of the month—Side Trax Bar and Grill, 441 E. Main St., Galesburg
(Eat 5:30-6:30 Social at 6:30 p.m.)

Coffee: Third Tues. of the month at 5:30 p.m.—check calendar for location

*All Roads
Lead Home*

July Director's Message



We took our car to Branson as I had a slight cough and blah feeling. On the drive home, my cough worsened. The next morning, I visited the doctor. They tested for COVID and took an X-ray for pneumonia and both came back negative. I was put on an antibiotic and several other meds. After two more visits, two more meds, and another two weeks I finally felt better.

I hope everyone had an enjoyable and safe Fourth of July. Did you stay up to see the

fireworks? We recorded the New York fireworks on tv to watch the next day. We had a very busy day on the fourth. Our day started at 6 a.m. so we could be at the church by 9. Our Kewanee church held a ribeye sandwich drive thru lunch from 11 a.m. to 1 p.m. We sold all the food and finished the clean-up about 2 p.m. Then, it was home to attend a cookout at our neighbor's home which lasted into the evening. Even though the day started out with light rain showers, it then tapered off to occasional drizzles. The day ended with sunshine.

We had a good group at the July gathering with 13 members and guests attending. Thanks to everyone who attended. Alvah provided a fun scrambled word/matching game for the Fourth of July.

Unfortunately, we will be unable to attend the Region E Ride-In. We had already made other plans. However, we do plan to attend the EWMA Rendezvous in Green Bay. Since Door County is so close to Green Bay, we along with several others from H-2 are planning to spend a few days there before attending the Rendezvous. If you would like to join us, let us know.

Upcoming Events Include:

July 16, H2 Coffee, Tres Café, 1135 Lincoln St, Galesburg, 5:30 p.m.
July 26-27, Region E Ride-In, Anamosa, IA

**IL H-2 monitors
Channel 1 on the CB**

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EWMA Websites

National
www.eaglewingsmotorcycleassociation.com

IL District
<http://www.ewma-ildistrict.org/>

IL-H2 www.ilh2.org

(continued on page 2)

Aug 6, H-2 Gathering, Side Trax Bar and Grill 6:30 p.m. (Eat 5:30 p.m.)

Aug 20, H-2 Coffee, Genisio's, Woodhull, 5:30 p.m.

Aug 29-31, EWMA Rendezvous, Green Bay, WI

**Until Next Time, Be Safe,
Lanny & Carolyn, Chapter Directors**

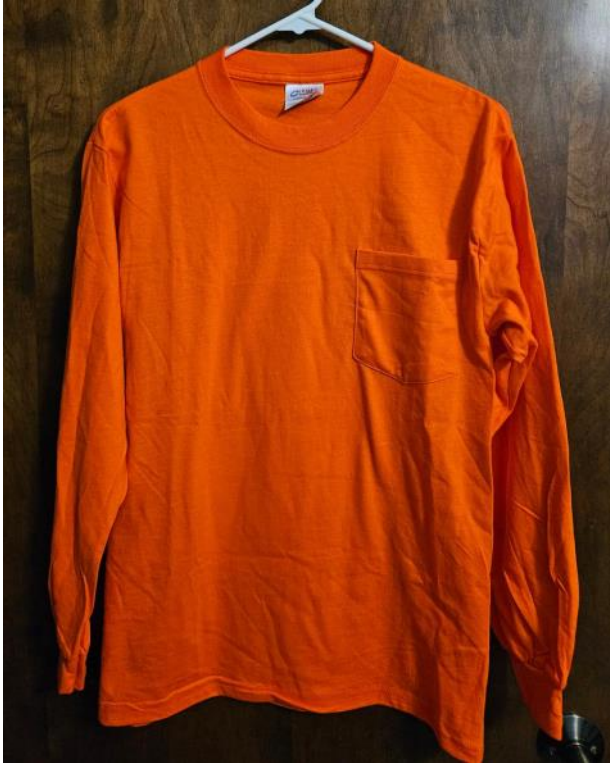
Warm Weather Riding

Motorcycle riding is an activity that takes all of us outdoors. For many of us, the riding season is comprised of summer with some spring and some fall periods. We are likely to be riding in hot weather for much of the year in our area, especially this year. Since too much heat can cause severe medical emergencies, it is important to know how to avoid becoming a victim of the heat. So how do we avoid heat stress, or more severe conditions like hyperthermia, to remain safe? Let's review some warm weather riding tips.

First, make sure you have gear appropriate for the weather. Consider what you will wear to cover your arms while riding in direct sunlight during daylight hours. If you have it, a mesh jacket provides unparalleled ventilation and abrasion resistance. A denim shirt is another alternative that is fairly light weight and offers better protection than t-shirt material. Protection is important, but keep in mind that when you are comfortable, you are able to focus on the act of riding. Denim is a common choice for long pants, but you might want to think about purchasing motorcycle-specific riding pants for extra protection. Gloves are the area where the ambient temperature is usually factored into the decision of what to wear. Perforated leather gloves will breathe better than solid leather. Another good choice would be mesh gloves which, like the jackets made of similar material, provide great ventilation coupled with superior abrasion resistance. Consider carrying a water absorbing collar that you can soak in water and wear around your neck to help keep cool. Or be prepared to soak and wear your shirt or t-shirt at a rest stop in the hottest weather.

Second, plan to maintain your hydration level. Every time you stop for gas or a rest break in hot weather, take time to drink enough fluids to replace what you lose through perspiration. This should be at least eight ounces per hour during the heat of the day. You may think that your clothes are not holding an entire cup of sweat that you could wring out of them. And that is probably true. While you are riding some of your perspiration is soaked up by your clothes and is carried away by the air flowing around you. And, some moisture evaporates directly from your skin. It must all be replaced to keep your system hydrated. A simple way to determine if you are getting enough fluids is to monitor your output at rest stops. In short, if you are drinking frequently but don't have to go at each rest stop, then you probably are not drinking enough. Modify this as necessary for your own situation. Carry a bottle of water to drink from whenever you need it. Be sure to refill it at rest stops.

Third, remain aware of your own physical condition. Exposure to too much heat for too long can result in hyperthermia. This is the condition where your body cannot properly regulate your temperature and your temperature rises uncontrollably. If allowed to reach this state, it is a medical emergency requiring immediate medical attention. The key is to prevent your body from reaching this condition. Watch for symptoms like the absence of sweat in hot weather. This could mean your body has lost too much water and cannot produce any more sweat, the principal means of temperature regulation. Without the ability to sweat, the core temperature of the body will rise quickly. Other warning symptoms include confusion, headache, dizziness, redness of the skin, often most noticeable on the face. If you notice any of these symptoms in yourself or those riding with you, find the nearest place to sit down, drink lots of water, and relax in the shade or an air-conditioned space. Remove gear and loosen clothing to allow the body to cool itself. Increase the frequency of breaks during the hottest part of the day. And definitely get out the water absorbing collar or soak your shirt at this time.

ORANGE SHIRTS FOR SALE

\$10.00 each which includes your name, EWMA Logo, and taxes

Available Styles and Sizes:

Long Sleeve T-shirts

1 small
3 large
1 XXL

Short Sleeve T-shirts

1 youth med.
3 large
1 XL
1 XXXL

Sweatshirt

1 XL

If interested, contact Carolyn Anderson
email: carolyn1177@yahoo.com

H-2 Hosts and Hostesses for 2024

July—Lanny & Carolyn Anderson
August—Ken & Donna Larson
September—Lee & Judy Bagley
October—Ron & Ruby Naslund
November—Dan & Alvah Fryer
December—Lanny & Carolyn Anderson

July 50/50 Winners

Lanny Anderson
Alvah Fryer
Dennis English
Judy Bagley

Game Winners


Ron Naslund
Karen English
Lanny Anderson

Join us on Facebook. A FB group has been created as an additional way for H-2 members and friends of H-2 to communicate. The name of the group is Illinois H-2 Highway Wingers, Eagle Wings Motorcycle Association.

To order H-2 orange shirts or hats, contact Carolyn Anderson.

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7	8	9	10	11	12	13
14	15 <i>Dan & Alvah Fryer</i>	16 <u>IL H-2</u> Coffee, Tres Café, 1135 Lincoln St., Galesburg, 5:30 p.m.	17	18	19	20
21	22	23	24	25	26 Region E Ride-in, Anamosa, IA	27
28 <i>Nita Gasaway</i> <i>Dennis & Karen English</i>	29	30	31			



Hawkeye Motorworks
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Go Van Gogh's
THE T-SHIRT FACTORY

237 East Tompkins St.
Galesburg, IL 61401
309-342-1112
govangoghs.com

Lake of the Woods Plaza
Dunlap, IL 61525
309-243-7669



August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Don't forget to bring your food pantry donations to the August gathering! This is a great service we can do for the community.		1	2	3 <i>Cheryl Swanson</i>
4	5	6 <u>IL H-2</u> <u>Gathering, Side</u> <u>Trax Bar and</u> <u>Grill, 6:30 p.m.</u> <u>(eat 5:30)</u>	7 <i>Bob Streicher</i>	8	9	10
11	12	13 <i>Dave & Carolyn Thompson</i>	14 <i>Connie Godfrey</i>	15	16	17
18	19	20 <u>IL H-2</u> <u>Coffee,</u> <u>Genisio's,</u> <u>Woodhull, 5:30</u> <u>p.m.</u>	21	22	23	24
25	26	27	28	29 Eagle Wings Rendezvous, KI Convention Center, Green Bay, WI	30	31

CENTURY 21
TUCKER SWANSON

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156 EAST BAR & GRILL
GALESBURG, IL
309.351.7842

156 East Main Street
Galesburg, IL 61401

IL-H-2's Calendar of Events—2024
(Scheduled events are always subject to change
Always check your H-2 newsletter or website for updates)

September

- 3 IL H-2 Gathering, Side Trax Bar and Grill, 6:30 p.m. (eat 5:30)
- 17 IL H-2 Coffee, Big Catz BBQ, 221 E. Main St., Knoxville, 5:30 p.m.
- 20-21 Iowa District Rally, Dows Community Center, Dows, IA

October

- 1 IL H-2 Gathering, Side Trax Bar and Grill, 6:30 p.m. (eat 5:30)
- 15 IL-H2 Coffee, PZ'S, 220 Grand Ave., Galesburg, 5:30 p.m.

November

- 5 IL H-2 Gathering, Side Trax Bar and Grill, 6:30 p.m. (eat 5:30)
- 19 IL H-2 Coffee, New Windsor Depot, New Windsor, 5:30 p.m.

December

- 3 IL H-2 Christmas Party, Side Trax Bar and Grill, 5:30 p.m.



August 29, 2024 to August 31, 2024
Hyatt Regency Green Bay
333 Main St.
Green Bay, WI

SIDETRA
BAR & GRILL

441 E. Main St.
Galesburg, IL

309-344-8193

GENISIO'S
BAR & GRILL

249 N. Division St., Woodhull, IL
309-334-2665

The NEW WINDSOR DEPOT

309-667-2801

110 N. 5th Avenue
New Windsor, Ill.

Tres
Cafe

Breakfast
Lunch
Dinner

1135 Lincoln Street
Galesburg, IL

309-297-4645

Open Mon.-Sat. 6 a.m.-8 p.m., Sun. 6 a.m.-4 p.m.

EAGLE WINGS MOTORCYCLE ASSOCIATION



**Region E Ride In
July 26-27, 2024
Anamosa, Iowa**

Host Hotel: AmericInn by Wyndham

Free hot breakfast each morning!
101 Harley Avenue, Anamosa, IA 52205
319-462-4119 Ask for "Eagle Wings" rate of \$94.90 +tax

Other possible accommodations:

Super 8 - Anamosa 319-462-3888	Wapsipinicon State Park Campground 319-462-2761 Electric hook-ups only Reservations available	Central Park (County) 563-487-3541 All hook-ups available First come / First gets
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*Come ride beautiful East Central Iowa - The area that inspired artist Grant Wood
Curvy Roads Wonderful Scenery Art Galleries
Restaurants Prison Tour
Come ride with us Register NOW!!!*

**Register by July 1: \$10 per EWMA members / \$15 per non-members
After July 1 (including on-site): \$15 per EWMA members / \$20 per non-members
Payable to: EWMA Region E**

Rider's Name: _____ EWMA Number: _____

Co-rider's Name: _____ EWMA Number: _____

Cell phone: _____ Email: _____

Emergency Contact / Phone: _____

EWMA Chapter Affiliation: _____

Submit to: Sue Thompson, Region E Treasurer, 3500 Edgewood Road NE #217, Cedar Rapids, IA 52402

EAGLE WINGS MOTORCYCLE ASSOCIATION
PRESENTS:

RENDEZVOUS 2024

AUGUST 29-31
GREEN BAY, WI

ALL BIKES WELCOME!

VISIT: EWMA-WORLD.ORG/RENDEZVOUS FOR INFO &
REGISTRATION

GUIDED
RIDES

BIKE
GAMES

VENDORS
& BLING



EAGLE WINGS MOTORCYCLE ASSOCIATION





Americinn by Wyndham
Hampton "Block under
EWMA" 641-456-5559 (by Aug. 19th)
\$110.88

Cobblestone Inns &
Suites - Clarion "Block
under EWMA Rally"
515-602-6634. \$130