



The H.O.G. Insider

L A K E S H O R E H . O . G . C H A P T E R # 3 5 2 2

This Month's Member Meeting

February 17, 2019 @ Lamb's Farm—Magnolia Café

9:00 Breakfast

10:00 Meeting

**Watch this section for dates to
add to your personal calendar**

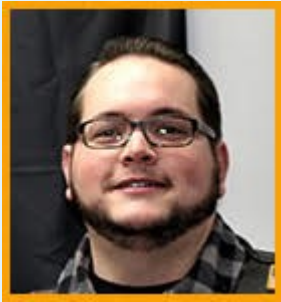


Let's Ride

CHAPTER RIDE HOT LINE 847-281-3141



Corey Johnston – Director



Welcome back to all my returning H.O.G. Sisters and Brothers. A hearty welcome to our new members. We look forward to getting to know each of you. Though the weather was cold and dreary our hearts were warmed to see over 150 of our chapter friends join together for sign up. A great start of what promises to be a fun filled 2019 season.

Your board is putting together ideas to make this year enjoyable and interesting for all of you. As always if you have ideas or suggestions please do not hesitate to let your board know so we can discuss the ideas and possibly add new events and rides to the calendar.

As we all nestle into our warm homes to guard from the subzero temps it is hard to believe in just a few weeks we will be out riding again. So let us look to the sun and dream of warm days and tans.

Until next time enjoy the road!

Corey (Rain Man) Johnston
"Listen to the wind, it talks..."
Director/RC
director@lakeshorehog.com

Ralph Lenzini – Assistant Director



Here we are, the start of the 2019 season. As I'm typing this it's -25 outside and the witches boobies, wearing a brass bra, have frozen. Well you get the picture, it was COLD. I hope everyone made it through the cold and I also hope nobody passes out when they get the heating bill (I MIGHT). But the best part... all I was thinking and doing was planning routes and destinations for the riding season. We have one hell of a trip planned for this year to Bardstown, KY. I have gotten a lot of responses. **BUT IF YOU HAVE NOT RECEIVED A REPLY THAT MEANS I DIDN'T GET YOUR EMAIL.** My personal email is HWDALD@GMAIL.COM Please resend the email. It's going to be one hell of a trip so let's do this.

Let's talk about the Chapter sign-up. WOW! That's it. I would like to welcome all of the new members and say thank you to the returning members. Remember, this is your chapter. If you have any questions or concerns please contact me and I'll do my best to answer them or help you. You can get my contact info on our website. Lake Shore Harley - what a wonderful day you provided. The Pizza was great and never stopped coming, and the discount was awesome. So Thank You.

LET'S DO THE BOOTLEGGERS BOOGIE RUN
WE STILL HAVE ROOMS AVAILABLE

Here's a link to a music video that is kind of cool. Let's Ride
<https://youtu.be/wqVEsmJZP-s>

Ralph "yoyo" Lenzini
Chase all the sunsets you can. Let's Ride
Assistant Director/RC
Assistantdirector@lakeshorehog.com

Anne Weimer—Membership



This year sign up was on January 20th and brought out lines of wonderful smiling faces, 156 to be exact, all anxious to get signed up for another exciting year with Lake Shore H.O.G. After some time away I want to welcome back: **Darin Chartier, Jessica Sheehan and Linda & William Solomon.** I also would like to give a very warm welcome to the following new members: **Les Alderson, Gary & Tracy Bose, Timothy Crabb, Roger Drehobl, Charlie Guida, Stefanie Hancock, Thomas Hill, Lyle Holmes, Amber Peters, Kevin Perersen, and Kristine & Mark Strack.**

For those of you that missed sign up day, no need to worry, it is really easy to rejoin by simply coming to the February general meeting and signing up then or you can mail your signed membership form along with the \$24.00 annual fee directly to me at 1502 Providence Dr., McHenry, IL 60051 and I will return mail to you your patch and card. It really couldn't be any easier!! Reminder: this will be your last newsletter if you do not renew by the end of February.

The activities are in the works, the rides are being planned, the meetings are being scheduled and we are all looking forward to a fantastic 2019. I hope that everyone will come out and join in all the fun and excitement. The first meeting of the year is **February 17th** with breakfast beginning at 9:00 am at the Magnolia Café in Lambs Farm. I am looking forward to seeing you all there.

Stay Warm,

Anne Weimer
aka "Flash"

Membership Officer/Volunteer Coordinator

Membership@lakeshorehog.com

Ron Alghini — Activities Officer



Let me take a minute to introduce myself. I am Ron Alghini and I am honored to be the 2019 Activities Officer. I have been an active member of Lake Shore H.O.G. for eleven years. I am looking forward to putting together a number of chapter events.

We will be planning a number of dinner gatherings throughout the year as well as spring/fall events, our annual chapter picnic and the holiday party. Please feel free to offer up any ideas or suggestions you may have.

We will need help coordinating events so please let me know if you are interested in helping in any way. Keep an eye on the facebook "members only" page for upcoming social gatherings and events.

SAVE THE DATE FOR OUR FIRST DINNER SOCIAL GATHERING TO BE HELD SATURDAY, MARCH 2ND AT BBQ'D PRODUCTIONS IN THIRD LAKE, IL FROM 6:00 TO 8:00 P.M.

Ron Alghini
"Ronster"

Activities Officer

Activities@lakeshorehog.com

Rick Cruz – Secretary



As I write this, it's supposed to be the coldest day of the year, quite possibly the coldest in many years! -51 degrees with the wind chill. Not quite the riding weather we're looking for.

On another note; I was happy to see all the members both returning and new at the sign up, it was great talking with all of you. I'm looking forward to the 2019 season and the many great rides we will have on the calendar soon.

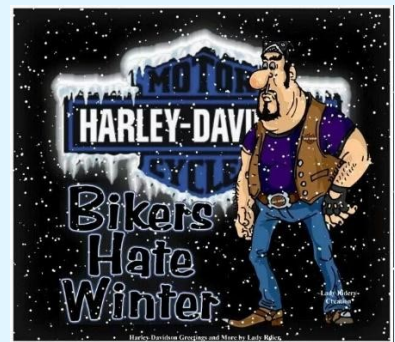
As of right now not much to report other than the Progressive Motorcycle show at the Donald E Stevenson center from **Friday February 15 to Sunday February 17.**

Check out the attached link: <http://www.motorcycleshows.com/> for more information. There are promotional codes available to reduce the ticket price.

Join us at Lambs Farm for breakfast at the February meeting scheduled **Sunday February 17, 2019 at 9:00am** with the meeting starting at 10:00am.

Until then, stay warm and dream sunny summer thoughts!

Rick Cruz
Secretary
Secretary@LakeShoreHOG.com



John R Sweeney Jr HEAD ROAD CAPTAIN

Howdy Lake Shore H.O.G.,



Most of us are digging our way out of the snow and trying to keep warm, while thinking about riding our motorcycles. Well as of this newsletter, Spring is approximately 8 weeks away. It won't be long before you can actually take your bike out for a ride rather than stare at it longingly in your garage or go visit it at the dealership in that hell known as "STORAGE". Ugh...

This month we will be having our Road Captain meeting to start planning our riding season for 2019. We had a very nice variety of rides, destinations and events last year, but we are going to try to top those, this year. As I've said many times before, this is your chapter. So if you have a suggestion for a place to go, a route to take, anything at all, please send that information to me at headroadcaptain@lakeshorehog.com. We'll do our best to get it included on the ride schedule.

I'd like to welcome the new members to the chapter. You've joined a great bunch of people. As the season kicks in, information about our rides, Mileage Contest, Ride 365, Hotline phone number, as well as how to contact any of our Road Captains can be found at www.lakeshorehog.com under the "Rides/Calendar" section. While you are there, check out all of the other sections, so you get a feel for who we are, what we have done in the past and what is coming up in the future.

Also for the new members, in April we will have our "New To Group Riding" ride. This is geared toward getting the new members familiar with our style of group riding. It's informational and fun and makes everyone feel at home on our rides. More information about this will be in next months newsletter and I'll talk about it at our February meeting.

That will about do it for this month. Again, welcome to the new members and welcome back to all of our returning members. Let's make this a fun, safe and memorable year. Now if Spring would just cooperate and GET HERE!!!! ;—)

**John R Sweeney Jr
aka (Motor Mouth)**

"It's not the destination; it's the journey"

Head Road Captain—Lake Shore H.O.G Chapter

HeadRoadCaptain@lakeshorehog.com

**GET YOUR MOTORS RUNNING
AND HEAD OUT FOR SOME**



Let's all meet for some good barbeque and good company at

BBQ'D PRODUCTIONS

34121 US RT 45

THIRD LAKE, IL 60030

SATURDAY MARCH 2ND

6:00 P.M. TO 8:00 P.M.



Text name and number of people to
Julie Alghini 847-609-0612 by Feb. 22



CHAPTER MEMBERSHIP ENROLLMENT FORM AND RELEASE

Chapter Name: LAKE SHORE CHAPTER #3522

Member Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

E-mail Address: _____

Phone: _____ Member Nat'l H.O.G. Number: _____

Expiration Date of National H.O.G.® Membership: _____

I have read the *Annual Charter for H.O.G.® Chapters* and hereby agree to abide by it as a member of this Dealer sponsored Chapter.

I recognize that while this Chapter is chartered with H.O.G.®, it remains a separate, independent entity solely responsible for its actions.

THIS IS A RELEASE, READ BEFORE SIGNING

I agree that the Sponsoring Dealer, Harley Owners Group® (H.O.G.®), Harley-Davidson, Inc., Harley-Davidson Motor Company, my Chapter and their respective officers, directors, employees and agents (hereinafter, the **"RELEASED PARTIES"**) shall not be liable or responsible for injury to me (including paralysis or death) or damage to my property occurring during any H.O.G.® or H.O.G.® Chapter activities and resulting from acts or omissions occurring during the performance of the duties of the Released Parties, even where the damage or injury is caused by negligence (except willful neglect). I understand and agree that all H.O.G.® members and their guests participate voluntarily and at their own risk in all H.O.G.® activities and I assume all risks of injury and damage arising out of the conduct of such activities. I release and hold the **"RELEASED PARTIES"** harmless from any injury or loss to my person or property which may result from my participation in H.O.G. activities and EVENT(S). I UNDERSTAND THAT THIS MEANS THAT I AGREE NOT TO SUE THE **"RELEASED PARTIES"** FOR ANY INJURY OR RESULTING DAMAGE TO MYSELF OR MY PROPERTY ARISING FROM, OR IN CONNECTION WITH, THE PERFORMANCE OF THEIR CHAPTER DUTIES IN SPONSORING, PLANNING OR CONDUCTING SAID EVENT(S).

WAIVER OF RIGHTS UNDER STATE STATUTES

I further agree to waive all benefits flowing from any state statute which would negate or limit the scope of this Release and Indemnification Agreement including, but not limited to, Section 1542 of the California Civil Code which provides:

"A general release does not extend to the claims which the creditor does not know or suspect to exist in his favor at the time of executing the release, which if known to him must have materially affected his settlement with the debtor."

By signing this Release, I certify that I have read this Release and fully understand it and that I am not relying on any statements or representations made by the **"RELEASED PARTIES"**.

Member Signature: _____ Date: January 20, 2019

Local Dues Paid \$: 24.00 Date: January 20, 2019

(Dues not to exceed maximum amount prescribed in, *Annual Charter for H.O.G.® Chapters*, as contained in the *H.O.G.® Chapter Handbook*.)

RETURN THIS FORM TO YOUR CHAPTER

Ladies of Harley

Nita Cruz & Sammie Sweeney



Sammie Sweeney
LOH Co-Chair
[LOH sammie@lakeshorehog.com](mailto:sammie@lakeshorehog.com)



Nita Cruz
LOH Co-Chair
[LOH nita@lakeshorehog.com](mailto:nita@lakeshorehog.com)

Hello Ladies,

It was good to see so many of you at sign-up. For those of you that weren't able to be there, we are having a Meet-n-Greet at 11:00am after our February Chapter meeting, over at the dealership. We'll be discussing our Progressive Dinner Ride, the Bake Sale and other activities. We would love to see you there and would love to hear your ideas for other things that you would like to do in the coming year.



Teddy Bear Corner

Thank You to Liz Marcotte for being an excellent Teddy Bear and fund raiser at our sign-up. She definitely knows how to promote. Liz collected \$251.36 from the attendees and we want to thank all of you for your generous donations. That gets us off to a good start for this year.

Dan Marcotte—Safety Officer



RIDING A MOTORCYCLE IMPROVED METRICS OF FOCUS AND DECREASED STRESS BIOMARKERS, ACCORDING TO A NEW NEUROBIOLOGICAL STUDY

Motorcyclists have long championed riding as their main road to stress relief and positive mental health. Today, the results of a neurobiological study conducted by a team of three researchers from UCLA's Semel Institute for Neuroscience and Human Behavior yielded pioneering scientific evidence revealing the potential mental and

physical benefits of riding.

Funded by Harley-Davidson, the study found that motorcycling increased metrics of focus and attention, and decreased relative levels of cortisol, a hormonal marker of stress. Researchers recorded participants' brain activity and hormone levels before, during, and after motorcycling, driving a car, and resting. While riding a motorcycle, participants experienced increased sensory focus and resilience to distraction.

Riding also produced an increase in adrenaline levels and heart rate, as well as a decrease in cortisol metrics - results often associated with light exercise and stress-reduction. "Stress levels, especially among young adults, continue to rise, and people are exploring pathways to better their mental and physical health. Until recently, the technology to rigorously measure the impact of activities like motorcycling on the brain didn't exist," said Dr. Don Vaughn, the neuroscientist who led the research team. "The brain is an amazingly complex organ and it's fascinating to rigorously investigate the physical and mental effects riders report."

Results Highlights:

- Riding a motorcycle decreased hormonal biomarkers of stress by 28%
- On average, riding a motorcycle for 20 minutes increased participants' heart rates by 11 percent and adrenaline levels by 27 percent—similar to light exercise
- Sensory focus was enhanced while riding a motorcycle versus driving a car, an effect also observed in experienced meditators vs non-meditators
- Changes in study participants' brain activity while riding suggested an increase in alertness similar to drinking a cup of coffee

Continued on Page 10

"While scientists have long-studied the relationship of brain and hormone responses to attention and stress, doing so in real-life conditions such as these is rare," explained UCLA Professor and senior team member, Dr. Mark Cohen. "No lab experiment can duplicate the feelings that a motorcyclist would have on the open road."

"The differences in participants' neurological and physiological responses between riding and other measured activities were quite pronounced," continued Dr. Vaughn. "This could be significant for mitigating everyday stresses."

Research Overview

The research team monitored participants' electrical brain activity and heart rate, as well as levels of adrenaline, noradrenaline, and cortisol. To be presented later this year, the Harley-Davidson funded study, entitled "The mental and physical effects of riding a motorcycle" measured the biological and physiological responses of more than 50 experienced motorcyclists, using mobile EEG technology.

"We're leveraging the latest technologies as we shift our focus from exclusively motorcycles to growing ridership, so it only made sense to tap technology to explore the impact of riding itself," said Heather Malenshek, Harley-Davidson's Senior Vice President of Marketing & Brand. "The research findings Dr. Vaughn and his team identified helps explain what our riders have felt for the past 116 years - there's a vitality and heightened sensory experience that comes from the freedom of riding a motorcycle. We hope their findings inspire the next generation of riders to experience these benefits along with us."

So let me hear from you ... I can be reached at safety@lakeshorehog.com

Thanks for your time and input,

Safety Dan

Dan Marcotte

Safety Officer/Road Captain

SafetyOfficer@lakeshorehog.com

Doug Wrobel—Historian



Hi ya'll. I don't know about you, but this weather has got to break. I don't know what is worse, the snow or the cold. By the time you read this we will have survived some of Chicago's coldest days. Come on, wind chill of -55 degrees? Alaska and Antarctica are warmer then we are.

Well enough of that, life goes on and now for some history. I don't think we have ever touched on women riders. What is the oldest women's rider group? They are called the Motor Maids.

The Motor Maids is a women's Motorcycle Club in North America with over 1,200 members from the United States and Canada. Established in 1940, Motor Maids was one of the first women's motorcycle groups and has been called the oldest existing Women's Club in North America.

The objective of this group is to promote safe riding habits, meet new people and travel across North America. Every year they travel around North America going to different events as a group including every July they have a Motor Maid convention. Almost every week or weekend there are meetings or events with this group whether it is a charity event or just a ride along. Motor Maids is committed to safety with their members. Before they go on a ride as a group, they have many safety checks they have to follow.

The mission statement of this group is to ride together as a group and club, to have fun as a group, respect history and believe in the traditions. Arthur Davidson, one of the founders of Harley Davidson supported the Motor Maids which benefited the group.

Initially, 'The Motor Maids of America', was a social club for women riders of all makes whose members have included some of the most influential women in American motorcycling and which hoped to prove women could ride motorcycles and still maintain their femininity, avoiding allegations of being 'mannish', 'man-haters', although some early members were. Indeed, its original colors were pink in 1944, changing to royal blue and silver gray at which the same time they adopted their shield logo. White gloves were also part of the uniform. Its purpose was to unite women motorcyclists in promoting interests in motorcycling and required the membership to legally own and operate their own motorcycle or one belonging to a family member. The Motor Maids have members in almost every state of the USA, including Hawaii and Alaska, and several Canadian Provinces.

To read more about the Motor Maids visit their website at www.motormaidsinc.org

Doug Wrobel
Historian/RC
historian@lakeshorehog.com

Bob Morrison—Photographer

Hello Lake Shore H.O.G. members,



My name is Bob Morrison and my wife's name is Nancy. It is an honor to be the photographer for the Chapter. We have been members of Lake Shore H.O.G. Chapter for 3 years. I have been riding since 1973. Nancy and I met in 1978 on a motorcycle. After going out to dinner I asked Nancy, who had never been on a motorcycle before, if she would like to go to a rally in Bowling Green Kentucky, "The Big Boogie". I will write about that adventure in a future newsletter. We have been riding ever since.

We used to take many cross country rides throughout the years, but have now limited our rides to day rides. We don't have any let's say 2 legged children, but we do have many 4 legged ones that depend on us each day.

I have always had an interest in photography. Back in grade school I would even help my Grandfather in his darkroom from time to time. Some people say I sleep with a camera, so if you see someone walking around with a camera attached to his hand, it is probably me. If you have any suggestions or would just like a picture taken, feel free to grab my attention. I also set up the slide shows of past events and rides at the meetings.

Here's to a great riding season and to recording many memories through photographs of all our adventures!



Bob Morrison
Photographer
photographer@lakeshorehog.com

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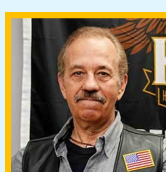
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