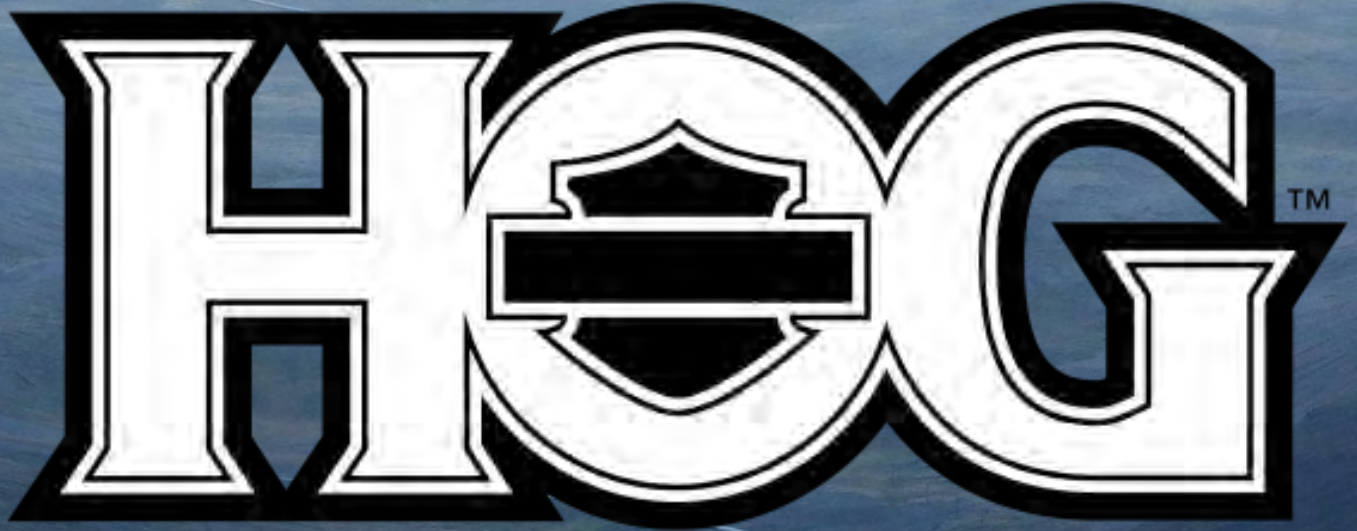


**Volume 34 issue 387**

**January 2022**

LAKE SHORE



Monthly Newsletter

# Whats Happening

## Annual Member SignUp

January 16, 2022

From: 11am until 1pm

Lakeshore Harley

## Upcoming Rides and Activities

[Click here for more information on upcoming rides](#)

**Chapter Ride Hot Line 847-281-3141**



## Heather Johnston—Director

Hey, hey 2022!! We sure are glad to see you! While you might be feeling those winter blues right about now, don't despair - we'll have the wind in our hair and our knees in the breeze before we know it! I am so excited to start the year off with you all!

Keep your eyes peeled and check back often for more information on upcoming events. We plan to bring you fun & fellowship as we gear up for the next riding season.

PLEASE don't forget to come out and see us at Lake Shore Harley-Davidson on January 16th for our annual Chapter Signup starting at 11 am and concluding at 1 pm.

As we begin this New Year & new season it is my pleasure to introduce our 2022 Discretionary Officers:

Editor & Webmaster	Eric Morris
Head Road Captain	John Sweeney
L.O.H.	Lori Marcotte
Membership	Roz Wrobel
Photographer	Bob Morrison
Safety Officer	Doug Cherry
Officer at Large	Rich Faber
Chapter Products	Scott Sears
Historian	George Lang

Heather Johnston

Director

[director@lakeshoreH.O.G..com](mailto:director@lakeshoreH.O.G..com)

217-317-0384



## **Dawn Cherry—Assistant Director**

We closed out the year with 245+ Lakeshore H.O.G. members, 23 enthusiastic RC's, accumulated over 200,000 riding miles! (and those are only the tracked miles) This H.O.G. chapter has a lot to be proud of. Those are some impressive numbers!

Now, here we are in January and even though it is cold outside; our road captains, officers and board members are laying out a great calendar for the new riding season. We will try and get events and dates out to you as soon as they are solidified.

First up, mark your calendars for our Chapter sign-up on Sunday January 16th at the dealership. Make sure your National membership is current to have the sign-up process run smooth. Well, keep that trickle charger running because we will be cranking those engines over soon. Happy New Year to you and your family! Looking forward to being with the H.O.G. family again!

Going that extra mile.....

Dawn Cherry

Assistant Director/RC

[Assistantdirector@lakeshorehog.com](mailto:Assistantdirector@lakeshorehog.com)



## **Doug Wrobel—Treasurer**

Well, just sitting here the day after Christmas. Christmas went very well and I hope everyone else had a great Christmas. Who knew that this December (Winter) would start out as warm as it has been. Glad to see that some members were able to take advantage of it and go out and put some miles on. The bad thing is, I was not able to because it was during the work week.

First off, I would like to say thank you very much to Corey Johnston for the four years as Chapter Director. You did an outstanding job, especially during the covid pandemic. To the departing Officers you also did a great job. Some of us just moved on up.

I'm looking forward to being your Chapter Treasurer. Don't forget about the Chapter Signup on January 16th at the dealership. Hope to see you all there.

Doug Wrobel

Treasurer/RC

[treasurer@lakeshorehog.com](mailto:treasurer@lakeshorehog.com)



## **Sherrie Bransky—Secretary**

**Happy New Year Lake Shore HOG!!**

It was great to see so many of you at the Holiday Party and December breakfast social at Lamb's Farm.

Mark your calendars - The 2022 Chapter Trip will be from August 25th through August 28th. More trip details will be available at the Chapter Sign-up event on Sunday, January 16th from 11am-1pm.

Great news! Items from the Chapter Products order submitted last Fall have finally started to ship! Thank you everyone for your patience. I will call you as soon as your ordered items arrive.

See you all soon at Chapter Sign-up!

Sherrie Bransky

**Secretary**

[Secretary@LakeShoreHOG.com](mailto:Secretary@LakeShoreHOG.com)



## Roz Wrobel—Membership

**Happy New Year** From Membership!

Welcome to year 2022 and I hope everyone had a very nice holiday season. It's that time again for Lake Shore H.O.G. Chapter signup! Sunday January 16<sup>th</sup> at the dealership and I am looking to see all the returning members and the new members that will be joining the most awesome family. Please look for the flyer and hope to see all you.

I would like to say a big THANK YOU to Corey Johnston for the most awesome 4 years as Director!!! He gave his heart to the chapter, and we are so much better for it. With the meetings to the events that were planned, he always put his heart and soul into the planning and the events always turned out AWESOME! If you missed the events, you missed some great times. Corey, thank you again for dedication that you gave the chapter.

Please remember to keep your national H.O.G. up current. If it should expired, your membership with the chapter becomes inactive until your national H.O.G. is current. This can be easily done by logging on [www.hog.com](http://www.hog.com). I will also send a email or text if no email if it has expired. I check several times a month, please make sure that I have your current email address on your signup form.



Roz Wrobel  
aka" Muffin"

Membership Officer/Volunteer Coordinator  
[membership@lakeshorehog.com](mailto:membership@lakeshorehog.com)



## John R. Sweeney Jr

### Head Road Captain

Howdy everyone,

We most definitely are a riding chapter. Even with all of the confusion going on in our country right now, we still got out and hit the road. We had 70 rides (10 got cancelled due to rain), which included 545 bikes, 626 riders for a total of 84,811 miles. Sweet... And this coming year, we will do even better. Just keep getting out there and enjoying the nice variety of rides we have on our calendar. Also, I want to thank all of our Road Captains for planning and leading all of these rides this year. To say the least, it has been a challenging year as we try to get back to normal. We all need our occasional wind therapy, some more than others... ;—) Hopefully, more of you will participate in Ride365 next year. This year had understandably, low participation.

If you are interested in becoming a Road Captain, come see me at our January sign-up. It's a great way to give back to the other members and it helps to make you a better rider, as well. The only requirement is that you have ridden with the chapter for at least one year and you ride a Harley.

For those of you that are nuts like me, if you get that chance to go out riding over the next couple of months, please remember to check your lights, brakes, tire pressure, basically give your ride a thorough once over, BEFORE you head out. When our bikes sit for weeks, many strange and mysterious things seem to occur, so better to be safe than sorry. Those extra couple of minutes can make all the difference in the world.

These are the members that are currently registered for our Mileage Contest. If your name is not on here, please see either Kory at Lake Shore or me and we'll get you signed in.

## Registered for 2022

These are the people registered as of Nov21st. If you are not on this list, please contact John Sweeney

Iron butt	Start
Edwards, Gary	64,309
Healy, Barbara	37,463
Johnston, Corey	61,796
Lenzini, Ralph	6,468
May, Clayton	12,964
Morris, Eric	14,301
Sears, Scott	46,058
Warzecha, Bob	33,650
8	

Retired	Start
Bowman, Patrick	37,754
Geraci, Joe	174,513
Panozzo, Al	78,203
Sweeney, John	194,723
West, Owen	26,647
5	

Weekend Warriors	Start
Babich, Tom	26,766
Barsky, Ira	18,284
Bildir, Barlas	44,899
Brueske, Christine	22,141
Cherry, Dawn	38,316
Cherry, Doug	45,542
Espinosa, Jose	13,993
Faber, Mark	22,096
Faber, Rich	11,658
Farino, Jenn	19,032
Gresens, Keith	23,855
Holmes, Lyle	31,650
Hunter, Kenny	12,657
Johnston, Heather	13,738
Jones, Dave	29,420
Lang, George	22,301
Livorsi, Pete	4,026
Marvin, Tim	12,593
McHugh, Karann	20,151
Meirthew, Paul	19,478
Murglin, Joe	14,029
Ofer, Alex	9,118
Patel, Hitesh (Yogi)	52,578
Peat, Michael	45,478
Robinson, Don	3938
Seils, Phil	23281
Seiwert, Bill	59365
Warkins, Mike	41,113
Wrobel, Doug	6,054
Wrobel, Roz	5,486
30	

Continued on next page...

# Mileage Contest Winners

## Lake Shore H.O.G. Mileage Contest Winners for 2021

### WEEKEND WARRIORS

1st	Warkins, Mike	5,685
2nd	Murglin, Joe	4,915
3rd	Espinosa, Jose	4,894
	Holmes, Lyle	4,661
	Patel, Hitesh (Yogi)	4,583
	Jones, Dave	4,549
	Brueske, Christine	4,422
	Robinson, Don	3,936
	Gresens, Keith	3,913
	Peat, Michael	3,666
	Farino, Jenn	3,592
	Wrobel, Doug	3,151
	Marvin, Tim	3,065
	Barsky, Ira	2,804
	Faber, Rich	2,732
	Cherry, Doug	1,763
	Seiwert, Bill	1,510
	Johnston, Heather	1,495
	Faber, Mark	1,480
	Wrobel, Roz	759

### IRON BUTT

1st	Morris, Eric	14,697
2nd	Johnston, Corey	10,441
3rd	Babich, Tom	9,434
	Sears, Scott	8,633
	Edwards, Gary	8,582
	Meirthew, Paul	7,627
	Lang, George	6,806
	Cherry, Dawn	6,053
	Healy, Barbara	5,745
	Warzecha, Bob	5,486
	Lenzini, Ralph	1,766

Yellow denotes people moved up to the Iron Butt from the Weekend Warrior category, due to the higher than average mileage. The cut off was 5,834.

### RETIRED

1st	Sweeney, John	12,590
2nd	Bowman, Patrick	10,854
3rd	West, Owen	9,905
	Geraci, Joe	9,401

## 5,000 Mile Patch Club 2021

Morris, Eric	14,697	Patch/Rocker
Sweeney, John	12,590	Rocker
Bowman, Patrick	10,854	Rocker
Johnston, Corey	10,441	Rocker
<b>10,000</b>		
West, Owen	9,905	Rocker
Babich, Tom	9,434	Rocker
Geraci, Joe	9,401	Rocker
Sears, Scott	8,633	Rocker
Edwards, Gary	8,582	Rocker
Meirthew, Paul	7,627	Patch/Rocker
Lang, George	6,806	Patch/Rocker
Cherry, Dawn	6,053	Rocker
Healy, Barbara	5,745	Rocker
Warkin, Mark	5,685	Rocker
Warzecha, Bob	5,486	Rocker
<b>5,000</b>		

See you next month...

**John R Sweeney Jr.**

"It's not the destination, it's the journey."

**Head Road Captain**

[HeadRoadCaptain@lakeshorehog.com](mailto:HeadRoadCaptain@lakeshorehog.com)

(847) 651-4469 (Cell) (847) 882-0187 (Home)



## **Doug Cherry—Safety Officer**

Happy New Year Everyone! I'm your new safety officer. I hope all of you had a great Christmas and New Year. It's my hope that we will have a full riding season this year without the restrictions that have been plaguing us for the past 24 months. I took the opportunity to visit all of the newsletter articles and seminars from past safety officers before I wrote this. I thank them for their efforts and diligence. The information they provided is invaluable. There are two things that stood out to me that I think we can all agree on: being talked to about motorcycle safety is one of the most boring, dry subjects that we riders have to deal with. The other? Without a firm grasp of safe principles while riding, a wonderful day can be spoiled in an instant. As your new safety officer I have only one goal; your ability to ride safely and enjoy the time spent on the bike.

Over the next twelve months I am going to be talking about principles, tips and strategies to help make you a safer rider. Some things you will be hearing for the 5,333,626th time, but they deserve to be repeated so they become second nature (the bible is unchanged in 2000 plus years, but the information still seems to be relevant). I'm going to do my best to make the information memorable as well as entertaining. I feel we grasp this kind of information better if we can inject a little levity with the seriousness. So here goes...

In the upper Midwest, January is a time when we give little thought to our bikes and riding season. Doug Wrobel wrote two great articles (Feb and Nov 2021) on what to do with the bike through the winter months, so I'm not going to touch on any of that here. I'm trying to get back from my old and busted shape to enjoy this upcoming season so I would like to take a different approach and talk about what we can do for Us, the rider, to get us ready for the riding season. There are some simple things we can do to get (and stay) in riding shape. Being able to physically handle your bike is the first step to safety. No...I'm not going to ask you to hit the gym and work yourself to death...I just want to relay a couple of riding specific exercises you can do from the comfort of your home that will put you in command of your Hog.

### **Chair based sit up**

What this strengthens

Your Core

What it helps

Balance, stability, and back fatigue

How it's done

From a backless chair, hassock or backrest chair turned sideways:  
With your feet flat on the floor and back straight, lean back until you feel Resistance, then sit back up. Only go as far back as you feel comfortable with. It could be just a couple of inches or a lot farther. It all depends on your body type and comfort level

Try to do 3 sets of 12

**Continued on next page...**

## **Straight arm lifts**

What it strengthens	Forearms and shoulders
What this helps	Turning, throttle and braking. Reduces arm fatigue and numbness on rides.
How it's done	<p>Using a milk or water jug, empty or filled with as much liquid as your comfortable with.</p> <p>Sit on a chair (no recliners) with the jug at your side and lift the jug straight out, even with the floor in a forward pendulum motion (like you're putting your hands on the throttle or brake) and then back down in one controlled motion.</p> <p>3 sets of 8 per arm is a good goal</p>

## **Sitting/Standing leg squats**

What this strengthens	Hamstrings, quads and glutes
What this helps	Stability at stops, fatigue, braking and shifting
How it's done	<p>Sitting in a chair with your arms out in front of you, fingers pointed forward (like a diver), stand up. Sit down and repeat. If you need some stability (like I do right now) do the exercise at your kitchen or dining room table and use the table for balance</p> <p>3 sets of 8</p>

Well, there you have it, some simple exercises that you can do from the comfort of your own home at whatever pace you choose (ride your own ride) that will help keep you safe and strong through the riding season.

## **Safety Officer**

Doug Cherry

[Safety@LakeShoreHOG.com](mailto:Safety@LakeShoreHOG.com)



# Teddy Bear Corner

All I can say is....

## You did it

Thanks to L.O.H. and to all of those that came to our bake sale and were so very generous. We set a record for our best bake sale yet. We raised \$535.00 for purchasing teddy bears. That is absolutely fantastic. You guys were great. And a special thank you to all of the ladies that baked our wonderful treats. Awesome job... Now I have to go shopping for bears and cars. Merry Christmas to all of you and a very Happy New Year...



Thank you,  
Teddy Bear Coordinator,  
**Sammie Sweeney**

[LOH\\_Sammie@lakeshorehog.com](mailto:LOH_Sammie@lakeshorehog.com)

(847) 882-0187

**Picture  
to come  
soon**

## **Lori Marcotte—Ladies of Harley**

Well, hello everyone! We are pleased to announce that we made \$535 at the bake sale on Sunday, Dec. 19th. We want to thank everyone that baked items for the sale, as well as everyone who came out to purchase those items. We will be able to purchase a lot of bears with all that money!

For those of you that don't know, my name is Lori Marcotte and I am taking over L.O.H. for this year. My daughter, Elizabeth, will be my assistant. I would like to thank Sammie Sweeney and Debbie Lang for their awesome commitment to the L.O.H. family and for all they have done for the children, with collecting the bears. They have agreed to assist / help whenever necessary.

I have some great ideas for Ladies of Harley for this year. One of those ideas is to put together a recipe book of all our favorite recipes. So, please pick out a few of your favorite recipes and send them to me. I will put them together and we can sell the cookbook at next year's bake sale. Please send all recipes to: danlori0803@comcast.net. They can be appetizers, main dishes, side dishes, or desserts.

Other ideas I have for this year are: a bling party, progressive dinner ride and Ladies nights out. If you have any other suggestions that you would like to do, please let me know.

I am very excited about this year and being your L.O.H. officer.

### **Ladies of Harley**

Lori Marcotte

[loh@LakeShoreHOG.com](mailto:loh@LakeShoreHOG.com)



## George Lang – Historian

### History of Illinois Route 66

Route 66 is the most famous road in America. Generations of travelers have romanticized this highway as a symbol of unlimited mobility and freedom of the road. Its iconic status is enhanced by the unprecedented volume of music, books, films, and other art forms that depict it as the essence of America's highway culture.

It was born in 1926 as part of the new numbered highway network and quickly grew to be the preferred road west for a nation on the move. US Highway 66 was not as old or as long as some other transcontinental routes like the Yellowstone or the Lincoln Highway, but it quickly gained fame as the shortest, year-round route between the Midwest and the coast as it passed through the fabled landscape of the American Southwest. The construction of this thin, ribbon of the road helped to transform the American West from an isolated frontier to an economically vital region of the country and made it accessible to anyone with a car.

In its lifetime, this celebrated road witnessed a continuum of highway and transportation evolution from Ford Model Ts plodding through rutted dirt to the rise of the monolithic American Interstate Highway System. Route 66 was the most well-known road in a national network of public highways, which succeeded in uniting a huge, dispersed nation into a cohesive whole. During its heyday, Route 66 mirrored the mood of the nation.

During the Great Depression, it became the Road of Flight for farm families escaping the Dust Bowl. In his classic novel, *The Grapes of Wrath*, John Steinbeck christened it the Mother Road, and it has carried that moniker ever since. Even this monumental exodus was but a single surge in the mass movement of humans in the nation's history. Another was the post-World War II movement of ex-GIs and their families to join the booming California job market.



George Lang

Historian

[Historian@LakeShoreHOG.com](mailto:Historian@LakeShoreHOG.com)



## Bob Morrison—Photographer

## Pictures from 2021 events





























## **Links to videos from 2021**

[Lake Shore H.O.G. Chapter Holiday Party 2021 - YouTube](#)

[Lake Shore H.O.G. Chapter Annual Teddy Bear Boxing Party - YouTube](#)

[Lake Shore H.O.G. Chapter Charity Auction - YouTube](#)

[In Memory of Mike - YouTube](#)

[Get Well Dan - YouTube](#)

[Lake Shore Bike Blessing 2021 - YouTube](#)

Bob Morrison

**Photographer**

[Photographer@LakeShoreHOG.com](mailto:Photographer@LakeShoreHOG.com)

**JAN. 16TH 11AM-1PM**



# **LAKE SHORE H.O.G. ANNUAL SIGN-UPS**



**COME JOIN US TO SIGN UP FOR ANOTHER  
YEAR OF FUN EVENTS, ACTIVITIES, AND  
RIDES LOTS OF RIDES!**

**ANNUAL WAIVERS WILL BE AVAILABLE ON  
SITE OR CAN BE PRINTED AHEAD OF TIME BY  
VISITING [LAKESHOREHOG.COM](http://LAKESHOREHOG.COM).**

**OUR ANNUAL DUES WILL BE \$24. PLEASE  
BE SURE TO BRING CASH OR A CHECK FOR  
PAYMENT ALONG WITH YOU NATIONAL  
H.O.G. CARD. CHECKS MADE PAYABLE TO  
LAKE SHORE H.O.G.**

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Picture  
to come  
soon

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Picture  
to come  
soon

**Officer at Large**

Rich Faber

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Picture  
to come  
soon

**Ladies of Harley**

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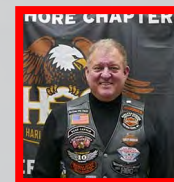
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