

# Gold Wing Road Riders Association Iowa Chapter I

Volume 35 – Issue 8  
August 2017

Iowa District  
Region E

*“Friends for FUN, Safety, and Knowledge”*



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2017 Couple of the Year

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2017 Individual of the Year

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***IA-I Gold Wing Road Riders Association  
Gathering – July 23, 2017  
Junie’s – Elk Run Heights, IA  
Eat – 5:30 PM Gathering 6:00 PM***



It's back to school time! Be aware!

## The Good News from the Chapter I Directors

Jingle Bells, Jingle Bells, Goldwings on their way,  
to Galena, Illinois, for a Christmas in July FUN day!  
The trailers are filled up, the wallets are empty,  
We ate our lunch in Paradise, and the traffic was crazy.

We had a beautiful day for our Christmas in July ride to Galena, Illinois. We enjoyed rolling hills, curvy roads, fun shopping, delicious food, and a surprise route on the way home. Thank you to everyone who went.



Our Sunday lunch ride was hosted by Arden and Janice Terfehn. Lunch was delicious with maidrites, baked beans, salad, deviled eggs, cake, and apple crisp. YUM! And then, they treated us to an afternoon ride to not only one but TWO state parks! Thank you Arden and Janice for a great day with great food, great rides, and great friends.

Ralph Swank nominations are due August 15th. Please take a moment to write a note or email Tom and Sue Wright ([484 Ida Drive, Marion, IA 52302](mailto:484 Ida Drive, Marion, IA 52302)) with a short description of whom you want to nominate and why you feel this person or couple is deserving of the Ralph Swank award.

August looks to be a busy time for most of our Chapter I members. **August 3**, we are hosting a Picnic in the Park for our homeless veterans. They are asking us to bring water and dessert for 75 veterans. We will meet at 11 a.m. at Lincoln Park in downtown Waterloo and we will serve veterans from 11:30 a.m. to 12:30 p.m.

**August 5 is our 2nd Annual Progressive Ride.** This ride is put together for all of our members but especially for those who cannot ride anymore. We provide the bikes and trikes for these members to ride on and they provide us with beautiful smiles! If you plan on taking part in the Progressive Ride, please RSVP to Lisa Fleming @ 319-283-2356 or email at [oelweinwingers@gmail.com](mailto:oelweinwingers@gmail.com). Our ladies and gentlemen who are providing the food for this ride will appreciate having a number guideline.

August 6 is the Ronald McDonald ride. Lunch is usually served between 11 and 12. Tours of the facility are available. Remember to bring your pop tabs and mini shampoos and soaps. Items for older children are appreciated...games, gift cards, etc.

Coming up on Friday, August 11 and Saturday, August 12 is the Region E Rally in Williamsburg, Iowa. Registrations are due July 28. We hope to see a lot of our Chapter I members there. August 19 is the Terfehn fish fry...WHOO HOO! Delicious food and great friends always guarantee a fun time for our Goldwing friends. This is a potluck so bring a dish to share, dishes and tableware, your own beverage, and your lawn chairs. Sit back, relax, and enjoy! Any questions, please contact Arden or Janice.

**August 27 is our gathering date.** However, due to the high heat in the month of June, we were unable to partake in Don's Sunday Lunch ride. Therefore, we will be attempting it on August 27. **We will meet at Bill's Steakhouse (one of our sponsors) in Independence at 11 a.m. and after lunch, Don has a ride planned for us that will start out going east but end up back at Junie's for our gathering that evening.** Thanks, Don!

Have you registered for the Iowa District Rally coming up in September? You can find the registration form under the Iowa Districts web page. We will be proudly introducing our Couple of the Year: Steve and Michele Lensing and our Individual of the Year: James Fleming at the Iowa District Rally. We hope to see all of you at the District Rally.

As we close out this part of our newsletter, we would like to share with everyone that when blood comes out of your belly button, it is not a good thing. Roger had this happen to him on a Wednesday along with severe pain. By Thursday morning, he was in the emergency room with a diagnosis of infection where his hernia mesh was located. He started antibiotics and by Saturday evening, he was covered in a rash. Monday found us back in the doctor's office to receive a different antibiotic. By now the pain had subsided in his belly button/hernia mesh place but the itching from the rash was over-powering all logical thinking. So again, just a little knowledge to share with our friends; blood coming out of your belly button is not a good thing.

Until we meet again, use your knowledge to keep you safe, gather your loved ones close, and smile, smile, SMILE!

Roger and Lisa Fleming

## **From Assistant Chapter Directors – Arden and Janice Terfehn**

Hopefully this will not go halfway around the United States before Sue gets it! (For those of you that don't know – Arden's previous month's letter went to Florida before making it back to Iowa.)

Before we left for Canada it was 85-90 degrees. In northwest Ontario, it was 65-70 degrees and now that we are home again it is back to 85-90 degrees. It is really hard to adjust to the change. We have been doing some riding, but most days it is just TOO hot! We plan on going to Arkansas in September and Tennessee in October, so hopefully it will be cooler by then!



We have been real busy this year. Not a week goes by that we don't have something going on. I would rather have it that way than not have enough to do. (Editor's note: Janice & Arden have also been busy visiting Iowa's state parks as part of our chapter challenge!)

Janice got her Trailblazer fixed after the hailstorm we got into two months ago. We sure are glad we were not on the trike that time! With hailstones as big as golf balls we would have been badly hurt. We also had hail three weeks ago, but fortunately our garden wasn't damaged much. Be sure to watch the weather when you are out riding!

Ride safe and always keep the shiny side up!

Arden and Janice

## Membership Enhancement...

Steve and I got our grandson Parker back to Kentucky to his Mom safe and sound and definitely a little spoiled. We had such a great time doing so many fun things. Now we can look forward to putting in some riding miles. We enjoy going with no destination in mind, just head out and see where the road takes us. We enjoy striking up conversations with others. It is interesting all the things you can learn.

As the summer heats up keep safety in mind. Watch for the signs of heat stroke; throbbing headache, dizziness, lack of sweating, muscle weakness, nausea and vomiting and rapid heartbeat and breathing. Watch for confusion. Keep hydrated and take many breaks. Dehydration happens when riding, especially in the heat, drink plenty.

Remember our 35<sup>th</sup> Anniversary of Chapter IA-I on November 5<sup>th</sup>. See the flyer, there will also be snacks and games. Please get me any pictures or memorabilia you may have from years past. Let me know if Chapter I was known or associated for anything in the past 35 years.

Remember the chapter challenge. Visit as many Iowa state parks as you can and every state park you visit you will be entered in a drawing for a \$100.00 bill.

One entry per park.

Enhancing Members,  
Michele Lensing, MEC



## Education Corner...

When the weather gets nice out, we all want to be outside to enjoy it and get those jobs done that we couldn't do all winter. As we work on our list of things, the one tool that comes out is a ladder: some are wood, aluminum or fiberglass. What ever they are made of, they are all dangerous if they are not used properly.

Our youngest daughter, Nichole, is taking classes to become an OSHA safety inspector, and hopefully move back to our area. As she is taking classes, Michele and I get to proofread a lot of her papers before she turns them in, which brings up a lot of interesting points. One of the items is ladders and their proper use. Another reason I am thinking of this is last week at work one of my coworkers, (we will call him Jeff since that is his name) was at home working on his garage when the ladder slipped out from under him. He landed on the ladder breaking his collar bone. He was also scheduled to have his other shoulder worked on this week. He will now be laid up for a long time, about 4 months.

A few simple practices that can keep you safe are to inspect the ladder for cracks, breaks, and anything that does not look right. If in doubt, throw it out. The cost of a ladder is not worth the risk and pain.

1. Read and follow all safety labels/markings on ladder
2. Avoid electrical hazards, always look up.
3. Always maintain a 3 point contact (two hands and a foot or two feet and a hand).
4. Only use a ladder for what they are approved for. Do not take apart if that is not their design.
5. Use only on level and stable surface.
6. An extension ladder must extend 3 feet above point of support
7. All locks on extension ladders must work and engage

For a complete list on ladder safety check out the OSHA portable ladder safety web site

Steve Lensing, Chapter Educator

## Recipe of the Month from the kitchen of Michele Lensing

### Fruit Salsa with Cinnamon Chips

1-quart fresh strawberries  
2 – 3 Kiwis  
2 – 3 apples peeled

2 tsp apple jelly  
2 TBSP orange juice from 1 med orange  
2 TBSP Brown sugar

Dice up the fruits in small pieces. I use my electric chopper. Put in a bowl and combine the other three ingredients and pour over the fruit and refrigerate.

Mix ½ cup sugar with ½ tsp cinnamon for the chips. May need more depending on how many chips you make. For the cinnamon chips cut flour tortilla shells in wedges and place on a cookie sheet in a single layer, spray with cooking spray, sprinkle with cinnamon and sugar mixture, bake at 400 degrees for 8 – 10 minutes until lightly browned and crispy. Cool and store in an airtight container. Enjoy!

**If you have a favorite recipe that you would like to share, please send it to the Newsletter Editor. I would be happy to include as space allows.**

### *Fun from some recent events!*



Relaxing in Galena



Enjoying Terfehn's Hospitality!



Is this the \$100 winning entry for someone for the Chapter Challenge?

## Member Profile.... Getting to know Shirley Bagenstos

- Fact #2: Children: Diane and Leann  
Grandchildren: 5 Great-grandchildren: 3
- Fact #3: Hometown: LaPorte City
- Fact #4: Married: 1951 until Herb's death in 2010
- Fact #14: Occupation: Bookkeeper and helper at Bagenstos Sand and Gravel
- Fact #27: How long have you been riding motorcycles?  
Since 1949
- Fact #29: How many years have you been riding a Goldwing?  
Since 1982



- Fact #43: When did you join GWRRA? Asked by Dan and Patty Bowser in 1982
- Fact #66: What is your favorite color of Goldwing? Champagne
- Fact #93: What was your first motorcycle? Herb had a Harley in 1949 when we met
- Fact #102: What is your longest trip you have taken on a Goldwing? Fargo, North Dakota for a rally
- Fact #128: What type of trip do you like to take mostly? Day and weekend trips because of job commitments with the family owned business
- Fact #137: Do you have any hobbies or interests when you cannot be riding your Goldwing?  
Craft shows, knitting and crocheting (*and golf cart poker runs!*)
- Fact #138: What is your favorite flavor of ice cream? Carmel Turtle Tracks
- Fact #141: What is the best thing about belonging to GWRRA? Comraderie
- Fact #153: What is the best thing about belonging to Chapter IA-I? Friendliness and getting together at monthly gatherings..... And the new "Share A Ride" ride!

**Curt J. Solama**  
Financial Advisor-AAMS

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## Upcoming Events:

1. Picnic in the Park for Veterans, Waterloo, August 3, 2017 sponsored by Chapter IA-I
2. Chapter IA-I Progressive Ride - August 5, 2017 *Continue to watch for details.....*
3. Ronald McDonald Pop Tab Ride to Iowa City - August 6, 2017
4. Region E Rally "American Pride - Spirit of America" at the Ramada/Wasserbahn in Williamsburg, IA- August 11-12, 2017
5. Terfehn Fish Fry in Austinville at 5:00 - August 19, 2017
6. Chapter IA-I lunch & ride – Meet @ Bill's Smokehouse in Independence @ 11 – ride to follow – ending at Junie's for monthly gathering
7. Wing Ding 39 at the Gaylord Texan Resort in Grapevine, TX - August 29 - September 2, 2017
8. Chapter IA-I annual Western Home event in Cedar Falls from 2:00 - 4:00 PM - September 24, 2017  
Followed by the monthly gathering at Junie's in Elk Run Heights - Meal at 5:30 Gathering at 6:00
9. IA District Rally "Back to Our Roots" at McGrath Powersports in Cedar Rapids (Blood Drive also!) - Sept. 29-30, 2017
10. Chapter IF Leaf Ride - October 14-15, 2017 *Continue to watch for details.....*
11. Chapter IA-I Chili Dump at Roger & Sue Bahe's in Sumner - October 21, 2017
12. Chapter IA-I 35th Anniversary celebration at Our Savior Lutheran Church in Ackley - 1-4 PM on Nov. 5, 2017
13. Chapter IA-I Holiday Event at the Senior Center in LaPorte City 11:00 set-up Eat at NOON 1:00 Raffles - Dec. 9, 2017

Please let Lisa Fleming know if you are able to help/attend the lunch for Veterans on August 3 in Waterloo!



Remember to purchase your raffle tickets for the beautiful patriotic quilt! All proceeds will go to the House for Homeless Veterans!

Member: TRPI TRAA	JOSEPH R. BAGBY 702 Eighth Street N.E. Independence, IA 50644 (319) 334-4970 FAX (319) 334-6505
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Support our sponsors! They are proud supporters of our Couple of the Year and Individual of the Year programs!

# August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Steve Lensing</b>	2	3	4	5 <b>Ch I Progressive Ride</b>
6 <b>Ronald McDonald Ride</b>	7	8	9	10	11 <b>Region E Rally - Williamsburg Jim Swaab</b>	12 <b>Region E Rally - Williamsburg</b>
13	14	15 <b>Newsletter Articles due</b>	16 <b>Jim &amp; Joan Swaab</b>	17	18	19 <b>Terfehn Fish Fry</b>
20	21	22	23	24	25	26
27 <b>Lunch and ride ending @ Ch IA-I Gathering- Junie's Elk Run Hts. Eat @ 5:30 Gathering @ 6</b>	28	29	30	31		