



The Greater Milwaukee Wings GWRRA WI-"G" Region E



August 2005

<http://home.wi.rr.com/gwrrawig/>

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From the Chapter Director

It's August, and the rides keep on coming! Chapter G will, once again, be providing safety and security to the bicyclists in the 2005 MS 150 Ride on August 6th and 7th. If you are unable to participate in this fun-filled and worthwhile event this year, be sure to mark your calendars for the first weekend of August in 2006 and join us in a great time for a truly great cause! You may volunteer for either Saturday or Sunday, or both days and double your pleasure.

Many of you have asked for some shorter rides for various reasons. Your staff is trying to provide them with rides such as the Cheese & Sausage Ride scheduled for August 13th and the Lighthouse Picnic Ride scheduled for September 18th. For those who prefer longer rides, the Munising Glass-Bottom Boat Ride and the Weekend in Wausaukee Ride will surely put additional mileage on your bike. Whatever your preference, be sure to show your support by attending the rides of your choice. Your staff will continue to try to provide the types of rides and activities that garner the most support. If there is something that you would like to have added to the rides and activities, I encourage you to contact your staff and let us help you plan the types of activities that you enjoy. We are and will remain open to any suggestions that you may propose.

I strongly encourage all members to plan and conduct at least one ride or activity per year. In doing so, you will not only ensure that what you find interesting is being done, but you will make it possible for all members to take advantage of any free time they may have by sharing your ride or activity with you. Rides do not need to be limited to only weekends. A midweek dinner ride or activity can be an enjoyable break to a stressful workweek. Many members have varied work schedules and while some may work weekdays and ride weekends, others may have to work weekends but could ride weekdays. By increasing the number of rides available, members increase their chances of being able to participate in more rides or activities. If you cannot fit your ride in this year, it is never too early to begin planning your rides for next year. Plan now, reserve your date, and enjoy your ride!

As usual, our next social is the last Sunday of the month, August 28th, 4:30pm at the Root River Center, 7220 W. Rawson Ave. Hope to see YOU there.

RIDE SAFE!

Bob & Ginny Schattschneider
Chapter Director

Staff

Chapter G Director

Robert & Virginia
Schattschneider
414-764-6077
r.w.schatzie@netzero.net

Assistant Chap Director

Tom & Kenlee Ballmann
920-452-4779
tomballman@sbcglobal.net
kenlee9855@sbcglobal.net

Chapter Educator

Russ Bethé
russbethe@msn.com

Treasurer

Rick Bero
262-534-3745
im911rb@yahoo.com

Secretary

John Hickman
414-964-1159
hickman@netwurx.net

MED Team

Noah & Lynn Borkenhagen
414-525-9074
flood@execpc.com

Robert & Diane Gorecki
414-761-1779
robertgorecki@wi.rr.com

2005 Couple of the Year

Ernie & Pat Olson

Webmaster

Greg Miller
414-840-4203
gregmiller@wi.rr.com

Newsletter Editor

Marcia Miller
414-840-4204
marciamiller@wi.rr.com

Goodie Sales

Pam & Gene Lingford
414-483-4119
pmitzie@sbcglobal.net

Sunshine

Ernie & Pat Olson
262-502-0059
ssas@execpc.com

Historian

Terry & Anna Werth
262-971-0155
wingnuts2k@wi.rr.com

National Director

Mike & Judy Wright

Region E Director

John & Sue Taylor
847-658-0736

WI District Director

Virgil & Sandy Kindschi
608-365-2622
zonawing@ticon.net

Mark Your Calendars:

MS150 Best Dam Bike Tour; August 6th & 7th
Sturgis Bike Tour; August 8th - 14th
Cheese & Sausage Ride; August 13th
Munising, MI. Boat Ride; August 19th - 21st
Chapter G Social; August 28th

CPR/First Aid Class

Ten chapter G members have taken and passed a CPR/First Aid class given by David Myers of First Aide Plus. Each member who attended was assigned their own personal CPR dummy so the co-riders did not need to provide their own, but most said they brought one along just in case. Several members did very well with Triangular bandages, which lead to all sorts of strange questions that would have been better left unsaid. All in all everyone learned things that they did not know and they will be very valuable assets to our chapter if anything should happen in the future. It is always comforting to know that if you are the victim of a crash the people you are riding with can do what needs to be done to keep you going until you can make it to a hospital. The best part was that all ten of these people will be helping out on the MS150 tour where this may come in very handy, since Wings generally get to any problems on the bicycle route first.

I want to thank David Myers who is an excellent instructor, and kept it interesting and did a good job of putting up with our strange sense of humor. Chapter G member will be Chapter G members even while learning. Thanks also to Fransiscan Villa for use of a room for the class and Ginny for working out the details. Thank you to George Tucker for hooking us up with First Aid Plus. And special thanks to the ten who gave up a nice Saturday in July for the training, and for the fun we had at each other expense while doing it. I have been told if we publish the pictures that Ernie took on our own first, we cannot be blackmailed later.



Instructor David Myers demonstrating using a triangular bandage for a head wound on Noah. Notice Ginny is the only one who still has her dummy, CPR dummy that is.

And making a fashion statement out of it.



Ginny after the bandaging practice portion of the class.



There were more pictures so I am hoping Ernie's camera broke somewhere along the line and they do not exist anymore.

Russ Bethe