



The Florida Gator Tale

Newsletter of the Florida Chapter of the
Motorcycle Sport Touring Association

April 2022 - Volume 15 Issue 4

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Feature Article

You Ate What? Plastic?

By Dianne Park

[Ed. Note: As an FLMSTA member, Dianne welcomes calls or emails with questions about any of the information in this article. Feel free to call her at 561-762-4900 or email her at diannepark@yahoo.com.]

According to Dr. Mark Hyman, family physician and author of numerous bestsellers on wellness, “Results from a new study found that the average person ingests 5 grams of plastic every week – that’s about the size of a credit card.” Yuck! I don’t want to eat a credit card every week! And plastic is only one of hundreds of toxic chemicals we are exposed to every single day. This leads to damage to our organs. That’s not going to keep us healthy and riding longer! So what can we do?

Dr. Hyman lists several tips to lower our toxic exposure:

- **Swap plastic water bottles for stainless steel or glass.** That could eliminate consuming 126,000 micro-plastic particles a year! Bisphenol-A (BPA) which we have all heard of, is a hormone disruptor that has been linked to infertility, developmental abnormalities, thyroid disorders, obesity, and Type 2 diabetes.
- **Stay away from BPA packaging such as canned foods like soup, vegetables, beer, and soda.** I was extremely disappointed to learn that BPA-free cans and lids (like we hope to find on all can labels) isn’t much better!! Evidently things called BPS and BPF’s are used to replace BPA’s and have the same side effects.
- **Avoid temperature extremes with plastic containers.** Hot or frozen conditions can cause plastic to leach toxins into foods or beverages more quickly than they normally would! Yikes, guilty with the frozen end! Take-out containers are a big culprit. I am seeing them being used less and less, but still encountering them. I put restaurant leftovers in a ceramic or glass container as soon as I get home. And those plastic coffee lids from our favorite coffee shop - not good either! Take your own glass or ceramic mug and transfer! Switch out home plastic storage containers with glass. Always avoid microwaving or freezing in plastic!! While these are not fun facts, being informed and making good decisions can help protect our health.



The average person ingests 5 grams of plastic every week.

- **Avoid phthalates also found in plastics.** Phthalates are associated with cancer, birth defects, thyroid issues, and more. And phthalates are not quite as obvious to spot. They do an even better job of hiding than do BPA's! Phthalates are usually involved in making fragrances so perfumes, scented candles, and air fresheners are risk factors.

More ways to reduce toxic exposure:

- **Cook with stainless steel, ceramic, silicone, or glass.** The “adored” Teflon and non-stick cookware contain toxins which are “known to cause cancer”.
- **Use a water filter.** You can have your water tested, (I used a pool company to have this done a while ago) to see how risky your drinking water may be.
- **Buy organic, especially for what the Environmental Working Group has deemed to be the “Dirty Dozen”.** And this list changes slightly each year. If you are not already relying on this source, just Google “the dirty dozen foods” and a handy list will pop right up. These are the 12 most currently contaminated fruits and vegetables and the list changes a bit each year. Strawberries have managed to top the list more than once!

10 Most Common Toxic

Chemicals in Products to Avoid

- Phthalates
- Paraben
- Lead
- BPA/BPS
- 1,4 Dioxane
- SLS
- PVC
- Triclosan
- Oxybenzone
- Diazolidinyl or Imidazolidinyl Urea



Dr. Karen S. Lee
Phthalates

Here are 3 ways to effectively remove pesticides from fruits and vegetables:

1. Soak in salt water using Himalayan salt or sea salt for 20 minutes.
2. Use bicarbonate of soda (also known as bicarb and baking soda) to clean your fruits and vegetables.
3. Soak in vinegar (any type) and water for 20 minutes.

(Or give me a call or email me for an even easier way that I use all the time!)

Also watch your personal care products which often contain formaldehyde, DEA, parabens and phthalates. I have spent much time researching these concerns and can suggest many safe options and approaches. Feel free to reach out for ways to avoid many of these risky pests. We don't need anything interfering with our ability to ride safely and longer.

– Dianne Park

Safety Talk

IMPORTANT NOTICES: *Ultimately, the safety of motorcycle riders and their passengers is their own responsibility. Nothing presented in the column supersedes, negates or relieves a motorcyclist and/or passenger from assumption of personal responsibility for their actions and safety. [Ed. Note: This article was previously published in the February 2014 edition of The Florida MSTA Gator Tale.]*

The Differences Between Bikers and Motorcyclists *By Doug Westly*



Here are some (hopefully) humorous thoughts about safety, bikers and motorcyclists:

- Biker:** Thinks a helmet is not necessary, and if forced to wear it, uses it as a place to put inane little stickers with rude sayings. Very grown up...
- Motorcyclist:** Knows the value of “wearing whatever your brain is worth.”
- Biker:** Wears fingerless gloves to show everyone he’s “cool.” Really?
- Motorcyclist:** Considers gloves based on comfort, protection and flexibility for controls input. OK, color coordination is allowed.
- Biker:** Checks tire pressure whenever tires start looking like squashed bagels.
- Motorcyclist:** Not only checks tire pressure before a ride, but even knows the differences between stick and oil- filled gauges. Oh, and has an air compressor in the garage or carries one on the bike.
- Biker:** Thinks “safety” means wearing a high-vis T-shirt, shorts and sandals. Sigh...
- Motorcyclist:** Understands safety gear means to think about both abrasion and impact factors. Don’t get me started about jeans...
- Biker:** Spends his (or her) spare change on chrome fankles. Perhaps it is to see reflection while preening at bike night.
- Motorcyclist:** Can’t wait to save enough spare change to take another safety course!
- Biker:** “Had to lay ‘er down to save it.” I heard this one again just last week. Where do I even start?
- Motorcyclist:** Knows the bike’s emergency braking capabilities and how to use them!
- ...and finally:
- Biker:** The bike is the price of entry to the weekend warrior lifestyle.
- Motorcyclist:** The ride is the lifestyle.
- Which one are you?

Ride safe! – Doug Westly



South Director's Report

How do we mark the end of winter in Florida...

We enjoy THREE riding events!! Though we don't worry about snowflakes and black ice, we do have to deal with long-duration rain fronts! Take our annual **Daytona Lunch Ride**....

Carl - The squally weather cut down on our attendance. The St. Augustine riders stayed home, as did the Tampa-area riders. Those that attended came after the morning rains had passed, and we left before the afternoon rains hit.

Jim - We had a small turnout I'm sure due to rain in the area. We only had seven in attendance, the furthest rider being Geoffry Green (EC member) from Knoxville, TN. About an hour into lunch, my cell phone's "severe weather" alarm went off, warning of an incoming storm moving into the area. That pretty much made everyone scatter, so not much hanging around after lunch!



Rain couldn't keep these riders from the Daytona Lunch Ride!

South Lunch Ride



What a change up from the Daytona weather!! We had another terrific event at Blackfins at Capt. Hiram's Resort. Though I'm off two wheels for a few months to make sure my new hip parts work as needed to ride properly and safely, I did take advantage of our non-discrimination policy when it comes to what we "ride", so four wheels it was for now!!! And fellow 4-wheeler, Kevin Healey, reached out with an offer to share the ride for the day! A gracious gesture most welcomed! We had a great ride together!

We had a good mix of participants who filled up the 12 chairs that were waiting for us. Buck, Mike and Dell made their way from the South. A few friends from Kevin's long association with riders across the country also joined us. A few "local" Central members rolled in with bikes barely warmed up 😊. And a few more Central riders rounded out the attendees.



Perfect view of the Indian River Lagoon from our table

The table was right where the view of the Indian River Lagoon is perfect! The breeze off the water was delightful, and our server was exemplary! Though Hiram's filled up after our arrival, we were well taken care of. As the plates arrived, the near silence of our conversations hinted at how good the food was... What a wonderful way to spend a day!! Camaraderie, good grub and great gab!!

Our 50/50 raffles have been well received this winter. The Central Lunch Ride in January netted \$40. The Central Lunch Ride in February netted \$27. The South Lunch Rides were hampered by sour weather in January and February, but the March South Lunch Ride netted us \$45 after our winner, Mike Shooks, donated his half back to the Club!! So, we've added \$112 to our January start of \$566 and stand at \$678. Always a BIG THANKS to all who participate in our raffles!!

Carl's report for the ride to Woody's is below. What a beautiful day for a ride!

What's Next??

Ok, I intend to support and encourage everybody's decision on whether to ride, eat and be merry. All restrictions have been lifted for all enterprises across Florida. No new warnings or mandates will be forthcoming. We will continue to contact the restaurants to be sure they can handle our groups. Recent experience indicates everybody is back to pre-COVID protocols.

On **April 9th**, head to **3 Bananas in Crescent City** for the **Central Lunch Ride**. Good places deserve repeat business!! Three weeks later, **April 30th**, join us for the **South Lunch Ride to The Boathouse Tiki Bar & Grill** in (eastern) **Fort Meyers**. This will be our initial visit here. Looks like a winner...

Membership News!!

If you are receiving the *Gator Tale*, but not my announcements, **PLEASE** email me ASAP to correct my files. I believe I'm up to date...

THANKS to Don Moe for his efforts EVERY month to bring our Florida membership up to date with all the news about our new and renewing members!!

Here's what we know today...

These Florida memberships have recently expired or will expire soon:

Frederick Christ	Roy Clark	Kevin Healey	Adrian Jones	Glenn Monroe
Dianne Park	Jim Park	Victor Salisbury	Rebecca DeShazo-Westly	Doug Westly
		Larry Solomon		

These Florida memberships have recently renewed their membership in the MSTA:

Prior Powers Eckart Schneider Jeffrey Withrow

We urge all our members to renew their memberships and continue supporting their MSTA. If you have a question about when your membership expires, please contact the membership committee at membership@ridemsta.com. Renewing or joining can be done quickly and securely online at PlanetReg.com/MSTArenew or PlanetReg.com/MSTAjoin respectively. If you use a pre-printed form from STARreview or an ITR, be sure to mail it to the new member of our new membership team, **Scott Snedden, 11484 Waterwood Dr., Tyler, TX 75703**, and not to the address of any prior membership director.

If you only want to update your phone, email, bikes, or other details, you can do so quickly via PlanetReg.com/MSTAupdate. **Please include enough unchanging information to assure the correct member is updated in the database.**

When you encounter a rider who would seem to be a good fit as a new MSTA member, please pass along one of our brand-new **Invitation-To-Ride Tri-folds!** For each new member you recruit and who provides your name and/or membership number on the application, you will receive a coupon for a **raffle ticket for the motorcycle touring package drawing at our next STAR event**. Any new or current member who joins or renews as a Sustaining Member will likewise receive a coupon for a raffle ticket for each year of the new membership term.



Member Profile

Just as we see in other MSTA Newsletters and the STARreview, we would also like to publish profiles of our members, on a strictly voluntary basis, of course. If you would like to participate, please send an email to the editor of our *Florida Gator Tale* (editor@flmsta.org) and answer as many of the following questions as you feel appropriate. Please send an attachment with a suitable photo of you with your primary or favorite motorcycle. Thank you for your participation.

Member Profile Questions:

- Hometown/State?
- What was your first motorcycle?
- Current motorcycles?
- What is your all-time favorite motorcycle? How long have you been riding?
- When did you join the MSTA?
- How did you hear about the MSTA?
- Who or what was your biggest influence in motorcycling?
- What are your favorite places to ride?
- Describe a memorable motorcycle adventure?
- What is the best motorcycle advice or tip learned over the years?
- What turns you on about motorcycles or riding?
- What do you get out of your MSTA membership?
- What are your hobbies and interests outside of motorcycling?

Random Ramblings!!

With the latest surge of the scourge having waned, I do hope to see more riders roll up their sleeves for a shot to accelerate any positive momentum!! Most of us qualify for the booster shots, which I gladly took. I did so because I know I'm surrounded by unvaccinated persons on a daily basis, who are aiding and abetting the constant creation of COVID variants. The next one just hit Minnesota...

When you can...

*Join one of our monthly rides!!
And invite a friend to ride along!!*

Ride well! Ride often!! Do it safely!!!

ATGATT Van

MSTA Florida State Co-Director



Central Director's Report

March Central Ride – Woody's River Roo, Ellenton

A beautiful day for a trip, sunny and clear and a little cool! Four of us met in Altamonte Springs for the ride to Woody's River Roo in Ellenton. We all layered up because the temp was 57°, and we knew it would be around 77° for the ride home.



*Great riding to Woody's
Very little traffic & no lights!*

With KSU at 07:45 AM, we headed out to I-4 through downtown Orlando. The major construction project of adding toll express lanes through Orlando has finally been completed. While we didn't use these toll lanes, traffic was light and moving very well. We stayed on I-4 until exit 48, CR 557, Old Grade Road. This led us to backroads through the Polk and Manatee counties phosphate mining areas. Very little traffic and no traffic lights!



Gorgeous setting on the river at Woody's

We arrived at Woody's River Roo at 10:45. We were soon joined by two other riders, so we claimed a long table that could hold 12. While we were waiting, a wildlife rescue outfit set up in the parking lot. They had a female Great Horned Owl which had been injured and couldn't be returned to the wild.

The setting on the river at Woody's is gorgeous. The temp was perfect for eating outside. The staff are awesome, friendly, and courteous, and the food delicious. The conversation flowed and the camaraderie was awesome. It was a very relaxing atmosphere.

We had a total of seven riders and while we were eating, two other folks stopped by our table and asked about who we were. We gave them brochures and invited them to join and ride with us.



Conversation flowed and the camaraderie was awesome.

Around 1:00 PM it was time to saddle up and return home. The temp was 75°, very pleasant! Another good MSTA ride.

Florida Rides This Month

Always remember to check the Florida MSTA [Event Calendar](#) and/or your email for updates on scheduled rides. Changes in times, dates, and especially locations are often out of our control and with short notice.

MSTA Florida Central Lunch Ride

When: Saturday, April 9th, 11:30 AM – 1:30 PM

Location: **3 Bananas**, 11 S. Lake St., Crescent City, FL ☎ (386) 698-2861 ([map](#))

Description: Everyone who's been to 3 Bananas knows this is one of our most popular destinations. Indoor and outdoor seating is right at the edge of scenic Crescent Lake. They have a friendly and relaxed atmosphere, not to mention a good selection of sandwiches and wraps at moderate prices. Nice rural 2-laners get you there!

Contact: Carl, carltr6@hotmail.com, or ☎ (386) 793-0030

MSTA Florida South Lunch Ride

When: Saturday, April 30th, 11:30 AM – 1:30 PM

Location: **The Boathouse Tiki Bar & Grill**, 17101 State Road 31, Fort Myers, FL ☎ (239) 332-2628 ([map](#))

Description: We have been passing this place for years! Time to stop in and see what's what!! Lots of space and riverfront lunching!!

Contact: Van, busavanflmsta@gmail.com, or ☎ (561) 386-2594

Just For Fun – Riding into History Bike Show

When: Saturday, April 23rd, 10:00 AM – 5:30 PM

Location: **World Golf Village**, 1 World Golf Place, St. Augustine, FL ([map](#))

Description: Back after 2 years!! Here's the link: <https://ridingintohistory.org>

MSTA North Georgia Classic

When: **MSTA North Georgia Classic, Helen, Georgia**
Friday-Sunday, **April 22nd – 24th**

Location: Quality Inn Downtown Helen, 15 Yonah St., Helen, GA ☎ (706) 878-2268

Description: The North Georgia Classic 2022 - A Just for Fun Rally with no rally fees
No meals provided. Contact the hotel directly for your room reservation at 706-878-2268.
Rooms are \$89.00 plus tax per night....ask for a room in the MSTA block.

Contact: Coordinators:

Andray Hubble 256-572-2719 andrayhubble@gmail.com
Doug Pippin 828-490-6529 doug.pippin@bellsouth.net

Future Florida Rides

Note that the future ride events are included to facilitate longer term planning. The destinations and/or dates may be changed just before the ride dates. Please check the Florida MSTA [Event Calendar](#) for any updates.

MSTA Florida Central Brunch Ride

When: Saturday, **May 14th, 9:30 am – 11:30 AM**

Location: **Mary's Kountry Kitchen**, 15945 County Rd 448, **Tavares, FL** ☎ (352) 343-6823 ([map](#))

Description: This is a little country gem south of Tavares that we've been to before. Unremarkable on the outside, they serve up generous portions of home-cooked meals inside, and the service cannot be friendlier. You don't want to miss it! Good roads to get you there, too!

Contact: Carl, carltr6@hotmail.com, or ☎ (386) 793-0030

MSTA Florida South Lunch Ride

When: Saturday, **May 21st, 11:30 AM – 1:30 PM**

Location: **Lightsey Fish Co & Seafood**, 1506 S Parrott Ave, **Okeechobee, FL** ☎ (863) 763-4276 ([map](#))

Description: OK, OK... Yes, this is a LUNCH ride. This location doesn't do brunch.... So, join the Southies for an extra LUNCH ride this year. We had a terrific time here last year!! Looking to repeat the same good times!! You can use the circumference of Lake O for however long you wish to cruise...

Contact: Van, busavanflmsta@gmail.com, or ☎ (561) 386-2594

Tallahassee Bike Fest

When: Friday-Sunday, **May 13th - 15th**

Location: Railroad Square Art District, 661-2 Railroad Sq, **Tallahassee, FL**

Description: A 3-day fest covering a multitude of interests and rider types!! Free to the public!!

Website: <https://www.tallybikefest.com>

Canaan Valley Resort Just For Fun Rally

When: **Thursday, May 19th – Sunday, May 22nd**

Location: **Canaan Valley Resort & Conference Center**, Main Lodge Rd, Davis, WV ([map](#))

Description: Canaan Valley Rally - A Just for Fun Rally with NO RALLY FEE.

We will be collecting money for the Ride for Kids Foundation that raises money for pediatric brain tumor treatment and research. (Suggested donation is \$10) All money collected will go to this charity so please give what you can.

No meals provided. Main lodge has 2 restaurants. Other restaurants are within a mile of park entrance. Cabins have fully equipped kitchens and outdoor grills.

Road and Dual Sport Routes via GPX file to be available online and in person for downloading to your GPS.

Special rates on Cabins and lodge rooms:

4-Bedroom cabins for \$303.00 plus tax per night.....they are holding 5 of these

Lodge rooms for \$99.00 plus tax per night.....they are holding 10 of these.

Contact: Call the resort directly at 304-866-4121 and ask for a cabin or room in the MSTA BLOCK.

Coordinator: Chris Shoop - phone: 304-488-9128 email: shoopce@gmail.com

To register for the event please go to: <https://reg.planetreg.com/CanaanValleyJFF>

Registration will open January 1, 2022

MSTA TriSTAR 2022 Just For Fun Rally – Sparta, NC

When: **Friday, May 27th – Sunday, May 29th**

Location: **Alleghany Inn**, N. Main Street, **Sparta, NC** ([map](#))

Description: TriSTAR 2022 A Just for Fun rally with no rally fee. Road routes will be available online and in person for downloading to your GPS.

Contact: Coordinator: Geoffrey Greene 865-659-4755 hawkgtrider@aol.com

Website: <http://msta-se.com/tristar>

Call the hotel directly to reserve your room at 888-372-2501 Ask for a room in the MSTA block

MSTA STAR National Rally 2022

When: **Sunday, June 19th – Wednesday, June 22nd**

Location: **Drury Plaza Hotel/Cape Girardeau Conference Center**

3351 Percy Dr, **Cape Girardeau, Missouri** ([map](#))

Description: The MSTA National Rally. STAR= Sport Touring Association Rendezvous

Officially opening up on Sunday evening and closing on Wednesday evening with a banquet.

However, many people come in early on the Friday or Saturday and stay until Thursday. On- and Off-Road routes will be available. Registration will include the Tuesday Lunch Ride, the Wednesday evening banquet, door prizes, and a goodie bag for all attendees. The hotel serves an evening happy hour every day that includes drinks and some food. This is part of your room rate.

Contact: www.ridemsta.com

For additional Florida events and information, [click here](#) to see the Florida MSTA website's Events page. The Florida MSTA chapter also has a presence on Facebook with upcoming events and past photos: [click here](#).

Florida MSTA Apparel



As a reminder, our Florida State Storefront is open online for your MSTA-branded apparel! Go to mstaflorida.qbstores.com. We have made arrangements with the supplier for our National Gearbox to allow our State membership to buy shirts, hats, etc. with our State logos directly from the source!!! No muss, no fuss!! Order yours today!! They offer both embroidery and digital print options. Click onto the Embroidered Apparel or Shop By Logo for each option. Don't hesitate to contact Queensboro directly with any and all questions. They are very customer friendly. They also offer Polo shirts and T-shirts with pockets!! Shopping finds online... We found some fun motorcycle t-shirts you can order online. Click the image for this particular t-shirt. There are other fun motorcycle t-shirts online at <https://teespring.com/shop/motorcycle-tshirts>.



These MSTA websites have extensive event information:

National MSTA RideMSTA.com *SE Regional MSTA* MSTA-SE.com *Florida MSTA* FLMSTA.org

We're also on Facebook: facebook.com/FLMSTA/

More Contact Information		
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Classified Ads

To find a buyer for your motorcycle items, please send your ad and pictures by email to editor@flmsta.org. Don't trash it, recycle it! One man's trash is another man's treasure!