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October 2019



From Your Superintendent...

— Mike Slater

WOW!!!!!! What a success our first RPM meet was. We had close to 70 people attending (not counting people that were attending another event in the hotel that took a peek). For those that stayed till the very end we had enough door prizes so that everyone walked away with something.

Everything I have seen posted about our event has been positive. While I did not have time to post updates to our Facebook page while the event was going on, a member of the WinnebagoLand Division was posting to their Facebook page. So I was asked if we will we do it again next year. My response was YES!!!!!! The Board of Directors will choose next year's date within the coming month, but we will need some help to make next years event a bigger success. I need someone to volunteer to contact manufacturers to donate door prizes and to invite them to attend the event. I will also need someone to act as a point of contact for the clinics. This year, I had people who wanted to do clinics contact me— I did not need to seek them out.

As we move forward with our other meets, we will look into the number of events we hold and the locations. We want to give our Division members the best type of events, but we also don't want to water them down or have so many that we start to loose the interest of our Division members. Again, at these events we are always looking for people to give programs. Let us know if you have something of interest to share with your fellow Division members.

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Hard Day Setting Up Trainfest???

You're Invited to the Free Pre-Trainfest Kickoff Event



Join fellow WISE members, Trainfest exhibitors and fans at the Gathering Place Brew Pub for a casual gathering to catchup with friends and kick-off the Trainfest weekend.

Meet Ken Patterson of the podcast show "What's Neat This Week in Model Railroading." Let him know your thoughts on his show and give him suggestions for upcoming show features. He wants to hear from you!

For every glass of beer poured, the Gathering Place will donate \$1 to the Trainfest Builders Scholarship Fund. This event is free.

The invite RSVP link is on the t=Trainfest website. Address is <https://www.trainfest.com/event/pre-trainfest-fundraiser-ken-patterson-meet-and-greet/>

Thursday, November 7th, 6-9 pm
Gathering Place Brewing Company
 811 East Vienna Ave., Milwaukee
www.gatheringplacebrewing.com

Below—Note Ken Jaglinski on the monitor screen during an interview.



Trainfest® Report

America's Largest Operating Model Railroad Show.

We are one month away and we find ourselves in need of volunteers. The Trainfest Builders program is looking good as we have 13 participants representing all categories who range in age from 5 to 14 years old. There will be 6 new modules linking up to the WISE Division Layout in addition to the four new modules we have created. We need a person to oversee the operation of this layout and people to help run it during the show. If you or someone you know can help us out please contact me at kenj@trainfest.com.

Obviously the only way that Trainfest can be successful is with the help of many **volunteers**. This year we will continue to reach out to youth groups to help staff the MLES riding railroad crossings and other areas. If you know of a group who would like to attend Trainfest in exchange for one hour of service per participant please have them contact me.

We need **you** to help staff the show. Please complete the volunteer application on Page 5 of the Owl Car or contact Dave Nelson directly at engine1385@aol.com.

Remember Trainfest is your show. The programs offered by the WISE Division for its membership and the donations that we do would not be possible without the income from Trainfest. Let me or any other committee member know what you would like to see in the future.

Ken Jaglinski, Chair
kenj@trainfest.com

WE NEED YOU!

VOLUNTEER AT TRAINFEST THIS YEAR

(See Page 5 of the Owl Car)

WISE Board Meetings

All WISE/NMRA members are welcome to attend our monthly board meetings. They are held at the clubhouse of the Milwaukee Lionel Club at Parkland Plaza, 2721 S. Calhoun Road, New Berlin. Entrance is at the rear side of the building.

Our next two meetings are scheduled for:

⇒ October 16, 2019

⇒ November 20, 2019

Meetings start at 7:00 pm sharp and generally last an hour and a half. We look forward to seeing you as a guest at our next meeting.

Video Library Update

— Burnell Breaker, Video Librarian

The Video Library will be available for checkout at the October meet. DVD's checked out at the October meet will be due back at the December meet. Some new titles will be available for checkout.

2019 WISE Ride Wrapup

—Dave Poquette

The 2019 WISE Ride was held on Sept 14 with the starting point at the Village Bowl in Menomonee Falls which is located next to the Bugline Trail. We couldn't have asked for a better day with temps in the 70's and dew point in the mid 50's.

Three riders participated in the event traveling a total of 23 miles. We rode past the quarry that the railroad served, through Sussex and stopped in Merton. In Merton, we took notice of an old freight house that's now being used by Wachtel Tree Science and Service. On the way back to Sussex, we stopped to view an old grain mill (Sussex Co-op) that has now been converted into apartments/condos. We also stopped by to look at the Sussex-Lannon museum which is housed in an old railroad depot. Unfortunately, it wasn't open when we stopped in. After stopping for a bite and refreshments at the Thirsty Duck we headed back to the Village Bowl. It was a fun ride! What was especially exciting was seeing 3 trains, 2 CN and 1 UP. The CN and UP were passing by at the same time!



Pictures taken along the trail on the 2019 WISE Ride.





Upcoming Division Events

- October 4-5, 2019—Fall WISEops Operating Weekend**
- October 20, 2019— WISE Division Meet**
Four Points Sheraton Milwaukee Airport, 12:30 pm
- *November 9-10, 2019—Trainfest 2019**
Wisconsin State Fair Park Expo Center, West Allis, WI
- December 8, 2019—WISE Modelers Meet**
Lake Park Pavilion, Milwaukee, 12:30 pm
- January 19, 2020—WISE Division Meet**
Four Points Sheraton Milwaukee Airport, 12:30 pm
- *February 15, 2020—Annual Bus Trip to Mad City Train Show**
- March 15, 2020—WISE Division Meet**
Mt. Pleasant Lutheran Church, Racine, 1:00 pm (*Note time*)
- April 17-18, 2020 – Spring WISEops Operating Weekend**
- April 19, 2020—WISE Division Meet and Annual Meeting**
Four Points Sheraton Milwaukee Airport, 12:30 pm
- *May 2020—Bus Trip—Great Midwest Train Show, DuPage, IL**
** Denotes extra fare event*

For more event details go to our website: WWW.WISEDIVISION.ORG



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- Open - Clinic Director and Membership Director



Upcoming National And Regional Events Of Interest

- February 15-16, 2020—Mad City Train Show**
Alliant Energy Center, Madison, WI
- April 18-19, 2020—Tittletown Train Show**
KI Convention Center, 333 Main St., Green Bay, WI
- May 14-17, 2020—Midwest Region NMRA Convention**
"The Peoria Rocket"
Holiday Inn & Suites, East Peoria, IL
www.mwr-nmra.org
- July 12-18, 2020—NMRA 2020 St. Louis**
Hilton St. Louis at the Ballpark, St. Louis, MO
www.gateway2020.org

Historical Society Meetings

- October 25-27, 2019—C&NW Historical Society**
Trego Railfan Weekend, Trego, WI
www.cnwhs.org
- April 30—May 2, 2020—Burlington Route Historical Society**
2020 Mile High Spring Meet
Joint Meet with Rio Grande Modeling & Historical Society
Denver Marriott West, Golden, CO
www.burlingtonroute.org
- June 2020—Milwaukee Road Historical Association**
2020 Annual Meeting, Elgin, IL (details not final)
www.mrha.com
- September 2020—Soo Line Historical & Technical Society**
Holiday Inn, Manitowoc, WI
www.sooline.org
- September 19-23, 2020—Great Northern Railway Hist. Society**
2020 Convention, Nelson. BC
www.gnrhs.org

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\$\$\$ From the Cluttered Desk of the Paymaster

— Dennis Janssen

My wife and I recently bought a new bed. Feel free to track me down at the October Meet and I will tell you about it. This information came from The National Sleep Foundation (sleepfoundation.org).

How Much Sleep Do We Really Need: Revisited

The National Sleep Foundation released the results of a world-class study that took more than two years of research to complete – an update to our most-cited guidelines on how much sleep you really need at each age. You can read the research paper published in *Sleep Health*.

Eighteen leading scientists and researchers came together to form the National Sleep Foundation's expert panel tasked with updating the official recommendations. The panelists included six sleep specialists and representatives from leading organizations including the American Academy of Pediatrics, American Association of Anatomists, American College of Chest Physicians, American Congress of Obstetricians and Gynecologists, American Geriatrics Society, American Neurological Association, American Physiological Society, American Psychiatric Association, American Thoracic Society, Gerontological Society of America, Human Anatomy and Physiology Society, and Society for Research in Human Development. The panelists participated in a rigorous scientific process that included reviewing over 300 current scientific publications and voting on how much sleep is appropriate throughout the lifespan.

"Millions of individuals trust the National Sleep Foundation for its sleep duration recommendations. As the voice for sleep health it is the NSF's responsibility to make sure that our recommendations are supported by the most rigorous science," says Charles Czeisler, MD, PhD, chairman of the board of the National Sleep Foundation and chief of sleep medicine at Brigham and Women's Hospital, "Individuals, particularly parents, rely on us for this information."

How Much Sleep Do You Need?

Though research cannot pinpoint an *exact* amount of sleep need by people at different ages, our new chart, which features minimum and maximum ranges for health as well as "recommended" windows, identifies the "rule-of-thumb" amounts experts agree upon. Nevertheless, it's important to pay attention to your own individual needs by assessing how you feel on different amounts of sleep.

- Are you productive, healthy and happy on seven hours of sleep? Or does it take you nine hours of quality ZZZs to get you into high gear?
- Do you have health issues such as being overweight? Are you at risk for any disease?
- Are you experiencing sleep problems?
- Do you depend on caffeine to get you through the day?
- Do you feel sleepy when driving?

These are questions that must be asked before you can find the number that works for you.

Sleep Time Recommendations: What's Changed?

"The NSF has committed to regularly reviewing and providing scientifically rigorous recommendations," says Max Hirshkowitz, PhD, Chair of the National Sleep Foundation Scientific Advisory Council. "The public can be confident that these recommendations represent the best guidance for sleep duration and health."

A new range, "may be appropriate," has been added to acknowledge the individual variability in appropriate sleep durations. The recommendations now define times as either (a) recommended; (b) may be appropriate for some individuals; or (c) not recommended. The panel revised the recommended sleep ranges for all six children and teen age groups. A summary of the new recommendations includes:

- **Newborns (0-3 months):** Sleep range narrowed to 14-17 hours each day (previously it was 12-18)
- **Infants (4-11 months):** Sleep range widened two hours to 12-15 hours (previously it was 14-15)
- **Toddlers (1-2 years):** Sleep range widened by one hour to 11-14 hours (previously it was 12-14)
- **Preschoolers (3-5):** Sleep range widened by one hour to 10-13 hours (previously it was 11-13)
- **School age children (6-13):** Sleep range widened by one hour to 9-11 hours (previously it was 10-11)
- **Teenagers (14-17):** Sleep range widened by one hour to 8-10 hours (previously it was 8.5-9.5)
- **Younger adults (18-25):** Sleep range is 7-9 hours (new age category)
- **Adults (26-64):** Sleep range did not change and remains 7-9 hours
- **Older adults (65+):** Sleep range is 7-8 hours (new age category)

Improve Your Sleep Today: Make Sleep a Priority

To begin a new path towards healthier sleep and a healthier lifestyle, begin by assessing your own individual needs and habits. See how you respond to different amounts of sleep.

Pay careful attention to your mood, energy and health after a poor night's sleep versus a good one. Ask yourself, "How often do I get a good night's sleep?" Like good diet and exercise, sleep is a critical component to overall health.

To pave the way for better sleep, follow these simple yet effective healthy sleep tips, including:

- Stick to a sleep schedule, even on weekends.
- Practice a relaxing bedtime ritual.
- Exercise daily.
- Evaluate your bedroom to ensure ideal temperature, sound and light.
- Sleep on a comfortable mattress and pillows.
- Beware of hidden sleep stealers, like alcohol and caffeine.
- Turn off electronics before bed.

If you or a family member are experiencing symptoms such as sleepiness during the day or when you expect to be awake and alert, snoring, leg cramps or tingling, gasping or difficulty breathing during sleep, prolonged insomnia or another symptom that is preventing you from sleeping well, you should consult your primary care physician or find a sleep professional to determine the underlying cause.

You may also try using the National Sleep Foundation Sleep Diary to track your sleep habits over a one- or two-week period and bring the results to your physician.

Most importantly, **make sleep a priority**. You must schedule sleep like any other daily activity, so put it on your "to-do list" and cross it off every night. But don't make it the thing you do only after everything else is done – stop doing other things so you get the sleep you need.

For more information on healthy sleep, visit National Sleep Foundation's new publication, *Sleep.org*, today! To view the full research report, visit SleepHealthJournal.org.

2019 Trainfest Volunteer Interest Form

Name _____

Address _____

E-Mail _____

Phone _____

What is the best way to contact you? _____

What days/times are you available to help (circle all that apply), note any specific time restrictions below:

Available: Thursday 8am—3pm Friday 8am—8pm Saturday 8am—5pm Sunday 9am—8pm

Have you volunteered at Trainfest before? Yes No

If so, what years? _____

If you volunteered, what did you do? _____

Scan and e-mail this form to Dave Nelson at engine1385@aol.com

Or mail this form to: Dave Nelson, Trainfest Volunteer Coordinator
 1506 East Fox Lane
 Fox Point WI 53217

Questions: Call Dave at 414-313-8557 (cell)

First WISE RPM Meet a Hit

Our first hosted Railroad Prototype Modeler Meet is now in the history books and if you read Superintendent Mike’s article on Page 1, you know that we will soon be putting a date on the calendar to repeat the Meet next year.

The Meet featured modelers displaying their work for all to see and question—the display room was full. Two vendors also offered their “from scratch” products. Mike Polsgrove’s SooParts features 3D printed scale parts for the serious modeler. Matt Welke’s Circus City Decals and Graphics offers custom decals and layout related artwork. Both are local to our region.

Clinics were featured throughout the day. The morning sessions included Keith Kohlmann’s presentation on “How to Photograph Your Models Outside” and Al Kempf on starting operations on you model railroad for beginners. Fred Firkus lead off the afternoon sessions with his great weathering clinic. It’s focus was on locomotives and rolling stock post 1980. Jim Rindt closed out the afternoon with coverage of an accurate N Scale model of the Village of Zachow, Wisconsin as it appeared before World War II. While all this was going on, Dave Schroedle spent the entire day at his display table giving a weathering demonstration.

If you want to get involved in the planning for next year let Mike Slater know your thoughts. Meanwhile enjoy a few photos of the displays and action.



Shown above is Dave Schroedle’s weathering table and below are some fine examples of Fred Firkus’s oil paint based weathering.



WISE Asst. Superintendent Andy Breaker’s traction display above and Keith Kohlmann’s impressive N Scale collection below.



Above, Matt Welke discusses custom decals with an attendee. Below, Mike Polsgrove of SooParts discusses modeling with Luke Lemmens who displayed SOO locomotives. Lee and Adam Bunkelman’s display is at the right.



Keith Kohlmann displays outside photo shots.



A big WISE Thank You to all of the modelers and clinicians who gave of their weekend time to share their passion with fellow modelers!



WISE Division NMRA
Model Railroad Meet
October 20, 2019
12:30 pm

PUBLIC WELCOME — FREE ADMISSION

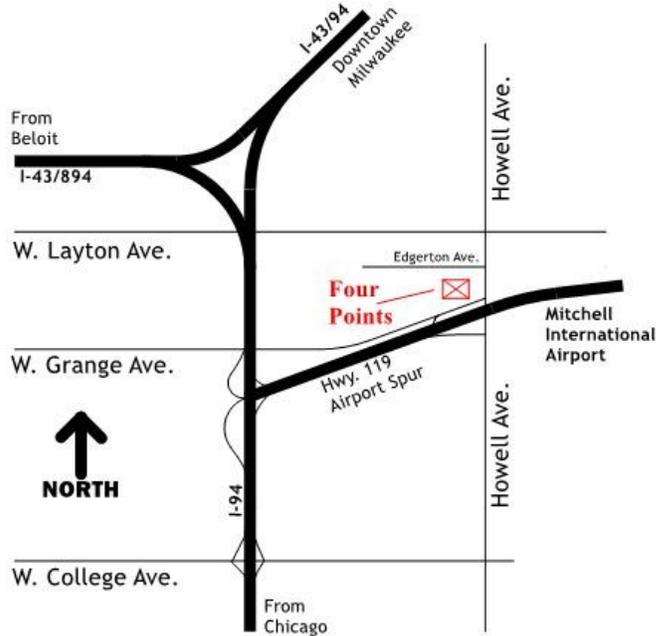
- 12:30 pm Doors open and contest registrations
- 1:00 to 2:15 pm **Clinic 1:** *Jim Osborn presents "Keeping Your Layout in Focus"*
 Jim will demonstrate how to create completely focused photographs using your camera or smart phone along with inexpensive (or even free) digital imaging software. "It's easier than you think."
- 2:30 to 3:30 pm **Clinic 2:** *Andy Breaker presents "Death Rides the Rails" - A History of Funeral Trains*
- 3:30 to 4:00 pm **Contest Awards & Announcements**
- 4:00 to 6:00 pm **Layout Tour:** *Don Strike's Great Northern layout*

Bring in Your Best and Enter the FREE Model and Photography Popular Vote Contest

If you don't enter—you can't win!

2 Entries Allowed, per Person, per Category

Meet Location
Four Points by Sheraton Hotel
 5311 S. Howell Ave. in Milwaukee
BALLROOM ENTRANCE, SW CORNER, UNDER CANOPY



CONTEST CATEGORIES

Photo Prototype, Photo Model, Model Diorama, Structures, Freight Equipment, Passenger Equipment, General, Non Revenue Equipment, Traction

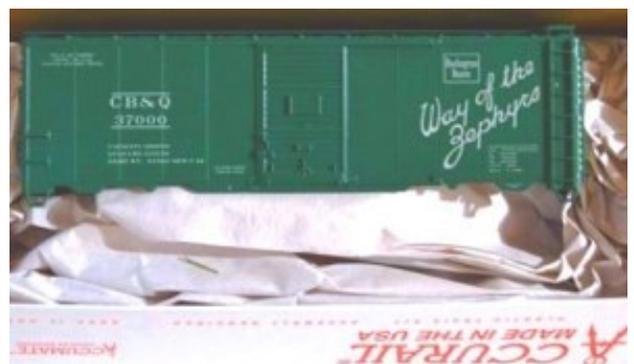
AND DON'T FORGET ABOUT THE BEST OF SHOW AWARD!

Shop the Trainfest Store

You can shop early to get your 2019 Trainfest memorabilia. We have taken early delivery of our usual commemorative pin, participant plaque and N Scale and HO Scale model cars. All items follow our 2019 Celebrate a Railroad theme featuring the Burlington Route (CB&Q). You can order these items at www.trainfest.com, or better yet, volunteer at the show and receive one or several of these items as a thank you from the WISE Division and Trainfest.



RTR N Scale Special Run car by MicroTrains shown above and Accurail HO Scale Kit of the same car below.





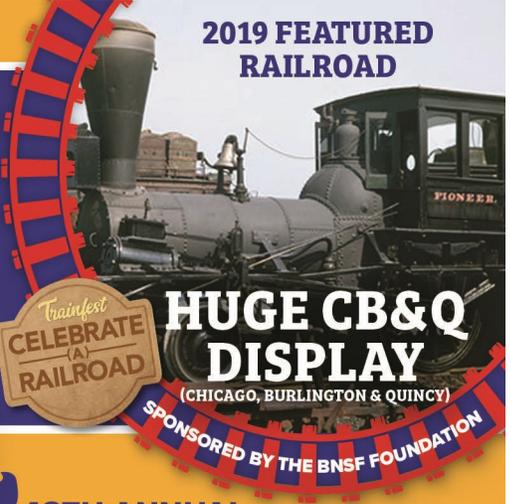
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2019 FEATURED RAILROAD



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