



March 2021

From Your WISE Superintendent...

— Mike Slater



As I have been sitting down and trying to write this month's column several times I still see a glaring problem within this division and I am troubled by what I am seeing.

Since becoming the Superintendent I have seen our membership slide. The majority of this is due to the passing of many members of the NMRA. Others have dropped their

membership due to them tearing down their layouts and leaving the hobby. This is leaving us with a problem—a lack of volunteers to fill positions within our division. As of now we still need someone to take over the Owl Car newsletter and we now also need someone to take over the contest room when we have in person meets again. If we can not fill these positions how can we do other activities in our Division? Have we gotten to a point where we need to cut back on our activities, look at ways to reduce our costs and take a back seat?

Currently the Board of Directors is discussing what the future of Trainfest may be. The uncertainty that this pandemic has brought forth this year has forced us to look hard at the event. Can we make a profit with Trainfest this year or are peo-

ple just going to be scared to venture out to attend ?

If you would like your voice to be heard please call into the Board meeting and voice your opinion, maybe you can find a way to help us move forward. This is your division, please consider helping your fellow members— we need all of your help. Even if you cannot help out full-time, maybe you can work together with some friends within our division and work together as a group and take turns doing tasks.

On one parting note, please take some time to think about this; what made you join the NMRA? Why do you belong to the NMRA? How can I help the NMRA? Without you and others in the NMRA their would be no NMRA. How can we keep the NMRA growing.....

And please don't forget to vote in this Division's elections. We are in need of two Directors so if you feel someone else has good ideas or can help out, don't forget the write in segment , every vote counts, and let your voice be heard.

Thanks

Mike Slater

Next WISE Board Meeting

All WISE/NMRA members are welcome to attend our monthly board meetings. All meetings will be virtual until Fall of 2021 due to the current status of Covid.

Our next conference call meeting will be held on Wednesday, March 10, 2021 at 7:00 pm.

If you are not on the Board and want to listen in please email Mike Slater at superintendent@trainfest.com for login information. You will need to have downloaded and installed the free program Zoom in order to participate.

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Mad City Memories, Layout help needed

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

— Dennis Janssen

7 Surprising Foods That Are Staining Your Teeth

Wine, coffee and tea—it's the trifecta of tooth-staining foods that almost everyone knows to avoid in order to protect their pearly whites. These beverages, however, are just the beginning of a long list of foods that can sabotage your smile, and chances are that many are flying undetected right under your very nose! From condiments to candy, put these sneaky offenders on your radar to keep tooth discoloration at bay.

Common Tooth-Staining Foods

1. Tomato-Based Meals

The high acidity level of tomatoes coupled with their bright red color can pack quite the punch on the enamel of your teeth. From your mom's homemade spaghetti sauce or soup, or your favorite brand of ketchup, constant exposure to even the smallest of doses can be damaging.

2. Curries

As rich in color as they are in flavor, many spice blends rank high in staining power, due to brightly colored ingredients such as turmeric and saffron. Over time, their pigments can leave a yellowish tint on your teeth.

3. Dark Sauces

Whether it's food infused with soy sauce, balsamic vinegar, or other dark liquid, you can bet that eating enough of it will also dim your smile. If it's the base of your meal, there's a definite risk to the enamel of your teeth, but even side dips can be just as harmful because they are often more concentrated.

4. Clear Soda

Dark sodas already get a lot of notoriety for discoloring teeth, but don't switch to clear soda just yet! While its lighter color can make it seem like the better choice for those who love soda, it's still high in sugars that can eat away at tooth enamel and leave them prone to staining.

5. Fruit Juices and Berries

Fruit is undeniably nutritious, and many juices now come with no sugar added, but fructose is still a form of sugar, and it is bad news for tooth enamel. In fact, the darker color of certain fruits and juices—such as blueberry or grape—can have a staining effect similar to wine.

6. Sports Drinks

Because their makers often do a masterful job of promoting rehydration and electrolyte replacement, it's easy to overlook the sugar content and bright, fluorescent colors. Similar to soda and fruit juice, however, both the pigment and sugary nature of these drinks can leave your teeth less than white in no time.

7. Hard Candies and Popsicles

If they can turn your tongue into a rainbow of colors in a matter of seconds, just think of what they can do to your teeth! Even if consumed occasionally, prolonged sucking puts the surface of your teeth in direct contact with sugar, acid and dye—resulting in tooth decay as well as discoloration.



Tips To Prevent Tooth Staining

Cutting out many of these problem foods can go a long way in keeping your smile sparkling, but it may be unrealistic to avoid certain foods completely. Here's how you can help protect your teeth from sugary, acidic and/or colorful food:

- Eat thoroughly, but quickly to minimize any contact with the tooth's surface
 - Use a straw to help bypass most of your teeth when drinking beverages
 - Drink plenty of water during and after meals to wash away food particles
 - Brush and floss your teeth after meals to help prevent stains from setting in
- Use whitening toothpaste to help remove stains and keep teeth sparkling

Professional Treatment Options

In addition to practicing good hygiene and being more mindful about your diet choices, professional dental care can do wonders in keeping your smile bright. Seeing your dentist regularly for a cleaning and checkup can help prevent and detect tooth staining, and there are many cosmetic whitening procedures that can remedy existing discoloration, whether mild or severe. Schedule a visit with your dentist for the optimal treatment plan for you.

Sources:

7 Foods That Are Secretly Staining Your Teeth. (2014, Feb. 7). Retrieved June 5, 2015, from <http://www.womenshealthmag.com/beauty/foods-that-stain-teeth>

Foods and Habits That Stain Your Teeth. (2009, Nov. 10). Retrieved June 3, 2015, from <http://www.webmd.com/oral-health/features/foods-stain-teeth-feature?page=2>

Lee, Robert. (2014, October 24). *7 Foods and Drinks that are Staining Your Teeth.* Retrieved June 2, 2015, from <http://esteemdent.com/7-foods-drinks-staining-teeth/>

2021 WISE Division Board Elections—Official Ballot

Note: All ballots **must be mailed** to:

Dave Nelson
 Attn: WISE Division Election Committee
 1506 East Fox Lane
 Fox Point, WI 53217

All ballots must be **received by April 10, 2021 and include your Name and NMRA Member # for verification.** Vote for no more than two candidates for the Board of Directors.

Note: **The NMRA does not allow FAMILY MEMBERS to vote, nor does the Midwest Region.**

Article IV, Membership and Dues, of the NMRA Regulations includes the following provision in Section 2:

“B. Each member in the above classes, including Honorary Life Members, shall have the right to:”

“4. Except for Family Members; and Sustaining and Corporate Members other than individuals, the right to vote and run for elective office in any Region or Division of which the member is a resident member, subject to any qualifications and conditions”

Member Name (please print) _____

NMRA Member # (required) _____

THIS BALLOT IS A RETURN MAILER—FOLD, ADD 1ST CLASS STAMP AND TAPE ALL 3 OPEN SIDES TO ALLOW FOR PROPER MAIL HANDLING

WISE DIVISION NMRA SUPERINTENDENT (Vote for ONE ONLY) - Two Year Term

Mike Slater: Candidate for WISE Board Superintendent (President)

Hello friends, I am seeking to run for a second two year term as Superintendent of our division. This would be my 2nd and last consecutive term that I can run for. Over the past 2 years we have had many challenges. As we move forward in this division, we will have to face new challenges. If we all work together, we can find ways we can enjoy the hobby as a group. However no one person can do this on their own, we must all work together to achieve this.

Write in Candidate for Superintendent (must be NMRA Member) _____

WISE DIVISION NMRA ASSISTANT SUPERINTENDENT (Vote for ONE ONLY) - Two Year Term

Andy Breaker: Candidate for WISE Board Assistant Superintendent (Vice President)

Hello everyone, I am seeking to run for a second two year term as Assistant Superintendent of our division. I'm looking forward to working with everyone again, even during these challenging times, and hopefully help the Division achieve its goals.

Write in Candidate for Asst. Superintendent (must be NMRA Member) _____

WISE DIVISION NMRA BOARD DIRECTOR— (Write in for NO MORE than TWO) - Three Year Term

Write in Candidate for Board of Directors (must be NMRA Member) _____

Write in Candidate for Board of Directors (must be NMRA Member) _____

Fold Here FIRST

DAVE NELSON
ATTN: WISE DIVISION ELECTION COMMITTEE
1506 EAST FOX LANE
FOX POINT, WI 53217

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Upcoming Division Events

March 21, 2021—Division Virtual Membership Meet with Clinic
1:00 pm—3:00 pm via Zoom login

April 9 & 10, 2021— WiseOPs Operating Weekend (cancelled)

April 18, 2021—WISE Division Meet and Annual Meeting
Watch for virtual meeting information

May 2, 2021— Annual DuPage Train Show Bus Trip (cancelled)

November 13-14, 2021—Trainfest
Event dependent on Covid and restrictions

** Denotes extra fare event*

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



WISE Division NMRA Officers & Board of Directors

Mike Slater—Superintendent (exp. 2021)
superintendent@trainfest.com, 262-515-3623

Andy Breaker—Assistant Superintendent (exp. 2021)
asst.super@trainfest.com

Dennis Janssen—Paymaster (Treasurer) (exp. 2021)
dennis@trainfest.com, 262-544-6324

David Rohr — Chief Clerk (Secretary) (exp. 2021)
chiefclerk@trainfest.com, 262-783-7230

Gary Children— Achievement Director (exp. 2022)
ap@trainfest.com, 414-327-1666

Mark Hintz—Director
markh@trainfest.com, 414-745-4613

Burnell Breaker—Video Library Director (exp. 2022)
videolibrary@trainfest.com, 262-939-9193

Art Oseland—Bus Trip Director (exp. 2021)
bustrips@trainfest.com, 414-764-5375

Steve Miazga— Director & Owl Car Editor (exp. 2022)
owlcar@trainfest.com, 262-894-6411

John Hagen — Layout Tour Director
layouts@trainfest.com, 262-385-4450

Harry Grieshaber—Clinic Director (exp. 2022)
harryg@trainfest.com, 414-915-2102

Jim Hebner—Webmaster
website@trainfest.com, 937-207-0163

Open—Contest Director

Open—Membership Director

Open—WISEops Director



Upcoming National And Regional Events Of Interest

July 4-10, 2021—NMRA 2021 Convention—Santa Clara
Cancelled due to Covid issues
www.nmra2021.com

Sept. 16-19, 2021—Midwest Region NMRA Convention
Rockford Railway Convention—175 Years of History
Rockford Holiday Inn, Rockford, IL
Rescheduled from May
www.mwr-nmra.org

May 18-22, 2022—NMRA Tri-Region Convention
“Indy Junction”, Marriott East, Indianapolis, IN
www.mwr-nmra.org

August 7-15, 2022—NMRA 2022 Convention—St. Louis

Historical Society Meetings

May 20-23, 2021 -Chicago & North Western Hist. Society
*2021 Mankato “Rails and River” Convention **Cancelled***
Virtual Event being planned for same dates
www.cnwhs.org

June 17-20, 2021—Milwaukee Road Historical Association
2021 Convention, Holiday Inn & Suites Chicago Northwest
Elgin, IL www.mrha.com

August 6-8, 2021—Missabe Railroad Historical Society
www.missabe.com

September 8-11, 2021—Soo Line Historical & Tech. Society
2021 Annual Convention
Holiday Inn, Manitowoc, WI
www.sooline.org

September 18-22, 2021—Great Northern Railway Hist. Society
2021 Convention, Willmar, MN
www.gnrhs.org

October 7-10, 2021—Burlington Route Historical Society
2021 Annual Convention, St. Louis, MO—Check Website
www.burlingtonroute.org

Meetings Pending

Green Bay & Western Historical Society
2020 Annual Meeting Postponed—Check Website
www.gbwhs.com

Video Library Update

— Burnell Breaker, Video Librarian

With the switch from in-person to virtual meetings, it will be a bit difficult in the near term checking out items from the Video Library. Those of you who have Division DVD's, hang onto them until we can again meet in person.

I am hoping to have DVD's from our VHS tapes available when we resume meeting again.

Thank You to Our Outgoing WISE Directors

If you already looked at the WISE ballot on Pages 3 and 4 you will notice that we have two Director positions open for Write-In. Over the past couple of months we have lost three directors from the Board, all for different reasons.

Art Oseland, who had organized and planned our annual bus trips to the MadCity show and the Great American Train Show for as long as I can remember decided to retire from the board at the end of his term this year. Art was also involved with Trainfest each year. With the Covid situation ongoing, our train show travel has not existed and Art decided it was time for a change. Thanks for all your help and support over the years.

Our Contest Director, Ted Zieger, had some more issues come up health wise and had to make the decision to lighten his load a bit. Ted had taken over the contest room after Mike Slater moved up to Superintendent two years ago. You may have seen the article on him receiving his Golden Spike from the NMRA a few months back. Ted was also one of the leaders in our Trainfest office. Thanks Ted for all that you did for WISE and the hobby.

Finally, Andy Greco has decided to retire from the board. Andy's love is rail history and train operations and he had coordinated our WISEops weekend for two years prior to our Covid pandemic issues. Good luck to you as you chase your Montana rail history.

If you feel that you can be a positive contributor to the WISE Division, please consider joining the Board. We presently are meeting virtually and are all looking forward to getting back to our regular Meets and events. If you have any questions about time commitments or responsibilities, reach out to our Superintendent, Mike Slater by phone or email. His information can be found on Page 5.



Layout Help Needed

One of our longtime volunteers to the WISE Division is looking for a little help with his S Gauge basement layout. Gary Children, who serves both on the WISE and Midwest Region boards can be reached by phone if you can offer some assistance. Gary's phone number is 414-327-1666.

Mad City Memories

Even though there was not a Mad City train show this year, enjoy some pictures from the past couple of years when we took our WISE bus trips to Madison.



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Please send any comments, information, or editorials to Steve Miazga, the Owl Car editor, via email: owlcar@trainfest.