



Chapter I-2



**GWRRRA
LAVONIA, GA**

**May 2011
Volume 2, Issue 5**

Director's Notes

May started off with a trip to Front Royal, Virginia, up through the Shenandoah Valley. We visited the Luray Caverns and the Car and Carriage Caravan Museum, the Luray Valley Museum and Gardens. The Luray Caverns were the best I have ever been in. One of the main attractions of the Caverns was the only Stalcpipe Organ in the world . It works by little rubber hammers hitting the stalactites. The sound was awesome. The next day we headed down the Skyline Drive and continued on to the Blue Ridge Parkway. We then returned home with a round trip total of 1200 miles. This was a great trip.

May 14th was Chapter I-2's first Rider Education Day. The day included Rider courses and Classroom instruction . There was a great turn out with approximately 40 people attending. I would like to thank the District Educator, Tommy Martin, and his team, for a job well done.

Our ride on Saturday, May 28, will be to visit Fort Hollingsworth in Alto, Ga. Fort Hollingsworth is one of the last pioneer fort in Georgia, built in 1792. A day at the Fort where you can enjoy Historic Music, Dancing, a Civil War Enactment, Grass Roots Art Show and Story Telling. We will be leaving Lavonia Exxon at 9:30 a.m.

We will be leaving on June 5th or 6th , to Pigeon Forge , TN , to see the Fire Flies, and visit Bush Beans plant and Dandridge, TN, the second oldest city in Tennessee. This will be a 2-3 day trip. The group that is going will decide the day and time we will leave. Please let me know if you plan on going.

Don't forget the Georgia District Convention, June 16-18 in Duluth, GA. The District Team needs your support. Plan to go if you can .

Ride Safe.

Frank



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Warm Weather Worries

Larry Crouse Chapter Educator



Motorcycle riding is an activity that takes all of us outdoors. For many of us, the riding season is comprised of summer with some spring and some fall periods. For others, the best riding times are during the spring and fall seasons due to excessive heat in the summer months. For all of us, we are likely to be riding in hot weather at least some part of the year. Since too much heat can cause severe medical emergencies, it is important to know how to avoid becoming a victim of the heat. So how do we avoid heat stress, or more severe conditions like hyperthermia, to remain safe? Let's review some warm weather riding tips.

First, make sure you have gear appropriate for the weather. Consider what you will wear to cover your arms while riding in direct sunlight during daylight hours (if you are lucky enough to avoid the rain). If you have it, a mesh jacket provides unparalleled ventilation and abrasion resistance. A denim shirt is another alternative that is fairly light weight and offers better protection than t-shirt material. Protection is important, but keep in mind that when you are comfortable, you are able to focus on the act of riding. Denim is a common choice for long pants, but you might want to think about purchasing motorcycle-specific riding pants for extra protection. Gloves are the other area where the ambient temperature is usually factored into the decision of what to wear. Perforated leather gloves will breathe better than solid leather. Another good choice would be mesh gloves which, like the jackets made of similar material, provide great ventilation coupled with superior abrasion resistance. They are worth considering. Consider carrying a water absorbing collar that you can soak in water and wear around your neck to help keep you cool. Or be prepared to soak and wear your shirt or t-shirt at a rest stop in the hottest weather.

Second, plan to maintain your hydration level. Every time you stop for gas or a rest break in hot weather, take time to drink enough fluids to replace what you lose through perspiration. This should be at least eight ounces per hour during the heat of the day. You may think that your clothes are not holding an entire cup of sweat that you could wring out of them. And that is probably true. While you are riding, some of your perspiration is soaked up by your clothes and is carried away by the air flowing around you. And some moisture evaporates directly from your skin. It must all be replaced to keep your system hydrated. A simple way to determine if you are getting enough fluids is to monitor your output at rest stops. In short, if you are drinking frequently but don't have to go at each rest stop, then you probably are not drinking enough. Modify this as necessary for your own situation. Carry a bottle of water to drink from whenever you need it. Be sure to refill it at rest stops.

Third, remain aware of your own physical condition. Exposure to too much heat for too long can result in hyperthermia. This is the condition where your body cannot properly regulate your internal temperature and your temperature rises uncontrollably. If allowed to reach this state, it is a medical emergency requiring immediate medical attention. The key is to prevent your body from reaching this condition. Watch for symptoms like the absence of sweat in hot weather. This could mean your body has lost too much water and cannot produce any more sweat, the principal means of temperature regulation. Without the ability to sweat, the core temperature of the body will rise quickly. Other early warning symptoms include confusion, headache, dizziness, redness of the skin, often most noticeable on the face. If you notice any of these symptoms in yourself or those riding with you., find the nearest place to sit down, drink lots of water, and relax in the shade or an air conditioned space. Remove gear and loosen clothing to allow the body to cool itself. Increase the frequency of breaks during the hottest part of the day. And definitely get out the water absorbing collar or soak your shirt at this time. It will help bring your body temperature back down.

With the right gear and travel plans that include frequent breaks with plenty of water, you can enjoy riding safely even in the hottest weather.

Where Do I Fly My Flag ?

With the approach of Memorial Day and the 4th of July, many have asked “what is the proper way to display the American Flag” on our bikes.

When the US Flag is flown alone, it should be at the “center” on the rear of the motorcycle, or its “marching right”. The „marching right” is on the right side of the motorcycle to the rider’s perspective when facing forward.



If the US Flag is on your bike with another, it should be to its “marching right”. This means displaying the flag with no other to its right.

If displayed with multiple flags, the US Flag should be centered and highest. The other flags should be arranged in alphabetical order and in decreasing importance. i.e. Nations first, states (in order of admittance) and territories second, military third (in order of establishment) and then any other flag.



Birthdays

May

10th Judy Hand

18th Betty Andrade

24th Ronnie Lewis



Anniversaries



Up Coming Events



Lunch & Ride

May 28th Will leave Lavonia
Exxon At 9:30 AM to ride to
Fort Hollingsworth , Alto, GA.
And have Lunch.

June 5th to June???
Pigeon Forge Trip

June 16—18
Georgia District Convention
Marriott Gwinnett Place

1775 Pleasant Hill Rd
Duluth, GA 30096
770-923-1775



Georgia District Team

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District Couple of the Year
Coordinators
Dave & Betty Andrade
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Assistant Directors &
District Webmaster
Marvin & Vicki Seritt
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Membership Enhancement
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Sid & Donna Cohen
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District Rider Educators
Tommy & Vicky Martin
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District Treasurer
Traci Thrasher
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C. 706-255-2834

CONCERNS

Sam & Bonnie Bender recovering from their
accident.

Betty Andrade as she recovers from Foot surgery.

Bruce Gregory with his illness



CONDOLENCES



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 Sheriff

SHERIFF STEVIE D. THOMAS

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May 2011



April 2011							June 2011						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2				1	2	3	4
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Mother's Day ●		Judy Hand Birthday ●				Chapter I-2 Rider-Ed... ♦ Lay
8	9	10	11	12	13	14
15	16	17	Betty Andrade Birthday ●	19	20	▶ 11:00AM - 1:00PM Chapter I-2 Monthly Gathering ("Shoney's, Lavonia, GA)
22	23	Ronnie Lewis' Birthday ●	25	26	27	▶ 4:30PM - 7:30PM Ga I-2 Dinner Ride (TBA)
29	Memorial Day ♦ United States	31	1	2	3	4

June 2011



May 2011							July 2011						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7							1
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30	31					24	25	26	27	28	29	30
							31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30	31	1	2	3	4	
5	SPigeon Forge "Synchronous Fireflies Viewing";... ♦ Sugarlands Visitor Center, Gr...			8	Linda Watkins Birthday ●		11
	6	Janelle Ellis Birthday ●	Alan Phillips' Birthday ●				
12	13	Smitty & Janelle Ellis A...		Ga. District Convention Duluth Ga. ♦ Duluth Ga. ●			
		14	15	Dave & Betty Andrade ...		18	
Father's Day ●						▶ 11:00AM - 1:00PM Chapter I-2 Monthly Gathering ("Shoney's, Lavonia, GA)	
19	20	21	22	23	24	▶ 4:30PM - 7:30PM Ga I-2 Dinner Ride (TBA)	
26	27	28	29	30	1	2	