## District "Chapter of the '



AKE HARTWELL CRUISERS GA CHAPTER I-2



**Gold Wing Road Riders Association** Region A, GA District LAVONIA, GA gachapteri2@gmail.com

> June 2016 Volume 7, Issue 6

http://chapteri2.gwrra-ga.com/



## Director's Notes

## FRIENDS FOR FUN, SAFETY AND KNOWLEDGE

May has been an eventful month getting back from the

Rally and back to work

Only to wake up on Saturday morning with a cardiac event. After spending 4 days in ICU at St. Mary's in Athens Having Two heart caths I am back home on the way to a full recovery

I have taught CPR First aid for many years never dreamed I would have a heart attack the good news is I knew what to do when it happened. I could have just blown it off as indigestion because that is what I thought it was until I took my blood pressure Then I knew that something was not right and it was time to get to the hospital. There we found out that we were having a heart attack I had 2 blockages that they were able to fix .And the good news is That we caught it in time and there was no Heart damage.

With all this said I come to the important part, all the training in the world can't help you if you do not use the knowledge that you were taught. Please if you haven't taken First Aid CPR please do so. It may very well save your life, as it has mine.

Melinda and I would like to thank everyone that called, came by, and sent cards it was gratefully appreciated

I look forward to seeing you in class in the days to come.

Ride Safe and Enjoy Life. Frank & Melinda Brothers Ga Chapter I-2 Senior Directors, Georgia District Rider Educators, & **MEDIC First-Aid Coordinators** 





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**Chapter I-2 Mascots** Bucky & Cupcake Blacksheep

Friends for Fun, Safety and Knowledge



## Doris & Rob Dougher Chapter Rider Educators





#### **Rider Education June 2016**

It seems like summer came on us quickly and one of the biggest problems that affect us during a Hot Day Ride is dehydration and age slows down our response time to realized we need liquid. Please Read the following to remind you what to look for and how to prevent "Dehydration"

## 10 tips to beat dehydration while riding

BY MARK HINCHLIFFE
IN RIDING/SAFETY TIPS · TIPS/TRAINING
— 27 OCT, 2014

Summer is a great time to ride, but the heat can be dangerous and it's time to think about the hazards of dehydration.

Riders tend to be a bit blasé about dehydration. Maybe it's because riding doesn't take a huge amount of effort. However, we are quite vulnerable to dehydration because of the drying effect of the wind and our constant exposure to the elements.

The dangers of becoming dehydrated are headaches, disorientation, heat stroke, muscle cramps, loss of concentration, drowsiness and nausea, each of which can cause crashes.

And the problem is that once any of these symptoms becomes evident, it is already too late to do anything about it, so it's time to park the bike.

However, there are many steps you can take to avoid dehydration this summer:

Don't drink too much alcohol the night before a ride. It has a diuretic effect which means it causes you to urinate more water than you take in which means you are losing fluid. And you can't counteract that by drinking lots of water because most of it will go out in your urine. Obviously, don't drink alcohol while you are riding!

Start drinking water as soon as you wake and keep sipping water right up until you get on your bike. It takes about half an hour for water to reach your muscles. Guzzling water just before a ride is not good as it can make your stomach to cramp.

Wear ventilated motorcycle clothing. Leathers may protect you better in a crash, but they create a "microclimate" which impairs your ability to lose heat. As a result you will produce more sweat to decrease your core temp. Instead, wear a flow-through jacket. There are heaps of options on the market. Make sure they have vents in the back so the air flows through. Also, loosen the sleeves so you get plenty of air on your wrists which have a lot of blood vessels close to the skin to effectively cool you down. However, be aware that a flow-through jacket cools you down because it is drying the sweat off your skin which can lead to dehydration. Don't be fooled by your level of coolness; you still need to keep drinking.

Don't be tempted to remove your jacket in the heat! Exposed skin may feel cooler, but that's because the

- sweat is evaporating quicker, but that is just making you more dehydrated. And while your skin feels cool, you'll be tricked into staying in the sun longer which leads to sunburn. That also leads to dehydration because your body needs water to repair and renew damaged skin.
- Get a Camelbak or other brand of water-dispensing unit so you can continue to take small sips of water while you are riding. I've seen riders on GoldWings and other big tourers with cup holders so they can take slurps from a water bottle. That's obviously not as safe as the hands-free Camelback option, but anything is better than nothing. Some people don't like Camelbaks because the water gets hot, but the temperature of the water doesn't affect dehydration.
- Stop more often than usual and hang out in the shade or in an air-conditioned cafe. Since you are drinking lots of fluids, you will probably need to stop anyway!
- While you're stopped, have a coffee, but take it easy. No need to swear off your favorite caramel latte, but avoid excess coffee. That also goes for caffeinated drinks such as Red Bull. High levels of caffeine have a diuretic effect just like alcohol.
- While having a coffee break, avoid having too many sweet cakes, donuts and muffins. Sugar can dehydrate you if it gets to very high levels in your blood. This can happen if you are a diabetic, take certain medications or have an infection or some organ diseases. Sugar causes your kidneys to produce more urine to eliminate the sugar, leading to dehydration. Likewise, don't drink too many sugary drinks. Best to stick to plain water, real fruit juices with no added sugar or drinks such as Gatorade that replace salts and minerals lost in sweat.
- We've talked a lot about urine and it's important that you monitor the color. It should be a straw colour. If it's too dark, you are dehydrated.
- Sweat also depletes your body of sodium and if it becomes too low, it can cause many of the same symptoms as dehydration. The average diet probably has enough sodium, but it's good to have a little bit of salt on your meals or drink sports drinks that have a sodium supplement. However, beware of sports drinks with caffeine and sugar.
- Ok, I know I said there were only 10 tips, but dehydration doesn't just occur in the heat of summer. In winter, the cold can shut off the body's thirst mechanism and trick you into thinking you're not sweating. Meanwhile, your body is losing fluids as the air passes over your body.

#### Ride Safe

Rob & Doris Dougher



### **Rider Education**

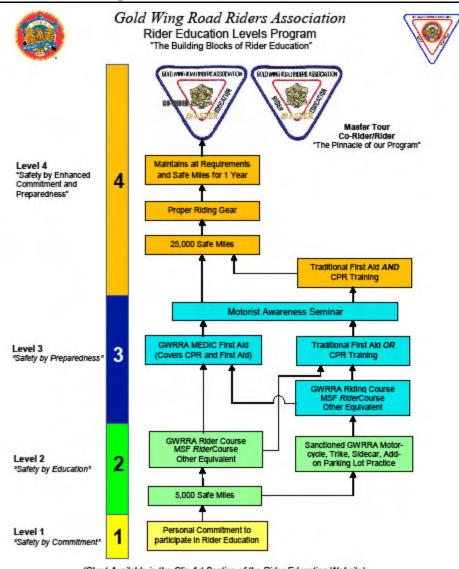


# Seminars, and classes that are available at the Chapter Level.

- 1. 1. "Level Up" PPT Presentation
- 2. 2. Co-Rider Seminar
- 3. 3. Co-Rider-Two Seminar
- 4. 4. Riding With New and/or Inexperienced Riders
- 5. 5. Motorcycling for Mature Riders
- 6. 6. Seasoned (Mature) Rider Supplement
- 7. Road Captain Course
- 8. 8. Team Riding Seminar

- 9. "Dealing With Different Elements"
- 10. 10. Riding in the Heat
- 11. 11. Night Riding ...
- 12. 12. Motorcycle Crash Scene Response
- 13. 13. High Side Scenarios
- 14. "Going, Going, Gone"
- 15. 15. Trailering Seminar
- 16. 16. Why\_Motorist\_Awareness\_1\_2013.ppt
- 17. "Think Motorcycles" ppt presentation

#### View your Rider Ed Level accomplishments: http://re2.gwrra.org/login\_mem.php



## **Gold Wing Road Riders Association**

## June Birthdays

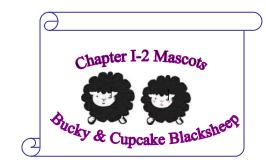
10th Linda Watkins10th Alan Phillips25th Lucy Seavey



# Congratulations Couple of the Year (COY) 2016



Congratulations to Doris & Rob Dougher for being selected as Chapter I-2's Couple of the Year 2016 (COY).



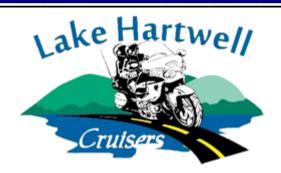


#### **CONCERNS**

Debbie Vaughn will be undergoing
Radiation and Chemo therapy beginning
June 16th. The Radiation will be 5 days a
week for approximately 7 weeks as of now.
The Chemo will be 24 hrs continuous for 96
hrs. at the start of the 7 wks., and again toward
the end of the 7 wks. Please keep her in your prayers.



#### **CONDOLENCES**





## Up Coming Events For 2016





Ga District, Chilly Willy & Officer's Conference, Jackson, GA	January, 16
Chapter S's Sweetheart Fun Day, Winder, GA	February 13
Florida District Convention, Kissimmee	March 17-19
Chapter T's Annual Fun Day, Commerce, GA	April 16
Georgia District Convention, Dalton, GA	April 21-23
Alabama District Convention, Eufaula, FL	May 19-21
South Carolina District Convention, Anderson, SC	July 14-16
Wing Ding 38, Billings, MT	Aug-31- Sept-3
Region ''A'' Convention, Eufaula, AL	October 27-29

- Jan 1 "New Years Day" Lunch Ride to "Wendell's Country Restaurant", open 7 days a week, to serve you "Country Cookin' just like Grandma used to make". 5012 Helen Hwy. Sautee, GA. Meet at 10:30 the Exxon Sta. Lavonia, Ga.
- Jan 23 Chapter I-2's Gathering for this month only will be the 4th Saturday vs. the 3rd Sat. at Shoney's. Eat at 11am, Meeting 12-1pm. This change was necessary due to the "Chilly Willy" & "Officer's Conference" on the 16th.
- Jan 16 "Chilly Willy" is back in conjunction with the GWRRA Ga. Chapter's "Officers Conference". Being held again this year at "Buckner's Family Restaurant", Jackson, Ga.
- Jan 30 Chapter I-2 Lunch or Dinner Ride, Location and Times to be decided.
- Feb 13 Chapter S "Sweetheart Fun Day". Midway Christian Church, 1406 Hog Mountain Road, Winder, GA.
- Feb 20 Chapter I-2 Gathering at "Shoney's". Eat at 11am, Meeting 12-1pm
- Feb 27 Chapter I-2 Lunch or Dinner Ride, Location and Times to be decided.
- March 19 Chapter I-2 Gathering at "Shoney's". Eat at 11am, Meeting 12-1pm.
- March 26 Chapter I-2 Lunch or Dinner Ride, Location and Times to be decided.
- April 16 "GA Chapter T's 2016 Fun-Day" at Blacks Creek Baptist Church 3754 Blacks Creek Church Road Commerce, GA 10am until 1pm.

(Continued on page 7)

- April 16 We'll not have our regular Chapter I-2 Gathering at "Shoney's" this month. Instead we will visit Chapter T for their 2016 Fun-Day. Leave Lavonia Exxon at 9:00am for Blacks Creek Baptist Church, 3754 Blacks Creek Church Road Commerce, GA 10am until 1pm.
- April 21-23 2016 GWRRA Georgia District WING FLING, "The Brothers Grimm", Northwest Georgia Trade and Convention Center 2211 Dug Gap Battle Rd., Dalton, GA 30720.
- April 23 Chapter I-2 Lunch or Dinner Ride, Location and Times to be decided.
- April 30 Georgia Chapter D's Motor Awareness Day, !Across from the Cumming fairgrounds at 235
   Castleberry road. Free admission free parking. Free to enjoy.
- May 21 Chapter I-2 Gathering at "Shoney's". Eat at 11am, Meeting 12-1pm.
- May 28 Memorial Day "Motorist Awareness 2016" campaign at the "Georgia / South Carolina I-85 "Welcome Center".
- May 28 Chapter I-2 Dinner Ride, following the "Motorist Awareness" campaign, Location T.B.A.
- June 18 Chapter I-2 Gathering at "Shoney's". Eat at 11am, Meeting 12-1pm.
- June 25 Chapter I-2 Lunch or Dinner Ride, Location and Times to be decided.
- July 14-16 **South Carolina District 2016 Convention**, "Civic Center of Anderson" 3027 Martin Luther King Jr. Blvd Anderson, SC.
- July 15 Chapter I-2 day-ride to **SC District Rally, 2016**. Civic Center of Anderson, SC. Leave Exxon at 9:00am.
- July16 Chapter I-2 Gathering at "Shoney's". Eat at 11am, Meeting 12-1pm
- July 23 Chapter I-2 Lunch or Dinner Ride, Location and Times to be decided.
- August 20 Chapter I-2 Gathering at "Shoney's". Eat at 11am, Meeting 12-1pm.
- August 27 Chapter I-2 Lunch or Dinner Ride, Location and Times to be decided.
- August 31-Sept 3 Wing Ding 38, Billings, Montana.
- Sept. 19 Chapter I-2 Gathering at "Shoney's". Eat at 11am, Meeting 12-1pm.
- Sept 22-24 "Wings Over The Smokies 33". The rally for 2016 will be held on Sept 22nd-24th, 2016 in Cherokee, NC.
- Sept 23 Chapter Day-Ride to "Wings Over The Smokies", Cherokee, NC. We will leave Lavonia Exxon at 8:00 am. Come ready to ride.
- Sept 24 Chapter I-2 Lunch or Dinner Ride, Location and Times to be decided.
- October 27-29 **Region "A" 2016 Convention,** LAKEPOINT STATE PARK RESORT LODGE, Eufaula, AL.



# Chapter Classifieds Bike & Non-Bike Items

**Updated: June 04, 2016** 

1. Assorted Bits and pieces leftover from '02 1800 GoldWing (Illusion Blue), and '08 1800 GoldWing (Dark Red Metallic) TRIKE CONVERSIONS. These parts include, complete rear-end assemblies, brake-discs, rear-wheels, side-bags, etc. IF You need parts for repairs or just to have extra on-hand contact me. Ronnie at 706-340-7320 or Email: ronniev@bellsouth.net



# Please Support Chapter 1-2 Sponsors

For information on being a Sponsor

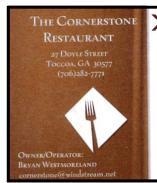
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Suite 205

#### RANDY SHIRLEY Sheriff

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Investigations: 706-886-7048 Jail: 706-886-0591 Fax: 706-886-9493

scsoshirley@windstream.net



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Lavonia, Georgia 30553

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# **June 2016**



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12	13	14	15	16	17	▶ 11:00AM - 1:00PM Chapter I-2 Monthly Gathering (Shoney's, Lavonia, Ga.)
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# **July 2016**



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## Goldwing Road Riders Association

## GEORGIA DISTRICT NEWSLETTER

**JUNE 2016** 

#### **District Team**

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678.525.5433

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Asst. District Directors South *Barry & Barbara Owens* bcowens@windstream.net 229-263-7906

Asst. District Directors West/ Couple of the Year Coordinators Vance & Fern Oakes goldwingnut@windstream.net 678.219.0257

Membership Enhancement Coordinators *Norman & Wendy Morton* norwen@att.net 404.761.3775

District Treasurer/Event Coordinator Lawana Woodard lawanag@hotmail.com 770.310.8280

Ride Educators/Medic First Aid *Frank & Melinda Brothers* gadistrictridered@gmail.com 706.356.4966

District Trainer/Newsletter Editor *Jim & Dee Allen* galtptrainers@gmail.com 404.435.7527

District Couple of the Year *Gary & Juanita Rackley* cd1@gwrra-gaa.com cd2@gwrra-gaa.com

Region A Directors

Jim & Sue Jackson
regiondirector@gwrra-regiona.org

## DID YOU GO SUPPORT THE DISTRICT RALLIES AND HAVE FUN?

Well, since the last newsletter, GWRRA Region A has had two District Rallies--The Georgia Rally in Dalton and the Alabama Rally in Eufaula. Did you go and support your District? Of course we know that family and other important things in your life have to come first, and that is okay. If you did go, I know you had fun!

We went to the GWRRA Has Talent in Alabama and Alabama Chapter Alabama N will now represent Region A in Billings, Montana for the Wing Ding Talent Show. Gail and Robert Brown were chosen to represent Alabama as the new District Couple of the Year. Juanita Rackley, one-half of our Georgia District Couple, was "volunentold" to have fun on the stage at closing. There is always fun in Alabama! Next year, the Alabama Rally will be in Mobile, AL, May 18-20, 2017. They are having a "Sitcom Mania"! Those who attended this year's 2016 closing received a chance for a special prize drawing in 2017. See, there is always a good reason to go the rallies!

The Georgia Rally went well. We thank all of those who worked hard to make it successful—District Team and Chapter members! Chapter B2 ran Rapunzel's tower (jail) and did a fabulous job! Chapter B did the guided ride, Chapter L did the Poker Run, Chapter Q & Don and Sharon from Chapter A, did the Bingo. Great job guys! A lot of other chapters worked as judges and volunteers, and we do appreciate you! Our vendors were packed into the exhibit hall (and they are happy and coming back!), and we had a lot of participation in the training, games, rider education, Rapunzel's tower, and bingo. We had the GA and MS Drill Teams and the Red Spoon Ride. It did not rain in Dalton (except for a few sprinkles on Friday), but it rained south of us, so that hurt our registration on Friday and the Mountain Ride was postponed to Saturday morning. Everyone who went on the mountain ride said it was fabulous! We had nothing but good comments about the rally, especially the Convention Center. You missed a great meal if you weren't there. We had the costume contest and the talent show, even though participation was



Larry & Pamela Clemmer Georgia District Directors

low, and we encourage you and/or your chapter to participate next year please! Also, we loved the castles you decorated! We have a really neat project for you in 2017 which involves a RACE!



We plan to do the same rally next year with a Wingin' at the Races theme. That is, NASCAR, Kentucky Derby, Greyhounds, Motorcycle Racing, Boat Racing, whatever racing you like! I do hope you will join us when we return there June 22-24, 2017. Yes, we are back to June. Please plan to join us in the talent show and costume contest. You will have fun doing it! Look forward to a Derby Pie Walk, Bingo, great training, and all kinds of fun activities! We are not going to give you a chance to be bored! Come see what we have to offer you! On the serious side, the Rally is the way your District raises funds to do the Wind Down, Chilly Willy, and provide services to our chapters. We need your help and support to keep doing this. Come have fun with us!

> Larry and Pamela Clemmer Georgia District Directors



Wing Ding 38 in Billings will be hosting a new Evening Entertainment Event -GWRRA's Got Talent! This night will be the grand finale of Talent Shows throughout the year among the Regions. Each Region will submit their 1st place winner and an optional runner-up from their perspective Region Rallies. The Event Management Team (EMT) will then organize the acts and produce the Finale of GWRRA's Got Talent. This will allow your Region to capture the Title of GWRRA's Got Talent! The structure of GWRRA's Got Talent will mimic the TV Show - America's Got Talent. Prizes: 1st Place - \$500.00 and GWRRA's Got Talent Trophy; 2nd Place - \$250.00 • 3rd Place - \$100.00.

The following criteria will be used to judge the Talent Show at our 2016 Wing Fling: Talent, Costumes, Creativity/Originality and Concurrence with Rally Theme. We know you have talent. Now get out there and show it! Contact Frank Teasley, Alabama District Director, at teaswing@bham.rr.com for more information and to see how to participate.



#### **KEEP IN YOUR PRAYERS**

Chuck & Anne Reed & Family - GA-F-2 Frank Brothers - GA-I-2



Hello Everyone,

We are the Lewis's. We have lived in Grayson, Ga for 36 years. Debbie and I are both Georgia natives. I was born in Clarkesville Ga. and grew up in Dekalb Co. I attended Lakeside High school. Debbie was born in Duluth and grew up in Snellville, Ga. where she attended South Gwinnett High school. We met in College at Young Harris Junior College in 1972. We married in1976. Debbie worked in banking and I was a mental health counselor for the State of Georgia until my retirement in 2007. We have one son 24 years old who is studying to be a Pharmacist.

I was interested in motorcycles since I was a kid. I got my first motorcycle, a Zundapp, when I was 16. I had a Yamaha YR2C350 when I was in College. I stopped

riding for 22 years after an accident when I was 23. After I retired, I decided to return to riding. I met a fellow, Jack Swanson, at a Memorial Day ride in Monroe Ga. in 2006. He introduced me to the Goldwing Chapter he was with and invited me to a cookout that afternoon. That was the beginning of my involvement with GWRRA. Debbie and I have enjoyed making new friends in GWRRA and seeing new places when we ride.

We served as Chapter T rider educators for 2 years. We are honored with being named the couple of the year for 2016. GWRRA is a great organization to be a part of.

Gary and Debbie Lewis COY 2016 Chapter T

## START PLANNING NOW FOR THE 2017 GEORGIA DISTRICT WING FLING

Larry and Pamela Clemmer, Georgia District Directors, proudly announce that the 2017 Georgia District Rally will be held in Dalton, Georgia on June 22 - 24, 2017.

Race to the district website and grab yout registration form now for next years event. We're planning to have a great time and invite you to come have FUN with us!



### FUN, FUN, FUN

We all know that the words knowledge, fun and safety are the motto of our organization, GWRRA.

We have trainers taking care of the knowledge with all of the leadership courses being offered.

We have rider education teaching classes on safety and first aid.

That leaves the fun part. Who is responsible for seeing that the organization is having fun? *The entire membership* has the responsibility to make sure they are enjoying themselves and should do whatever to see that their fellow members are having FUN.

The MEC's job is not just to send in a monthly report and contact members when needed, he/she should be doing things in the chapter to make sure members are having fun, such as, thinking of things to encourage fun activities, greeting members at chapter



gatherings and making new members and visitors feel welcome.

Sometimes you may have to do something just to get attention to make others laugh.

Norm and Wendy Morton
Membership Enhancement Coordinators



Norman & Wendy Morton Membership Enhancement Coordinators

### **OCP**

What are the odds that you would be caught in a situation where you had to plan an event, and had never done it before? What if you needed to inspire a group of people to get involved in your event? Would you know what to do? Do you know what the procedures are for settling a disagreement? Who takes the role of arbitrator?

All of these questions can be answered by attending an Officer's Certification Program. We don't always have events going on and disagreements that need to be handled properly, but with training as participants in GWRRA, we have the tools to know who to call on for help.

Recently, we held a class for OCP, and we were able to spend several hours together learning. The best thing of all was that we had FUN. It's always the center of a good class.

Jim and Dee Allen Master Trainers, Georgia District Trainers



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FOR MORE MEMBER BENEFITS GO TO GWRRA.ORG AND GO TO THE MEMBERS DROP DOWN MENU AND CLICK ON BENEFITS





#### **REGION 'A' RALLY GRAND PRIZE - DRAWING OCT 29**

We are pleased to announce GWRRA Southeast Region 'A' is a proud sponsor of the 2017 WINGERS-N-WAVES Cruise. On January 22, 2017, the 3rd Annual WINGERS-N-WAVES cruise event departs from Port Canaveral, FL (Orlando) and sails to St. Thomas, Virgin Islands, St. Maarten and Nassau, Bahamas. The amazing Oasis of the Seas by Royal Caribbean is the largest ship in the world at 225,000 tons. You will have the opportunity to meet Wingers from all over the country! For full event details and reservations please visit www.wingersnwaves.com or call (386) 299-7535

And folks, the cruise is for two and is one of the bodacious Grand Prizes that will be drawn during the closing ceremonies of the Southeast Region 'A' Rally Oct 27-29, 2016. Yep, this is one of the best Grand Prizes we've ever had for the Region Rally and it's all for you. I expect there are many folks who would want to get in on the opportunity to win this fabulous Grand Prize so please help me spread the word.

## UPCOMING EVENTS

July 14-16 South Carolina Rally Anderson, SC

July 30 Chapter A Fun Day Beach Party 10AM - 2PM Griffin, GA

Sept. 22-24 NC District Rally Cherokee, NC

Oct. 13-15 Mississippi District Rally Gulfport MS

> Aug. 31-Sept 3 Wing Ding Billings, MT



Sunday	Monday	Tuesday	Wednesday	Inursday	Friday
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				2 GA-T Eat 6:00PM Meet 7:00PM	ယ
<b>5</b> 1	GA-Q Eat 6:00PM Meet 7:00PM	CA-S Eat 6:00PM Meet 7:00PM	œ	9 GA-M Eat 6:00PM Meet 7:00PM GA-K Eat 6:30PM Meet 7:30PM	10
12	13 GA-0 Eat 6:30PM Meet 7:30PM	14 FLAG DAY	15	GA-D-2 Eat 6:30PM Meet 7:30PM	17
19 FATHER'S DAY	20	21	22	23 GA-H Eat 6:00PM Meet 7:00PM GA-L Eat 6:00PM Meet 7:00PM	24
26	27	28	29	30	Notes: