

OFFICERS & STAFF

Georgia District Directors
Bill and Betty Livingston
livingstonb@earthlink.net
(229) 889-1705
Cell: (229) 344-6484

Asst. District Directors
Rally Vendor Coordinators
Ron & Susan Larsen
goldwing1@cox.net
(478) 971-4291

Asst. District Directors
Kelles & Laura Sue Fleming
gwrra_ga_add@bellsouth.net
(770) 358-3978

Asst. District Directors
COY Coordinators
JJ & Marcia Etzle
JJEtzle@comcast.net
(912) 826-0912

Asst. District Directors
Public Relations
Sherrel & Kay Davis
red04wing@mac.com
(770) 314-8938

District Senior Rider Educators
Chuck & Anne Reed
2uggawing@comcast.net
(706) 790-1626

District Leadership Trainers
Dave & Sharon Aikens
aikensdl@cox.net
(478) 953-4886

MED Coordinators
Sid & Donna Cohen
randrga@yahoo.com
(706) 546-9741

Event Coordinators
Vicki & Ken Watkins
vsw@alltel.net
(706) 648-6571

Georgia District Treasurers
John & Sheila Andrews
andrewsj@mchsi.com
(229) 889-8738

Newsletter Editors
Carlos & Dee Lozano
cmlozano@bellsouth.net
(770) 932-4007

2008 District Couple of the Year
MAD Coordinators
Dave & Betty Andrade
dsa@91539@juno.com

Region A Directors
Bob & Nan Shrader
RegionDirector@gwrra-
regiona.org



GWRRRA Georgia

August 2008



Thanks for Your Help at Wing Ding

A Note of Thanks

We were pleasantly surprised to see all the Georgia members at Wing Ding in Greenville. It was a spectacular event and, from what we saw, the vendors must have been very satisfied with their sales. I know we left our share of donations for safety chrome and that special addition that we had been saving for to add to the beauty of the Wing. We would like to give our sincere thanks to all those members who came out and helped by selling tickets on Saturday and for the other events volunteered for. It is the support from you that makes this type of event memorable for all those attending. Your help was greatly appreciated.

Region A Rally

We have been telling you about it for several months now and in just a few weeks, it will be here. That is the Region A Rally. Your Region A Directors, Bob and Nancy Shrader have really put together an event you sure don't want to miss. The event will be held September 11th through the 13th at the Holiday Inn Dothan South located at 2195 Ross Clark Circle SE in Dothan, Alabama. The theme will be a Dothan Alabama Luau; so break out that Hawaiian shirt and shorts that you have saved for an occasion such as this. Come join your friends for some real fun and support your District Couple Of the Year as they go through the Region A Couple Of the

Year selection process. We look forward to seeing you. Don't be surprised if we ask you to help out with some of the duties Georgia will be handling. Remember the more you get involved, the more fun it is. For more information check the Georgia District Web Site at <http://gwrra-ga.com/>

Wind Down 2008

Well after listening to your suggestions, mainly not to have chili this year, the District Staff has asked John and Linda Zimmer and the crew of Chapter X to break out the grille and have hamburgers and hot dogs as your free meal for Wind Down. We will be serving it up again this year on November 1st at the Mount Pleasant Baptist Church in Macon. We will start at around 10:00AM, eat at about 11:30AM, and begin the District Couple Of the Year selection process at 12:30PM. We will have a 50/25/25, games, and a swap table, where you might be able to find some great deals or donate items you no longer need.

Chapter Couples Of the Year don't forget...

For those ambitious Chapter Couples of the Year with a desire to be the next Georgia District Couple Of the Year, you will need to have your paperwork sent to Bill and Betty Livingston by the 3rd of October. If you have any questions, please contact ADDs JJ and Marcia Etzle at 912-826-0912. There is a new Couple of the Year manual available on the Georgia District Web Site at <http://gwrra-ga.com/>.

GOOD THINGS TO KNOW

2008 Chapter Couples of the Year

GA-A	Steve & Dottie Fagan
GA-A2	Ben & Martha Maddox
GA-B	Barney & Joan Olson
GA-B2	Mark & Cindy Nettke
GA-C2	John & Joann Seward
GA-E	Rick & Faye Reece
GA-E2	Chuck & Karen Cook
GA-H	John & Sheila Andrews
GA-I	Paul & Connie Jackson
GA-J	Terry & Annie Kintz
GA-L	Al & Peggy Rogers
GA-P	John & Peggy Osse
GA-Q	Pat & Beverly Schell
GA-S	Carlos & Dee Lozano
GA-T	Ronnie & Margaret Vaughn
GA-V	James Cochran & Mary Christopher
GA-X	Jerry & Melody Watson

UPCOMING EVENTS

August 17 - GA-Z Bowling Challenge: Festivities begin at Noon at the Fayetteville Bowling Center in Fayetteville. Contact Alan Head at alanhead@bellsouth.net for more information.

September 6 - GA-Q 5th Annual Dessert Auction & Burger Burn: Festivities begin at 11:00am at the Museum of Aviation in Warner Robbins, GA

September 11-13 - Region A Rally: It's a *LUAU* in Dothan, AL. Check out the Region A website at www.gwr-ra-regiona.org for more information.

October 11 - GA-L's Fund Raiser for Breast Cancer: Details to be made available shortly.

October 16-18 - MS District Rally: Stars on the Coast, Gulf Coast Convention Center, Biloxi, MS.

October 4 - GA-E2 Fun Day: 11:30am to 3:30pm at "The Ponderosa", 14120 Mud Road, Brooklet, GA. For more information, contact Roy Bridges at 912-823-2743

October 25 - GA-A Halloween Fun Day: 10am to 3pm at High Falls State Park, Jackson, GA. For more information, contact Bob & Bonnie McCroskey at 770-954-1924

November 1 - Wind Down: 10am to 2pm; Mt. Pleasant Baptist Church, 5455 Mt. Pleasant Church Road, Macon, GA, 31216

November 22 - GA-H2 Toy Run: Details to be made available shortly.

Heartfelt Sympathy To:

- Roy Degler & family on the passing of Roy's father
- Johnny Rountree & family on the passing of Johnny's mother
- Max Spencer on the loss of his wife, Madge
- Paul Johnson & family on the passing of Paul's father



Among Our Sick:

- Madonna Holko - Cataract surgery .
- Paul Holko - Back Surgery
- Malayne (3 year old granddaughter of Michael & Jackie Villani) - Brain Tumor



Meeting Changes

- GA-F2 is changing their meeting date to the 1st Saturday of the month beginning August 2. They will still meet at Ryans, eating at noon and meeting at 1pm.
- GA-W will meet on August 9 (instead of August 2). They will meet and eat at 10am at Shoney's at Hwy 92 & I-75 in Acworth.

GA Traveler's Plaque

Chapter GA-D captured the Traveler's Plaque from GA-L. The plaque will once again be available on Saturday, August 9, at Ryan's at the intersection of GA-53 and GA-400 in Dawsonville. They will eat at noon and meet at 1pm..

Region A Wanderer

Chapter FL1-R of Dunnellon, FL is offering the Region A Wanderer for capture on Saturday, August 2, at 3pm at Sonic Drive Inn, 11351 N. Williams St., Dunnellon, FL, 24431.

Trike Talk - From your District Trike Representatives
Bill & Sandy Hatfield

GETTING DOWN AND DIRTY - OK Guys and Gals, here is your chance to get dirty. When was the last time you crawled under and looked at the rear end of your Trike? I'll bet for most of us, it has been a while since we have taken a CLOSE look. Since this is the traveling season, you might want to check the trailer hitch mounting bolts to make sure they are tight, that the electrical wiring has not drooped and that the draw pin is secure through the draw bar. Also, take a quick look at your suspension mounting to see if you have any worn bushings. The mounting bolts/hardware for the Trike body should also be looked at. I have not heard of any that have come loose but, why not take a look while you are under there. Also, if you don't regularly grease the universal yoke when you change oil, this would be a good time to do it. Check the brake lines for any nicks or fractures or any of the brake line holding brackets that might have worked loose. If you have had any additional safety lights or safety chrome added, you might want to check the wiring/fastenings. Although our Trikes are smooth riding, the underneath can still take a beating and things can work loose. If only for the peace of mind of you and your co-rider, take the time to do this.

Sandy & Bill Hatfield

From your Assist. District Directors & Couple of the Year Coordinators
JJ & Marcia Etzle

It was such a pleasure to have seen so many of the Couples of the Year at the Georgia District Rally in Athens in June. Wow! You guys sure looked great in your Togas. What fun to see everyone dressed up and having such a good time.

Some of the Couples also participated in the Best Dressed competitions. It would be great to see more Couples take part in this exciting activity, not just at our Wing Fling, but at other District Rallies. You can never get too much exposure, especially if you plan to go through the District Couple of the Year selection process.

Now is the time to start putting your resume together for District Couple of the Year. You can find all the information that you might need on the Georgia website under the 2008 Couple of the Year and the National COY Website link. Any and everything that you might need to know is there for your information and use. Of course, you can always contact us if you have a question as well.

We were at a Chapter meeting on Saturday and talked to their Couple who has just stepped up into a leadership role in the Chapter. They are excited about being their Couple of the Year and are looking at going through the process for District. That is exciting!

Just remember that anything that you do as Couple of the Year should be fun! We remember how exciting it was to visit, meet other Couples and to represent our Chapter as Couple of the Year. We have now made some life-long friends and we look forward to making even more!

So, go out, relax and have fun. We hope to see you go through the District Couple of the Year process at Wind Down on 1 November 2008. If this is something you plan to do, please drop us a line so we can be encouragers and help you with any questions you might have.

If you are out and about and you see us before we see you, please come over and say hello.

JJ and Marcia Etzle, Assistant District Directors & Couple of the Year Coordinators
jetzle@yahoo.com



From your Senior District Ride Educators *Chuck and Anne Reed*



RIDING IN THE SUMMER HEAT

The summer riding season is upon us; and so, unfortunately, is the summer heat and humidity. With this thought in mind, and with thanks to the Chapter Educator from GA E2, I think this would be a good time to refresh our memories in regards to Heat Exhaustion and Heat Stroke. Both of these situations can be very serious, but both can be dealt with if we recognize the symptoms of each and have some knowledge in dealing with these heat related problems. (This not only applies to motorcycle riding, but to any outdoor activities.)

The body has automatic 'thermostats' to protect core organs. There are several controls to deal with heat stress including; sweating, vasodilatation (dilatation of the blood vessels), increase in heart rate, and reduction of blood pressure. If these controls don't keep core temperatures within the body limits, or if sweating uses up too much water, the temperature regulating your system goes on the fritz.

Our bodies won't take much of an increase in temperature without complaining. Symptoms of HEAT EXHAUSTION are tiredness, weakness, profuse sweating, pale/clammy skin, headaches, dizziness, nausea, momentary fainting and cramps. If you begin to feel these symptoms, take immediate action. Don't wait to see if anything else feels or goes wrong! Get into some shade or, better yet, get into an air conditioned building. Loosen the clothing, wet down the skin or clothes, drink water and get proper medical attention.

HEAT STROKE, which is by far the worst of heat related injuries, must be dealt with immediately. If a rider doesn't take immediate action to stave off heat stroke, the body thermostats will begin to fail. Core temperature will continue to rise, sweating will stop, the heart will beat faster, and the victim will become confused and can pass out. Without immediate medical care, the person will fall into a coma and may die. Symptoms are: victim is incoherent, staring vacantly, blanking out or becoming unconscious, skin is hot, red, and dry (no perspiration), pulse is rapid, and body temperature is elevated. Get the victim into shade, into an air conditioned building (if available), and/or in front of a fan. Remove their riding gear, loosen their clothing, and cool them down by any means available. Repeatedly sponge the skin with cool water or rubbing alcohol. Apply ice packs or ice cubes if you can get them. Do not give the victim any stimulants, especially not alcoholic beverages. When the body temperature drops below 102 degrees, dry off skin. Seek immediate medical attention and/or call 911 while doing the above.

If you feel any of the symptoms listed above, do NOT feel guilty! Inform your riding companions that you are having heat related problems and stop immediately. The overall point is to recognize these heat related problems and make every effort to reduce the body temperature. To ignore the signals your body is sending you is not only dangerous, it can be lethal!

In addition to watching for heat related symptoms and taking appropriate action, don't forget about two basic preventive measures; take plenty of rest breaks and drink plenty of water. Just because you can ride "tank to tank", doesn't mean you have to. Stop, rest, cool off, drink some cool water, and (if you are so inclined) enjoy a piece of pie. But, at least stop and cool off. You will get to your destination almost as fast, in a whole lot better shape, and you will certainly enjoy the ride a lot more.

Another means of keeping cool is to wear something cool, such as a "cool tie" around your neck or some type of a "cool vest". Simply cooling the neck cools the blood, which cools down the whole body.

I hope to see everyone down the road. I will be the guy, sitting in the shade, waving and drinking a cold bottle of water!

And, as always, always be watchful for the unwatchful

RSHF, Chuck and Anne Reed, Georgia Senior District Educators