



Goldwing Road Riders Association

GEORGIA DISTRICT NEWSLETTER

AUGUST 2016

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ARE YOU HAVING FUN?

There are a lot of ways in GWRRA to have fun! Are you visiting other chapters and getting to know each other? Do you go to the Chapter Fun Days? Do you go to the seven rallies that are presented each year? There are the five state rallies, a region rally, and of course, the big one—Wing Ding. There is also the Traveler's Plaque Attack where the Georgia Plaque is offered by the host chapter and each chapter goes after it. There is a prize at the end of the year for the most mileage. Also, don't forget the Hot Potato. You may be "spudded" anytime! The host chapter with the hot potato has two weeks to go to another chapter and present them with the Hot Potato! Last I heard Chapter H has it. Someone will get the Traveler's Plaque at Chapter A's Fun Day.

We do these things so that each of the chapters can RIDE to other chapters and have FUN! Sometime we go on motorcycles and in certain circumstances we go by car or truck. Please let us know if you have special circumstances keeping you from going and we will work with you.

Oh yes, let us not forget the FUN in our chapters. Every meeting should be a fun experience—if not, look at what you are doing and change it! You can get great ideas from visiting other chapters. They might just work for you too. Do you ride on day trips, overnight trips, or just to the Dairy Queen? All these are great. Do you encourage those who can't ride anymore to come along in their cars? One chapter has quarterly picnics so participants can come in the car and bring their families and grandchildren.

We want to have fun while we are learning to be safe and learning to be good leaders. Do you go to the Rider Education training and the other training sessions held by Frank and Melinda Brothers and Jim and Dee Allen? As our District Rider Educators and District Trainers they do an excellent job, and you can always learn something even if you have been before.

One thing is very true—if you don't participate, you don't have as much fun. We need volunteers for Wing Ding in Billings. Georgia works on Thursday, Septem-



Larry & Pamela Clemmer
Georgia District Directors

ber 1st, from 1 pm to 5 pm at the Registration Desk. Please see us before we leave in August or catch us when you get there because we need your help. We also need volunteers for next year's Georgia Rally in Dalton, and we will address that at Wind Down in November. The other way to participate is by stepping up in your chapter to fill a position. You can be the Welcome person or the Sunshine Lady who sends out cards. You don't have to be the Director to participate. One chapter has a story teller, and we love that! He always solicits a laugh from everyone! Please put on your thinking caps and come up with creative ideas. The Director cannot do it all by himself/herself, they need your input and help. Remember, if you have questions or need assistance, we are here to help. Yes, we stay busy, and yes we will be gone to Wing Ding for three weeks, but we have phones and email. I hope many of you will be there with us. The rally is not out west very often and it is a good opportunity to see the USA. While GWRRA is for learning and riding safe, it is much nicer if the FUN is there. Encourage new members to join—they have fresh ideas. Membership enhancement seems to be waning a bit, so let's see if we can spruce it up! Give us your ideas. Tell your Director your ideas. Wishing you a happy August! Have fun, fun, fun! and participate!

Larry and Pamela Clemmer
Georgia District Directors



Norman & Wendy Morton
Membership Enhancement
Coordinators



Newsletter Contest

It's time to start thinking about entering our district newsletter contest.

This can be a great way to get every chapter member involved in writing articles of interest and providing interesting pictures of chapter events.

All you have to do is send me an e-mail stating you would like to enter and what chapter you are in. I will then send you a confirmation that your entry has been received.

When you have entered the contest, one newsletter, July, August or September will be selected for judging.

The Georgia District Newsletter winner will be announced at Wind Down.

The Newsletter Award Handbook can be found at the following link. Once you are on the page, click on Chapter Newsletter Award Handbook.

<http://mep.gwrra.org/newsletteraward.html>
GWRRA Chapter Newsletter
Award Handbook

Let's have some fun
Norman & Wendy Morton
Membership Enhancement Coordinators

Durwood and Miriam have been members of GWRRA since May of 2009. They celebrated their 52nd anniversary on March 30th 2016. The couple lives at Cloudland near the Alabama and Georgia state line and enjoy riding the twisties in the area.

They have two sons, Edward and Eric, and a daughter Michelle. They are blessed with seven grandchildren and seven great grandchildren.

Durwood has been riding most of his adult life. His first motorcycle was an old Ducati that was not titled and he only rode it in the woods of North Carolina. Then he owned a 180 Yamaha, a 175 Honda, a 450 Scrambler, 550 Honda, a 750 Shadow and finally they bought their 2008 GL1800 Gold Wing in November of 2008.

Miriam is Durwood's faithful co-rider....they have logged over 115,000 miles on their beautiful black and chrome GL1800.

Durwood and Miriam are active participants in the Levels Rider Ed Pro-

Chapter L Couple of the Year



Durwood & Miriam Mills

gram. They have earned their Level IV Master Tour Rider/Co-Rider patches and are working toward achieving their Senior Master Tour Rider Patches in 2017. Both are active in Chapter L and they also enjoy visiting others chapters.

Durwood & Miriam Mills
COY 2016 Chapter L

Training Schedule Picks Up Again in August

Many great training opportunities are coming up in August and October that I encourage all to attend. On August 14, 2016 we will offer an **Advanced Leadership Skills Program** and on October 9, 2016 is **Life Skills Program**. Both programs being are offered at the Paulding County Chamber of Commerce, 455 Jimmy Campbell Parkway in Dallas, Ga. Please park and enter through the rear. Classes will begin at 9:00 a.m.. Everyone is invited to both classes and all are encouraged to attend.

If your chapter is interested in having a class or program at your location, please contact Jim Allen at 404-435-7527 or by e-mail at galtptainers@gmail.com to work out the details.

Jim and Dee Allen
Master Trainers, Georgia District Trainers



Jim & Dee Allen
Georgia District Trainers



KEEP IN YOUR PRAYERS

Cindy Allen - GA-A

Bob Olander - GA-A

Debbie Vaughn - GA-I2

The Family of JoAnn Seward - GA-C2

MINIMIZE YOUR RISKS FOR HEAT EXHAUSTION

Follow these tips to minimize your risk of developing heat exhaustion.

If you are going to exercise in hot weather, it's important to acclimatize to the heat for about a week before beginning any intense exercise. This allows your body to gradually adapt to the heat.

Hydrate well before and during exercise and replace lost electrolytes such as sodium potassium and magnesium with food or a sports drink (drink 16 to 20 oz /hour)

Avoid exercising during the hottest time of day: train closer to sunrise or sunset.

Wear light, loose clothing so sweat can evaporate.

Better yet, **invest in some clothes made with CoolMax, Drymax, Smartwool or polypropylene.** These fibers have tiny channels that wick the moisture from your skin to the outer layer of the clothing where it can evaporate more easily.



Use sunscreen to prevent sunburn, which can limit the skin's ability to cool itself. Wear a hat with a brim.

If you feel your abilities start to diminish, stop activity and seek out a cool shaded place. *Remember, it is easier to prevent heat illness than to treat it once symptoms develop.*

Do not drink alcohol or beverages with caffeine before exercise because they increase the rate of dehydration.

Even if you have no previous signs of heat injury, you can become a victim of **heat stroke**. The key difference between heat



Frank & Melinda Brothers
*Rider Educators/
Medic First Aid*

stroke and heat exhaustion is the presence of confusion and other mental status changes during heat stroke. During heat stroke, the neurological system is affected and can cause odd behavior, delusions, hallucinations, and eventually seizures or a coma.

Frank & Melinda Brothers
Rider Educators, Medic First Aid

SOUTH CAROLINA RALLY VISITED

We just got back from the South Carolina District Convention (Rally), which was held in Anderson, SC, where we had a good time. Some of the activities we participated in included a guided ride to Whitewater Falls, the highest waterfall east of the Rocky Mountains, a seminar by Alabama District Director Frank Teasley on "Prepping" for disasters. It was very informative. Thursday night's fried chicken dinner with all the trimmings from Mama Penn's Restaurant was to die for. The costume contest followed dinner and was also entertaining. Friday night was the talent show where they had comedy as well as serious acts. Several of the chapters had funny skits and there were singers who were recruited the night before. All of them

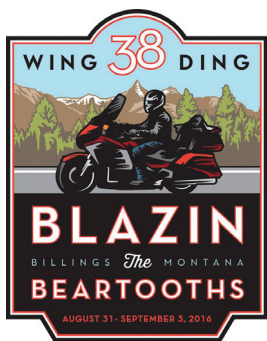
could sing quite well.

Does your chapter have a full complement of staff? Has the Chapter Director made a serious effort to fill all of the positions? Sometimes, all you have to do is ask. There are people who want to be involved, but aren't sure where they fit in. Some are not sure they even want to get involved. These are the ones who, with a little nudging, will step up and become some of the most enthusiastic and hardest working members of the chapter. Look around, who could you get to fill in that vacancy on the Team?

Vance & Fern Oakes
Assistant District Directors West/
Couple of the Year Coordinators



Vance & Fern Oakes
*Asst. District Directors West/
Couple of the Year Coordinators*



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

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 your registration form now for next years event. We're planning to have a great time and invite you to come have FUN with us!



BOOT CAMP

AUGUST 30, 2016
BILLINGS, Montana
8:30 am to 11:30 am

The **COY Boot Camp** at Wing Ding 38 is for all who are interested in learning more about the Couple of the Year Program.

It's going to be fun and informative, and it will be a wonderful opportunity for each and every Couple as they embark on their own journey to Wing Ding. Just think of the advantage of adding this exclusive training session to your COY resume! There will also be useful information provided for those who are interested in judging Couples.

Topics that will be addressed:

- COY Handbook
- How to complete your resume
- What to expect in the interview process
- Presentation advice & tips
- Recommendations & requirements for vests
- Scoring
- And a whole lot more!

Space is limited, so if you would like to reserve your spot please register by emailing your name, membership number, chapter, district and region to mep.coybc.gwrra@gmail.com. Of course, you are also welcome to join us at the Wing Ding COY Boot Camp without pre-registering.

Immediately after the class is finished, you will get to watch the actual International Couple of the Year selection!



Lynn & Lyn Edwards will give tips and advice on these topics along with a wealth of COY experience.





3rd Annual WINGERS-N-WAVES Cruise
January 22, 2017
Make Plans Today!

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**

Aug. 31-Sept 3
Wing Ding
 Billings, MT

September 10
Chapter R Summer Picnic
 Dallas Landing,
 5120 Allatoona Landing, Acworth GA

Sept. 22-24
NC District Rally
 Cherokee, NC

Oct. 13-15
Mississippi District Rally
 Gulfport MS

Nov. 5
Wind Down
 Fayetteville, GA

**HOT POTATO
IN NEW HANDS**

Chapter O currently has the Hot Potato and they are itching to get rid of it.

Chapter A will be giving the Travelers Plaque away July 30th at their Fun Day.

AUGUST 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 GA-T Eat 6:00PM Meet 7:00PM	5	6 GA-R Eat 8:30AM Meet 9:00AM GA-F-2 Eat at 12PM Meet at 1:00PM
7	8 GA-Q Eat 6:00PM Meet 7:00PM	9	10	11 GA-M Eat 6:00PM Meet 7:00PM GA-K Eat 6:30PM Meet 7:30PM	12	13 GA-D Eat 9:00AM Meet 10:00AM
14	15 GA-O Eat 6:30PM Meet 7:30PM	16	17	18 GA-D-2 Eat 6:30PM Meet 7:30PM	19	20 GA-I-2 11AM-1PM GA-J 11AM-1PM GA-A 5PM-7PM GA-C-2 5PM-7PM
21	22	23	24	25 GA-H Eat 6:00PM Meet 7:00PM GA-L Eat 6:00PM Meet 7:00PM	26	27 GA-B-2 Eat 8:00AM Meet 9:00AM GA-E-2 Eat 3:00PM Meet 4:00PM
28	29	30 COUPLE of the YEAR BOOTCAMP Aug 30 Billings, MT	31 WING DING Billings, Montana Aug 31 - Sept 3			

Chapters frequently have had changes in meeting locations and time. The District website (www.gwrra-ga.com) also posts times and locations of Chapter Gatherings. As always, call before you visit to confirm date, time and location.