



From your Director;

June 2008

**Inside This Issue**

**GWRRA Chapter P Participants;**

With all the FUN we have been having, we were not ready for the month of May to end. Not to mention the great rides and reasonable temperatures! We had some awesome rides and great times together on the road and we hope you had the opportunity to get out and do the same.

Thirteen bikes and seventeen riders enjoyed a day trip down to Llano through the back roads to enjoy the great food at Cooper's BBQ. We could of used an earlier start time cause we all were ready to eat by the time we got there. Other than from my stomach, I heard no complaints! Especially after the Chapter kicked in a gratuitous food allowance! All were very appreciative. We road scenic park road 4 around Inks Lake State Park and stopped briefly for a photo shoot overlooking the lake. It was a full day and over 400 miles for some. Way to go!

Four bikes and six riders made the ride to visit the good folks of Greenville Chapter-O2 and take part in their safety awareness day. Chapter P contributed a riders' safety vest to give away in honor of May being Motorcycle Safety Awareness Month. We did the same at the Moonlighters Chapter M's monthly gathering.

Nine of us from Chapter P made the trip to the Texas District Rally in Corpus Christie. It was great to see familiar faces from Chapters across the state and to visit with those we consider friends for fun! Dinner on the Lexington was truly a once in a lifetime event! Congratulations to the Texas District Staff for the success of the rally. We look forward to Amarillo!

Timesawastin.. so come join us for more FUN and great rides in the weeks and months ahead!

Jeff Mew  
GWRRA TX-Chapter P  
Chapter Director

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**GWRRA  
Texas  
Region H  
Chapter P  
Granbury, Texas**

**[www.wingsofgranbury.org](http://www.wingsofgranbury.org)**





## From our Ride Coordinators and Chapter Educators

For this month's education article we thought it would be a good time to discuss heat-related illnesses. For that we decided to let the experts explain the subject. Below is an article from the American Red Cross about heat-related illness.

### Heat-Related Illness—Do You Know What to Do?

Heat-related illnesses, such as heat exhaustion and heat stroke, can be problems for people enjoying outdoor activities in the hot summer months. Those most susceptible to heat-related illnesses are children, the elderly, and people working or exercising in a hot environment. A heat-related illness occurs when the body is not able to regulate and control its temperature. As the air temperature rises, your body stays cool by letting heat escape through the skin and by evaporating sweat (perspiration). On hot, humid days, the evaporation of sweat is slowed by the increased moisture in the air. When the body isn't cooled properly, your body temperature rises, and you may become ill. If left untreated, a heat-related illness can lead to serious complications, even death. However, most heat-related illnesses can be prevented.

### What are heat cramps?

Heat cramps are the least severe and often are the first signals that the body is having trouble with the heat. Heat cramps are painful muscle spasms that result from overheating. They usually occur in the legs and abdomen.

### How do I give care for heat cramps?

To care for heat cramps, have the person rest in a cool place. Give them cool water or a commercial sports drink. Usually, rest and fluids are all the person will need to recover. Lightly stretch the muscle and gently massage the area. Do not give the person salt tablets or salt water. They can make the situation worse.

### What is heat exhaustion?

Heat exhaustion is a heat-related illness that can develop after exposure to high temperatures and inadequate or unbalanced replacement of fluids. It typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating and the sweat does not evaporate as it should.

### Know the symptoms...

- Cool, moist, pale, ashen or flushed skin
- Headache
- Dizziness
- Nausea
- Weakness or exhaustion
- Heavy sweating

### What should I do if I think I have heat exhaustion?

If you think you have heat exhaustion, get out of the heat quickly. Rest in a cool, shady place and drink small amounts of cool water or other replenishing fluids. Loosen or remove clothing and apply wet cloths. Have someone call 9-1-1 or the local emergency number if your condition does not improve, you are unable to drink water or you start vomiting. If heat exhaustion is not treated it can progress to a worse condition; heat stroke.



### **What is heat stroke?**

Heat stroke is the least common, but most severe heat-related illness. It results from the total failure of the body's heat regulation system. This occurs when the body's temperature rises rapidly, the sweating system fails and the body cannot cool down. Heat stroke is a medical emergency. It can cause permanent disability or even death.

### **Know the symptoms...**

Red skin that can either be dry or moist  
Changes in consciousness  
Rapid, weak pulse  
Rapid, shallow breathing

### **What should I do if I think someone has heat stroke?**

Heat stroke is a life-threatening condition. If you think someone might have heatstroke, have someone call 9-1-1 or the local emergency number right away. Move the person to a cool, shady place. Loosen or remove any unnecessary clothing and help cool him or her down. Apply wet cloths and fan the person. If the person is conscious, give them small amounts of cool water to drink (about 4 ounces every 15 minutes). Refusing water, vomiting and changes in consciousness mean that the person's condition is getting worse. Call 9-1-1 or the local emergency number immediately, if you haven't already done so.

### **How can I prevent heat illness?**

When the heat index is high (a measurement of how hot it feels when relative humidity is combined with the effects of the air temperature), stay indoors in air-conditioned areas whenever possible. If you must go outside, take the following precautions:

- Wear lightweight, light-colored, loose-fitting clothes.
- Protect yourself from the sun by wearing a hat or using an umbrella.
- Frequently apply sunscreen with a sun protection factor (SPF) of 15 or more
- Drink plenty of water before starting an outdoor activity. Drink extra water all day. Avoid beverages that contain caffeine (such as tea, coffee and cola) or alcohol.
- Schedule vigorous outdoor activities for cooler times of the day--before 10 a.m. and after 6 p.m.
- During an outdoor activity, take frequent breaks. Drink water or other fluids every 15 to 20 minutes, even if you don't feel thirsty.
- If you have a chronic medical problem, ask your doctor about how to deal with the heat, about drinking extra fluids and about your medicines.

### **What should I do after having heat exhaustion or heatstroke?**

Do not resume activities the same day. Be especially careful not to exercise too hard, and avoid going outside in hot weather if possible. Ask your doctor to tell you when it is safe to return to your normal activities.

Thanks for your support and don't forget to carry water when you ride.

Kevin and Kerry



Congratulations to our Safety Educators Kevin & Kerry Kaldenbach for their achievement of reaching Instructor status for the Texas District.  
We **Thank You** and Appreciate your ongoing efforts!



There are currently seven LTD training programs.

- MEMBER ORIENTATION
- HORIZONS PROGRAM
- KNOWLEDGE ENHANCEMENT PROGRAM
- LIFE SKILLS
- INSTRUCTOR DEVELOPMENT PROGRAM  
AND INSTRUCTOR CERTIFICATION PROGRAM
- OFFICER MENTOR PROGRAM
- LEADERSHIP 2000 PROGRAM

Discuss your training needs with your District Trainers.

**Dale Wingrove**

**Region H Trainer**

**SONIC NIGHTS ARE BACK-4TH THURSDAY OF EACH MONTH-AT  
SONIC ON HWY 377 IN CRESSON. MEET FOR ICE CREAM AT  
7:00PM**



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## **GWRRA TX—CHAPTER 'P' OFFICERS & STAFF**

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## GWRRA UPCOMING EVENTS

Chapter L2 - Bluebonnet Festival- Nacogdoches	6/14/2008
Wing Ding	7/03/08-7/06/08
Arlington Chapter "M" The Moonlighters Fun Run	8/16/08
DFW Chapter "R" 11 <sup>th</sup> Annual Rally	9/06/08
Tyler Chapter Y2 Rally/Camp-out	9/20/08
Killeen Chapter "T" rally	10/11/08
Mississippi District rally-Biloxi	10/16-10/18/08

**Chapter T-Shirts and patches available for purchase.**

**Short sleeve t-shirts are \$15.00 each.**

**Long sleeve shirts also available for \$15.00 ea.**

**We also have Chapter Patches for \$6.00 each.**

**Contact Jeff or Theresa to get your orders in.**

**Most items are in stock.**



**This Months Birthdays and Anniversary's**

**Birthdays**

Only One Birthday This Month.

**Paul Schmidt -15th**

**Anniversary's**

**Dave & Dana Price—24th**

**Lanny & Joann Lacy—28th**

**June Calendar of Events and Planned Rides**

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
						Breakfast Ride 8am Home Depot
8	9	10	11	12	13	14
				Monthly Gathering		Breakfast Ride 8am Home Depot
15	16	17	18	19	20	21
						Breakfast Ride 8am Home Depot
22	23	24	25	26	27	28
				Sonic Night 7:00 pm		Breakfast Ride 8am Home Depot
29	30					
						Breakfast Ride 8am Home Depot

**NOTE: Scheduled Rides May be Postponed if Bad Weather is Forecast.  
Contact Jeff or Kevin if you have any questions.**



## Month in Review

The Texas District Rally in Corpus Christie known as “Wings Ahoy” was {like all things in Texas} **HUGE!**

Our group of Donna, Robert, Leon, Kevin, Kerry, Theresa, and Jeff met up with Trubon and Jerry who went down a few days earlier. Our ride down was a 7 hour direct route and we were pleased to beat the crowd to check-in. We all hooked up for dinner and FUN as we discussed our rides and plans for the weekend. We toasted Kevin and Kerry as we presented them with their Educator pins and encouraged them on their upcoming classes.

Many Chapters participated in the various competitions and we look forward to when Chapter P will participate. We did have an entry in the sailboat regatta! Visit Chapter P’s website @ [www.wingsofgranbury.org](http://www.wingsofgranbury.org) or the Tx. District website @ [www.gwrra-tx.org](http://www.gwrra-tx.org) for photo’s and results.

Dinner on the Lexington was **AWESOME!** Some 335 GoldWings staged a few blocks away and filed up the ramp to board the ships elevator which took 30 bikes at a time to the deck of the ship. We were led to the much appreciated **air conditioned** eating area for dinner and individually greeted by the Texas District Staff. Afterwards we took photos and fellowshipped with other GWRRA members in anticipation of the aerial photos. It was indeed a once in a lifetime experience and we **Thank all** of those who were involved with its success.

Keep your eye on the calendar and try to visit a rally or event this summer!

