

May 2009

# WINGS OF GRANBURY



**GWRRA TX-P meets the 2nd Thursday of each month @ 7:00pm at the Spring Creek BBQ  
Granbury, Texas  
From the Chapter Director**

*Enthusiasm* is running high at GWRRA TX-P for the much anticipated Texas District Rally.

Discussions on how to get there, how long it will take, and what to do once they get there, have been on the minds of many looking forward to the trip. Just getting there presents many opportunities to discover great Texas back roads and travel thru new towns and communities. Please respect their speed limits!

*How long* it will take to get there depends on many factors. From how much time you have to get there, where you want to stop, what you want to see along the way, the unpredictable Texas weather, and how long your butt can take the comfort of your seat? So get your bike, and yourself travel ready! And don't forget to pack the Monkey Butt!

*How to get there?* Establish a route that suits your riding style and comfort level. After all, if you're not comfortable, you are in for a long day. Plan your fuel stops and don't try to stretch it too far! Know your fuel limit!

*What to do?* You choose! Checkout the rally schedule and join your *friends for the fun* and fellowship.

Most of all have fun and ride safe! Don't forget to bring your current GWRRA membership card!

Keep in shiny and under your hiney!

**Jeff Mew  
Chapter Director  
GWRRA TX-P**

**Chapter Director**



**Jeff & Theresa Mew**

### Inside This Issue

From the Director-----1  
 Upcoming Events-----2  
 District Staff -----3  
 Chapter P Staff-----3  
 Educator and Editor-----4-5-6  
 Pictures-----7  
 Featured Couple-----8  
 Educational Workshop ----- 9  
 Brownwood Rally-----10  
 WindDing-----11  
 Texas District Rally in Amarillo-----12  
 Birthdays & Recipe-----13  
 Sponsors-----14-15  
 Calendar-----16



**Chapter Treasurer**



**Robert & Donna Adair**

**Assistant Chapter Director**



**Gary & Nancy Murphy**

### Upcoming Events

**May 2 - Education Workshop - Copple, TX**



**May 7 - Chapter M visit in Arlington, TX**



**May 14- 16/09 – Texas Dist. Rally – Amarillo**



**July 2-5 – Wing Ding – Tulsa Oklahoma**



**Scrabble Word Game** This progressive style word game can be played by attending Chapter Gatherings, Sonic Socials, and other GWRRA events. Collect letters at specified when the letters are gone. Good Luck!



Title	Name	Phone
<b>District Director</b>	<b>Ken &amp; Barbie Peterson</b>	<b>817-791-6685</b>
<b>Assistant District Director</b>	<b>Fred &amp; Mandy Mew</b>	<b>817-707-3568</b>
<b>District Treasurer/Newsletter</b>	<b>Pamela Meyer</b>	<b>281-578-8371</b>
<b>District Educator</b>	<b>Michael &amp; Suzanne Elrod</b>	<b>832-746-0643</b>
<b>Assistant District Educator</b>	<b>Collen Campbell</b>	<b>281-839-0176</b>
<b>District Trainer</b>	<b>Lynn &amp; Mark Heene</b>	<b>512-2884152</b>
<b>Med - Activities Coordinator</b>	<b>Carolyn Barton</b>	<b>254-578-2253</b>
<b>MED-COY Coordinators</b>	<b>John &amp; Lena Bryant</b>	<b>817-741-5216</b>
<b>Couple of the Year 2008</b>	<b>Don &amp; Linda Holley</b>	<b>940-390-0873</b>
<b>Vendor Coordinators</b>	<b>Jim &amp; Ruby Seale</b>	<b>903-856-5153</b>
<b>MFA Coordinator</b>	<b>Larry Colson</b>	<b>903-777-2202</b>
<b>Chapter Director</b>	<b>Jeff and Theresa Mew</b>	<b><a href="mailto:jmew03@sbcglobal.net">jmew03@sbcglobal.net</a></b>
<b>Asst. Chapter Director</b>	<b>Gary and Nancy Murphy</b>	<b><a href="mailto:murphy2yorkie@msn.com">murphy2yorkie@msn.com</a></b>
<b>Chapter Treasurer</b>	<b>Donna Adair</b>	<b><a href="mailto:vstartclassic@yahoo.com">vstartclassic@yahoo.com</a></b>
<b>Newsletter Editors</b>	<b>Ron and Mary Johnson</b>	<b><a href="mailto:rjohnson1798@yahoo.com">rjohnson1798@yahoo.com</a></b>
<b>Webmaster</b>	<b>N B D Production/Brian Neil</b>	
<b>Chapter Educator</b>	<b>Kevin and Kerry Kaldenbach</b>	<b><a href="mailto:wingers@kaldenbach.us">wingers@kaldenbach.us</a></b>
<b>Couple of the Year</b>	<b>Paul and Joyce Lustenhouwer</b>	<b><a href="mailto:woodbarn@woodstream.net">woodbarn@woodstream.net</a></b>
<b>Ride Coordinators</b>	<b>Paul and Joyce Lustenhouwer</b>	<b><a href="mailto:woodbarn@woodstream.net">woodbarn@woodstream.net</a></b>

## Chapter Educator Ride Coordinators



**Kevin and Kerry Kaldenbach**

Summer is creeping up on us so we felt it was time to review heat related issues. We found this article written by Carol A. Rice, Ph.D., R.N., Professor and Extension Specialist, Texas AgriLife Extension Service, Texas A&M System

## Avoiding and Treating Heat-Related Problems

### Types of Heat-Related Problems

- **Heat Cramps** – symptoms include painful cramping and spasms of legs, arms and/or abdominal (stomach) muscles.
- **Heat Exhaustion** – symptoms include feeling tired, weak, and dizzy; headache, nausea and possible vomiting. Heavy perspiration; skin feels moist.
- **Heat Stroke** – symptoms include feeling tired, weak and dizzy. Skin feels hot and dry, even under armpits; appears red and flushed. May become delirious and unconscious. This is a life threatening situation! Call 911.

### Reducing Your Risks

#### 1. Drink lots of cool water

Drink lots of cool water, even more than you think you need, when the weather is hot and humid. (High humidity makes heat injuries more likely because perspiration does not evaporate from the skin as quickly; this causes the body to cool down more slowly.) Water is best; fruit and vegetable juices are good, too. Drink at least a gallon of liquid a day (about 16 glasses) when the outside temperature is above 90 degrees and you are not in air-conditioned surroundings. This will mean drinking 1 1/2 times as much liquid as your thirst signals you to drink.

Overweight people need even more water during summer than average weight people.

Do not drink beer or other alcoholic beverages, coffee, tea or other drinks containing caffeine because they cause you to lose fluid.

#### 2. Maintain normal salt intake

Maintain normal salt intake in your diet (1 1/2 teaspoons or less per day). If you have heart disease or high blood pressure, ask your doctor about your salt intake.

#### 3. Wear light-colored clothes

Wear light-colored clothes that are loosely woven and absorbent. Cotton is best; it absorbs 40 percent of its weight in moisture. Most synthetic (manmade) materials trap body heat and are not absorbent. Wear a hat to shade your head.

#### 4. Avoid outside activities during the heat of the day

If you are required to work outside, take frequent breaks and drinks of cool water. Do not run or do other types of energetic exercise during the heat of the day. Get wet, wear wet clothing, or bathe/shower as often as possible without drying yourself—this gives your body cooling system a boost.

#### 5. If there is no air conditioning:

- Use a fan.

- Open windows wide to create as much cross ventilation as possible.
- If your apartment or home is shaded from the sun at certain times of the day, the windows should be open on that side, and the drapes/shades should be closed on the sunny side of your home or apartment.
- Avoid cooking.
- Go to a cool place, if possible, like the library, the senior center, the theater, or the shopping center during the heat of the day.
- Take frequent, cool baths or showers.

#### 6. Older people are more sensitive to heat

Realize that older people are more sensitive to heat and may easily suffer heat-related sickness. Also, anyone with diabetes, heart disease, arteriosclerosis, high blood pressure, or Parkinson's Disease is more sensitive to the effects of heat.

#### Reducing Your Risks During Physical Activity

To physically perform your best in hot weather, you must have an unlimited amount of water available to drink. You should:

- Drink two 8-ounce glasses of water, juice, or a sports drink 2 hours before physical activity (8 ounces equals one full measuring cup of fluid).
- Drink 4 to 8 ounces (1/2 to 1 full measuring cup of fluid) or more of water or a sports drink 5 to 10 minutes before physical activity.
- Drink 8 to 10 ounces of fluid, or as much as you can tolerate, every 15 to 20 minutes during physical activity.
- Avoid drinks with caffeine—they may cause muscle cramping.
- Eat plenty of fruits and vegetables to maintain adequate amounts of sodium, calcium and potassium.
- Avoid taking salt tablets—most foods provide enough sodium.

#### Treating Heat-Related Problems

##### Heat Cramps

Rest in a cool, shaded place.

Drink cool water slowly (4 ounces which is equal to 1/2 cup of fluid, every 15 minutes)

Stretch the muscle lightly.

Massage the area gently.

##### Heat Exhaustion

Rest in a cool, shaded place.

Lie down with feet raised 8 to 12 inches.

Loosen all clothing.

Drink cool water (4 ounces, which is equal to 1/2 cup of fluid, every 15 minutes).

Place cool, wet clothes on forehead and body.

##### Heat Stroke

Remove clothing.

Sponge with cool water.

Fan with a towel or cloth.

Call an ambulance and transport the person to the nearest emergency room immediately. This is a life-threatening emergency.

If you can't make the Texas District Rally (excusable with a Doctors note) let me remind you of the **Johnson County Salvation Army Food Bank Ride** on May 16<sup>th</sup>. This is a great cause and promises a great local ride including free breakfast, drinks, hot dogs, and door prizes. Cost is \$10.00 plus a can good. Register at **Honda West** at 1731 N. Main Cleburne from 8-9 am. Find out more at [www.johnsoncountyevents.com](http://www.johnsoncountyevents.com)



**Ron & Mary Johnson**



**Ride Coordinators  
Paul & Joyce Lustenhouwer**

I was at Honda West the other day to get information about synthetic oils. The man at the desk cleared up some misconceptions I had with the oil. I was told when I first purchased my GW, back in 2004, that my GW could not use the synthetics because it was to slick and would make my clutch slip. The next service representative, I talked with, at Honda told me the synthetics are great for GoldWings, BUT do not go to the synthetics until you have at least 7500 miles on the machine. He stated this gives the motor enough time for all parts to break in together. I told him that I used Mobil 1 in my car and truck, and he stated that Mobil 1 is about the only one that he knew of that can be used in motorcycles and cars. He said most Honda dealers suggest changing oil at 3000 miles but using the synthetics you can go until about 4000 miles. I took my treasured GW to Honda West to have a few things replaced and I received yet another perspective on sythetic oils. The service man I spoke with this time stated he would not used synthetics in the GW because the oil does lubricate the transmission, clutch and motor, and he preferred the Honda oil as opposed to any other. So what do you do? Ask around to your friends that ride GW's and get several opinions and make an educated guess. I've talked with at least 5 Honda people that are supposed to know and all I've gotton its five different views on the sythetic oil. You be the judge. I have been told by a few folks that once you make the change from fossil oils to sythetics you cannot change back, but here again I'm not sure. I'm not making an argument for or against the sythetics but you do have to do a little homework on this subject.

**There will be an informal meeting on May 14th to be hosted by Gary and Nancy Murphy at Spring Creek BBQ in Granbury.**

Sonic Night Socials are back! Join us on the 4<sup>th</sup> Thursday of every month in Cresson @ 6:45pm. Pick up your next scrabble game piece.





Chapter M Director and Assistants at April gathering



Fun time had by all.



Saturday morning ride. A bit chilly and only 4 bikes showed up.



Brian Neal Chapter P webmaster



Chapter R visited our monthly meeting



Sonic Night (notice Paul's trailer made out of wood)

## Featured Couple of the Month



### Lanny and JoAnn Lacy

This very nice Chapter P couple hail from Granbury, TX. Their M/C of choice is a 1998 Black 1200 GoldWing w/ lots of chrome and black. Lanny and JoAnn described their selves as a boring couple, but I found them to be very interesting and not boring at all. They have been married for 7 years and have siblings from those unions. Both are retired, JoAnn from Chevron and Lanny from Merchants Freight Lines. JoAnn wanted to add that she is a "proud Daughter of the Confederacy". Thank You JoAnn and Lanny for making Chapter P your M/C home.



**Thank you** of Cresson for your hospitality and providing GWRRA TX-P with cooling refreshment and great service! We appreciate you!

**Thank you** to all who have contributed to the Couples Basket Fund raiser for the Texas District Rally.



**Thank you** for providing us the room for our monthly Chapter gathering.

**Thank you** Sponsors for your continued support of GWRRA TX-P,

**Thanks** to all the chapter participants for their continued monthly support!

## EDUCATIONAL WORKSHOP

We urge you to attend an education workshop to enhance your riding skills and enhance your GWRRA membership.

**When:** Saturday, May 2, 2009

**Where:** Coppell Library

William T. Cozby Public Library

177 N Hartz Rd.

P.O. Box 9478

Coppell, TX 75019

**Starting:** 10:00AM

**Course Price:** FREE

**Lunch:** 30 min – Many places to choose from

**What:** There will be 2 courses offered:

Road Captains Course – Presented by Fred Mew, Texas District ACD

Horizon New member Orientation – Presented by Greg & Cassima Dean

**RSVP** – Cassima Dean at [cassimadean@yahoo.com](mailto:cassimadean@yahoo.com) no later than Tuesday afternoon, April 28, 2009

If you would like patches please let Cassima Know in your RSVP email

**Question:** Call Cassima Dean at 214-549-0476

### Schedule:

Horizon Class: 10:10 – 11:30

Lunch 11:30 – 12:00 (Please be return on-time.)

Road Captains Course: 12:10 - 2:00

**Special Guests** – Mark & Lynn Heene - Texas District Trainers

**Join us for visit to Chapter M on May 7<sup>th</sup>. Meeting starts at 7:00 at Spring Creek BBQ-Hwy 287 and Debbie Lane in Arlington**



*Not a good hair day!*

Seven riders and five co-riders challenged the gusty crosswinds for the 95 mile direct ride to the GWRRA TX-02 rally in Brownwood . We all successfully utilized our U-TURN skills just prior to our destination. *Sorry gang! But great job!*

Hey Kevin, perhaps Synchronized U Turns should be considered as part of group riding education?

Participating in the rally were Paul and Joyce, Gary and Nancy, Paul and Rhonda , Leon , Hal, Gary and Rhonda, and Jeff and Theresa. Austin 's Chapter "O" edged out Chapter "M" by a few participants as the largest Chapter members to attend. Thank you Chapter "P" participants for our proud showing and Thanks to TX-"02" for your terrific Texas hospitality, it was fun!



**Brownwood, Tx M/C parking**



**Nancy, Gary, Rhonda, Gary, Paul and Leon**

If you can't make the Texas District Rally (excusable with a Doctors note) let me remind you of the **Johnson County Salvation Army Food Bank Ride** on May 16<sup>th</sup>. This is a great cause and promises a great local ride including free breakfast, drinks, hot dogs, and door prizes. Cost is \$10.00 plus a can good. Register at **Honda West** at 1731 N. Main Cleburne from 8-9 am. Find out more at [www.johnsoncountyevents.com](http://www.johnsoncountyevents.com)

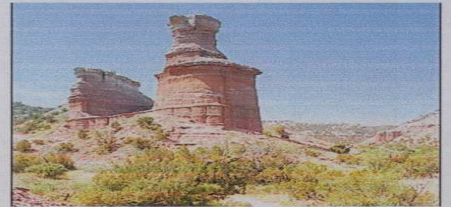


## Wing Ding Tulsa Oklahoma July 2 - 5 2009

What should a person do first, if they have never been to a Wing Ding?

- Preregister with Home Office (Purchase tickets, Rider Ed courses, T-shirts, etc.)
- Choose/book hotel
- See if others from your Chapter are going
- Read Program (July Issue of Wing World)
  - Decide what seminars are of most interest to you (before you arrive)
  - Decide if you want Rider Ed. courses/classes & get registered (before you arrive)
  - Make a plan for each day
    - See the area
    - Take Poker Run(s)
    - Take ERC (for example)
    - Day for shopping trade show
    - Entertainment, which nights (Talent Show, 4th of July Fireworks, Welcome Party, etc.)
- Travel to Wing Ding (Enjoy the ride)
- Couple of the Year selection (Day before)
- Talent Show & Pre-Entertainment Event (Night before)
- Eat a good breakfast before going to the facility
- Pick up registration packet & T-shirts, if ordered
- Attend Opening Ceremonies
- Visit GWRRA Information Booth (Wing Ding information)
- Visit CVB Booth (Local information)
- Visit trade show
- Follow plan
- Register for next year's Wing Ding
- Attend Closing Ceremonies
- Ride home safely

**SPECIAL EVENT  
TEXAS DISTRICT RALLY  
FRIDAY EVENING, MAY 15, 2009**



Welcome to the "Grand Canyon of Texas"

Located about 30 minutes south of Amarillo lies the stunning grandeur of Palo Duro Canyon, a 60 mile - long and 800-foot-deep canyon carved out of the Texas High Plains. Visitors to the 16,402-acre Palo Duro Canyon State Park are treated to towering cliffs layered with bands of red, yellow, purple and white. Patches of juniper, mesquite, sunflower and prickly pear cacti adorn the canyon slopes, while red clay and veins of white gypsum blanket the ground.

Sixteen miles of scenic drives wind through the canyon, crossing the Prairie Dog Town Fork of the Red River at six locations. The Red River, although small in appearance is responsible for forming the impressive canyon.



**The Special Event Fee includes -**

- Entry into the Texas State Park
- Dinner - Served in the Canyon by the "Big Texan" Steak House of Amarillo
- Special 20 minute preview of the musical drama "Texas"
- **This is a private dinner and presentation for the Texas District Rally attendees.**
- Please note that there is NOT a limited number for dinner like last year. However, you need to PRE-REGISTER in order to secure dinner tickets. Pre-Registration will be closed Apr 27, 2009



**Birthday****Lanny Lacy - 18****Anniversary****Gary and Nancy Murphy - 1****Recipe from Nancy (Assistant Chapter Director)****STRAWBERRY YOGURT CAKE**

1 PKG. WHITE CAKE MIX(LITE)

3/4 C WATER

1/3 C VEG.OIL

3 EGG WHITES

3- 6 OZ STRAWBERRY YOGURT

1-SM.COOLWHIP LITE

RED FOOD COLOR IF DESIRED

HEAT OVEN TO 350 GREASE&FLOUR RECTANGULAR PAN

BEAT CAKE MIX,WATER OIL,EGG WHITES,& 2 CONTAINERS OF YOGURT

IN BOWL ON LOW 30 SEC. BEAT ON MED SPEED 2 MIN.

POUR INTO PAN & BAKE 35 TO 40 MIN. OR TIL DONE.

COOL. FOLD 1 YOGURT 1OR 2 DROPS OF COLORING INTO

COOL WHIP. SPREAD OVER CAKE. GARNISH WITH STRAWBERRYS

& REFRIDGATE. GOOD & LOW FAT!!! NANCY MURPHY

# **Honda** **West** *Cleburne*

1731 N. Main St. (Hwy 174)

Cleburne, Texas 76033

**Toll Free @ 1-877-645-6444**

**Tue - Fri 9 am - 6 pm**

**Sat 9 am - 4 pm**

## **Sales, Service & Parts**

Johnson County's only authorized Honda Motorcycle & ATV Dealer.



 **HONDA**

**PERFORMANCE FIRST™**

**1731 N. Main (Hwy 174) – Cleburne, TX 76033**



**CODY**  
**TRADING POST**  
*Bikers Leather and Accessories*  
Hwy. 281 N. - Hico, Tx. 76457  
Shop Mon - Sat from 10-5, Sun from 1-4  
VISA - MC - AmericanExpress - Discover

254-796-2806 E-mail [codytradingpost@embarqmail.com](mailto:codytradingpost@embarqmail.com)  
Fax 254-796-1986 Website [www.codytradingpost.com](http://www.codytradingpost.com)

**MOBILE** Rodney Leach  
**RV Service**



817-320-3012

**PLANTATION INN**  
**ON LAKE GRANBURY**  
**817-573-8846**  
Reservations 1-800-422-2402



**1451 E PEARL ST**




**Texas Hotel & Motel Association**  
American Owned & Operated  
<http://www.hcnews.com/~planinn>

King Singles • Queen Doubles & Suites  
DSL & High Speed Internet • Lobby Computer Available  
Free Continental Breakfast • Refrigerators & Microwaves  
25" Remote Control TV's / Satellite • Meeting & Conference Rooms  
Swimming Pool • Non-Smoking Rooms

**CYCLE DAVE'S**  
2710 N. Main  Mansfield, TX

**Touring Specialties**



(800) 256-7614 Metro (817) 572-0381 (817) 478-8870

All major credit cards accepted  
OVER 20 YRS IN SAME LOCATION Closed Sun-Mon  
Hrs. Tues-Fri. 9 am-6 pm Sat. 9am-4pm Free Donuts/Coffee Saturday morning  
**TMRA & GWRRA DISCOUNTS**  
SPECIALIZING IN GOLDWING AND CRUISER ACCESSORIES  
**SERVICE ACCESSORIES SALES**  
SUPPORT THE SHOP THAT SUPPORTS YOUR SPORT  
"We Are Different"  
<http://www.touringspecialties.com>





**D.F.T. AND ROADSMITH**  
**INDEPENDENT SUSPENSION TRIKE CONVERSIONS**




**CHARLIE & LINDA SHELDON**  
2002 C ROOSEVELT DRIVE  
PANTEGO, TX 76013

888 798-6378  
817 975-0661  
[CMSHELDON@TX.RR.COM](mailto:CMSHELDON@TX.RR.COM)  
[WWW.SOUTHWESTTOURING.COM](http://WWW.SOUTHWESTTOURING.COM)



16  
**May 2009**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 1 Gary & Nancy Murphy  Glenn Ford 1916	Saturday 2 Workshop Coppie, TX 
3	4	5 Tammy Wynette 1942 	6	7 Chapter M visit 	8	9
10	11	12 Yogi Berra 1925 	13	14 Texas District Rally at Amarillo, TX 	15 Texas District Rally at Amarillo, TX 	16 Texas District Rally at Amarillo, TX 
17	18 Lanny Lacy  Perry Como 1912	19	20	21	22	23
24	25	26	27	28  Sonic Night Cresson, Tx	29	30
31						

Chapter P monthly meeting at Spring Creek BBQ in Granbury hosted by Gary and Nancy Murphy on May 14, 2009

