



**FROM YOUR CHAPTER DIRECTORS**  
**Steve and Faye Alexander**



**Steve and Faye**

Hey guys,

June was not only busy, but hot!!! We hope you are taking all the precautions to stay cool and hydrated when you ride. At our June meeting, Rick and Susan Staggs agreed to become your Motorcycle Awareness Coordinators for Chapter D. Be sure and thank them next time you see them.

On our first Burger and Ice Cream run to

the Cream Machine in Bastrop, we had 13 people and on June 11th, Steve and I went down to Madisonville to Chapter F's "Meet your Neighbor Picnic". Jim and Reba were also there. The watermelon was sooo good after the games. Thanks to Amy and Allen Strain for all their hard work putting this event on. On the same weekend, Bo and Phyllis Pepper traveled over to Flowood, Ms. to take the OCP training and they are now certified. Congrats to both of them.

On Saturday, June 18th, 15 bikes and trikes ventured over to McComb, Ms. to the Dinner Bell to eat. We had 25 people and the food was excellent. We will go again, but maybe in much cooler weather!! We had 33 people meet at the Sonic in Farmerville for the 2nd Burger and

Ice Cream run, so check your calendars for July's Ice Cream Runs. Just trying to beat the heat.

At the time of this article, we will be in Knoxville at Wing Ding and the International Couple of the Year Selection. We really appreciate all the support that Chapter D has given us in all the couple selections and so big HUGS all around to our extended family. We love you guys.

Faye and Steve

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Chapter gatherings held the 1st Thursday of each month at:

**The Piccadilly Cafeteria\*\***

2203 Louisville Ave. Monroe, Louisiana

6:00 to eat, 7:00 to meet

[www.nelawings.org](http://www.nelawings.org)

**\*\*Except Dec: WM Recreation Center, No. 7th St WM.**

## District Directors - Beverly and Merlin Mayon

Hello Louisiana Members,

Well, May began with a bang; our visit to Chapter M's Mud-bug Convention, and boy the crawfish were good! We also brought home a few door prizes too. That afternoon when we got home, our neighborhood was all in an uproar, trucks, trailers, and tractors up and down the road, neighbors filling sandbags and sandbagging their homes. What had we missed being gone Friday & Saturday???. It was the announcement by the Army Corps of Engineers that they would open the Morganza Spillways flood gates.



So the parish furnished the sand, bags, hoppers and some inmates. If you wanted the parish jail trustees to fill the bags, you got in line, no less than 20 vehicles and trailers at any one time, or you could back up to anyone of 2 large sand piles and fill your own. So that night when the crowds became reasonable, we filled our own bags.

So for the next several days, we shuffled our bikes, trailers, boats, freezers and RV to Bev's dad's house in Bayou Vista with the help of Brent and Roxie. Again, we can't thank you guys enough for your help.

To make a long story short, with the absence of rain (we are actually in a drought), and the sinking of a barge at the mouth of an Atchafalaya River tributary, we got no water; it all stayed within the levee system. What an experience.

Anyhow during all this, we were unable to attend the Texas District Convention, but were able to attend Arkansas'. We had a very enjoyable time also. I volunteered to be a participant in the dunk tank to raise money for the tornado victims in Oklahoma. Members from Louisiana were really good at throwing those softballs.

Brenda Roussel and Bev won first place in the Scavenger Hunt the first day. They each received a \$25 gift card from Wal-Mart.

We then traveled to Mobile to meet Chapter H & A at the Greyhound Park for the races. We had supper and a very good time was had by all.

The following weekend we traveled to Madisonville to Chapter "F" Meet Your Neighbor Picnic. We played some games, ate our picnic lunches, won door prizes and then ate some

*(Continued from page 2)*

good watermelons. This was a nice down to earth get together with several Chapters in attendance.

We are asking members who will be attending Wing Ding and would like to volunteer to assist with the Bike Show on Thursday to send us your name and what time you could be available. Region H has the responsibility of the Bike Show this year instead of the Goodie Booth. It will be Thursday, from 8:00am to 4:00pm. You don't have to be a certified classifier or judge. We just need people to stage the bikes and run paperwork back and forth to judges, etc. So let us know if you want to be a part of this responsibility. The show will be indoors.

Also, we would like to invite all Louisiana members to join our Mardi Gras parade through the indoor vendors on opening day. Just bring some labeled beads (with the date of our next Convention: April 12, 13, & 14, 2012) and a mask is all you need. We will let our presence be known. It will be opening day, Wednesday, around 1:00. We will meet in the vendor area.

Also, we will be at the Couple Selection on Tuesday evening with noisemakers to support Steve & Faye Alexander, in the International Couple of the Year Selection. So if you are in the neighborhood, come support them on their quest.

Beverly and I will be leaving for Wing Ding on Sunday July 3<sup>rd</sup>.

See you all soon.

Your Friends for Fun, Safety & Knowledge

Merlin & Beverly Mayon

Louisiana District Directors

P. O. Box 3527

Morgan City, LA 70381 H/985-384-2673 C/985-519-1524

**Wing Ding 33**  
**"Rollin on Rocky Top"**  
**July 6 - 9, 2011**  
<http://www.wing-ding.org/>



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## Quick Calendar

**Wing Ding - 7/6-7/9 Knoxville, TN**

**Natchitoches/NSU Folk Festival - 7/15-16**

**LA Watermelon Festival - Farmerville 7/28-30**

**KS District Rally - 8/26-27**

**Chapter E Pig Roast Rally - 9/24 Alexandria**

**Trikes and Bikes Rally - 9/30-10/2 Bowling  
Green, KY**

**OK District Rally - 10/7-9 Muskogee, OK**

**MS District Rally - 10/13-15 Tupelo, MS**

**Check out the District  
Webpage for events going on  
throughout the state.**

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Marshall, Texas 75670

## Chapter "D" Leadership Team

**Chapter Directors**

**Steve and Faye Alexander**

fayealex@comcast.net

**Assistant Chapter Directors**

**Bo and Phyllis Pepper**

**Chapter Educator**

**Allen Verdick**

a.verdick@yahoo.com

**Chapter Motorist Awareness  
Coordinators**

**Rick and Susan Stagg**

**Treasurer**

**Dale Bishop**

Snyderbishop@wildblue.net

**Newsletter Editor**

**Jim and Reba Berry**

jim@herc.net

**Photographer**

**Sandy Hudson**

cajunwinger@comcast.net

**Membership Enhancement Coord.**

**Missi Verdick**

m.verdick@yahoo.com

**Chapter Couple**

**Ron and Paulette Eubanks**

**Burger and Cream run #2  
Farmerville Sonic**



# At the June gathering:



June birthdays

Mike, Dale, Jere and Paulette



June anniversaries

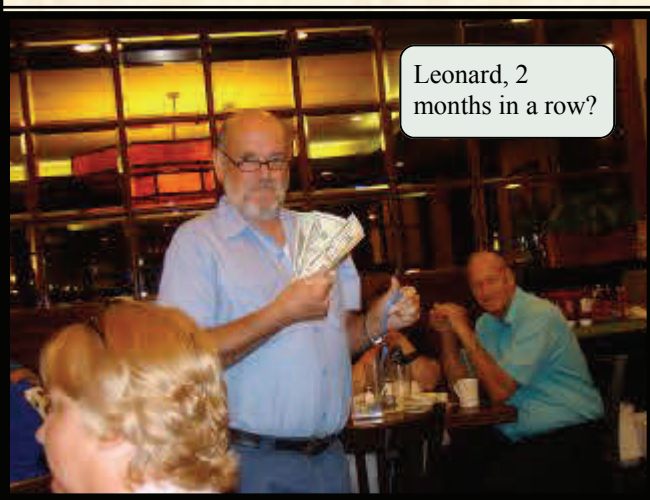
Susan and Jim, Maurine and Jere



What is Faye checking out?



Ronnie won \$89 in green ball.



Leonard, 2 months in a row?



Mike wins \$55!

## Chapter Educators - Allen and Missi Verdick

### Riding in Hot Weather

As we get ready for our summer trips I thought we would talk about riding in hot weather, or as Jim calls it, riding in heat! I found this article online from a site called Old Guy's Motorcycle Adventures & Misadventures; since it applies to a lot of us I didn't edit much of it.

Whether you describe "Hot Weather" as 80 degrees or 110 degrees, if you are riding for several hours in heated temperatures, the main thing to prevent is also the most obvious: **DEHYDRATION**. Dehydration is excessive loss of water from the body.

Motorcyclists should not think too lightly of this malady. **Dehydration can lead to a range of "bad" to "very bad" things that are listed below.** As a rider, you may be surprised at how fast dehydration can affect you on the road, especially since there are a surprising amount of motorcyclists (and non motorcyclists) who live their non-riding lives in a near-hydrated condition anyway. (Although I'm sure that does NOT include YOU!!)

What's the easiest way to tell if you are dehydrated? If you're thirsty?

Well...OK...that's true: you should definitely drink water when you are thirsty. But there are riders who are so used to ignoring their body's thirst signals that there's another way: **check the color of your urine. A DARK yellow color indicates you are dehydrated**, which means you are well past the point of not drinking enough water.

That may not sound too revelatory, but here are some of the hazards and symptoms that can impact any dehydrated rider anywhere in the world:

- **Heat Cramps:** If you feel cramps in your legs or abdomen, you need water. In fact, you've passed the point you need water. And things are going to get worse until you get some of that H<sub>2</sub>O.
- **Heat Exhaustion:** If you kept on riding in spite of the cramps, or even if you didn't experience cramps, but are riding beyond your body's normal need for water, you are now motoring into the realm of becoming a prime candidate for heat exhaustion. Some of the symptoms that you may expect include lots of sweating, headaches, nausea, dizziness, weakness, tiredness and even fainting spells. Obviously these are the kind of symptoms that can badly affect your motorcycle control and reaction time to routine threats to motorcycle survival. So, "Heat Exhaustion" means "bad" news for bikers. **Heatstroke (also known as sunstroke):** To put things in proper perspective, **heatstroke is a medical emergency and the person should be taken to a hospital.** This is well beyond the stage of feeling uncomfortable simply because it's hot out. Signs to watch for include rapid heartbeat; rapid breathing; confusion or incoherence; blanking out; hot, red, dry skin; elevated body temperature; and even hostility (more so than normal for any of your easily aggravated companions). Note that the rider has now passed the sweating stage. The dehydration is so advanced that there is not enough water in the body to perspire (which is the normal way the body cools itself).

A rider experiencing heatstroke might even appear to be intoxicated. As heatstroke continues to advance, the face may change colors, moving from red to a pale or bluish tint. Unfortunately, if heatstroke is this far advanced, things can still get worse, including the failing of body organs accompanied by unconsciousness and coma, and in rare circumstances, death. In short, you don't want to come near the possibility of experiencing heatstroke.

It's worth re-stating that **you don't want to get yourself anywhere near the point of heatstroke.**

However, if a rider you know does get heatstroke, you need to **help them fast**, no matter what objections they may offer: **Their body temperature must be lowered immediately.** Begin by getting the rider out of the sun, and ideally into some air-conditioned area. Their clothing should be loosened and/or removed to allow more ventilation. Even better would be to get the rider into some cool water, such as a bath, or even a lake or river if such is possible.

OK, now let's look at what you can do to enhance your safe travels through hot weather. Let's start out with the most obvious:

**Drink lots of "water."** WATER is emphasized since refreshments like soda, coffee (or any caffeinated drink) or alcoholic drinks can actually contribute to dehydration, instead of helping to alleviate it.

**Insulate your skin from the heat.** It may seem counter-intuitive to wear protective clothing on a hot day, but you **NEED** to cover your exposed skin. Think of the desert nomads that spend their whole lives traveling in the desert with their camels: They **ALL** wear garments that cover their entire body and head. In real simple terms, **exposed skin on a hot day is not only subject to sunburn, but bare skin soaks up MORE heat from the sun.** If the outside temperature is higher than your normal body temperature (36.8°C or 98.2°F), and if your bare skin is exposed to the heat, your body temperature has nowhere to go but up. On the other hand, if your skin is covered, you are insulating yourself from the heat. It may "feel" good (particularly on shorter rides) to take your jacket off on hot days, but it is pushing your body into the range of dehydration symptoms even faster. (Of course, riding without proper motorcycle gear on a hot day could also result in considerably more severe circumstances should you take a tumble on searing asphalt with bare skin or without a helmet).

If you are motorcycle touring and you know the temperature is going to be uncomfortably warm for you in the direction you are heading, then **don't ride in the hottest part of the day.** Hit the road before the sun rises, get several hours of riding under your belt, and then get to a hotel or make camp before the heat becomes unfriendly. Additionally, if you are one of those folks who is not an early riser, then hit the road in the late afternoon, and ride through sunset and into the evening.

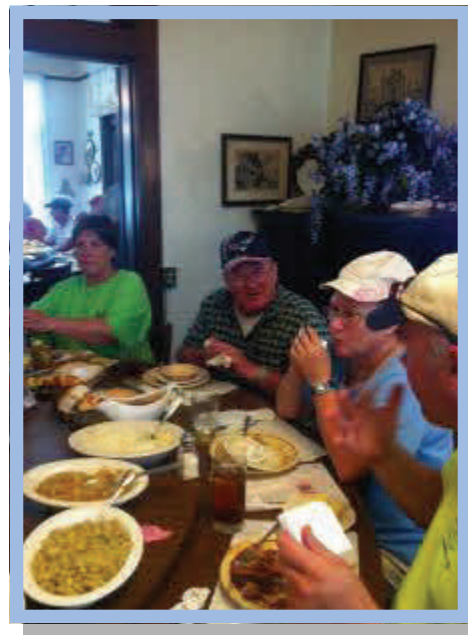
Perhaps the simplest tactic is to take regular breaks and **get into some shade** (while drinking plenty of water!)

Remember to always think safety first, especially in extreme weather. The summer heat can do strange things so let's keep hydrated. Remember, in the end, you are responsible for your own safety! So be careful and enjoy your ride.

Allen Verdick  
Chapter Educator  
GWRRA, LA D



# The Dinner Bell, McComb, MS



# Monthly Tech Tip



## Microsoft Updates For Your Computer

Updates from Microsoft for your computer are necessary to keep your computer in good shape. Is it safe to do this and why do I have to keep doing this every month?

Yes, it is safe to accept these updates. First, let me assure you that **NO** personal information is collected from your computer. There is a file that keeps a record of what updates are on your computer. If the update is already installed, then that update is not sent to you again.

Yes you should keep installing these updates every month and here is why. Microsoft is keeping your computer's security updated and trying to keep your computer from being attacked. Microsoft is also fixing problems that may have come up with their software, for example updates with their Office suites.

Microsoft also updates some of their programs like Internet Explorer. You may have noticed that there is a new version of Internet Explorer (IE). The latest version is 9. The look has changed and the placement of some icons have also changed. Yes, I know we all hate change but, in this case change is good. IE9 also runs faster with getting your web pages. It also has more security built in and the location of the message bar has moved from the top to the bottom. All in all I suggest that if you are asked to install IE 9, do so. Down the road you will have to install it anyway.

One last thing, in IE 8, there was a Favorite Bar across the top that you could add frequently used websites without opening all or your Favorites. In IE 9 it is still there, it is just not turned on for you. To turn this on, follow these instructions.

At the top of the screen in IE, you will see File, Edit, View, Favorites, Tools and Help. Left click on View to open the drop down menu. Then move your mouse to Toolbars and another Menu will show up. Click the Favorites bar and the bar will be back across the top of your screen.

We hope this info was helpful and as always, if you have any questions please get in touch with us.

Fritz & Johnette Beter

## Region H Couple

*Wow, round and round we go, where we stop, nobody knows! We could write a book. We spent a week in Arkansas for their convention and loved it. We had so much fun riding their roads. We always love to go back. The Convention was great, lots of fun for everyone, and wonderful accommodations.*

*We are members of the Motorcycle Travel Network, and were able to visit with several members on our trip. Upon our return home, we hosted a rider from Canada in our home for two days. He was touring the South and especially New Orleans. This is so much fun meeting new motorcyclists. If you have never heard of MTN check them out at Wing Ding, they will have a booth and presentations.*

*We also visited with Chapter LA-F as they hosted a "Meet Your Neighbor" picnic on June 11th. There were about 70 GWRRA members in attendance. They entertained us with games, ice cold watermelon and lots of door prizes. Look forward to next year.*

*Good Luck to Faye & Steve Alexander as they will be in the International COY selection at Wing Ding. They have been excellent representatives for Region H. Hope to see you all at Wing Ding in July.*

### **Marie & Wendell Vince Region H Couple of the Year 2011**



## COUPLE OF THE YEAR COORDINATORS



*Amy & Allen Strain*

### COUPLE of the YEAR PROGRAM

Hello Gold Wingers,

We hope everyone has gotten some riding in before this heat set in on us. Amy and I have been so busy with our Chapter Picnic that we have not been able to attend any other Chapter gatherings. The picnic was a success thanks to all of you who were able to attend and make it that way! We will start attending chapter gatherings once again soon. We are looking forward to meeting with your Chapter Couples and telling them about all the fun we have and how honored we are to be District Couple of the Year. We want to make sure that all of our Chapter Couples have what they need to feel the honor and are having the fun that we have had and are still enjoying. If anyone at all needs to ask us a question or get a hold of us please call us (Allen 985 373-0502 and Amy 985 264-7936).

We are looking forward to cheering Steve and Faye Alexander on at Wing Ding this year and hope that you will join us in cheering for them. We all appreciate their hard work and dedication to Region H for the past year. We hope to see them move up to International Couple of the Year! The selection will be held on Tuesday July 5<sup>th</sup> from 1:30p.m. -3:30 p.m. at the Knoxville Convention Center in Ballroom A-E. Please try your best to attend and cheer Faye and Steve on. We need to show them how proud we are of them!

We are looking forward to seeing everyone at Wing Ding 33 in Knoxville TN. They have some beautiful country roads to ride. So let's join our friends and see some beautiful country! See you there!

Allen and Amy Strain  
Louisiana District Couple of the Year



## By The Book

### Gold Wing Road Rider Association



**Region H Trainer  
Steve & Carolyn Cotton  
Sand Springs, OK  
(918) 245-7111**



The "By the Book" articles are intended to help familiarize GWRRA Volunteer Leaders and Members with the policies, procedures, and information contained in the GWRRA Officer's Handbook (OHB). A copy of the Officer's Handbook can be found at [www.gwrro.org](http://www.gwrro.org) - Click on the Officer Connection tab at the bottom of the page; then select Officer's Handbook in the upper right hand corner. Please feel free to reprint these articles in Region, District, or Chapter newsletters.

Thanks to Dave Barham (former Region H Trainer) for the inspiration to write this month's article based on ideas he wrote in September 2006. Revisions have been made to keep it current.

### **Being a Member**

In addition to "Friends for Fun, Safety, and Knowledge", what does being a Member of our Association mean to you?

This basic information will give you a general mood and spirit of our Association. It will help set the stage for you to understand what a well organized, yet flexible, Association we have in GWRRA.

GWRRA provides a culture that fosters Members with shared values, Team concepts, and camaraderie. This culture also provides its Members with opportunities for personal development and achievement.

First and foremost, GWRRA is a social organization of friends. Teamwork, Communications, Rider Education, and Leadership Training provide the basic groundwork for the moral and ethical means by which our Association exists. For more information, you can refer to the Officer's Handbook pages B1-B2.

*(Continued on page 13)*

*(Continued from page 12)*

### **The Ideals of our Association**

The most important ingredient for a successful Association is the **Member**. Where do we find them, and how do we make these people interested enough to become one of us? Before anyone can be successful in “selling” GWRRA, they must first sit for a moment and determine the reason they joined. Each of us had our own reasons, but a primary reason to join is to support the ideals of GWRRA, and what the Association stands for. Let’s take a closer look at these ideals.

**Promote Safety** – This will help us continue to enjoy our hobby. We can also enjoy the fact that we are doing something to protect others by teaching them safe riding practices. We are saving lives!

**Promote Friendship** – Among ALL of the biking public. What better way to enjoy our way of life than to make friends and share with them?

**Promote the Positive Image of the Motorcycle Rider** – We have come a long way, but we have a long way still to go. We must always keep “our best foot forward”.

**Promote FUN** – This is the glue that holds all our ideals together!

**Provide a Money-Back Guarantee** – GWRRA will provide a money-back guarantee to any Member that is of the opinion the Association has failed to live up to their expectations.

### **The Purposes of our Association**

- 1) GWRRA is an International Association of Gold Wing and Valkyrie motorcycle riders.
- 2) GWRRA is a social organization formed for the pleasure, recreation, safety, exchange of information, coordination of common motorcycle efforts, promotion of camaraderie and friendship of its Members and Chapters, without personal or religious affiliations or influence
- 3) Other purposes include: assisting all motorcyclists in achieving and/or improving public acceptance of motorcyclists; member support of civic, local, police, charity and government organizations; education of the non-motorcycling public concerning motorcycling problems; dissemination of safety information relating to motorcycling and motorcyclists; supporting the Motorcycle Safety Foundation (MSF); and being a family oriented organization.
- 4) Promoting and enlarging the Association’s Membership.
- 5) To publish and distribute Wing World and other media that will inform, entertain, educate and enlighten our Members and Officers.

In conclusion, **Being a Member** of our Association holds a very special place in our heart, and I am sure that it has an important place in your lives as well.

Learn Something New...Then Teach Someone!

Steve and Carolyn Cotton

Region H Trainers

These are 1, 3 and 6 bedroom cabins that 13 couples from Chapter D have reserved for Wing Ding 33 in Knoxville, TN. If you are interested in a cabin get in touch with Jim Berry and he will get you info.

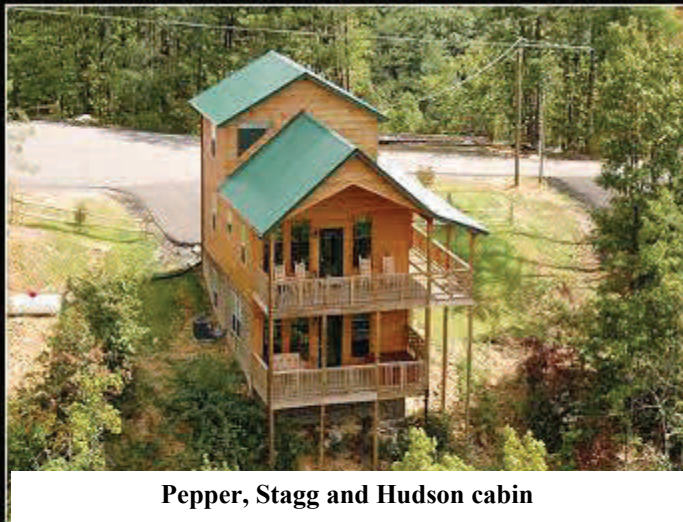
**It is still not too late. Call me. 318-348-1275**



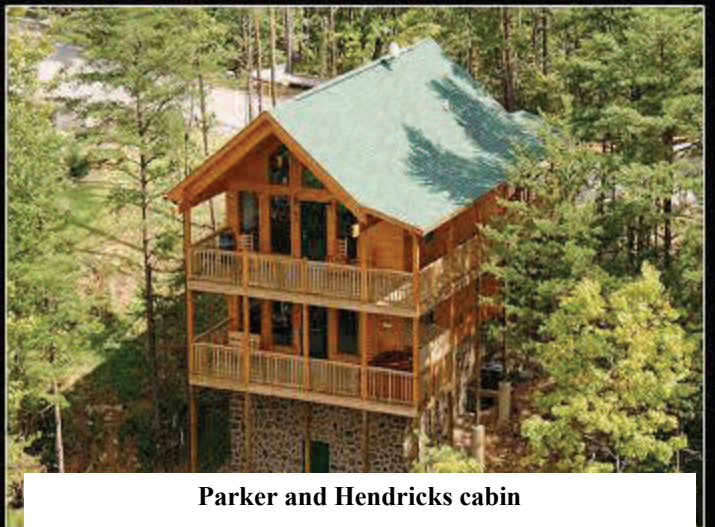
Ledford cabin



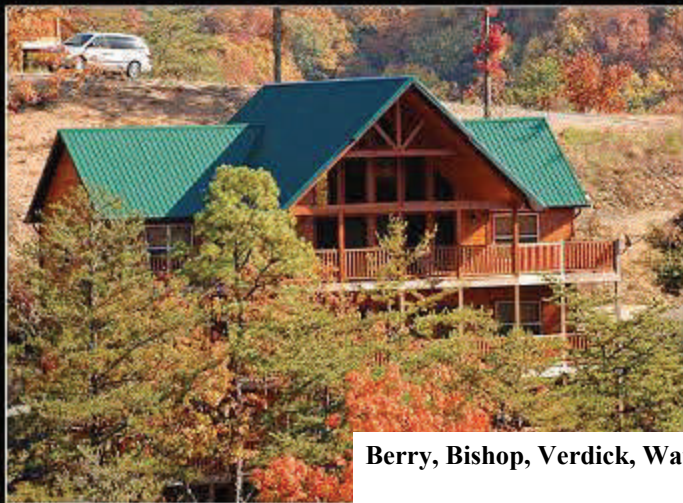
Doles cabin



Pepper, Stagg and Hudson cabin



Parker and Hendricks cabin



Berry, Bishop, Verdick, Watt, Jarmon, and Deseamus cabin

