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2005 District Couple of the
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GWRRA GEORGIA

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What's in your Wal- let?

Catchy phrase - funny commercial - not so funny if you look and there's its not in your wallet.

The next time you plan a dinner ride for your chapter, ask yourself "What's in MY wallet?" Then think about your members' wallets. Not everyone in the chapter has the same contents in their wallet. What may seem a reasonable price to one member may be very expensive to another. Admitting that one's budget just won't allow that \$20 a person dinner ride can be embarrassing for some folks. With the rising gas prices, many people have had to cut back on their recreational spending. What can you do to help your members and prevent embarrassment, Why not plan a Dairy Queen ride instead of a dinner ride? How about a "brown bag" picnic dinner ride to some destination that



doesn't cost anything to enter? There are lots of possibilities when you are planning your chapter activities, and a lot of them don't have to cost a lot of money. And don't



forget about your chapter meetings. Members usually buy dinner when they attend the meetings, as well as buy door prize and 50/50 tickets. This can stretch the bill for the night into quite a pricey adventure. Try to remember this when you pass the bucket for charity donations: maybe you could mention the charity, then leave the bucket on a table for them to drop off their donations at the end of the meeting. This removes the pressure of having to come up with a donation when there's none to be had.



Remember, having fun doesn't have to cost a bundle if you get creative with your plans.

IS IT AUTUMN ALREADY?...WHAT'S ON THE MENU?

Boy has it been hot lately!! But with the kids back in school and the Labor Day weekend upon us, we know cooler weather will soon follow. Until then we can enjoy the cooler temperatures the North Georgia Mountains have to offer. The perfect time to visit Helen will be September 8, 9, & 10, for the Region A Rally. Larry and Patti Lingo have been working hard to insure that we will have a great time.



Like with any event, it will take a lot of effort from a lot of people. Georgia has been asked to help with some of the activities all three days. When you get there, let me know if you have a couple of hours you can help out during the weekend, I sure can use your help.



Speaking of help, your help is needed to design a rally pin. Our theme is "HILLBILLY HOE DOWN". Break out your sketch pads and pencils and show off your artistic talents. The winner of the rally pin contest will win \$100 and two rally registrations. Your entry must be received no later than Wind Down, November 5, 2005. The winner will be announced at Chilly Willy in January.

Wind Down will be at the Villa Rica High School cafeteria November 5 starting at 10:00A.M. This is the last official District event of the year and is our opportunity to say "thank you" to all our District members. You are invited to come and be our guest with no registration fee or obligation to spend any money. Just kick back, relax and visit with old and new friends before we go into hibernation mode for the Holidays. If you wish to participate, we will have a few games and a 50/25/25. We will also have a swap table if you have something you would like to sell or trade. A local chef, Linda Whitlock, has proposed several items for lunch, all sound delicious. It will be hard for us to decide on the final menu. We will also be selecting our District Couple of the Year after lunch.



If you plan to come early or stay late, we have several hotels near the High School. Two I would recommend are the Best Western and the Comfort Inn at I-20 and GA Hwy 61 (exit 24). The newest one is Best Western, 770.459.6669. The rates are \$64 + tax for a King Bed and \$69 + tax for 2 Queen beds. (The rooms are new, clean, and large and could easily accommodate an air mattress). Right next-door is the Comfort Inn 770.459.8000. It is an older hotel but the rooms I inspected were very clean. The rates there are \$59.99 + tax for a king room and \$65.99 + tax for 2 queen beds for double occupancy and \$7.00 per extra person. When you call, identify your self as being members of the Gold Wing Road Riders Association.



Lift up our GWRRA family members and those who live in the areas devastated by Hurricane Katrina. We who were not affected can not begin to imagine what it will be like for them over the next few years while they try to get back on their feet.

heat . . heat - - HOT- -HOT- -HOT

In case you may have not noticed, it gets just a tad warm outside lately. And, with the humidity and temperatures rising, the heat index is in triple figures. Which, of course, means we must be alert and aware of the problems associated with that and outside activities. Even riding our motorcycles, the heat can, and will, get to you. I know that all of you are aware of the problems associated with this type weather; but, it will not hurt to refresh our memories.



What doctors call heat exhaustion is actually just one in a series of problems that can be prompted by excessive heat. When you have heat exhaustion, you experience excessive thirst, clammy skin, headaches, nausea, weakness, dizziness, or even fainting. But, according to doctors, other things may be happening, too. Some people have mild rashes and cramping. And if the exhaustion gets out of hand on a hot, muggy day, you have to watch out for the more dangerous condition, heat stroke. This dangerous condition causes your body's temperature control mechanisms to malfunction. When your body can't cool itself, its temperature rises uncontrollably, which can lead to brain damage or death.



Fortunately, as long as we are not in the middle of the Sahara, there are reasonable and fairly easy ways to prevent heat-related health problems. Here are a few ways you can minimize your risk of heat exhaustion. **QUENCH YOUR THIRST!** Keep your fluids up. It is your best defense against heat-related illness. During hot weather, always have a drink of water handy. We have several ways to carry water on our motorcycles. One way is the Butler drink cup. Keep it full of ice water. Stop every 100-125 miles or 1-1 1/2 hours and take a break. (Sooner if necessary) Get in the shade, or better yet, in an air-conditioned building. Avoid drinking soda or caffeinated drinks like coffee, because they act as diuretics, pulling liquids out of your body instead of adding them in. And also avoid using salt tablets. They were once believed to speed fluid replacement on hot days. Doctors now know that taking these tablets can actually worsen your reaction to intense heat. In reality, salt tablets actually impede fluids from entering your bloodstream and prevent those fluids from being quickly distributed throughout your body.

Heat is just another risk we take riding our motorcycles, but it is a risk we can easily manage. Do what you can to stay cool and drink lots and lots of water. But that makes you have to use the restroom more frequently you say. Well, can that be all bad, since most restrooms are in an air-conditioned building! Stay cool, stay hydrated and enjoy the ride.



And as always, always be watchful for the unwatchful

RSHF,

Chuck and Anne Reed, GA District Educators

The District COY is out there...is it your Couple?

With the help of the Chapter Directors, this year has tied record breaking participation in the Couple of the Year Program for GWRRA Georgia. We have 18 Chapter Couples Of the Year who have represented their Chapters and the Georgia District in true GWRRA fashion. The lifelong friendships you develop by meeting other Couples of the Year and other GWRRA members will be forever treasured. It is truly an honor to be recognized for your participation and commitment. The Couples of the Year are ambassadors for your Chapter, District, Region and GWRRA and exemplify the motto of Friends for Fun, Safety and Knowledge.



The time is getting closer to give your Chapter Couple Of the Year the opportunity to go through the process of being selected as the next Georgia District Couple of the Year. Wouldn't it be exciting to have bragging rights that the Georgia District Couple of the Year is from your Chapter? Every Chapter Couple of the Year is encouraged to participate in the selection process to give them the opportunity to expand their commitment to GWRRA and to continue their participation in the Couple of the Year program. The District Couple of the Year will be selected at Wind Down to be held in Villa Rica on 5 November 2005. If you would like to participate in the selection process, please send your resume to Rick and Rhonda so it will arrive no later than 15 October 2005. If you have any questions regarding the District Couple of the Year selection process or information about preparing your resume, please contact Bill and Betty Livingston or your current District Couple Of the Year, Chris and Shannan Adams.

Bill and Betty Livingston

Georgia District Membership Enhancement

Couple Of the Year Coordinators

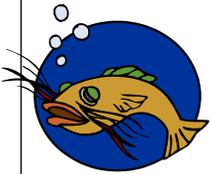
Membership Cards – A Valuable Asset!

Has anyone ever asked to see your membership card and after you have spent ten minutes digging through your purse or wallet you cannot find it? Or worse, you do find it, but learn that it was your old, expired card and realize you had cut up the new card by mistake! During the past couple of rallies, we've asked folks to show us their membership cards and have been amazed to find out that most folks either don't carry one; left it in their bike or at home, or that the member had let his/her membership expire without their knowledge. Membership cards have some good information on them, such as:

Membership Number * Expiration Date * GWRRA Home Office toll free number
* Toll free 24 hour emergency road service number

Your membership card...don't leave home without it! See you at the Rally.

UPCOMING EVENTS



Sept. 5—GA-K Poker Run/Catfish Festival in Kingsland. \$10 registration fee. For more info. Contact CD Joe Yother at 912.729.6379

Sept. 8-10—Region A Gold Wing Rush in Helen, GA. Check out the website for more info at www.gwrra-regiona.org.

Sept. 17—GA-Q Dessert Auction and Burger Burn at the Museum of Aviation, Warner Robins. Fun starts at 11 a.m. For more info contact CD Dave Aikens at 478.953.4886



Sept. 24—GA-O Picnic in the Park, Tift County Recreation Center, Tifton. 10:00—3:00 fun and games, poker run, picnic lunch. \$6 per person. Contact Barry Owens at 229-263-7906 or bcowens@alltel.net.



Oct. 1—GA-E2 Poker Run for Hospice, Contact JJ Etzle, Chapter Director, for more info at (912) 826-0912.

Oct. 22—GA-A Fall Harvest Fun Day, High Falls State Park, \$8 per person. For more info contact CD Bob Greer at (770) 473-1316.

Nov. 5—Wind Down. Villa Rica High School, 600 Rocky Branch Rd, Villa Rica. Gathering begins at 10 a.m. Lunch is served at

Your Chapter event is not sanctioned by GWRRR without District approval. To confirm a date for your event, call Rick and Rhonda for verbal approval.

Once your date is approved, send your activity request form and event flyer to the District Director. If there are any changes or revisions, these requests should also be directed to the District Director.

A Chapter may not appear on the annual event schedule more than once at any one time. Chapters desiring to host more than one event in a year must wait until the first even has happened before requesting a second date.

2005 GA CHAPTER COUPLES OF THE YEAR

Brian & Cindy Allen, GA-A

Al & Frances Starley, GA-A2

Walt & Bev Thayer, GA-B2

Ray & Kathy Potter, GA-C

Larry & Teresa Urban, GA-C2

Ken & Vicki Watkins, GA-E

Buddy & Liz Vars, GA-E2

Rich & Sally Curtis, GA-G

Kary & Pat Porter, GA-H

George & Jan Danner, GA-J

Jeremy Clay & Courteney Holcombe, GA-L

Robert & Anna Tillman, GA-O

Joe & Bonnie Durning, GA-P

Phillip & Pat Denning, GA-Q

Sid & Donna Cohen, GA-S

Tommy & Vicky Martin, GA-T

Wayne & Nina Carlton, GA-V

Buck & Dianne Harden, GA-X

What a great group of Chapter volunteers who are being honored this year by being selected as their Chapter's Couple of the Year. Thanks to all for participating in the Program.

What's in Rome?

Thornwood is one of the historic homes located in the Rome area. Built by Colonel Alfred Shorter in 1847, it survived the Civil War, even though it was occupied twice by Federal troops. Thornwood is located at the intersection of Horseleg Creek Rd. and Shorter Avenue and today, serves as part of the Darlington School, housing children in pre-k through grade 5.

GWRRRA GA

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Friends for Fun, Safety, and Knowledge



Gwrrra-ga.com

2006 Wing Fling Update

Yeeehaaaa! The registrations for 2006 Hillbilly Hoedown Wing Fling have already hit 132!!! Thanks, folks! We are looking forward to a wonderful time in good 'ole Rome. The host hotel, Holiday Inn Skytop, is already accepting reservations (with a registration number, of course)...so climb on board the haywagon! We look forward to a great shindig!

