



ROCKINGHAM COUNTY WINGS



Chapter NC-W

Eden, NC

June 2009

2009 STAFF

Chapter Directors
Joe & Barbara Chatman

Asst. Chapter Directors
Tony & Linda Pendergraph

Chapter Couple
Lawrence & Lois Shumate

Chapter Educators
Wayne & Molly Byrd

Secretary / Treasurer
Rodger & Betty Hodges

Newsletter Editor
Wayne Byrd

Ride Coordinators
Bob & Karen Lunsford

Ways & Means
Rickey Vernon

Events Coordinators
Darrell & Kay Hopper

Sunshine Lady
Linda Pendergraph

Phone Tree Lady
Carolyn Vernon

Historians
Bobby & Jewell Walker

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We gather the 3rd Monday at
The Golden Corral at
1566 Freeway Drive
Reidsville, NC
6:30 meal 7:30 meeting

Please visit our website at
www.gwrranc.org

FROM THE CHAPTER DIRECTORS

Chapter W and Fellow Goldwingers,

Where has the time gone? It is June already and, with the weather being this nice, all we can do is think of riding or riding. Aren't we having a grand time?

What can we say about our Rally? It was great!!!!!!! The staff did a terrific job in planning the event. Molly Byrd did an excellent job putting the games together. The cake sale was a huge success. We don't know how to thank Linda Fargis for the work she has done for our Chapter. Her cakes were beautiful and everyone wanted a least one of them. Our TV ticket sales were boosted by Malinda Pendergraph. That's great, because now Babs is out of the dog house. The trophies were beautiful and Tony Pendergraph was responsible for getting them. The food was wonderful. Thanks to our cooks, Rodger Hodges and Wayne Byrd. We could go on and on thanking each one individually, but we would run out of space. We would truly like to thank each member of Chapter W for a job well done and for all their hard work. Collecting door prizes and working to make our Rally a success was not easy. We were really proud of the members of our Chapter.

Now that the Rally is behind us and we can breathe a little easier, we have to decide what we are going to do about Wings Over the Smokies. If you are going, let me know. I am going to make a list of all who will be participating in this event. Our rooms have been blocked, but we will have to turn them loose the middle of July.

Joe & Barbara Chatman
Chapter Directors – Chapter W



June 14, 2009 Flag Day

FROM THE CHAPTER EDUCATORS



Saving Lives Through Quality, World Class Education Is Our Mission

Fatigue

The fatigue from the effects of heat and humidity is very often recognized as a potential problem. We see the effects of fatigue as it is manifested in others riding with us. The muscles get tight and need to be relaxed, and the lower back starts to ache more than usual. Our concentration begins to wander as we focus more on the sights than on the road. We won't admit to tempers getting shorter and becoming irritated at unimportant details. How many times, after having taken a break, do we see or hear others complaining about how long it takes for "so and so" to get their gear on and get back on the bike? How many times, as the day progresses, have we heard negative comments about other road users who are actually driving in the same manner as they did at 7 a.m., but at 4 p.m. it's become far more irritating? We must be aware of our limits and we must be prepared to accept those limits. The solution, of course, is to take breaks, and realize when we are getting fatigued. Get off of the bike for a while. This is a ride, after all, not a long distance marathon.

The change in climate will also have an effect on us. Increased heat and humidity will tend to magnify and accelerate the fatiguing process. We will most likely not even realize it. The heat and humidity will put our bodies into overdrive to maintain the nominal body function. Our body will begin to deplete reserves of water as it attempts to keep us cool and comfortable.

Proper riding gear will help with this as well. As the temperature rises and the humidity increases, we tend to strip down to allow the moving air to "cool" us. Unfortunately, this has the most adverse effect. We need to allow the body to perspire to keep our bodies at optimal temperatures. By exposing our skin surfaces to the hot wind, we are actually accelerating the evaporative process, causing the body to attempt to perspire more to compensate. The net result is that we have just shortened the time that we can actually spend riding because we will have to replenish the water supply in order to keep going. By wearing proper riding gear, we are actually slowing the evaporation process and we are helping our bodies maintain body conditions that are optimal. We need to pay attention to our bodies and help ourselves. The depletion of the water supply will eventually catch up to us, and we may not even realize the impact. Heat exhaustion can creep up on us more rapidly than we think. We become lethargic, and our reactions and thought processes slow and become distracted. We have now placed ourselves at great risk. We now start missing things. We may even become disoriented and lightheaded. We need to immediately get off the bike and allow ourselves to recover, but we may be in a state that doesn't recognize this fact. We begin to compound the situation rather than help it.

When planning your trip, plan for as short a day as possible. Plan frequent stops and rest breaks — typically no more than an hour apart. Drink lots of liquids, preferably water, as carbonated drinks tend to work against us rather than help. Monitor your restroom breaks and needs. If you are going a long time with no need to "go," then you are not getting enough water and you're placing yourself at risk. Monitor your attitude. If you begin to get more irritable (or you seem to think your Co-Rider is the one getting more irritable) then it's time to take a break. And at every break, drink water.

**Wayne & Molly Byrd
Chapter Educators**

FROM THE RIDE COORDINATORS



Thanks to everyone who came to our last “meet and eat” at Café 99. We had 23 members present and I think everyone enjoyed not only the food, but the fellowship as well. We have a busy month ahead of us before our July meeting. Take a look at the activities below and try to attend whenever possible. It’s more fun when you are with us.

On Saturday, June 27th, we will start our day at the Horsepasture Volunteer Fire Department for breakfast. We will leave from the parking lot at Tractor Supply in Eden at 8:30 a.m. Breakfast is served buffet style and the cost is only \$5.00 per person. After breakfast we will ride to the Parkway and then North to Roanoke before heading south toward home.

Our ride on Saturday, July 11th, will leave from the Sirloin House in Eden at 9:00 a.m. We will be going through Caswell County, with a stop at the Amish Store in Yanceyville. Lunch will be at Ernie’s in South Boston.

The last ride before our July meeting will be a dinner ride to the Moose Café located at the N.C. Farmer’s Market in Colfax. (<http://eatatthemoosecafe.com/>). We will be leaving from the entrance to the Madison Cemetery, across from what used to be Barbers Chevrolet, at 6:15 p.m. on Friday evening, July 17th.

Here are the remaining functions that we have scheduled for this year:

Thursday	August 6 th	6:15 p.m.	meet and eat - El Parral or Santanas (Eden)
Saturday	August 15 th		RIDE
Saturday	Sep. 12 th		RIDE
Friday	Sep. 18 th	6:15 p.m.	dinner ride - Cracker Barrel (Burlington)
Thursday	Oct. 1 st	6:15 p.m.	meet and eat - to be determined
Saturday	Oct 10 th		RIDE
Friday	Nov 6 th	6:15 p.m.	dinner ride - to be determined

Clean your windshield, check the air in your tires, fill your tank, and let’s ride.

See you there!

Bob & Karen
Ride Coordinators - Chapter W

2009 North Carolina District, Region N, & Nearby Events Calendar

<i>DATE</i>	<i>HOST CHAPTER</i>	<i>LOCATION</i>
	<i>May 2009</i>	
2	NC-G Open House	Asheboro, NC
3	NC-E Triangle Area Ride for Kids	Cary, NC
9	NC-F2 Open House	Garner, NC
16	NC-Q2 Funfest	Dunn, NC
22 - 23	NC-U Chicken Rally	Lumberton, NC
30	NC-W Pinto Bean Rally	Eden, NC
	<i>June 2009</i>	
6	NC-A Yard Sale	Greensboro, NC
6	NC-S2 Open House	Sanford, NC
13	NC-R Care Bear Ride	Thomasville, NC
18 - 20	West Virginia District Rally	Summersville, WV
27	NC-A2 Care Bear Ride	Lexington, NC
	<i>July 2009</i>	
2 - 5	Wing Ding	Tulsa, OK
11	NC-R Open House	Thomasville, NC
18	NC-A2 Ride For Angels	Denton, NC
	<i>August 2009</i>	
6 - 8	Kentucky District Rally	Somerset, KY
15	NC-T2 School Tool Ride	Albemarle, NC
16	NC District Chapter Couples Picnic	Burlington, NC
	<i>September 2009</i>	
24 - 26	Wings Over The Smokies	Fletcher, NC
	<i>October 2009</i>	
8 - 10	Virginia District Rally	Salem, VA
17	NC-S & Y Poker Run	Morganton, NC
29 - 31	Region N Rally	Gray, TN
	<i>November 2009</i>	
	<i>December 2009</i>	
5	Gifts On Cycles	Goldsboro, Butner, Morganton, NC