



# ROCKINGHAM COUNTY WINGS



Chapter NC-W

Eden, NC

June 2010

## 2010 STAFF

**Chapter Directors**  
Joe & Barbara Chatman

**Asst. Chapter Directors**  
Glenn and Becky Fargis

**Chapter Couple**  
Ronald and Linda Fargis

**Chapter Educators**  
Wayne & Molly Byrd

**Secretary / Treasurer**  
Rodger & Betty Hodges

**Newsletter Editor**  
Wayne Byrd

**Ride Coordinators**  
Lawrence & Lois Shumate

**50/50**  
Rickey Vernon

**Sunshine Lady**  
Sally Kelly

**Goodie Sales**  
Paul Kelley

**Phone Tree Lady**  
\*\*\*Open

**Historians**  
Bobby & Jewell Walker

\*\*\*\*\*

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](http://www.gwrranc.org)

## FROM THE CHAPTER DIRECTORS

Hello Chapter W and friends,

It has been a very interesting month for us. We have survived the Rally!! Thanks to all of you for going after the door prizes and all the hard work that everyone put into it. It was fun, but it was work. The weather played a big part in people not turning out for it. I wish it had been a better forecast for us. The beans were fantastic and we had a lot of comments on them. People ask who cooked the beans. What could we say other than several great cooks. We had a lot of drinks, water, and snacks left over, so we took them to the mountains. If you didn't make the trip, you missed a great time. It was beautiful and the weather couldn't have been better.

Just a reminder to everyone -- Wings Over Smokies is coming up in September. We are staying at the Fairfield. It is close to the event, so if it rains this year, Debbie may stay dry. I only have 12 rooms blocked and they will be released in August. If anyone needs the number, please call us and we will give you the telephone number and confirmation number.

Lawrence and Lois are back from their trip and ready to ride. They have some great trips planned and we are looking forward to them.

Molly is talking about another game day. We need your input. If you are interested in having one, let us know. Maybe we can combine the game day with our usual hot dog day and have them at the same time. What do you think??

Babs & Bubba  
Chapter Directors  
Chapter W

## **FROM THE ASSISTANT CHAPTER DIRECTORS**

What a fun month May was. I'd like to thank all of the members who came out and helped work the Rally. It was a busy, but FUN day. The weather was a little rough on us, but you worked to pull things together nicely and our Rally was a success. I don't believe there could have been a better way to end the month than with the Chapter ride/picnic to Rocky Knob picnic area. The weather was very refreshing up on the mountain. Unfortunately, we had to return home to the unusually hot weather that we've been experiencing this year. I've told several people, as much as I've hated the travel to El Salvador, it seems I can go there for a little cooler weather.

Another great thing about the month gone by is it seems I have wrapped up my frequent travel to El Salvador, so maybe I'll have a little more time to ride. It's been tough this year being gone and missing out on Chapter meetings, rides, and Chapter visitation. Guess I've been gone so much that Becky decided she was tired of not being able to ride with me gone so she spent the last weekend being instructed on the finer points of riding by none other than Molly. All she has left now is to make the trip to the DMV to get that endorsement on her license, and then we will have one more "rider" to add to our Chapter. Congratulations Becky!!!

Glenn & Becky Fargis  
Assistant Chapter Directors – Chapter W

## **FROM THE CHAPTER EDUCATORS**

**Saving Lives Through Quality, World Class Education Is Our Mission**

### **Warm Weather Tips**

Riding when the temperature is in excess of 90 degrees can be dangerous to your health. Unless you take care to keep your body temperature under control, even rides as short as an hour can result in heat-prostration or even sun-stroke. Here are some reminders on hot weather riding.

1. Check tire pressure. Tires gain pressure when it warms up.
2. Any aerosol cans in the bike may also expand. You may need to remove them or let off pressure.
3. Stop often and drink plenty of fluids. Don't get dehydrated.
4. An hour before your ride, drink a large glass of water.
5. On long rides, switch to a sports drink that contains salts (electrolytes) to maintain your salt balance. If you drink only water, you may end up depleting your body salt.
6. If you start having dry mouth, fatigue, dizziness, stomach ache, back pain, headache, irritability, or decreased urination, these are signs of dehydration. Stop, drink fluids, and cool down.
7. Watch what you wear. Shorts and a tank top may be great in hot weather, but not on a bike. Road rash hurts in Summer, Spring, Winter, and Fall.

Most of all have fun and get out and ride!

Wayne & Molly Byrd  
Chapter W Educators



**FROM THE SUNSHINE LADY**



<b>BIRTHDAYS</b>		<b>ANNIVERSARIES</b>	
Ronald Fargis	6/4	Ronnie and Kim Snowdy	6/1
Debbie Lawrence	6/4	Bill and Liz Hester	6/10
Velma Burcham	6/8	Joe and Barbara Chatman	6/16
Candace Wright	6/14	Bruce and Sandra Burroughs	6/27
Malinda Pendergraph	6/25		
Ronnie Snowdy	6/29		

**FROM THE RIDE COORDINATORS**



**Are you ready to do some rides?**

I would like to thank everyone that participated in the ride and picnic we had to Rocky Knob on May 29th. I hope you enjoyed it as much as Lois and I did. We will plan to have another one a little later on in the year.

I had one of our Chapter members suggest that we plan a ride to Old Salem. I would think that it would be a great place to visit.

We will leave from the Tractor Supply parking lot at 8:00 a.m. on Saturday, June 26<sup>th</sup>. We will ride to P&M Truck Stop and have breakfast and leave from there around 9:30 a.m. and ride to Old Salem. I have not found out what the cost for admission is, but I will find out and send out an e-mail to everyone before the ride.

We would like to have some input on a meet and eat on Friday, July 16<sup>th</sup>. I will be asking for suggestions at the Chapter gathering Monday Night.

Ride Safe & God Bless,

Your Ride Coordinators,

Lawrence & Lois Shumate

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

DATE	HOST CHAPTER	LOCATION
<i>June 2010</i>		
17 - 19	West Virginia District Rally	Summersville, WV
26	NC-R Care Bear Ride	Thomasville, NC
<i>July 2010</i>		
<b>June 30 - July 3</b>	<b>Wing Ding</b>	<b>Des Moines, IA</b>
10	NC-F2 Open House	Garner, NC
17	NC-B2 Care Bear Ride	Winston-Salem, NC
24	NC-A2 Care Bear Ride	Lexington, NC
<i>August 2010</i>		
5 - 7	Kentucky District Rally	Somerset, KY
14	NC-T2 School Tool Ride	Albemarle, NC
15	North Carolina Couples Picnic	Lake MacIntosh, NC
21	NC-M Day Rally - NC Transportation Museum <a href="#">Website</a>	Spencer, NC
<i>September 2010</i>		
11	NC-Z O'Berry Center Fund Raiser	Rocky Mount, NC
<b>23 - 25</b>	<b>Wings Over The Smokies</b>	<b>Fletcher, NC</b>
<i>October 2010</i>		
2	NC-P2 Relay for Life Poker Run	Forest City, NC
7 - 9	Virginia District Rally	Salem, VA
16	NC-Y Poker Run	Morganton, NC
23	NC-G Tony's and Johnny's Ride	High Point, NC
30	NC-A	TBA
<i>November 2010</i>		
<i>December 2010</i>		
<b>4</b>	<b>Gifts On Cycles</b>	<b>Goldsboro, Butner, Morganton, NC</b>