

April 2009



MISSOURI CHAPTER "P"



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Assistant Chapter Director:
Ken & Janet Wahle

Treasure
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2008 Couple of the Year
Dale & Alma Williams

Join Chapter P

For those of you who know GWRRA, you know it's a place to have fun! For those of you who aren't familiar, there are chapters of GWRRA members throughout Missouri so that any motorcycle enthusiast has a place to come and ride, laugh and grow with friends.

A Word from our CD's

For those people who weren't at the last meeting, you should know that we have changed our meeting time and place for the next few months. We will be meeting at the Pizza, Pasta, and More Restaurant at 43 Prairie Dell Plaza Drive in Union. This is located across Prairie Dell Road from the East Central College Campus. We will be meeting the fourth Tuesday in April (April 28) and May (May 26) at 6:00 P. M.. These were the only dates open at the time. Hopefully we can get it changed back to Thursdays in the near future, Thursdays seem to be a more convenient day for most of the group.

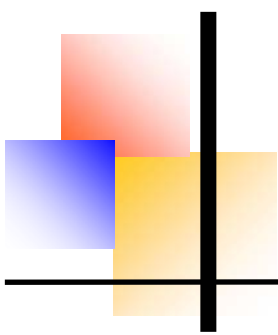
There was discussion about a Spring Ride to Arkansas. This was scheduled for May 15, 16, and 17. Details will be discussed at the meeting next Tuesday. There was also some talk about making our Night at the Drive Inn get together June 20. Don't know what will be showing but will try to find out before the May meeting.

For those of you heading for the Branson Rally, our Chapter had been signed up to help serve the Saturday lunch. With the change in location, we have been told that the lunch will be served by the staff of the Dick Clark Theater Complex, about the only thing we will need to do is collect meal vouchers, so we shouldn't need to many volunteers to help out.

Looking at the calendar of events: besides the Branson Rally there is an ERC Training course on May 9th, Chapter O is having a Roller Ride on May 23rd and 24th, and both Chapter O and Chapter C are having Poker Runs on June 6th. Hopefully some of you will be interested and have the time to attend some of these events.

Hope to see you at the meeting this next Tuesday.

Theresa and Bill



Rider Education

The Heat is On

The Heat Is On!

While trying to think of something to write about this month for a newsletter article, I came across an article in Motorcycle Consumer news that talked about heat and motorcycle riding. I thought about the many times we had gotten into hot circumstances and what we had done to get home as comfortably as we could. Most of the time, common sense will help us deal with situations. However when we get away from home and are in unfamiliar territory, we are not aware of how far it may be to the next stop. We may not even know if there will be any trees or just what to expect.

The Problem

One of the major problems with extreme heat, or cold for that matter, is that we don't think as clearly as we should. Quick, rational thinking will get clouded with your discomfort. Your body goes into its survival mode and starts doing things that we are not immediately aware of and may not even recognize. Once we are in trouble let's hope there is someone that can help us out.

Prepare

One of the first things to do is to prepare our mind and bodies. When out on a long trip it is important to keep an eye on the weather. Not so much for storms but for heat, humidity, wind speeds and heat indexes. Hot weather riding calls for special clothing needs. The main thing is keeping the body covered so it can sweat and cool itself. If you have your skin exposed all you are doing is quickly vaporizing your sweat and drying the skin to the point that it becomes a heat sink and will transfer the heat back into your body. Your body sends blood to the surface of your skin to cool it. If your skin is dry it just picks up the deadly heat instead of receiving the cooling effect it is seeking.

Cover Up

All of us have felt better on a hot day by putting on shorts and a skimpy shirt and sitting in the

shade. It works well and we feel better. But if you put yourself out in the direct sun on a windy day when the temperature is above 90 degrees and what do you have-baked skin. We quickly start looking for shade and relief from the heat. You have heard over and over that motorcycling with skin exposed is unsafe. We get tired of hearing it. There is method to this madness though. If you will feel better in the shade what can you do to find shade rolling down the highway at 50 to 75 mph. on a 90 degree + day? DUH! Wear your shade! Here in Kansas 100 degree + days become commonplace. High-speed runs down the interstate in that kind of heat is absolutely miserable. Anyone ever looked at people who live in the desert? They leave none of their skin exposed because they realize it is a life and death matter. But we civilized people need to be more fashionable. People who ride with bare skin also don't want to wear seat belts because they are too confining. Many drivers in post accident medical care with tubes sticking everywhere from their bodies and broken, smashed bones all wrapped up in plaster and unable to move may want to revisit their thinking. But that is another matter.

Fluids

Keeping skin covered, wetting down clothing and more frequent breaks are a must in hot weather riding. The only more important issue is drinking plenty of fluids so your body can cool itself. Water is best but any fluid will do. Alcoholic beverages only frustrate your body's ability to cool itself. A good cold beer sound good?-not while riding.

Exhaustion

Some of the symptoms that accompany **heat exhaustion** are:

- Headaches, dizziness, nausea and momentary fainting
- Cramps often times starting in the legs
- Tiredness, weakness
- Profuse sweating

- Pale, clammy skin
- Approximately normal body temperature

Treatment

If you are out on a trip and find yourself or someone else with any or all of these symptoms get shade, wet down your body, and drink lots of water, a sip at a time. Seek medical attention. Let a professional help you.

Stroke

Some **heat stroke** symptoms are (this one can kill you)

- Victim incoherent, blanking out, or unconscious
- Skin hot, red, dry (no perspiration)
- Pulse rapid

- Body temperature elevated (skin feels hot to touch, may climb as high as 106 degrees F)
- This is a medical emergency! Seek medical attention for anyone suffering these symptoms. The body is shutting down and the person can and will die if not properly cared for.

Ride safely, BE COOL and enjoy life.

Copied from the Kansas Rider-Ed bulletin board



**Another Yellow Goldwing in Chapter P Family
New owners Sam & Michelle Scott**

GWRRA offers much to enjoy

- April 30-May 1,2, 2009 **Missouri District Rally** "Wing the Ozarks" Area 57 @ Dick Clark Theater/Ramada Inn Complex Branson, MO For reservations call 800-641-4106 Contact: Laverne and Shirley Schell, 417-889-0321 lsschell_20@yahoo.com
- May 9, 2009 **ERC Motorcycle Course** St. Louis, MO Contact: Marty Hall 636-978-8409
- May 21-23, 2009 **Arkansas District Rally** Rogers, AR Contact: Dale and Carolyn Frieden 479-229-3370
- May 23-25, 2009 **Chapter O Roller Ride** to Mountain Home, Ark. Contact: Joe and Joyce Long 636-661-5309
- June 4-6, 2009 **Nebraska District Rally** Marina Inn Conference Center South Sioux City, Nebraska 402-494-4000 Contact: Lance and Dianne Brozek 402-582-4726 or Don and Griffiths 402-562-8138
- June 6, 2009 **Chapter O Poker Run** Big St. Charles Motorsports St. Charles Mo. Contact: Joe & Joyce Long (636) 661-5309
- June 6, 2009 **Chapter C Poker Run** 5800 Busiek Road Farmington, MO Contact: Perry and Shirley Smith 573-760-1924
- July 2-5, 2009 **Wing Ding 31** Tulsa Expo Square Tulsa, Oklahoma www.wing-ding.org
- 24-25, 2009 **Minnesota District Rally** "Ride to the River" Riverport Inn (Host Hotel) Winona, MN 507-452-0606 Contact: Kevin and Cindy Heap 763-477-6579
- July 31-Aug.1,2009 **Illinois District Rally** Place: TBA Contact: Steve and Sandy Schager

LOOK FOR US ON THE WEB

As many of you know, Chapter P is on the web. Our address is www.fidnet.com/~daved Most of Chapter P's information will appear somewhere on the web-site. This site is in place for your convenience, and to let others, both members and non-members to know how much fun we have, what we're about, and what we have planned to do. Likewise, the Missouri District has a new web-site. In fact, they have established their own domain. The address for the Missouri District web-site is: www.mogwrra.org Check both sites often to find out what is planned.

Web Sites

MO Chapter P
<http://www.fidnet.com/~daved>

GWRRA
<http://www.gwrra.org>

GWRRA Region E
<http://www.gwrra-region-e.com>

GWRRA Missouri District
<http://www.mogwrra.org>