



GWRRA



**GOLD WING ROAD RIDERS ASSOCIATION-
SOUTHCENTRAL REGION H
ARKANSAS DISTRICT
CONWAY—CHAPTER L**



CHAPTER L'S TOAD TALES

From the Head Toad....



Hello Friends,

Here we are finding ourselves with half the year gone, but what a fun and busy time we've had. Looking to the last half of the year being just as fun and busy as the first. We will be having another team meeting in August to go over our fall schedule and plans rides and outings. It is always a good time when we can all get together. Wing Ding will be in Des Moines June 30th to July 3rd, those of you who can attend, ride safe and have a good time. Don't forget that there will be a OCP class at Morrilton July 17th - 18th, the class covers the new Officers hand book that the Home Office wants all officers to take to understand how GWRRA functions from the local chapters to the National Office. Anyone who thinks they might want to be an officer in the future is invited to attend.

Several of you have already been on vacation and others are looking forward to getting away for awhile yourselves. When riding, stay alert, drink plenty of liquids and take breaks often. The summer heat can get you faster than you think. Have a great 4th of July, be safe and thankful of our freedom and the freedom of a ride.

Bud & Jan.



**CHAPTER L
MEETS THE 3RD
SATURDAY OF
EACH MONTH AT
RYAN'S FAMILY
STEAKHOUSE ON
HWY 64 IN CON-
WAY.

EAT AT 5 PM

MEET AT 6 PM**

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"Friends For Fun, Safety & Knowledge"





July Birthdays

9th - Diana Hughey

19th -Carolyn White

27th -Roberta Belviy



Anniversary

July 1st

Robert & Vicki

Humphrey





Chapter Couple



Dear Fellow Toad Suck Riders,

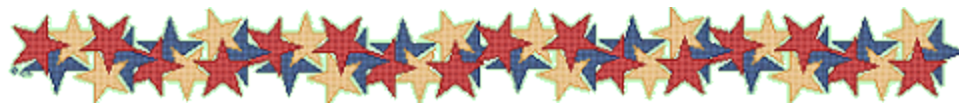
Another month has come and gone. We attended the District Rally in Rogers, and competed in the Couples Competition. We had a good time representing Chapter L and our friends. We had a lot of support from everybody involved and we took a lot of pictures. Our clown costumes were a hit and everybody thought it was great how we participated. We wish to thank everyone for all their support during the process of getting ready for the Competitions. We want to congratulate Bryan and Emily Dunham for becoming the new District Couple; we think that they will do a great job.

Well the days have been getting longer and hotter this last month. We hope that you all are staying cool. It's been so hot that we just haven't gotten to go riding very much; maybe next month will be a little cooler. We hope to start going to visit other Chapters in the coming months and continue our acquiring of new friendships.

We attended the last Dinner Ride to Big Bens and had a good time. We hope that you all have a great Fourth of July, and we'll see you all very soon.

Your Couple of the Year,

Charlie and Debbie Wirges



Day Ride Planned for August 7th - Meet at Big Lots in Conway 8:45 AM. Ride to Mt. View for lunch then home via Push Mountain and where ever else Capt. "Uee" leads us!





Riding in extreme heat can be very dangerous

Evaporative cooling can be a life saver.

Check these out!

Riding when the temperature is well 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.

Many riders know that if you keep your neck cool, because the large veins that feed your brain are so close to the surface, you greatly diminish these health risks. There are two very popular devices that are simple and effective in this regard.

One is called a 'cool collar' and is made from a tube of bandana material that contains some water absorbing beads sewn into it. The beads increase in size about 50 TIMES over when they are dry. Thus, when dry, these collars store easily and take up very little room. But getting them wet is not as easy as it sounds. That is, you have to take a dry collar and submerge it in water for up to 1 hour before it has absorbed all the water it can. That hour is often not available to you when you need it.

The reason the collar works to cool you off is that it takes even longer for the beads to dry out than it did to get them wet. That is, water will evaporate from them over a several hour period. Any evaporation activity cools - but only marginally so from the wearer's point of view. That is, within half an hour of putting one of these collars around your neck, even if it had been in a freezer before you put it on, the collar will be very nearly at the temperature of the air around it.

Far better than these 'cool collars', I have found, is the original design of them (sometimes called 'Kool Kollars'). These are usually made of terry-cloth sewn together in such a way as to contain a pocket into which a zip-lock bag is placed. These are filled with ice! This type of collar REALLY cools your neck as the ice melts, AND they drip cool water. That dripping leaves the front and back of your shirt sopping wet over time which provides a huge source of evaporation - i.e., it helps to COOL!

At every pit stop you make you can refill the 'Kollar' with ice (just pour in a glass of ice water, ice and all).

The bead filled collar cannot be rapidly cooled again once it has gotten warm. Thus, you usually find that people that use them have two - one of which is always sitting in an ice-chest.

One more way to handle high heat - those of you that wear skull-caps (helmet liners) can simply saturate them with water before putting them on. This works very well indeed, for about half an hour.

Further, of course, simply pouring water on your shirt helps a great deal - again, because it provides a huge area over which evaporation takes place.

While on the subject let me remind you that your wet shirt is not the only large area that evaporates - all of your exposed skin does the same. Thus, you NEED to DRINK lots of fluids too!!!

Jim Goodman our district educator is trying to put together a sidecar safety training course. If there are any of you that are interested please let me know and I'll get with Jim. I appreciate Jim for trying to put this together for the state in an effort to offer continued safety training for all aspects of our great sport. Folks I'm sure this course would be available for none GW members as well if you have friends that have sidecars. If interested Email me or call me at 501-354-1122
Allen Holloway





July Dinner Rides

9th -

CJ's Hamburgers

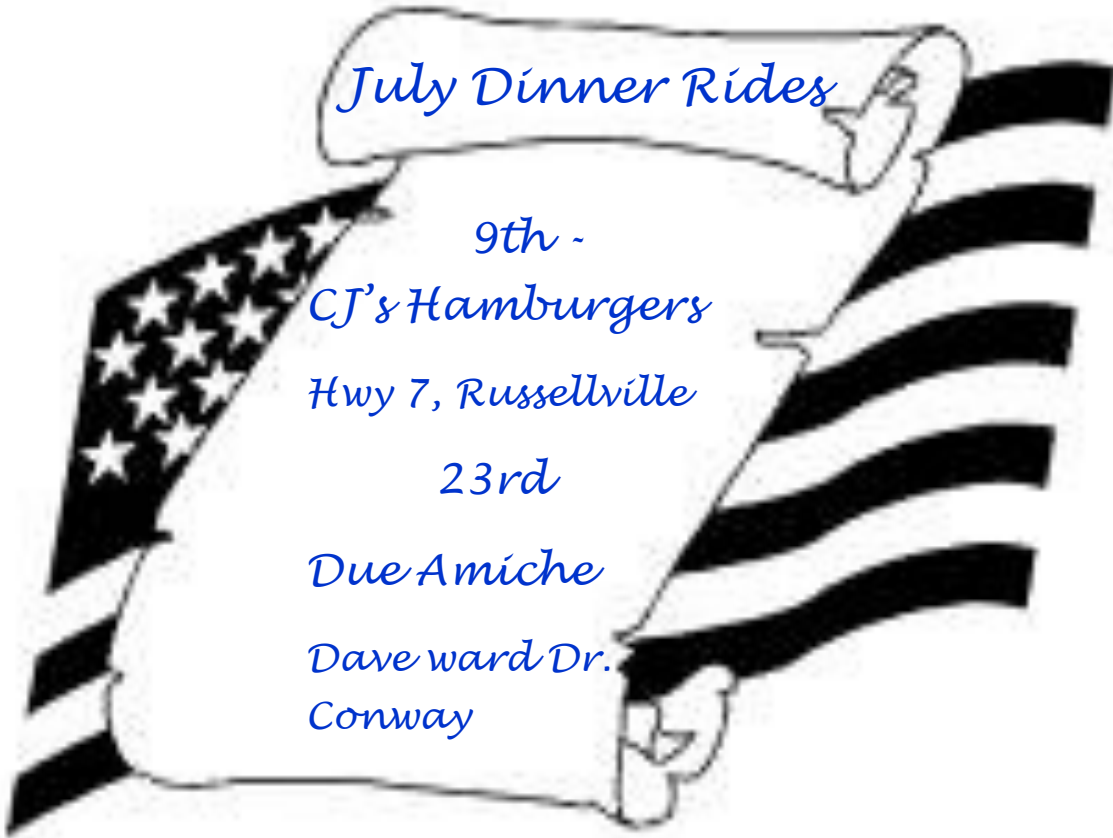
Hwy 7, Russellville

23rd

Due Amiche

Dave ward Dr.

Conway



COMING IN AUGUST.....

*Dinner Cruise on the
Arkansas Queen*

August 28th - 6:30 - 9:00

Dinner and live entertainment

44.04 per person—casual dress



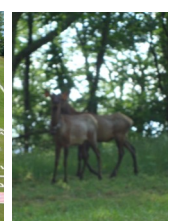


Smokey Mountain Memories

By Vicki Humphrey

June 11th after a delay due to thunderstorms, Frank & Linda Harris, Tom & Amy Ball, Robert & Vicki Humphrey and some friends of Tom & Amy, Charlie & Phyllis Packard began our adventure to Maggie Valley, NC. Capt. "Uee" Frank Harris leading the pack. I must say it's the first time I have ever went to Nashville, TN by way of Missouri. (The scenic tour). The first night we stayed in Dickson, TN outside of Nashville. The second day we rolled into Maggie Valley a day earlier than our motel reservation so we found rooms up the road from where we were going to be staying. After getting our gear moved the next day we proceeded to go explore the wonders of the Smokey Mts. It was decided to go through the Smokey Mt. National Park and go to Gatlinburg for lunch. The trees shaded the road making a welcome relief to the hot temperatures. The sounds of the stream flowing over the rocks along side the road would have made for a relaxing ride until the road started to climb and then the curves started. When we got to the top, we were at the Tennessee & North Carolina state lines, the scenery was beautiful.

The next day's adventure for the Balls and Packards was to ride the Blue Ridge Parkway, and for the Harris's and Humphreys Hwy 28. We headed down toward Cherokee where we picked up Hwy 28 after 6 or 7 "Uees". If you want a ride, Deals Gap has nothing on Hwy 28, it may not have as many curves, but the ones it has are something else. Waterfalls are beautiful, there was one that we could drive under. The road goes through northern South Carolina and Georgia, so we got two more states to add that we have now ridden in. When we stopped for gas and a break, the locals were so friendly and a joy to talk to. Great hairpin curves. Plenty of peg scrapes and sideboard sliding. Tom and Charlie wanted to ride Deals Gap so we headed over there the next day. It sure has changed since we were last there, with a motel and cafe at the little store. While they were "riding the dragon tail" we just hung out at the café and did some shopping. The Harris' and Humphreys had already rode it before. After lunch we went to The Fields of the Wood. It has the 10 Commandments written out in blocks on the side of a hill that was just awesome. The Blue Ride Parkway was another nice ride. We rounded a curve and found elk along the side of the road, you never knew what you were going to find around the next bend in the road. The temperatures would cool down at night and the motel had wooden rocking chairs on the front porch making it a great place to gather and relax and enjoy the company. There are more roads than one can ride in just a week. We were sorry that the others that had planned to go were not able to make it, but it is definitely a trip to make. There are roads for all kinds of riders, hairpin curves or just sweeping curves, there is beautiful scenery on all of them.





Bert's First Adventure Ride



Hi Chapter L,

Let me tell you how excited I am!!! This is my first news letter article and I get to tell you about the trips I've been on. Telly's been telling me how much fun road trips are and I finally got to go and experience it for myself. WOW ! FUN,FUN,FUN!!!

I got to go with Bud & Jan and they took me to our Chapter Rally the end of May. Then Bud took me to the State Rally in Rogers Ar. boy was that motel ever big! No it was Hugh!! The bike light show was great and I had a lot of fun in Rogers.

Next they took me to Newport to Chapter D's Rally and I got to ride in my 1st bike parade. How exciting was that! Then we went to Branson Mo. with Jerry and Marilyn for a fun get a way. While Jan and Marilyn went shopping and doing their own thing, I rode to Springfield Mo. with Bud and Jerry to the Bass Pro Shop. Boy, that place is really neat! Monday night Bud covered the bike and Jerry covered his bike, me and Froggy, were all snuggled in under the cover. Bud, Jan, Jerry and Marilyn sat out front of the motel and talked till really late. Froggy and I were sound asleep when around 11:30 pm we were uncovered and woke up because we were going on a "Midnight Ride". How fun was that!! I could not believe how much fun I was having!

The next day we went to Eureka Springs and spent a lot of time there before we started home to Conway. I was sure tired when we got home. Telly was right. Road Trips are ALOT OF FUN!!!

I can't wait until I can go again! May be next time I can go with someone else and their GW mascot.

I truly love being Chapter L's mascot #2.

Bert





The Officer Certification Program

I would like to remind all Chapter Directors and Assistant Chapter Directors that our next OCP will be July 17,18, 2010 in Morrilton. We will start at 8:00 AM on Saturday. You need to contact me and sign up so I can have the student work books printed. If you plan to go to an OCP someplace other than Morrilton you need to let me know so I can put it in our data base and you will get credit for going. I have a cutoff date for signups July 6, 2010. This will give me time to have workbooks printed and order pins in time. This is not just another Leadership Training, THIS IS TRAINING FOR OUR LEADERSHIP!

If you need more information or to sign up please contact me at ardistricttrainer@suddenlink.net or call 479-970-0778.

Larry Penepent

AR District Trainer



When we were in North Carolina we thought we had run into Larry's twin.





From your

ARKANSAS

District Directors



Well, it is here (officially) summer that is, I know the temp has felt like summer for at least a month now, but it is official. With summer comes long days that are great for riding. Hot days too which are not always great for riding, but the best part about summer arriving is WING DING and we are gearing up to go to Iowa. Pam and I will be leaving early Tuesday morning so that we can get there in time for couple selection. We are bringing our noise makers and are going to cheer for Region H, and Texas DD Fred and Mandy Mew. I hope that we have a great group from the Region and from Arkansas to cheer them on.

The rest of the summer holds several more Chapter Rallies and two more District Conventions at least in Region H. We hope everyone is planning to go and enjoy the fun and the family of Friends at these activities. We are planning to be at all of them, so we will see you there. We finished this month out with a great time with Chapter D and their 25th anniversary. Great job Chapter D.

I have some of the numbers from the District Convention and again just want to say thank you to all who came and all who had a part in any way of helping with the convention. The total number registered was 311. Oklahoma brought the most in from outside the District with 59. Hey Arkansas Oklahoma's convention is in October maybe we could repay them with that many from here. Thanks OK for showing up and participating in Arkansas. We also had folks from LA, TX, KS, MS, and even one couple from IA. I may have missed a state or two (if I did, yell and I will fix it) but you get the idea, several from all over showed up and we (the District of Arkansas) appreciate each of you.

I hope that you have a great month of July and we hope to see you on the road somewhere.

Remember,

If it looks like a good day to ride, it probably is.

Chris and Pam DePriest





BY THE BOOK

*By: Dale Wingrove
Region H Trainer*

The "By The Book" articles are intended to help familiarize Volunteer Leaders and GWRRA Members with the policies, procedures, and information contained in the GWRRA Officer's Handbook. Any quotes or references to topics contained in our OHB should not be taken "out of context". Please feel free to reprint these articles in Region, District and Chapter newsletters.

GWRRA since its conception has maintained a non religious, non political stance. Since the OCP has been implemented some of our members are acting like they did not know GWRRA held a non religious policy. The OCP did not change the policy we are just making everyone aware of what GWRRA policies are. The motto of our association remains to be "Friends for Fun Safety and Knowledge", this has not changed and we will always focus to make our members our number one focus. The following article is taken from the Officers Handbook page D-8.

RELIGION

GWRRA is purposely designed to be free of religious persuasion and ceremony. This is not because the Association is opposed to religion but religion is, and should be, a personal choice. No Member should be compelled or forced by virtue of their attendance at a GWRRA function to participate in a religious ceremony that may be in conflict with their own beliefs. If for some reason it is determined that prayer is appropriate, make it a moment of silence so everyone in attendance can offer their thoughts in their own way. If worship services are offered at GWRRA functions, they should be announced in advance and denoted as "optional" on the event program and staged in a separate location for those who "want" to attend. This discussion pertains to all levels of GWRRA.

VOTING

A GWRRA Chapter is designed to operate as a politically free, educational, social unit of our Association. As Officers, it's our responsibility to maintain this environment. If we have "voting," two things will happen. First, Chapter Members assume the responsibility which lies with the Chapter Director; and second, it starts the process that will lead the Chapter out of the GWRRA Chapter concept and back into the club format, resulting in the loss of GWRRA Chapterhood. If we don't do any "voting," what about the times when a decision needs to be made and you need input from your staff and the Members? How do you reach a decision if you don't call for a "vote?" There's a very simple way to do this. We survey our Staff and our Chapter participants for their opinions, ideas, desires and find the consensus of the group. You should get all the input and advice you can, weigh it with what you know about GWRRA procedure and policy, then make your decision. A decision that will give the Members what they want! Most of the time, your decisions will be in agreement with the majority of your Staff and/or Members, but there will be times when you will need to explain why your decision can't be a certain way. This is where your leadership ability will really count. This is where you will really need to know and understand how GWRRA operates and be able to convey this information to your Members so they will understand your decision. Sometimes, decisions may be proper but not popular—explain well! There will be times when you won't feel you have enough input to make a good decision. That is when you need to call your District Director. If necessary, they have the Region Director to depend on. Although the District or Region Directors may not always be able to solve a particular problem for you, they often can help find information to provide you with input that should help you resolve the issue. This discussion of voting pertains to all levels of our Association.

**Learn Something New.....
Then Teach Someone !**

