Meeting
3rd Monday of each month at the Golden Coral
400 Hotel Dr.
New Bern, NC
EAT: 6:30 PM
MEET: 7:30 PM
Visitors Always Welcomed!

Palace City Wings

April 2011

Chapter Director

"It's all about the Ride, It's all about the Fun"

Sometimes we forget the reason we get together in the first place. It is to ride our most treasured bikes, no matter what kind; trike, sidecar, Gold Wing, HD, Silver Wing or whatever our choice of transportation happens to be. We have an innate need to have fun. Laughter is good for your soul. Let's get out there and have some fun. With April being here and the weather is getting warmer and the days are getting longer and it is riding season.

If you have not been on our dinner rides, it is now the time, weather being nice and warm, and if you know of a good place to eat, please let us know, and we will plan a ride.

WOS is coming soon and we need the shirt sizes for all that plan to work our pop corn booth. For the new member that has joined us; we pop the pop corn for the entire Rally and give it away. If you work your shift, the chapter pays for you a shirt. We will be passing a work sheet out at our meeting.

Please remember Ed Clemmons of Jacksonville, he has had open heart surgery, also continue to pray for Sadie Sanders,(knee surgery) Jerry Boswell, Frank DeBerry, Jordan Edwards, Priscilla Edwards, Wayne Grant's Father. I do believe in prayer, it really does work. If you know of anyone sick please let us know.

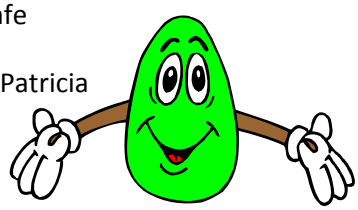
Congratulation goes to Frank & Joann Hall and Durwood & Deborah Byrd for completing the Officers Training Program (OCP) and getting their certification. Charles and Marion Dudley will be completing their training at WOS. Congratulations to all. This is an awesome program and we can all benefit from the training we get there. If you are interested in learning more about the program, talk to Durwood & Debbie, Frank & Joann or Billy & Pat.

The weather is warm and the days are long, let's get out and ride and have some Fun.

Happy Easter and remember the reason for the season. God Bless

Ride Safe

Billy & Patricia



NC D2

NC District

Region N

GWRRA

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April:
7-- Mary Woods
7—Terresa Deloatch
20—Jessie Taylor

April:

NONE

If you have something for sale please seed a picture along with information and I will place it in our next newsletter and the chapter website.

News from GWRRA NC

NC DISTRICT STAFF

District Director---Andrew & Vicki Butcher 501 Powell Way, Archdale, NC 27263
Ph. 336-803-307 vbbutcher@aol.com

District Educator----Wayne & Elva Grant, 415 Pine Valley Rd, Jacksonville, NC 28546
PH. 910-577-7601 nc-mac@ec.rr.com

Asst District Director East----Walter & Bernadette Snider,509 Jordan Ridge Lane, Raleigh, NC 27603
Ph. 919-661-6518 add-east@nc.rr.com

For sale

1991 Bunkhouse camper like new
New Tent Canvas
New Tires
Rewired in 7-2010
Lots of extras call 252-244-1988
Asking $3000

Good Evening,
Linda and I are pleased and excited to announce the appointment of Tony and Jean Ondof as International Assistant Directors, Membership Enhancement Program. Their primary focus will be on Recruiting and Retention. Tony and Jean are both GWRRA Life Members and have extensive experience in working with Chapter formation utilizing zip codes and Membership data. Tony and Jean have some great ideas concerning Recruiting and Retention and we are excited to have them on the Membership Enhancement Team. They will be available to assist Directors and Membership Enhancement Coordinators with matters concerning Recruiting and Retention, the Area Report List, Unassigned Zip Codes, Chapter formation, and Membership data.

Please feel free to contact them with your ideas and suggestions. Also, email or call them and say “Hi” and get to know them. Please join us in welcoming them to the International Team.

Tony and Jean's contact information, bio and photo can be found on the Membership Enhancement web site.

"EVERY MEMBER MATTERS"

"Together Everyone Accomplishes More"

Ed and Linda Johnson
International Directors
GWRRA Membership Enhancement Program

Chapter Educator

HEAT RELATED ILLNESS

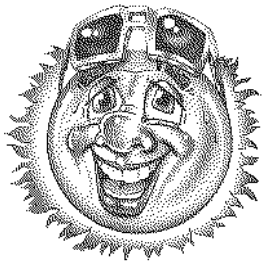
Once again summer approaches and if it is one of our usual
Summers, it will be HOTT!! For those of you that were at our March gathering, you will remember that I briefly
mentioned heat related illnesses. Having had a personal encounter with heat exhaustion, I like to make all of you, my friends, aware!

Heat related illnesses, such as heat exhaustion and heatstroke, occur when your body can't keep itself cool. As the air temperature rises, your body stays cool when your sweat evaporates. Heat exhaustion happens when your body gets too hot. Symptoms you may experience are:

- Heavy sweating
- Feeling weak and/or confused
- Dizziness
- Nausea
- Headache
- Rapid heartbeat
- Dark-colored urine, indicating dehydration

If you start to experience one or more of the aforementioned symptoms or you think you have heat exhaustion, get out of the heat as quickly as possible. Rest in a building with air-conditioning, if possible. If you can't get inside, find a cool, shady place. Drink plenty of water or other fluids. Do NOT drink alcohol or caffeinated drinks (such as soda). These can make heat exhaustion worse. Take a cool shower or bath, or apply cool water to the skin. Take off any tight or unnecessary clothing.
If you do not feel better within thirty minutes, you should seek medical attention. If heat exhaustion is not treated, it can progress to heatstroke.

Heatstroke is much more serious than heat exhaustion. Heatstroke can cause damage to your organs and brain. In extreme cases, it can KILL YOU! Heat stroke is when the internal body temperature reaches 104 degrees F. It can happen when your body gets too hot during strenuous exercise or when exposed to very hot temperatures, or it can happen after heat exhaustion isn't properly treated.
Symptoms may include any/or all symptoms described for heat exhaustion as well as:



- High fever (104F or higher)
- Severe headache
- Flushed or red appearance to the skin
- Lack of sweating
- Vomiting
- Rapid respiration
- Seizures

If you think someone may have heatstroke, call emergency medical personnel immediately!! While you wait for help, get the person into air-conditioning or a cool shady place and remove unnecessary clothing. Try to fan air over the person while wetting the skin with water. Ice packs can also be applied to the armpits, groin, neck and back. These areas contain lots of blood vessels close to the surface of the skin. Cooling them with ice packs can help to reduce the body temperature.

Remember, GET MEDICAL HELP IMMEDIATELY IF YOU HAVE THESE WARNING SIGNS:

- Skin that feels hot and dry, but not sweaty
- Confusion or loss of consciousness
- Frequent vomiting
- Shortness of breath or trouble breathing

Chapter Rides

April 9 2011----Ride to the Airborne & Special Operations Museum in Fayetteville

Leave Clarks Rest Area at 8:00 AM

April 15 2011-----Dinner Tide to Bogue House in Cedar Point

Leave Bo Jangles on Hwy 17 South

April 16, 2011-----Ride to Lunch at Rhems VFD then a leisure ride afterwards

Meet at Bo Jangles Hwy 17 South at 11:00. The Rhems VFD has

Really helped us out the over the years, Please come out and support them in their fund raiser

May 13, 2011---- Dinner Ride to Oriental. Leave Bo Jangles Hwy 70 at 6:30

May 14, 2011-----Fund Raiser for O•Berry Car Wash

May 21, 2011----- NC G

May 28, 2011-------Garner Open House Leave Rest Area at 8:00

June 4, 2011------- Celebrate Chapter D•s birthday

June 11, 2011------NC Q2 Fun Fest

June 18, 2011-----Dinner Theater, Selma NC

MOTORIST AWARENESS DIVISION

MOTORIST AWARENESS COORDINATOR

Charles & Marion Dudley, NC-DZ MAD

"Motorcyclists Are Dying To Be Seen"

Our Mission...
"To Facilitate A Reduction In Motorcycle Crashes With Other Motor Vehicles."

Ride Aware

Why Didn't That Driver See Me?

Don't assume that you are visible to a driver. As a motorcyclist, it is your responsibility to make your presence known to the driver. Select and wear an appropriate helmet with retro-reflective materials. Wear bright, contrasting protective clothing. If you choose darker clothing, wear a fluorescent vest.

Use high beams rather than low beams and consider using a modulating headlight. 23 states require that the headlight be on while the motorcycle is on the highway.

Proper lane position is important to being seen and for protecting your riding space. If you can see the driver in the side-view mirror, the driver can see you. Don't "hide" in the driver's blind spot!

Clearly, communicate your intentions by signaling appropriately. Let the driver know what you intend to do.

How Can I Increase the Driver's Awareness of My Presence?

Make yourself visible: Choose protective gear that will increase your visibility in addition to providing protection in the event of a crash. A motorcycle helmet is your most valuable piece of protective gear and should be most visible to the driver.

Ride where you can be seen: Remember that there is no one safe place to ride. Use lane positioning to your advantage to be seen and to provide extra space for emergency braking situations or avoidance maneuvers. Avoid the driver's blind spots. Make your lane moves gradually, and always use appropriate signaling.

Never share a lane with a car: A driver may not expect you to be there and may not be aware of your presence. Remember most drivers are looking for other, bigger vehicles.

Signal before changing lanes and never weave between lanes.

MOTORCYCLES ARE EVERYWHERE
LOOK TWICE and SAVE A LIFE!!!

HALL OF FAME

Make A Difference

International Assistant Directors, Recruiting & Retention

Tony & Jean Ondof
(252) 636-1413
MEPRnR@embarqmail.com

Jean and I live in New Bern, NC after relocating from Round Lake Beach (Chicago), IL in 2007. I joined GWRRA in 1988 and started the first GWRRA Chapter in the Chicago area IL-A2. Jean joined in 1990 when she also joined me as my wife.

We have held the positions of Area Rep (pre-dates Chapter Director); Assistant Chapter Director (2 different Chapters); Chapter Treasurer; Chapter and District Couple of the Year; District Assistant Rider Educators; Certified Seminar Presenters; Chapter, District and Region Membership Enhancement Coordinators and we now join the International Team as Assistant Directors of Membership Enhancement - Recruiting and Retention.

We will draw on our experiences with active, vibrant and fun Chapters (weâ ™ve been lucky enough to participate with several) to generate ideas to keep GWRRA Members. We will also draw on our experience in working with the Membership Enhancement Programâ ™s various reports in order to make the operations of the Region, District and Chapter Membership Enhancement Coordinatorâ ™s easier and stress free. As graduates of the Horizons Program we will use the tools we acquired to bring our ideas to the Officer Corps and through them to the Membership.

We are currently on our third Wing (2003 Silver), have logged over 280,000 miles in the lower 48 states and 9 Canadian Provinces and are currently at Level 3 in the Rider Education Levels Program. Jean is employed by the Carolina East Medical Center where she is a Supervisor in the Food Services Department. I am a Materials Planner for BSH Home Appliances Corporation where I have just celebrated my 35th Anniversary.

We look forward to serving you and are always open to your comments and suggestions