

# GOLD WING ROAD RIDERS ASSOCIATION



GWRRA



Region N



NC District



Catawba Valley Wings

## NC 02 "CATAWBA VALLEY WINGS & THINGS"

November 2011

Visit our web site:

[www.catawbavalleywings.com](http://www.catawbavalleywings.com)

### 2011 NC 02 Staff

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#### **Chapter NC- 02 HICKORY NC**

##### **Next Gathering**

Sunday, November 20, 2011

Eat at 5 - Meet at 6

Libby Hill Seafood

Hwy 70  
Hickory, NC

### Bring Can Goods to the Meeting

Thanks to all of you who are bringing food to help support the needy in our areas. The agencies are in dire need of these items especially with the winter months approaching and over the holidays.

# CHAPTER NC-02 ROSTER

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David Propst – November 11  
Darlene Pruitt – November 20  
Butch Walker – November 29  
Tony White – November 29  
Charles Janus – December 3  
Beverly Chapman – December 17  
Sara Shelly – December 22

**Happy Anniversary**

Butch & Linda Walker – November 28  
David & Martha Propst – December 22  
Ted & Meredith MacMillan-December 31



## HELP US TO HELP OUR COMMUNITY

20% of our regions children live in POVERTY according to the Western Piedmont Council of Governments. Our region covers Catawba, Caldwell, Burke and Alexander counties. That means over 57,000 people live below the poverty level. Folks who have always been independent and fought to make ends meet are now facing an economic struggle and seeking help. (Info taken from HDR article published 8/21/11)

### MANY FOLKS ARE OUT OF WORK AND IN NEED OF FOOD

NC 02 is continuing our food drive in 2011 for folks in our community who are in need.

Please bring can goods, pasta, or any grocery items which would have a sustainable shelf life. As we collect these items, Barbara and Charles Janus have been delivering the goods to local agencies to be distributed to those in need.

Remember - Small pop-top cans are needed for the homeless.

**NC 02 is making a difference – please help us continue to make this project a success.**

# FROM THE CHAPTER DIRECTORS NC-02



We are at the close of another year, I hope it has been a good one for you and you feel good about your chapter. I think we had a good year, with several good rides and some new members. We could have had a few more rides and though we had a good turnout for our rides, it could have been better.

The number I turned in for those attending the J. Iverson gathering was 16. This is only about half of our chapter. I know we all lead busy lives and it is hard to make all the events.

The date I got for our poker run is June 23<sup>rd</sup>. I started calling at 6:00 sharp and redialed every 15-20 seconds, but many dates were already taken. I think anything we have will be in June in our future. At least in 2012 it will not be on the Saturday before Easter. Since we are having a poker run for the first time, it will surely take every one of us to pull it off, but I know we can do it.

Ronald & Beverly will conduct our November gathering. Lou & I have something special we need attend on this date. I know Ronald & Beverly will do their normal great job. Sure hope you can be there to support them.

Johnny & Lou, CD'S

# From Chapter NC 02 - ACDs



As the calendar year comes to an end, so does our riding season. However, we do still have a few things planned such as the 100 MPH Club ride at Charlotte Motor Speedway on November 25<sup>th</sup> and our ride to J Iverson Riddle on December 3<sup>rd</sup>, and then our New Year's Day ride.

J Iverson Riddle is something we have always done as a Chapter – a chance for us to show our support in person to those we support with some of our Chapter proceeds. This is always a great way to start the holiday season, and remember what the season is all about. We sure hope you will join us there.

And the New Year's Day ride: Since January 1st, 2012 is on Sunday, we will be doing an afternoon ride.

We also need to be thinking of some good day rides, so we can put our heads together and plan a really good riding season for 2012.

Ronald & Beverly  
ACD's



# CHAPTER EDUCATOR

LaMar Shelly

## Safety Chrome Or Apparel

Now that the weather has cooled down and we are probably riding our toys less than in previous months, I want to focus on another facet of safety. We should have gotten all the safety chrome we need for the year so let's look at safety apparel.

What is on your wish list? Do you need to get another helmet? How is that jacket holding up? What do your riding gloves look like? Or maybe, just maybe some extra lighting on the bike would be nice. A look at this safety equipment needs to always be in the back of our minds.

Helmets are mandatory in North Carolina. Personal opinion is that they should be nationwide. There are a lot of places that sell them. Decide what kind you want and then look to find and get one that fits snug on your head. The main thing is that it doesn't slide around at all. There are pros and cons for the different types. This is a personal one and only you can make that choice. Just remember the head is the least protected part of your body so give it good protection.

Consider what kind of jacket do you want to buy. Do you want a reflecting one or a high visible one. Different people have told me they see the reflecting ones quick. A light colored one will also be seen if people halfway look for us. There are a lot that have liners so you can wear them most of the year.

Buying some kind of riding pants can be a good choice. Find one that fits comfortable. They need to be flexible in order to move from ground to bike without tripping you.

One of the best places in the country for motorcycle apparel is Draggin' Jeans. They are located right here in Hickory. It is a low key place because their main focus is internet sales. They have a nice selection of jackets, helmets, etc. for your viewing also. You can try something on and find your fit. They also have the patent jeans that are second skin which costs less than regular online prices. Their flaws are only in the jean fabric and not in the function of the jeans.

Ok. Shoes and gloves are other areas. I took enough time to hopefully remind us that there are things we can do for safety. This is the clothing area.

Have a wonderful Thanksgiving and spend time remembering all your blessings which include enjoying riding motorcycle. Enjoy the ride.

LaMar Shelly  
Chapter Educator

## RIDER EDUCATION

Our Motto...

"Safety is for Life"

Our Mission...

" To Save Lives Through Quality, World Class Education"



## She Is My Hero

This month we honored our military heroes, as well we should.

However there are other heroes among us.

My name is Ted MacMillan and I'd like to tell you about my hero.

She is a co-rider on a Honda Goldwing motorcycle. She is a wife, a mother and a grandmother. She works part time teaching, through the years she has taken care of her elderly mom and dad, and still finds time to exercise daily. As a co-rider, she has ridden through all lower 48 states and has done all this with a disability.

I have known my hero for eleven years and have never heard her complain. Her medications are many and expensive. Most people, me included, will tell you all about their aches and pains and how they affect our daily lives, but not my hero. Every day she faces challenging circumstances which would make most people give up, let alone climb on a motorcycle and head off to parts unknown, regardless of the weather.

No matter what kind of a day she is having she will greet you with a smile, a smile that makes you want to give her a big hug. And we usually do.

My hero's name is Rita White and we are all very proud of her.

Ted

### LINKS TO YOUR NATIONAL, REGION & DISTRICT NEWSLETTERS:

NATIONAL: <http://med.gwrra.org/newsletter/newsletter.html>  
<http://www.gwrra.org/enewsletters.html>

REGION: <http://www.region-n.org/Content%20Pages/Region-Gazette.html>

DISTRICT: <http://www.gwrranc.org/>

# NC02 WINTER RIDE AND EVENT LIST

November 25<sup>th</sup>  
December 3<sup>rd</sup>  
January 1<sup>st</sup>

100 MPH Ride-Charlotte Motor Speedway  
J Iverson Riddle Center-Gifts on Cycles  
New Year's Day Ride

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## Are You Dehydrated?

There is a quick and easy way to tell if you are dehydrated.

Simply pinch and lift the skin on the back of your hand, about one inch back from you knuckles. Release it. If your skin remains elevated and does not quickly return flat against your hand, you are dehydrated. Other symptoms may be a dry, sticky mouth or low urine output with urine being a dark yellow.

**Dehydration** means your body does not have as much water and fluids as it should. Dehydration can be mild, moderate, or severe based on how much of the body's fluid is lost or not replenished.

**When it is severe, dehydration is a life threatening emergency.**

Drinking water or electrolyte solutions works very well for mild dehydration. Soft drinks, which usually contain large amounts of sugar, are not recommended and can lead to other problems. It is better to drink small amounts of fluid often than large amounts at one time.

Try to be conscience of how much water you drink in a day in order to keep your body hydrated.

TednMed



**REGION N**



**NC DISTRICT**



**Evan & Cindy Parton**  
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**“New Horizons ”**  
**NC Membership Enhancement Coordinators – Evan & Cindy Parton**

Evan and I are so excited about our new adventures for the next year. We feel very fortunate to be asked to take on such an awesome position. However, there is one thing for sure, we cannot do it alone. We are going to need the help of everyone out there.

We need all the chapter directors, member enhancement coordinators, chapter couples to help us work together to have a successful year. Evan and I have many things that we want to see happen this year and with all of us working together, as a team, we will see those visions happen.

We have to help our chapter couples get excited again about going through the selection process. To show them that it is fun! Because that is, what it is all about! It is about showing your chapters that you want to pay it forward to them for selecting you as their chapter couple.

1. We want to help all chapter directors have a strong chapter couple program. There is not a chapter in North Carolina that could not have a chapter couple.
2. We are planning with our new District Couple John and Marie Robinson to start in January setting up group gatherings to help every couple to get there resumes together so that by the time we have the couple picnic it will just be a day of fun and games.
3. We want to see more chapters get involved in the Chapter of the Year program. There is more than one out there doing everything right! We want to see you excited about your chapter again. In other words... North Carolina is the District to be reckoned with!

We have the best of everything in our District. You have a Team that is at your disposal 24/7. In addition, we all care about one thing and that is **OUR MEMBERS!** We want to see our chapters grow and we can do that by having more fun!

We have a great District Couple that wants to help and work with us this year for the soul purpose of helping the chapters and the couples. We want to set up workshops in every district to do just that. It is all about the fun and the ride. On the other hand, of course I say it is not about the ride but about how you look while you are doing it! : )

I think everyone who knows us know that we have passion for GWRRA and the Couples Program. This is why we feel so blessed to have been selected to be your new MEPC's because it involves everything that we hold dear to our heart. We are proud to be a part of such an awesome District Team. Guys they all really do have your best interest at heart. We all have the same vision and that is for ya'll to have Fun and lets have Fun and let's grow and have Fun while we are doing it.

Remember you can contact us at anytime. Once again, we are blessed to be here to serve you the members. We love each one of you! Remember it is also, about how you look while you are on that ride!



**Evan & Cindy Parton**  
**NC District MEC's**



## BOUNCE

U.S. Postal service sent out a message to all letter carriers to put a sheet of Bounce in their uniform pockets to keep yellow-jackets away.

Use them all the time when playing baseball and soccer. I use it when I am working outside. It really works. The insects just veer around you.

Other uses:

1. It will chase ants away when you lay a sheet near them. It also repels mice.
2. Spread sheets around foundation areas, or in trailers, or cars that are sitting and it keeps mice from entering your vehicle.
3. It takes the odor out of books and photo albums that don't get opened too often..
4. It repels mosquitoes. Tie a sheet of Bounce through a belt loop when outdoors during mosquito season.
5. Eliminate static electricity from your television (or computer) screen.
6. Since Bounce is designed to help eliminate static cling, wipe your television screen with a used sheet of Bounce to keep dust from resettling..
7. Dissolve soap scum from shower doors. Clean with a sheet of Bounce.
8. To freshen the air in your home - Place an individual sheet of Bounce in a drawer or hang in the closet.
9. Put Bounce sheet in vacuum cleaner.
10. Prevent thread from tangling. Run a threaded needle through a sheet of Bounce before beginning to sew.
11. Prevent musty suitcases. Place an individual sheet of Bounce inside empty luggage before storing.
12. To freshen the air in your car - Place a sheet of Bounce under the front seat.
13. Clean baked-on foods from a cooking pan. Put a sheet in a pan, fill with water, let sit overnight, and sponge clean. The anti-static agent apparently weakens the bond between the food and the pan..
14. Eliminate odors in wastebaskets. Place a sheet of Bounce at the bottom of the wastebasket.
15. Collect cat hair. Rubbing the area with a sheet of Bounce will magnetically attract all the loose hairs.
16. Eliminate static electricity from Venetian blinds.. Wipe the blinds with a sheet of Bounce to prevent dust from resettling.
17. Wipe up sawdust from drilling or sand papering. A used sheet of Bounce will collect sawdust like a tack cloth.
18. Eliminate odors in dirty laundry. Place an individual sheet of Bounce at the bottom of a laundry bag or hamper.
19. Deodorize shoes or sneakers. Place a sheet of Bounce in your shoes or sneakers overnight.
20. Golfers put a Bounce sheet in their back pocket to keep the bees away.
21. Put a Bounce sheet in your sleeping bag and tent before folding and storing them. It will keep them smelling fresh.
22. Wet a Bounce sheet, hose down your car, and wipe love bugs off easily with the wet Bounce.
23. Put a sheet of Bounce in your suitcase when traveling, it will help keep mites or any other critters out of it. While you are at it, travel with several Bounce sheets and run them up and down your bed linen before getting into bed, it will cause all the critters already in your bed to run. Keep a sheet in your suitcase even after you have unpacked to protect your suitcases from bugs nesting in it.

# **To raise awareness and help educate the public about this disease, November has been designated as American Diabetes Month.**

Diabetes is one of the top 10 causes of death in our country — the risk for death among people with diabetes is about twice that of people without diabetes in a similar age group.

## **Overview of Diabetes**

Diabetes is a disorder of metabolism. Most of the food we eat is broken down into glucose, the form of sugar found in the blood and the main source of fuel for the body.

After digestion, glucose passes into the bloodstream, where it is used by cells for growth and energy. For glucose to be absorbed by cells, insulin must be present. When we eat, the pancreas produces the correct amount of insulin to move glucose from the bloodstream into our cells. In people with diabetes, the pancreas either produces little or no insulin, or the cells don't respond appropriately to the insulin that is produced. Glucose builds up in the blood, overflows into the urine and passes out of the body. Thus, the body loses its main source of fuel even though the blood contains large amounts of glucose. The two main forms of diabetes are Type 1 and Type 2 .

## **Type 1 Diabetes**

In Type 1 diabetes, the immune system attacks and destroys the insulin-producing cells in the pancreas. The pancreas then produces little or no insulin. A person who has Type 1 diabetes must take daily insulin injections to live .

Type 1 diabetes accounts for about 5 to 10% of diagnosed diabetes cases in the US. It develops most often in children and young adults, but can appear at any age.

Symptoms of Type 1 diabetes usually develop over a short period — symptoms may include increased thirst and urination, constant hunger, weight loss, blurred vision and extreme fatigue. If not diagnosed and treated with insulin, a person with Type 1 diabetes can lapse into a life-threatening diabetic coma .

## **Type 2 Diabetes**

The most common form of diabetes is Type 2 diabetes — about 90 to 95% of people with diabetes have this type. This form of diabetes is most often associated with older age, obesity, a family history of diabetes, physical inactivity and certain ethnicities and about 80% of people with Type 2 diabetes are overweight.

When Type 2 diabetes is diagnosed, the pancreas is usually producing enough insulin, but for unknown reasons the body can't use the insulin effectively. This condition is called insulin resistance . After several years, insulin production decreases — and as with Type 1 diabetes — glucose builds up in the blood and the body can't make efficient use of its main source of fuel.

The symptoms of Type 2 diabetes develop gradually — the onset is not as sudden as in Type 1 diabetes. Symptoms may include fatigue, frequent urination, increased thirst and hunger, weight loss, blurred vision and slow healing of wounds or sores.

## **The Impact of Diabetes**

Diabetes is associated with long-term complications that affect almost every part of the body. The disease often leads to:

- Blindness
- Heart and blood vessel disease
- High blood pressure
- Stroke
- Kidney disease and kidney failure
- Complications during pregnancy
- Amputations
- Nervous system and nerve damage

The goal of diabetes management is to maintain blood glucose, blood pressure and cholesterol levels as close to the normal range as possible.

Healthy eating and physical activity are the basic therapies for both types of diabetes and blood glucose testing are the basic management tools. People with Type 1 diabetes require insulin injections while people with Type 2 diabetes require oral medication, insulin injections or both to control their blood glucose levels. People with diabetes should see a healthcare provider who will help them learn to manage and monitor their diabetes.

For information about diabetes, visit the American Diabetes Association website.

## Region N



*We (Mike & Dean) are so thankful to all for the thoughts, words of kindness, gifts, love, guidance and support from all of the GWRRA members during this selection process in allowing us to become the ambassadors of Region N in being your 2011-2012 Region N Couple of the Year.*

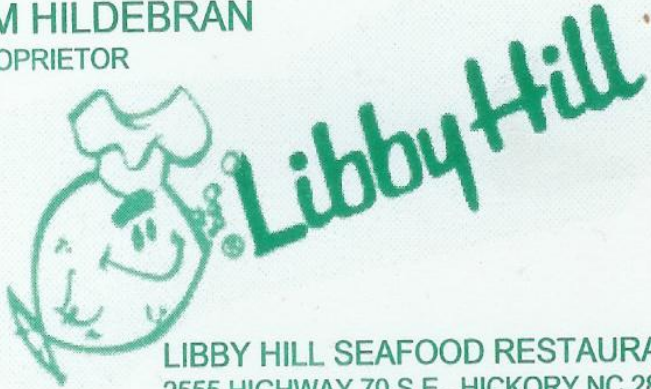
*We are extremely thankful and proud of Evan & Cindy in the great job they have done as the Region N Couple for 2010-2011. They have left us big shoes to fill in leading the way as well as all of the other current and former District Couples for each **NC, TN, WV, VA, KY state**. You all are winners to us and thanks again for being the outstanding ambassadors of GWRRA as Couples and members.*

*We will try our best to visit each state for District Conventions and Chapter gatherings to see all this coming 2012 year as our schedule allow us. Please don't be upset with us if we can't make it to your event as our schedule does not always allow us that luxury, but we hope to at least saw you on the road as we make visits of the gatherings, conventions and events that have been planned this upcoming 2012 year.*

Thanks, ride safe and have fun,  
Mike & Dean Stokes

Region N Couple of the Year 2011-2012  
mikeastokes@gmail.com  
deanstokes@earthlink.net

JIM HILDEBRAN  
PROPRIETOR



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