

Cruisin' U's News





CRUISIN U'S NEWS
Gold Wing Road Riders Association
Chapter "U" Dothan, AL.
Southeast Region "A"



FRIENDS FOR FUN, SAFETY, AND KNOWLEDGE

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DISTRICT COUPLE OF THE YEAR

2016-2017
Robert & Gail Brown

ALABAMA DISTRICT TEAM

ASSISTANT DIRECTORS

Max & Kathy Tanner

SUNSHINE LADY

Darnell Lapera
patlapera@yahoo.com

MONTHLY GATHERING

Second Tuesday of every month
6:00 PM Eat - 7:00 PM Meet
Golden Corral, Dothan AL

RIDER EDUCATORS

Carl & Jan Breeding

MOTORIST AWARENESS

Carl & Jan Breeding

CHAPTER EDUCATOR

LTC James & Freida Clayson
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DISTRICT CHAPLAIN

Trina & Bill Barden

TREASURER

Sara & Harry Leach

WEBMASTER

Larry & Penny Anthony



On the cover: AL-U enjoying the GWRRA Rally at Lakepoint Resort, Eufaula, AL

DISTRICT NEWS

Greetings fellow riders, with the passing of another month the riding season is really upon us now. Please make sure you as well as your bikes/trikes are ready to go. Your health and well being is just as important as the bike being prepped. Take a few minutes to get yourself prepared before you go out for a ride.

We have just completed our first Alabama Rally as your District Directors. Over the weekend we told several people that if they were having just half as much fun as we were they were have a great time. We certainly hope you had a great time with us. If you did please tell everyone you see but if you didn't please let us know. We would like to know what we can do better to make your experience better. As announced on Saturday evening most of you know by now that we are returning to Mobile, Al next year at the Ashbury Hotel for our 2017 District Rally. The rally theme will be Sitcom Mania. Remember all of your favorite sitcoms that you watched growing up, Happy Days, I Love Lucy, Carroll Burnett Show, MASH, and so many others, the list goes on and on. Please make plans to join us next year as we pay tribute to our favorite sitcoms and have a little fun.

We have a Horizons class scheduled for June 4 and 5 at the UAB Medical West Hospital training room. This is the first opportunity we will have for this year and we strongly encourage you to attend. These classes are for all members of GWRRA, not just officers as we were ask this past weekend. The Horizons class is the FUN class in GWRRA so make plans to join us. If you would like to attend please email Roy and Anita Fosnight ASAP so we can make plans for the class.

A very big thank you to everyone who attended the District Rally this past weekend. Again, we hope each of you had a great time. When you see them please congratulate Robert and Gail Brown for being chosen the 2016-2017 District Couple of the Year. Also, please do likewise to Ron Landers for being chosen the 2016-2017 Individual of the Year.

Please remember all of our men and women in uniform and all of our first responders and all their families and just say thanks when you see them. They serve and protect us each and every day. We hope to see all of you out on the road,

Frank and Linda Teasley



SAADD NEWS

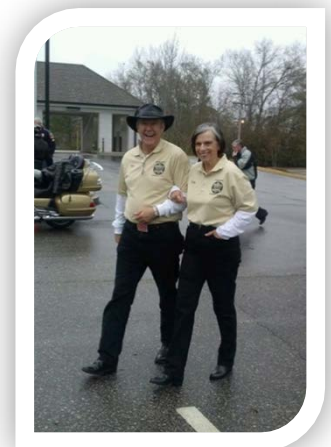
SAADD GREETINGS to all! ☺

May has been a busy month as we have had several rallies and fun experiences. The biggest of these for us was the **AL District Rally, May 19, 20 & 21 in Eufaula AL at Lakepoint Lodge**. This truly was an exciting time for all with a lot of activities, competition, bike shows, vendors with lots of goodies, great food, fun and fellowship! If you participated, you know what I'm talking about! Congrats to all the winners of Talent shows, Christmas tree competition, Mascot competition, Scrapbook competition, Newsletter competition, our new District Couple of the Year 2016 - Robert & Gail Brown; Largest AL Chapter in attendance - Chapter S from Russellville AL; District Chapter of the Year Silver Award Winner for 2015 - AL Chapter D in Anniston AL and District Chapter of the year 2015 – AL Chapter T in Hueytown AL. We also had a fantastic new seminar this year called **ACTIVE SHOOTER** and it was taught by our very own **Officer RON BROWN** of AL Chapter A n Mobile. He did a terrific job and had almost 100 people share in the experience. Thanks for the great job Ron and we look forward to more of them in the near future. Frank and Linda Teasley and the district team worked hard to plan the fun and fantastic things to do this year and I hope you were there to enjoy them with us. It is so important for all the membership and friends to support each of these events so they will be successful and we can continue to share the love through our **GWRRA Friends for Fun, Safety and Knowledge**. *If you miss them, it's over as you don't get a second chance just like life. There are no do-overs so make it the best possible all the time!*

NEWS FLASH!!!! *The Alabama District Rally for 2017 will be in Mobile AL, May 18 – 20 at the Ashbury Hotel & Suites. The theme for 2017 is SITCOM MANIA! Make your plans now to attend and be prepared to have more fun than a barrel of monkeys! It will be GREAT AGAIN!!! More info to follow!*

Remember that **GWRRA** is a wonderful association and we want all “good folks” to be part of our great family. Share your calendars and your experiences and feel free to call me or Kathy anytime if we can assist in some way with you. Use those beautiful Gold Wing motorcycles and others to enrich your life and strengthen your GW family ties and relationships and make more memories of a lifetime! You deserve it! We look forward to many more miles of riding pleasure with all of you and please, stay safe out there. That's the only way we can continue to make it fun.

Thanks and we love you all!
 Max & Kathy Tanner - 179769 & 01
 South AL Asst. Dist. Directors
 251-680-3794 Max cell
 251-680-4980 Kathy cell



BRAKE LIGHTS

What are your meds doing to you?

You may have heard by now that I sold my Goldwing a few weeks ago. Rather an odd thing to do when you're 50 years old; that's the age where most folks are buying a Goldwing. It was not an easy decision to make, but it's not good to just let a bike sit. So then the new question is - Why would I let it sit?

About 10 years ago, I began to notice I had sensitive teeth. Hot/cold drinks, hard foods, all made my teeth hurt on the left side. Man I was going to need some serious crown work it seemed. Two years ago, I started having massive flash pains, not only in my teeth now, but in the entire left side of my head! Did I crack a tooth? It was crazy painful. Around the holidays of 2014, the seizures started.



Diagnosis? No dental issues. I have Trigeminal Neuralgia, a severe neuropathic chronic pain disorder affecting a three-branched nerve that carries sensations from the face to the brain and controls facial motor functions such as biting and chewing. Long story short – a failing nerve was sending bad info to my brain. My face felt like it was being removed with a road grader and a welding torch, in seizures that lasted from a few seconds to several minutes, repeating several times an hour. On a 1 – 10 scale, the pain is rated 13, and the condition used to be called the Suicide Disease, as that was the end result for most patients long ago. It would leave me non-functional with blurred vision.

Lucky for us in modern medicine, there's a pill for this. I take Gabapentin, which is a flavor of Neurontin. Works pretty good – takes away the seizures and leaves just a hint of pain, feeling like a mild ear infection 24x7. Relief!! Oh by the way, there is no free lunch – it also brings dizziness. A major side effect in my case; any orientation changes (stand up, turn around quick, even turn my head quick) makes the world spin momentarily, and I sometimes grab for something to hang on. This is not a good side effect with a 900-pound motorcycle! So I waited... and waited, as [here is the key to this article](#) folks:



Medications can have side effects. If these effects are still there after 6 months, the effects are very likely yours to keep; a gift that keeps on giving. *Listen up!* Any medication changes should be closely monitored for side effects, and you should pay particular attention to impacts on your motorcycle handling abilities. Google for potential side effects, or ask your doctor. If you feel any side effects, tell your doctor and do some analysis together. For me, after a year, it became ever clearer that 900-pound two-wheel bikes were not a good idea for me anymore. I've heard trikes are nice...hmmm....

-- Richard and Melissa Stumpf (GWRRA AL-U Newsletter editor and Treasurer)

<p>The Oaks Restaurant The Oak Station Shopping Center</p> <p>Eddie & Jo Davis / LaNita Smith</p>  <p>850-526-1114 4727 Hwy 90 East Marianna, FL</p>	<p>Delicious Southern Lunch Buffet Home Cooking</p> <p>ANGUS BEEF JUMBO SHRIMP</p> <p>FULL MENU AVAILABLE</p> <p>850-526-1114 ♦ 4727 Hwy 90 East Marianna, FL</p> 
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Chapter U Rider Ed

How Are You Starting This Riding Season?

Winter is finally gone, so let the riding season begin! Maybe you have recently taken a CPR/First Aid class or a seminar or two during this past off-season. This means you are better prepared to help in case one of your riding buddies has an accident or a health issue, or you are prepared to be a better co-rider. Now you are available to spend more time riding now that the season is here. Hopefully you have also taken time to make sure your motorcycle is ready to go, too. You may have done a T-CLOCS, or changed the oil, replaced worn tires, kept your battery charged, or discovered that you needed a new one and replaced it.

There are other things that you can do to be at your best out on the road, too. Many of us will be out on the road before MSF or GWRRA Rider Courses are offered. So what else can you do to get in the right frame of mind and tune up your skills right away? There are a few things you can do as an individual or in a group (such as with your fellow chapter members) to be prepared to ride safely and with skill before the season is even two weeks old.

First, you can practice your skills in an empty, quiet parking lot with smooth pavement that is free of loose gravel or sand. Find an empty church or a school parking lot, or some unused out-of-the-way space at a shopping center safely away from moving vehicles. Choose a time when it is unlikely to be busy, (e.g., a school lot on Sunday) as your safety is of the utmost importance. Work on braking, turning, curves, stopping while in a curve (remember to straighten the handlebars before braking!), and turning when pulling away from a stop. When you practice alone, always remain vigilant to vehicles encroaching on your space.

Second, how about participating in a Parking Lot Practice? Also referred to as a PLP, this is an activity that many Chapters hold at the chapter level. The exercises in a PLP are all spelled out in the Cornering Practice Guide along with tips to execute the skills correctly. Talk to your Chapter Educator about holding a Parking Lot Practice for your chapter, or if there is a Facilitated Parking Lot Practice scheduled near you. **GWRRA is doing away with this technique. They can no longer be used to renew Rider Ed courses. I am working with the District Rider Educator to implement a Rider Ed course here in the Dothan area. Keep tuned for more details.**



Third, you can attend a Team Riding Seminar. This Rider Ed seminar is available for presentation at your chapter, and may be available at some District rallies. This seminar is particularly good

to hold at your chapter because the folks who are normally part of your riding team can all hear the same Team Riding tips. Why would you sit through a Team Riding Seminar? One reason is because most of us ride to various places around the state with our riding friends. And if you know what to expect from the others in your group – your team – you will be more likely to trust them. You will trust them because you'll know they are all going to ride safely and predictably in a staggered formation. That is what the Team Riding Seminar provides you. Several in our chapter attended a Team Riding Seminar during the Alabama District Rally.



Getting back to the bike for a minute, if you have new tires on your bike for the new season, know that the tire manufacturers recommend that you take it easy on those tires for the first 50 – 100 miles. That means go easy in the curves and easy on acceleration to prevent slide-outs. The reason is because the surface of the tire will be slickest (slippery) when new. There are a couple of common explanations why, but the result is the same – reduced traction. The rubber will get scuffed and roughed up enough over that distance during normal riding and the tire's grip will improve. Be particularly careful with new tires on painted stripes and metal

plates, and all surfaces that are slick even when your tires aren't.

Remember that practice in a parking lot, by yourself or with others, is good for all of us after the long off-season. It is even more beneficial and important if you recently bought a new or used motorcycle. Get to know that new-to-you bike and how it handles in a safe environment. After brushing up your skills, you'll be ready to go out and enjoy a safe riding season!



James and Freida Clayson

LTC (USAR Ret) James Clayson



D & C
TRIKE KITS



David 334 655-7000 davdebdown12@yahoo.com
Chris 334 701-5956 elmersgrdboy@graceba.net

EASY ON AND OFF TRIKE KITS L A [Lower Alabama]



Trike your ride!

Call David at D&C

334-655-7000

BRUCE & EILEEN'S GAB

Mercy, Mercy, Mercy, If you didn't attend the Rally in Eufaula on 19, 20, 21 weekend, you missed a dandy. Almost like old times. There was ten plus from our chapter, we had a ball. Our chapter "U" was awarded "1st Place winner," Individual Comedy Talent, plus a "2nd Place winner in the Christmas Tree Decorating contest", a great team effort. Everyone seemed impressed. Thank ya'll. Several of our team won goodies of prizes and bingo money. We missed the three hundred cash prizes and the thousand dollar cash prize but it was fun competing. We were surprised on Saturday when Spencer brought Joan to visit us, what an honor! They worked very hard for several years, those two and we appreciate it.

AL-U covered the Mad weekend at the welcome center on Saturday 14th in Dothan, 231 N. Our team had a very eye-catching display with "Batman" & "Superman". Drew a lot of attention. We talked to several hundred motorist about motorcycle awareness and had a good response.

Two bikes visited AL-M on Sat. 7th, had a good time as always with a fun group.

At our gathering on May 10th we had thirty three attended, Joan Collier won the 50/50@ \$28.00. Her first time ever to a Gold Wing gathering. "Welcome Joan"! She also won a free meal ticket from Golden Corral. Frieda Clayson won the other free meal ticket from Golden Corral. Bruce your C/D got the OOPS award. Darnell Lopera won the "Awesome" prize that Eileen Williamson donated.

An outstanding job well done by our staff members, Patrick & Darnell Lopera, James & Frieda Clayson, Richard & Melissa Stumpf, Mike & Vanisa Tatum. What a fine group and an honor to have them with us. Much thanks to Richard Smith, C/D FL-1-L for filling in for Richard Stumpf as our safety coord. for our May gathering, Richard & Jenny do an excellent job with FL-1-L and we enjoy attending their gathering.

The red tickets for the GPS were all won by people present at the "Grand Fanalie" on Saturday night. The sad news, we didn't sell any winning tickets, Darn, Darn sorry folks, maybe next time.

Birthdays for June: 1st is Marinar Brewer; 3rd is Dorothy Blake; 12th is Joe Ottensman.

Anniversaries: 10th is James & Frieda Clayson; 12th is Joe & Yvonne Ottensman.

Prayer list: Joan Hall; Joe Ottensman; Jim & Sue Hussey; Chuck & Fran Simerlein; Fran Smith; Carol Flach; Richard Stumpf; Gabriel Sustrunk; J-Bird. Please keep them in your prayers!

It's always a pleasure and an honor to have past Chapter Directors like Spencer Hall to attend our gatherings, also active Chapter Directors like Richard & Jenny Smith all the way from Panama City FL-1-L a pleasure to have you.

If you know of anyone who does not receive a copy of our bodacious newsletter, have them send their e-mail address to richard.stumpf1@gmail.org or call him @ 334-477-3667.

We salute you, our chapter participants, our past military and especially our combat veterans.

Regards: Bruce & Eileen Williamson Chapter Directors



*Bruce didn't tell you everything so I will:
Bruce won the 1st Place, Individual Comedy Talent with an act that left everyone in the entire room in stitches. Bruce was absolutely hilarious. What a treat! - Richard*



Ride Schedule

AL-U PROPOSED RIDE SCHEDULE FOR MAY 2016 – QUESTIONS? CALL 334-237-0466

Sat-Jun 04-GWRRRA AL-M-Bufferett City-Phenix City-06:00PM-KSU 03:00PM Hardees,
Ozark & 03:30PM @ Hardees in Abbeville.
Mon-Jun 06-GWRRRA FL-1-L-PoFolks, Panama City-KSU 03:00PM @ Chevron, 52w & 605
Tue-Jun 07-GWRRRA AL-G-PoFolks, Enterprise-06:00PM
Sat-Jun 11-GWRRRA AL-T-FunDay, Hueytown, AL KSU 07:00AM @Hardees, Ozark
Sun-Jun 12-GWRRRA AL-U-Meet @Milky Moos 4 Ice Cream @02:00PM
Tue-Jun 14-GWRRRA AL-U-Golden Corral Gathering, Dothan @06:00PM
Thu-Jun 16-GWRRRA-AL-F-Chappies, Montgomery-KSU 04:00PM @Hardees, Ozark
Fri-Jun 17-Ride to Fish Fry-KSU 05:00PM-Welcome Center, Fla.State Line 231s
Sat-Jun 18-GWRRRA FL-1-O-Crestview KSU 07:00AM-Inland Sta, Level Plains-84&85
Fri-Jun 24-Ride to Chipley-Bkfst Buffett-KSU 06:00AM-Chevron, 52w&605s
Sat-Jun 25-Watermelon Festival, Chipley-KSU 09:00AM @Chevron, 52w&605s
***** ***** ***** FUTURE DATES ***** ***** *****
Sat-Jul 09-GWRRRA AL-U-Christmas in July-Ed Lisenby Lake, Ozark 10:00AM
Sat-Jul 16-Bar Swapping @Chappies, Montgomery
Sept 1,2,3-Wing Ding, Billings, Montana
Sept 22,23,24-Dist Rally, North Carolina
Oct 13,14,15-Dist Rally, Gulfport, Miss
Oct 27,28,29-Region "A" Rally, Eufaula

If you have a ride you would like to add to the schedule, please contact:
Bruce Williamson
eileengram@aol.com
(334) 237-0466

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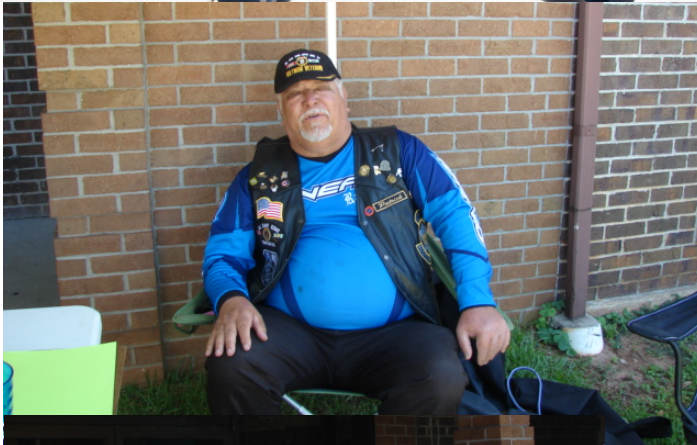
Rosetta (Corky) Alexander

rccalex@fairpoint.net

Home: 334-858-7734

Cell: 334-406-4171

GWRRA Cruisin' U's						June 2016
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 GWRRA AL-M Phenix City KSU 3PM Hardees Ozark, 3:30 Hardees Abbeville
5	6 GWRRA-FL-1L PoFolks Panama City KSU 3PM Chevron 52W & Brannon Stand	7 GWRRA-AL-G PoFolks Enterprise 6 PM GWRRA-AL-U Staff Meeting Larrys Ozark	8	9	10	11 GWRRA AL-T Fun Day Hueytown, AL KSU 7AM Hardees Ozark
12 Milky Moos Ice Cream 2PM	13	14 GWRRA-AL-U Golden Corral Dothan 6:00 PM	15	16 GWRRA AL-F Chappies Montgomery KSU 4PM Hardees Ozark	17 Fish Fry Ride KSU 5PM Florida Welcome Center 231S	18 GWRRA FL-1-0 Crestview KSU 7AM Inland Station Level Plains (84 & 85)
19	20	21	22	23	24 Ride Chipley Breakfast KSU 6AM Chevron 52W & Brannon Stand	25 Chipley Watermelon Festival KSU 9AM Chevron 52W & Brannon Stand
26	27	28	29	30	31	1



MAD event – Alabama Welcome Center, 14 May 2016