

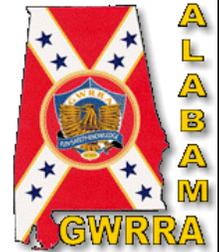
Cruisin' U's News



GWRRA AL-U News July 2017



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

Ron Landers
 Ron & Corky Alexander

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
 MOTORIST AWARENESS**

Carl & Jan Breeding

CHAPTER EDUCATOR

LTC James & Freida Clayson
 334-791-3288
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TABLE OF CONTENTS

Chapter & State Officers....2
 District News.....3
 District Rider Ed.....4
 Chapter U Rider Ed.....5
 SAADD News7
 Bruce & Eileen's Gab.....8
 Ride Schedule.....9
 Calendar.....10

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Trina & Bill Barden

TREASURER

Sara & Harry Leach

WEBMASTER

Larry & Penny Anthony



On the cover: Happy 4th of July! Hope you & your family have a great holiday!

DISTRICT NEWS

Greetings fellow riders, we hope you have had a very enjoyable month of riding and fellowship with other members of this great organization. There were plenty of good riding days and we hope you had the opportunity to get out and enjoy all there is to do.

Saturday June 3rd was our annual MAD day. Each chapter manned an assigned visitor center around the state. We traveled up I-59 and spent the day with Chapter N. It was a great day to ride and to spend with the chapter and to say hello to all the travelers who stopped by the rest area. Judging from what we heard from around the district there were lots of contacts made with the motoring public as they were asked to "watch out for motorcycles". A big "THANK YOU" to everyone who took time out of their weekend to participate in this important event.

After our shift was over we traveled back to Boaz and attended Chapter N's gathering that evening. The room was full and filled with lots of laughter and good times. Also that evening, Chapter N's Chapter Directors John and Charlotte Nairmore stepped down from their position. We wish to thank John and Charlotte for all of their hard work and dedication to the members of Chapter N. We wish them the best as they go forward from here. Stepping up to take their place are Terry and Barbie Cleveland. Terry and Barbie have been around GWRRA for quite a while and are former Chapter Directors for Chapter N. We thank them for taking on this important position again.

On Saturday June 10th we traveled to Tuscaloosa for Chapter J's poker run and brunch. Roy and Diane Beall along with the entire chapter team and chapter members certainly did a wonderful job in providing a fun and very enjoyable time for all who attended. We had 6 chapters represented that day including our own Alabama District Couple of the Year, Bill and Vicki Cater. We would like to thank all who attended and helped make this gathering a great event.

Saturday June 17th found us headed for Omaha, Georgia to attend Chapter M's annual picnic. Chapter M always puts out quite a spread for everyone and this year was no exception. There were 6 chapters represented there also. Lots of good food (some really great desserts) along with fun and laughter. There were a couple of new goldwing trikes on display for all to see. Congratulations to David and Linda Snyder, the Chapter M team and all the chapter M members who made this a very enjoyable day.

As this is written we are preparing for our trip to Dalton, Ga for the Georgia District Rally. The Dalton civic center is a great location and we are looking forward to a wonderful weekend (report to follow next month).

That's all we have for this month. As you can see there always lots to see and do around the Alabama District so keep an eye on the district calendar and come on out and join us and have some fun. Please keep all of our men and women in uniform and all of our first responders and their families in your thoughts and prayers. See you out on the road,

Frank and Linda



District Rider Ed

I would like to thank all who participated in the Alabama Motorist Awareness Day! Together we made 5,157 contacts with the potential of saving many lives. You did a great job.

We have several things coming up that I would encourage you to participate in. The first one I wish to mention is a Medic First Aid course that Robert and Gail Brown have scheduled at Chapter U in Dothan. On August 5th Chapter U will be having an 8 hour MFA class. This is for those that have not ever taken a First Aid class or it has been a long time since they attended. There are some openings so it is open to the first come first served for these spaces.

The class will be in Troy Alabama and will begin promptly at 8am.

The cost is \$25.00 per person

The attendees must be in the levels program.

Please contact Robert Brown if you wish to attend.

In October, we plan to present a ARC and TRC in the central area of the state, and another in November in Russellville. The classes will cost \$25 per bike or trike to help defray the costs of supplies used in presenting the courses, and can be sent to me once the dates are firm.

The hot summer months are just too rough on both the students and instructors. Of course, there are also numerous offerings at Wing Ding in Grapevine, TX, so make sure your riding skills are up to date by attending one of these. I know, Texas is as hot as Alabama, but I feel obligated to support the program by teaching there even in the heat.

Jan and I were among those who recently completed the new Instructor Training and Certification Program; James Clayson of Chapter U, Danny Baker of Chapter T, Gail Brown of Chapter Y, Jim Jackson of Chapter M (and Region Director), Randy Mink and Stella Pettus of Chapter S were in the class also. Hopefully this training will enhance the quality of our presentations to you the members.

I was in Dalton this past weekend for the Georgia Rally, so I am still drying out. I hope you all have an enjoyable Summer.

Ride safely, ride often, call a friend.

Carl & Jan Breeding

Alabama District Educators



Chapter U Rider Ed

Warm Weather Worries

Motorcycle riding is an activity that takes all of us outdoors. For many of us, the riding season is comprised of summer with some spring and some fall periods. For others, the best riding times are during the spring and fall seasons due to excessive heat in the summer months. For all of us, we are likely to be riding in hot weather at least some part of the year. Since too much heat can cause severe medical emergencies, it is important to know how to avoid becoming a victim of the heat. So how do we avoid heat stress, or more severe conditions like hyperthermia, to remain safe? Let's review some warm weather riding tips.

First, make sure you have gear appropriate for the weather. Consider what you will wear to cover your arms while riding in direct sunlight during daylight hours (if you are lucky enough to avoid the rain). If you have it, a mesh jacket provides unparalleled ventilation and abrasion resistance. A denim shirt is another alternative that is fairly light weight and offers better protection than t-shirt material. Protection is important, but keep in mind that when you are comfortable, you are able to focus on the act of riding. Denim is a common choice for long pants, but you might want to think about purchasing motorcycle-specific riding pants for extra protection. Gloves are the other area where the ambient temperature is usually factored into the decision of what to wear. Perforated leather gloves will breathe better than solid leather. Another good choice would be mesh gloves which, like the jackets made of similar material, provide great ventilation coupled with superior abrasion resistance. They are worth considering. Consider carrying a water absorbing collar that you can soak in water and wear around your neck to help keep you cool. Or be prepared to soak and wear your shirt or t-shirt at a rest stop in the hottest weather.

Second, plan to maintain your hydration level. Every time you stop for gas or a rest break in hot weather, take time to drink enough fluids to replace what you lose through perspiration. This should be at least eight ounces per hour during the heat of the day. You may think that your clothes are not holding an entire cup of sweat that you could wring out of them. And that is probably true. While you are riding, some of your perspiration is soaked up by your clothes and is carried away by the air flowing around you. And some moisture evaporates directly from your skin. It must all be replaced to keep your system hydrated. A simple way to determine if you are getting enough fluids is to monitor your output at rest stops. In short, if you are drinking frequently but don't have to go at each rest stop, then you probably are not drinking enough. Modify this as necessary for your own situation. Carry a bottle of water to drink from whenever you need it. Be sure to refill it at rest stops.

Third, remain aware of your own physical condition. Exposure to too much heat for too long can result in hyperthermia. This is the condition where your body cannot properly regulate your internal temperature and your temperature rises uncontrollably. If allowed to reach this state, it is a medical emergency requiring immediate medical attention. The key is to prevent your body from reaching this condition. Watch for symptoms like the absence of sweat in hot weather. This could mean your body has lost too much water and cannot produce any more sweat, the principal means of temperature regulation. Without the ability to sweat, the core temperature of the body will rise quickly. Other early warning symptoms include confusion, headache, dizziness, redness of the skin, often most noticeable on the face. If you notice any of

these symptoms in yourself or those riding with you, find the nearest place to sit down, drink lots of water, and relax in the shade or an air conditioned space. Remove gear and loosen clothing to allow the body to cool itself. Increase the frequency of breaks during the hottest part of the day. And definitely get out the water absorbing collar or soak your shirt at this time. It will help bring your body temperature back down.

With the right gear and travel plans that include frequent breaks with plenty of water, you can enjoy riding safely even in the hottest weather.

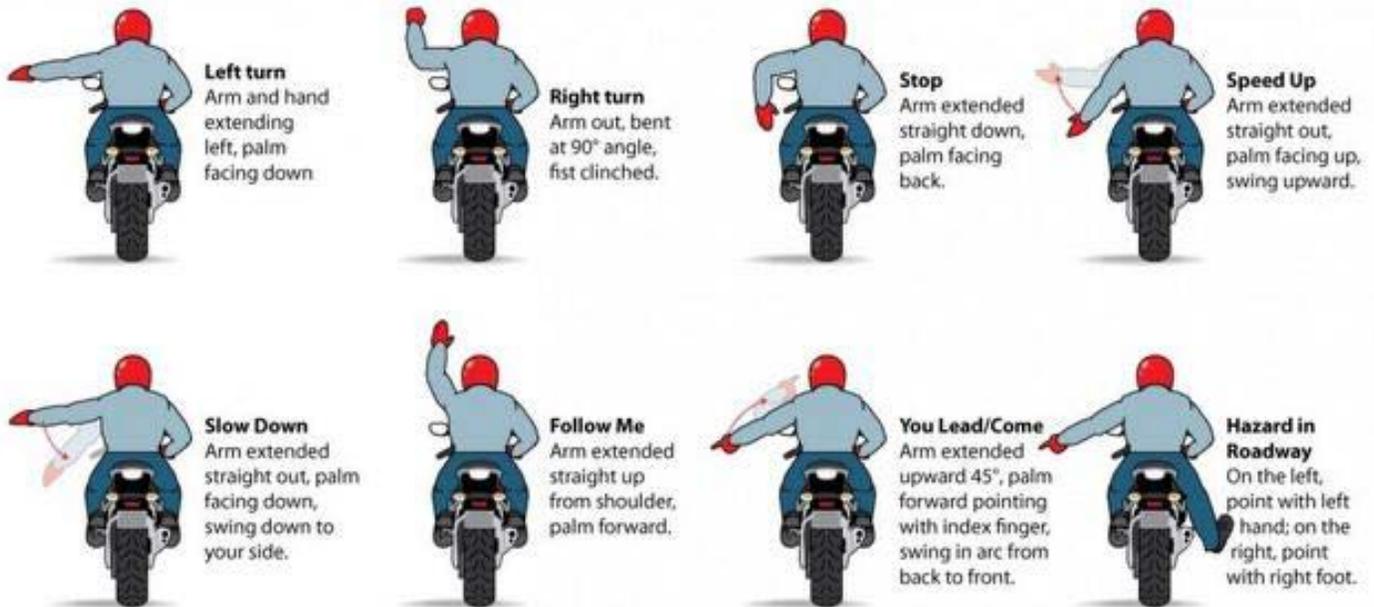
Ride Smart & Be Safe!

James and Freida Clayson

**GWRRA AL-U Chapter
Educator**



Why is the lead bike guy waving his arms around? Here are a few reasons – more reasons next month too.



The area's only homemade ice cream shop

SAADD News

For those of you who don't know, Max and Kathy Tanner have stepped down as the SAADD reps (Southern Alabama Assistant District Directors) Corky and I have stepped up (again). They had the position for at least 5 years and did a spectacular job. I only hope that Corky and I can do as well.

We officially took over at the District rally back in May. Since then we have visited three Chapters and are looking forward to many more.

Corky and I are going to the Georgia Rally in Dalton tomorrow, Wed 21 June, and are looking to having a great time despite the rain forecast! Corky has that NEW 2016 trike now and is hoping to get some BLING for it there! So far she really likes it.

It has come to my attention that we are making a few mistakes with the new Rider Visitation Program form. When filling it out, you should multiply the number of riders (x) the number of miles traveled from your normal Chapter Gathering point. Then multiply the number of bikes in that ride by 5's to the total miles obtained by the riders. So, if there are two riders and only one bike for 100 miles, the total points are $2 (x) 100 = 200$ miles. Since there was only one bike $x 5 = 5$, then total bikes/trikes is $200 + 5 =$ the grand total of 205 Simple huh? This Program is good for ANY Chapter function listed on the visited Chapter calendar. Cars are not counted in this effort.

Our job as SAADD is to assist the Southern Chapter Directors with their Chapter and any other related needs. So please, if you think that I can help you with anything, give me a call or email, and we'll see what happens, K? C 1-334-406-4171 H 1-334-858-7734 rcalex@fairpoint.net . Or just get in touch with us for the heck of it; we are looking forward to your calls.

Until the next time, have a great riding time this coming Month and be SAFE.

Ron and Corky Alexander

SAADD

(Southern Alabama Assistant District Directors)



BRUCE & EILEEN'S GAB

We had a small attendance at our June gathering. Only had 24 and we'll blame it on the weather. Rain, rain, rain. but we did have a few surprises LARRY and CAROLYN YORK were back, still hurting a little but still smiling. T'was good to see them. Larry has a Roadstar 1100 for sale, a windshield for an 1800 and several parts and accessories @334-790-6595 if youre interested.

It was nice to have some first timers from Ariton "BUBBA and MARY HOUSER" a very impressive couple that are friendly and very sociable. They fit right in like typical Gold Wingers. Welcome. Hope to see you again on Julu 11th if not before.

In case you didn't make the June gathering, we introduced a new member of staff, RON and PEG SMITH are our Chapter Chaplin/Special events coord. He'll be calling you if you are on our prayer list to ask how you are progressing (because we're interested) so he can tell us about it at the next gathering and hopefully put the prayer list in the newsletter. He's doing a super job already and we're proud of him.

JAMES and ELAINE LAND, past Chapter Director from 2004 to 2006 were presented with a Certificate of Appreciation for keeping our proud Chapter going. They did a fine job and they always had a large attendance.

PAT and DARNELL LAPERA were presented a "Purple Heart" for surviving an accident on the Gold Wing. It's touching to see them healing. It was a big ordeal and a painful one. Good to see them on the bike again.

We had 16 Worker Bees at our MAD Day at the Dothan Welcome Center and three came from Panama City Chapter-FL-1L. Thank you all. They talked to over 160 travelers about looking out for Motorcycles. Handed out oodles of handbills and etc. Had some ho-made doughnuts & Prarie Dogs.

PAT LAPERA, JAMES CLAYSON & Myself went to Troy Univ to present a plaque of appreciation for letting us use their parking lot for our two safety courses. They were impressed and you can view it on our website.

We had 17 door prizes to give away and we appreciate the door prizes you'll bring. A big selection. Little bit of everything.

MELISSA STUMPF won the 50/50 @ \$25.00 and she also won the 4th of July box that JOAN and RAY COLLIER our Ways & Means Coord, donated as a fundraiser. Her (MELISSA'S)lucky day. The Golden Corral tickets were won EILEEN WILLIAMSON and JAMES LAND. FREIDA CLAYSONS name was drawn from the attendance jar.

Congratulations are in order to RON and CORKY ALEXANDER, our new "South Alabama Assistant District Directors, for purchasing CORKY a new 2016 Gold Wing Trike (for Fathers Day?). Way to go CORKY. What did you get RON for Mothers Day? I'm not sure how many miles they put on a bike per year but I know it's a bunch. Keep at it guys. You're doing a good job and we're proud of you.

There were two bikes and three cars or ten people from AL-U and two bikes from AL-G went to AL-M's picnick (we traveled together) a total of 14 participants drove to Florence Marina, Omaha, Ga. and we had a super time with our Gold Wing friends. Several chapters attended.

If you know of someone who wants a copy of our bodacious newsletter, have them contact RICHARD STUMPF @334-477-3667 or e-mail-richardstumpf1@gmail.com.

We salute our participants and all our veterans, especially our combat veterans...we're proud of you all and proud to be part of you and AL-U. Til next month-Love the life you live and live the life you love.

Regards

Bruce and Eileen Williamson-Sr. C/D

Ride Schedule

AL-U PROPOSED RIDE SCHEDULE FOR JULY 2017 – QUESTIONS? CALL 334-237-0466

Sat-Jul 01-GWRRRA AL-M-Buffett City, Phenix City-06:00PM
 Sun-Jul 02-Kick Tire-Milky Moos-03:00PM
 Mon-Jul 03-GWRRRA-FL-1L-PoFolks, Panama City. 06:00PM
 Thu-Jul 06-GWRRRA-AL-G-PoFolks, Enterprise-06:00PM
 Fri-Jul 07-Staff Meeting-call334-237-0466
~~Sat-Jul 08-Motorcycle Maintenance Day, Ray & Jeans, Logan Rd, Ozark 10 to 2PM~~
 Tue-Jul 11-GWRRRA-AL-U-Golden Corral, Dothan-06:00PM
 Sat-Jul 15-GWRRRA-AL-T-Funday-TBA
 Thu-Jul 20-GWRRRA-AL-F-Montgomery-06:00PM call-334-237-0466
 Fri-Jul 21-Fish Fry-KSU 05:00PM @Fla Welceme Center-231s.
 Sat-Jul 22-GWRRRA-AL-U's 3rd Annual Christmas in July, Ed Lisenby Lake,
 Ozark-10:00AM-02:00PM
 Sun-Jul 23--Kick Tire-Dairy King-Ozark (across from High School) 105
 Thu-Jul 27-GWRRRA-GA-H-Albany, Ga. Call 334-237-0466
 Fri-Jul 28-Breakfast Buffett-KSU 06:00AM @Chevron 52w & 605s
 Sun-Jul 30-Kick Tire-Ci-Ci's, Dothan 03:00PM
 ***** FUTURE DATES *****
 Aug 03-GWRRRA-AL-U, CPR course-TBA Or call 334-791-3288 (Coordinator)
 Sep 06-Ride to Auburn Univ call 334-791-3288 (Ride Captain)

If you have a ride you would like to add to the schedule, please contact:

Bruce Williamson
 eileengram@aol.com
 (334) 237-0466

Corky's Custom Covers

www.facebook.com/corkyscustomcovers



Rosetta (Corky) Alexander

rcalex@fairpoint.net

Home: 334-858-7734

Cell: 334-406-4171

The Oaks Restaurant

The Oak Station Shopping Center

Eddie & Jo Davis / LaNita Smith



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GWRRA Cruisin' U's						July 2017	
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
2 Kick Tire Milky Moos Ozark 3PM	3 GWRRA-FL-1L PoFolks Panama City 6PM	4	5	6 GWRRA-AL-G PoFolks Enterprise 6PM	7	8	
9 GWRRA-AL-U Staff Meeting 334-237- 0466 for info	10	11 GWRRA-AL-U Golden Corral Dothan 6:00 PM	12	13	14	15 GWRRA AL-T Fun Day TBA	
16	17	18	19	20 GWRRA AL-F Montgomery 6 PM Call 334- 237-0466	21 Fish Fry Ride KSU 5PM Florida Welcome Center 231 S	22 AL-U Christmas in July Ed Lisenby Lake Ozark 10AM	
23 Kick Tire Dairy King Ozark Across from High School	24	25	26	27	28 Bfast Buffet Chipley KSU 6AM Chevron Hwy 52 & Brannon Stand	29	
30 Kick Tire CiCi's Dothan 3PM	31	1	2	3	4	5 GWRRA AL-U MFA Course Call 334-791- 3288	

--- GWRRA AL-U ---



Christmas
in July



Christmas In July

Saturday July 22 – 10AM

GWRRA AL-U is having a party!

ALL CHAPTERS WELCOME

Bring a covered dish or whatever you can fit on the bike to share. Cruisin' U's supplies the meat.

Ed Lisenby Lake — Ozark, AL

More info – 334-237-0466

***DIRTY SANTA* – just wrap something you are tired of looking at!**

