

Gold Wing Road Riders Association

FRIENDS FOR FUN, SAFETY, AND KNOWLEDGE



**Texas District
Chapter N2
Humble, Texas**



South Central Region H

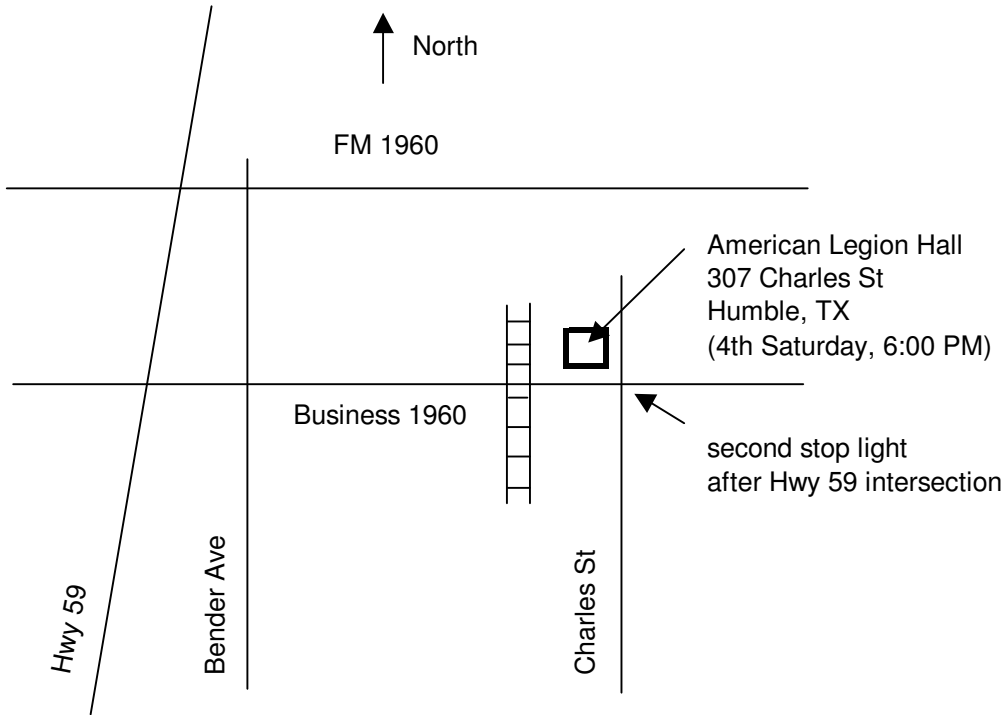


The N2 Buzz

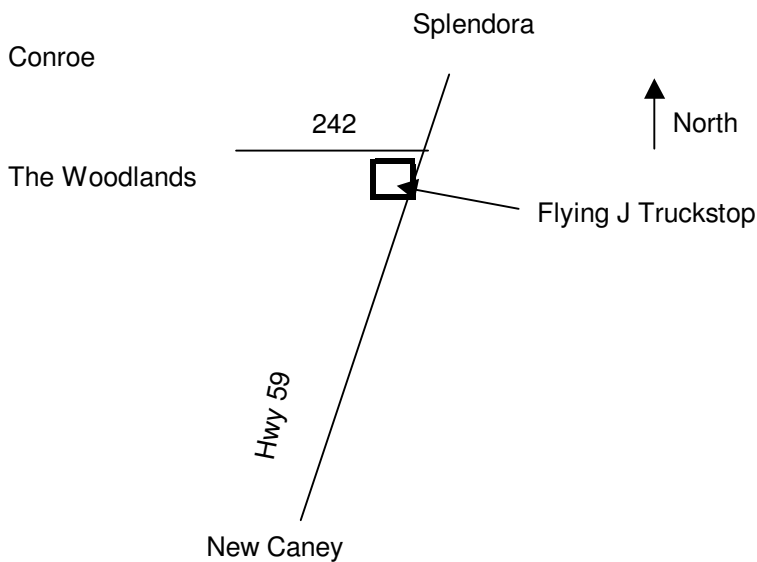


July 2011

MONTHLY MEETING PLACE



RIDE MEETING PLACE



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NEWS FROM THE CHAPTER DIRECTORS

Steve & Linda Seligman
Master Tour Rider 6748 & 6747
Chapter N2 - Humble, TX



Is it hot enough for you??? These 100 - 104 degree days are hard to take. The heat is also taking away our riding time. We had a great time at the Blueberry Festival in Nacogdoches, TX. The pancakes, gyros, and ice cream were great. The ladies had a fun time shopping at the booths and in the stores. Some of the men spent their time drinking cold water and keeping cool under the shade of some big trees. We headed home, before the heat was too bad; stopped for lunch at Happy Days; and drove into our driveways before the temperature moved above 100.

Due to the heat wave in south Texas, we had to change some of our planned rides. We discovered

that by going to breakfast we could still ride our bikes, enjoy our friends, the Texas landscape, and be home before the heat went wild.

On Saturday, June 17, we rode to Moss Hill for breakfast. When we arrived at Flying J, we received a wonderful surprise, Carolyn Thomsen was in town for a few days and she was joining us for breakfast. It was so nice to see and visit with Carolyn.

In July we have planned breakfast rides and events inside. Looks like it is going to be a long hot summer. Also, beginning in July, we will begin having our game nights on the second Friday of each month. If you have any suggestions for events or rides, please send them to us.

June 2011 RIDE/EVENT PARTICIPATION REPORT

<u>DATE</u>	<u>EVENT</u>	<u>#OF BIKES/CARS</u>	<u>#OF PARTICIPANTS</u>
6/03/2011	Game Night		15
6/04/2011	Texas Cycle Chrome Open House	4/2	11
6/05/2011	Breakfast Ride to Coldspring	8/2	20
6/11/2011	Bluebonnet Festival	6/2	14
6/15/2011	Social Dinner @ Spring Creek BBQ		26
6/18/2011	Breakfast Ride to Moss Hill	11/1	21
6/25/2011	Work on Chapter Scrapbook		3
6/25/2011	Chapter Gathering	206058-01	33

2011 COUPLE OF THE YEAR

Mike & Robin Thacker
Master Tour Rider 6751 & 6162
Chapter N2 - Humble, TX



It just seems like yesterday that we were in Killeen at the District Convention. It just doesn't seem like it was back on May 14, over a month ago.

Congratulations are in order for the new 2011-2012 District Couple of the Year, *Dale & Carleen Garrett*, from Chapter T in Killeen.

While we were in Killeen, we got to meet several Couples of the Year from other chapters. At a meet and greet meeting, we met *Michael & Jeannie Martell* from Chapter I; *Bill & Opal Baldwin* from Chapter V; *Jim & Jerry Parnell* from Chapter T; *Marion & Candy Palmore* from Chapter J; *John & Donna Thomas* from Chapter O2; *Charles & Margie Lyons* from Chapter C; *Louis Potts & Dotty Doyle* from Chapter R; and *Nancy & Dennis Kwieciin* from Chapter M2. We all had a great time playing games and visiting with each other. We also want to acknowledge *Dave & Jean Simmons* for becoming the District Couple of the Year Coordinators.

We are getting excited about our Wing Ding 33 trip. It is less than one week away. There are several individuals from our chapter going to Knoxville, TN, this year (*Mike and I, Ricky & Karen, Rex & Ann, John English, Bob Moorehead, Jerry Barnett*, and our newest member, *Adrian*...attending his first Wing Ding).

In 2004, we joined GWRRA, just before the Wing Ding in Grapevine, Texas. We did not make that trip. Heck, we didn't even understand what a Wing Ding was.

- Our very first Wing Ding trip was in 2005 in Fort Wayne, Indiana.

- Our second Wing Ding trip was in 2006 in Nashville, Tennessee.
- Our third Wing Ding trip was in 2007 in Billings, Montana.
- Our fourth Wing Ding trip was in 2008 in Greenville, S. Carolina.
- Our fifth Wing Ding trip was in 2009 in Tulsa, Oklahoma.
- Our sixth Wing Ding trip was in 2010 in Des Moines, Iowa.
- And this year, our seventh Wing Ding trip will be in Knoxville, TN, and our first Wing Ding to represent our chapter as the 2011 Couple of the Year. WOW! What an honor! We have made so many good memories and enjoyed many good laughs.

On Tuesday, July 5, we are planning to attend the Welcome Party at the Knoxville Zoo where we can sidle up to a snake (NOT), look a bird of prey in the eye, and get chummy with a chinchilla. There will also be live music and dancing at the Black Bear Plaza and an opportunity to see a custom bird show in the Amphitheater featuring Einstein, the zoo's talking African Grey Parrot. While there, I plan on riding another gold wing at the demo rides in Chilhowee Park. They are also having a Women's Expo, which will be hosted by a local Knoxville promoter exhibiting jewelry, art, handcrafted items, and home décor. That sounds exciting and right up my alley! The entertainer for this year's event is Johnny Counterfit, a comedian and impressionist. Let's not forget all the vendors and the prizes they are giving away. Especially at the closing ceremonies...a 2012 GOLD WING. It would be nice if someone we knew won it, like ME...ha ha ha! I'm sure we will have some stories to share, when we get back. Until the next article, ride safe!

Hydration and summer riding...don't sweat it!

...Steve & Billie Fleming, Chapter Educators



This has been the earliest 100 degree day on record for Houston and we have had an unusual string of them going along with a record drought. For those brave enough to ride in this heat we have a very serious reminder. Hydration is something you can't afford to overlook.

Dehydration

Dehydration is a serious condition that can occur relatively quickly this time of year. It can sneak up on you while riding and you may not notice it until the symptoms become very pronounced. Symptoms of dehydration include:



- Little or no urine, or urine that is darker than usual
- Dry mouth
- Sleepiness or fatigue
- Extreme thirst
- Headache
- Confusion
- Feeling dizzy or lightheaded
- No tears when crying

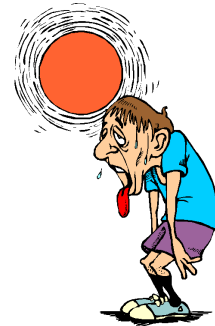
You may notice that you are not in need of a restroom and want to push on to the next gas stop. If you chew gum, you may not notice the dry mouth symptom. With so much sleep deprivation in our busy lives, we may be used to sleepiness and fatigue and by the time we realize that the headache is not from lack of sleep we may already be in dangerous territory. Confusion can add to misjudging our present condition of dehydration and further exacerbate the problem into heat exhaustion or heat stroke.

Don't wait until you notice symptoms of dehydration to act. When you know you are going to be outside, start hydrating the day before to be prepared. It can be hard to recognize when you're dehydrated, especially as you age. Actively prevent dehydration by drinking plenty of water or a sports drink with the electrolytes your body needs.

Heat Exhaustion

Warning signs of heat exhaustion include:

- heavy sweating
- paleness
- muscle cramps
- fatigue
- weakness
- dizziness
- headache
- nausea or vomiting
- fainting



The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke, which is a medical emergency.

(Rider Educators, cont.)

Seek medical attention and call 911 immediately if:

- Symptoms are severe or the victim has heart problems or high blood pressure.
- Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than 1 hour.
- Have the victim lay down and elevate their feet. If available, give them a sports drink or some water.

The symptoms of Heat Exhaustion are similar in several ways to those of dehydration because they are the result of the same thing; excess loss of body fluids. Common between the two are fatigue, headache, lightheaded or dizzy but the addition of other symptoms like nausea or vomiting, paleness, muscle cramps, weakness and fainting indicate the condition is worse than simple dehydration and demand that we take steps quickly to avoid possible escalation to a Heat Stroke.



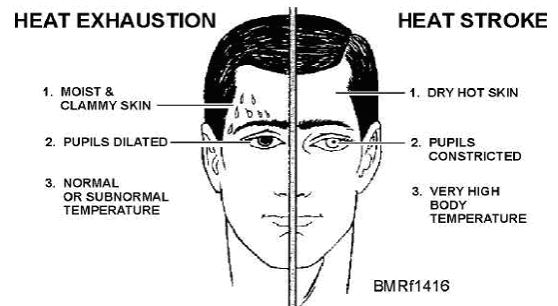
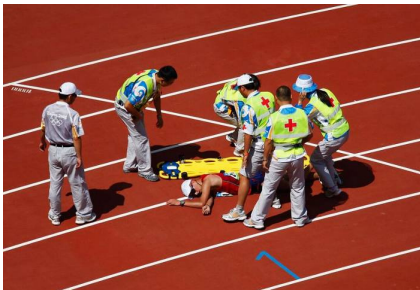
Heat Stroke

Whereas with Heat Exhaustion the body feels cool and clammy from sweating the body will feel very warm and dry with a Heat Stroke. This is because of extreme loss of body fluids and the body is no longer able to regulate the temperature by sweating. This is a medical emergency. The life of the victim is in serious jeopardy and professional help is needed quickly.

Symptoms of Heat Stroke are:

- high body temperature
- the absence of sweating, with hot red or flushed dry skin
- rapid pulse
- difficulty breathing
- strange behavior
- hallucinations
- confusion
- agitation
- disorientation
- seizure and/or
- coma

Any delay in getting medical assistance to this person could result in permanent brain damage or death. In a case of Heat Stroke, do not try to “fix” this problem with a glass of water or other treatments for Dehydration or Heat Exhaustion. It is way past time for that and this person needs professional help quickly.



(Rider Educators, cont.)

Hyponatremia

I have read and heard many instructions and warnings about dehydration but during the research for this article I came across something entirely new to me. Hyponatremia is a condition caused by low sodium levels in the blood stream which can be caused by over hydration. That's right, too much fluid consumption trying to prevent dehydration. According to an article at Active.com, (*Hydration Confusion: How much is too much?*) the New England Journal of Medicine, it occurred in roughly 13% of the 488 participants of the 2002 Boston Marathon that they tested. Runners trying to avoid dehydration would force themselves to drink large amounts of water and because of the profuse sweating during this exercise; they lost too much sodium bringing on this condition. The participants actually gained between 4.5 and 11 lbs during the run.

Lewis G. Maharam, M.D., warns that taking pain medications such as ibuprofen (Advil, Motrin IB, Nuprin) and naproxen sodium (Aleve) during endurance events may increase the risk of hyponatremia. "A big part of the problem is the inability of the athlete to excrete the excess fluid because of high levels of fluid-retaining hormones ADH and AVF." NSAIDs (non-steroidal anti-inflammatory medications) decrease blood flow to the kidneys, thereby increasing ADH and AVF.

How serious is that? Well, it can be fatal. It occurs mostly in athletes during long endurance exercises. This brought me to the question of, "How much is too much?" I have always heard that you could not get too much of a good thing but this makes me think that statement just is not true.

Now here's the real catch; according to MedicineNet.Com, the symptoms for Hyponatremia are:

- Headache
- Weakness
- Muscle cramps
- Nausea or vomiting
- Confusion
- Seizures
- Coma

Sound familiar? They should. We have been describing these same symptoms for Heat related conditions from the beginning of this article.

In researching this article, I found that there are a great number of advisors on the subject of proper hydration with an equal number of opinions on the proper way to keep oneself hydrated. You could be confused pretty quickly by reading the different articles. Each one is based upon a different study. The question is who is right? The answer is that they probably all are correct for the particular study that was performed.

The bottom line of this article is that we must make ourselves conscious of the state of our hydration while doing anything outdoors; be it riding our Wings, cutting the grass, playing golf or doing lawn work. Remember to stay properly hydrated at all times and avoid the complications of unbalanced (too much or too little) fluid conditions in our bodies.

Know your body. Consult with your health care professional if you often experience any of the symptoms listed in this article. They are not limited to hyperthermia conditions and the medications that we take as we get older often have side-effects which complicate these conditions.

Thanks to MedicineNet.Com, FamilyDoctor.Com and Active.Com for information used in this article. Please visit these sites for more detailed information on this subject.

GWRRA promotes Fun, Safety and Knowledge. The three are intricately entwined for leading a successful healthy life. Part of having fun is being safe and exercising the knowledge we have to enhance our lives.

Until next time, lots of miles with lots of smiles!

June 2011 Rides

By Randy Rainwater

Blueberry Festival Nacogdoches, Texas

Boy-o-boy has it been hot and dry or what? This kind of weather makes it hard to schedule many rides, but we did work in a couple of nice rides to lead in June. The first ride was to the Blueberry Festival in Nacogdoches, TX and our annual blueberry pancake breakfast. The ride up was very nice with cooler temperatures, a little cloud cover, very little sunshine, and temperatures in the lower 70's. Fourteen people, 6 bikes, and 2 cars made the trip to Nacogdoches without a stop. I think that this was Adrian Summers first trip on his new-to-him trike with the N2 bunch. He fell right in and blended with the group and was our big spender for the day with the vendors at the festival.

After a few hours everyone gathered back at the bikes and we packed up and headed back towards home. We did make a quick pit and gas stop on the south side of town before we started the much

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of Livingston, so we got off the freeway at Hwy. 190 to fulfill that need. Our next stop was lunch at Happy Days in Splendora. Various selections were made and the talking didn't stop until food was set before each and every participant. As always, they do a great job with the food and so did we. Soon we were on the road headed home.

Breakfast at The Country Place Moss Hill, Texas

Our second ride to lead was to breakfast at The Country Place in Moss Hill, TX. Just a short 45-minute ride down 105 and we were ready to order something to eat. Twenty-one people, 11 bikes, and 1 car arrived and filled up one end of the restaurant. Selections were made with care and again the talking didn't stop until the food was delivered. Again, the food was delicious and a few folks even finished breakfast with a slice of pie. After breakfast, we made a quick loop through the countryside, before we called it a day and finished before it got too hot.

It's always a pleasure to lead small or large groups of safety conscious riders, so until next time, try and stay cool.



WHAT VOLUNTEERING CAN DO FOR YOU

By Karen Frazier--Master Tour Ride, MED Coordinator & Scrapbook Coordinator

When I volunteered for my first official ride as the lead, I did not know what I had gotten myself into. I told Steve Fleming I would be happy to lead a ride he had planned, but was unable to lead. After all, the ride was planned to Roundtop, TX, and I knew how to get to Roundtop, because I have previously hosted many scrapbook weekend retreats in Roundtop. Boy, was I WRONG!!!

Don't get me wrong, I did not take this challenge lightly, but I was sure I could pull it off. Steve already had the route planned and he assured me he would show me the way. Steve did just what he promised and sent me a wonder route to Roundtop. Ricky & I planned to drive the route on Saturday, so I would be familiar with the roads and turns, making the ride memorable for everyone.

Well, that was just the beginning of the story. What was going to be a long wonderful ride through beautiful 2-lane roads that we had never ridden before would change in the blink of an eye. As the temperatures began to soar into the triple digits, I had to make my first decision about the ride. I had to make the decision to continue with the planned ride, which would have us riding in the high temperatures for 6 to 8 hours or change to a shorter ride or cancel the ride. For the first time, I was faced with a decision that would disappoint one of my dearest friends and riding buddies, because his ride, most likely would not happen. A few days before the ride, I made the decision to change to a short breakfast ride. A suggestion was made to go to Elaine's in Coldsprings, so the planning began. While I have lived in this area all my life, I had no idea there were so many streets that would take us to Coldsprings.

I scoped out the maps, got some ideas together, and off Ricky & I went on Saturday afternoon to explore the roads and plan our final route. This adventure was also twofold as our oldest daughter and son-in-law have a Ranch in Coldsprings, so

we planned to surprise them with a visit. We chose to take the Mustang, so she would not feel left out, but actually it was just too hot to ride. We drove a few new roads I had not been on and felt the route would be short but good. We visited our daughter and family, then headed back home a different route to make sure it was also okay for the ride home on Sunday.

Sunday morning came and it was very hot, even at 8:00 a.m., so I felt good about the decision I made. We had a fantastic turnout with 9 bikes, 1 car, and 13 brave souls who were going to allow me to take them on our adventure. I led group one with Suzanne Elrod as my drag, (go girls). Ricky led group two with Michael Elrod as his drag. We traveled Hwy. 59 to Splendora, where we got off the highway and onto better roads.

We traveled several 2-lane roads (don't ask the #'s) until we arrived in Cleveland, where we made our turn onto Airport Road. Ricky (keeping with the Thacker tradition) led his group on a short scenic route, so they could practice their turns, haha. We traveled the Airport Road to Shephard, crossed under the freeway, and headed to Coldsprings for our rendezvous with others that planned to meet up with us at Elaine's.

Our oldest daughter and her family joined us, so it was like a family reunion with both our family and our N2 family together. Mike, Nancy, and their friend, John, also joined us. We were also honored to have the Chapter C Educators, Harold and Diane Deloach, join us. Now our total soared to 22. The service at Elaine's was not as good as it had been in the past and they told us it was because we did not tell them we were coming. I reminded them that we had stopped in on Saturday and told them when we would be there and gave them an estimated number. Rex made up for the lack of service by filling our glasses and coffee cups when needed. Elaine's should have given Rex a free

(WHAT VOLUNTEERING CAN DO FOR YOU, cont.)

breakfast as he also provided refills for the other customers sitting around us. The stories were good and the company was even better as we waited for our food. When the food arrived, as usual, the group got quiet.

We finished our breakfast and said our goodbyes to groups that meet us there and off we went. The ride home was planned as a short ride as the temperatures were really climbing up. We all arrived home safely just as the temperature hit the triple digits. I was told everyone enjoyed the ride and they were glad I had made the decision to keep it short. I did have some ask me, if I could have found more stop signs, haha. Next time, I will try to add a few more. Robin even saw a pig on a leash at one of the houses. You never know what you will see or do on our adventures.

Now to explain the title: Be careful what you volunteer for, **AS IT MAY BE THE BEST THING YOU HAVE EVER DONE!!!** This was an adventure I will never forget. I now have more respect and admiration for our wonderful Ride Coordinators who take us on our adventures with **PRIDE**. It is not easy to plan a ride, remember all the turns (some have the benefit of GPS, but we know about the GPS adventures), remember to announce your turns, point out traffic obstacles or road hazards, and ***have fun***. Our coordinators do this every time we take to the road. They even plan for our comfort and safety by making sure we stop for fuel, take restroom stops and rest stops, when the weather is not cooperating. Many times we do not say **THANK YOU ENOUGH**. I encourage everyone to **VOLUNTEER AND GET INVOLVED** in the numerous things our chapter does. You will enjoy the challenges and knowledge you gain and this is what keeps us **YOUNG AND ACTIVE**, so we can continue on our many adventures. Steve Fleming said something to me that puts the fun in volunteering, he said **“if you are not having a good time, then you forgot to pack it and bring it with you.”** Until we meet again, make everyday a new adventure!



By the Book

By Steve Cotton, Region H Trainer

The “By the Book” articles are intended to help familiarize GWRRA Volunteer Leaders and Members with the policies, procedures, and information contained in the GWRRA Officer’s Handbook (OHB). A copy of the Officer’s Handbook can be found at www.gwrro.org - Click on the Officer Connection tab at the bottom of the page; then select Officer’s Handbook in the upper right hand corner. Please feel free to reprint these articles in Region, District, or Chapter newsletters.



Thanks to Dave Barham (former Region H Trainer) for the inspiration to write this month’s article based on ideas he wrote in September 2006. Revisions have been made to keep it current.

Being a Member

In addition to “Friends for Fun, Safety, and Knowledge”, what does being a Member of our Association mean to you? This basic information will give you a general mood and spirit of our Association. It will help set the stage for you to understand what a well organized, yet flexible, Association we have in GWRRA. GWRRA provides a culture that fosters Members with shared values, Team concepts, and camaraderie. This culture also provides its Members with opportunities for personal development and achievement. First and foremost, GWRRA is a social organization of friends. Teamwork, Communications, Rider Education, and Leadership Training provide the basic groundwork for the moral and ethical means by which our Association exists. For more information, you can refer to the Officer’s Handbook pages B1-B2.

The Ideals of our Association

The most important ingredient for a successful Association is the Member. Where do we find them, and how do we make these people interested enough to become one of us? Before anyone can be successful in “selling” GWRRA, they must first sit for a moment and determine the reason they joined. Each of us had our own reasons, but a primary reason to join is to support the ideals of GWRRA, and what the Association stands for. Let’s take a closer look at these ideals.

Promote Safety - This will help us continue to enjoy our hobby. We can also enjoy the fact that we are doing something to protect others by teaching them safe riding practices. We are saving lives!

Promote Friendship - Among ALL of the biking public. What better way to enjoy our way of life than to make friends and share with them?

Promote the Positive Image of the Motorcycle Rider - We have come a long way, but we have a long way still to go. We must always keep “our best foot forward.”

Promote FUN - This is the glue that holds all our ideals together!

Provide a Money-Back Guarantee - GWRRA will provide a money-back guarantee to any Member that is of the opinion the Association has failed to live up to their expectations.

(By the Book, cont.)

The Purposes of Our Association

- 1) GWRRA is an International Association of Gold Wing and Valkyrie motorcycle riders.
- 2) GWRRA is a social organization formed for the pleasure, recreation, safety, exchange of information, coordination of common motorcycle efforts, promotion of camaraderie and friendship of its Members and Chapters, without personal or religious affiliations or influence.
- 3) Other purposes include: assisting all motorcyclists in achieving and/or improving public acceptance of motorcyclists; member support of civic, local, police, charity and government organizations; education of the non-motorcycling public concerning motorcycling problems; dissemination of safety information relating to motorcycling and motorcyclists; supporting the Motorcycle Safety Foundation (MSF); and being a family oriented organization.
- 4) Promoting and enlarging the Association's Membership.
- 5) To publish and distribute Wing World and other media that will inform, entertain, educate and enlighten our Members and Officers.

In conclusion, Being a Member of our Association holds a very special place in our heart, and I am sure that it has an important place in your lives as well.

Learn Something New... Then Teach Someone!

Steve and Carolyn Cotton
Region H Trainers



Kingwood Produce

Loop 494 (across from Second Baptist Church)
10 am - 6 pm - *Monday - Saturday*
10 am - 2 pm - *Sunday*

The produce order is picked up each morning from Atkinson Farm in Spring, TX and delivered to their location in Kingwood.

Kingwood Farmer's Market

Thursdays

3:00 p.m. - 7:00 p.m.

Town Center Park in Kingwood

Vendors have fresh produce, flowers, breads and baked goods, fruits, homemade items, and more.



Clever Ideas Worth Knowing



Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.

Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold!

Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.

Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.

To really make scrambled eggs or omelets rich add a couple of spoonfuls of sour cream, cream cheese, or heavy cream in and then beat them up.

For a cool brownie treat, make brownies as directed. Melt Andes mints in double broiler and pour over warm brownies. Let set for a wonderful minty frosting.

Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe, if you want a stronger taste of garlic.

Leftover snickers bars from Halloween make a delicious dessert. Simply chop them up with the food chopper. Peel, core and slice a few apples. Place them in a baking dish and sprinkle the chopped candy bars over the apples. Bake at 350 for 15 minutes!!! Serve alone or with vanilla ice cream. Yum!

Reheat Pizza - Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to med-low and heat till warm. This keeps the crust crispy. No soggy micro pizza. I saw this on the cooking channel and it really works.

Easy Deviled Eggs - Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, cut the tip of the baggy, squeeze mixture into egg. Just throw bag away when done easy clean up.

Expanding Frosting - When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cake/cupcakes with the same amount. You also eat less sugar and calories per serving.

Reheating refrigerated bread - To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.

Newspaper weeds away - Start putting in your plants, work the nutrients in your soil. Wet newspapers, put layers around the plants overlapping as you go cover with mulch and forget about weeds. Weeds will get through some gardening plastic they will not get through wet newspapers.

Broken Glass - Use a wet cotton ball or Q-Tip to pick up the small shards of glass you can't see easily.

No More Mosquitoes - Place a dryer sheet in your pocket. It will keep the mosquitoes away.

Squirrel Away! - To keep squirrels from eating your plants, sprinkle your plants with cayenne pepper. The cayenne pepper doesn't hurt the plant and the squirrels won't come near it.

Flexible vacuum - To get something out of a heat register or under the fridge add an empty paper towel roll or empty gift wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.

Reducing Static Cling - Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. The same thing works with slacks that cling, when wearing panty hose. Place pin in seam of slacks and...static is gone.

Measuring Cups - Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out.

Foggy Windshield? - Hate foggy windshields? Buy a chalkboard eraser and keep it in the glove box of your car. When the windows fog, rub with the eraser! Works better than a cloth!

Re-opening envelopes - If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two. Viola! It unseals easily.

(Clever Ideas Worth Knowing, cont.)

Conditioner - Use your hair conditioner to shave your legs. It's cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought, but didn't like when you tried it in your hair.

Goodbye Fruit Flies - To get rid of pesky fruit flies, take a small glass, fill it 1/2' with Apple Cider Vinegar and 2 drops of dish washing liquid; mix well. You will find those flies drawn to the cup and gone forever!

Get Rid of Ants - Put small piles of cornmeal where you see ants. They eat it, take it 'home,' can't digest it so it kills them. It may take a week or so, especially if it rains, but it works and you don't have the worry about pets or small children being harmed!

Information about clothes dryers - The heating unit went out on my dryer! The gentleman that fixes things around the house for us told us that he wanted to show us something and he went over to the dryer and pulled out the lint filter. It was clean. (I always clean the lint from the filter after every load clothes.) He told us that he wanted to show us something; he took the filter over to the sink and ran hot water over it. The lint filter is made of a mesh material. I'm sure you know what your dryer's lint filter looks like. Well, the hot water just sat on top of the mesh! It didn't go through

it at all! He told us that dryer sheets cause a film over that mesh that's what burns out the heating unit. You can't SEE the film, but it's there. It's what is in the dryer sheets to make your clothes soft and static free ...that nice fragrance too. You know how they can feel waxy, when you take them out of the box...well this stuff builds up on your clothes and on your lint screen. This is also what causes dryer units to potentially burn your house down with it! He said the best way to keep your dryer working for a very longtime (and to keep your electric bill lower) is to take that filter out and wash it with hot soapy water and an old toothbrush (or other brush) at least every six months. He said that makes the life of the dryer at least twice as long! How about that? Learn something new everyday! I certainly didn't know dryer sheets would do that. So, I thought I'd share!

Note: I went to my dryer and tested my screen by running water on it. The water ran through a little bit but mostly collected all the water in the mesh screen. I washed it with warm soapy water and a nylon brush and I had it done in 30 seconds. Then when I rinsed it the water ran right thru the screen! There wasn't any puddling at all! That repairman knew what he was talking about!

The Importance of Walking

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing.

I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently, you have to go there.

Every time I hear the dirty word 'exercise,' I wash my mouth out with chocolate.

The advantage of exercising every day is so when you die, they'll say, "Well, she looks good doesn't she."

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise the last few years,...just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

AND MY FAVORITE....

"Every time I start thinking too much about how I look, I just find a Happy Hour and by the time I leave, "I look just fine."



GOLD WING ROAD RIDERS ASSOCIATION ANNOUNCES--PASSPORT PROGRAM

Phoenix, AZ - Gold Wing Road Riders Association (GWRRA) has announced a new program, called the "Passport Program." The Program is geared to encourage the Members of GWRRA to ride more--mainly to GWRRA Chapter gatherings, events, rallies, their Honda Dealers, vendors, etc. The Program will kick off officially in March.

Paul Hildebrand, Founder and COB of GWRRA, said, "This program will encourage more riding with our Members and also provide a vehicle for more camaraderie by having Members and providers getting to-gether to sign/stamp their "Passports" and compare their travels!"

The Passport books have 64 pages, with 4 spaces on each page, for Members to get stamps/initials for each place they visit. GWRRA will be providing a special website for those Members who fill their Passports and send them into the GWRRA Home Office.

To capture those special travel moments, use this Passport when you go to GWRRA Events or Wing Ding. At each Event or Wing Ding (at any GWRRA booth), the Chapter Director, District Director or Region Director will apply a special stamp or initials (one per event) to recognize your attendance. After completing the entire Passport, send it to the Home Office by December 31, 2011, for a chance to win a prize. The winners will be chosen randomly from all entrants.

Mr. Hildebrand goes on to state that "I am looking forward to seeing this Program bring *riding and camaraderie* back to the forefront of GWRRA!" GWRRA will support this Program through editorials in *Wing World* magazine; our FREE monthly e-Newsletter, *Wingin' It*; and electronic media through our websites.

Founded in 1977, the Gold Wing Road Riders Association is the largest single marquee motorcycle organization in the world, with 72,000 Members in 52 countries. Our motto is "Friends for FUN, Safety and Knowledge." The Home Office is at 21423 North 11th Avenue, Phoenix, AZ 85027, the phone number is 800-843-9460 or 623-581-2500 and the website is www.gwrro.org. For this and other news, refer to the GWRRA Home Page at www.gwrro.org

DATES TO REMEMBER...

2011

7/6-9	Wing Ding 33 - Knoxville, TN
8/13	Chapter M - Moonlight Fun Run - Lowe's parking lot - Burleson, TX
8/20	Chapter X2 BBQ - Bear Creek Park - Cypress, TX
8/20	Chapter I - Dog Days of Summer, Kellyville Park - Jefferson, TX
8/26-27	Kansas District Convention - Eldorado, KS
9/10	Chapter R Convention - Keller, TX
10/1	Chapter T - T-Fest - Killeen, TX
10/8	Chapter N2 - Bee Blast - Humble, TX
10/15	Chapter U - Hallow WIngs - San Antonio, TX
10/22	Chapter Z Birthday - Pasadena, TX
10/27	Oklahoma District Convention - McAlester, OK

COME RIDE WITH US



GOLDWING ROAD RIDERS ASSOCIATION



CHAPTER N2 - HUMBLE, TEXAS

FRIENDS FOR FUN, SAFETY, AND KNOWLEDGE

We ride Goldwings and other motorcycles and enjoy riding safely and having fun. We schedule several rides each month (*weather permitting*) and meet monthly at the American Legion Hall (307 Charles Street, Humble, TX 77336). Our meeting date/time is the 4th Saturday of each month at 6:00 p.m. Visit our website at www.gwr-ra-n2-humbletx.com.

MY NAME IS: _____

CONTACT US AT: _____ EMAIL: _____

Keller Williams Friday Night Concert

King's Harbor on Lake Houston Pkwy.

Friday, July 1

6:00 p.m. - 9:00 p.m.

Free concert hosted by Keller Williams Realty Northeast.

**Shankz Miniature Golf**

6900 FM 1960, Humble 77346

Saturday, July 16

3:00 p.m.

We will be meeting at Shankz for miniature golf and travel to the Catfish Cafe (7042 FM 1960 Road E, Humble 77346 - 281-812-8055) for dinner.

Chapter Breakfast

Skeeter's Mesquite Grill

(4121 West Lake Houston, KW 77339)

Sunday, July 3

9:00 a.m.

**Scrapbook Workday***Saturday, July 23*

10:00 a.m. - 4:00 p.m.

American Legion Hall



Come bring your lunch, flash drives, pictures, and ideas and join in the fun as we update the chapter scrapbook.

**GAME NIGHT***Friday, July 8*

6:00 p.m.

American Legion Hall

307 Charles Street

Humble, TX



The concept of our monthly game night originated as a group activity that could take place within the chapter--rain or shine or hot or cold. Let's face it, not every month of the year provides ideal riding weather, depending on where you reside. It has become a favorite event within our chapter. Come join us for fun, fellowship, and food. Bring a snack to share...most of the time our spread is equivalent to a sit down meal...ha. Game Night is a fun way to "tax" your brain in a good way!

**Bee Blast Team Meeting***Saturday, July 23*

4:30 p.m.

American Legion Hall

(307 Charles Street, Humble, TX 77338)

The Bee Blast Team Committee will meet briefly for an update regarding our event on October 8.

Chapter Gathering*Saturday, July 23*

6:00 p.m.

American Legion Hall

(307 Charles Street, Humble, TX 77338)

Following our meeting, we will chow down on a "**Picnic theme**" potluck dinner. Bring your favorite dish to share and join in the fun!



Breakfast Ride to

Old Montgomery Steakhouse

(204 McCown St., Montgomery 77356)

Saturday, July 9

7:00 a.m.

Meeting @ Flying J

Randy Rainwater will be leading our lunch ride.

**Social Dinner***Wednesday, July 13*

6:30 p.m. (new time)



Gary & Marie Rabalais have chosen (El Ranchero - 24551 Loop 494, Kingwood 77339 - 281-358-5660) for July's Social Dinner. Ya'll come.

**Progressive Dinner Ride***Saturday, July 30*

6:00 p.m.

Meeting at Little Mexico in Humble

Our first stop "**Appetizers**" will be at a Wendy's on the planned route. Our second stop "**Dinner**" will be at Iguana Joe's in Crosby. And our "**Dessert**" stop will be Randy & Sharon Rainwaters' house or possibly their church's Family Life Center (*more details to come*). Come join us as we "travel" for our evening meal. Both bikes and cars are welcome.



Wing Wisdom Whittles

July 2011

Prepared by Steve & Carolyn Cotton, Region H Trainers



“Whittles” articles are intended to provide information that can be presented by chapter members at monthly gatherings to help promote the Leadership Training Program. The hope is that chapters will enlist members to share the information to make it a FUN and interesting new experience.



Let It Be YOU

Each and every day, someone is going to schedule some meaningful time with friends. Someone is going to enjoy an enriching experience with family. Someone is going to decide to improve his or her relationships. So, why not let it be you?

Someone is going to set a goal to read each day for the next year. Someone is going to become a lifelong learner. Someone is going to go back to school to improve their life. So, why not let it be you?

Someone is going to decide to eat smarter and improve his or her health. Someone will join an aerobics class, or make a commitment to walk every morning with a neighbor. So, why not let it be you?

I think that by now you can get my point: every day people are improving their lives. Whether you do or not doesn't matter to those who do. They are going to do it regardless. It is simply a matter of a decision being made. Let that person be you!

You may be asking, “How?” Let's cover some very simple actions.

The first and most important action is to make a commitment to yourself. Do you want to improve, or stay the same? The decision about what you will become is made each and every day. The choice is yours.

The second action is to make a plan. It doesn't have to be a long, intricate plan. It can be simple: save a dollar a day, walk a mile a day, or read a page of a book a day. These are all examples of simple plans with achievable goals.

The third action is to begin to act. All of the great ideas become stale and useless without action. People who act on their dreams and ideas are the select few who gain better health, wealth, and wisdom.

Someone has made the decision to improve a part of his or her life. Someone is going to develop a plan that will take him or her into the future. Someone will act today. Let it be you!

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IN RECOVERY AND/OR TAKING ONE DAY AT A TIME...

Linda Seligman - gallbladder surgery
David Southwell - carpal tunnel surgery
Nancy Morgan - spine/back issues
Leo Hannon - chemo treatment

**NEED A NOTARY???**

Robin Smith, notary and Chapter N2 member, is making her services available for a discounted fee. Contact Robin at 832-434-2991 or rsmith1962@gmail.com.


See if you can find your GWRRR number in the newsletter. Let *Steve Seligman* know before the next chapter meeting and win a little something!

**KUDOS TO...**

Chapter members working on their "levels."



**GWRRA CHAPTER N2
HUMBLE, TEXAS
July 2011**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1	2
Breakfast @ Skeeter's 9:00 a.m. 4121 West Lake Houston Drive	<i>Independence Day</i>		Wing Ding 33 - Knoxville, TN			
3	4	5	6	7	Game Night American Legion Hall 6:00 p.m. 	Breakfast Ride Old Montgomery Steak House Rainwater 7:00 a.m. Flying J (59 & 242)
10	11	12	13	14	15	16
			Social Dinner Rabalais El Rancho Northpark & 242 6:30 p.m.			Shankz Miniature Golf (inside) 6900 FM 1960 3:00 p.m. Dinner - Catfish Café (after golfing)
17	18	19	20	21	22	23
						Chapter Gathering American Legion Hall 6:00 p.m. Theme: Picnic Foods Scrapbooking 10:00 a.m. - 4:00 p.m. Bee Blast team lead meeting 4:30 p.m.
24	25	26	27	28	29	30
						Progressive Dinner 6:00 p.m. Little Mexico Rainwater - Wendy's - Iguana Joe's - Rainwater's

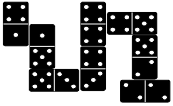
Birthdays

Suzanne Elrod	7/3
Billie Fleming	7/16
Ronnie Ryals	7/20
Marty Uphoff	7/26

Anniversaries

Rex & Ann Nix	7/3
Jeff & Darla Ingram	7/24
Gary & Stormy Young	7/31

**GWRRA CHAPTER N2
HUMBLE, TEXAS
August 2011**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Secret Sister Reveal Thacker's 6:30 p.m.				Bowling Wilson Road Humble 10:00 a.m. Lunch afterwards
	1	2	3	4	5	6
Breakfast 9:00 a.m.					Game Night American Legion Hall 6:00 p.m. 	Chapter J Birthday Beaumont 7:00 a.m. Flying J (59 & 242) Rainwater
7	8	9	10	11	12	13
			Social Dinner Italiano's Humble Fleming 6:30 p.m.			Chapter X2 Birthday Bear Creek Park 8:30 a.m. Little Mexico Thacker
14	15	16	17	18	19	20
						Chapter Gathering American Legion Hall 6:00 p.m. Theme: Potluck Scrapbook workday 10:00 a.m. - meeting
21	22	23	24	25	26	27
				Kansas District Convention - Eldorado		
28	29	30	31			

Birthdays

Michael Elrod	8/1
Gary Rabalais	8/2
CW Simmons	8/17
Gary Sanborn	8/15
Donna Uphoff	8/16
Darla Ingram	8/18
Carolyn Thomsen	8/27

Anniversaries

Steve & Linda Seligman	8/2
Randy & Sharon Rainwater	8/9

Did you find your GWRRA number? Keep looking!

"N2" Apparel

Yellow polo shirts (summer) with logo: \$17.00

Yellow/black polo shirts with logo: \$25.00

Grey T-shirts with logo:

Short sleeve \$10.00

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Contact Randy or Sharon Rainwater

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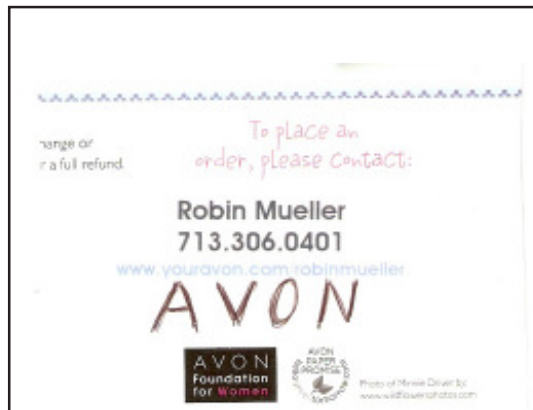
10:00AM - 6:00PM Monday - Friday / 12:00PM - 5:00PM Saturday / Closed Sunday

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