

Chapter T
Texas District
South Central Region H
GWRRA
<http://centexwings.org/>

August 2017



WINGNUT

Each month, Chapter T, awards this coveted award. If you are not riding, you are not winning.



Next Gathering:
September 26,

Inside this issue:

Rider Education	3
News from Above	10
Save the Date	11
Wingin' Fun Corner	12
Chapter T Team	16
Calendars	17



Hello Chapter T and Friends,

Well, we have had a lot of fun since we last met in July. We finished the last ride to Camp Buckner and had another great time. The kids really enjoyed riding on Andrea's trike and the Winfield's side car. We also got to check out the kids having fun at their fair. And got some ideas for T-Fest games. Gary got a friend to make the boards for these games and we will debut them at T-Fest. We had another dinner ride and had 15 members and 2 guest in attendance. It was at the German Imbiss. Food was very good and a good ride afterwards. On Saturday 12 August, we took a ride to Coopers in Llano. Was able to bring along Steven and Fran Brown (our newest members) and of course Gary T. Great ride around some very curvy roads and as usual the food was excellent. It was a hot day, but we stopped numerous times to hydrate, and afterwards worked on the bikes at our house.

This was another early article and we still have a couple of things before the gathering in August. I will let you know how the Mystery Ride went.

Upcoming in August and September are more rides that will be on the calendar to include one dinner ride. We seem to have a very good turnout at these so they will continue. At the end of August is Wing Ding. We are planning on going up on Friday and Saturday. Wish we could go for the whole event but work comes first.

Chapter Directors' Message continued.

And the last thing I want to talk about is T-Fest, which is on October 7. We have gotten a lot of items donated for the silent auction and door prizes, but need more. Once again, if you have items and can't get them to us, call and we will make plans to pick them up. We also need volunteers in support of T-Fest. If you do not know what to volunteer for, just let us know that you want to volunteer and we will place your name on the list. Also for all volunteers, your name will go in a hat and one lucky person will win \$100 cash after T-fest is over.

If anyone has ideas to make us a better Chapter, please let us know. See you on a ride soon.

LeRoy and Andrea Douglas
Chapter Directors



Rider Education

“Safety is for Life”



Motorcycling is supposed to be fun, so don't fall victim to dehydration when you go out and ride. Follow these motorcycle hydration tips and keep riding at peak efficiency, while feeling better. Tips to avoid dehydration this summer:

1. Don't drink too much alcohol the night before a ride. It has a diuretic effect which means it causes you to urinate more water than you take in which means you are losing fluid. And you can't counteract that by drinking lots of water because most of it will go out in your urine. Obviously, don't drink alcohol while you are riding!
2. Start drinking water as soon as you wake and keep sipping water right up until you get on your bike. It takes about half an hour for water to reach your muscles. Guzzling water just before a ride is not good as it can make your stomach to cramp.
3. Wear ventilated motorcycle clothing. Leathers may protect you better in a crash, but they create a "microclimate" which impairs your ability to lose heat. As a result you will produce more sweat to decrease your core temp. Instead, wear a flow-through jacket. There are heaps of options on the market. Make sure they have vents in the back so the air flows through. Also, loosen the sleeves so you get plenty of air on your wrists which have a lot of blood vessels close to the skin to effectively cool you down. However, be aware that a flow-through jacket cools you down because it is drying the sweat off your skin which can lead to dehydration.
4. Don't be tempted to remove your jacket in the heat! Exposed skin may feel cooler, but that's because the sweat is evaporating quicker, but that is just making you more dehydrated. And while your skin feels cool, you'll be tricked into staying in the sun longer which leads to sunburn. That also leads to dehydration because your body needs water to repair and renew damaged skin.

Rider Education

“Safety is for Life”

5. Get a Camelbak or other brand of water-dispensing unit so you can continue to take small sips of water while you are riding. I've seen riders on GoldWings and other big tourers with cup holders so they can take slurps from a water bottle. That's obviously not as safe as the hands-free Camelback option, but anything is better than nothing. Some people don't like Camelbaks because the water gets hot, but the temperature of the water doesn't affect dehydration.



6. Stop more often than usual and hang out in the shade or in an air-conditioned cafe. Since you are drinking lots of fluids, you will probably need to stop anyway!

7. While you're stopped, have a coffee, but take it easy. Ask Ron Decker about drinking coffee, he is never without a cup. But he will tell you water is necessary too. No need to swear off your favorite caramel latte, but avoid excess coffee. That also goes for caffeinated drinks such as Red Bull. High levels of caffeine have a diuretic effect just like alcohol.

8. While having a coffee break, avoid having too many sweets, donuts and muffins. Sugar can dehydrate you if it gets to very high levels in your blood. This can happen if you are a diabetic, take certain medications or have an infection or some organ diseases. Sugar causes your kidneys to produce more urine to eliminate the sugar, leading to dehydration. Likewise, don't drink too many sugary drinks. Best to stick to plain water, real fruit juices with no added sugar or drinks such as Gatorade that replace salts and minerals lost in sweat.

9. We've talked a lot about urine and it's important that you monitor the color. It should be a straw color. If it's too dark, you are getting dehydrated.

10. Sweat also depletes your body of sodium and if it becomes too low, it can cause many of the same symptoms as dehydration. The average diet probably has enough sodium, but it's good to have a little bit of salt on your meals or drink sports drinks that have a sodium supplement. However, beware of sports drinks with caffeine and sugar.

11. Ok, I know I said there were only 10 tips, but dehydration doesn't just occur in the heat of summer. In winter, the cold can shut off the body's thirst mechanism and trick you into thinking you're not sweating. Meanwhile, your body is losing fluids as the air passes over your body.

Rider Education

“Safety is for Life”

Most people don't think hydration is important when riding their motorcycles because it's just like driving a car, right? Wrong! Factors such as: direct exposure to the sun, higher temperatures, and high humidity can all contribute to dehydration while riding motorcycles. Proper hydration is essential while riding your motorcycle because dehydration can cause fatigue, dizziness and confusion, which could easily cause you to crash. Other symptoms of dehydration could include mental fogginess, slower reaction time, bad decision making, shallow breathing, and low blood pressure. If it is hot outside, and you are not sweating, this is a pretty sure sign that you are dehydrated and you could be nearing heat stroke.

Dehydration has a cumulative effect - your body doesn't magically hydrate itself without you drinking the proper amounts of water. Just like a radiator; it does not refill its own coolant. So for example, if you are 5 percent dehydrated on Friday, and don't drink enough water to become fully hydrated again, then on Saturday you don't drink enough water once again, you will be at least 5 percent dehydrated from Friday, plus whatever you lose on Saturday. This compounding rule is your worst enemy when you aren't hydrating properly!

Why Dehydration Affects Motorcyclists

There are a variety of reasons why dehydration affects motorcyclists. One reason is the way the sun's heat is absorbed by the asphalt you ride your motorbike over. This heat emanating from the ground will heat you up too, and the hot air rushing past your face can make you feel like someone has opened the door to a furnace. When you combine this with the affect the sun has on heating you up directly, dehydration can set in quick.

Things to Remember

If you do find yourself suffering mild symptoms of dehydration, try soaking your first layer of clothing, like a thin cotton t-shirt, in water and putting in back on with your jacket over the top. Your body will absorb water as you ride, and it should make your body feel cooler. Also, use your common sense when out riding your motorcycle. Of course try to avoid riding during the hottest parts of the day, but if you do make sure you take regular stops along the way. Use these pit stops to get out of the sun, so sit in the shade and drink water.

Dehydration can be a killer, so make sure you're not a victim.

See Ya' Ridin'

Dale and Carleen Garrett

Do You Remember?!



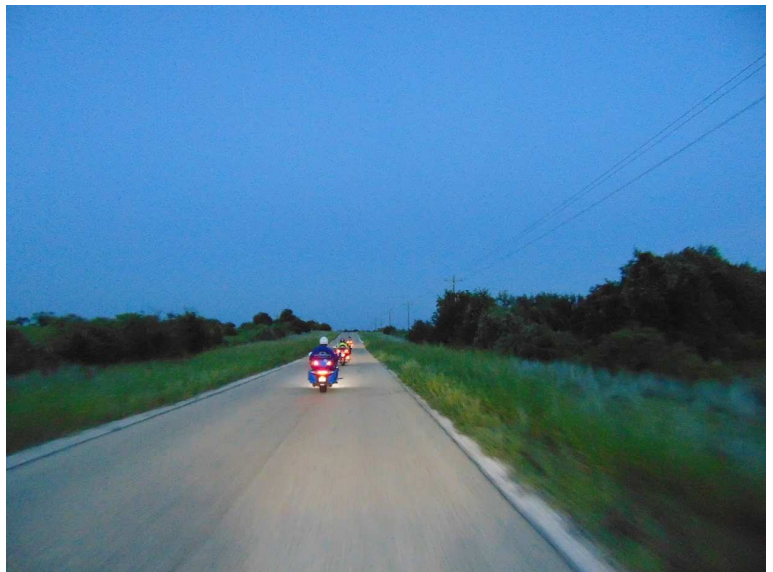
What are they doing in Andrea's trailer??

Rallies and Rides



On 11 August, we had our monthly dinner ride at the German Imbiss in Copperas Cove. It was attended by members both young and mature ages. We had 15 members and 2 guest show up to enjoy some very tasty German cuisine. In attendance beside myself were members LeRoy/Andrea, D Dale/Carleen G, Danny/Peggy T, Rick/Violet S, Stephen/Missy H, P.T./Nora B, Steven/Fran B and guest were Andy and Suzanne. After eating, we took a ride through Topsey and the Lampasas river area, which provided us with a very scenic view of the countryside with the backdrop of a beautiful sunset. We ended the ride back in Cove just as the sun was setting and darkness was upon us!!! Another great meal, ride and a chance for fellowship with our great chapter members!!

Gary Tracy



Rallies and Rides



On 12 August, we took another ride thru some interesting roads to Llano. I was joined by LeRoy/Andrea and Steven/Fran on the trip to get us some BBQ at Cooper's. We started out heading east (Yes, I know Llano is west of us) but had to check out a road that had last been under construction when I last traveled it. The road was FM 1123 that headed out from Belton and snaked it's way east and south all

the way to Holland!! Holland Texas that is!! This road proved to be a fun challenge and beside the one area still under construction, everything else was great. In Holland we took Hwy 95 to Bartlett. Driving thru Bartlett was like driving back in time. The town is very rustic and roads made of cobblestone. When we left Bartlett our route took us thru Jarrell and over to Florence where we took a break and talked to some bicycle riders who were enjoying the day. We left Florence and took Hwy 243 over to Bertram. This road is another curvy road and can test ones abilities to maneuver, especially mine!! Leaving Bertram we headed to Marble Falls and road the Colorado River past Kingsland to Llano. This was my first time to eat at Cooper's and the food was WOW!! In more words, the food was excellent, from the brisket, sausage, ribs and the free pint beans!! After we chowed down, it was time to head back home, but not before taking another curvy road to Lampasas (FM 580). We took a break in Lampasas and talked to another rider who was on his way to Stephenville. After chatting for awhile, we fired up the Goldwings and made our way back home. Overall is was another successful trip, down roads not traveled or food not tasted. That is what riding is all about!!

Gary Tracy





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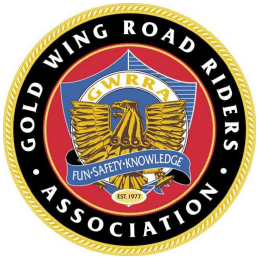
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From National:

Wing Ding 39



Please view the August 2017 Wing World Magazine for up-to-date happenings during WingDing 39 in Grapevine, Texas!

From Region:



Region H is still in need of volunteers for WingDing 39. Please go to their [Volunteer](http://utility.gwrra.org/volunteer-wing-ding-39/) webpage (<http://utility.gwrra.org/volunteer-wing-ding-39/>) and help where you can!



From District:

(Reprinted from TX District August Newsletter)

Ok so now we're here what are we going to do? Region H has the responsibility for manning the pre-registration check-in table and helping at the GWRRRA goodie store. So, take a look at the schedule and pick the things you really want to participate in then go to the Region H website and signup for a time slot to help out. Texas District is again responsible for the bike show on Saturday. Please consider volunteering to help us make this event a success. There will be a volunteer meeting Friday afternoon to plan for Saturday. Let's show everyone how we do things in Texas. This is the closest Wing Ding has been for us in the last 9 years and who knows when it will be this close again. Let's take advantage of Wing Ding being in our home state and show GWRRRA why everything is bigger in TEXAS. Hope to see you there, See ya ridin',

Jim & Avalin Woodul, Texas District Directors



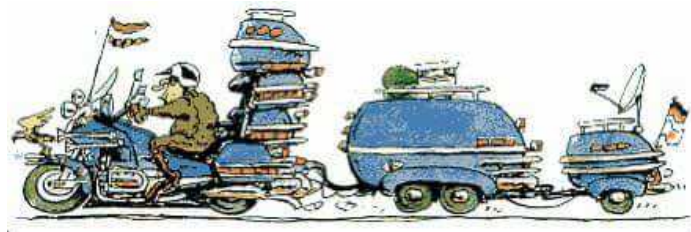
2017 Save the Date



August 2017

22 August - Chapter Gathering - Killeen

Pack up and Ride: WING DING 39



29 August - 2 September - Wing Ding 39 - Grapevine, Tx

September 2017

26 September - Chapter Gathering - Killeen

28 - 30 September - Oklahoma District Rally - Muskogee, Ok

October 2017

****7 October - T-Fest Rally - Harker Heights, Tx****

12 - 14 October - Mississippi District Rally - Gulfport, Ms.

14 October - Chapter K2 Rally - Castroville, Tx

21 October - Chapter H Rally - San Antonio, Tx

24 October - Chapter Gathering - Killeen

November 2017

28 November - Chapter Gathering - Killeen

December 2017

8 December - Chapter Christmas Party - Harker Heights



Wingin' Fun Corner

Wingnut Funny Business

July 2017 (Answers)

1. Question: Why should you never iron a four leaf clover?

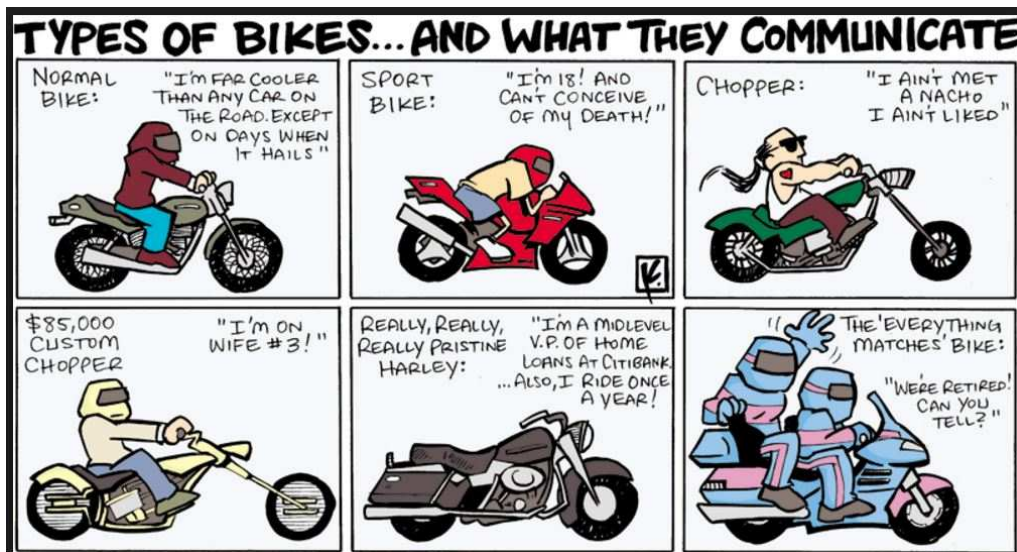
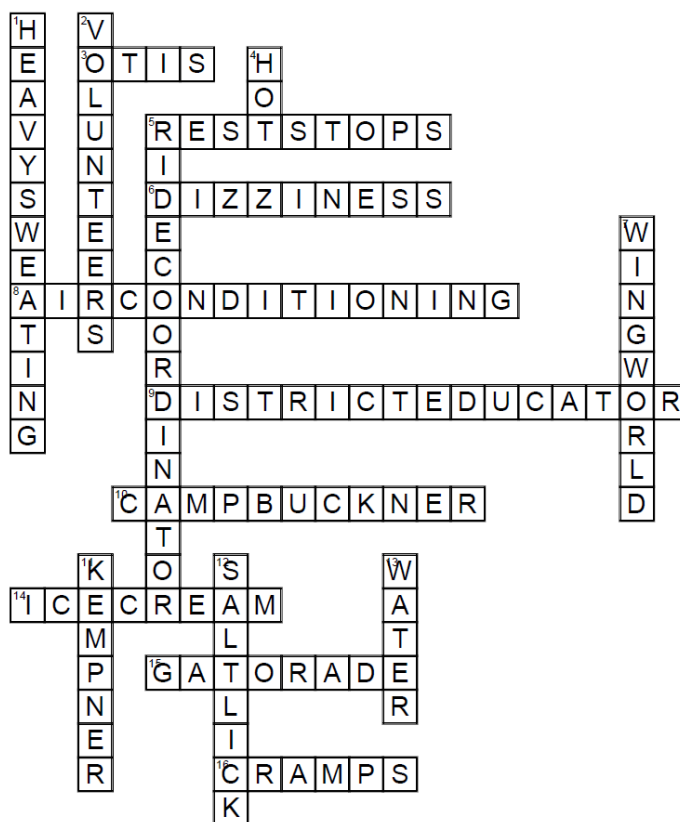
Answer: You should never press your luck!

2. An atom walks into a bar and asks the bartender if he's seen his missing electron.

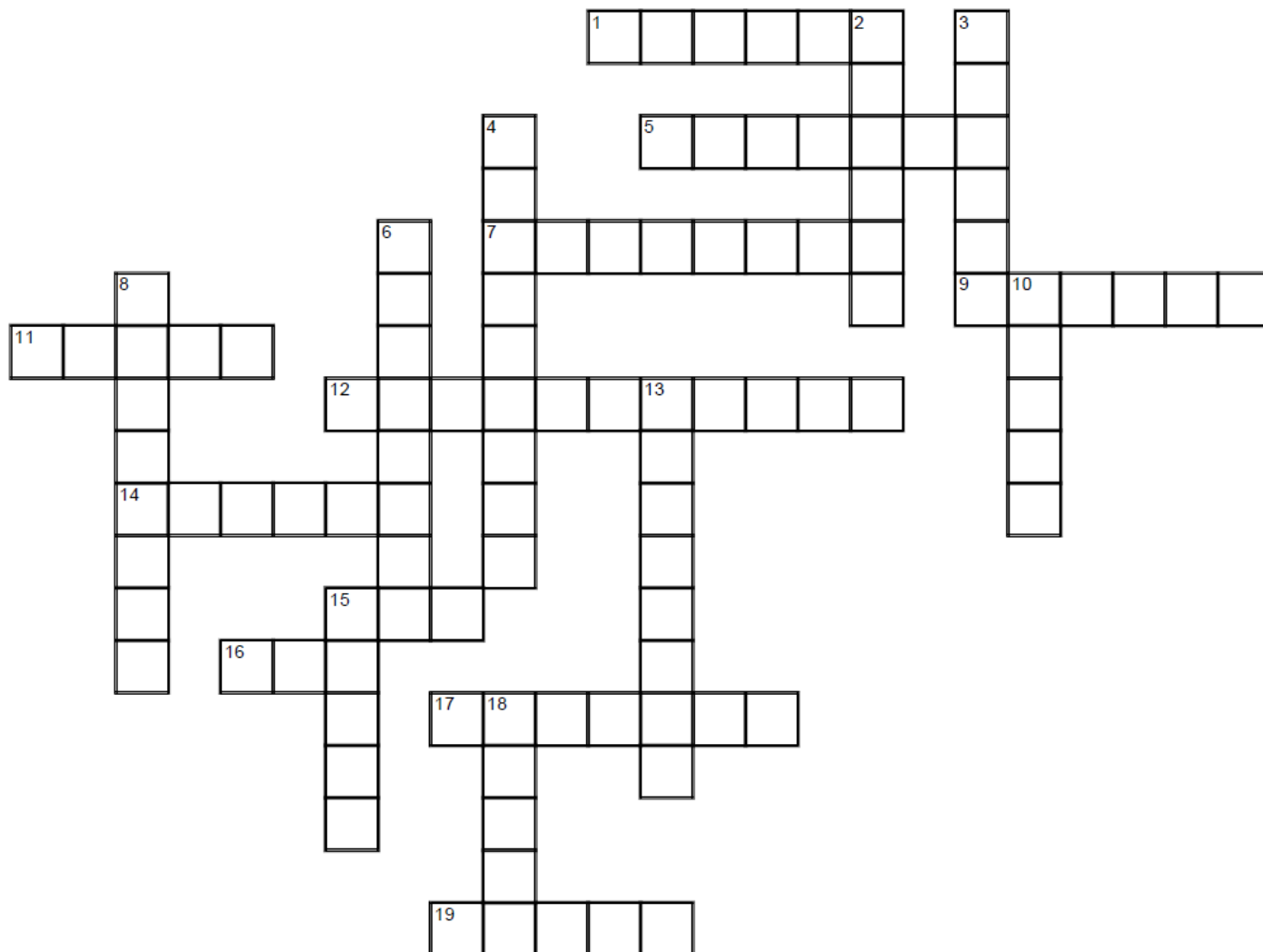
"Are you sure she's missing?", asks the bartender.

"I'm positive!" replies the atom.

(Hint: think scientifically!)



August 2017 Puzzle

**Across**

- 1 Abbrev: Full protective clothing when riding
- 5 Higher level of commitment & preparedness when riding
- 7 Consumable Alcohol
- 9 The German restaurant in Copperas Cove
- 11 Where you'll find Cooper's BBQ
- 12 Another name for Chapter T
- 14 Continuously educating yourself on safe riding
- 15 Joined GWRRA in 1999
- 16 Abbrev: Organization who provides safe riding training
- 17 The camp where the kids enjoyed Goldwings
- 19 District responsible for bike show at Wing Ding

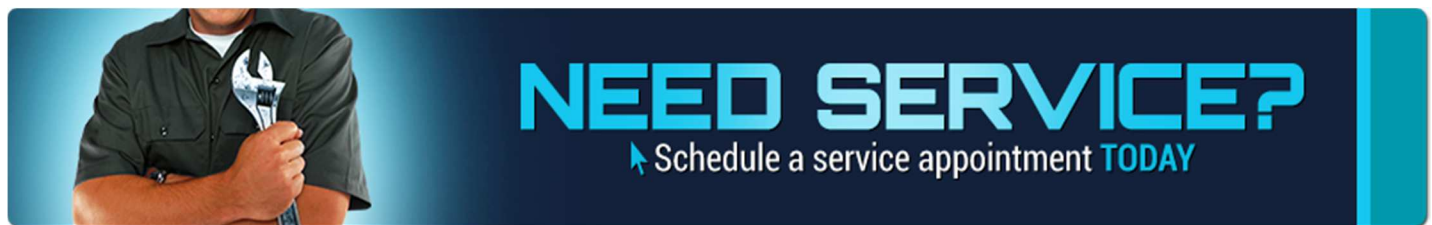
Down

- 2 Always checking the bike or trike
- 3 Committed to safe riding
- 4 Important when riding in summer time Texas
- 6 Always being prepared to ride
- 8 Backpack for dispensing liquids
- 10 Birthday on 1st Sep
- 13 39th Huge Convention
- 15 Big October Event
- 18 Too dark means dehydrated



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Birthdays and Anniversaries



GWRRA

September: Bill C.
(10)

October: Jim & Al-
valin W. (08), Tim
B. (99)

November: None Re-
ported



Birthdays

September: Missy H.
(1), Young B. (17),
Richard M. (24),
Chet R. (24), Pat
F. (28)

October: Jim W.
(3), Don R. (14)

November: Sherri R
(12), Susan R (15),
Bob W (18), Dale G
(21)



Anniversaries

September: Richard
& Kay (4)

October: Brady &
Jeannie (23)

November: None Re-
ported



Chapter T Team

Chapter Directors:

LeRoy and Andrea Douglas
Phone: (254) 702-5556

Asst. Chapter Director:

Rick Simmons

Rider Educator:

Dale & Carleen Garrett

Ride Coordinators:

Danny & Peggy Thacker

Chapter Couple of the Year:

Danny & Peggy Thacker

Membership Enhancement Coordinators:

Danny & Peggy Thacker

Treasurers:

Tim & Young Brooks

Webmaster:

LeRoy Douglas

Newsletter Editor:

Rick Simmons

Vendor Coordinator:

Andrea Douglas

Team members may be contacted by E-Mail using the: **Contact Us** page of the Chapter T website:

centexwings.org.

**Our Next
Gathering is
Sep 26, 2017**



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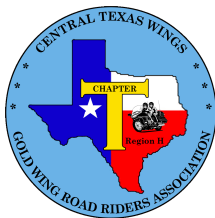
September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
		Wing Ding @ Grapevine, TX, USA				
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
		7 pm - Chapter T	Oklahoma District Rally @ Muskogee, OK, USA			



October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 T-Fest @ Harker
8	9	10	11	12	13 Mississippi District Rally @ Gulfport, MS, USA	14 Chapter K2 Rally @
15	16	17	18	19	20	21 Chapter H Rally @
22	23	24 7pm - Chapter T	25	26	27	28
29	30	31	1	2	3	4



November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			8	9	10	11
			15	16	17	18
			22	23	24	25
			29	30	1	2
			6	7		
			13	14		
			20	21		
			27	28		
			4	5		
			11	12		
			18	19		
			25	26		
			7pm - Chapter T	27		