

# Georgia District

NEWSLETTER

March 2013



## District Team

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## THE START OF RALLY SEASON

March has arrived and the Rally Season begins. We attended the first Georgia Chapter Fun Day of the year, the Chapter S Sweet Heart Fun Day. Pat & Craig Whitehouse and their Chapter Members put on a first class event. The theme was "Marti gras" and everyone received strings of beads as they arrived. The fellowship and participation was great as well as the food, games and door prizes. There were several Chapters that participated in the Chapter Challenge; Chapter GA-E was victorious and took home First Place. The members that participated, and the ones that watched from the sidelines, were laughing and having a good ole time.

The Georgia District Travelers Plaque and the Region "A" Wander was offered for capture at the Chapter S Fun Day. The Travelers Plaque was captured by GA- Q and will be offered for capture on March 2<sup>nd</sup> in Warner Robins, GA. The Wander, captured by GA B-2, has since been captured by GA-A. (For info on both plaques, see page 3.) Get your Chapter pumped up and go after one or both of these plaques. It's all about visiting with fellow Members with a little competition included. So, have fun with it as you visit old

friends and make new one along the way.

Vicky and I attended the Horizons Course on the 16<sup>th</sup> & 17<sup>th</sup> of February. We spent a day and a half with friends (fellow members) learning more about GWRRA and team work. Some of the information we had seen and heard before, however, there were some new ideas and refreshed information that was well received by all. We participated in some team exercises that were fun and educational. This course reinforces the fact that team work is a vital part within the different levels of GWRRA (Chapter, District, Region, etc.) One person can't do it alone. Horizons is a great course and we recommend it for all members; it doesn't matter if you are an Officer or a JAM (Just A Member) the course has a lot to offer and it is FUN.

The Florida District Rally is the first of the year in Region "A" and is coming up on March 21-23, 2013 in Kissimmee. Their theme is Wingin' into the Wild World of Sports. It is a good time of the year to travel south, so let's go and support our next door neighbors and have some FUN at the Florida Rally.

*Tommy & Vicky*

## FATIGUED

### THE NEW AMERICAN REALITY

**fa-tigue** (f<sup>ə</sup>-t<sup>ɪ</sup>g<sup>ə</sup>)

*n.*

1. Physical or mental weariness resulting from exertion.

2. Something, such as tiring effort or activity, that causes weariness: *the fatigue of a long ride.*

3. *Physiology* The decreased capacity or complete inability of an organism, an organ, or a part to function normally because of excessive stimulation or prolonged exertion.

4. The weakening or failure of a material, such as metal or wood, resulting from prolonged stress.

5. **a.** Manual or menial labor, such as barracks cleaning, assigned to soldiers.

**b. fatigues** Clothing worn by military personnel for labor or for field duty.

*v.* **fa-tigued, fa-tigu-ing, fa-tigues**

*v.tr.*

1. To tire with physical or mental exertion; weary.

2. To create fatigue in (a metal or other material).

*v.intr.*

Do you feel it? Have you felt it? I think all of us at one time or another can answer “Yes” to the previous questions! So, what does fatigue have to do with motorcycle safety? **Everything!**

Have you ever been so tired you can hardly keep your eyes open? Traveled somewhere and then wonder if you forgot to lock the door? Cannot remember how you got there?

Have you ever been so hot that you did not think you could survive another minute? How about cold? Has your mouth ever been so dry that it is hard to swallow? Have you ever gone to bed late and gotten up early the next day? Repeatedly? Have you ever gone to bed after drinking too much alcohol and risen early the next day and still taste the alcohol? Have you ever ridden so long that your legs and rear end hurt no matter how you shift your body? Have you ever experienced stress? Written a monthly Newsletter article? There are many more questions that could be listed here, but we believe you understand where this is heading. Raise your hand if any of the questions above applied to you at one time or another. Go ahead...no one is looking. (Well maybe your significant other is, but they already know that you are crazy!) Anyway, we hope everybody's hand is raised!

To paraphrase the above definition: Fatigue can be physical or it can be mental! Many medical professionals now believe that fatigue can be as devastating as or worse than being legally impaired by drugs or alcohol! **Yes Fatigue!**

Every time we get on our machines we are tasked with having and using twice as many skills as someone who rides in a cage. A study was conducted that indicates it requires 2500 skills to

ride a motorcycle versus 1200 to drive a car. (Do you realize that the drivers of the said “cages” face similar amounts of fatigue like you do? Not a very good combination when you meet on the road.) Fatigue can make us miss visual clues, retard our reflexes, see things that are not there. Now add in the distractions of; cell phones, GPS, music, conversation, work, a fight at home. Add your own thoughts to the list—clearly; “**Danger is ever present!**”

What we as motorcyclist have to do is be smart! If we are tired, haven't slept well, had too much to drink the previous evening, then we need to not even think about climbing aboard our machines. If we are traveling, we need to delay our departure, go back to bed! Once on the road we need to take periodic breaks. I am not going to set a mileage limit; your body will tell you all you need to know. Listen to it! Probably the most important thing you can do is: **Stay hydrated! Hydration begins long before the ride!** Also regulate your body temperature so as not to be too cold or hot and if you are uncomfortable, take a break! Take many breaks! Safety gear is a must—as in don't leave home without it!—but it also traps in heat. Many sets of chaps do not breathe. Stop and stroll the aisles of an air-conditioned store or drink a warm cup of coffee or tea, whatever



Julie & Roy  
Degler  
Ride Educator

***“So what does fatigue have to do with motorcycle safety? Everything!”***



*Continued on page 3.*

# MARCH 2013

| SUN                            | MON        | TUE                 | WED       | THU        | FRI | SAT                                      |
|--------------------------------|------------|---------------------|-----------|------------|-----|--|
|                                |            |                     |           |            | 1   | 2 GA-E, F2, G<br>Traveler                |
| 3                              | 4 GA-G     | 5 GA-S              | 6         | 7          | 8   | 9 GA-B, D, P                             |
| 10 Daylight-Saving Time Begins | 11 GA-Q, T | 12                  | 13        | 14 GA-K, M | 15  | 16 GA-A, C2, I2, J<br>Wanderer           |
| 17 Happy St. Patrick's Day!    | 18 GA-O    | 19                  | 20 Spring | 21 GA-D2   | 22  | 23 GA-B2, E2<br>Florida Rally, Kissimmee |
| 24                             | 25         | 26 GA-R<br>Passover | 27        | 28 GA-H, L | 29  | 30                                       |
| Easter 31                      |            |                     |           |            |     |  |

See website for times and locations of Chapter Gatherings. Please call before you visit to confirm date, time and location.

**Georgia Traveler's Plaque: Chapter GA-Q**, captured the plaque from GA-A, at GA-S Fun Day. They will be giving it away on March 2nd at the Golden Corral, 2624 Watson Blvd., Centerville, GA 31028—Located in front of the Centerville Galleria Mall. Sign in 12:00 Noon—1:00 PM.

**Region A Wanderer: Chapter GA-A** captured the Wanderer from GA-B2. It will be given away on March 16th at Southern Cooking, 406 Hwy 155 S., McDonough, GA. Registration from 3:00—4:00 PM. Plaque to be given away around 4:30 PM.

Continued from page 2.

you have to do until you feel better. Try to travel when the conditions are most comfortable for you. Maybe leave early in the morning, take a mid-day siesta and then resume travel in the late afternoon or evening. When you feel

you cannot go on any farther, stop and find a room, get a good meal and most importantly; Get a good nights sleep! We know, We know easier said than done. *Clint Eastwood* said while playing Dirty Harry: "A man's got to know his limitations!" Recognize the

signs and Don't let fatigue take control of you! To sum it all up: Be mindful out there, the life you save may be your own!

Until next time:

*Roy & Julie*



## Schedule of Events

- March 21-23, 2013—Florida District Rally, Kissimmee
- April 11-13, 2013—Alabama District Rally, Mobile
- April 25-27, 2013—South Carolina District Rally, North Charleston
- May 4, 2013—GA-R Spring Picnic, Acworth
- May 4, 2013—C.O.Y. Rendezvous, Spring Creek Part Resort, Lake Seminole, GA
- May 11, 2013—GA-T Fun Day, Commerce
- May 18, 2013—GA-D MAD Event, Cumming
- June 13-15, 2013—Wing Fling, Dillard, GA
- July 3-6, 2013—Wing Ding, Greenville, SC

## Another Benefit of Your GWRRA Membership

**JC Motors Transport** – Whether you are moving or simply want to make traveling with your motorcycle easier, JC Motors Transport is the right choice for your

motorcycle shipping needs. JC Motors Transport offers Members of GWRRA a discount and has the best motorcycle shipping package on the market. Visit them

at [www.motorcycleshippers.com](http://www.motorcycleshippers.com)  
For more information see the Member Benefit page at [www.GWRRA.org](http://www.GWRRA.org).

**GWRRA Motto—  
“Friends for Fun,  
Safety and  
Knowledge”**



**Sid and Donna  
Cohen**  
**Assistant District  
Director/  
Couple of the Year  
Coordinator**

***“Please help the  
Couple of the  
Year Program  
by providing a  
Couple of the  
Year Basket.”***

## Honoring Our New Couples Of The Year

March is now upon us. Only 2 more months until the 2<sup>nd</sup> annual Couple of the Year Rendezvous. We had a ball at the first one so Lynn and Lyn Edwards, our Region A Couple of the Year Coordinators, planned another one. It is on May 4<sup>th</sup> at the Spring Creek Park Resort at Lake Seminole, Ga. That is near Bainbridge. All Current Couples of the Year, Past Couples of the Year, Chapter Directors and anyone who is interested in the Couple of the Year Program is encouraged to attend. WOW that should include everyone. It is not a recruiting tool for anything, but another way for friends to come

together and meet more friends. Please make plans to attend. Call 229-861-3247 to make reservations today. See the flyer on the Georgia Web site under Couple of the Year. Did I mention the resort has great food? There is also an Ice Cream Social planned.

The rally season is here. The Florida rally is in March and I keep hearing Georgia folks are heading down there to enjoy themselves. We hope to see you. Chapter Directors remember our rally is only 4 months away. Please help support the Couple of the Year Program by providing a Couple of the Year Basket. All

proceeds go to help the District Couple of the Year with some expenses during their year. Last year we had quite a few baskets and all of them were great, let's do it again.

I would like to thank the Chapter's that have honored a special couple this year, the list is still growing. As we get pictures of the Couples they are placed on the Web Site. Take a look see if you recognize anyone.

Ride safe and often,

*Sid & Donna*

## Congratulations to Our New 2013 Couples of the Year!

International —Greg &  
Renee Dempsey

GA-A—Bryan & Nina  
Douglas

GA-I2—Ronnie & Margaret  
Vaughn

Region A—Dana & Joe  
Voight

GA-B2—Dean & Candace  
Watts

GA-L—Scott & Jackie  
Whitener

Georgia District—Larry &  
Pamela Clemmer

GA-D—Buddy & Debbie  
Bertram

GA-S—Vance & Fern Oakes

GA-H—John & Lynn Hyde

GA-T—Ralph & Debbie  
Stewart

### Among our sick

Julie Degler, GA-A/Georgia Team  
Larry Clemmer, GA-A/GA C.O.Y.

Dee Lozano, GA-S

Sandy Hatfield, GA-S

Sunny May, Granddaughter of Ricky &  
Dixie Mooney, GA-T

### In Memory

Brother of Jim Allen, GA-A  
Louise Morgan, Mother of Rich  
Morgan, GA-H

