



Garden City Wings
Chapter GA – F2
Augusta, Georgia



GOLDWING ROAD RIDERS ASSOCIATION
Friends For Fun, Safety and Knowledge
REGION A

April 2008

Thoughts from the Chapter Director

We have had a few nice rides this month; we went to Athens to attempt to capture the traveler's plaque and came in second place. Chapter L of Rome Ga. captured the plaque and will be offering it on May 10th. The Region A plaque will also be offered on May 10th in Jacksonville Beach Florida. Ga. chapter H will be holding their annual Fun Day on May 17th in Albany Ga. This is the home chapter of our District Directors Bill and Betty Livingston and I think it would be nice if we made a trip to Albany and join them for this event.

Thanks
 Larry

The State Staff

District Directors Bill and Betty Livingston	Assist District Directors Ron & Susan Larson	Assist District Directors Bob and Carla Greer	Assist District Directors JJ and Marcia Etzle
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Treasurers Sandra & Marshall Skinner	Newsletter Editor Larry Cates Angelia Cates	Ride Coordinators Larry Cates	Webmaster Kurt Bennett

Birthday's for April
 Angelia Cates Apr 7th
 Mary Gordon Apr 27th
 John Hayes Apr 16th
 Robin Root, Apr 25th

 Anniversary's for April
 Jeff & Janet Baumgardner Apr 13th
 John & Sandy Bourquin Apr 27th
 Robert & Carla Burkey, Apr 16th
 Bill & Dottie Harper, Apr 26th
 Lou & Sue Lepping, Apr 30th

“As I See It,” A thought from the “Educator.”

Well it's that time of year again where we get out and enjoy ourselves. The problem is that sometimes we underestimate the effects of heat. This month's article is a reminder that Heat Stress can and sometimes does kill.

To avoid being one of those affected:

- Hydrate yourself. Drink one or two glasses of water.
- While working (or riding your bike), take frequent breaks and re-hydrate yourself.
- Heat stress can be deadly and the sad thing is that many times, avoidable if simple things are done.

The point:

Whether it's biking or yard-work, hydrate well before, during and again after the activity.

This hydration will improve your chances of completing your outside activity.

This monthly safety publication of “As I See It” is presented for your consideration by Ray Bowman, your Chapter Educator. Constructive comments and or suggestions are always appreciated.