





September 2018

The Official Newsletter of THE CAPITAL WINGS

Gold Wing Road Riders Association
* Region I * Oregon District Chapter G

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www.gwrraoregondistrict.com				
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OR-G Chapter Couple	Mike & Toni Robinson	503-393-2387	mtrobinsonJuly72007@gmail.com	
OR-G Ride Coordinator				
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Team Oregon		1-800-545-9944	http://www.team-oregon.org/	

Chapter G www.gwrraoregong.com	3 rd Sat. Breakfast at 8:00 a.m. Lakeside Village 3110 SE Turner Road Salem, OR	Salem	Trent & Debbie Axen Taxen_1@msn.com 503-949-2699
Chapter H www.gwrraoregonh.com	4th. Sat. Breakfast at 8:00 a.m. Pheasant Cafe 149 E. Main Street Hermiston, OR	Hermiston	Mark & Sheri Bridge on2wls@msn.com 541-571-3880
Chapter I www.gwrraoregoni.com	2 nd Sat. Breakfast at 8:00 a.m. Meeting at 9:00am The Bomber Restaurant 13515 SE McLoughlin Blvd. Milwaukie, Oregon	Oregon City	Bijou & Mike White thebij47@gmail.com 360-620-1536

Never Too Late To Share!

Though the hot weather is almost behind us, this article written by Alan Neuberger and submitted by our Oregon District Educator, Graham Munsell contains some valuable information.

We have all attended and participated on numerous classes regarding excessive heat and riding. A member of our group recently shared the following information highlighting the unusual effects of heat .

Please review the information, digest it and share with your GWRRA members and friends.

Riding In The Heat

While riding in the beautiful warm weather is a fun thing to do, we sometimes do not realize how hard that can be on our bodies.

Case in point: a couple of weeks ago, while driving in my car to Eastern Oregon, I came across 2 motorcycles parked in the gravel on the side of the road. I didn't notice anyone with the bikes so I looked around to find the riders. I saw one sitting in the shade of a Juniper tree and the other was standing nearby.

I got out of my car and checked on them. The one rider standing was in full gear, and said that the other rider needed help. I asked if they needed water and they did. I was told that the rider in the shade had crashed and was waiting for an ambulance to come.

The injured rider I will call #1, came towards me for the water, and I made him get into the car, since I had air conditioning. Rider #2, had come across the bike laying on the side of the road, and had helped Rider #1 to get in the shade. He called for an ambulance but it had been more than 20 minutes. They were just a quarter mile from the fire station, so I decided to take him there. As I was pulling out the ambulance showed up.

The story that I got from #1 was that he was riding along, and just passed out. He had not been drinking. I asked when he had had something to drink, he said, I can't drink while I'm riding, so I was waiting till I got into town to get a beverage. He was fairly banged up and had some road rash. The ambulance folks began treating him, and they took it from there. They determined that he had passed out from heat exhaustion.

This entire incident reminded me of a few years ago. I was riding in a group from John Day to Burns Oregon. We had traveled quite a few miles that day and still had some to go. It was over 100 degrees in the valleys. As we were heading south up into the mountains the heat really did not decrease. I did not know that I was beginning to slur my words and wobble a little. My co-rider tapped me on the shoulder and asked if I was okay. Of course I am, I said. But then my eyes were blurring and my head was bobbing a bit, and my co-rider yelled at me to pull over and stop. I came to a stop and began to fall off the bike, it was all she could do to keep it from falling over. My friends in my group then got me off the bike and I sat down on my trailer. My one friend put a cool vest on me which helped a lot! I ended up on the back of my friends trike while his wife drove, he took my co-rider and my bike and we proceeded to head for Burns.

I had drank water but was only sipping on it, not taking long drinks. It was also ice cold, which shocks your system into believing that it is hypothermic, and pulls all of your blood to your torso to protect your body and forces your body into shock. I recovered in the hotel a few hours later, but I had to ask what had happened, because I couldn't remember.

When riding in heat, always dress to keep your body from being overheated, wear a cool vest under your standard jacket, take long breaks in the shade to cool your body down, drink lots of water and do not ride if something feels off. When drinking water in extreme heat, drink it at room temperature. Remember that a cold one will not help.

Keep the rubber side down and the shiny side up my friends;

Alan Neuburger

Graham Munsell, Oregon District Educator, GWRRA



Trent's Talk

On August 4^{th.} we held our Trivial Pursuit Ride. I want to thank Todd Allen for setting up the route for the ride, Curt and Jan Frink for letting us start and finish the ride at their house, and for everyone else that helped by running check points, helping during registration, cooking breakfast and dinner, and for participating in the ride.





On August 18, during the Chapter Gathering, Mike Gohman was installed as the Chapter's Treasurer. When you see Mike, please thank him for stepping up to be the Chapter's Treasure. And if you haven't done so yet, please thank Barb Choate for the great job she did for the past six years as the Treasurer.

As September ends, we have the annual End

of the Season Campout. Chapter I is hosting this years End of Season Campout Fryer Park. The campout is scheduled for September 21-23, 2018. (See Flier in this newsletter.) Chapter I is requesting, if you are planning on attending, please let me know so I can give them a headcount.

Check out the September Happenings page to see what else is going on in September.

As we get closer to the end of the year, we need to start thinking what we as a Chapter want to do next year. Please be thinking what you would like to see the Chapter to do in 2019.

We hope to see you at our upcoming events.

~Trent



On August 18th. At Chapter G's August Gathering Oregon District Director Mary Hunter Administered the oath of office to Mike Gohman for Chapter Treasurer for Oregon Chapter G .











SEPTEMBER HAPPENINGS"

The summer riding season is winding down, though there is still some great fall riding ahead

We have a meet at the restaurant dinner ride on the 12th. at The Hitching Post at 8046 River Rd. NE. Keizer. Please let Mike Gohman know if you plan on attending.

On September 15th. Is our Chapter Gathering at Trent & Debbie's community Center at 3110 Turner Rd. SE. Salem.

Do not forget The End of the Season Campout hosted by Chapter I at Freyer Park in Molalla, Oregon September 23-25. This is a great location and a great all Chapter event. Checkout the flyer in this month's Grapevine. Call ASAP to get your reservations in and Mention GWRRA to get with our group, campsites are filling up quickly.

We have another meet at the restaurant Wednesday night dinner ride on the 26th. to Izzy's Pizza at 2205 Lancaster Drive NE. in Salem Oregon. Meet up time is at 6:30pm. Again please let Mike Gohman know, so he can contact the restaurant with a head count.

Checkout all the flyers in this months Grapevine for upcoming events!

These are our scheduled "Happenings" this month, but you never know what might pop up!

And as always, pictures of Chapter G events are always welcome.



Thanks to Trent & Debbie Axen for this months pictures!

Send them to Mike at darkforrest@comcast.net for publication and you will get the credit for those great shots you send in !



This months Chapter G planning meetings is Canceled due to the Labor Day Holiday.





Harvey Dean	1st.
Marcia Gohman	2nd.
Karl Perlich	7th.
Dru Johnson	9th.
Mel Henderson	11th
Marla Burgess	12th.
Sam Sasaki	12th.
Resa Mcvay	13th.
Cheryl Winn	16th.
Mike Hunter	18th.
Donna Ogle	20th.
Robin Stewart	23rd.
Allen Prell	28th.
Bill McCawley	24th.
Susan Falk	27th.
Teri Hurley	30th.

SEPTEMBER ANNIVERSERIES

Fred & Terri Shepherd	10th.
Eldon & Judy Cannon	13th.
Rod & Donna Ogle	16th.
Graham & Peggy Munsell	17th.
Trent & Debbie Axen	23rd.
Mike & Marcia Gohman	24th.
Rick & Karen Williams	29th.

The Grapevine publishes Chapter G Member's Birthdays & Anniversaries each month . Do you wish to see yours in print? If we are missing yours, please send an e-mail to: taxen_1@msn.com or

Contact Mike or Toni Robinson 503-393-2387 mtrobinsonJuly72007@gmail.com

THE GRAPE STORE

T-SHIRTS (sm-xl) (limited sizes available)	Contact for pricing	POLO SHIRTS (sm-xl)	\$18.00
T-SHIRTS (xx-xxx) (limited sizes available)	Contact for pricing	POLO SHIRTS (xxl)	\$19.00
(minted Sizes available)		TANKS TOPS (sm-xl)	\$11.00
T-SHIRTS LONG SLEEVE	Contact for		
(limited sizes available)	pricing	BLACK ROCKER SET	\$15.00
SWEATSHIRTS (sm-xl)	\$18.00	HATS	\$10.00
SWEATSHIRTS (xx-xxx)	\$19.00	MENS LARGE & EXTRA LARGE T-SHIRTS SS EMBORIDERED LOGO	\$20.00
Vinyl Cling Logo(4inch)	\$3.00	WOMANS LARGE T-SHIRT SS EMBORIDERED LOGO	\$20.00

This months Chapter G Gathering will be at Trent & Debbie's Community Center Lake Side Village 3110 Turner Road SE Salem, Oregon See you on September 15th. See you at 8:00am Hope to see you there!

Chapter G's Trivial Pursuit 2018













August 4th.,2018 – perfect weather, great breakfast , fantastic ride, delicious dinner and great people made this years Trivial Pursuit made for a very satisfying day!











OREGON DISTRICT END OF SEASON CAMPOUT



Feyer Park Campground 16185 S Feyrer Park Rd Molalla, OR 97038

Come and join us for the last campout of the season!

Dates: Friday-Sunday, Sept 21-23, 2018

Make your Reservation by calling:

Sandy Weiland at 503 742 4414 Make sure you say your with GWRRA and she will get you scheduled.

Deadline: June 15, 2018.

<u>Cost:</u> \$26.00 per campsite per night (water/electric available) + \$8.00 non refundable reservation/cancellation fee. (2 tent trailers allowed per site– no more than 8 people to a site)

Schedule of Events:

Friday night arrival—5:30pm-8:00pm (or until gone) Chapter I will provide Chili dogs/Hot Dogs.

Saturday/Sunday Breakfast—Potluck bring breakfast items (juice, muffins, eggs, breakfast meat etc).

Saturday night dinner—Chapter I prepares main course. Please bring salads, desserts, appetizers

For further information contact:

Dawna Hitch 503 551 3083 Or Kathy Mashek 503 650 6172 Alcohol and glass beverage containers are prohibited in all park areas except by permit within designated reserved campsites and picnic areas.
 Reservations can be made at least 3 days and up to

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- a year in advance.
- A non-refundable \$8 transaction fee is charged to each site upon making a reservation.
- Camping cancellations 4 or more days in advance of arrival date receive a refund less reservation and cancellation fees; within 3 days of arrrival date receive a refund less reservation fee, cancellation fee and first nights' fee.
- Picnic cancellations 15 or more days in advance is use date receive a refund less reservation and cancellation fees. No refunds for cancellations within 14 days of use date.
- Please observe quiet hours 10pm to 7am.
- Pets are welcome, but must be leashed and not left unattended. All pet fecal waste must be disposed of in garbage cans.
- Max of 8 people per campsite.
- Max 2 tents or 1 RV & 1 tent per campsite.
- Non-reserved picnic areas are available at a discounted rate for drop-in events.
- Picnic shelter Area 2 is available to reserve in the "off-season" (October-April) at a discounted rate.
- Washing of vehicles, filling of swimming pools or dunk tanks is prohibited.
- Fires are allowed in designated fire rings/ pits. Fire rings are not to be moved. Fires must be extinguished upon departure.
- Non-camping vehicles left in the park after closing may be towed at owner's expense.
- Tape/CD/MP3 players are permitted if they do not interfere with other people's recreation. No amplified sound allowed without manager's written consent.
- Do not cut trees, branches or bushes.
- No person under the age of 18 may camp overnight unless accompanied by an adult.

Camping Picnicking Playground Volleyball Wildlife Viewing Access to Molalla River



Feyrer Park

16185 S Feyrer Park Rd Molalla, OR 97038 503.829.6621





Clackamas Co Administration Monday-Thurs p: 503-74 f: 503-74

Email: parksreserva

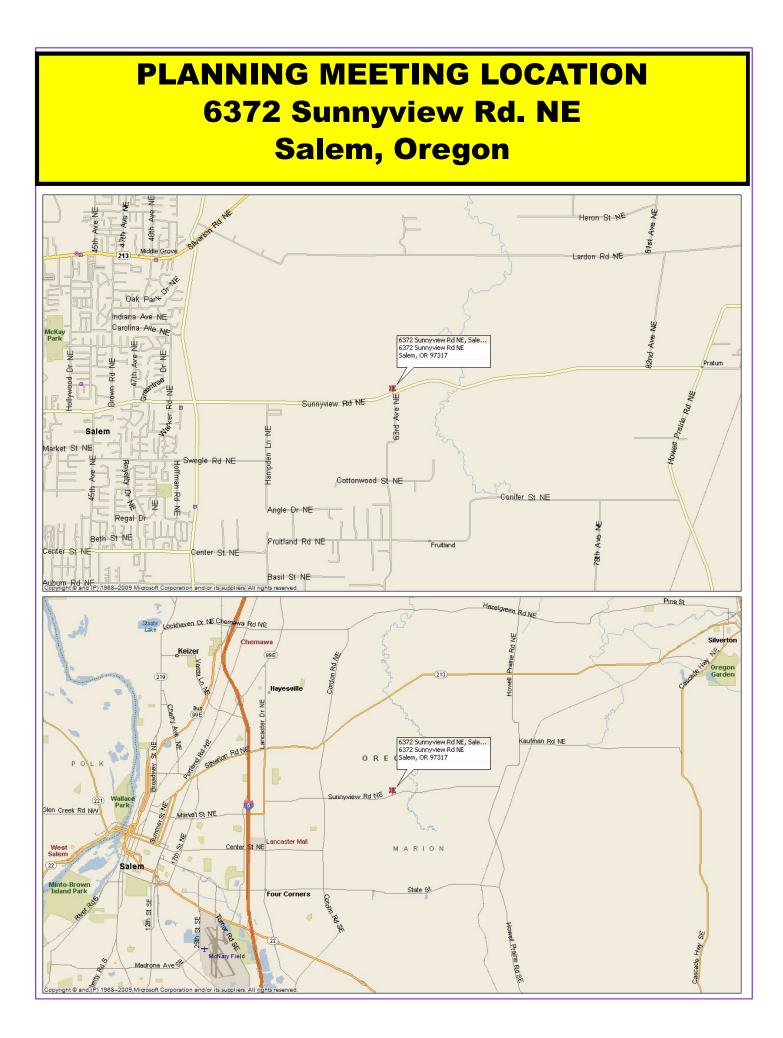
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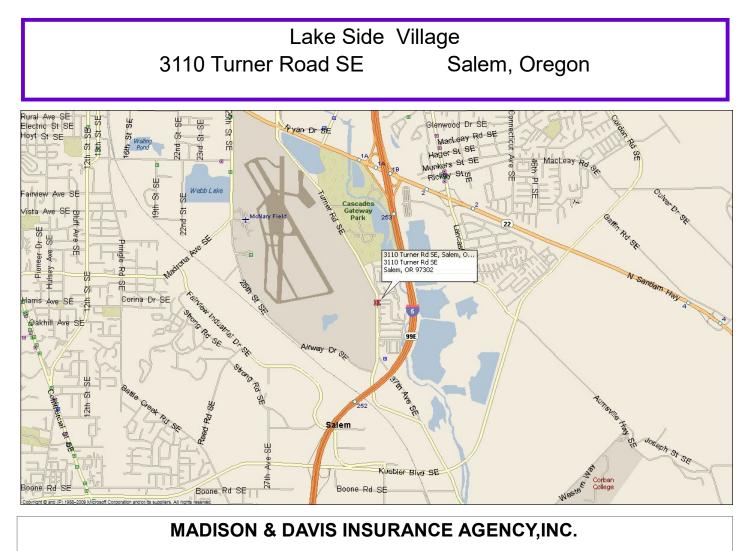
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A PLACE FOR CHAPTER G MEMBERS TO ADVERTISE THEIR NON BUSINESS ITEMS FOR SALE OR ITEMS WANTED

PLACE YOUR AD HERE!



Submit yours ads to Mike Forrest –darkforrest@comcast.net Ads must be submitted by the Tuesday before the Chapter Gathering and must be renewed by member each month.

EDWARDS BOOT & SHOE REPAIR



Men's & Ladies Western Boots Exotic Leathers Orthopedic Work Leather Repair

3485 River Rd. N.

Keizer, Or 97303

We Accept Visa and Mastercharge Monday-Friday 9:00-5:30 Saturday 9:00-1:00

DARRELL (50

(503) 390-1912

Stop by Taylor Motorcycles, Inc. and take a look at the new 2018 Honda Goldwing and take a test ride! Prices starting at \$27200





CELEBRATING OVER 50 YEARS in BUSINESS!



SEPTEMBER 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8 Chapter I Gathering
9	10	11	12 Meet at the Restaurant Dinner Ride Hitching Post Keizer 6:30pm	13	14	15 Chapter G Gathering 8:00am
16	17	18	19 6:30	20	21 End Of The Season Campout Chapter I Hosting	22 End Of The Season Campout Chapter I Hosting
23 End Of The Season Campout Chapter I Hosting	24 Planning Meeting	25	26 Meet at the Restaurant Dinner Ride Izzy's Pizza Lancaster Drive	27	28	29