

The Soaring Eagle
Gold Wing Road Riders Association
Iowa Chapter E



2018 - 2019 Couple of the Year
Sue & John O'lenick

CHAPTER E TEAM

Chapter Director
Kevin & Cheryle Miller
319-520-5391
goldwinging@mediacombb.net

Assistant Chapter Director
Connie & Boomer Franklin
217-224-6361
Winghavn@adams.net

Ride Coordinator
John & Sue Olenick
319-371-8266
johnridered@gmail.com

Chapter Treasurer
Leslie & Jim Rainbolt
319-520-8068
jhrlfr@gmail.com

Member Enhancement
Public Relations
Bill & Carol Cook
319-754-6483
iowacooks@aol.com

Fund Raiser Coordinator's for
Ronald McDonald House
Gary & Val Duckstein
Cell 319-671-0033
Garyvalduck@mediacombb.net

Newsletter Editor
Gwyn Jones
319-795-0539
gwynjones@mediacombb.net

FROM YOUR CHAPTER DIRECTOR:

Happy Summer Goldwingers

Here we are going into August, Cheryle and I still have not done much riding this year. It's just been a crazy year with so much going on in our lives. So here's to hoping August will be a better month to do a little riding.

Thanks to all that came out to our annual Chicken run and to our Family picnic. The weather just did not play nicely on either of our events this year, with it either raining or just really Hot, but we still made the best of it and had a great time. If you were not able to make one of these, then here's to you making our next Chapter event that will be coming up in August on the 24th. Yes that's right we have yet another fun get together ride. This will be our Tenderloin ride to Spoonies. We will be meeting at the Phillip 66 gas station in West Burlington, IA @4:00PM and riding to London Mills, Illinois to Spoonies. Now if you want to just meet us there that will be great also. Here is the address if you just want to meet us at 5:00PM Spoonies Bar & Grill; 103 3rd St, London Mills, Illinois

They do have other food to order if you do not want their super large and great Tenderloin. So mark your calendar and join us for a great ride and dinner at Spoonies August 24th. Oh ya, we will finish the evening with a stop at the ice cream shop. Maybe I'll even get me some ice cream... You'll just have to come and see.

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Gathering: August 10, 2019
Fort Colony Family Diner - 5102 Ave. O -Fort Madison, IA
Eat at 5:30 p.m. Meeting @ 6:30 p.m.
Host: Lanny & Gwyn

FROM YOUR CHAPTER DIRECTOR:

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We are also being told that on August 18th will be the Ronald McDonald ride. So again we will be meeting at the Phillip 66 gas station @ 9:00AM and ride together to Iowa City, IA

Other events that are coming up in September are:

September 6th & 7th New Hampton, IA Bike rally - if you are interested in this see me for more details

September 20th & 21st Iowa District Rally in Oelwein, IA. This is always a great time if you were at last year's rally then you know what I am talking about and this year looks to be even better. So if you have not yet register for this please do as it is very close to us this year. Here is the link if you want to use the online registration. <http://www.gwrra-iowa.com/2019-district-rally.html>

We are camping at the Iowa District Rally, so if you want to join us please, let us know as I believe there are still camp sites available at [Lakeshore RV resort & campground](#). **There are other campgrounds, but this is the one that we are camping at. So come join us for a Fun Weekend. You can setup either Hotels or Campsites from the above link which is on the Iowa District website.**

Until we meet again, you all have a Wonderful day and an even better Month. Happy riding.

Kevin Miller

Iowa E Chapter Director
319-520-5391
goldwinging@hotmail.com



RONALD MCDONALD CORNER



\$726.83 is where we are and shooting for \$ 800.00.

The date for delivering all our stuff to Ronald McDonald house will be Aug. 18th 2019, we will meet at Phillips 66 station West Burlington by college by 9:00am kickstands up or behind steering wheels at 9:00am.

PIZZA RANCH FUND RAISER:

Pizza Ranch Aug. 14th. 5:00 pm to 8:00 pm we help clean tables, and tell everyone why we are there and collect tips to go toward our Ronald McDonald house fund raiser. By our next meeting which is Aug. 10th be thinking if you are going to be there to help out, should have a form to sign by then, I am assuming it will be just like last year, those that work will get a break to eat on them. Those that just want to support us come out and eat buffet, we get 10% of buffet sales and all tips. I Have tent like fliers made by Linda to put on the tables for our fund raiser.

Once again, we want to say thank you to all that helped at the Chicken Run, we think everyone had fun and enjoyed the games, we are going to retire the sling shot chickens, been around for a while.

Tab's are coming in keep up the fight we have a long way to go!!!

Until Next time

Gary & Val

Coordinator's for Ronald McDonald House fund raiser

Ph. [319-752-5758](tel:319-752-5758) Cell 319-671-0033

Garyvalduck@mediacombb.net



[CHICKEN RUN JUNE 23, 2019](#)

District Educator for the Iowa District

We are well into the summer now and we have seen some really hot days. I am sure we have not seen the last of the heat. I thought a good topic for this month would be about hot weather riding. We all have our own strategies for dealing with hot weather but I thought I would share some general ideas.

First off, let's talk about heat exhaustion and heat stroke. Heat exhaustion comes on first. There are two types: water depletion and salt depletion. You are more likely to experience water depletion when riding since we lose a lot of water from our bodies because of the air moving across our skin, even through a jacket or long sleeves. We lose even more if our skin is exposed to the wind. However, we might not think we are sweating since the sweat may be evaporating quickly. Some signs of heat exhaustion include confusion, dark urine, dizziness, headaches, muscle cramps, heavy sweating, raised heart rate and may lead to fainting, vomiting or diarrhea.

Heat stroke is more serious. This is defined as when your body core temperature is greater than 104 degrees and is caused by exposure to high temperatures and from dehydration. The signs of heat stroke are similar to heat exhaustion as mentioned above. However, the severity of the symptoms will be worse. You may also stop sweating. Breathing changes. You may experience behavioral changes, including confusion, disorientation and staggering. Heat stroke can result in seizures and unconsciousness. If someone is experiencing heat stroke then call 911 immediately or transport them to a hospital. This is a serious situation. In the meantime, try to lower their body temperature by fanning them, using a wet cloth or sponge on their skin, apply ice packs, particularly in areas of the body that have a high concentration of blood vessels, such as the groin, armpits, neck or back.

So, when riding in hot weather it is important to take frequent breaks and to get out of the sun, wear sun protection, which means both cover your skin with gear and to wear suntan lotion on any exposed skin, and drink plenty of water. If you are sweating a lot then you could be losing a lot of salt. So, look for sports drinks that are electrolyte rich to supplement your water intake. It is important to drink even if you don't feel thirsty. However, there are a lot of medical conditions where you may need to not over-hydrate. Also, you may have a medical condition or be on certain medications that increase your risk of over-heating. Know your limitations. One advantage of riding in groups is that we can be on the lookout for each other. If you do have a tendency to overheat then let people know, or if you have a medical condition that can cause problems out on a ride.

For riding gear in hot weather look for lighter colors and well-ventilating gear. A white helmet will be much cooler, at least on the outside surface, than a dark helmet. I don't have personal experience with a cooling vest but I know a lot of people use these and swear by them. One person I know likes a certain type of heavy cotton t-shirt that he soaks in water and wears under his jacket and it stays wet for hours.

District Educator for the Iowa District

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There are also helmet liners that you can moisten that will keep your head cool. If you don't like being wet then consider a shirt or base layer that will wick perspiration away from the body so as to with airflow, cooling and overall comfort.

Until next month, have a safe ride!

Greg Hayes

Iowa District Educator, GWRRA

CHICKEN RUN

JUNE 23



COFFEE'S

Aug	7 Sub Arena	Ft. Madison, IA
	14 Reed's	Wayland, MO
	21 DQ	Hamilton, IL
	28 Rondavoo	Burlington, IA
Sept	4 Buffalo Wild Wings	Burlington, IA
	11 The Pink	Lomax, IL
	18 The Colony	Ft. Madison, IA
	25 D Q	Hamilton, IL
Oct	2 Reed's	Wayland, MO
	9 Maidrite Diner	Burlington, IA
	16 DJ's	Warsaw, IL
	23 Gator's	Burlington, IA
	30 Pizza Ranch	Burlington, IA

Monthly Get Together
Everyone Welcome!

2nd Saturday of each month (except February, November and December).

Fort Colony Family Diner

5102 Ave O

Fort Madison, IA.

Eat at 5:30 p.m.

Meeting @ 6:30 p.m.

Weekly Coffees on Wednesdays at 5:30 p.m., at various locations, see the Coffee's for each month in this newsletter

GWRRA ANNIVERSARY

Ed Gillis	Aug 1, 1984
John & Sue Olenick	Aug 1, 1990
Kevin & Debbie Ryner	Aug 1, 1994

BIRTHDAYS

Donna Johnson	Aug 7
Delbert Stephens	Aug 9
Cassandra Mahan	Aug 22
Skip Gillis	Aug 28
Sally Lindgren	Aug 28
Kevin Ryner	Aug 31

WE ARE ON THE WEB

<http://iowachaptere.weebly.com>

WEDDING ANNIVERSARIES

Richard & Sally Lindgren	Aug 2
Gary & Val Duckstein	Aug 24
Ed & Skip Gillis	Aug 28

2019 UPCOMING EVENTS

(All subject to change)

Aug 1-3 rd	Il Summer Rally	Oleny, IL
Aug 18 th	Ronald McDonald Ride	Iowa City, IA
Aug 24 th	Chapter E Ride to Spoonies	London Mills, IL
Aug. 27 th - 31 st	Wing Ding 41	Nashville, TN
Sept 6-7 th	New Hampton Bike Rally	New Hampton, IA
Sept 20-21 st	IA District Rally	Oelwein, IA

Please double check the event dates listed above each month, as they may change from time to time.

CHERYLE'S CORNER

CHICKEN STUFFED SHELLS

1 BOX (12 OZS) LARGE PASTA SHELLS
2 $\frac{1}{4}$ CUPS BOTTLED MARINARA SAUCE
4 CUPS FINELY DICED COOKED CHICKEN BREAST
(FROM 4 MEDIUM BONELESS, SKINLESS BREAST HALVES),
(NOTE: THIS IS AN EXCELLENT WAY TO USE UP LEFTOVER COOKED CHICKEN OR
TURKEY)
 $\frac{3}{4}$ CUP GRATED PARMESAN CHEESE
 $\frac{1}{2}$ CUP LOOSELY PACKED PARSLEY LEAVES, FINELY CHOPPED
 $\frac{1}{4}$ tsp. EACH SALT & PEPPER

HEAT OVEN TO 400 DEGREES. GREASE A 13 X 9-IN. BAKING DISH

COOK SHELLS IN LIGHTLY SALTED BOILING WATER AS PACKAGE DIRECTS. DRAIN
IN A COLANDER; COOL UNDER GENTLY RUNNING COLD WATER. SELECT THE 20
BEST-LOOKING SHELLS; RESERVE OTHERS FOR ANOTHER USE.

WHILE SHELLS COOK, PUT 1 CUP MARINARA SAUCE IN PREPARED BAKING DISH;
TILT TO COAT BOTTOM EVENLY, THEN COMBIND CHICKEN, CHEESE, PARSLEY, SALT
& PEPPER; STUFF INTO SHELLS. ARRANGE ON SAUCE IN DISH; DRIZZLE WITH
REMAINING 1 $\frac{1}{4}$ CUPS SAUCE. COVER SNUGLY WITH FOIL. BAKE 30-35 MINUTES OR
UNTIL HOT AND BUBBLY.

SERVES 5

PREP & COOK: 35 MIN-----BAKE ABOUT 35 MIN---PER SERVING: \$ 1.63

PLANNING TIP: CAN BE PREPARED THROUGH STEP 4 UP TO 1 DAY AHEAD.

NOTE: NO LEFTOVER COOKED CHICKEN BREASTS? USE PURCHASED OR PUT 4
MEDIUM SKINNED & BONED CHICKEN BREAST HALVES AND 1 $\frac{1}{2}$ CUPS WATER (OR
CHICKEN BROTH) IN A LARGE DEEP SKILLET. BRING TO A SIMMER, COVER AND COOK
6-8 MINS. UNTIL OPAQUE IN CENTER. REMOVE FROM PAN, LET COOL, THEN FINELY
DICE.



TEAM GWRRRA 2018

NAME	TITLE	E-MAIL	PHONE
Anita & JR Alkire	President & Wingman	aalkire@gwrra.org	623-445-2680
Tim & Anna Grimes	Director of Rider Education	tgrimes@gwrra.org	301-994-1394
Larry & Penny Anthony	Director of Membership Enhancement	mepgwrra@gmail.com	205-492-9728
Clara & Fred Boldt	Director of GWRRRA University	toledotriker@gmail.com	641-484-5140
Randall & Janet Drake	Director of Finance	financedirector@gwrra.org	303-933-6073
Mike & Barri Critzman	Director of Motorist Awareness	itsawingthing@hotmail.com	760-486-3405
Dan & Rachel Sanderovich	Executive Director Overseas	dan.sanderovich@gmail.com	942-542-

SPONSORS





718 Old Route 66 North Litchfield, IL 62056
Toll Free Phone: (800) 373-6565



HOURS OF OPERATION
Monday – Friday: 9:00 AM – 6:00 PM
Saturday: 9:00 AM – 4:00 PM







Search

3447 MAIN ST. | KEOKUK, IA 52632 | 319-524-2604

TOLL FREE: 800-368-2604

