



# CRYSTAL COAST WINGS

## Chapter F Jacksonville NC

December 9, 2007



### Gold Wing Road Riders Association



Happy Holidays

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Hello All,

Boy has the year gone by fast! This month has been a busy one, we have visited some other chapters such as NC-B Goldsboro, NC-Q2 Bunn NC, NC-Q Wilmington and NC-K2 Fayetteville. Elva and I have been trying to get the word out about our fundraiser coming up on January 1<sup>st</sup>, the NC-F New Years Resolution Ride. Please keep in mind that if you want people to visit our chapter you must be willing to visit their chapters. Try it, and you will be amazed at the good friends you will make. We had a great turnout at our last meeting; we had the Eastern plaque to give away. Congratulations to NC-Q Wilmington who captured it. We are tied for first for the Eastern Traveler Plaque and it is time for the Chapter Plaque Pirates to head back to NC-B Goldsboro to capture it for the last time this year. Please join us, we need as many members as we can get. NC-B Goldsboro will meet December 13<sup>th</sup>, they eat at 6:30pm and they meet at 7:30pm. NC-B meets at Wilber's BBQ on HWY 70. Let's bring home the plaque.

### Upcoming Rides:

December 1<sup>st</sup>, Gift on Cycles, O'Berry Center, Goldsboro NC, we will depart from the Onslow Senior Center/Farmers market on Hwy 258 at 7:15am.

December 2<sup>nd</sup>, Chapter Meeting, Eat at 2pm meet at 3pm, Logan's Steak house.

December 8<sup>th</sup> Chapter Christmas party, we will meet at 6pm, the location is the Woodman of the World Building.

Jan 1<sup>st</sup> Chapter Fundraiser, NC-F New Years Resolution Day Ride. Cost is \$10 a person. We will be needing help at the departure site and also at the Back Swamp center. Please contact Elva or myself.

## **Safety tip:**

### ***Winter Warm ups***

We're lucky that we have a virtual year-round riding season. However, when the mercury hides in the bottom of the little red bulb, we have to make some changes in our riding style. One of the big enemies of riders is hypothermia. Riding at highway speeds in cool or cold weather can deplete a rider's body heat and leave him numb and fuzzy-headed before he realizes what has happened. Even when the temperature is in the 60's, the wind chill factor at speeds over 40 miles per hour is in the low 30's. Riders often misjudge how cold the ride will be because they are freshly out of a warm house and standing still in the warm sunshine. At temperatures below 70°, they should dress in multiple layers, adding and subtracting as necessary. Not only do multiple layers provide versatility, they also create insulated pockets of warm air. While it is common for riders to put on sweatshirts and jackets, the lower body is often ignored. Thermal underwear and chaps keep feet and knees flexible and ready to function. Thermal socks and ski-sock liners help keep toes cozy. Many ski shops offer an excellent variety in various weights. The old gray variety with the red toes will do the job also. A well-designed winter riding suit made especially for motorcycling is a bulky but very welcome addition to any rider's wardrobe. Lightweight riding gloves do little to protect from the cold, and supple hands are critical to quick responses to unexpected hazards. Ski gloves or winter riding gloves with gauntlet flares help keep hands toasty. Some riders add ski glove liners, or use three-finger mittens for added warmth. They should be aware, however, that any added bulk may make operating the controls more awkward. A face shield is essential, and it should be firmly snapped in place. Those wearing three-quarter helmets may want to consider a ski mask or muffler to keep the chin and throat warm. There are excellent masks which cover the throat, mouth, and nose with a material similar to a lightweight wetsuit, yet allow the rider to breathe and speak comfortably. Some dealerships may have them, but they are more commonly found at sporting goods stores, which offer a line of ski wear. A luxurious, although expensive, way to keep warm is with an electric suit, gloves, socks, and even heated grips. They draw little current, but offer a lot of overall warmth. Co-riders should be afforded the same clothing or more, since they often don't get the same protection from the fairing that the rider does. There's a whole different world of riding in the winter, and we can enjoy it to its fullest if we dress properly.

***Wayne & Elva Grant***

**NC-F Chapter Directors**

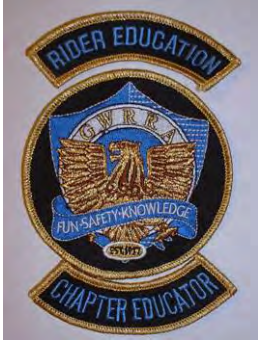
***(It's all about the Red)***

***"It's better to arrive 10 minutes late, then to die 5 minutes early"***

**FRIENDS FOR FUN, SAFETY AND KNOWLEDGE**

# CRYSTAL COAST WINGS

## GWRRA RIDER EDUCATOR



### From Your Rider Educators:

**“Being Safe in the Cold”** Hello again! It is still chilly outside and you all need to be careful whether you are on the bike or just outside doing stuff. Hypothermia is a very serious problem and needs to be a major consideration of everyone outside in the cold or wet conditions!! This is especially important due to our upcoming ride to the O’Berry Center on 1 December.

#### HYPOTHERMIA

(Excerpt from Nov 07, GWRRA National Riders Educators newsletter)

First aid: Under most conditions your body maintains a healthy temperature. However, when exposed to cold temperatures or to a cool, damp environment for prolonged periods, your body's control mechanisms may fail to keep your body temperature normal. When more heat is lost than your body can generate, hypothermia can result. Wet or damp clothing, an uncovered head and inadequate clothing during cold, winter weather can increase your chances of hypothermia, as can falling into cold water.

Hypothermia is defined as an internal body temperature less than 95 F. Signs and symptoms include:

Shivering

Slurred speech

Abnormally slow breathing

Cold, pale skin

Loss of coordination

Fatigue, lethargy or apathy

Symptoms usually develop slowly. Someone with hypothermia typically experiences gradual loss of mental acuity and physical ability, and so may be unaware of the need for emergency medical treatment. Older adults, infants, young children and people who are very lean are at particular risk. Other people at higher risk for hypothermia than the general public include those whose judgment may be impaired by

mental illness or Alzheimer's disease and people who are intoxicated, homeless or caught in cold weather because their vehicles have broken down. Other conditions that may predispose people to hypothermia are malnutrition, cardiovascular disease and an under active thyroid (hypothyroidism).

To care for someone with hypothermia:

1. Dial 911 or call for emergency medical assistance. While waiting for help to arrive, monitor the person's breathing. If breathing stops or seems dangerously slow or shallow, begin cardiopulmonary resuscitation (CPR) immediately.
2. Move the person out of the cold. If going indoors isn't possible, protect the person from the wind, cover his or her head, and insulate his or her body from the cold ground.
3. Remove wet clothing. Replace wet things with a warm, dry covering.
4. Don't apply direct heat. Don't use hot water, a heating pad or a heating lamp to warm the victim. Instead, apply warm compresses to the neck, chest wall and groin. Don't attempt to warm the arms and legs. Heat applied to the arms and legs forces cold blood back toward the heart, lungs and brain, causing the core body temperature to drop. This can be fatal.
5. Don't give the person alcohol. Offer warm nonalcoholic drinks, unless the person is vomiting.
6. Don't massage or rub the person. Handle people with hypothermia gently, because they're at risk of cardiac arrest.

Be safe and see you on the road!

*Allen and Faith Cook*  
*NC-F Chapter Educators*



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# CRYSTAL COAST WING

## CHAPTER COUPLE

Hey all! Well, it is definitely cool out there! It is almost time for Santa to come visiting!! Yeah!! Hopefully everyone had a great Thanksgiving and ate a lot of Turkey and good fixin's! Just a reminder to everyone about the Chapter Christmas party on 8 Dec at the Woodmen of the World Lodge in downtown Jacksonville. Okay! Christmas is a happy time for hopefully everyone, just remember that there are plenty of people out there that don't have a Happy Holiday season and we should all remember them and do a little something for everyone. The holiday season shouldn't be the only time we are giving and caring, it should be year round, but especially around the holidays. If you know anyone that doesn't enjoy the holidays, then spend some time with them and try to bring them some holiday cheer!! So have a happy Holiday season and be safe out there!

See you on the road!!

Allen and Faith  
Chapter Couple



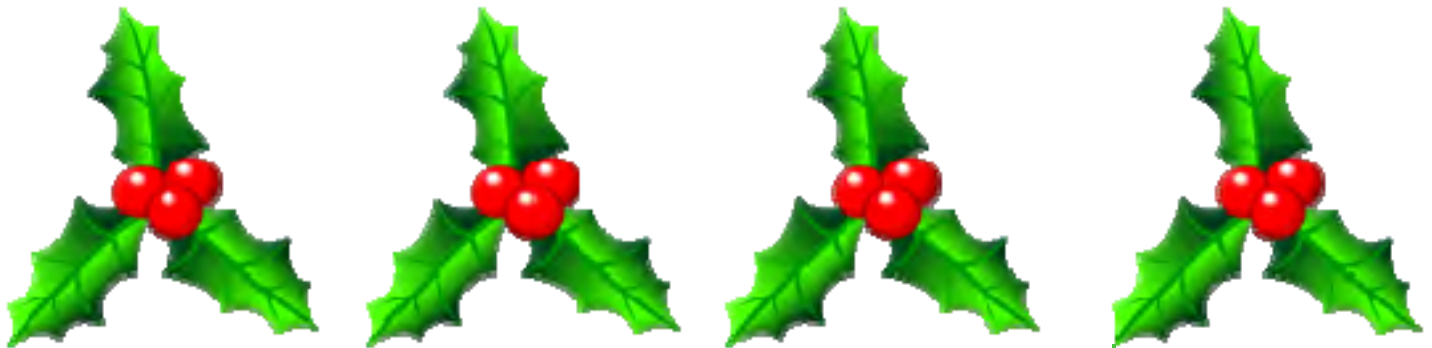
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# CRYSTAL COAST WINGS

## ASSISTANT CHAPTER DIRECTOR



Our Next Chapter Meeting will be January 06  
Eat at 2:00 Meet at 3:00  
Logan's Steakhouse  
Western Blvd  
Jacksonville, NC  
PLEASE COME AND JOIN US!



Hello from  
the ACD corner.

I want to thank everyone who participated in the Chapter F Christmas party on December 8<sup>th</sup>. We had 23 members and 6 guests attend the party held at the Woodmen of the World Hall in Jacksonville. There was plenty of good food to go around. Wayne and Elva provided the ham and fried turkey and everyone else that attended provided the great side dishes. There were plenty of great dishes and fantastic desserts. After dinner we participated in the Chinese Gift Exchange. Elva did a great job of coordinating the event. There were some interesting gifts that exchanged hands quite a lot. Charles Packer seemed to get the most popular gifts because everyone wanted what he had. All in all it was a great time, with lots of laughter and fun.

I can honestly say when Chapter F gets together for an event it is always a fun time. We have wonderful members who contribute so much to making our Chapter a fun group.

Until our New Years Resolution ride.....Ride safe!

Randy and Bobbi Cavender  
Assistant Chapter Directors

## FRIENDS FOR FUN, SAFETY AND KNOWLEDGE

### HIGHLIGHT

#### December 1<sup>st</sup> O'Berry Center Ride

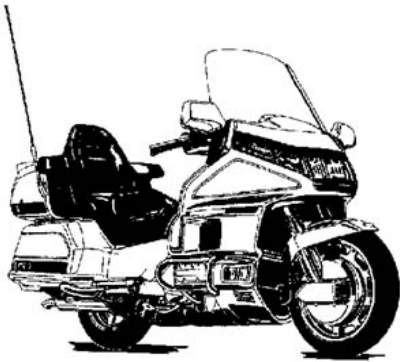
On Saturday December 1st, Chapter F rode to Goldsboro, NC for the annual O'Berry Center Christmas Event. In attendance were 17 Chapter F members, which was an outstanding turnout for a very cold day. The event was a huge success and all had a great time.



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# CRYSTAL COAST WINGS

## Follow The Plaques!



### Region N Plaque

The Region N Wanderer Plaque is currently at Chapter TN-S in Westmoreland, TN. It will be available for capture on Saturday Jan 12th, Eat at 8:00 am and meet at 9:00 am at the Corner Café 5234 New Highway 31E, Westmoreland, TN.

### Tar Heel Traveler Plaque

**The Tar Heel Traveler is with NC-D2, New Bern.**

It will be available at their next monthly meeting on December 17<sup>th</sup> at Golden Corral, 400 Hotel Drive (corner of Martin Luther King Jr. Blvd. and Hotel Drive). Eat at 6:30 PM, meet at 7:30 PM.

### Eastern Traveler Plaque

**The Eastern Traveler is with NC-B, Goldsboro.**

It will be available at their next monthly meeting on December 13<sup>th</sup> at Wilber's Barbecue, 4172 E. Hwy 70. Eat at 6:30 PM, meet at 7:30 PM.

**We are going to try and capture this plaque. There will be a Chapter ride on Thursday December 13<sup>th</sup>. More info will follow on time and place.**

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Happy Birthday

December

Jan Humphries Dec 5<sup>th</sup>

If your birthday or anniversary was missed, please send me the information so that we can Celebrate you in the future.

If you have any announcements you would like to include in the Newsletter, Please send them to Bobbi Cavender at [bcavender@ec.rr.com](mailto:bcavender@ec.rr.com)



# CRYSTAL COAST WINGS

## NC-F Members

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<b>Bryan Allen</b>		<b>910-326-4883</b>
<b>Ed &amp; Bennie Clemons</b>		<b>910-353-1892</b>
<b>John &amp; Pam Davis</b>		<b>910-347-6503</b>
<b>Gregory Humphrey</b>		<b>910-455-8745</b>
<b>Glenn &amp; Mary Ertel</b>		<b>910-347-3346</b>
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<b>Hans &amp; Becky Miller</b>		<b>910-938-1903</b>
<b>Timothy &amp; Adela Phillips</b>		<b>910-346-4907</b>
<b>Kurt Taylor</b>		<b>910-353-1892</b>
<b>Willy Taylor</b>		<b>910-353-9000</b>
<b>Bill &amp; Georgie Wilson</b>		<b>910-324-1895</b>
<b>Mike &amp; Jan Humphries</b>		<b>252-456-2426</b>

# CRYSTAL COAST WINGS

## 2007/2008 North Carolina District, Region N, & Nearby Events Calendar for Dec, Jan & Feb

<i>DATE</i>	<i>HOST CHAPTER</i>	<i>LOCATION</i>	
	<i>December 2007</i>		
<b>1</b>	<b>Gifts On Cycles</b>	<b>Butner, Goldsboro, &amp; Morganton, NC</b>	
<b>8</b>	<b>Leadership Training</b>	<b>Dobson, NC</b>	
<b>8</b>	<b>NC-U Toy Run</b>	<b>Lumberton, NC</b>	
<b>15</b>	<b>Leadership Training</b>	<b>Dobson, NC</b>	
	<i>January 2008</i>		
<b>1</b>	<b>NC-F New Years Resolution Ride</b>	<b>Jacksonville, NC</b>	<a href="#">Flyer</a>
	<i>February</i>		



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## **GWRRA Invites You to Wing Ding 30**

Greenville, South Carolina • July 3-6, 2008

The Gold Wing Road Riders Association (GWRRA) is pleased to announce its 30th annual Wing Ding will be in Greenville, South Carolina, next year. The international convention opens Thursday, July 3, and runs through Sunday, July 6, 2008, at the Carolina First Center, formerly known as the Palmetto Expo Center.

Wing Ding is the world's largest convention of owners of Honda Gold Wing and Valkyrie motorcycles, and Wing Ding 30 will highlight a yearlong celebration of GWRRA's 30th anniversary. Previous visits to Greenville were in 1995 and 2001. More than 10,000 Gold Wing motorcycle owners and riders are expected to attend Wing Ding 30, which could generate between \$10-15 million in direct economic impact to the area.

Much has changed in Greenville since GWRRA's last visit. Now owned by the City of Greenville, the Carolina First Center began a \$22 million enhancement plan in 2005 and, with completion scheduled by spring of 2008, is the largest convention center in the state, with 315,000 square feet of exhibition space and 88,000 square feet of meeting and conference space.

Just minutes away, Greenville's award-winning downtown has undergone revitalization as well. Always a visitor's delight—with its array of restaurants, art galleries, theaters and specialty boutiques—the West End district has added an incredible structure called the new Liberty Bridge that spans the scenic Reedy River Falls Historic Park and waterfalls. Other revitalization efforts include the Governor's School for the Arts and a new baseball stadium, West End Field, that is reminiscent of Fenway Park, and home to a fitting sculpture of one of Greenville's own—baseball legend Shoeless Joe Jackson. The area also has more than a thousand restaurants and nightspots.



“GWRRA Members will really enjoy the Greenville area, especially with its citywide improvements since our last visit there,” says GWRRA’s Executive Director, Melissa Eason. “Greenville citizens are excited to have us back, and I’m certain they will welcome us with the same warm, Southern hospitality they have in years past. We’re also pleased to be back on the East Coast and look forward to the opportunity for more Members from that area of the country to be able to join us. So be sure to come help us wrap up a yearlong celebration of GWRRA’s 30th anniversary at Wing Ding 30 in Greenville, South Carolina!”

Accommodations in Greenville range from quaint bed-and-breakfasts to major hotels, including the Hyatt, Hilton, Marriott, and Embassy Suites. The Greenville Convention and Visitors Bureau is handling room reservations for the more than 2,400 rooms in GWRRA’s room block, including the three host hotels. Currently, reservations for the room block can be made online at [www.greenvillecvb.com/housing](http://www.greenvillecvb.com/housing) using a live inventory system that allows you to book directly with your hotel of choice. Host hotel information will be forthcoming.

Managing Director of Event Management Group, Ed Price, in charge of planning the event, adds however, “Though more than 8,000 rooms are now available in the immediate area, as always, we urge GWRRA Members who want to attend to make their room reservations early.”

Visitors to previous Wing Dings held in Greenville have raved about the riding en route to Greenville through the Great Smoky Mountains. Located in the northwestern corner of the state, Greenville enjoys a temperate summer climate, with average daily highs of 89 degrees F and daily lows of 69 degrees F.

GWRRA, whose motto is “Friends for Fun, Safety and Knowledge,” is a not-for-profit organization with over 80,000 Members in 52 countries, and 4,000 volunteer leaders providing rider education, social structure, organizing events, rallies, rides and meetings throughout the year. Visit GWRRA’s websites: [www.gwrro.org](http://www.gwrro.org) and [www.wing-ding.org](http://www.wing-ding.org) or call (800) 843-9460 or (623-581-2500 (in Phoenix) for more information.

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