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www.gwrranc.org

Downeast Goldwings Chapter NC-D July 2019 The Beacon

Since - 1988

GWRRRA Motto:

Friends for Fun, Safety, and Knowledge
Chapter NC-D Greenville, N.C.

We meet the first Thursday night of each month at:
Golden Corral Steak House
504 SW Greenville Blvd. Greenville, N.C. 27858
Phone: 252-756-4412



Wings

Over

Smokies

September

26—28, 2019

Please get registered

Gather at: 6:30 Meeting at 7:30 pm We always start our meeting with prayer. Door prizes are a part of our meeting, remember when you bring one make sure it's something that can be used by others

Webpage—www.downtowncd.weebly.com



A little chat about July meeting:

It was hard to decide to have a meeting or not, well we had one and glad we did. It was about 6 before anyone showed up and yes it rained, We did have a lot of visitors which is always good. Visitation is still going strong for this time of the year, it's so hot who wants to go outside the house? Roy and Cindy came and Alice was glad because Cindy brought her the newsletter award, which is always good to know that maybe someone reads them. The C.D. came from Greensboro and I told him we would see him at his next meeting and we did. Had a good time and they have some real friendly members. Of course, we knew most of them. What made Alice happy was a member from their chapter told her how much he enjoy reading our newsletter. Gerald and Ronnie went to Sanford meeting and was talking about how good it was. Nothing is no better than someone saying I enjoyed your meeting and I had fun. Roger, Mary and Sue came to our meeting and doesn't matter what Sue tells you, she danced in the chair all my herself. Alice had a question and answer game and Roger got laughing so hard he couldn't finish answering the question. Rick (Papa Smurf) and Jan came from Wilkesboro and yes they got wet coming and I'm sure they got wet going home. To **everyone that came** we Thank You for taking your time to spend with us.

Well, Wings is getting nearer, have you registered yet? if not please go ahead and do so. The vendors always wants to know how many people are coming, that helps them to decided what and how much to bring. If you know of someone that would like to be a vendor it's not to late, they just need to go to www.gwrra.org and contact Dianne.

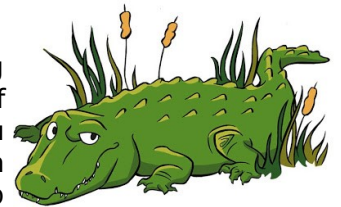
They are doing some of finalizing of the rally so we will soon receive the work list, and we will have to know if you are going and are you willing to work. Need to know about workers before we sign up to work. The pass several years we have worked with door prizes and auction on Friday. And speaking of door prizes, Libby is asking all chapters to supply a door prize, as I see it if we only have 27 chapters that only 27 door prizes, so we are asking if any of you can or would supply a door prize that would be greatly appreciated. It's not hard to sell chances if you have door prizes on the table. Let's see if we can help. If you have something to donate if you wish you can bring it to the meeting. Everyone needs to remember this is our Rally and it takes everyone working together to make it a fun and successful one.

Just receive any e-mail from Roy and Cindy and as you know they will be stepping down in December and they have got their replacements lined up and you will start seeing them around. They are Glenn & Joy from Wake Forest. We hope the best for them we haven't done that job but we know there is a lot of work and time that goes into it. Wishing them the best. With Roy & Cindy stepping down you will be seeing a lot of change on District and on the Chapter levels as well. We have been doing this a long time and it's time for someone to step up to take our place. It's been a lot of fun but it's time to sit back and listen to someone else.

Ride safe and help someone when you can - Bobby

THE BLONDE WHO HUNTED ALLIGATORS

After becoming very frustrated with the attitude of one of the shoe store shopkeepers, the young blonde declared, 'Well, then, maybe I'll just go out and catch my own alligator and get a pair of alligator shoes for free!' The shopkeeper replied with a sly smile, 'Well, little lady, why don't you go give it a try?' The blonde headed off to the swamp, determined to catch an alligator. Later in the day, the shopkeeper was driving home, and spotted the young woman standing waist deep in the murky water, shotgun in hand. He saw a huge 9-foot gator swimming rapidly toward her. With lightning reflexes, the blond took aim, shot the creature and hauled it up onto the slippery bank. Nearby were 7 more dead gators all lying belly up. The shopkeeper watched in amazement as the blond struggled with the gator. Then, rolling her eyes, she screamed in frustration..... **" THIS ONE'S BAREFOOT, TOO!" Thanks Preacher Cliff**



Happy Birthday to our August Birthday members:

Shirley Rouse	1	Betty Cutler	3	Scott Hucks	5	Gene Donovan	8
Michael Rhodes	11	Russell Spain	21	Elwood Cutler	25	Jackie Rouse	31

No Anniversaries for August

Only Gene can find these:

Little Larry attended a horse auction with his father. He watched as his father moved from horse to horse, running his hands up and down the horse's legs and rump, and chest.

After a few minutes, Larry asked, 'Dad, why are you doing that?'

His father replied, "Because when I'm buying horses, I have to make sure that they are healthy and in good shape, with firm legs, a strong chest, and a solid rump before I put good money down."

Larry, looking worried said, 'Dad, I think the UPS guy wants to buy Mom.'

A few safety tips from Preacher Cliff

1. LONG - TERM PARKING

Some people left their car in the long-term parking at the airport while away, and someone broke into the car. Using the information on the car's registration in the glove compartment, they drove the car to the people's home and robbed it. So I guess if we are going to leave the car in long-term parking, we should NOT leave the registration/insurance cards in it, nor your remote garage door opener. This gives us something to think about with all our new electronic technology.

2. GPS:

Someone had their car broken into while they were at a football game. Their car was parked on the green which was adjacent to the football stadium and specially allotted to football fans. Things stolen from the car included a garage door remote control, some money and a GPS which had been prominently mounted on the dashboard. When the victims got home, they found that their house had been ransacked and just about everything worth anything had been stolen. The thieves had used the GPS to guide them to the house. They then used the garage remote control to open the garage door and gain entry to the house. The thieves knew the owners were at the football game, they knew what time the game was scheduled to finish and so they knew how much time they had to clean out the house. It would appear that they had brought a truck to empty the house of its contents. Something to consider if you have a GPS - don't put your home address in it. Put a nearby address (like a store or gas station) so you can still find your way home if you need to, but no one else would know where you live if your GPS were stolen.

3. CELL PHONES:

I never thought of this! This lady has now changed her habit of how she lists her names on her cell phone after her handbag was stolen. Her handbag, which contained her cell phone, credit card, wallet, etc., was stolen. Twenty minutes later when she called her hubby, from a pay phone telling him what had happened, hubby says, "I received your text asking about our Pin number and I've replied a little while ago." When they rushed down to the bank, the bank staff told them all the money was already withdrawn. The thief had actually used the stolen cell phone to text "hubby" in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from their bank account.

4. PURSE IN THE GROCERY CART SCAM:

A lady went grocery-shopping at a local mall and left her purse sitting in the children's seat of the cart while she reached something off a shelf/ Wait till you read the WHOLE story! Her wallet was stolen, and she reported it to the store personnel. After returning home, she received a phone call from the Mall Security to say that they had her wallet and that although there was no money in it, it did still hold her personal papers. She immediately went to pick up her wallet, only to be told by Mall Security that they had not called her. By the time she returned home again, her house had been broken into and burglarized. The thieves knew that by calling and saying they were Mall Security, they could lure her out of her house long enough for them to burglarize it.

Moral lesson:

A. Do not disclose the relationship between you and the people in your contact list. Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mom, etc.

B. And very importantly, when sensitive info is being asked through texts, CONFIRM by calling back.

C. Also, when you're being texted by friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach them, be very careful about going places to meet "family and friends" who text you.

A couple who work at the circus go to an adoption agency. Social workers there raise doubts about their suitability as parents. The couple produce photos of their 45 foot Class A Prevost coach, which is equipped with a beautiful nursery. The social workers then are doubtful about the education that the child would receive. "We've arranged for a full-time tutor who will teach the child all the usual subjects, plus French and Mandarin languages and computer skills." Still, the social workers have doubts about raising a child in a circus environment. "We have arranged for a nanny who is an expert in pediatric welfare and diet." Finally, the social workers are satisfied. The adoption agency asks, "What age child are you hoping to adopt?" "It doesn't really matter, as long as he fits in the cannon"

Dear Sir,

I have a complicated benefits question. Many years ago, I married a widow who had an 18-year-old daughter. After the wedding, my father, a widower, came to visit and he fell in love with my step-daughter. My father married her without my authorization. As a result my step-daughter became my step=mother and my father became my son-in-law. My father's wife (also my step=daughter) and my step-mother, gave birth to a son who is my grandchild because I am the husband of my step-daughter's mother. This boy is also my brother, as the son of my father. So my wife became a grandmother, because she is the mother of my father's wife. Therefore I am also my wife's grandchild. A short time after, my wife gave birth to a son, who became my father's brother-in-law, the step-son of my father's wife, and my uncle. My son is also my step-mother's brother, and through my step-mother, my wife has become a grandmother and I have become my own grandfather. In light of the above mentioned, I would like to know the following: Does my son, who is also my uncle, my father's son-in-law and my step mother's brother fulfill the requirements for receiving childcare benefits? Sincerely yours, Mohammed Abu Laden Habib

THE ANSWER: Of course you qualify, Mohammed! I have arranged to start mailing the checks to all of you just as soon as you arrive here in California. Yours faithfully, Nancy Pelosi

Thanks Gene for the laughs



There are those that people doesn't believe in standing up for our flag. To those people I wish they were forced to go to a VA hospital and spend a day. Bobby had an appointment at the Durham VA this past Wednesday. I had never seen so many young men and women missing their leg and some cases legs. When I say young the men and women looked to be in early 30's. While setting there I just keep thinking what they would give to be able to stand up to the flag. The flag and country they had given so much for.

Of course, this is what I see and my opinion — Alice

It will soon be Peach season so enjoy a peach dessert

Gingered Peach Crisp

What You'll Need

- 5 fresh peaches, peeled and cut into wedges
- 1/4 cup granulated sugar
- 1/2 teaspoon ground cinnamon
- 1/2 cup crushed gingersnap cookies (about 8 cookies)
- 2 tablespoons brown sugar
- 1 tablespoon butter, melted

What to Do

- 1.Preheat oven to 375 degrees F. Coat an 8-inch square baking dish with cooking spray. Place peaches, granulated sugar, and cinnamon in baking dish; toss until peaches are evenly coated.
- 2.In a small bowl, combine cookie crumbs, brown sugar, and butter; sprinkle over peaches.
- 3.Bake 30 to 35 minutes, or until bubbly.
Serve warm with a scoop of ice cream



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Follow your Dreams—They know the way

It's your place in the world: it's your life. Go on and do all you can with it, and make it the life you want to live.

The question isn't who is going to let me; it's who is going to stop me

Hang on to your hat. Hang on to your hope. And wind the clock, for tomorrow is another day.

This is worth your time to read:::::

HEAT EXHAUSTION

Heat exhaustion is a condition whose symptoms may include heavy sweating and a rapid pulse, a result of your body overheating. It's one of three heat-related syndromes, with heat cramps being the mildest and heatstroke being the most severe. Causes of heat exhaustion include exposure to high temperatures, particularly when combined with high humidity, and strenuous physical activity. Without prompt treatment, heat exhaustion can lead to heatstroke, a life-threatening condition. Fortunately, heat exhaustion is preventable.

Symptoms

Signs and symptoms of heat exhaustion may develop suddenly or over time, especially with prolonged periods of exercise.

Possible heat exhaustion signs and symptoms include:

- *Cool, moist skin with goose bumps when in the heat
- *Heavy sweating
- *Faintness
- *Dizziness
- *Fatigue
- *Weak, rapid pulse
- *Low blood pressure upon standing
- *Muscle cramps
- *Nausea
- *Headache

When to see a doctor

If you think you're experiencing heat exhaustion:

- *Stop all activity and rest
- *Move to a cooler place
- *Drink cool water or sports drinks

Contact your doctor if your signs or symptoms worsen or if they don't improve within one hour.

Causes

Your body's heat combined with environmental heat results in what's called your core temperature — your body's internal temperature. Your body needs to regulate the heat gain (and, in cold weather, heat loss) from the environment to maintain a core temperature that's normal, approximately 98.6 F (37 C).

Your body's failure to cool itself

In hot weather, your body cools itself mainly by sweating. The evaporation of your sweat regulates your body temperature. However, when you exercise strenuously or otherwise overexert in hot, humid weather, your body is less able to cool itself efficiently. As a result, your body may develop heat cramps, the mildest form of heat-related illness. Signs and symptoms of heat cramps usually include heavy sweating, fatigue, thirst and muscle cramps. Prompt treatment usually prevents heat cramps from progressing to heat exhaustion. You usually can treat heat cramps by drinking fluids or sports drinks containing electrolytes getting into cooler temperatures, such as an air-conditioned or shaded place, and resting.

Other causes

Besides hot weather and strenuous activity, other causes of heat exhaustion include:

- *Dehydration, which reduces your body's ability to sweat and maintain a normal temperature
- *Alcohol use, which can affect your body's ability to regulate your temperature
- *Overdressing, particularly in clothes that don't allow sweat to evaporate easily

Risk factors: Anyone can develop heat exhaustion, but certain factors increase your sensitivity to heat. They include:

- *Young age or old age. Infants and children younger than 4 and adults older than 65 are at higher risk of heat exhaustion. The body's ability to regulate its temperature isn't fully developed in the young and may be reduced by illness, medications or other factors in older adults.

Certain drugs. Medications that affect your body's ability to stay hydrated and respond appropriately to heat include some used to treat high blood pressure and heart problems (beta blockers, diuretics), reduce allergy symptoms (antihistamines), calm you (tranquilizers), or reduce psychiatric symptoms such as delusions (antipsychotics). Additionally, some illegal drugs, such as cocaine and amphetamines, can increase your core temperature.

Obesity. Carrying excess weight can affect your body's ability to regulate its temperature and cause your body to retain more heat.

Sudden temperature changes. If you're not used to the heat, you're more susceptible to heat-related illnesses, such as heat exhaustion. Traveling to a warm climate from a cold one or living in an area that has experienced an early heat wave can put you at risk of a heat-related illness because your body hasn't had a chance to get used to the higher temperatures.

A high heat index. The heat index is a single temperature value that considers how both the outdoor temperature and humidity make you feel. When the humidity is high, your sweat can't evaporate as easily and your body has more difficulty cooling itself, making you prone to heat exhaustion and heatstroke. When the heat index is 91 F (33 C) or higher, you should take precautions to keep cool.

Prevention

You can take a number of precautions to prevent heat exhaustion and other heat-related illnesses. When temperatures climb, remember to:

- ***Wear loose fitting, lightweight clothing.** Wearing excess clothing or clothing that fits tightly won't allow your body to cool properly.
- ***Protect against sunburn.** Sunburn affects your body's ability to cool itself, so protect yourself outdoors with a wide-brimmed hat and sunglasses and use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen generously, and reapply every two hours — or more often if you're swimming or sweating.
- ***Drink plenty of fluids.** Staying hydrated will help your body sweat and maintain a normal body temperature.
- ***Take extra precautions with certain medications.** Be on the lookout for heat-related problems if you take medications that can affect your body's ability to stay hydrated and dissipate heat.
- ***Never leave anyone in a parked car.** This is a common cause of heat-related deaths in children. When parked in the sun, the temperature in your car can rise 20 degrees Fahrenheit (more than 6.7 C) in 10 minutes.

Continue on next page

Take it easy during the hottest parts of the day. If you can't avoid strenuous activity in hot weather, drink fluids and rest frequently in a cool spot. Try to schedule exercise or physical labor for cooler parts of the day, such as early morning or evening.

***Get acclimated.** Limit time spent working or exercising in heat until you're conditioned to it. People who are not used to hot weather are especially susceptible to heat-related illness. It can take several weeks for your body to adjust to hot weather.

***Be cautious if you're at increased risk.** If you take medications or have a condition that increases your risk of heat-related problems, such as a history of previous heat illness, avoid the heat and act quickly if you notice symptoms of overheating. If you participate in a strenuous sporting event or activity in hot weather, make sure there are medical services available in case of a heat emergency.

Gerald and I have been replacing and adding a deck around our above ground pool so we know how very hot it is during the middle of the day. This article gives a lot of information that makes you aware of how easy it would be to get caught up in a situation that may result in heat exhaustion and a hospital stay, so we thought it was worth sharing.

When we attended Sanford's gathering, there was a man there that had just gotten out of the hospital after suffering heat exhaustion. It was interesting to us that he was not even aware that he was in trouble until it was too late, and his friend had to call 911. So, please pay attention to your body and familiarize yourself with the symptoms above so you can prevent pain, discomfort and a very expensive hospital stay. Stay safe and cool,

Gerald and Ronnie ACD's, COY's



During a visit to my doctor, I asked him, "How do you determine whether or not an older person should be put in a Long-Term Care Home?" "Well," he said, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person ~ to empty the bathtub."

"Oh, I understand," I said. "A normal person would use the bucket because it is bigger than the spoon or the teacup."

"No" he said. "A normal person would pull the plug. Do you want a bed near the window?" **ARE YOU GOING TO PASS THIS ON ... OR DO YOU WANT THE BED NEXT TO MINE?**



Thanks Gene

Preacher's Corner—August 2019

EPHESIANS 4:29-32 NIV 1984 Do not let any unwholesome _____ come out of your mouths, but only what is helpful for _____ others up according to their _____, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and _____, brawling and _____, along with every form of malice. Be _____ and _____ to one another, _____ each other, just as in Christ God forgave _____.

1 Corinthians 13:4-8a Love is patient, love is _____. It does not envy, it does not boast, it is not proud. It is not _____, it is not _____ - _____, it is not easily angered, it keeps no record of _____ . Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. _____.

I'm planning a drawing for readers who will quote Ephesians 4:29-32 or 1 Cor. 13:4-8a as it is written above.

Wings Over Smokies



T C W G G S Q G G G B T D D L
 F U S S H R E O L D R U M R S
 C R V I C O L K Y I R M F E M
 H V D Y Q D L S K A A A I Y L
 E E V C W N B E E E W K G P S
 R S I I E E S L T M O K W O Q
 O A N R E V I T U M A Z R W N
 K G Q E R O C F S E T G W A P
 E V W X F I N D C C R V B X P
 E Z M I R M O U N T A I N S N
 X K V T R I A H S E R F D R X
 E H S H F B K U Q K U K N G Z
 T I A U C T I O N V T W P E E
 D F I Z Z E H U U H Q V P O E
 S E Z I R P J U T M E L W G R

AUCTION

CURVES

FREE

GOLDWING

PRIZES

VENDORS

BLUE RIDGE

DISTRICT TEAM

FRESH AIR

MOUNTAINS

SMOKIES

CHEROKEE

DRAGON

GAMES

PARKWAY

TRIKES

Your name _____

Just a little History fact:

Of the 16 million Americans who served in World War II, more than 400,000 died during the war. At the end of the war, there were approximately 79,000 Americans unaccounted for. This number included those buried with honor as unknowns, officially buried at sea, lost at sea, and missing in action.

Today, more than 72,000 Americans remain unaccounted for from WWII.



August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Meeting Shirley Rouse	2	3 Betty Cutler
4	5 Scott Hucks	6	7	8 Gene Donovan	9	10
11 Michael Rhodes	12	13	14	15	16	17
18	19	20	21 Russell Spain	22	23	24
25 Elwood Cutler	26	27	28	29	30	31 Jackie Rouse