



# In The Moonlight

**GWRRR Chapter M - South Central Region H - Arlington/Mansfield Texas**

[www.txmoonlighters.com](http://www.txmoonlighters.com)

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**GoldWing Road Riders Association**

Friends for Fun, Safety and Knowledge

August  
2015

## From the CD

**Hello Chapter M and welcome to summer in Texas; it is "HOT".**

We knew it was going to happen, but it just seems unusually hot and humid this summer. Accordingly, we have adjusted our ride calendar to reflect more early morning and night rides, so that we are not cooking ourselves on the bikes during the hottest part of the day.

We have found some ways to stay cool this summer- the pool party on July 11th was a good time for all. We did a movie ride the following week.....well the ride part didn't happen, but we still had a great get-together and saw some great movies. We did a bug run on the evening of July 25th with Paul Beegle leading the way. Lucky Suzette Stewart won the money. We will continue to try to do things to keep us a little cooler until more reasonable temperatures once again return to the area. It is important to stay hydrated if you do get out in the heat of the day on your bike.

Just a reminder that the GoPro camera will be raffled off at the August 6th Chapter Meeting. Chapter members will have an opportunity to purchase additional raffle tickets at \$10.00 each before the meeting starts. This camera will make a good gift to yourself or someone else.

We are less than a month away from Wing Ding and our trip to Huntsville, AL. We will be leaving on September 2nd. There is still time to join us for the biggest Gold Wing rally of the year; details are on the calendar. As a reminder, if you plan on being at Wind Ding, be sure to let Larry Jennings know as soon as possible. In order to keep track of everyone while we are at Wing Ding, Larry will be sending all members who are attending a list of names & phone numbers. It will make it so much easier to keep track of everyone while we are there. I hear a number of the group will be heading to Maggie Valley, NC after Wing Ding. I know that should be a great time as well. Wish I was retired, so we could go along on that trip, too. Kathy and I are still in the daily rat race with jobs and can't afford to take more than a week off at a time. Wing Ding will be a six-day trip by itself.

Now onto Thanksgiving weekend. We are in the beginning stages of planning our annual after Thanksgiving ride to the Texas Hill Country. We have blocked 15 hotel rooms at the Best Western Sunday House in Kerrville. We sent an email to all Chapter members with the hotel information a few days ago.

We will leave the Metroplex early on Friday November 27 and ride to Kerrville. On Saturday, November 28, we will ride the "3 twisted sisters". We will leave on Sunday, November 29 to head home. Those of you who made this ride last year will remember that we had an absolute ball on this trip and expect this year to be just as good. If you interested in being part of this ride, we will be updating the calendar once the details of the ride are worked out. Until next month.....

**RIDE COOL!!!!**

Steve and Kathy Tackel  
Chapter M CD's

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## What Leads to Heat Intolerance?

There are a number of potential causes for heat intolerance.

### Medication

One of the most common causes of sensitivity to heat is medication. Allergy, blood pressure, and decongestant medications are among the most common. Allergy medications can inhibit your body's ability to cool itself by preventing sweating. Blood pressure medicines and decongestants may cause a decrease in the blood flow to your skin, also inhibiting sweat production. Decongestants can also cause increased muscle activity, which can raise your body's temperature.

### Caffeine

Caffeine is a stimulant that can cause an increased heart rate and body metabolism. This can cause your body temperature to rise, leading to heat intolerance.

### Hyperthyroidism

Hyperthyroidism is a condition that occurs when your thyroid gland produces too much of the hormone thyroxine. Thyroxine is important because it affects the regulation of your body's temperature. Too much of this hormone can cause your body's metabolism to increase, which leads to a rising body temperature. Hyperthyroidism is most commonly caused by Graves' disease, an autoimmune disorder that occurs when your immune system makes antibodies against the thyroid gland, stimulating it to overproduce thyroid hormone.

### Multiple Sclerosis (MS)

Multiple sclerosis (MS) is a debilitating disease that affects your central nervous system. The central nervous system is made up of your brain and spinal cord. The disease attacks the protective covering, or myelin, of the nerves of your central nervous system. Your myelin then becomes damaged, causing interruptions in your body's nerve signals. This condition can possibly lead to heat intolerance.

### What Are Some Signs I Should Look Out For?

Being heat intolerant can make you feel as though you are overheating. Heavy sweating is also extremely common in those that suffer from heat intolerance.

The symptoms may occur gradually, but once the intolerance develops, it usually lasts for a day or two.

Other potential signs of sensitivity to heat include:

- headache
- dizziness
- weakness

- cramping
- nausea

Having a temperature between 100.4°F and 104.9°F when you are not otherwise ill can also signal that you are sensitive to heat. Your heartbeat might also be faster than normal.

### Potential Complications of Heat Intolerance

If you have MS, heat intolerance can lead to you experiencing problems with your vision. This can range from blurred vision to temporary loss of vision. An increase in body temperature amplifies the distortion of your body's nerve signals in those with MS. This is referred to as Uhthoff's phenomenon, after Wilhelm Uhthoff who discovered the connection between heat and vision problems. This worsening of symptoms is only temporary and is usually resolved by cooling off.

### Treating and Preventing Your Symptoms

There are a few things you can do to protect yourself from feeling the effects of heat sensitivity. Staying in a cooled environment is one of the best ways to avoid the negative symptoms. If you live somewhere that does not have air conditioning and you have MS, you may be able to deduct the cost of your fans and cooling equipment as a medical expense. This is usually only possible if your doctor has written you a prescription for it.

It is also recommended that you drink plenty of water to keep yourself hydrated. Profuse sweating can quickly dehydrate you. You might also try drinking refreshing iced drinks or snow cones. Wearing lightweight cotton fabrics will allow air to reach your skin and cool you. If you play sports, only wear extra protective gear like gloves, armbands, and hats when absolutely necessary

Above is an excerpt from an article on heat intolerance.

Ride cool and ride safe M'ers-

David & Ginny Topley, Chapter M Educators

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# Ride Cool

## Cruisin' to and from Alaska

What's cool and clean and beautiful all over? Why, it's Alaska of course. And what's the best way, in fact, one of the few ways to get there? A cruise ship!

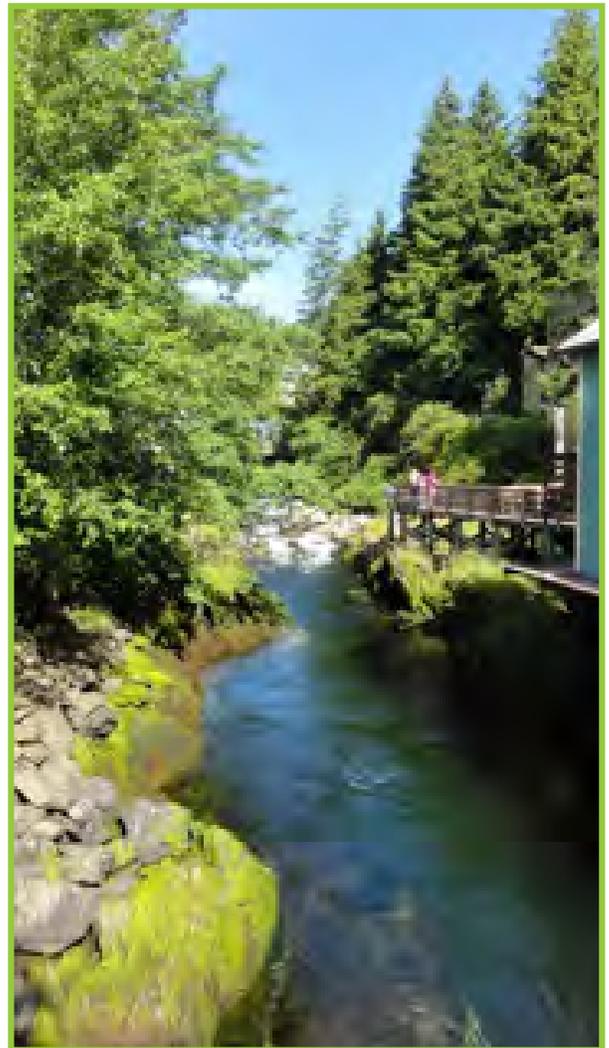
We left Seattle the 4th of July on Holland America Line. The embarkation was fairly simple, dropping off luggage, going through security, showing your passport and getting the keys to your stateroom.

We cruised all the way to Juneau, then Glacier Bay where Margerie Glacier which is a 21-mile water glacier moves 7 feet per day, Sitka, Ketchikan and finally Victoria, BC. Each stop had it's unique qualities.... some of the highlights were whale watching, going to the Raptor Center where these birds of prey are rehabilitated if possible and released back into the wild, Bear refuge for orphaned little ones that grew into big ones! Salmon Fish Hatchery, Glaciers and Pine covered mountains as far as the eye could see!

We certainly would recommend this vacation if you want to relax, enjoy beautiful scenery, and decompress.

You can see a few images from our cruise to get you enthused to go!

Rich and Beth Hendrickson  
Chapter "M" COY 2015







**Ride Cool**



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**Barbie NOT Included!**

## Glenn Beard

Sadly, I must report that we lost one of our members Sunday night. Glenn will be missed by all that knew him. We don't know about his memorial other than it will be in Corsicana.

More details when available.



## FOR SALE

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## What's Cooking with the M'ers!

### Terri's Semi-Famous Potato Salad

5 pounds red potatoes (or your choice)  
10-12 boiled eggs  
1 jar dill or sweet relish (smaller jar)  
Salt to season  
Approximately 1-1/2 to 2 cups Kraft Mayo  
Chopped onion, if desired

Boil potatoes and eggs, and cut up while still hot.  
Skin on or off per preference.  
Add relish, salt, and mayo while still hot, mix, and put in refrigerator to cool.  
Mixing everything together while still hot allows the mayo to infuse better into the eggs and potatoes, and is the "secret ingredient" to an awesome salad.

## From Region "H" Director

We are happy to announce that Steve and Billie Fleming have accepted the challenge and responsibilities of Assistant Region H Directors and we are excited to have them in this position!

The appointment is effective 7/15/2015. As you know, Steve and Billie currently serve as Region H MECs where they do a bang up job, and also as the Assistant Directors of Membership Enhancement for Gold Wing University. Please welcome Billie and Steve into this new "adventure" and please pass this along to your team members.

Reba and Jim Berry  
Region H Directors

# Ride Cool!

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## August Rides

**Sunday, August 2** - Larry's Birthday Ride. Leave from 5 Below @ 9:30am.

**Saturday, August 8** - Ride, Troy Pennington leads. Details to be posted on web.

**Saturday, August 15** - Bug Run, Tom Lerch leads. Leave 5 Below @ 6:00pm.

**Sunday, August 23** - Putt Putt Golf & Tacos . Meet @ Ridgmar Mall Lunar Mini Golf @ 1:30 PM More details on web.



Larry Jennings  
Jim Tipton  
Kerry Coburn  
Gary Lewis  
Patty Beegle

August 01  
August 11  
August 16  
August 22  
August 24

## September Rides

**September** - GWRRA Wing Ding, Sept 2 thru 7. Details on web.

**Additional rides to be posted!**

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## Stay Cool!

Recently, I have seen a lot of bikers wearing shorts and no helmets in this heat. Besides the safety issue of the helmet and good gear, they are actually absorbing more heat!

Several years ago in WingWorld, there was a report published from the home office regarding helmets in the heat. They used a sensor inside a BLACK helmet and then the same sensor with no helmet. I don't remember the exact numbers, but the temp on the scalp was MUCH lower even with that BLACK helmet!

I'm proud to see that all of our members do wear helmets, many of us with full face/modular.

Looking forward to many smiling faces at the meeting Thursday!

Jim Culver  
Newsletter Mechanic



Critt & Kerry Coburn  
Jim & Terri Culver  
Don & Charlene Vickers  
Cotton & Debra Smith

August 02  
August 10  
August 12  
August 26

# Ride Cool!

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and  
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## Where Chapter "M" Meets

Chapter Meeting 1st Thursday of each month  
@ Spring Creek Barbeque, 1724 HWY 287 (at  
Debbie Lane), Mansfield, TX. Dinner at 6:00  
PM Meeting at 7:00 PM, Come join us!

## Other Area Chapter Meetings

"P" 7:00 PM on 2nd Thursday, Spring Creek 317 Hwy  
377 @ Overton, Granbury

"R" 7:30 PM on 4th Tuesday, Spring Creek BBQ, 315  
Hwy 114 W, Grapevine

"W2" 7:00 PM on 3rd Thursday, Ryan's, 1400 N.  
HWY 77, Waxahachie

"Z2" 7:00 PM on 4th Thursday IHOP in McKinney  
S access Rd. of Hwy. 75 (Central Expressway)

# Ride Cool

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