



# BLACK SHEEP PEN CHAPTER A, DES MOINES

## National GWRR Officers

- Director GWRR Anita Alkire [president@gwrra.org](mailto:president@gwrra.org)
- Rider Education Tim & Anna Grimes [director-re@gwrra.org](mailto:director-re@gwrra.org)
- Director Training Clara & Fred Boldt [toledotriker@gmail.com](mailto:toledotriker@gmail.com)
- Membership Enhancement Directors Larry & Penny Anthony [mepgwrra@gmail.com](mailto:mepgwrra@gmail.com)
- Deputy Director of Overseas Dan & Rachael Sanderovich [dan.sanderovich@gmail.com](mailto:dan.sanderovich@gmail.com) Deputy Directors A & N Bob & Nancy Shrader [floridadd@msn.com](mailto:floridadd@msn.com)
- Deputy Directors B, E & L Bruce & Barb Beeman [bbbeeman@charter.net](mailto:bbbeeman@charter.net)
- Deputy Directors D, H & K Jack Wagner [jwagner10@cox.net](mailto:jwagner10@cox.net)
- Deputy Directors F, I & J Ray & Sandi Garris [director@gwrra.org](mailto:director@gwrra.org)

## Iowa District Officers

- Director John & Yvette Moravec [iamoravecfam@yahoo.com](mailto:iamoravecfam@yahoo.com)
- Asst. Director Randy & Debbie Heath [rjheath2@gmail.com](mailto:rjheath2@gmail.com)
- Rider Educator Greg Hayes [hayeswing@gmail.com](mailto:hayeswing@gmail.com)
- Motorist Awareness Coordinator Sue Thompson [redtrikerlady@gmail.com](mailto:redtrikerlady@gmail.com)
- Motorist Awareness Coordinators John & Barb Kilmer
- University Coordinator Roxanne Oder & Roger Munson [roxy50421@hotmail.com](mailto:roxy50421@hotmail.com)

Membership Enhancement & Social Coordinators Roger and Vicki Harris [harrisfdia@frontiernet.net](mailto:harrisfdia@frontiernet.net)

Treasurer Linda & Mike Huppenbauer

Newsletter Editor Sue Thompson [redtrikerlady@gmail.com](mailto:redtrikerlady@gmail.com)

Webmaster Kevin & Cheryle Miller [kcfan@mchsi.com](mailto:kcfan@mchsi.com)

August 2019

## Chapter G2G

First Saturday of every month at  
**Cozy Café**

8385 Birchwood Court

Johnston, Iowa 50131

515-270-8000

Breakfast 8:00 AM - 10:00 AM

BS G2G @ 9:00 AM

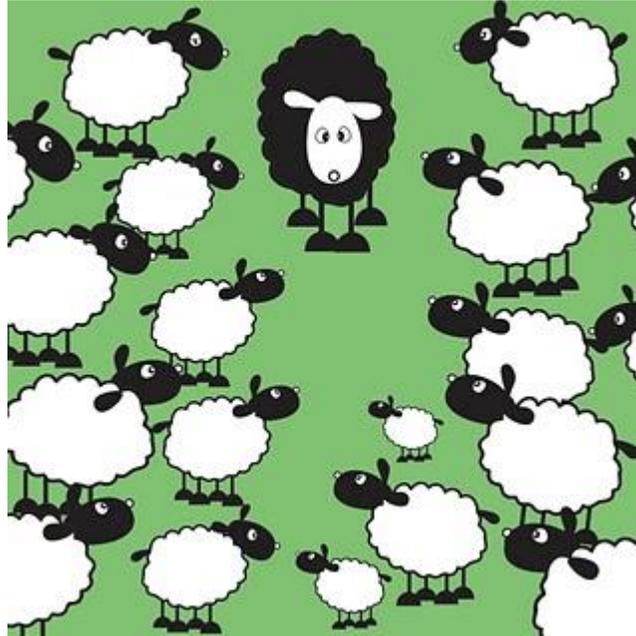


© Can Stock Photo





# CHAPTER A TEAM MEMBERS



- Chapter Directors- Dennis Irvin and Donna Bainter-McCullough
- Assistant Chapter Directors-Dave and Diane Tingle
- Assistant Chapter Directors-Mark Smidt and Melissa Catron
- Membership Enhancement Coordinators-John and Pam McDowell
- Treasurer-Rick Halbur
- Web Master- Scott Johnson
- Newsletter- Melissa Catron
- Ronald McDonald House Coordinator-Louise Ballard-Green



# SHEPARD'S STORIES



**Dennis Irvin & Donna McCullough**

**Chapter Directors**

[acdiachapa@gmail.com](mailto:acdiachapa@gmail.com)



Greetings from Colorado. At least currently, as I write this. Who knows where we will be by the time you read this? Donna and I got away for a much-needed vacation. We have done a lot of riding in South Dakota, Wyoming and Colorado so far. No clue as to where we will end up. Just pointing the front wheels in a direction of something we want to see. See the article later in this newsletter for a more in depth write up. We'd like to thank Mark, Melissa, Dave and Diane for taking the reins and filling in for us while we are gone. Ride safe and be safe everyone. We'll see you when we get back.

## Dennis and Donna's Vacation

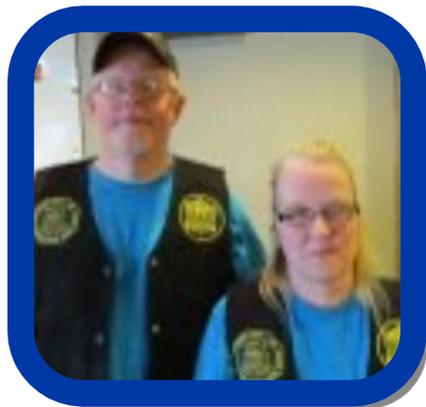
Here we are, almost at the end of July! We have just got to begin to ride, with the rainy spring. I hope you are all out getting some wind therapy when you can I know it sure helps Dennis and I, and our mood, to have some of the wind!

We are actually on vacation. We missed the gathering and a dinner ride. Thank you to Mark Smit and Dave Tingle for taking care of things. We left on Friday night July 5 after work. We made it to Sioux Falls, South Dakota for the night. Then we made it to Deadwood, South Dakota on Saturday. We met up with my cousin in Sturgis and got to ride a bit. We rode that area for most of the week, then we took off to Wyoming, and now are in Colorado. We have been watching weather and trying to avoid some of it. We have had two serious rainy times. I was hit with golf ball size hail a couple times near Cheyenne. Most of the hail was small, no damage, thankfully. We rode through Medicine Bow Mountain/National Forest, that was beautiful. Here is a picture of us with snow.



We have found some absolutely breathtaking scenery to be riding in here in Colorado. Hwy 133 south out of Glenwood Springs is amazing. It is a must do if you are in the area. Million Dollar Highway, Mt. Evans, and we even found a McCullough Gulch. So much to see. So little time to see it all. We wish it didn't have to end. But, alas, we must return to work.

We will be back about the 22nd of July. We are just going to be riding all around out here in this beautiful area. We will see you all on the July 25th dinner ride

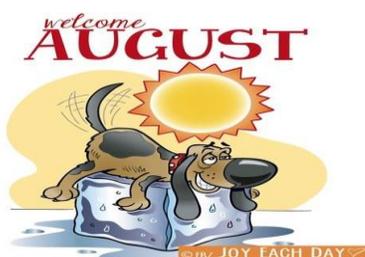


## SHEEP OUTFRIDERS 2.0

Mark Smidt and Melissa Catron

Assistant Chapter Directors

[markmelissa@yahoo.com](mailto:markmelissa@yahoo.com)



August brings out the dog days of summer, and it is also a sign that fall will be right around the corner soon. This month and next are going to be busy ones for us as we are getting geared up for the Iowa District Rally next month.

On August 18<sup>th</sup> is the Iowa City Ronald McDonald ride. Yvette said that the items that they request are kids boxed games, small toys, pop tabs and cash donations. Lunch is provided. If you are interested in sending over a donation please bring those to the August 3<sup>rd</sup> meeting, so that we make sure they are sent over there.

Also, August 18<sup>th</sup> is the last day for the Iowa State Fair and it is bike day on the Grand Concourse.

We are hoping to see a few of the Black Sheep out there and a reminder that trailers are not allowed to be part of bike day, due to the limited amount of space for motorcycles.

If any member is planning on attending Wing Ding in Nashville, TN and would like to submit an article, we would love to share your experiences.

Remember to get your registrations in for the Iowa District Rally. Last year was our first year and I have to say it was an experience I will never forget. The Iowa District Team works very hard to put on a great event and it showed last year. The Chapter Basket will be available for viewing at the September meeting.



## SHEEP HERDER'S

John and Pam McDowell

Membership Enhancement Coordinators

[pamandjohnsr@msn.com](mailto:pamandjohnsr@msn.com)



Here we are on the downside of summer already, and we have done very little riding this year. John is still fighting a shoulder problem, so any trips we take are in the car.

On June 27 we had a Loop Ride to the Chuckwagon Restaurant in Adair. Mark Smidt led 11 bikes/trikes on a very long beautiful ride. In all we had 23 Black Sheep show up for good food and conversation.

On July 6 we had a small turnout of 12 Black Sheep for the Get Together. Due to the July 4<sup>th</sup> holiday, many of us were spending time with our families and were unable to attend.

On July 11 Dave Tingle led the Loop Ride to the Lucky Pig in Ogden. The weather was good for a great ride with 13 Black Sheep. It's a fun place to go for good food!

July 25 is a Loop Ride to Tojo's Bar & Grill in Jamaica, IA (408 Main St.) Meet at Bomgaars (5049 NE 14<sup>th</sup> St.) The ride leaves at 6:30 p.m.

Aug. 3, we have our Get Together at the Cozy Cafe in Johnston (8385 Birchwood Ct.) Breakfast buffet starts at 8:00 a.m. and the G2G starts at 8:30 a.m.

Aug. 8 is a Loop Ride to Manny's Diner in Knoxville (1002 W Pleasant St.) Meet at Southridge Mall near Sears. Ride leaves at 6:30 p.m.

Aug. 22 is an Ice Cream Run to Frostee's in Winterset (101 E Green St.) Meet at Southridge Mall near Sears. Ride starts at 6:30 p.m.

Aug. 27-31 is Wing Ding 41 in Nashville, TN. Wish we were going!

As always, refer to the Chapter A website calendar for event details and any changes that may occur.

## RAM'S TRAILS



RAM'S will be starting to get rides put together,  
please watch for updates via the Black Sheep  
Facebook Page and also the Chapter Calendar



## RAM WISDOM



Greg Hayes

Iowa District Educator

515.229.1597

[hayeswing@gmail.com](mailto:hayeswing@gmail.com)



From your District Educator,

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. 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 help with airflow, cooling and overall comfort.

Until next month, stay cool, be safe and enjoy the ride.

Greg Hayes

# UPCOMING EVENTS

August 1<sup>st</sup> thru 3<sup>rd</sup> Illinois District Rally

Days Inn – 77 Gilbert Street

Danville, Illinois

August 18th Bike Day at Iowa State Fair Grounds

August 18<sup>th</sup> Ronald McDonald House- Iowa City

August 27<sup>th</sup> thru September 3

Wing Ding

August 29<sup>th</sup> thru September 2<sup>nd</sup>

Camp out at McTill Farm-Anita Iowa

More details at the August 3<sup>rd</sup> meeting

September 6 and 7<sup>th</sup>

New Hampton Rally

## 2019 DISTRICT RALLY



Friday & Saturday  
September 20-21, 2019



The Columbus Club/Knights of Columbus hall  
2101 S Frederick Ave, Oelwein, IA 50662

*Questions? Email: [iamoravecfam@yahoo.com](mailto:iamoravecfam@yahoo.com)  
Call or text: Yvette @ 563-210-4532  
or John @ 319-538-6965*

## ***Rally Happenings***

ON bike rider challenges	Guided rides
OFF bike games	Self-guided rides
Couple Of the Year selection	FUN
Individual Of the Year selection	Raffles
Friday evening Chili dump/soup	FUN
Friday evening Chapter participation entertainment	
Saturday evening banquet	50/50 drawings
Ralph Swank award presentation	Bike show
Saturday afternoon flag parade	Hospitality room

## ***To see and do in and around Oelwein***

Oelwein Area Historical Society Museum  
Hub City Heritage Railway Museum  
Nearby Amish Community  
Local shopping

## ***SPONSORS***



*Storm Lake, IA*



*Cedar Rapids, IA*

## ***Supporters***

Sportsmans Corner, Algona	Waukon Power Sports, Waukon
Hicklin Power Sports, Ames	Mason City Honda
John & Yvette Moravec	Don & June Detwiler
Roxy Oder & Roger Munson	Vicki & Roger Harris
Randy Scott	Roger & Sue Bahe
Brad & Kim Snyder	Dorothy & Doug Brons
Nicki & Gary Keuhnast	Jay & Karen Sylling
Randy & Debbie Heath	Dan & Lynn Rasmussen

## Local lodging

website links are at gwrra-iowa.com under tab "2019 District Rally" tab

### Super 8 by Wyndham

201 10<sup>th</sup> SW, Oelwein, IA 50662 1-800-889-9706  
Approx 68.00/night with GWRRA benefit

### Parkview Motel

2508 S Frederick Ave, Oelwein, IA 50662 / Approx \$73.00 /night  
319-283-3622 or at reservation counter 844-206-3231 / ½ mile S of rally

### Boulders Inn & Suites: 855-516-1090

421 Rock Island Rd, Oelwein, IA 50662 / Approx. \$99.00/night

## Camping

### Fontana Campground & Cabins

1883 125th St, Hazleton, IA 50641 // 319-636-2617

**Oelwein City Park Campground** at intersection of Hwys 150 and 281  
located 1/2 mile south of rally site / 319-283-5440

**Lakeshore RV resort & Campground**, 418 Q Ave Oelwein, IA  
Located west of rally site, around the lake / 319-800-9968

-----CUT HERE & MAIL-----

## 2019 Iowa District Rally Registration

Rider: \_\_\_\_\_ GWRRA # \_\_\_\_\_ Exp \_\_\_/\_\_\_/\_\_\_

Email \_\_\_\_\_ Phone # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Co/2nd-Rider: \_\_\_\_\_ GWRRA # \_\_\_\_\_ Exp \_\_\_/\_\_\_/\_\_\_

Email \_\_\_\_\_ Phone # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

District/Chapter \_\_\_ / \_\_\_ Team Position \_\_\_\_\_

Number attending Saturday evening banquet at \$10.00 each \_\_\_\_\_

I/We agree to conform to and comply with the ideals governing this rally, and I/We further agree to hold harmless GWRRA, co-sponsoring organizations, or any property owner or owners for any loss or injury to self or in which I/We may become involved by reason of participation in this rally. I have read this entry form and agree to the above. **Please sign.**

Rider \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

Co/2<sup>nd</sup> Rider \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

**Mail this completed form, with meal payment check issued to GWRRA Iowa District, by August 18, 2019 to:**  
**Moravec's 100 Heather Lane Springville IA 52336**



# ARENA CHAMPIONS




712.732.2460 3040 EXPANSION BLVD, STORM LAKE IA 50588

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

[StormLakeHonda.com](http://StormLakeHonda.com)  
[Email Storm Lake Honda Sales](mailto:Sales@StormLakeHonda.com)



**TRIKE YOUR BIKE.NET**  
 503 1st Avenue North Altoona, Iowa 50009

[Trike Your Bike.co](http://TrikeYourBike.co)  
[Email Marc Hyland](mailto:Marc@TrikeYourBike.co)

## VanWall POWERSPORTS

[VanWall.com](http://VanWall.com)  
[Email Van Wall](mailto:Sales@VanWall.com)



**McGrath POWERSPORTS**  
 WHERE FUN BEGINS

4645 Center Point Road NE  
 Cedar Rapids, IA 52402  
 Phone: (319) 393-1205  
 Fax: (319) 393-1025  
[McGrath Power Sports](http://McGrathPowerSports.com)



NISHNA VALLEY CYCLE  
**NVC**  
 ATLANTIC, IOWA

Atlantic, IA 50022  
 (712)243-6343  
 FAX: (712)243-6845  
[Nishna Valley Cycle.com](http://NishnaValleyCycle.com)  
[Email NVC](mailto:Sales@NishnaValleyCycle.com)



**GARVIS HONDA**

1603 Euclid Avenue  
 Des Moines, IA 50313  
 515-243-6217  
 1-800-358-5508  
[GarvisHonda.com](http://GarvisHonda.com)  
[Email Garvis Honda Sales](mailto:Sales@GarvisHonda.com)



**infinite COLOR works, LLC**  
 Creator of the GWRRA 40<sup>th</sup> Anniv. Logo

**For All Your Printing Needs!**

- Logo Design
- Decals
- Bags
- Glitter
- Apparel
- Stickers
- Name Tags
- Foils
- Headwear
- Drinkware
- Trophies
- Rhinestones
- Banners
- Flags
- Gifts
- and MORE!

For more information, or if you have questions,  
 email Rhonda at [onestop@infinitecolorworks.com](mailto:onestop@infinitecolorworks.com) or call 641-521-3978

Infinite Color Works



**State Farm™**  
 Tim Forbes, ChFC, CPCU, CLU  
 (515) 967-6601  
[www.timforbes.net](http://www.timforbes.net)  
 auto-renters-life-home-health-business

325-8<sup>th</sup> Street

Altoona, Iowa