

TEXAS CAPITOL WINGS



From the Director's Chair

Jim & Dee Dee Evans, Chapter Directors

Hello All,



Our Chapter had our Monthly gathering at Crazy Gals in Burnet, I think it is a good place to eat. Steven led the ride of four bikes leaving at 8am from the HEB in Cedar Park getting to the restaurant around 9. It was good, the temperature was warm around 80 and quickly came up. I didn't have a whole lot of news to share and we all had a good breakfast.

Our ticket Master Ken conducted the 50/50, Joan won the 30% and John won the 20%. We did hear some more good stories from Wanda...about John.

Our Ride In is coming up, only nine weeks away. Only a few people have registered so please visit the link and sign up if you plan to attend. The dates are posted below. We have some great rides and destinations planned.



Dee Dee and I took the camper down to Port Aransas mid-July for a week. It was very warm (hot!!) so we spent more time inside but a fun time camping with her parents.

If you have a story or event you would like to share in our newsletter, please send it to me or Kathy.

Speaking of Kathy, she continues to do a great job creating and editing our news letter every month. Lyle continues to distribute the newsletter and other items as



well. Sheri counting money as Treasurer, Tom still works on the website and Steven is creating and leading rides. Please take a minute to thank all of our Members who do these things for our enjoyment as a chapter.

Hope to see you at our next ride and gathering.

August Gathering

Saturday · August 19th · 9:00 a.m.

Rogelios Cafe · 625 S LBJ Drive · San Marcos, TX

Want to Join the Ride?

Meet Spot: Speedy Stop - Harris Branch @ Parmer
5725 E Parmer Ln, Manor, TX 78653

Meet Time: 7:30 am

KSU: 7:45 AM.

The gathering will begin at 9:00AM

Check out www.goldwingaustin.org for ride details.



HYDRATION



(WHAT IS IT ALL ABOUT)

Taken from the Internet by Tom Sprague

Well is it hot outside? You bet it is. Hydration is all about keeping you alive. Your body is 70% liquid and drinking enough water is essential to good health. Dehydration comes in different forms. There are approximately 3 steps when experiencing dehydration. There is the mild form, then moderate, then severe. We will discuss each stage.

You may not be replacing the water you need for a number of reasons. Usually you get busy and forget to drink the water you might need. You may not realize you are thirsty and therefore not drink or you do not feel like drinking because you have a sore throat or maybe some mouth sores or you may feel a little queasy or sick to your stomach. All reasons to skip getting that drink of water you might need.

Symptoms or signs of moderate dehydration include the following. You may feel thirsty and you may have dry or sticky mouth. You may not pee very much or your pee is dark yellow. Your skin might be cool or dry to the touch. You may be experiencing a headache or muscle cramps.

Symptoms or signs of severe dehydration include the following. Again you are not peeing or the pee is dark yellow. You have a very dry skin and you may feel dizzy. Your heart beat will become more rapid as well as your breathing. Your eyes will be more sunken and you will experience sleepiness, a lack of energy and confusion or irritability. Finally, you will be prone to fainting. If you allow dehydration to reach the severe state you will need to seek medical help.

Suggestions on how to better hydrate yourself.

Setting a daily water intake goal can help you drink more water.

Simply the act of setting a goal can be motivating and make you more likely to make positive changes that last. To be effective, goals should be SMART, which is an acronym for the following criteria:

- Specific
- Measurable
- Attainable
- Realistic
- Time-bound

For example, one SMART water-consumption goal might be to drink 32 ounces (960 ml) of water per day. It can also help to record your progress, which can keep you motivated to achieve your goal and make it a habit.

Keeping a water bottle with you throughout the day can help you drink more water.

When you have a reusable water bottle, you can easily drink water in any setting, whether you're running errands, traveling, or at home, work, or school. Keeping a water bottle handy can also serve as a visual reminder to drink more water. If you see the bottle on your desk or table, you will constantly be reminded to drink more. Plus, it's better for the environment than relying on single-use plastic water bottles.

You can also set reminders to drink more water using an app or the alarm on your smartphone or smartwatch. For example, try setting a reminder to take a few sips of water every 30 minutes, or set a reminder to finish drinking your current glass of water and refill it every hour. These reminders can help you increase your water intake, especially if you struggle with being forgetful or too busy to drink.

One way to drink more water and boost your health and reduce your calorie intake is to replace other drinks, such as soda and sports drinks, with water. These drinks are often full of added sugars, which can be extremely detrimental to your health. For optimal health, limit your added sugar intake to less than 5% of your calorie intake. Just one 8-ounce can of soda per day can exceed this limit. Diets high in added sugars have been linked to obesity and other conditions like type 2 diabetes and heart disease. Furthermore, replacing these sugary drinks with water is an easy and cheap way to cut calories, potentially helping you lose weight. Much of America can stand a little weight loss.

Another simple way to increase your water intake is to make a habit of drinking one glass of water before each meal. If you eat 3 meals per day, this adds an extra 3 cups to your daily water intake. Moreover, sometimes your body may mistake feelings of thirst for hunger. Drinking a glass of water before eating can help you discern whether you are feeling true hunger. What's more, if you're trying to lose weight, drinking a glass of water may help you eat fewer calories at the following meal.



HYDRATION

(CONTINUED)

In America, most tap water is safe to drink. However, if you have concerns about the quality or safety of your tap water, consider purchasing a water filter. There is a filter for almost every budget, from costly whole-home water filtration systems to inexpensive water-filtering pitchers. In addition, filtering your water could improve the taste. Point-of-use water filters, such as water-filtering pitchers or filters that attach directly to a faucet, can reduce levels of waterborne bacteria, lead, and arsenic in contaminated tap water to safe levels. Using a water filter is also less expensive and more eco-friendly than purchasing bottled water, which is oftentimes no different than tap water.

If you dislike the flavor of water, or just need a bit of flavor to help you drink more, you have many choices. Using an inexpensive fruit-infuser water bottle is one healthy option. Popular fruit combinations to use in an infuser bottle are cucumber lime, lemon, and strawberry-kiwi. You can use any combination of fruits that suits your taste. You can also purchase water enhancers in powder or liquid form to add to your water, but be aware that many of these products contain sugar, artificial sweeteners, or other additives that may harm your health. Remember from above, cut your sugar intake.

If you work a standard 8-hour workday, drinking a glass of water each hour you're at work adds up to 8 cups to your daily water intake. Fill up your cup as soon as you get to work, and at the top of every hour, simply drink the remaining water and refill. This method will keep your water intake consistent throughout your workday.

Sipping on water consistently throughout the day is another easy way to help you meet your fluid goals. Reaching for a sip of water consistently during your day will keep your mouth from getting dry and may even help keep your breath fresher. Keep a glass of water or a reusable bottle nearby and within your line of sight for a constant visual reminder to take a sip.

One simple way to get more water is to eat more foods that are high in water. Fruits and vegetables that are particularly high in water include:

- **Lettuce:** 96% water
- **Celery:** 95% water
- **Zucchini:** 95% water
- **Cabbage:** 92% water
- **Watermelon:** 91% water
- **Cantaloupe:** 90% water
- Honeydew melon: 90% water

In addition to their high fluid content, these fruits and vegetables are packed with vitamins, minerals, and antioxidants that promote your overall health.

An easy way to boost your water intake is to simply drink one glass when you wake up and another before you go to bed. A glass of cold water in the morning may help wake you up and boost your alertness. Plus, drinking water before bed can keep you from waking up with a dry mouth and bad breath.

The bottom line: Adequate water intake is essential to good health. The National Academy of Medicine estimates that most people need 90–125 ounces of fluid per day, including fluid from water, other beverages, and food. However, it can be difficult to drink water habitually, especially if you are busy, regularly forget to drink, or dislike the taste of water. Following some of the simple tips above can help you boost your daily water intake.

It is hot out there so drink some water.



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Upcoming Events Details:

www.goldwingaustin.org

- 8/19 August Gathering
@ Rogelios Restaurant
San Marcos TX
- 8/31-9/2 EWMA Rally
Knoxville TN
- 9/20-23 Texas District Ride-In
Glen Rose TX
- 9/28-30 Alabama Rally
Ufala AL
- 10/11-15 Capitol Wings Ride-In
Lufkin TX
- 10/26-28 Oklahoma Rally
Ponca City OK
- 10/26-28 Mississippi Rally
Biloxi MS

PACK IT RACK

I have a Pack It Rack for sale. Can be used on any bike with a standard hitch. Great for packing extra stuff on long trips if not pulling a trailer. \$50.00

Russ Miller
512-863-9692



JULY BIRTHDAYS

- Russ Miller 8/3
- Randy Reese 8/6
- Yolanda Garcia 8/12
- Hubert Jackson 8/18
- Jim McMillian 8/22
- Julie Diggs 8/23
- Teri Burnett 8/29
- Ken Burnett 8/30

ANNIVERSARIES

- Mark & Lynn 8/4
- Hubert & Linda 8/21
- Jim & Dee Dee 8/31





TX-Capitol Wings Invites you to our FALL RIDE-IN

October 11 – 15, 2023

Get your motor running...Head out on the Highway...
We're gonna ride the back roads, and have some FUN

Located in Lufkin Texas, arrive Wednesday afternoon, rest up and then ride THREE (3) all day guided rides through the Davy Crockett National Forest, Sam Houston National Forest and Sabine National Forest.

NO Registration Fees. Come to RIDE and have FUN!!!
Welcome dinner Wednesday night - hamburgers & hot dogs
Daily 25/25/25/25 Three winners each day of riding.
Participation Tickets given out for daily Ride Gear Raffle

Sleep Inn - Host Hotel. \$119/night; 2409 N. Timberland Dr., Lufkin TX 75904
For Reservations: use link below or call 936-630-4600 and request the 'Capitol Wings Ride-In' special rate
<https://www.choicehotels.com/reservations/groups/GZ13R3>

Comfort Inn - \$109/king, \$119/double queen; 4402 S. First St., Lufkin TX 75901
For Reservations: call 936-632-4949 and request the "Capitol Wings Ride-In" special rate

Redland RV Park, KOA and Shady Grove RV parks and many more nearby.

Registration form is on next page

**TX-Capitol Wings
Fall Ride-In Registration
October 11 – 15, 2023**

Rider Name _____ Co-Rider _____
Address: _____
City: _____ State _____ Zip _____
Cell # _____ Email _____
District _____ Chapter _____

Mail completed forms to:
Jim Evans, 15810 FM 2843, Salado, Tx 76571

Questions Contact: Jim Evans
Phone: 512-576-8890
Email: director@capitolwings.org

I/we agree to conform and comply with the rules governing this event and further agree to hold harmless EWMA, co-sponsoring organizations, or any property owners from any loss or injury to self or property in which I/we may become involved by reason of participation in this event. I/we agree to assume all responsibilities for any property I/we damage. I/we have read and agree with all stipulations on this registration form.

Rider Signature _____ Date _____

Co-Rider Signature _____ Date _____

Electronic Registration link.

<https://form.iotform.com/231274178462054>

**Texas District
Glen Rose Ride-In
Sept. 20th - 23rd, 2023**



Glen Rose is located 1 hour south west of Ft. Worth, arrive Wednesday afternoon, rest up and then enjoy 3 days of planned and led rides on beautiful scenic roads!

There is no registration fee!

Wednesday evening we will be providing a Smoked Brisket Welcome Dinner at the Host Hotel

Host Hotel

Quality Inn & Suites—1614 NE Big Bend Trail, Glen Rose, TX, 76043, US— (254) 897-2111
Free Hot Breakfast, Indoor pool, elevators, and more! Prices \$99 a night on up

Other Hotels

La Quinta by Wyndham Glen Rose - from \$129 a night,
Holiday Inn Express Glen Rose—from \$150 a night
Best Western Dinosaur Valley Inn & Suites, from \$130 a night

Camp Grounds RV Parking

Dinosaur Valley RV Park—1099 Park Rd 59 (888) 996-3466
Tres Rios Resort, RV park—2322 County Rd 312 · (254) 221-0018

To RSVP: Email your info and headcount to us.rymarz@txrra.com

Questions? Call Dan Rymarz District Director @ 469-669-9191
