

Florida District FUNshine Times

EAGLE WINGS MOTORCYCLE ASSOCIATION

AUGUST 2024



Friends for
FUN, Safety &
Riding

FUN in Florida is # 1

www.ewma-florida.org

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**From Your
Florida District Directors
Fred and Karen Kennedy
(FL1-D, FL1-E2)**

Welcome to August!!!

As if we haven't had enough rain and heat this summer, now we have entered into the "Dog Days of Summer", which is usually the hottest part of summer! Ever wonder where this saying came from? The Romans, who were very astute star gazers, called this period the, "Days of the Dog Star", because the star known as Sirius (the Dog Star) rises just before the sun comes up during the hottest part of the year and was eventually changed to the Dog days of Summer. Speaking of extreme heat conditions, we should all read the article included in this newsletter on ways to protect ourselves while riding in this heat and we should all embrace that knowledge. We want everyone to be safe during this, the

most uncomfortable riding season of the year.

This month, Karen and I will be traveling to Green Bay, Wisconsin, to attend the 2nd annual EWMA Rendezvous August 29th through the 31st. We have never been to Wisconsin and are looking forward to experiencing many different attractions and foods, as well as all the excitement that the Rendezvous itself promises. If you have not yet registered, don't worry, there are still a few more days to get this done. We will be manning the registration desk on opening day and are planning on greeting everyone with warm smiles! We can't wait to see everybody there!

Once we return to Florida, there are only 2 more Region-A District Rallies left... In September, North Carolina will be hosting their "Wings over the Smokies Rally" in Brown's Summit, NC on the 20th and 21st. We have always had a great time at their rallies and expect this year to be no different!

The wrap up rally will be in Biloxi, MS, where the Mississippi District will be having their "Born to be Wild" rally in October, from the 24th to the 26th. We have enjoyed this rally for years and are looking forward to

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attending and the **FUN** that we always have!

Plans for the 2025 Florida Rally and our "Roaring Twenties" theme, are going along smoothly and we hope everybody has made their room reservations! I can't stress enough how important it is to get your room, as we do not want anybody to miss out on staying at the host hotel. We are working diligently to find quality vendors that will complement our rally as well as entertaining events for your enjoyment. Make your plans soon to come on down, over or up to

Gainesville and the Gateway Grand Hotel and share the **FUN** with us!

It's certainly not too early to remind everybody of our first ride of the year at the Shrimps R Us & More Restaurant, located in Welaka, Florida on New Year's Day! Last year was our first time and we had a ball. The restaurant venue has made many improvements from years past and the food did not disappoint! Make your plans to celebrate the arrival of 2025 with your EWMA Friends and Family!

Karen and I hope that Florida is spared nature's wrath this hurricane season and we pray

for everyone's safety. Make sure you use this time of less activity to get your home ready and your supplies stocked up. If a hurricane hits, your efforts will have been time well spent, if not, you have supplies to use during the off season. Remember, it's better to have it and not need it, than to need it and not have it!

So, until we are together again...

Ride Safe... Ride Often... but most of all... Ride!!

Fred and Karen Kennedy
Your Florida District Directors
The **FUN**shine State,
where **FUN** is #1!



Bill & Cynde Nipple
Assistant District Directors
Vendor Coordinators
(Panhandle Chapters)

Good morning, afternoon or evening,

I can't speak for everyone, but the panhandle has had its share of rain this July, several rides have had to be postponed due to weather and as I write this the next week doesn't show much promise to be any better.

On the upside the temps haven't been triple digits, which brings us to a couple of points about riding here in the South. and they're pretty simple first we should always be prepared for all types of weather here wet, hot or even cold (not that we have to worry about that much) so always have the proper gear, and always hydrate at every stop and consider keeping extra fluids in your bike.

In other news it appears as if we have secured a few new vendors for the 2025 District Rally, we know it seems a bit early but, Cynde & I wanted to get a jump on this and secure as many vendors as possible as early as possible so that we may start sharing the new vendors with our members over the next few months. We will continue to work on bringing more motorcycle and non motorcycle type vendors, we have set a goal of seven to ten new vendors for 2025. Wish us luck.

For those of you going to the Rendezvous we wish you all safe travels.

Green Bay, here we come!



Dominick & Diane DeSiato
**District Safety /
 Ride Coordinators**

RIDING IN THE HEAT

It's hot!!! I guess I don't have to tell you that. Here are a few tips and facts that might help you make the best of it. Ride early in the morning or in the evening when it is cooler. Use sunscreen in direct sunlight. Wear long sleeves. I know that is contrary to what most riders want to do. Having covered skin in hot weather is actually better physically for you. If your skin is exposed the hot air rushes past your body and will dry you out. Just in the same manner you dry your hands in the hand blower in the restroom. Wear a helmet visor to keep the hot air from hitting you in the face. You can wet your shirt under your mesh motorcycle jacket. You could put a cool tie around your neck. You could wear an ice vest. You could

carry a mist spray bottle. Have drink holders on your bike for you and your passenger.

There are three physical concerns you should think about: Dehydration, Heat Exhaustion, and Heat Stroke.

Dehydration Symptoms:

- Dry or sticky mouth
- Low or no urine output or concentrated urine appears dark yellow
- Not producing tears
- Sunken eyes
- Lethargic

Dehydration Treatment:

- Seek shade or air conditioning
- Drink additional water or sport drinks (diluted 50/50 with water)
- If possible decrease the time between rest stops

Heat Exhaustion Symptoms:

- Loss of large amounts of fluid through sweating
- Sweating, clammy and moist skin with pale or flushed complexion
- Extreme weakness or fatigue, giddiness, nausea, headache, or irritability
- Vomiting
- Loss of consciousness

Heat Exhaustion Treatment:

- Drink additional water or sport drinks (diluted 50/50 with water)
- Apply cool compresses or ice packs to the neck, groin, and arm pits

Heat Stroke Symptoms:

- Hot, dry, flushed or spotted skin
- Severe headache
- Exhaustion
- Bizarre behavior
- Hallucinations
- Altered mental status
- Confusion
- Disorientation
- Possible convulsions and coma

Heat Stroke Treatment:

- Call EMS (911) this is a medical emergency
- Move rider to a cool place
- Reduce rider's body heat immediately by any means available

Yes, it's hot out there. Let's make the best of it so we can continue to enjoy our sport.

Ride Safe and Cool!

**YOU make
 EWNMA
 FUN!**



Harry & Lynn Anderson
Assistant District Directors
 District Hospitality Coordinators
 (FL1-H, FL2-D)

Just taking a moment to thank Alabama for a wonderful gathering. Sorry to say Harry and I both were sick, but we did enjoy the ride thru the Shiloh battlefield. After that, it was downhill for both of us. Three weeks later we're just getting better. (No, it was not covid.)

Now to the important stuff: Have you ever looked into a child's face and been overcome by the innocence of their eyes and face. I would think that this innocence goes from, say six months, maybe up and thru part of the third grade. Well, read on...

THE MIDDLE WIFE

Show & tell has always seemed pretty tame in school, but it really helps some kids to get over shyness. Kids lug in pet turtles, pictures of fish they caught, model planes, stuff like that. Well one day this little girl, Erica, in the second grade, a very outgoing kid takes her turn and waddles up to the front of the class with a pillow stuffed under her sweater. She holds up a snapshot of an infant. "This is Luke, my baby brother, I'm going to tell you about his birthday."

First Mom & Dad made him as a symbol of their love, and then, Dad put a seed in Mom's belly and Luke grew in there. He ate for nine months thru an umbrella cord. (The other kids are watching her in amazement.) Then, she continues, about two Saturdays ago, my Mom starts going "oh, oh, oh, oh", Erica puts a hand on her back and groans. Mom walked around for an hour, "oh, oh, oh" (now Erica is doing a hysterical duck walk and groaning). "My Dad", she

goes on, Calls the Middle wife. She delivers babies, but she doesn't have a sign on her car like the Domino man. They get my Mom to lay down in bed like this; (Erica lies down with her back to the wall). And then, POP, my Mom has this bag of water she kept in there in case he got thirsty, and it spilled all over the bed, like PSSHHEEW! (This kid has her legs spread with her little hands mimicking flowing water.) "Then, the middle wife starts saying push, push, breathe, breathe". They were counting, but never got past ten. Then, all of a sudden... out comes my brother. He was covered in yucky stuff. They said that was from Mom's play center. I guess there were a lot of toys inside there. When he got out, the middle wife spanked him for being in there in the first place. Erica then took a big bow. She sure deserved it.

A BIG THANKS TO THE ANONYMOUS TEACHER WHO WROTE THIS AND TAUGHT SECOND GRADE FOR FIFTEEN YEARS.

**Rooms for our
 2025 Florida District Gathering of Friends for FUN!
 are going fast!
 If you want one, book it TODAY!!!**



Geno & Kathie Jette
Assistant District Directors
 Rally Registration Coordinators
 Goodie Sales
 (FL1-F2, FL1-K, FL1-X & FL1-Y)

National Watermelon Day
 Saturday, August 3, 2024

Did you know that watermelon is 92% water? No wonder it's so refreshing! People have been digging into this tasty, juicy fruit for millennia and it all started in Ancient Egypt. It's said that watermelon cultivation began in the Nile Valley as early as the second millennium B.C. Watermelon seeds were even found in King Tut's tomb!

On August 3, we celebrate this ancient berry in a feast of juicy deliciousness—otherwise known as National Watermelon Day.

The juicy, refreshing watermelon deserves its own day, that's why we celebrate National Watermelon Day. Cultivation of this fruit dates back to 2000 B.C., with the first watermelon harvest on record occurring approximately 5,000 years ago in Egypt. Traces of watermelon and its seeds have been discovered on sites of the 12th Egyptian Dynasty, including in the tomb of King Tutankhamen. Paintings of different types of watermelon have also been found in ancient Egyptian inscriptions.

The sweet fruit we enjoy today is the result of mutations over the course of a thousand years of cultivation. Watermelon seeds were sold to traders passing through the trade routes in the Kalahari Desert in Africa. From there, the cultivation of the watermelon spread across Africa. The origin of the progenitor of the watermelon was in Africa, after which it spread into Mediterranean countries and other parts of Europe. By the end of the ninth

century, watermelon cultivation became common in China and the rest of Asia.

According to "The Dictionary of American Food and Drink" by John Mariani, the word 'watermelon' first appeared in the English dictionary in 1615. The watermelon is commonly known as a type of melon, but it is not in the genus Cucumis. The outer rind of a watermelon is dark green with yellow stripes or spots. Over 300 varieties of watermelon are available in the U.S., ranging from red to white, and come in different shapes and sizes.

92% – the percentage of a watermelon that is water.

1,200 – the estimated number of varieties of watermelon available.

85% – the percentage of watermelons sold today that are seedless.

350.5 – the weight in pounds of the world's heaviest watermelon grown in 2013.



We Sure Hope You Come
 to Green Bay, WI, for the
 Eagle Wings Rendezvous
 August 29 - 31, 2024



John Cain
**Assistant District Safety/
 Ride Coordinator / Safety
 Presentations**

**Riding in the Heat –
 What do you remember?**

EWMA’s Riding in the Heat safety presentations include both long and short versions accompanied with an easy-to-use presenter’s guide. This new material is concise and ideally suited for a quick safety review at a chapter event or pre-ride briefing. I encourage everyone to review this safety topic at least once during this hot season, which in Florida, extends toward the end of

November. I sincerely hope that by now most of you have logged onto the EWMA-World.org website and accessed the Safety Presentations in the Members Resources – Documents section.

Assuming all of you have been exposed to some form of discussions on Riding in the Heat, how about a little **FUN**, true or false, quiz to assess your knowledge and review the basics?

1. True or False. Unlike your body, your motorcycle requires no special preparations for riding in the heat.
2. True or False. Considering the cooling effect of airflow over the body and feet when underway on your motorcycle, short-sleeve shirts, short pants, and flip-flop footwear are recommended for a cooler ride.
3. True or False. Dehydration may begin before one

becomes thirsty. “Pre-load” liquids to stay ahead of thirst and dehydration.

4. True or False. If not treated quickly and properly, severe dehydration can progress to heat exhaustion, heat stroke, and even death.
5. True or False. The symptoms of dehydration, heat exhaustion, and heat stroke may be difficult to recognize and categorize in oneself and others. While treatment recommendations may vary between the progressive stages, drinking water or diluted sports drinks (for victims not unconscious) and cooling down are common treatments for all.

My answers: F, F, T, T, T subject to discussion and that’s the purpose of the presentations!

How’d you do? Stay hydrated!

Ride Safe!

Friends for **FUN**, **Safety** & Riding.





Claudia Vega
**Assistant District Safety /
 Ride Coordinator /
 First Aid/CPR**

IT'S FINALLY HERE . . .

The 2nd Annual EWMA Rendezvous will be here in just a couple of weeks and I am so excited! I have never been to Wisconsin and am looking forward to seeing that part of the country. This year's Rendezvous promises to be so much **FUN**, with games, presentations and vendors. Not to mention getting a chance to see old friends and make new ones.

One of the presentations will be the HSI First Aid / CPR course on Friday. Take advantage of this opportunity and sign up for this course.

6 REASONS WHY CPR TRAINING IS IMPORTANT

Cardiac arrest can occur at any moment, turning an ordinary day into a life-threatening situation. That's where CPR certification becomes invaluable for helping to ensure the safety and well-being of family and friends. Here are some of the most compelling reasons why CPR training is important.

1. EMERGENCIES HAPPEN QUICKLY AND AT ANY TIME

Emergencies are unpredictable and can strike at any moment. Whether it's sudden cardiac arrest, a bleeding emergency, or any other medical emergency – having Chapter members trained in CPR, AED and First Aid can make the difference between life and death. Being prepared for such situations can mitigate risks and save lives.

2. CPR TRAINING EMPOWERS MEMBERS TO RESPOND

CPR training empowers members by equipping them with lifesaving skills and knowledge through hands-on practice and realistic scenarios.

Knowing how to respond effectively in the event of an emergency – such as during a heart attack or a choking incident – instills confidence and a sense of responsibility. Members feel empowered knowing they have the ability to potentially save a colleague's life.

3. INSTRUCTOR-LED CPR TRAINING IMPROVES RETENTION

HSI First Aid / CPR certification courses provide time for hands-on practice and real-time feedback from instructors. This interactive learning experience allows members to practice and develop proficiency in performing high-quality CPR techniques, including chest compressions and rescue breaths.

Formal training with a hands-on approach ensures that they can effectively apply their CPR skills in real-life scenarios.

4. CPR TRAINING IS OFTEN USED ELSEWHERE

CPR training acquired through HSI and EWMA isn't limited to just

EWMA event emergencies. The critical skills learned during training can be invaluable in various settings beyond just a ride, including homes, public places, and during leisure activities – amplifying its lifesaving impact.

5. CPR TRAINING REDUCES RESPONSE TIMES BY MAKING ALL MEMBERS IMMEDIATE RESPONDERS

Every second counts during a medical emergency. Trained members can initiate immediate CPR, significantly reducing response time until professional medical help arrives. This swift action can improve the victim's chance of survival by maintaining blood flow to vital organs. In turn, this minimizes brain damage and the risk of long-term complications for the affected individual.


6. CPR TRAINING HELPS TO CREATE A CULTURAL SHIFT TOWARDS SAFETY

Incorporating CPR training into the Chapter, District, Region and National events emphasizes the importance of safety and preparedness. When safety becomes ingrained in the organizational ethos, members become more vigilant and proactive in identifying potential hazards and responding to emergencies effectively.

GET CPR TRAINING FOR YOUR EWMA MEMBERS

By investing in CPR, AED and First Aid training courses, organizations can create a safer, more empowered membership. Having the confidence to respond effectively during an emergency situation can make all the difference, underscoring the importance of CPR training.

FLORIDA DISTRICT HAPPENINGS AUGUST 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 FL1-X, Orange Park	2	3 FL1-E2, Ft Walton Beach FL2-F, Punta Gorda
	<p><u>Please verify with an individual Chapter before visiting.</u> <u>Chapters occasionally alter their gathering schedule to accommodate rallies and/or other events.</u></p>					
4 	5	6 FL1-Y, Gainesville FL2-D, Melbourne	7 FL2-R, Ft Lauderdale	8 FL1-B, Brandon FL2-P, Lake Placid	9	10 FL1-A, Tampa FL1-D, Pensacola
11 FL2-A, West Palm Beach	12 FL1-K, Palm Coast	13 FL2-H, Wauchula	14 FL1-D2, New Port Richey FL2-O, Stuart	15 FL1-M, Clearwater	16	17 FL2-B2, Sarasota
18	19 	20 FL1-F2, Ocala	21 FL1-H Daytona Beach	22	23	24 FL2-G, Ft Myers
25	26	27	28	29	30	31
Eagle Wings Rendezvous						

Check this URL to find particulars for each individual Chapter and their calendars:
<http://www.ewma-florida.org/chapters.html>

Upcoming Florida EWMA Events

August, 29 - 31, 2024	2024 Eagle Wings Rendezvous	Green Bay, WI
September 20 - 21, 2024	North Carolina District Rally <i>"Wings Over the Smokies"</i>	Browns Summit, NC
October 24 - 26, 2024	Mississippi District Rally <i>"Born To Be Wild"</i>	Biloxi, MS
March 13 - 15, 2025	Florida District Gathering of Friends for FUN <i>"Roaring 20's"</i>	Gainesville, FL
April 24 - 26, 2025	Tennessee District Rally <i>"America the Beautiful"</i>	Johnson City, TN
May 15 - 17, 2025	South Carolina District Rally <i>"Salute to the Troops"</i>	Newberry, SC

FUN in Florida is # 1



EWMA Florida District
Fred & Karen Kennedy
District Directors
 Phone: 850-232-0365
 E-mail: FredandKaren@cox.net
www.ewma-florida.org



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Gainesville, FL 32606-3742



Rate \$139.00 (including buffet breakfast for 2)
Reservation call 352-331-3336
Group Code: EWMA25

Raffle to support EWMA Florida District Safety Program &
EWMA Florida District
1st Drawing - \$5,000 Cash
2nd Drawing - \$ 500 Cash
3rd Drawing - \$ 250 Cash

Need Not be present to win!

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"BUCKLE YOUR HELMETS AND FASTEN YOUR FRINGE" – OUR ROARING 20'S RIDE IS ABOUT TO BEGIN!

MARCH 13 - 15, 2025

BEST WESTERN GATEWAY GRAND
4200 NW 97TH BLVD. GAINESVILLE, FL 32606-3742



WWW.EWMA-FLORIDA.ORG

Riders Name _____		EWMA Member # _____	
Riders or Co-Riders Name (circle one) _____		EWMA Member # _____	
Street Address, City, State & Zip Code _____			
Phone # _____		Email Address _____	
Chapter _____	Chapter Position _____	District or Team EWMA Position _____	

I/We agree to hold harmless Florida District, co-sponsoring organizations and any property owners for any loss or injury to self or property in which I/we may become involved because of participation in this rally. I/we have read this waiver and acknowledge with signature(s) below:

Signature _____		Signature _____	
Date: _____	Is this your first-time attending the Florida Rally? Yes No		

Member Registration	\$35.00	X _____	= _____
Non-Member Registration	\$40.00	X _____	= _____
Under 12 (Dinner on Thursday extra, See below)	FREE	X _____	= _____
Sit Down Dinner - Thursday Night **Fully Registered attendees only**	\$30.00	X _____	= _____

Dinner choices—Circle One for each attendee:
Pineapple Seared Chicken, Seared Mahi Mahi, Manicotti w/ red sauce or spinach cream sauce (pick one)

Ticket Sales

\$5,000 Raffle (Book of 10)	\$10.00	X _____	= _____
Daily 50 / 50 Thursday (Strip of 10)	\$ 5.00	X _____	= _____
Daily 50 / 50 Friday (Strip of 10)	\$ 5.00	x _____	= _____
Grand 50 / 25 / 25 (Strip of 10)	\$ 5.00	x _____	= _____
Grand Prize (Strip of 10)	\$ 5.00	x _____	= _____

PRE-ORDER ONLY SHIRT SALES

Polo Shirt	S M L XL	\$22.00	X _____	= _____
Polo Shirt	XXL XXXL XXXXL	\$25.00	X _____	= _____
T-Shirt	S M L XL	\$18.00	X _____	= _____
T-Shirt	XXL XXXL XXXXL	\$20.00	X _____	= _____
Long Sleeve	S M L XL	\$20.00	X _____	= _____
Long Sleeve	XXL XXXL XXXXL	\$22.00	X _____	= _____

TOTAL ENCLOSED (US Dollars Only) \$ _____

RALLY SHIRTS NOT AVAILABLE ON SITE—PRE-ORDER ONLY

Florida District Rally March 13—15, 2025
Opens daily at 9:00am

Florida District Directors
Fred & Karen Kennedy
(850)-232-0365

FIRST AID/CPR CLASS OFFERED
Wednesday 03-12-2025—11am - 5pm
Limit 20 people Must be Fully Registered
FL EWMA MEMBERS \$25.00 (returned upon completion)
NON-FLORIDA EWMA MEMBERS \$35.00
SEPARATE CHECKS NEEDED PAYABLE TO
EWMA FLORIDA DISTRICT
Contact Claudia Vega for availability
561-722-0632 rvega19854@gmail.com

Preregistrations must be postmarked by March 1, 2025

NO refunds after February 23, 2025
After March 1st Registration is \$5.00 higher
\$15.00 Day Passes will be sold onsite and are good for all events of the day of purchase except Thursday Night dinner

Submit Registration Forms to:

Geno & Kathie Jette
114 Canis Dr E
Orange Park, FL 32073
addgeno@yahoo.com

Make check or money order (US Dollar only)
Payable to EWMA Florida District
If you would like registration confirmation, please ensure you provide an email address

Guided Rides on Friday & Saturday

Register by **December 1, 2024** for entry into
Early Bird drawing to be awarded to 1 lucky
winner at Closing Ceremonies!

Pre-Order Shirts for entry into a drawing for a
prize to be awarded to 1 lucky winner at Closing
Ceremonies

See website for latest information
<http://www.ewma-florida.org/rally.html>