



Friends for
FUN, Safety &
Riding

FUN in Florida is # 1

www.ewma-florida.org

Florida District FUNshine Times

CEO of EWMA
Anita Alkire

COO of EWMA
Bruce Beeman

President of EWMA
Bob & Nan Shrader

Vice President of Operations
Don & Rhonda Weed

Region A Directors
Jim & Sue Jackson

District Directors
Bill & Cheryl Smith
fidd2018@gmail.com

Assistant District Directors
District Rally Hospitality
Harry & Lynn Anderson
flaadd@yahoo.com

Assistant District Directors
Rally Registration Coordinators
Goodie Sales Coordinators
Geno & Kathie Jette
addgeno@yahoo.com

Assistant District Directors
Motorcycle Safety Awareness
Fred & Karen Kennedy
fredandkaren@cox.net

Assistant District Director
Carl Williams
carlwill@yahoo.com

District Safety / Ride Coordinators
Dominick & Diane DeSiato
dominickfde@gmail.com

Assistant Safety / Ride Coordinator
Claudia Vega
rvega19854@gmail.com

Assistant Safety / Ride Coordinators
Ed & Jeanette Carr
groadrider@gmail.com

Assistant Safety / Ride Coordinator
John Cain
jcain16@gmail.com

District Treasurer
Pat Van Lengen
treasurer@gwrraflorida.com

Newsletter Editor
/ Webmaster
Carlos Lozano
carlos@cmlozano.com



From Your Florida District Directors Bill and Cheryl Smith

(FL1-A, FL1-B, FL1-M, FL2-A, FL2-O, FL2-R)

Oh Boy! We have some Rallies coming up! **FUN, FUN, FUN!**

Please join us for the Inaugural Eagle Wings Rendezvous in Knoxville TN, August 31st – September 2nd, 2023! You can sign up on line, you can sign up on site or just come for a day or two and you can purchase one and two day passes. Again, come join us for the **BIG FUN PARTY!**

The Georgia EWMA District Ride-In is September 15th – 16th, 2023 at the River Vista RV Resort in Dillard GA. Always a great time with great guided rides!

The next one is the North Carolina EWMA Wings Over the Smokies Ride-In on September 22nd – 23rd, 2023

at Jefferson NC. A new venue, but still a great riding area!

On September 28th – 30th, 2023 is the Alabama EWMA District Rally at the Lakepoint State Park in Eufaula, AL. A familiar spot with a great lodge and a great campground!

Cheryl and I will be at all of the above events and hope you can too! Let's support each and every fellow Eagle Wings members and Districts!

After a long break, we get to enjoy the Mississippi EWMA District Rally on October 26th – 28th, 2023 at Biloxi MS. Same location as last year and all the more **FUN!**

Since we are talking about rallies let's not forget the Florida EWMA District Rally March 14th – 16th, 2023, at the Best Western Gateway Grand in Gainesville, FL! A new location with better riding and a Dairy Queen right down the street! On Wednesday, 03/13, we will be having a First Aid / CPR course, so when making your plans and hotel reservations be sure to sign up for that after you register for the rally. All of the instructions are on the Rally Flyer. We will also be offering limited van rides to points of interest in Alachua County, so if you aren't

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busy, in the presentations, at the vendors or out on a ride, you can get out and enjoy the area! There is so much to do and don't forget to participate in the theme – **FUN** with the TV Shows of the 50's, 60's and 70's!

Let's not forget our Raffle Tickets! Did you get yours yet?

If not, contact Dominick and Diane DeSiato and they will get them to you right away! We need everyone to assist in selling these tickets and/or buying these tickets. It benefits all of us!

Remember, if you haven't signed in to the Members Only page on www.ewma-world.org, you are missing out on a lot of information! If you need help,

Cheryl is happy to walk you through it. You can call her at 561-445-1624.

We all hope to see you at all of some of the events coming your way!

Bill and Cheryl Smith
Florida District Directors
The **FUN**shine State, where
FUN is #1!

you make it
FUN!



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

But, We're Still Riding!!!

Ok, ok, ok, we are older than most of you. And, let me tell you, getting old is not exactly a "Chair of Bollies". Allow me to tell you a story: I worked for Michaels Craft for twenty years. In my dept, I had a work counter with cabinets below. Well, I needed something from below in the cabinet and so I kneeled down on the floor to retrieve something, got it, went

to get up... not gonna happen. Tried again, NOPE! Tried for the third time, I COULD NOT GET UP!!! I finally groped the counter and pulled myself up and after getting over the shock, all I could think to say was WHAT THE H_LL WAS THAT?!?!? Let me tell you, getting older certainly has its challenges. But, we're still riding!

When was the last time I tried to run up a flight of stairs? That is a WHAT THE H_LL HAPPENED moment. Bending over to tie or put on your shoes? UM HUH, another moment. And, so it goes. I get up to go to the kitchen to, maybe bake something, ok... suddenly my body says: "What were you thinking?" Sometimes we book a hotel room, only to find they have "toddler" commodes (that's the ones clear down on

the floor)? It's not **FUN** to try to get up from one after sixty? AIN'T gonna happen. That's right... another WHAT THE H_LL HAPPENED!?!? So, just saying friend to friend... OLD AGE SUCKS!!! But, we're still riding!

When you see us around, and we do get around, we might be a little slower, we might even make you chuckle. No worries, we won't think for a minute that you're laughing at us. To the contrary, we'll know that your laughing with us! And, as I said before, WE'RE STILL RIDING!

A little something to think about:

You know you're getting old when you barely do anything ALL day, But still need to have a NAP to continue to do barely anything.



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

**ARCTIC CIRCLE and/or
 BUST**

I recently completed a motorcycle trip to the Arctic Circle in Alaska. I thought I would share my observations and experiences about the trip for those of you who might be considering such a ride. The "Alaska Highway" starts in Dawson Creek, British Columbia to Fairbanks Alaska and the "Dalton Highway" starts in Fairbanks Alaska and goes all the way to the Arctic Circle. (About 200 miles of unpaved road.)



It was on my bucket list: Ride to the Arctic Circle north of Fairbanks, Alaska, take the photo of the "Arctic Circle" sign, and return. It was a trip I was glad I took and a trip I will never do again. 6,100 miles in 14 days starting in Livingston, Montana. (We trailed

the bikes from Florida to a friend's house in Montana, unloaded the bikes, and the bike trip began.) The average day ride was 435 miles. The roads were in the worst condition I had ever ridden on. I rode my Kawasaki Versys 1000 and



not my Honda Gold Wing and was glad I had done so. I was accompanied by my good friend, Jeff Brunelle, who was riding his Yamaha 1200 Super Tenere and not his Gold Wing. There were many riders along the way on Gold Wings and touring Harley Davidsons. It was not that a larger bike like those can't make the trip, it is just the risk of doing some real damage to those types of bikes is too great. There were some places we rode that bigger streets bike could not safely traverse. There were times we were struggling to keep the adventure bikes upright and that was the type of terrain the adventure bikes were made for. I think if I were to attempt the trip again it would be on a smaller Enduro Dirt Bike. At one of our stops on the way through Canada we met two guys who were trailering two Yamaha TW200s Enduro Bikes. We should have

taken that as a clue as to what type of riding conditions we were about to experience.



There were several different types of roads we encountered: Smooth paved asphalt, asphalt rough gravel mix, soft asphalt over dirt, soft dirt that when wet was like riding on ice, hard packed dirt, rough gravel dirt mix, and loose large gravel which was very dusty. (It was like riding in a London fog. We could no longer see the road in front of us or anything else for that matter until the dust settled.) We got to hate seeing "orange signs".



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An orange sign meant trouble ahead. (We saw many such signs.) Sometimes the sign just meant a new patch job ahead. Sometimes the orange sign meant miles of dirt and gravel road. Sinkholes under the blacktop were common with fissures big enough they could swallow your front wheel. There were many "follow me" construction trucks to lead us through the active construction areas. They often drove much faster than we could safely ride on across the loose terrain. I concluded that Canadians and Alaskans must have much better eyesight than we do in the lower US. All of the road signs were about 1/3 of the size we are used to reading. In order to read them I often had to slow down to do so.

We saw much of the native wildlife. Most of which were chipmunks running across the road in front of us much like squirrels do. This happened about 19 1/2 times. (If you get my meaning: poor chipmunk.) We saw mountain goats, deer, caribou, moose, a grizzly bear, two black



bears, antelope, porcupines, a red fox, a white eagle (extremely rare), buffalo, very large crows, and



some very friendly stray dogs looking for a hand out (I complied). There was one interesting black bear encounter. I rounded a curve where there was a solid granite mountain to my left and a metal guard rail to my right. A large black bear was walking right down the middle of the road in a head on path towards me. I had to come to a complete stop. I was anticipation a quick U-turn to get away from the bear but he decided to hop over the guard rail. (Another reason to learn how to do a U-turn which is not usually covered in a Basic Rider Course.) There was a bit of an adrenaline rush there.



The Canadian Rockies from Calgary to Jasper were beautiful with good roads. On our return trip from Alaska we choose to try Route 37 instead of the Alaska Highway. It started at the Yukon border with British Columbia and went south ending in Smithers, BC. It was a much more enjoyable, curvy, and mostly paved road with little construction.



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

World Beard Day

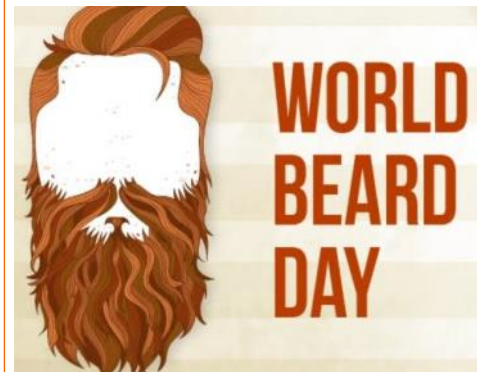
September 2, 2023

National World Beard Day celebrates the beard and its cultural significance. Participants appreciate facial hair and embrace the camaraderie of the bearded community. Various activities and events are organized around the world, highlighting the versatility and charm of beards while promoting their growth and grooming.

Though the exact origin of World Beard Day is not well-documented, it is believed to date back to ancient times as many cultures have roots or customs venerating beards. The modern observance has been occurring annually since 2012 and continues to be an important day for many American beard enthusiasts. The popularity of beards in the United States has been on the rise in recent years, with many trendsetters and influencers sporting various beard styles. The beard has become a symbol of individuality, style, and masculinity in American popular culture, making the World Beard Day celebration a significant part of that sentiment.

In America, World Beard Day is observed in a variety of ways, ranging from individual appreciation to public gatherings and events. Social

media platforms are often buzzing with hashtags, pictures, and stories about beards and beard culture. Barbershops may offer special deals on grooming services, products, or advice for the bearded population. Those who participate in charitable events related to facial hair, such as No-Shave November or Movember, may use World Beard Day as an opportunity to raise awareness and funds. World Beard Day takes place annually on the first Saturday of September.



*"2024 Florida District
 Gathering of Friends for
 FUN"*

Gainesville, FL
 March 14-16, 2024!



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

The EWMA is just over one year old now along with its all-new Safety/Ride Coordinator (S/RC) program. Dominick and Diane DeSiato lead the Florida District S/RC program. The S/RC program objective is to promote an atmosphere and space that encourages members to make safety their paramount riding goal. To help members achieve this goal, the S/RC team provides on-bike skill exercises, and safe riding games (Dominick and Diane), off-bikes safety presentations, materials for chapter safety talks and safety tip sharing. (John Cain), first aid/CPR training (Claudia Vega). The S/RC program crowning achievement is a safe, **FUN** group ride/rally/ride-in (Ed and Jeanette Carr)!

My specific focus is the new safety presentations program. The new program is simplified,

streamlined, and user-friendly for all concerned. The presentations:

- a. May be presented by any current, enthusiastic EWMA member to an EWMA member audience. I will assist anyone to prepare a presentation.
- b. Are available online for all members at https://www.ewma-world.org/content.aspx?page_id=86&club_id=719997.

If anyone cannot log onto the EWMA-World website, I can provide the materials via email on request (jcain16@gmail.com). The presentation materials include Instructor Guides (PDF), PowerPoint slides (pptx), and audience handouts (PDF or docx) and are divided into two groups:

Approximately 30-minute presentations (ideal for a rally or ride-in event).

1. Co-Rider (includes 15-minute video)
2. Helmets
3. First On-the-Scene Crash Response
4. Riding in the Mountains
5. Riding at Night
6. Riding in the Cold
7. Riding in the Heat
8. Riding in the Rain
9. Riding in a Group
10. Trailing

Approximately 10-minute presentations (ideal for a Chapter Socials)

1. First Aid Kits
2. Helmets
3. Riding at Night
4. Riding in the Cold – Clothing
5. Riding in the Cold – Medical incidents
6. Riding in the Heat – Medical
7. Riding in the Rain – Impact on the Motorcycle
8. Trailing
9. Vehicle Pre-ride Inspection
10. Hand Signals for Directing Traffic Near Accidents
11. Hand Signals for Group Riding

The Florida District team highlighted all 10 presentations at the 2023 Florida District Rally in March 2023 and received great participation from presenters and attendees. We are planning presentations for the 2024 Florida District Rally. A “call for presenters” will be forthcoming. I promise any presenter that it will be a **FUN** and rewarding experience, probably more educational for presenters than attendees!

Ride safe and prosper!
 Friends for **FUN**, **Safety** & Riding.





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

HOW IMPORTANT ARE YOUR EYES FOR YOU TO RIDE YOUR MOTORCYCLE?

(Think about this)

By the time you read this newsletter article I hope I have seen you at the Rendezvous and you were having a lot of **FUN!**

I hope to share some pictures in the October District Newsletter, as I am making this trip a photo adventure too.

I received this article via email from my eye doctor. I thought it would be a good article to share as we really need good eye site to ride our bikes. I have worn eye glasses since I was in 3rd grade. As the years past I gradually worked my way into contact lenses. And then when I turned 40 and 1 day I needed reading glasses to go along with my contacts. (I swear it was 1 day after I turned 40 – you know that they say your eyes change when you hit 40). As my sugar got high my eye site got worst and my prescription was very high. Now that I have lowered my sugar and have it under control my eye site keeps getting better and my

prescription is the lowest it has been in a very long time.

I have always known that there are certain foods that were supposed to be good for your eyes – like carrots (but how many carrots can you eat) – but did not know about this list of foods that I am about to share with you. So please read the article below (and thank the Florida Eye Institute for the information). Enjoy!

HEALTHY FOODS FOR YOUR EYES

Do you eat foods that look delicious to the eye or food that is good for your eyes? Eating healthy food is the key to reducing the risk of developing eye diseases, making nutrition and eye health go hand-in-hand. Check out a feast for your eyes that includes the top foods that will help promote good eye health!

LEAFY GREENS: HELP SEE THE LIGHT

Leafy greens are a good source of zeaxanthin and lutein, which are related to beta carotene and vitamin A, which may help protect eye tissues from sunlight damage and reduce the risk of aging. Dark leafy vegetables include kale, turnip greens, spinach, collard greens or broccoli.

STRAWBERRIES: LOADED WITH VITAMIN C TO HELP YOU "C" BETTER

Strawberries are a favorite fruit and during this summer, the crops are the best. Strawberries are good for your eyes and contain plenty of vitamin C. This antioxidant may help lower your risk of developing cataracts and slow the progression of age-related macular degeneration (AMD). Also, other

fruits with plenty of vitamin C to enjoy, like oranges, lemons and grapefruits, have plenty of vitamin C to add variety to your favorite dishes.

SWEET POTATOES: BEAUTIFUL COLOR ADDED TO YOUR PLATE

Beta-carotene gives this vegetable its orange color. Our body converts beta-carotene to Vitamin A, a nutrient that helps prevent night blindness and dry eyes. If you do not like sweet potatoes, there are other deep orange vegetables, such as butternut squash and carrots, to brighten your dinner plate. The staple refrigerator items such as milk and eggs are also excellent sources of Vitamin A.

HEALTHY FATS: INCLUDE OMEGA-3 FATTY ACIDS

Omega-3 fatty acids are good for brain function and a healthy immune system. Also, research shows that these healthy fats help with visual development and retinal function. Salmon is an excellent source of omega-3 fatty acids, which is an incredible benefit to eye health. Include salmon or other types of fatty fish at least two to three times per week to reap the great benefits of the fish nutrients for your eye health. Also, add a healthy snack such as walnuts or chia seeds which contains omega-3 fatty acids and vitamin E to help promote healthy eyes.

BE PROACTIVE ABOUT YOUR EYE HEALTH

Eating eye-healthy foods is just one aspect of good eye health. Eye problems can happen for various reasons, but your eye doctor can detect problems early and guide you to ensure the correct treatment.



**Ed & Jeanette Carr
Assistant District Safety /
Ride Coordinators /
District Rides**

This month, I am featuring two of the many places to visit while at the 2024 Florida District Gathering of Friends for **FUN** in Gainesville, FL.

In Alachua County

Marjorie Kinnan Rawlings was an American writer who lived in

rural Florida and wrote novels with rural themes and settings. Her best-known work, The Yearling, about a boy who adopts an orphaned fawn, won a Pulitzer Prize for fiction in 1939 and was later made into a movie of the same name.

Born: August 8, 1896, Washington, D.C.

Died: December 14, 1953, St. Augustine, FL

**Marjorie Rawlings Historic
State Park**



18815 S. County Road 325
Cross Creek, FL 32640

Open 9 to 5pm every day

The Yearling Restaurant



14531 East, 14531 Co Rd 325,
Hawthorne, FL 32640

Established in 1952, 14 Miles from Gainesville

Mon – Wed, Closed; Open Thursday thru Sunday 12p to 8pm.



**Fall Rally
Season is upon
us.**

**Please show
your support
to neighboring
Districts by
attending a
rally or two, if
you can!**

FLORIDA DISTRICT HAPPENINGS SEPTEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				8/31	1	2 FL1-E2, Ft Walton Beach
<p><u>Please verify with an individual Chapters before visiting. Chapters occasionally alter their gathering schedule to accommodate rallies and/or other events.</u></p>						
3 FL2-A, West Palm Beach	4  FL1-Y, Gainesville FL2-D, Melbourne	5 FL1-Y, Gainesville FL2-D, Melbourne	6 FL2-R, Ft Lauderdale	7 FL1-X, Orange Park	8	9 FL1-D, Pensacola FL2-F, Punta Gorda
10 	11 FL1-K, Palm Coast  WE WILL NEVER FORGET	12 FL2-H, Wauchula	13 FL1-D2, New Port Richey FL2-O, Stuart	14 FL1-B, Brandon	15	16 FL1-A, Tampa
17	18	19 FL1-F2, Ocala	20 FL1-H Daytona Beach	21 FL2-B2, Sarasota FL1-M, Clearwater	22	23 FL2-G, Ft Myers
24	25	26	27	28	29	30
<p>Alabama District Rally</p>						

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

Upcoming Florida EWMA Events

Aug 31 - Sep 2, 2023	EWMA Rendezvous	Knoxville, TN
Sep 15 - 16, 2023	Georgia District Fall Mountain Ride and Reunion Link to Rally Flyer	Dillard, GA
Sep 22 - 23, 2023	North Carolina District Ride	West Jefferson, NC
Sep 28 - 30, 2023	Alabama District Rally Link to Rally Flyer	Eufaula, AL
Oct 26 - 28, 2023	Mississippi District Rally Link to Rally Flyer	Biloxi, MS
March 14 - 16, 2024	Florida District Gathering of Friends for FUN "FUN with 50's, 60's and 70's TV Shows" Link to Rally Flyer	Gainesville, FL

FUN in Florida is # 1



EWMA Florida District

Bill & Cheryl Smith
District Directors
Phone: (561) 445-4270
E-mail: fdd2018@gmail.com
www.ewma-florida.org





BW | Best Western
Hotels & Resorts

4200 NW 97th Boulevard
Gainesville, FL 32606-3742

Rate **\$139.00** (including buffet breakfast for 2)
Reservation call **352-331-3336**
Group Code: **EWMA2023**



Raffle to support Safety

- 1st Drawing - \$5,000 Cash
- 2nd Drawing - \$ 500 Cash
- 3rd Drawing - \$ 250 Cash

GOLD SPONSOR:



Visit **GAINESVILLE**
Alachua County, FL

Funded in part by Visit Gainesville,
Alachua County

Need not be present to win
Proceeds support EWMA Florida District Safety Program



EAGLE WINGS MOTORCYCLE ASSOCIATION

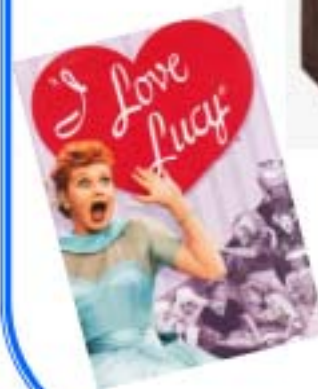


Florida District Gathering of

Friends for FUN

March 14th - 16th, 2024

FUN WITH 50'S 60'S 70'S TV SHOWS



Florida District Rally (March 14 -16, 2024)

Opens daily at 9:00am

Florida District Directors

Bill & Cheryl Smith
(561) 445-4270

fldd2018@gmail.com

FIRST AID/CPR CLASS OFFERED

Wednesday 03-13-2024 – 11am – 5pm

Limit 20 people Must Be Fully Registered

FL EWMA MEMBERS \$25. (returned upon completion)

NON-FLORIDA EWMA MEMBERS \$35.00

SEPARATE CHECKS NEEDED PAYABLE TO

EWMA FL DISTRICT

Contact Claudia Vega for availability

561-722-0632 rvega19854@gmail.com

Preregistrations must be postmarked by March 1, 2024

**No refunds after February 25, 2024.
After March 1st Registration is \$5.00 higher**

\$15 Day Passes will be sold onsite and are good for all events the day of purchase **except Thursday night dinner**

Submit Registration Forms to:

**Geno & Kathie Jette
114 Canis Dr E
Orange Park, FL 32073**

Make check or money order (US dollars 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 1st, 2023** 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>

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	x	_____	=	_____
Non-Member Registration	\$40	x	_____	=	_____
Under 12 (Dinner on Thursday extra, See below)	Free	x	_____	=	_____
Sit Down Dinner - Thursday Night	\$30	x	_____	=	_____

***** Fully registered attendees only *****
Dinner choices - Circle One for each attendee:
Pineapple Seared Chicken, Seared Mahi Mahi, Manacotti w/
red sauce or spinach cream sauce (pick one)

Ticket Sales

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

PRE-ORDER ONLY SHIRT SALES

Polo Shirt	S	M	L	XL	\$22	x	_____	=	_____
Polo Shirt	XXL	XXXL		XXXXL	\$25	x	_____	=	_____
T-Shirt	S	M	L	XL	\$18	x	_____	=	_____
T-Shirt	XXL	XXXL		XXXXL	\$20	x	_____	=	_____
Long Sleeve	S	M	L	XL	\$20	x	_____	=	_____
Long Sleeve	XXL	XXXL		XXXXL	\$22	x	_____	=	_____

TOTAL ENCLOSED (US Dollars Only) \$ _____

RALLY SHIRTS NOT AVAILABLE ON-SITE. PRE-ORDER ONLY