



SQUEAKS & SQUEALS

Mid-Maine Lewiston Ch. #1980

August 2013

Volume 14, Issue 7

<http://www.mmlhog.org>

Hot Line: (207)758-0633

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Dennis Webb

Jerry Yergin

Kathi Yergin

From the Director

I just cannot believe we are halfway into August! We have had the best riding season in a long time. There are many rides on our calendar and so many members riding together. Most rides average 15 or more bikes. WOW!!!

We have so many changes on our calendar so please make sure to keep updated with your email blast, newsletters, hotline and the website. I apologize for the hotline. I have heard you and will make sure that during the riding season it is updated weekly.

We have a few breakfasts coming up in September. Volunteers are needed. If you have not had a chance to sign up to help, please feel free to email me at kril62@aol.com. I am in need of volunteers the mornings of September 7th for the Shriners Twitchell Ride In, and of course our yearly Toy Run breakfast on Sunday, September 8th.

Another big change is our Chapter Meetings. September and October meetings will be held the 2nd Saturday of each month. So mark your calendars!!!

Our Progressive Dinner is coming up on Sunday, September 22nd. This is a great time to mingle with your fellow members, eat, ride and eat all day. Breakfast will be at the Maheux's home and Lunch by the Roger's at Fort Knox. Thank you to them all for giving of their time and homes. It's a great time. So please plan on joining us.

Enjoy the rest of your summer and hope to see you at our next Chapter meeting on Saturday, September 14th or on a ride.

Kathi Yergin
Director



Mid-Maine Lewiston HOG, Chapter 1980
Monthly Chapter Meeting – August 3, 2013

9:00-9:20AM Social time; Official meeting opened with Pledge of Allegiance with 33 members and guests present. Ron couldn't make it because he went to play golf in the rain and lightning.

Director – Cindy Rogers for Kathi Yergin:

- Welcome & Introduction of Officer's
- Chapter meeting notes accepted.
- Treasurer reported beginning and ending balances for the month.
- New Bike Deals: None
- Chapter Dinner ride, 8/14 @ 6:15pm, Wednesday – meet @ LA bike ride to Harvest Hills in Oxford.
- Progressive Dinner – changed to September 22nd. Lunch at Fort Knox. \$15 member/\$25 non-member.
- Volunteers needed for cooking on Saturday 17th & 24th in August.
- Volunteer sign up for Breakfast on September 7th and 8th and Blood Drive August 31st.
- Raffle: We are out of tickets to sell. If you have any that you can't sell, please turn them in.
- 2014 ME State Rally will be in Old Orchard Beach.

Assistant director – Cindy Rogers (Unable to attend)

Membership - Lenore Charest:

- New Member: Richard Towle
- Birthdays: Lenore recognized the August birthdays
- Membership Update: Currently we have 98 members

Newsletter Editor - Karen Schneider

- Please have newsletter info by 7/7. Looking for articles, letters, ride reports, maintenance tips, jokes, stories, etc.

New Business:

- Volunteer of the month: Dick Moreau.
- Chapter serving Breakfast September 7th for Shriner's and September 8th Toy Run.
- Brent told about guided rides from Twitchell's Airport on September 7th.
- Greg suggests a ride August 17th to the UBM state rally.

Upcoming Events:

- August 18th – Ride to OOB, The Brunswick for lunch leaving LA at 10 am, Led by Dennis R.
- August 31st - LA Blood Drive
- September 1st – Ride to Schoodic Point
- September 2nd – Mystery Ride leaving L-A at 9:00 led by Ben.
- September 11th – Dinner Ride leaving L-A Harley at 6:15pm.
- **September 14th at 9:00 am** – Chapter Meeting (**NOTE: DATE CHANGED**)
- **October 12th at 9:00 am** – Chapter Meeting (**NOTE: DATE CHANGED**)
- Check L-A Harley-Davidson's website for all their upcoming events in June

Meeting closed, fun meeting activities: door prizes.

Minutes by Donald Gabriel / Secretary

Progressive Dinner Ride



Sunday, September 22nd
Members \$15, Non-member \$25

EAT!

RIDE!

EAT!

Purchase tickets by September 14th.

Friends sharing a day together!!!



Ladies of Harley – *Jessie Poore*

Hello Ladies of Harley,

Well the winter was too long and cold as they sometimes will be, but we survived as us Mainers always do. I have to say, "Welcome", to all of our ladies, those returning and to our new lady members as well.

Unfortunately my riding season was off to a slow start due to serious mechanical issues with my bike. I am also in the process of purchasing a new home so everything is on hold right now.

I am trying to get a spa day organized as several have asked about one. I am also planning on a few rides before the season's end. That's all for now.

Happy Trails,
Jessie

P.S. Please call with suggestions or comments 522-4930.

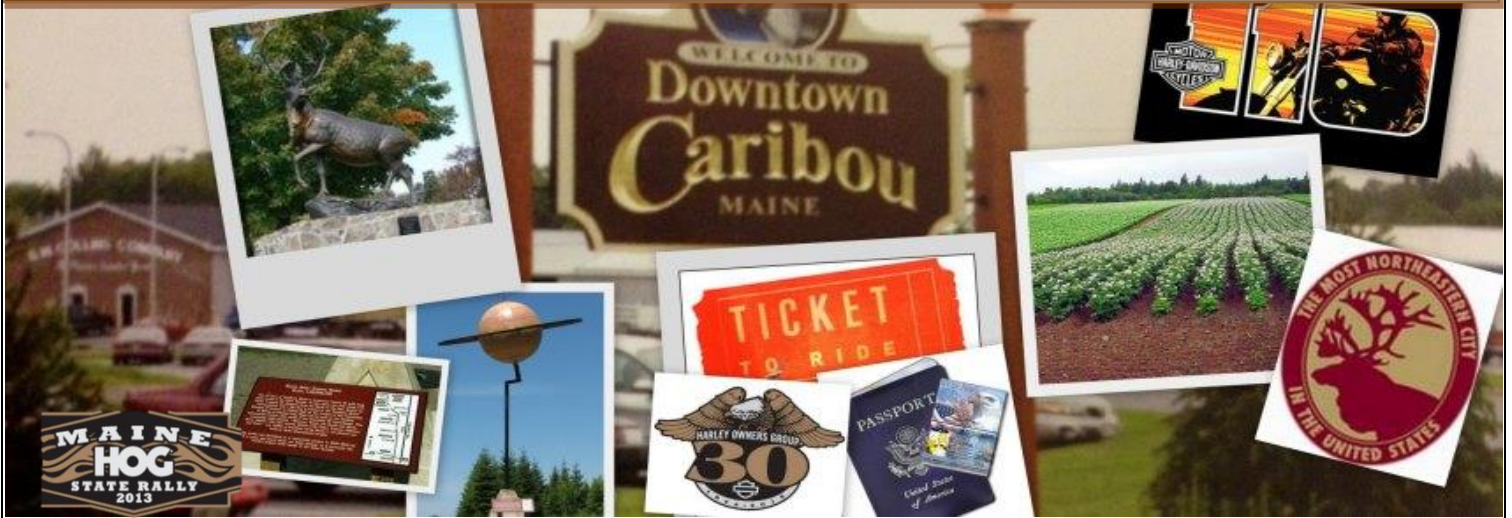


Happy Birthday to the following chapter members*:

* Apologies to those we missed. Please contact Lenore Charest so she can update our database

Marcel	Charest	Jul 2	Donald	Gabriel	Aug 1
Greg	Davis	Jul 3	Duane	Coffin	Aug 2
Debbie	Rowe	Jul 4	Charles	Lafferty	Aug 10
Randall	Ray	Jul 5	Paul	Castonguay	Aug 11
Bonnie	Morton	Jul 15	Tammy	Fitzmorris	Aug 24
Ted	Adams	Jul 19	Dennis	Rogers	Aug 24
Paul	Walsh	Jul 31	Walter	Tarbox	Aug 24
			Lori	Walsh	Aug 29
			Lynn	Busch	Aug 31

MAINE STATE HOG RALLY

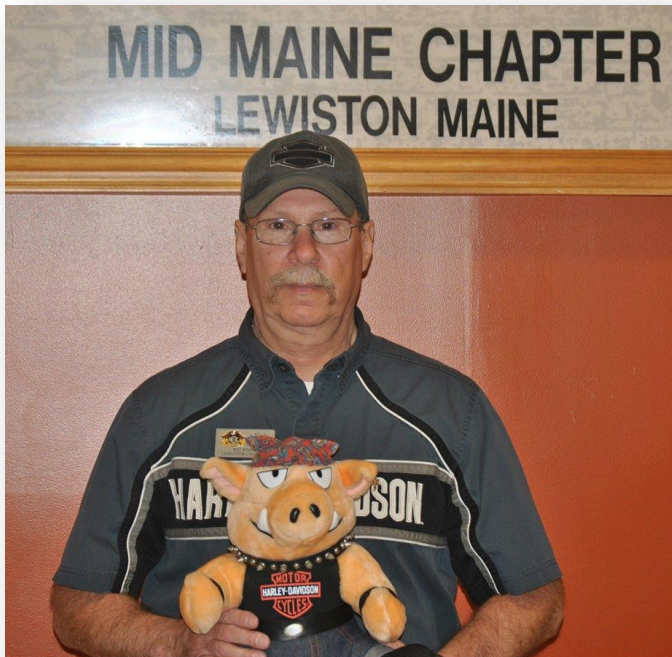


Volunteer of the Month
(July)



Greg Davis

Volunteer of the Month
(August)



Dick Moreau

FOR SALE

Ladies Harley Davidson denim jacket,
size L

\$30 OBO

Ladies Harley Davidson leather vest,
w/ Mid-Maine Lewiston Chapter HOG
emblem on back, size M

\$50 OBO

Ladies, Harley Davidson Basic Skins
leather jacket, size S

\$75 OBO

All are in nearly new condition

Contact Carolyn Jones at 353-8691 if
interested

SAVE THE DATE!

MAINE STATE

HOG RALLY

JUNE 26-28, 2014

OLD ORCHARD BEACH

Coastal excursions to stir your soul By Greg Davis

Our official H.O.G. rides for the past month have had a definite coastal theme. We've seen the ocean so much we should open the next meeting by singing a sea chantey! This is not a complaint -They've been some great locations and experiences for those who have participated, and we are only halfway through the summer! I have been experiencing quite a few areas I had not seen before, and it is better discovering them in the company of your friends.

The list of coastal rides started with the ride to Rockport, Mass, seeing the majestic homes as we passed through that coastal area and dining at the famous Woodman's Restaurant in Essex, Mass. It is the only ride so far where we encountered any serious rain, both coming and going (but not in Massachusetts, actually), but that certainly didn't stop the fun.

The next coastal ride took us to the Marshall Point Lighthouse in Port Clyde, another great location (and a chance to sample seafood in another locale - live to ride - ride to eat (my mantra). You also could also see the sculpture of St. George slaying the dragon, on the lawn of St. George's municipal building enroute to the lighthouse.

Then came the ride to Castine, on a hot muggy day that emphasized the necessity of keeping hydrated. The Maine Maritime Academy training vessels were impressive, and for me there is something that stirs the soul when you gaze upon the sea. For me, a "landlubber," the coastal scenes, sailing vessels and scenic vistas also are definitely worth the trip. They are so outside of my normal daily routines

The July 21 ride, for those who were unable to go to the state rally in Caribou, took a group of 11 bikes to the Five Islands area of Georgetown, where we dined on the wharf end enjoyed more coastal scenery, with a side trip to historic Fort Popham. I noted the 11 bikes, because on many of our summer rides, the numbers have not greatly exceeded that, with some groups as large as 18-19 bikes. With almost 100 members in our H.O.G. chapter, I really am surprised not to see more faces on at least some of these rides. We have more members attend the monthly meetings than go on any individual ride!

We have had both Saturday and Sunday rides to date this season, so more people ought to be available for some of them. If you are not participating, you are missing out on a lot of fun, food, fellowship and beautiful scenery. Maine is a large state with plenty of ride destinations possible. Everyone is certainly welcome to suggest new locations for us to discover on a ride. There's still a lot of riding season left, you know. This is YOUR chapter. Take part in your chapter's activities and rides. You'll be glad you did...

2013 Activity / Ride Schedule and Details

Call the HOG Hotline Hot Line (207)758-0633 to confirm all dates, times and for additional information.

- | | | |
|------------------------------|----------------|--|
| • August 31st | | L-A Harley Blood Drive |
| • September 1st | | Ride to Schoodic Point |
| • September 2nd | 9:00am | Mystery Ride (led by Ben) |
| • September 7 th | 8:30am | Kora Shrine Ride-In (breakfast at L-A) |
| • September 8 th | | Pancake Breakfast (Toy Run) |
| • September 11th | 6:15pm | Dinner Ride meet at L-A Harley |
| • September 14th | 9:00 am | Chapter Meeting (NOTE: DATE CHANGED) |
| • September 22 nd | | Progressive Diner Ride (NOTE: DATE CHANGED) |

\$\$ BIKER BUCKS \$\$

1. Only current chapter members can collect Biker Bucks.
2. All members will receive the same amount of Biker Bucks for the same event.
3. It is the responsibility of the member to sign in at every event. You will have until the end of the event to sign in. Once the event is over the sign in sheet will close.
4. Biker Bucks will be used to purchase auction items at the end of the year. Members can only use their own bucks.
5. Members can start collecting Biker Bucks on May 4th and continue through December 31st.
6. Volunteering at events is a great way to earn Biker Bucks, as well as attending meetings and going on chapter rides.
7. Biker Bucks is a fun game for Mid-Maine Chapter members.
8. Biker Bucks have no monetary value.
9. The Chapter Primary Officers will rule on any questions that may arise.

Points

Chapter meetings	10pts
Chapter rides	10pts
Cooking on Saturday	10pts per hour that you work
Large event (Pancake breakfast)	50pts
Grill raffle sales	10pts per ticket sold
Article submitted to newsletter	20pts

GRILL RAFFLE FUNDRAISER



HOT ROD GRILL

\$5.00 PER TICKET

**ONLY 600 TICKETS WILL BE SOLD
DRAWING SUNDAY, SEPT. 8, 2013**



SEE HENRY MAHEUX FOR TICKETS.



Walter Tarbox led this Sunday ride to Five Islands, Georgetown, with a side trip to Ft. Popham. We dined on the wharf in Georgetown. It was a sunny day and a good ride with good company.

~Submitted by Greg Davis

IS 'N THAT – Dennis Webb

Now that the full brunt of Summer Heat is upon us, it is time to consider a few things to make our Summer HOG Rides more enjoyable and safer.

For those of us that recently made the HOG Chapter Ride to Castine it was pretty evident that Summer Days in Maine can be very hot and require a few extra precautions. The main thing is to Avoid Heat Exhaustion. At the end of the ride to Castine, Walter, Tony & Sandra and Caryn & I pulled into the Irving in Lewiston. Tony remarked that the time and temperature sign next door said 5:15 PM and 104.7 degrees. Granted that sign was in The Sun, so were we all day. 20 oz. of bottled water or electrolyte liquid was easily consumed and more could have been. The pavement we were riding on was probably 20 to 30 degrees higher than the ambient air temperature.

So here are a few things to consider for riding in the Summer Heat.

Heat Exhaustion

<http://www.everydayhealth.com/health-center/heat-exhaustion-info.aspx>

Heat exhaustion occurs when a person can't sweat enough to cool the body. It generally develops when a person is working or exercising in hot weather, sweats a lot, and does not drink enough liquids to replace those lost fluids. Heat exhaustion can be caused by loss of fluid (**dehydration**) or loss of **electrolytes**.

Symptoms of heat exhaustion include fatigue, weakness, headache, dizziness, or nausea, and the skin is pale, cool, and moist. Mild heat exhaustion does not cause a decrease in a person's mental alertness, but it may occasionally cause fainting. Mild cases of heat exhaustion usually can be treated at home.

Moderate to severe heat exhaustion can sometimes lead to **heatstroke**, which requires emergency treatment.

Treatment for Heat Exhaustion

http://www.medicinenet.com/heat_exhaustion/article.htm

Treatment for heat exhaustion includes recognizing the symptoms, stopping the activity, and moving to a cooler environment. Rehydration with water or a sports drink is the cornerstone of treatment for heat exhaustion. If nausea or vomiting prevents the affected individual from drinking enough water, intravenous fluids may be required.

Some Preventatives Measures

- A. Sunscreen
- B. Sunscreen Chapstick
- C. Hydration DooRag
- D. Hydration Bandana
- E. Hydration Vest
- F. Drink plenty of Water and or ports Drinks with electrolytes. Either bring your own cooler with Water and Sports Drinks or make more Frequent Butt Break/Hydration Stops
- G. A good pair of UV Sunglasses

I gleaned this information from Searching the Internet

<http://motorcycles.about.com/u/ua/readerrides/How-To-Avoid-Heat-On-A-Motorcycle-And-Stay-Cool.htm>

Monks M C

Being a U S F S Hot Shot for 7 years and then a Roofer and now working out in the Desert at a gold mine I have had 40 years of dealing with very hot weather. *1 drink at least 24 oz. of water in the morning with breakfast coffee does not count. 2 always carry water and gator aid. very small lunch and no ice tea or beer in hot weather your body will use a quart of water to digest a meal so you will need 2 quarts of water by 2 pm to stay even, dip your helmet and shirt in water, go on line and read about Sun Stroke and Heat Stroke the treatments are VERY different and if you don't catch the symptoms early you WILL CRASH your bike. 70% of all people who have Heat Stroke and our not treated very fast and properly either die or have permanent organ damage. I have seen persons die from Heat Stroke and I am well trained to treat it. so if you're riding and you are thirsty and see spots, headache, and or dizzy you are already in trouble. Stop and drink water, NO food, shade and rest. Monk Doug*
—Guest Doug Erickson

Here are some Examples of Clothing (*I am not advocating any particular Vendor or Manufacturer*)

HYPERKEWL™ Skull Cap -Black

<http://polarbreezebandanas.com/collections/frontpage/products/hyperkewl-skull-cap-black>

HyperKewl Evaporative Cooling Beanie

<http://www.healthandbodystore.com/hyperkewl-evaporative-cooling-beanie.html>

Ergodyne Chill-Its 6700CT Evaporative Cooling Bandana with Cooling Towel - Tie, Solid Blue

http://www.amazon.com/Ergodyne-Chill-Its-6700CT-Evaporative-Cooling/dp/B005H58TKG/ref=pd_sim_hi_5

Chill-Its® Neck Cooling Bandanas

<http://www.healthandbodystore.com/neck-coolers-chill-its-evaporative-cooling-bandanas.html?gclid=CKi5kfHTu7gCFUmi4AodRTMAow>

Chill-Its Evaporative Cooling Vest

<http://www.healthandbodystore.com/evaporative-cooling-vest.html?gclid=CKuChKLRu7gCFY2e4Aod7GIATw>

Evaporative Cooling Vests are great for both men and women to beat the summer heat. The amazing power of evaporation provides hours of cooling comfort for work or play!

Chill-Its® Evaporative Cooling Vest:

- Unisex Fit
- V-neck with zipper closure
- Quilted nylon outer layer
- Activated, polymer-embedded fabric inside
- Water-repellent liner and black cotton-poly elastic trim
- Lightweight, durable, and washable
- 100% nylon

Cooling Vest Activation:

- Just submerge in clean water for 1-2 minutes or until desired weight is achieved. Blot dry and cooling vest will remain hydrated for several hours. Re-activate by submerging in water as needed.

Evaporative Cooling Vest, Black

<http://www.whitehorsegear.com/evaporative-cooling-vest-black>

Harley-Davidson Releases Adjustable Hydration Vest for Cooling - (P/N 97371-13VM, \$55)

<http://ultimatemotorcycling.com/harley-davidson-releases-adjustable-hydration-vest-for-cooling/>

My one issue with the HD Vest is this - The crystals last approximately one year or **50 uses**. So far I have not found any information that you can replace the crystals after 50 uses.

Cheers
DR

Dealer sponsored upcoming events:



American
Red Cross

BLOOD DRIVE

SATURDAY, AUGUST 31, 2013

AT L-A HARLEY-DAVIDSON 8:30AM - 2:30PM

APPOINTMENTS ARE ENCOURAGED!

Please call the American Red Cross at 1-800-RED CROSS to make an appointment

All presenting donors will receive a Red Sox T-shirt!

Prizes not redeemable for cash and non-transferable



DREAM RIDE

August 23rd & 24th

BLOOD DRIVE

Saturday, August 31th from 8:30am to 2:30pm

KORA RIDE

Saturday, September 7th at 8:30am

TOY RUN

Sunday, September 8th

AUTISM RIDE & RIDING CARD GIVEAWAY

Saturday, September 14th

Thank you to John Story, Managing Partner of L-A Harley-Davidson, for helping make our H.O.G. Chapter possible.

L-A Harley-Davidson

call us: **207.786.2822**
839 MAIN STREET, LEWISTON, ME 04240



The largest inventory of Harley-Davidson Motorcycles in Maine! 