



July, 2020

Monthly meetings: 2<sup>nd</sup> Sunday of each month

When: April thru September 8:00 am; October thru March 9:00 am

Location: TBD



Due to the COVID-19 virus our next meeting is scheduled for Sunday July 12th at 8 AM Arizona time. This will be an on-line meeting via Zoom. Watch for an e-mail invitation with meeting link, I.D. # and password.

#### June meeting notes:

We held our June Zoom meeting. We had the usual crowd, Thanks! for joining. We do know that it is not the same as "in person" however it is the best solution we have considering the circumstances. We heard Dave Piper was passing a kidney stone and by all accounts he is still riding and not slowing down. Rose Kimball had her shoulder replaced and is doing well. We have not heard of anyone else being ill or under the weather. So no news is good news. We are still in the black and membership numbers have not changed.

On the news front...

We had a motion and second and voted on taking the special offer from Zoom to pay for an annual subscription. We anticipate Zoom meetings for a while as there is social distancing, mask wearing and limits on party size. All of those contribute to us having to "think outside the box". How we will conduct meetings in the future? We found that Golden Corral is "temporarily closed". We have also heard that corporate Golden Corrals will not re-open. Ours was a corporate restaurant. We had a few suggestions of other restaurants, halls, recreation centers however all would probably be much more costly than we were paying (zero). We are open to suggestions. We may have meetings and rides as the new way to communicate. We can ride to a park or location and social distance. Everyone knows I have a loud voice! Ha. Ha.

Our 4 corners rally was canceled however I have heard several members are still going to Pinetop to enjoy the cool weather. It has been blazing in Tucson. We did hear that several members are getting together for rides and seeing each other. No issues with restaurants, the group are still under 10 people. Remember to send John Hlady any rides your attend or organize. We all are starved for "what's up". Even if you are in Ohio or New York or Connecticut you can still send us your reports. Ride safe and stay cool!

Jeff & Cecilia Murch





## SAFETY CONCERNS

Roger Deevers, Safety Officer

## CONSTANT VIGILANCE



### DEHYDRATION

Now that summer is upon us It's a good time to bring up the subject of dehydration. Dehydration can be an issue at other times of the year too but summer is the season where it is of greatest concern, especially in the Southwest where the humidity is very low and the sun can be brutal. We lose a lot of moisture simply by breathing.

Dehydration can be mild and sometimes may not expose any symptoms. As it progresses, symptoms and signs will become evident:

- |                                                              |                             |
|--------------------------------------------------------------|-----------------------------|
| Feeling thirsty                                              | Headache                    |
| Dry mouth and nose                                           | Cracked lips                |
| Fatigue, muscle weakness or pain                             | Wrinkled skin               |
| Dizziness or light headedness                                | Weakness or unusual fatigue |
| Increased heart rate and breathing                           | Confusion                   |
| Urinating less or having dark urine (may have a strong odor) |                             |

Dealing with thirst, of course, is simple: Drink water. But too much water can deplete your system of needed electrolytes. Be aware.

The typical remedy for a headache is; take aspirin. But if you read the label it will advise you to take it with water. Water alone would remedy the headache.

Dry mouth and nose is a chronic situation in the southwest so having water always with you is a must.

Many people use lip balm or Chap Stick If they have cracked lips when drinking water might take care of that problem.

Being tired and having muscle weakness or pain may be a little more difficult to relate to dehydration.

As we get older we all have wrinkled skin. But if you didn't have it yesterday and do today, be concerned. Also if you pull up on the skin on your arm and it doesn't readily retract, you're dehydrated.

Dizziness and/or light headedness might easily be blamed on something else. It would be easy to not relate that condition to dehydration.

Weakness and fatigue could also be blamed on something other than dehydration.

Dark urine and less urination are one of the most obvious signs that you need to get hydrated.

Increased heart rate and breathing can also be blamed on something else.

Everyone has an occasional time of confusion. But if it's out of the ordinary re-hydrating is advisable.

Not all liquids are good to re-hydrate with. Caffeine is a diuretic and depletes your system of liquid. Any beverage with caffeine can contribute to dehydration. Avoid coffee, colas with caffeine and alcohol.

Be sure to always have water with you. Getting caught without water if you have a mechanical issue and and have to wait a long period of time for help could be dangerous and at a minimum very uncomfortable. Stay hydrated and ride safe.

Roger



# Four Corners Rally Cancellation

With heavy hearts, unfortunately the Four Corners Rally in Pinetop Arizona is suspended until 2021. It is regrettable but, it's in everyone's best interests and staying healthy during this Corona virus pandemic. We will sure miss seeing you again. We plan on having the rally again next year in the same place. All registration monies will be returned forthwith. Judy will call the hotel and cancel everyone's reservations . Stay well until then!

Judy & Lee Aitken,  
Four Corners Director

## Retread's Marketplace



Retreads tee shirts for sale.

Without pocket is \$15.00

With pocket is \$17.00

Extra \$2. for 2X for either

These prices are for long sleeve or short sleeve. See

Cecilia or Jeff



## July Birthdays

Kerri Yauney	7/2	Jaci Applegate	7/22
Gail Becker	7/11	Edna Piper	7/22
Bear Moncrief	7/14	Donna Curreri	7/26
Mark Piemonte	7/15	Earl Rose	7/27
Linda Johnstone	7/15	Roy Woolard	7/27
Dave Piper	7/16	Maury Cornia	7/28
Vern Feltz	7/17	Evan Downs	7/28
Bab Corio	7/18	Ken Johnson	7/29
Ron Harsh	7/21	Ken Ewalt	7/31

## Obituary

### William "Bill" King Taylor Jr.

November 22nd, 1924 - May 30th, 2020

Devoted and beloved husband, loving father, stepfather, grandfather, great grandfather, was called to heaven of natural causes on May 30th @ 9:47PM at the VA Hospital in Tucson, AZ where he served for 6 years as an unofficial volunteer in the ICU. He was surrounded by his many friends on staff and family.

William was a member of the AMA, Goldwing Road Riders Assoc. and the Tucson Retreads. During his membership with these clubs Bill traveled across the US participating in rallies often taking the award for oldest member still riding, latest being age 95.

## Tucson Arizona Retread's Staff

The Retreads is a club for motorcycle enthusiasts 40 years old plus. We don't care what you ride  
Membership is \$20 per single and \$25 per couple.

If you are a member of the AMA please send me your Member ID and expiration Date. This helps us lower our insurance when we put on rallies and sanctioned events. If you can forward this information it would be greatly appreciated. Jeff & Cecilia Murch

Members may submit information about rides, items for sale, motorcycle articles, etc. to the newsletter editor TucsonRtrdnews@gmail.com no later than the 1<sup>st</sup> of each month. The Tucson Area Rep. and the newsletter editor reserve the right to edit all materials submitted for newsletter publication.

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### ASSISTANT AREA REPRESENTATIVE

Rebecca Hartman

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### WEB MASTER

OPEN

### SOUTHERN AZ RETREADS WEBSITE

[Sazretreadsmc.tripod.com](http://Sazretreadsmc.tripod.com)

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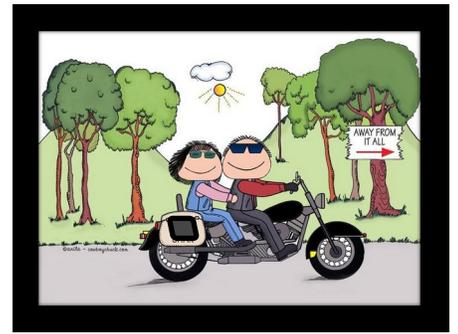
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