



Missouri District Newsletter

November / December 2011
GWRRA – Region E – America’s Heartland
Friends for Fun, Safety, and Knowledge
Visit our website at www.mogwrra.org



Volume 3, Number 11&12

From The Director’s Chair...

Reflections

You know it’s nice when you take time to reflect. You get a chance to see the highlights and sometimes the low lights. As we travel down the highway with our friends all around us, it’s hard to see the low lights. Our journey started approximately three years ago when we first starting thinking about who would be a great team for the Missouri District. There was a great team in place, but some were ready to step down so new folks could bring in new ideas. It didn’t take long to talk with the right people and start to see a great Team coming together. We had a great mix of experience and new folks that were ready for the task at hand. We were thrown a couple of, what at the time looked like, insurmountable tasks, but everyone in the District pulled together to make it work. One was OCP, it came in like a storm, but after the initial pill, we learned a lot about GWRRA the organization and why this was so important to have everyone on the same page with knowledge. The District Convention (Rally) site change was a blessing. We are back to what the members want.

The District Team started stating goals to the Chapters at the Operations meeting. The purpose of this exercise was to make what the District Team was doing transparent. To provide the information so we could also get everyone engaged with what we were going to accomplish. As you all know we had a lot of goals. I am proud to say each and every one of them was not only met, but surpassed our expectations.

If you remember early on, we talked about expectations. Our expectations were to provide the members ways to have an environment that met the motto of GWRRA “Friends for Fun, Safety and Knowledge” with a real emphasis on “FUN” and we all know Glenn White had already coined his famous “Participate, Participate, Participate!” Mix the two together with the energy the District Team has, and well, I think you get it. For the last two years we have had a blast, and it is the involvement of the Team and the Missouri members and other Districts all over the Region.

Diane, Lucy and I thank each and every one of you for being there to share this opportunity to be your District Director for our great members and a fantastic District Team. We all know what it takes to have FUN, we know how to Participate, so let’s keep the good times going.

Take out time to reflect on what you can do for yourself and your members. Each of us can “Make a Difference.” Let’s welcome our new District Directors, Bruce and Sherry Watkins. They will have expectations and goals of their own, so will you.

Wishing you and your families a Happy Thanksgiving, a very Merry Christmas, and a Happy New Year. Be safe this holiday season and we’ll see you down the road.

“Building Relationships”
Bob and Diane Phelps
District Directors

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We Have A Great Path To Follow...

As Sherry and I prepare to fill Bob and Diane's shoes as Missouri District Directors, we know one thing is certain... Bob and Diane have headed this District down the right path! This was very obvious to all of us at the recent District Operations meeting in Jefferson City. It is clear that the Chapter Directors also have the best interest of their Chapters and participants in their hearts. The enthusiasm of all those in attendance was apparent throughout the meeting as we prepared and planned for 2012.

We wish we had the time to attend all of the great activities planned by Chapters. It looks like there are going to be some FUN gatherings hosted by all the Chapters and their members. All of us need to try to attend as many of these Chapter events as possible. Support from one Chapter to another is the making of a very strong District. A perfect example is the recent Switch Back to Arkansas hosted by Chapter P. What a turnout of Chapters from all across Missouri. The HUB is a fitting name for the gathering place of Goldwingers who know how to share FUN.

Each Chapter listed a couple of examples of the FUN they have planned, and we would venture to say you will have a great time if you attend any of these events. Most of you know from experience that Missouri Chapters can pack a great time into their activity, so let's try to support your fellow Chapter's efforts. Nothing makes a Chapter feel better than to see other Goldwingers wanting to enjoy the fun that they have planned.

As some of you saw at the Operational Meeting, the District Team will stay in place with very few changes for the coming year. That shows two things.... That Bob and Diane have done a great job with the present staff and that as new Directors, we plan to continue forward into the future. With that being said, many of you have given us your thoughts of what you would like to see accomplished at both the Chapter and District level, and this input is welcome and needed. As you know, it is your Chapter and your District so ANY constructive idea that will benefit our members is welcome. If it's a doable idea, you may even be asked to help plan and implement it.

Sherry and I are finishing up serving as Chapter Directors. Being a Chapter Officer can be a very rewarding position, yet can become frustrating at times. Chapter Directors, if you have a problem or concern, please feel free to contact us. If we don't have a solution or answer, we probably know someone who does, and will try to get you help any way we can.

As we come to a close on 2011, we'd like to thank each and every one of you for making Missouri District what it is today. We are looking forward to the future and what's ahead for this great District. We'd also like to wish you and your family a very blessed Thanksgiving, and a very Merry Christmas. AND....A Happy New Year....2012 here we come!

"It's the Journey, not the Destination!"

Bruce & Sherry Watkins

MO Assistant District Directors

2011-2012 Region E Couple of the Year

IN MY SADDLEBAGS

BEAUTIFUL, YET DANGEROUS RIDING DAYS

Today's mid-November weather was so nice in the morning, that I almost jumped on the bike and went out to enjoy the weird weather pattern, with no thought as to what dangers I might be facing. The previous evening while I was out, I drove down a subdivision street, and observed leaves piled quite high in almost all the street curbs, and wondered why the subdivision residents were doing this. I was informed that this was standard practice for this community, and the leaves would be cleaned out by the city street cleaners in the coming days. The unfortunate effect of this practice is that many of the leaves from all the residents' yards were subsequently blowing out into the street, and making the road quite dangerous, especially for a motorcycle.

With all the beauty of these leaves in the changing of colors, also comes very dangerous traction issues. I know many of you are already aware and watch for the grass clippings thrown into the streets by residents when mowing their yards during the summer time, but now we must also watch for some residents who lawfully use the city streets for their yard waste. Much of this debris contains a lot of moisture and the combination could be disastrous.

While some of these days are the exact reason why many of us do not put our bikes into storage over the winter, we must remain vigilant in aggressively scanning for the potential hazards that accompany these weird weather days!

Always looking forward to learning new stuff! Take care and God bless you all.

***Marty Hall*, MO Rider Educator**





GOLDWING ROAD RIDERS ASSOCIATION MISSOURI DISTRICT MEDIC FIRST AID

Jerry Blatt
Missouri Medic First Aid Coordinator/Trainer



Winter's Coming...

Winter is on the way and that means snow will soon be seen, usually leaving piles of the stuff to clear from your sidewalks and driveway. But, before you grab your shovel after a major snowfall and head out to start clearing it away you should consider the following:

15 minutes of snow shoveling is considered to be moderate physical activity. On a daily basis we all should aim for at least 30 minutes of moderate physical activity of some kind on most days. On average you will burn about 250 calories while shoveling over a 30 minute period.

Here is the bad news; researchers have reported an increase in the number of fatal heart attacks among snow shovelers after heavy snowfalls. This rise may be due to the sudden demand that shoveling places on an individual's heart. Snow shoveling may cause a quick increase in heart rate and blood pressure. Studies have shown that after only two minutes of shoveling, the heart rates of sedentary men rose to levels higher than those normally recommended during aerobic exercise.

The weather can make shoveling more difficult. Cold air makes working and breathing hard, which adds some extra strain on the body. Shovelers also are at risk for hypothermia, a decrease in body temperature, if they are not dressed correctly for the weather conditions.

Those most at risk for a heart attack include:

Anyone who already has had a heart attack or has a history of heart disease

Those with high blood pressure or high cholesterol levels

Smokers

Individuals leading a sedentary lifestyle

Be heart healthy and back friendly while shoveling this winter with these tips:

If you are not physically active and/or have a history of heart trouble, talk to your doctor before you take on the task of shoveling snow.

Avoid caffeine or nicotine before beginning as these are stimulants, and may increase your heart rate and cause your blood vessels to constrict placing extra stress on the heart.

Drink plenty of water. Dehydration is just as big an issue in cold winter months as it is in the summer.

Dress in several layers so you can remove a layer as needed. Synthetic fibers help wick away perspiration better than natural fibers.

Warm your muscles before shoveling by walking for a few minutes or marching in place and stretch the muscles in your arms and legs.



Missouri District Calendar of Events 2012

<http://www.mogwrra.org>

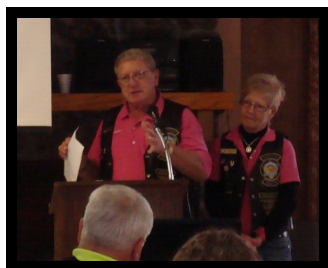
To submit or update Chapter Events,
Contact Bruce Watkins
email: modirector@live.com

Coming Soon....

**Thank you Missouri
for a great 2010!**

Missouri Ops Meeting

**Looking forward
to 2012!**



District Supporters



A Mission With Destination

On October 21, 2011 seven Chapters from the Indiana District and five District Team members, consisting of Chapter L-Richmond, Chapter G-Ft. Wayne, Chapter A2-Lebanon, Chapter W-Columbus, Chapter U-Angola, Chapter E-Anderson, and Chapter K-Lafayette.

The mission was to bring the tornado victims of Joplin, MO 150 cases of canned goods and \$400, and this was all to be done on motorcycle with trailers.

They came on 15 bikes with 21 people. Three of the gentlemen had to do an extra three hours of riding to get to the starting point which was at Lee and Kay Tieche's (Indiana District Directors) home in Elizabethtown, IN. They spent the night and the next morning Kay had enough donuts and coffee for all that arrived for the trip. After coffee and donuts the trailers were loaded and ready to go. But wait, the temperature was a mere 32 degrees. When did a little cold weather ever stop motorcycle riders? The trip was a 1,200 mile round trip ride. They would try to average 400 miles per day. Besides the fact that this group had collected food and money, they spent \$300-\$350 out of the own pockets for lodging, food, and gas. A few chose to purchase a trailer so they could be a part of this mission.

The idea originated from the Indiana District Team's "Fall Fest." They normally have a State ride for one day where the members ride to a destination and bring 2 cans of vegetables. One can goes into a 32 gallon cast iron soup pot and the other would go to a local food pantry. The District Team provides peanut butter & jelly sandwiches, cookies and drinks along with the completed soup. Per Lee and Kay, when the tornado ripped through Joplin they decided that was what we needed to do with the food that had been collected. The members of Indiana jumped on board, and as this is being written, they are still collecting items to bring to Joplin. Kay says this time it will be in a vehicle with 4 wheels that has a heater!

Arrival time was around 12:30 on Sunday at the Forest Park Baptist Church, where the trailers were unloaded. After potty breaks, Chapter T took the visitors on a tour of the path of the tornado. Joplin has done an amazing job of cleaning up so they didn't really see the impact of the storm. Everyone was hungry, so we went to Golden Corral for a well deserved meal.

With a full tummy, the Chapters from Indiana headed back home. I am sure with a pride of HELPING OTHERS IN A TIME OF NEED.

Chapter T wants to thank Indiana for not only the food and money, but for the **thoughtfulness and kindness that they have shown Joplin**. We want to give Lee and Kay special thanks for getting this mission together. It takes a lot of organizing for an event like this. I talked to some of the group and they said everything went very well on the trip and that Lee and Kay did an excellent job. Getting 15 bikes together and keeping them in line is really hard. THANK YOU Lee and Kay, Mission ACCOMPLISHED!

Thanks again
Stan Little
MO Chapter T Director

**Indiana...
To Joplin, MO**



**Thank You
Indiana District**