



Missouri District Newsletter

October 2011

GWRRA – Region E – America's Heartland

Friends for Fun, Safety, and Knowledge
Visit our website at www.mogwrra.org



Volume 3, Number 10

From The Director's Chair...

You Can't Push A Rope

Well Clayton and Lynda Alcorn and the Region Team (some real characters) pulled off another great Region Rally. We want to thank everyone that assisted in the Hospitality Room. Help us to congratulate the 2011 Missouri District Couple of the Year, Bruce and Sherry Watkins. They are now our "Region E Couple of the Year."

You have heard me quote Will Rogers "If you're leading the herd, it's a good idea to look back and make sure it's still there." The District Team doesn't have to look back much. We're standing side by side with each of you. This year has been a blast. Each event was "FUN" and we had what was needed – "Participation." In the past few years Missouri has not seen a slide in membership. This is outstanding and a real statement for the Chapter Teams.

As leaders of the organization, it's our responsibility to provide the necessary venue for the members to have fun in a safe and friendly environment. As we've been at various events, we've seen that the Chapter Teams are ensuring the members have the necessary support to maintain a high level of "FUN." We are proud of our Chapter Teams. You are awesome.

I'm sure you've all heard, "You can't push a rope." "You can lead a horse to water, but you can't make him drink." These are all true adages. When you lead a successful group it's because you're watching, listening and responding to feedback (not reacting). Leading your team with conviction, providing positive reinforcement, but most all, leading by example is what I see in each of you. So take a moment and just tell your team how proud you are of them. They deserve it.

November 5th is the Missouri District Operations meeting at a different location:

Rickman Center
3519 Bennett Lane
Jefferson City, Mo
Time: 9:00 am – 2:00 PM (earlier if possible)

As most of you know due to my work schedule, this will be our last year as the District Directors. Diane and I have been very privileged to have the opportunity to work side by side with a wonderful District Team and Chapters throughout the District. The state of the District will be reported and the goals for 2012 reviewed at the Ops meeting. As always we need to ensure each Chapter is represented. Last year we had 100% participation and if at all possible we would appreciate it if we could have that again this year.

So see you in Jefferson City where we will have another good time,

"Building Relationships"

Bob and Diane Phelps
District Directors

District Team

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2011-2012 Region E

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Missouri District Has Many Of These...

Wow, what great support we had from Missouri District at the Region Couple of the Year selection. Looking out into the crowd and seeing all those "bright green" shirts sure gave Sherry and me a boost during our presentation. As we are sure you have heard by now, we were selected as the Region E Couple of the year for 2011-2012 but we couldn't have done it without you!

The members of GWRRA in Missouri are the real reason we were on the stage. Had it not been for our desire to help the members of this volunteer organization, on a Chapter level, we would not have been considered for this great honor.

So why did I title this article; "Missouri has many of these...."? Because there are many couples within the Missouri District who deserve the honor of being named the Couple of the Year and should be included in the selection process. Every Chapter has that couple who steps to the plate and has given the extra time and energy to help make their Chapter successful. These couples are helping your chapter have fun....

We can guarantee that if your Chapter gets behind the selected Couple of the Year and supports them as they participate at the different events, your Chapter will benefit! More Chapter participants will attend the rallies with your Couple of the Year. This in turn will bring about a closer Chapter that others will see as the "Fun Chapter." When you are seen as a "Fun Chapter" more people will want to participate to join in on the fun.

Sherry and I will give a presentation on the Couple of the Year program at the District OPS meeting in Jefferson City. With some of the ideas we will share on the Couple of the Year program, hopefully Missouri District will have every Chapter represented at Spring Fling.

The Missouri Operational Meeting will be held November 5th at the Rickman Center in Jefferson City, MO beginning at 9 am. We look forward to preparing for 2012 and working with all the Chapters in the coming year.

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

Bruce & Sherry Watkins

MO Assistant District Directors

2011-2012 Region E Couple of the Year

Fall Ops Meeting—November 5, 2011 **Directions to Rickman Center, Jefferson City**

Directions to Rickman Center

Follow Highway 54 to the Rt. B/ Wardsville exit. Go east on Rt. B to Christy Drive. Turn right. Then turn left onto Bennett Lane. Go to the top of the hill. The temporary CCMA Regional Office is on the right. Rickman Center parking is on the left and the Center main building is at the end of the road.

From the east on I-70: Exit at Kingdom City/Fulton/Hwy 54 West. As you cross the Missouri River bridge, follow the signs that say "54 West-Eldon". Go through Jefferson City (about 4 miles) and follow the directions above.

From the west on I-70: Take Hwy 63 south at Columbia. As you cross the Missouri River bridge, follow the signs that say "54 West-Eldon". Go through Jefferson City (about 4 miles) and follow the blue box directions.

From the east on Highway 50: Turn LEFT onto Madison Street, the third traffic light as you come into town. Go through Jefferson City (about 4 miles) and follow the blue box directions.

From the west on Highway 50: Exit at Hwy 179. Go south (RIGHT) through Jefferson City (about 3.5 miles). After you cross over Hwy 54, turn right onto Christy Drive, then left onto Bennett Lane.

IN MY SADDLEBAGS

CHECKING ALL THE BLIND SPOTS

Those of us that have been riding for any length of time and have taken any kind of quality training, know about the dangers and the value of checking the blind spots on our vehicles, and also to not ride in the blind spots of other vehicles. But what about the blind spots "imposed" on you as you drive your daily commute by other large vehicles!

We have all been in similar situations of trying to make a left turn onto a roadway, highway entrance, shopping area, or the always required DQ break while oncoming traffic seems to constantly block our minor infraction of crossing their path. We wait patiently at first, hoping that someone will see our plight and offer to stop and hold traffic while we cautiously make our turn, but sometimes, their time seems to be more important than our need for that bathroom break! How often have you gotten to the point of looking to see that glimmer of "gap" between two vehicles, as your "quick" jump through the onslaught of traffic flow? Also, how often have you wondered if there is a novice or "untrained" motorcyclist hiding in that gap, because they don't know about always being sure they are seen by other traffic?

Most every day, when I leave my morning shift from the bus garage, I encounter a steady stream of buses coming back from similar morning routes, one right after another, all making a turn in front of me into the lot, and all very much "blocking" my view of what is behind each one of them! It would be easy to believe that no one is stupid enough to follow a bus that closely and especially between multiples buses, but this is a two way road coming into the bus lot along a residential street, and I always remember my training of what not to do, but is everyone on the same page every morning of everyday? Just the other morning, I was startled to witness a bicyclist that had gotten behind one of the buses to the driver side (since the bus was going to make a right turn into the lot), and as the bus turned at my location, the bicyclist suddenly "appeared" like magic in front me, right at the spot I would have been had I "assumed" no one would be dumb enough to make themselves invisible to traffic leaving the lot (as I was).

In an accident, it does not matter who was "technically" in the wrong, except for insurance, and prosecution! Always remember who will more than likely end up in the hospital or worse, and who will have to always remember what they accidentally did when they forgot to CHECK ALL THOSE BLIND SPOTS!

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



What is A Stroke?

A Stroke is a disease that affects the arteries leading to and within the brain. It is the No. 3 cause of death in the United States, behind diseases of the heart and cancer. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it starts to die. The brain is an extremely complex organ that controls various body functions. If a stroke occurs and blood flow can't reach the region that controls a particular body function, that part of the body won't work as it should.

There are three types of strokes

An ischemic stroke is a stroke caused by a clot obstructing the flow of blood to the brain

A hemorrhagic stroke is caused by a blood vessel rupturing and preventing blood flow to the brain

A TIA (transient ischemic attack), or "mini stroke", is caused by a temporary clot.

Signs and Symptoms of a Stroke

Sudden numbness or weakness of the face, arm or leg, especially on one side of the body

Sudden confusion, trouble speaking or understanding

Sudden trouble seeing in one or both eyes

Sudden trouble walking, dizziness, loss of balance or coordination

Sudden, severe headache with no known cause

Risk factors you cannot change:

Age

Heredity (family history)

Race

Sex (gender)

Prior stroke, TIA or heart attack

Risk factors you can change, control, or treat:

High blood pressure

Cigarette smoking

Diabetes mellitus

Carotid or other artery disease

Peripheral artery disease

Atrial fibrillation

Other heart disease

Sickle cell disease (also called sickle cell anemia)

High blood cholesterol

Poor diet

Physical inactivity and obesity

What should you do if you suspect someone has or is suffering from a stroke?

Immediately call 9-1-1 or the emergency medical services (EMS) number so an ambulance (ideally with advanced life support) can be sent for you.

Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within 3 hours of the start of symptoms, a clot-busting drug called tissue plasminogen activator (tPA) may reduce long-term disability for the most common type of stroke.

Information for this article was taken from <http://www.strokeassociation.org/STROKEORG/>



Missouri District Calendar of Events 2011

<http://www.mogwrra.org>

To submit/update Chapter Events,
email: modirect_2011@sbcglobal.net

- October 7-9** **CHAPTER P SWITCH BACK TO ARKANSAS**—The Hub, Marble Falls, AR—Contact Jari Dawson 573-259-0370
- October 8-16** **CHAPTER R BLUE RIDGE PARKWAY**
- November 5** **MISSOURI Operations Meeting**—Rickman Center, Jefferson City 9 am—Contact Bruce Watkins 573-450-8050



Region E Rally
Moline, IL
Sept. 2-4, 2011



District Supporters

