

Region E



GOLD WING ROAD RIDERS ASSOCIATION

January 2010

MISSOURI CHAPTER "P"



A Word from our CD's

Chapter Directors
Ken & Janet Wahle
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Treasure
Shirley & Dean Williams

2009 Couple of the Year
Dean & Shirley Williams

DEAR FRIENDS,

WOW, HOW TIME FLIES! HERE WE ARE REFLECTING ON THE CHRISTMAS HOLIDAYS AS IF THEY WERE LONG LONG AGO. WE DO WANT TO MENTION AGAIN HOW WE ENJOYED HAVING THE CHAPTER AT OUR HOME FOR OUR CHRISTMAS PARTY. IT SEEMS THOSE FEW HOURS WENT SO QUICKLY.

WITH THE WEATHER WE ARE HAVING, IT IS DIFFICULT TO CONCENTRATE ON PROSPECTIVE RIDES AND ACTIVITIES WE CAN EMBARK UPON IN THE SPRING, HOWEVER, WE HAVE ALL LIVED LONG ENOUGH TO KNOW HOW FAST TIME PASSES AND HOW SOON WARMER WEATHER WILL BE HERE.

WE WOULD ALSO ASK YOU TO THINK AHEAD TO THE POSSIBILITY OF DOING SOME SERVICE PROJECTS IN 2010. WE ARE CONTEMPLATING TAKING OUR BIKES TO THE VETERANS HOME IN ST. JAMES AND POSSIBLY HAVING A COOKOUT WITH THOSE OF THEM WHO ARE ABLE. THAT IS ONLY ONE POSSIBILITY.

IT HAS ALSO BEEN SUGGESTED WE MIGHT DO A DINNER RIDE EACH MONTH. WE ALL HAVE FAVORITE PLACES TO EAT. WE KNOW EVERYONE CANNOT ATTEND EVERYTHING, BUT IT WOULD BE FUN FOR THOSE WHO COULD.

KEEP YOUR FINGERS CROSSED THE WEATHER HOLDS FOR OUR FISH FRY ON JANUARY 30TH. WE WILL LOOK FORWARD TO FUN AND FELLOWSHIP AS WE "FEED THE TROOPS." WE WILL APPRECIATE EVERYONE'S HELP.

WE WOULD ASK THE CHAPTER MEMBERS TO KEEP BRAD HUDSON IN THEIR PRAYERS AS HE HAS BEEN HAVING SOME HEALTH ISSUES.

OUR NEXT MEETING WILL BE A PIZZA-PASTA IN UNION AT 6:00 P.M. ON THURSDAY, JANUARY 21ST. BRAVE THE COLD AND JOIN US.

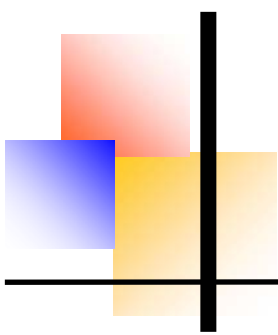
WE PRAY FOR A HEALTHY AND HAPPY 2010 FOR ALL.

KINDEST REGARDS,

KEN AND JANET

Join Chapter P

For those of you who know GWRRA, you know it's a place to have fun! For those of you who aren't familiar, there are chapters of GWRRA members throughout Missouri so that any motorcycle enthusiast has a place to come and ride, laugh and grow with friends.



Rider Education

Drowsy Driving

By Jim Roberson

Did you know that driving with sleep deprivation is almost as bad as driving while intoxicated? It's a fact! Although most traffic incident reports do not have a category for the cause of an accident as being drowsy, it is known to be a factor in 1 – 3 % of all police reported crashes and 4% of fatalities.

The body requires three things; food, water and sleep. You can starve yourself to death and can voluntarily dehydrate yourself, but you cannot overcome the need for sleep. The need for sleep is so powerful that the brain will eventually make you sleep. This is the problem. It creeps up on you; most people do not realize that they are falling asleep while driving. They drift in traffic, yawn constantly, squirm about and make up excuses for why these things are happening. In fact they do become more alert after the accident if it is not fatal. That is not a good risk for you.

The body clock signals you to be sleepy twice a day; first at bedtime and then 12 hours later at "siesta time". The amount of daylight and darkness controls the setting of the internal body clock also known as the circadian rhythm. Here in the Northwest we have a problem with the daylight/darkness cycle. We have too much daylight in the summer and too little in the winter. But that is for another time to discuss SAD or Seasonal Affective Disorder.

What can you do? Start by recognizing the signs of drowsiness. Realize that drowsy driving can be just as dangerous as driving intoxicated. If you are sleep deprived one beer can have the same effect as a six-pack on a well rested person. Allow yourself to get enough rest daily. Don't think that you can "make up" for lost sleep. It doesn't work that way. You cannot build up an "account" of sleep hours and draw on it when necessary.

Keeping to a regular schedule even on weekends and holidays is one suggestion, others are

- ___ avoid naps during the daytime,
- ___ limit intake of caffeine during the evening,
- ___ exercise regularly,

Christmas at Wahle's



We always enjoy the festive table and fantastic food



Christmas is - a time to visit with friends

GWRRA offers much to enjoy

- January 22-23, 2010 **Illinois Winter Warm UP** “Winter Wonderland” Decatur Conference Center, Decatur IL
- January 30, 2010 **Chapter P Fish Fry** Sullivan IOOF Hall, 77 Hughes Ford Rd. Eat 1pm. Contact Ken & Janet Wahle 636-390-2158 kwahle71@gmail.com
- February 13, 2010 **Iowa Sweetheart Weekend** Comfort Suites 1780 Stonegate Center Drive, Burlington IA 319-753-1300
- March 13, 2010 **Missouri District Spring Fling** “Pirates of the Ozarks” Inn at Grand Glaize, Lake of the Ozarks, MO Contact: Bob & Diane Phelps modirect_2010@sbcglobal.net
- April 3, 2010 **Chapter K ERC Course** Contact Ryan & Mary Trinkler 816-318-9829
- April 10, 2010 **Chapter Z Crazy Bowl** Imperial, MO Contact KZ Zigaitis 314-306-0696
- April 24, 2010 **Chapter B2 Magic Dragon Ride** Versailles, MO Contact Glenn & Carol White 573-378-7100
- April 29-May 1, 2010 **Missouri District Rally** “Wing the Ozarks” Area 57 @ Dick Clark Theatre/Ramada Inn Complex, Branson, MO Reservations call 800-641-4106 Contact Bob & Diane Phelps at modirect_2010@sbcglobal.net
- May 27-29, 2010 **Arkansas District Rally**

LOOK FOR US ON THE WEB

As many of you know, Chapter P is on the web. Our address is www.fidnet.com/~daved Most of Chapter P’s information will appear somewhere on the web-site. This site is in place for your convenience, and to let others, both members and non-members to know how much fun we have, what we’re about, and what we have planned to do. Likewise, the Missouri District has a new web-site. In fact, they have established their own domain. The address for the Missouri District web-site is: www.mogwrra.org Check both sites often to find out what is planned.

Web Sites

MO Chapter P
<http://www.fidnet.com/~daved>

GWRRA
<http://www.gwrra.org>

GWRRA Region E
<http://www.gwrra-region-e.com>

GWRRA Missouri District
<http://www.mogwrra.org>