

Region E



**GOLD WING ROAD RIDERS ASSOCIATION**

**May 2010**

# MISSOURI CHAPTER "P"



## A Word from our CD's

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*Treasure*  
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*2009 Couple of the Year*  
**Dean & Shirley Williams**

*2010 Couple of the Year*  
**Robert & Wilma Scott**

DEAR FRIENDS,

ANOTHER MONTH HAS COME AND GONE. IT HAS BEEN A LITTLE DIFFICULT FOR US BUT THINGS ARE LOOKING UP.

THANKS TO ALL WHO REPRESENTED CHAPTER P AT THE DISTRICT RALLY. WE REALLY MISSED THE TRIP AND GETTING TO SEE EVERYONE.

HOW WAS DINNER AT KLINE'S? WE CERTAINLY WOULD HAVE RATHER BEEN WITH YOU VERSUS WHERE WE ENDED UP. KEN SEEMS TO FINALLY BE FEELING BETTER AND WE ARE LOOKING FORWARD TO OUR MEETING ON THURSDAY EVENING.

LOOKING AHEAD, DON'T FORGET TO MAKE RESERVATIONS IF YOU ARE GOING ON THE ARKANSAS RIDE. HOPEFULLY. THE RAINY PATTERN WILL HAVE PASSED BY THEN.

WING DING IS NOT THAT FAR OFF. MISSOURI DISTRICT HAS SECURITY WEDNESDAY, JUNE 30TH. HELP IS NEEDED BETWEEN 12:00 AND 3:00 AND ALSO BETWEEN 3:00 AND 6:00. WE HAD SO MUCH FUN TWO YEARS AGO THAT WE WERE EXCUSED EARLY FROM OUR POST. HA HA!

WE WILL BE LOOKING FORWARD TO FINDING OUT WHERE WE WILL BE GOING FOR OUR JUNE "EATING OUTING." WE MUST PUT FIRST THINGS FIRST!

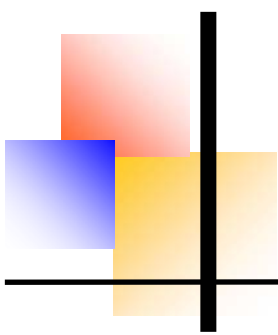
AGAIN, THANK EACH AND EVERY ONE OF YOU FOR YOUR CONTINUED SUPPORT OF THE CHAPTER.

SEE YOU THURSDAY,

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,
- \_\_\_ don't drink alcohol when sleepy.

The statistics in this article were from *Drowsy Driving a wellness booklet from the American Academy of Sleep Medicine*. More information is available from [www.aasmnet.org](http://www.aasmnet.org).

Do your best and most of all Ride Safe!!!

## Kline's



**Just waiting for the good meal to be set before us...**



**We enjoyed the chance to meet and eat**



**Too bad we didn't ride the bike/ it didn't rain!**

## GWRRA offers much to enjoy

May 27-29, 2010	<b>Arkansas District Rally</b>
May, 2010	<b>Chapter O Memorial Day Ride TBA</b> Contact Joe & Joyce Long 636-661-5039
June 3-5, 2010	<b>Nebraska/South Dakota Rally</b> South Sioux City, NE Mrina Inn & Conference Center 800-798-7980 <a href="http://www.gwrrane.org">www.gwrrane.org</a>
June 25-26, 2010	<b>Wisconsin District Rally</b> Royale Inn Stevens Point, WI <a href="http://www.gwrra-wi.org">www.gwrra-wi.org</a>
June 30-July3, 2010	<b>WING DING 32 Des Moines Iowa</b>
July 24, 2010	<b>Chapter L Fun Run</b> El Dorado Springs, MO Contact Kevin & Lisa Wills 417-876-0554
August 13-14, 2010	<b>Iowa Safari District Rally</b> Burlington IA
August 15, 2010	<b>Chapter I Fun Run</b> Cape Girardeau, MO Contact Bruce & Sherry Watkins 573-270-1466
TBA	<b>GWRRA Night at Springfield Cardinals</b>

## LOOK FOR US ON THE WEB

As many of you know, Chapter P is on the web. Our address is [www.fidnet.com/~daved](http://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](http://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>