



OKLAHOMA Chapter "J"

Edmond, Guthrie, North Oklahoma City

October 2009

GOLD WING ROAD RIDERS ASSOCIATION

Region H "The Hospitality Region"

Arkansas - Kansas - Louisiana - **Oklahoma** - Texas

www.gwr-ra-okj.com

FRIENDS FOR FUN • SAFETY • KNOWLEDGE

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From Your Chapter Director

Once again, I'm sorry I won't be with everyone for the October Chapter meeting. I was really looking forward to hearing some of those famous family history stories as part of our October meeting theme. But I'm off attending the Mississippi District Rally in Tupelo. Speaking of rallies, I hope many of you are planning to attend the Oklahoma District Rally in Muskogee Oct 22-24. It promises to be a great one! Lots of vendors have signed up to be there; we'll have a live band for the Monster Mash Bash dance Thursday evening (don't forget your costumes!); rider education seminars including the trike ERC, first aid and cpr; other seminars on having fun and participating in GWRRA will be held; what promises to be another 'memorable' talent / talentless show; lots of fun activities and contests; and most importantly the opportunity to spend time with our GWRRA family. If you haven't pre-registered, don't worry. You can register onsite. I hope you'll plan to come over even if it's just for a day.

This is the best time of the year to be out on the Wings! I've enjoyed riding over 2,000 miles in the past 3 weeks (not counting the MS trip) and still have almost half a month to go! Be sure to dress in layers as the temps can start off cool but warm rapidly. And if you're out "leafing", remember that those falling leaves can cause a major traction loss very quickly, especially when damp. As long as we're talking about damp - the heavy rains have washed lots of 'crap' onto the roads, so be watchful of sand, gravel, mud and everything else not to mention the water puddles.

Enjoy the fall - season that is!

Ride often! Ride safe! *Jack*

From Your Region H Directors

Attention all Rally Cats: Your District Directors and Region Staff bring you a challenge: Attend all six Region H Rallies (Region H, LA, TX, AR, KS & OK) in 2010 and you will be eligible to enter in a drawing for FREE rally registration for all the Region H Rallies in 2011! Simple rules: keep track of your rally attendance throughout 2010. After the last rally (which is Oklahoma), submit your name to the Region H Director. We will draw the winner at the November 2010 Region H Staff meeting. Winner participation will be verified with the Region & District Directors. You MUST be pre-registered at all the rallies to enter. This is for one person. If couples attend all the rallies, each person may submit their names individually for the drawing. Region and District Staffs are not eligible to participate.

Harry and Joan Dollarhide

 RIDE SAFE!

Happy Birthday

OCT 4	Janice Miller
NOV 8	Jim Thomas
NOV 10	Cynthia Carroll
NOV 14	Bill Duvall

Happy Anniversary

OCT 12	Larry and Mary Punneo
OCT 13	Bill and Julie McIntosh
NOV 25	Raymond and Kathleen Smedley

October is Family History Month

Delve into your family history and share what you find at our Oct 15th Chapter J meeting.

Reminder from Member Services

Please update your Gold Book information by November 2nd to be included in next year's Gold Book. The Gold Book is a service directory. If you have chosen not to have any codes listed, you will **not** be listed in the Gold Book. Call GWRRA Member Services now if you wish to list a code or codes so you will be listed in the next Gold Book.

Friends Having FUN

Sep 17 Chapter J Get Together

We were happy to have Jo and Patty McNear and Paul and Becky Lawson visiting us from Chapter B. Thanks for coming and sharing your evening with us. Congratulations to Evert and Mariann who celebrated their 49th anniversary on 09/09/09. Several Chapter J members had remembered to bring their favorite breakfast menu and during the 'game' we surprised some by correctly identifying them and their menu. Next month is Family History Month so dig up the scoop on your family and be prepared for something, maybe just sharing it with the rest of us at October's meeting. We discussed the District Rally and our ride schedule which has many opportunities to get out and ride. Chapters X and B plan to meet us at some of the dinner locations, so we look forward to being with them. Jack, Jo McNear (Ch B) and Julie all won contingency prizes donated by Jim Thomas. It must be lucky to buy the last tickets sold for the 50/50. That's what Anthony did and then won the \$\$\$. We forgot to discuss the wing nut so guess Ron keeps it for another month. Despite the cloudy skies and all the rain we've had, there were a few Gold Wings in the parking lot. Thanks to everyone for coming, it was great to see you.

OK District Rally ***** "Hallo Wing III"

OCT 22

MONSTER MASH BASH DANCE FOR THE EARLY BATS

7 p.m. Muskogee Civic Center - Live Band !!

OCT 23-24

Oklahoma Homecoming

Muskogee Civic Center www.gwrraokla.org

- 🚩 Chapter Pride Booths
- 🚩 COY Selection and Baskets
- 🚩 CPR and First Aid Classes
- 🚩 Friday Night Opening Ceremonies and Talent Show
- 🚩 Parade and Light Show Judging
- 🚩 Witch Hat Contest
- 🚩 Bike Show and Judging
- 🚩 Seminars
- 🚩 20+ Vendors
- 🚩 Craft Class
- 🚩 Saturday \$100 hourly give away
- 🚩 Saturday Night Catered Dinner
- 🚩 Saturday Night Closing Ceremonies

On the Calendar www.gwrna-okj.com for possible changes

- OCT 15 Chapter J Meeting
Johnnie's Charcoal Broiler, 33 East 33rd St, Edmond
Eat at 6:30 p.m. Meeting at 7:30 p.m.
- OCT 20 Chapter N Meeting
Libby's Restaurant, Goldsby
Eat at 6:30 p.m. Meeting at 7:30 p.m.
Ride opportunity, call Mary if interested.
- OCT 22-24 **Oklahoma District Rally**
- OCT 27 Chapter S Meeting
Bandana Reds Restaurant, SE 29th and Henney Road, Choctaw
Eat at 6 p.m. Meet at 7 p.m.
Ride opportunity, call Mary if interested.
- OCT 29 Chapter B Meeting
TJ's Restaurant, 623 Kickapoo Spur, Shawnee
Eat at 6 p.m. Meeting at 7 p.m.
Ride opportunity, call Mary if interested.
- OCT 31 Halloween
- NOV 1 Daylight Saving Time - Fall Back
- NOV 6-7 14th Annual Chapter P Crock Pot Campout
Natural Falls State Park west of Siloam Springs AR
- NOV 10 Chapter W Meeting
Shorty Small's Restaurant, Reno and Meridian, OKC
Eat at 6:30 p.m. Meeting at 7:30 p.m.
Ride opportunity, call Mary if interested.
- NOV 11 Veteran's Day
- NOV 12 Freddy's Frozen Custard, 1925 SE 2nd, Edmond, 405-844-1514
Meet there at 6:30 p.m.
- NOV 14 X Chapter Meeting
Sirloin Stockade, Stillwater
Eat at 8 a.m. Meeting at 9 a.m.
Ride opportunity, call Jack if interested.
- NOV 19 Chapter J Meeting
Johnnie's Charcoal Broiler, 33 East 33rd St, Edmond
Eat at 6:30 p.m. Meeting at 7:30 p.m.
- NOV 26 Thanksgiving Day
- DEC 12-13 Leadership Training Division (LTD) Instructor Certification Class
Best Western Stroud
For details and registration, contact Jack Wagner (jwagner10@cox.net / 405-359-7892)

Laughter is the Best Medicine

I just came across this EXERCISE SUGGESTED FOR SENIORS to build muscle strength in the arms and shoulders. It seems to be rather easy, so I thought I would pass it on. The article suggested doing it three days a week.

Begin by standing on a comfortable surface where you have plenty of room at each side. With a 5-lb. potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day, you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb. potato sacks. Then two 50-lb. potato sacks and eventually try to get to where you can lift a 100-lb. potato sack in each hand and hold your arms straight for more than a full minute.

After you feel confident at that level, put a potato in each of the sacks; but be very careful.

◇ ride safe ◇ ride often ◇ ride safe ◇ ride often ◇ ride safe ◇ ride often ◇ ride safe ◇ ride often ◇

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The quickest way to double your money is to fold it and put it back in your pocket.