

GOLD WING ROAD RIDERS ASSOCIATION

**Virginia Educator News
Region N
“Communications & Cooperation”**

SAFETY IS FOR LIFE

December 2004



Gary & Jackie Wall – Virginia District Educators

10 Sanlun Lakes Drive
Hampton, VA 23666
gdw-jlw@juno.com



Nick & Teresa Knox

Assistant Virginia District Educators

NKnox3951@aol.com

Cundiff and Ellen Simmons – Region” N” Educators

485 Simmons Lane
White Stone, VA 22578
c.h.simmons@juno.com

Jackie Wall – Newsletter Editor

gdw-jlw@juno.com

***Virginia is the proud home of six out of nine
Region “N” Educators of the Year***

***Gary & Jackie Wall, VA-C, 2003-2004
Doug & Ann Hardy, VA-M, 2002-2003
Pat & Shelia McMahan, VA-C, 2001-2002
Kathy & Chris Hooper, VA-D, 1999-2000
Cundiff & Ellen Simmons, VA-C, 1998-1999
Marty & Leslie Cash, VA-U, 1996-1997***

From the Desk of the District Educator

- Gary Wall, Virginia District Educator

My daddy always uses to tell me “Boy, when you get older, the time goes by a lot quicker!” My dad always called me boy, but then I was always in some kind of trouble also!

Now it seems like the older I get, the more I start to sound like my dad. I think that is where I learned how to ride, by watching my dad. Most dads are heroes to their children. Right or wrong, when we grow up we want to be just like our Dad.

Now we as Educators take the ERC courses, ride the ride and walk the walk. How many of us have not included the ERC in their Chapter talks at the meetings? How many of us have not looked at the Greenbar that just came out to see if our members are up to date? Have we asked the questions that need to be asked? Yes, there are going to be some people that no matter what you do as an Educator, will not sign up for Level I. We have heard it before, “I learned how to ride 40 years ago from my dad and we never wrecked...”

Aaaahhhh yes, the good ol days, when there was a lot less traffic, pollution, crime and motorcycles! “Motorcycles are dangerous, you will get killed on one”. Yep, I can just hear my grandmother now when Dad first said he was going to get that Indian Chief. He was 20 years old and in the Air Force and he was going to go out and get one anyway. “I am making my own money. I can afford it. I want to look good when I go into LA to see the sights”. Well, he got that Indian Chief and started to take things OFF the bike that were made to be ON the bike. Stuff like the fenders, some of the small, little lights and signals. Of course we all know the Chief was a great bike, but did they have anything like an ERC course back then when dirt was first invented? Oh that’s right, dirt came after the snow, which was always knee deep and he had to walk both ways to school. BOTH WAYS!!

If my memory serves me correct, the motorcycles they make now are heavier, faster, have better tires, lights, safety chrome, and plastic. Not that heavy metal that Dads bike was made out of, but then again Dads bike only weighted in at about 500 lbs. Not the 973-pound behemoth that we ride

What I am trying to get at folks is that we all take the courses, walk the walk, talk the talk but what about that person who is new or has never taken a riding course because they were self taught? Can we all learn a little something every time we sit down in the saddle? That’s what we should be stressing to the people who have missed out on so much fun and learning. The MSF Foundation has a saying “The more you know, the better it gets”. That says it all. Stress the importance of taking that course. Call your local college to see if and when they might offer an ERC or even a BRC. If your college does not offer these courses, have we asked the question? In the Commonwealth of Virginia, not all colleges offer any kind of training. There are a host of others that are near, closer than we think and all we have to do is ask the question “where, who, what, when and why”. No, we are not trying to make the local newscast but ask the question:

Where: the local college, or give Keith or myself a call

Who: who needs to take a course

What: what kind of a course do we need

When: usually on a weekend

Why: because the life we do save by training might be a friend or even ours!

Ok, now that my fingers are tired, Jackie and I hope you and your family have the Merriest of Holiday Seasons and that the coming New Year brings everyone great weather, great roads to ride on and great friends to ride with.

Merry Christmas!

REP Renewals

- Nick and Teresa Knox, Assistant District Educators

Hard to believe but the New Year is upon us. We would like to start the New Year off by reviewing the Rider Education monthly reporting. As discussed at the November Officers meeting, in order to keep a uniform means of reporting for the 24 Virginia chapters, we would ask that all Chapter Educators and/or Chapter Directors filing Monthly Activity Reports use the N.6 Monthly Activity Report. This report can be found on the November, 2004 Rider Education CD in the Reporting folder. The file name is email report form.doc. This file can be saved and updated each month.



Save the email report form.doc as a master blank copy. After your chapter meeting, fill out the form, save as your Chapter name, date and MAR. EX: VA-B Nov 04 MAR.doc This file name format will aid us in keeping track of the reports as they are submitted

Save a copy for your records on your computer and email a copy to NKnox3951@aol.com.

We appreciate your cooperation in filing out the correct form and sending it to us each month. This will help get Virginia Rider Education back up to 100% reporting. If we can assist you please contact us.

We wish you all a very Happy Holiday and a prosperous New Year!

Ride safe,
Nick and Teresa

REP Level Applications

January is fast approaching. All REP forms need to be completed and sent to me for processing. Remember, everyone needs to renew except those that just went to their level between October and December. Life members, whose fees are waived, still need to renew. Please make sure the form is filled out completely and correctly. Here are some key points to remember when completing the form:



- GWRRRA membership number completed?
- Be sure to use the "Expiration Date" of the courses, not the date they took the course.
- The "Renewal Year" will be 2005
- "Years at Current Year" is the number of years they have been at their current level (before 2005)

Don't forget to include money for your renewals. Checks can be made out to *Virginia District Rider Education*.

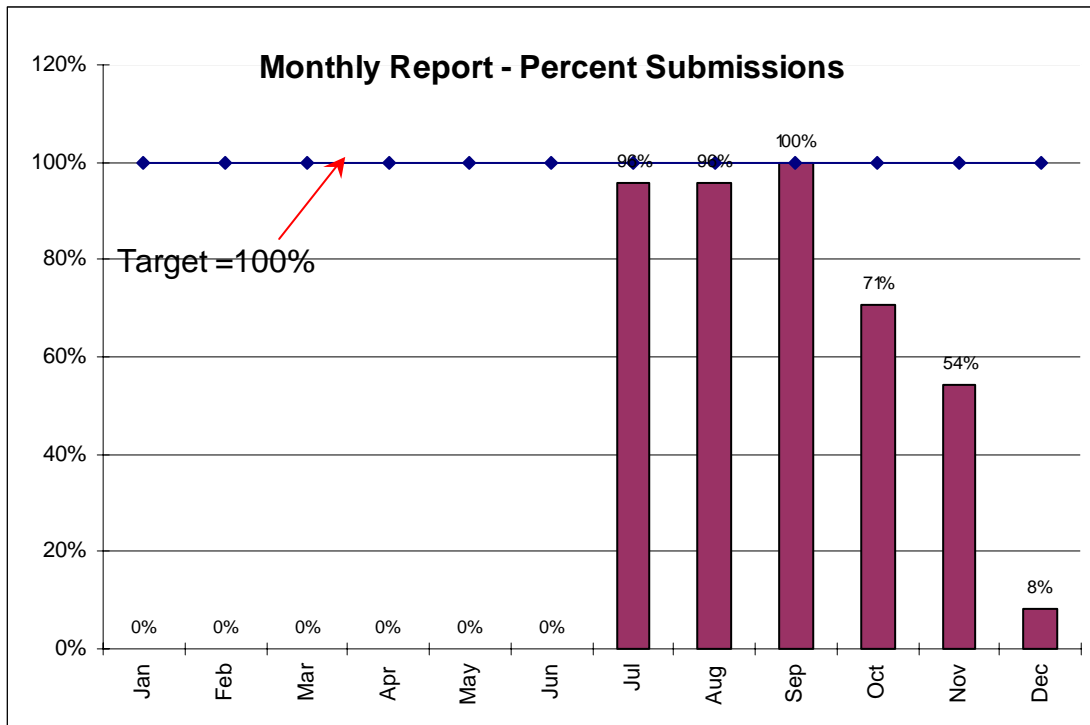
Monthly Activity Reports



Beginning January 2004, I will be publishing a *Wall of Fame*. This Wall of Fame will show each chapter's submission of monthly activity reports. In the past, you have been sending in monthly reports to Nick and Teresa at the end of the month, end of the quarter or when you got a reminder message. This needs to change. Virginia Rider Education used to be #1 in submission of Rider Ed Monthly Reports. Not so any more. Each month our numbers get lower and lower. We need to change this!! So, in order to help and encourage you to do so, I am putting together a Wall of Fame. This Wall of Fame will show **BY MONTH** all the Chapters who have submitted their monthly reports. If you are late, your chapter will not show on this report (until the next month).

VA Chapter Wall of Fame September 2004

These chapters have successfully submitted their Chapter Education monthly reports on time:
A-A1-B-C-D-E-F-G-H-I-J-K-L-M-O-P-Q-R-U-V-
W-X-Y-Z



The chart above shows that Virginia was 100% for September. This is what we want to see every month. So, Educators, Chapter Directors, please make sure that your monthly reports are turned in **ON TIME**. Please have your reports to Nick and Teresa by the first of the month. I will be publishing the Wall of Fame monthly. Let's keep Virginia Rider Education #1.

▲ Responsibilities of the Chapter Educator

We all know that one of the responsibilities of the Chapter Educator is to promote and implement the Rider Education Program at the Chapter Level. These include speaking at Chapter gatherings and furnishing articles for the Chapter newsletter concerning safety, availability of training opportunities and the GWRRA Rider Education Program.



Another responsibility for the Chapter Educator is to promote and arrange for Seminars, CPR/First Aid certification and Rider Training courses at the Chapter level. I know you may say “I am not a Certified Seminar Presenter, I can’t give any seminars”. This isn’t true. You CAN and SHOULD make arrangements for these classes and see that your Chapter members receive the courses they need to maintain their Levels. Do you have a Co-Rider video? Why not schedule a time to show the video to members? This counts as a course for the Co-Rider, just make sure you include on your monthly form Co-Rider “video”. If you don’t have a video, order one. There is a place on the pin and patch order form where you can order these videos for your Chapter.

When was the last CPR/First Aid course that you arranged for your members? Pat and Shelia McMahon are the Region N Medic First Instructors. If you need to schedule a course for your members, please contact them to make arrangements for a course. Get several chapters together in your area and make a Rider Education day out of it. Conduct the Medic First class in the morning and do a seminar in the afternoon. Remember that if you put on a seminar (other than the Co-Rider video), you need to have a Certified Seminar Presenter. All you need to do is contact your District Educator or one of the Certified Seminar Presenters to put on a class for you. There is a list of Presenters on the Rider Ed disc that was provided to you, but in case you can’t find that disc, here they are:

Medic First

- Pat and Shelia McMahon
- Dave Timbs

Certified Seminar Presenters (Virginia):

- Jim Sharkey
- Bud Plymale
- John Newbauer
- William Lee
- Keith Lindgren
- Gary Wall
- Cundiff Simmons

Seminars

Co-Rider
Team Riding
Be Prepared
Parking Lot Practice

Just recently, Chapter K put on a Rider Education day. They offered a Medic First class in the morning and a Road Captains course in the afternoon. The wintertime is a GREAT time to put on some of these Saturday Seminars (or Sunday). There are some minimum requirements for the Medic First class. Please contact Pat and Shelia for details.

Pin and Patches

As a Chapter Educator, one of your responsibilities is to validate and/or process forms for Levels I through Level VI of the Rider Education Levels Program for participants as they meet the requirements of the program. When a Chapter member goes to a new Level or renews, they are given pins and/or patches. Do you keep a supply of these pins and patches at the Chapter level? As a Chapter Educator, you can do that, depending on the financial situation of the Chapter.

If you have a member that completes a REP form to go to Level II, once you check the form, you can issue the patches immediately or at the next Chapter meeting. All you need to do is send the Rider Ed form to me and I will send you the pins and/or patches to replace your supply.

On your Rider Ed disc, there is a Pin and Patch order form (under “Pins and Patches” / “Chapter Rider Education Pin and Patch order form”). Use this form to order pins and patches for your supply. If you can, try and have a supply of the patches (especially the black ones) at each Chapter meeting. Some Chapters have a Pin and Patch board that is displayed at their meetings too. The board has all the pins and patches and the Levels that the members can go to.



Rider Education Program Handbook

Do you have the latest copy of the Rider Education Handbook? This would be the Eighth edition (March 2004). If you don't, then you need to download a copy from the National website. Every Educator needs to have a copy and take the time to READ it. Whenever you have a question or are not sure of something, you need to go to the handbook first and see if you can find the answer. One section you should make sure you read is section D.5 – The Chapter Educator. This section has not only the qualifications of a Chapter Educator but also the responsibilities of the Chapter Educator

Make sure you also go to the National website to check for any updates that have been made to the handbook and/or forms. Their address is <http://www.gwrra.org>.

▲ Handling Stress With Humor

- Jackie Wall

I recently read an article called “*Handling Stress With Humor*” and I figured what better time of the year than now to include parts of the article in my newsletter. You may say “what does this have to do with Rider Education” but we all need to learn to laugh a little and enjoy life.

Handling Stress with Humor

- Transcript of recording by Loretta LaRoche

Hi, I'm Loretta Laroche and I'm a stress management consultant. Every day I say thank God because I could use all the expertise not to get anxious and nuts myself. Believe me, every day I get sucked into some kind of emotional nuttiness. Let me give you a for instance. This morning, I woke up, and I was in my usual “hurriness” state. I thought I had everything laid out, no problems, but as usual, there's always little glitches, because I decided I needed to wear a certain pair of shoes. When I get a thought, I must carry it through. So I opened the Closet From Hell. I went through, and went through, and threw things all over. Guess what? I found one shoe. I was so excited I thought, I'm almost there. But I couldn't find the other one. Then it came to me. Someone took the other shoe. People are always taking things, aren't they? It's them. But I knew who it was. It had to be my husband. He took the shoe, and I started ranting and raving. “Where did you put my shoe?” By the time I was through, I was twitching, which then prepared me for the next thing. I couldn't find my car keys. I knew he had taken those, too. Now he had one shoe and my car keys.



Some of you are probably laughing because I imagine that a lot of you go through similar circumstances. The laugh hopefully, can become the end result for you after you listen to this, because you know something, folks? We're only a thought away from our own sitcom. I am consistently amazed at how many people come up to me and tell me they don't laugh as much as they used to. When I ask them why, they tell me that they have too much to do. It appears that many of us have so much to do, and we just keep hoping that when we're done, we'll have fun – a concept that leaves us wide open for struggle and strife. Let's face it. You're never done. Will you ever be done? When you're dead, you're done. Have you ever seen a tombstone that said, “Did everything, died anyway”? It appears that today's world is bent on making us do more each day than some people did in a century. In fact, one of the leading newspapers had an article on something called time-stacking. It's amazing how dysfunctional behavior gets a name that then makes it OK. Now you can tell people, “I'm time-stacking,” which means, “I'm doing seven things at once and not doing any of them very well.”

I'd like to take this opportunity to let you experience some new ways to handle your stress, and especially to have you use your stress to become more resilient and joyful. Let's start by taking a look at the word “stressed”. Let's turn it around. Well, when we spell it backwards, we get the word “desserts”. Herein lies the model that we're going to work from. Most of us have been taught to have dessert when? Last. This often becomes a metaphor for our lives. “I'll have fun on Friday.” “I won't have lunch until I return all my e-mail.” “I won't feel good until the computer is online again.” My mother is still waiting to use her good dishes. They were always for company. I don't know what I was. Keep in mind that life is not a stress rehearsal. You don't have to become crazed and humorless before you enjoy your life. Each day is a precious gift to be savored, and each moment should be the one that you're present in. Because that is truly where the gift lies, in the present moment.

I think this is a good time for all of you out there to do something for yourself that's very special, to validate your own existence, because you know life is difficult. We need to validate that existence on a daily basis if possible, by giving ourselves a standing ovation. What a great way to handle stress, too. You're having a bad day? Ask for a standing ovation. Go into work and say, "Hey, I made it. It wasn't easy, but I'm here. I'd like a standing ovation." Try it when you go home. Walk in the door and say, "I'm back. I could have gone some place else, but I came here instead."

I'd like to go through what I call "*Ten Little Commitments*"

1. ***Take a breather*** – Take a few deep breaths and give our body and mind a little mini-vacation.
2. ***Take time to share the good news*** – When you consider that people spend 75% of their daily conversation being negative, it's no wonder there's an epidemic of global whining.
3. ***Tune out pessimistic thoughts unless you're a pilot de-icing wings*** – Don't let your Committee and your irrational thoughts direct your mind.
4. ***Turn negative situations into an opportunity for learning and resiliency*** – Keep in mind that we all have the opportunity to discover the positive in the negative.
5. ***Tap into your light side*** – Discover some of that sitcom in your mind – lighten up.
6. ***Twirl*** – One of the ways to get an instant laugh is to twirl. Kids do it all the time, they spin. They say "watch me, watch me" and they spin and spin until they fall down, laughing.
7. ***Tackle projects with enthusiasm*** – Keep in mind that whatever you're doing, it's part of your doing. In other words, it's your minutes, your hours, your days, and you want to live joyfully as often as possible.
8. ***Talking less and listening more*** – We are beginning to think that every conversation has to be loaded with what we know, what we need to know, or who knows more than we do. Take a step back and just listen. The result is, people feel more respected. And you know what? While other people are talking, you get to rest.
9. ***Tame negativity with kindness and compassion*** – So many of us work with individuals that are negative and difficult. Make your circle of friends, coworkers and whomever you can come in contact with more optimistic.
10. ***Teach yourself to become the change you want to see in others*** – It's easy to point out what's wrong, to be judgmental, critical and negative. Try being more joyful, optimistic and grateful.

Remember as Leo Buscaglia once said "*When things get tough and you think you're at the end of your rope, just tie a knot in it and swing.*"

Happy Holidays

