

# Georgia Chapter D

## Road-eNews

### January 2017

### Volume 2

### Issue 1



#### 7 Secrets of People Who Keep Their New Year's Resolutions (as published on Forbes.com) By Kevin Cruse

Psychologist [Paul Marciano](#). Dr. Marciano is the author of *Carrots and Sticks Don't Work* and he specializes in the area of behavior modification and engagement. He offered seven keys to achieving your goals.

**1. Make your goals specific.** People proclaim, "I'm finally going to get in shape." But what does that actually mean? Do you intend to reach a certain weight? Or body-fat percentage? Do you want to run three miles without rest? Maybe be able to do 10 pull-ups? Dr. Marciano is a fan of the classic goal system that makes goals specific, measurable, achievable, relevant and time-bound (SMART).

**2. Measure progress.** "If you can measure it, you can change it" is a fundamental principal of psychology. These feedback loops will be a source of motivation as you reflect on where you started and where you are. They will also help you to know when you are hitting a plateau or slipping backward, so you can adjust your efforts.

**3. Be patient.** Progress is seldom linear. Some people will see rapid gains only to hit resistance later in their efforts. For others, initial progress may be painfully slow but then they suddenly achieve rapid breakthroughs. Making lasting changes takes time.

**4. Share your goals with friends and family.** Social support is critical. Yes, it takes some personal courage and vulnerability to share something that you might actually fail at, but to dramatically increase your odds of success you'll want support from those around you. One of the most effective things you can do is to get an "accountability partner", someone who checks in with you daily or weekly. It's easy to break a promise to yourself, but far harder to admit it to a friend.

**5. Schedule it.** Have you ever said you can't "find the time" to do something. Nobody *finds* time, we choose time. We all choose to spend our time the way we do—whether that's eating junk food or going to a spin class. Make your new goals a priority and actually schedule them into your calendar. If you have a fitness goal schedule recurring time blocks for your daily workouts. Want to declutter? Schedule time to clean out your closet or garage on your calendar. Treat these New Year Resolution's appointments just like they were scheduled doctor appointments. You rarely reschedule your doctor, you should treat this time the same way. That which is scheduled gets done.

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Next month look for...

Chapter S Sweetheart  
Fun Day

Update on Southern  
Starts and Stripes DT

Spring Rides

2017 Rallies

# Chapter D Staff

Connie Woodmansee  
Colleen & Don Taylor

Jenny Reasons  
Carlos Lozano

Open  
Sherrel Davis

Open  
Wayne Sanders  
Joel Reasons  
Carlos Lozano  
To Be Determined

Chapter Director  
Assistant Chapter Directors &  
Newsletter Editor  
Treasurer  
Rider Educator  
Membership Enhancement  
Webmaster  
Social Media  
Quartermaster  
Rally Coordinator  
Ride Coordinator  
Couple of the Year 2017

[gachapterd@gmail.com](mailto:gachapterd@gmail.com)  
[cappycat23@gmail.com](mailto:cappycat23@gmail.com)

[kamperjenr@aol.com](mailto:kamperjenr@aol.com)  
[carlos@cmlozano.com](mailto:carlos@cmlozano.com)

[webmaster.gwrra.ga.d@gmail.com](mailto:webmaster.gwrra.ga.d@gmail.com)

[Wayne.Sanders@gexpro.com](mailto:Wayne.Sanders@gexpro.com)  
[jrent4474@aol.com](mailto:jrent4474@aol.com)  
[carlos@cmlozano.com](mailto:carlos@cmlozano.com)

770-235-6705  
404-944-3757

## GEORGIA DISTRICT OFFICERS

Larry & Pam Clemmer	District Directors	678-525-5433	<a href="mailto:georgiadd@gwrra-ga.com">georgiadd@gwrra-ga.com</a>	
Garland & Charlene Dennis	Assistant Directors	321-363-6337	<a href="mailto:gabamayboy@yahoo.com">gabamayboy@yahoo.com</a>	
	East & Webmasters		<a href="mailto:flbamalady@yahoo.com">flbamalady@yahoo.com</a>	
Vance & Fern Oakes	Assistant Directors	678-219-0257	<a href="mailto:wingnut@windstream.net">wingnut@windstream.net</a>	
	West & COY Coordinator			
Norman & Wendy Morton	District Membership	404-761-3775	<a href="mailto:norwen@att.net">norwen@att.net</a>	
	Enhancement Coordinator			
Lawana Woodward	Treasurer & Event Coordinator	404-562-8019	<a href="mailto:lawanag@hotmail.com">lawanag@hotmail.com</a>	
Frank & Melinda Brothers	District Ride Educators	706-356-4966	<a href="mailto:fmfarms@gumlog.net">fmfarms@gumlog.net</a>	
Jim & Dee Allen	District Leadership Trainers	770-957-7484	<a href="mailto:lmndww817@gmail.com">lmndww817@gmail.com</a>	
Jim & Sue Jackson	Region A Directors	334-297-1719	<a href="mailto:jack297@bellsouth.net">jack297@bellsouth.net</a>	Region A Directors
Ray & Sandi Garri	Directors GWRRA		<a href="mailto:president@gwrra.org">president@gwrra.org</a>	GWRRA National President



## GWRRA GOODIES STORE



Pin Keeps	\$6.00	USA Flags	\$15.00
Chapter Flags	\$15.00	Georgia County Patch	\$6.00
10" GWRRA Black/Gold Griffin	\$12.00	10" GWRRA Red Griffin	\$10.00
4" GWRRA Black/Gold Griffin	\$5.00	4" Georgia Peachy Patch	\$6.50
4" Region A Patch	\$5.00	Georgia Visitation Head Pin	\$3.00
Georgia Chapter D Hanger Bar	Free	Flag Pin small	\$1.00
Flag Pin Large	\$2.00	A Team Pins	\$4.00

## Birthdays and Anniversaries

Happy Birthday -

Kay Elrod January 1<sup>st</sup>

Anna Nesbit January 3<sup>rd</sup>

Happy Anniversary -

There are no wedding anniversaries.

# Calendar of Events

## January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> New Year's Day Polar Bear Ride	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Chapter D Gathering Eat @ 9:00 Meet @ 10:00
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> Chilly Willy & Officer Conf 10:00-2:00 Jackson, GA
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> Dinner Ride Tannery Row Ale House Buford 6:30	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>				

### January & February Rides and Events



- January 1 Polar Bear Ride to the Valley Café in Dillard, GA
- January 18 Chapter D Gathering at Golden Corral in Cumming
- January 21 Chilly Willy – Buckner's Restaurant in Jackson, GA
- January 26 Chapter D Dinner Ride – Tannery Row Ale House Buford, GA
- February 11 Chapter S Sweetheart Fun Day – Winder, GA (in lieu of Gathering)
- February 18 Chapter D Lunch Ride to the Attic – Clarksville, GA
- February 23 Chapter D Dinner Ride to Maxwell Street Chicago Eatery, Cumming

We will also send out reminders on Facebook and by email!!!!



## ICE

As I write my first article as Chapter Rider Educator for Chapter D, it is a cold December day. Cold enough, in fact, that it might be possible to encounter a patch of ice in a shady corner of a mountain road. Of course, we always want to be aware of the potential to encounter ice in cold weather. But, it is another kind of ICE that is really the topic of my Rider Education article for this month. The ICE I really want to discuss is an acronym for "In Case of Emergency".

Being prepared is an important part of Rider Safety. We often talk about motorcycle maintenance, rider courses, and a host of available seminars. But, a topic that is often neglected is being prepared for an emergency situation that involves us as an accident or medical emergency victim. If you encounter such a situation, will those you are riding with (or emergency staff) know who to contact, insurance information, medications you are taking, allergies, your personal physician and/or other pertinent information? If not, this is a situation that can be easily resolved.

There are many outstanding and sophisticated ICE systems. But even carrying a simplistic ICE Form could prove to be of extreme value if you are involved in an emergency situation. An ICE Form will typically list identification, vital information, emergency contact information, doctor information, insurance information and pertinent health related information. At our next gathering, I will hand out sample ICE Form. Perhaps, we will even be able to add a link to an online ICE Form. Hopefully you will make the decision to fill one out and use it.

Having an appropriate filled out ICE Form is one thing. Making it available to emergency personnel is another. Still, there are things we can do.

- Get a riding vest or riding jacket that has a highly visible and accessible location for ICE information
- Have an ICE Placard made at a rally and adhere it to your non-locking fairing pouch. Put your ICE Form in the pouch too.
- Let others you ride with know where you keep your ICE Form. Ask others where they keep their ICE Information too.

Please be prepared, ride safely, and HAVE FUN!

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## Layered Taco Dip

### Items Needed

1 large flat platter  
1 envelope taco seasoning  
Shredded Lettuce  
1 can refried beans  
1 cup diced tomatoes (let drain if possible)  
Diced green onions to your preference (or a sweet onion)  
Sliced black olives  
Sour cream  
Shredded cheese  
Tortilla chips or Scoops



Mix the taco seasoning in the refried beans. Layer ingredients in this order: Refried beans, shredded lettuce, diced tomatoes, onion, sour cream, black olives, shredded cheese. Optional add ons are: salsa, seasoned ground beef, black beans, or whatever you like.

(continued from page 1... Resolutions)

6. **Something is better than nothing.** Are you guilty of “all or nothing” thinking? Do you ever think, “Well, I might as well get dessert since I already ate those French fries?” And then, “I blew my diet last night so I’ll just restart it next week.” Dr. Marciano says the difference between doing something rather than nothing is huge. If you don’t have a full hour to workout at the gym, just decide to make it the best 20-minutes you can. If you stumble out of bed and don’t want to do 20-minutes on the treadmill, lace up your sneakers and do five minutes (and you just might find you do another 15 minutes once the first five are out of the way). Dr. Marciano says, “Any effort towards your goal is better than no effort.”

7. **Get up, when you slip up.** Legendary coach Vince Lombardi said, “It isn’t whether you get knocked down, it’s whether you get back up.” Resiliency is paramount. Don’t turn temporary failures into total meltdowns or excuses for giving up. Instead, just acknowledge the mistake and recommit to the path towards the goal.

Dr. Marciano says achieving your goals *isn’t* about willpower. It’s about developing the right skills, executing strategies, and having the patience that inevitably lead to success. Will 2017 be the year you join the elite 8%?



## Where's Roadie?



*That naughty bird was hanging out at the*



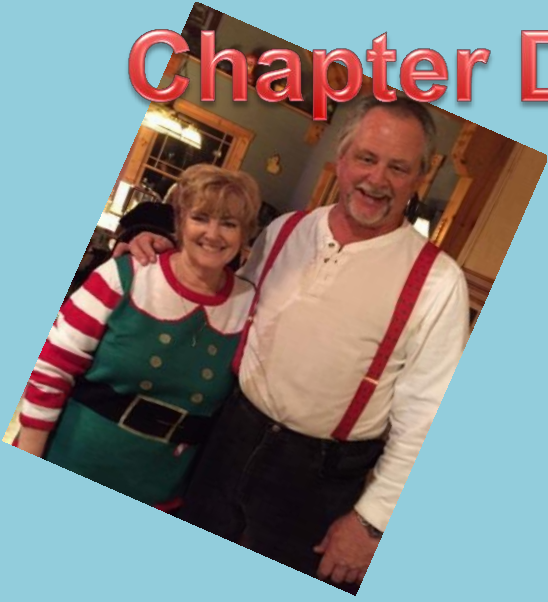
*December Chapter D gathering.*

*See you January 18<sup>th</sup>. Eat at 9:00 and meet at 10:00.*

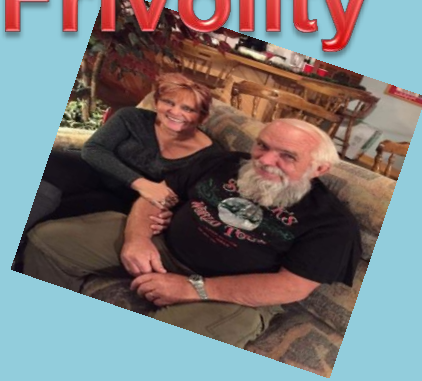
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**Don and Colleen Taylor say thank you, from the bottom of our hearts. All of you have been so kind in sending messages of encouragement, prayers and offers to help. Don is recuperating at home. We hope to see you all very soon at a gathering or fun day.**

# Chapter D Christmas Party



## Fun, Food, Frivolity



December 3<sup>rd</sup> was our annual Christmas Party. Thanks to our hosts, Joel and Jenny Reasons, for opening their home. Much fun, food and merriment was had by all. If you were not able to attend, you were certainly missed.

