



## GOLD WING ROAD RIDER'S ASSOCIATION

# WING WISDOM

## LEADERSHIP TRAINING DIVISION NEWSLETTER

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**JOE & JESSIE ROGERS, NATIONAL DIRECTORS**  
**LEADERSHIP TRAINING DIVISION**

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### DIRECTOR'S DISCUSSION

Hello, Trainers. This is the first national LTD newsletter in 2002, and I would like to begin by briefly discussing the training accomplished last year. Last year was a very good year in number of training courses and attendees. After adjusting the reported figures on the quarterly reports and for Wing-Ding XXIII, to ensure only LTD numbers were counted the following key points should be noted:

Total LTD Training for Yr 2001	=	13,476 hours
Wing Ding XXIII LTD Training	=	967 hours
Horizons Programs in 2001	=	10 programs - 360 Members
Quick Start Programs 2001	=	6 programs - 209 Members

It appears that a record volume of training will be accomplished this year. Eight Horizons programs have been conducted for 300 Members in 2002, and 3 more are currently scheduled. It is possible that the current record of 14 Horizons programs conducted by Claude Christensen in 1996 may soon be surpassed.

We want to welcome the following Region Trainers who have joined the LTD Team since Wing Ding XXIII: Bruce & Julia Malson – Region “B”, Amy Peterson – Region “E”, and Ray & Sandi Garris – Region “F”. We also welcome all the new District Trainers and LTD Instructors to the Leadership Training Team. Because of the large number of new team members, their names are not listed here, but each Region Trainer is asked to

make certain that the new Trainers and Instructors in their area are welcomed to the LTD Team. We know that through your leadership and their efforts GWRRA will experience an outstanding year of training.

We are pleased to announce that Linda & David Wise, GWRRA Life Members, have joined the national LTD staff as “LTD Photographers”. They attend many rallies and will be providing needed publicity for the Leadership Training Division. Please welcome them to the LTD Team. We are also very pleased to announce that Oklahoma District Directors Steve & Carolyn Cotton will be joining LTD as Assistant National Directors. They will complete their tenure as District Directors prior to assuming full responsibility of their LTD responsibilities. Steve and Carolyn, both full time experienced educators, bring a wealth of training knowledge and teaching experience to their LTD position. Please welcome them to the LTD Team.

Wing-Ding XXIV in Fort Wayne, Indiana was a record event in many areas. Fort Wayne gave a very warm welcome to GWRRA. The rally was certainly a record for training. Over 4000 members attended the more than 100 seminars that were conducted. For the first time at a Wing-Ding the largest number of seminars offered was in the LTD area. Bill & Sheila Tucker, of the national LTD staff, handled the LTD booth. Thanks to them and each of you who helped staff the booth and sold digital camera raffle tickets. A total of \$920 in raffle tickets was sold.

The annual LTD Trainers’ Meeting at Wing-Ding was held on Friday, July 5. The initial part of the meeting was an update and discussion of LTD activities. The balance of the meeting was devoted to the presentation of LTD Awards. GWRRA Executive Director Mike Wright shared with the Trainers his comments about how important their training accomplishments are to the future of GWRRA. He then presented the awards. The **Director’s Training Award** was presented to Region “D”. The **Excellence in Training Award** was presented to Region “A”, Region “B”, Region “H”, and Region “N”. The **Special Article & Newsletter Award** was presented to Region “E” Trainer Amy Peterson and Georgia District Trainers Jerry & Gail Carr. Congratulations to the winners, and a sincere thank you to all the Trainers and Instructors for their accomplishments.

There have been and will be a number of changes and additions to LTD's training curriculum. Most recently, the LTD Instructor Development and Instructor Certification Programs were modified for use by the Rider Education and Member Enhancement Divisions. Currently the programs remain unchanged for the certifying of LTD Instructors. The names of RED and MED members who complete the updated training will be sent to their respective National Directors. Subsequent certifications within the two divisions will be responsibility of the divisions. Updated information on the changes to the programs will be forthcoming.

Region "A" Trainer Dave Aikens has developed an interesting seminar, "How to Remember Names" and Former National LTD Director Curt Dixon has developed a very useful seminar, "Conflict Management". These seminars have been will received, are fully documented as requested by LTD, and are available.

Again, thank you for all that you have done and continue to do in providing quality training for the GWRRA Members!

### ***EXCELLENCE***

***Excellence is the result of caring more than others think is wise;  
Risking more than others think is safe. Dreaming more than  
others think is practical and expecting more  
than other think is possible.***

## **Overcoming Procrastination**

By Amy Peterson  
Region E Leadership Trainer

Do you put off some things that are really important to you? Do you sometimes feel anxious or guilty because you can't get yourself to do what you need or want to do? Procrastination can take a surprisingly high toll on your life, causing stress, illness, and low self-esteem. For some people it creates tension amongst family members and coworkers. It may even keep you from attaining your goals and fulfilling your dreams.

Procrastination is not an inherent part of your personality or character. It is simply a habit or an attitude. Sometimes people procrastinate because they feel overwhelmed. Perhaps the task or project that really needs doing is an unpleasant one. Fear and many other factors may also be playing a less than desirable role in the thought processes. Whether you procrastinate most of the time or *occasionally*, the following information contains some thoughts and ideas from Rita Emmett's *The Procrastinator's Handbook* that may be of use to you.

If you're having trouble getting to certain tasks because you never have enough time, the first step is to realize that the job probably won't take as much time as you think it will. Often times what you dread most is simply getting started. The next step is to set a timer for sixty minutes and devote one *uninterrupted* hour to the project. One of three things will happen:

1. You'll finish the job and be amazed at how little time it took. If you start dreading a similar task in the future, remind yourself that "it only takes thirty-two minutes" (or however long it actually took).
2. You'll discover it is such an enormous project that it will take many more hours to complete, but you've made a small dent in it. Acknowledge your progress then decide when to spend another hour on this job – next Tuesday, once a day, once a week. In this way, you've already accomplished something and have a plan for success.
3. The most likely scenario is when you're not finished at the end of that hour, but at least you see the "light at the end of the tunnel" so to speak. You've gained momentum by this point, and may even decide to push ahead to complete the project rather than stopping.

Perhaps the job is put off because it is an unpleasant one. Unfortunately, there are always going to be some boring or less than desirable tasks in any normal, functioning human being's life. As Scott Peck writes in the opening lines of *The Road Less Traveled*, "Life is difficult." Reality for most of us involves a number of tasks that would preferably be avoided or forgotten. The day you can say to yourself, "I hate doing this but I have to, so I may as well do it now and get it over with," you will begin to free yourself from the guilt and stress caused by procrastination.

Another trick is to try to do the less desirable tasks when you're most effective. For some people, the best way to work through an unpleasant task is to tackle it first thing in the morning. The key is to understand that much of procrastination is a mind game, and you can use your mind to change the game to work in your favor. Instead of focusing on how you will feel doing the work, try focusing on how you will feel when it's finished. Visualize the payoff, the relief, the sense of accomplishment you will feel once the task is done.

*Ed. Note: Good thoughts for most of us, especially your editors.*

***Be a leader – Remember the lead sled dog is the only one with a decent view.***

### What is a Leader?

By Ray & Sandi Garris  
Region F Leadership Trainers

Exactly what is a Leader? The dictionary says that it is a person who rules or guides or inspires others; as in a performer who leads a band or choir in music, also in an orchestra the principal violinist or the one who plays at the head of the first violins. Another definition says that it is the foremost animal, such as a horse or dog in a harnessed team.

In my search to answer this question I found a good explanation in a Region Newsletter with an unknown source.

Leaders are students:

Leaders are always on the search for more knowledge

Leaders have a constant thirst for knowledge and will seek it from the past as well as the present. They learn to turn their mistakes into a learning experience. As complex as today's problems are, it requires the ability to

view the solution of a problem and the ability to use others' views and opinions to take corrective actions to get a proper solution.

Leaders are visionaries:

Leaders can keep a clear view of the whole picture. Good vision is based on common sense, simplicity and clarity.

Leaders are good communicators:

To have the ability to be understood and express views to a group while not leaving the meaning of the message out. To deliver a message with accuracy, enthusiasm and sincerity.

Leaders are good listeners:

Leaders are able to hear a problem and use corrective action to cure the problem. Swift action can lead into a permanent solution.

Leaders are optimists:

Leaders must have hope and trust. Trust in themselves and fellow members to show a confidence to look down the road to a secure future.

Leaders give their all:

Dedication to see a future and a desire to help make a future be a reality.

Leaders are ethical:

A leader must be trusted. If people are conned into doing things, they will later find out and trust is lost.

Leaders take risk:

Call it risk taking or doing it different, a change or gamble. Leaders can vision something that can happen and must show how new ways can be better than the old. Without someone with a vision, a risk taker, a gambler, we would not have push button phones.

***You're only young once, but you can be immature forever.***

## THOUGHTS FROM THE EDITORS

Marilyn and Ed Cromer

Joe suggested that we add a word or two to the newsletter. So here are our words.

What a great time at Wing Ding! We really enjoyed seeing friends we haven't seen for a year, presenting our seminars and attending some seminars given by others. It is fun to sit in the Leadership Training booth and visit with others involved in training. It also gives a good visual spot to see folks as they walk by. Hope more of you will be able to help in the booth next year. Those of us that participated got to know each other a little better.

Thirty two persons attended the Leadership Training meeting. There were a lot of good ideas shared among those that attended. However more ideas and concerns could be shared if more were able to attend. With as many Region and District Trainers as the Leadership Training Division has there should be a lot more in attendance. Remember those letters T.E.A.M? We need each of you. GWRRA's Leadership Training programs equal anything the business world has to offer and that is because you, the Trainers, have worked hard to give our members the best. Hope to see you all in next year's meeting.

We apologize for not getting a newsletter out before Wing Ding. We had good intentions but a virus (computer) put a stop to things. We have taken articles from Region newsletters to pass on to you. They are good ideas that can be shared with all Trainers. If you have an article to share or some information you would like to have, please send them on to us. The newsletter can be awfully boring if there is not information you need.