

# WING WISDOM

**GOLD WING ROAD RIDERS ASSOCIATION  
LEADERSHIP TRAINING DIVISION**

## From the Director's Chair

By David & Kathy Orr, Leadership Training Division Directors

Greetings!

We hope everyone is enjoying the cooler weather as much as we are in the south-east United States. This time of year is beautiful with leaves changing and almost perfect riding weather. We hope you get to enjoy this time of year since the riding season is drawing to a close for a lot of you. But for us in Leadership Training it is a great time because we are entering the prime training months. Between now and spring is when a large portion of our instructors present information to our members and officers. Make sure to send your training events to Ed and Ann Nahl so we can help you publicize them on our website. Also please remember that your 3<sup>rd</sup> quarter reports are due. If you have not sent them in please do so.

Plans are continuing for Wing Ding 31 in Tulsa, and the seminar planning has begun. If you have a particular interest in presenting a seminar at Wing Ding, please let us know as we are beginning to work on the schedule. Drop us an email with the seminar you wish to present and the days you will be available. The seminar schedule will fill up quickly so let us know as soon as you can.

This month we continue our series on communication. Last month we discussed the importance of communication and the lack of good communication within our Association. We placed in our article last month a test to see if our communication was getting to our members and especially to our trainers and instructors. Well, the results are in and, for the three week period since we sent out the newsletter, the results speak for themselves. We have received 26 e-mail responses from the membership. The breakdown of the results are on page 2 for your reference.

While this can be discouraging, we are looking at a positive result from our survey. It confirms to us we must do a better job of communicating to our staff. We also realize that people often scan printed items quickly to make the best use of their time. So in the near future we are going to ask all Region Trainers to provide to us contact information on all District Trainers and we will begin to make sure they are getting the information that they need to see. More about this next month and other information about how all of us working together are going to solve this issue. In the mean time, we welcome your suggestions and ideas as well.

*(Continued on Page 2)*



**Leadership Training —**

**A Service To The Officer,  
A Benefit For The Members**



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## From the Director's Chair *(Continued)*

Communication content is as important as communicating itself. Wrong or misleading information can be as bad, if not worse, than no communication at all. We have received emails over the years and when we read them we wonder what the person was trying to say. Always proof read all email communications, and if in doubt, ask someone to read the email before you send it. Does the email communicate what you are trying to say in a clear and concise manner? Is it clear who or what it is speaking about? Does the email communicate the idea or information in an understandable way? Can you say what you want to say in less words than what is in your email? Long, boring emails should be avoided if possible. If you have a lot to say to another person sometimes a phone call works better. If you have an issue or problem, an email can be a way to say what you need to say, just make certain you do so minus the emotion. Remember too, that anything in writing might come back to haunt you. An old saying we have used, is "You can't be held accountable for anything you did not say." This applies to emails too. Work on communicating better and since most of us use email, this is a good place to start.

Also, the "Welcome New Member" seminar is finished and available. This seminar was written in conjunction with the Membership Enhancement Division and goes well with the new Member Guide available on the MED website. If you would like the information for this seminar, let us know and we will send it to you.

Until next time, ride safe!

*"Leadership greatness is achieved by people who, regardless of their position, choose to inspire others to find their voice."*

*~ Stephen R. Covey*

GWRRA Position	Responses
Chapter Members	2
Assistant Chapter Directors	3
Chapter Directors	6
Assistant District Directors	3
<b>District Trainers</b>	<b>3</b>
District Directors	2
Region Staff	1
<b>Region Trainers</b>	<b>2</b>
Assistant Region Directors	1
Region Directors	1
Association/Division Staff	2
<b>TOTAL Responses</b>	<b>26</b>

## Reduce Stress With More “Me Time”

By Amy Peterson, Editor

If you are always reacting to situations – doing things for other people or rushing from one task to another – you can lose your sense of control. This creates stress, which, in turn, can increase your risk of serious health problems such as diabetes and heart disease.

For a happier life, it's important to take steps to regain control and make some time just for yourself, doing something that you find pleasurable and fun!

**Prioritize and delegate.** Write down everything you need to accomplish and determine how much time each task takes. If it's too much, delegate. Turn over some household tasks to other family members or outside services. Consider hiring a part-time assistant to handle some of your workload. Once you prioritize the things you must do, you can focus on more important tasks and expend less energy on others.

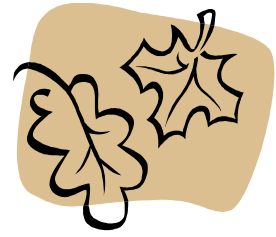
**Give yourself a break.** Once you've accomplished something, take a moment to congratulate yourself. Reward yourself with a few minutes of relaxation, even if it's as simple as closing your eyes and visualizing a peaceful vacation spot.

Also, be sure to take vacations. If you find it creates more stress to take longer retreats, plan several shorter vacations instead.

**Breathe.** Deep breathing promotes relaxation and body awareness. Breathing through your nose, slowly fill your lungs completely. Then, slowly exhale through your mouth until your lungs are completely empty. Doing this not only helps create a sense of peace, it can actually increase your lung capacity for physical activities.

**Find something that pleases you.** Some people find pleasure in exercise, while others see it as a task. Some people enjoy reading, while others find it boring. When building "me time" into your life, it's important to pick something that you find pleasurable. It could be anything from getting together with friends, to soaking in the bath, to keeping a journal. You know what pleases you. Just make time to do it.

Meaningful time for you is a physical need just like food and drink, especially in today's fast-paced environment. Give yourself permission to relax. It's a proven way to make you happier in everything else you do.



*“Start by  
doing what’s  
necessary;  
then do  
what’s possible;  
and suddenly  
you are  
doing the  
impossible.”*

*~St. Francis of  
Assisi*



## By The Book

By Dale Wingrove, Region H Trainer

*The “By The Book” articles are intended to help familiarize Volunteer Leaders and GWRRA Members with the guidelines, policies, procedures, and information contained in the GWRRA Officer’s Guidebook (OGB). Any quotes or references to topics contained in our OGB should not be taken “out of context.” A copy of the Officers Guidebook can be found at [www.gwrro.org](http://www.gwrro.org). Click on the Info Exchange tab then click on Officers Guidebook.*



The following article was written by Harry Dollarhide, former Region H Trainer, to review the types of membership classifications.

### Membership Opportunities

Are there riders of “Other Brands” of motorcycles in your chapter? Does this cause some concern or negative emotion for some Gold Wing or Valkyrie riding Members?

First lets review the Associate Membership classification. “...a non-Member recognition program for people who cannot qualify for “Individual” or “Family” Membership. This is a form of recognition for those participants who may not own or ride a motorcycle, or who own or ride a motorcycle other than a Gold Wing or Valkyrie.” Associate Members are welcomed and encouraged to hold staff positions, but are not eligible to hold an officer position. Associate Members will be granted the same fees to rallies and Wing Ding as Full Members, and will include national, regional, district, and chapter events.

So, even though the title is Gold Wing and Valkyrie riders, there is an obvious intent to accommodate participants who ride “Other Brands”. International Headquarters is setting the tone with Wing World article such as “Ridden & Rated”, “Riders Other Rides” photo section, etc., all aimed at becoming more inclusive to riders of “Other Brands”.

Why should you and your Chapter embrace this approach? **Opportunity!** Opportunity to understand our sport better by exposure to others. Opportunity to have a positive influence on our sport. Opportunity to expose other riders to the fantastic GWRRA Family. Opportunity to expose other riders to the premier GWRRA Rider Education program. (This is a major benefit that is not generally available to riders outside GWRRA.) Opportunity to expand our family of friends. Opportunity to recruit younger Members. And the Opportunity to expose other riders to the Gold Wing & Valkyrie motorcycles, and possibly influencing their choice of owning a Gold Wing as their next machine.

So when you see that “Other Brand” rider participating with your Chapter remember the “Opportunity” and look beyond the brand of the ride, the choice of safety gear and personal style. Remember you can have a positive influence on your fellow riders and the sport of motorcycling.

## Training Calendar



Please send the details of your upcoming events to Assistant Directors Ed and Ann Nahl at [enahl@cox.net](mailto:enahl@cox.net). This information is also published on our division's web site, so let's work together to spread the word!

### November 2008

11/01: Intermediate Leadership Skills and other seminars in Buckley, WA (Region I). Contact Bill Ellis at [bellis@olympen.com](mailto:bellis@olympen.com) or 360-683-6209.

11/??: Horizon Program is being planned in Lancaster, PA (Region B). Contact John and Bonnie McClun at [mcclun@dejazzd.com](mailto:mcclun@dejazzd.com) or 717-733-1870.

11/22-11/23: Horizon Program in Morrilton, AR (Region H). Contact Larry Penepent at [ardistricttrainer@suddenlink.net](mailto:ardistricttrainer@suddenlink.net) or 479-790—778

**Reminder for  
Members in US:**

**Daylight  
Savings  
Time  
Ends**

**November 2nd**

## Time Waits For No One

Author Unknown

Imagine there is a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening the bank deletes whatever part of the balance you failed to use during the day. What would you do? Draw out and use every cent, of course!

Each of us has such a bank. Its name is TIME. Every morning, you are credited with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purposes. It carries over no balance. Each day it opens a new account. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against tomorrow. You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness and success.

Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it's called the present.



## 3rd Quarter Training Reports Due



If you haven't already done so, please forward your reports covering training activities between July 1, 2008 and September 30, 2008.

Instructors need to report their training activities to the District Trainer, the District Trainer passes that information to the Region Trainer, and the Region Trainer reports the activity to the Division Director. Copies of the Quarterly Report Form can be found when you go to [www.gwrra.org](http://www.gwrra.org), choose Divisions, select Leadership Training, then click on the Forms tab.

## Leadership Training Division Staff

Directors:

David and Kathy Orr  
David Cell: 704-560-5446  
Kathy Cell: 704-560-0697  
[korr8284@carolina.rr.com](mailto:korr8284@carolina.rr.com)



Assistant Directors:

Ed and Ann Nahl  
405-321-6467  
[enahl@cox.net](mailto:enahl@cox.net)



Newsletter Editor:

Amy Peterson  
763-783-1851  
[amysescape@aol.com](mailto:amysescape@aol.com)



Webmasters:

John and Lydia Bourg  
281-242-5125  
[jbourog@omsi.net](mailto:jbourog@omsi.net)

