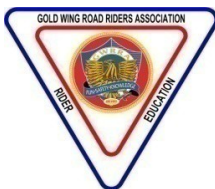


Gold Wing Road Riders Association Region 'H'

The Kansas Winger

The Official Publication of the Kansas District of The
Gold Wing Road Riders Association, Region 'H'



The Kansas Winger

Region 'H'

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See Page 36 for information on the First 2013 Polar Bear Ride! Don't miss this one.



**The Kansas District Team
wishes one and all the
very best 2013 you and
yours can possibly have!**

**Please Ride Alert.
Remember you are part of
the family of 'Friends for
Fun, Safety and
Knowledge!**

GOLD WING ROAD RIDERS ASSOCIATION

Friends for Fun, Safety, and Knowledge

REGION H



Kansas Winger



The Monthly District News Letter

Garry & Phyllis VanBuskirk Directors

First of all I would like to say our thoughts and prayers go out to Doris Schoeck and her family as she is passing her mother. I would like also to send thoughts and prayers out to all the families in Newtown, CT with their losses recently.

Well December has come and the weather is crazy, in the 60's today can't believe it is wintertime in Kansas. Today The District Staff met at Bill and Sheila Tuckers for our District Staff meeting to discuss and plan for the upcoming 25th Anniversary Mid Winter Rendezvous to be held Jan 17-19 at Guest House Inn, in Emporia KS.. Thank you Bill and Sheila for hosting the meeting in your beautiful home.

Make sure that you pre-register the first 100 to register will receive a Mid Winter Pins in your registration package for your vest. Lots to do at Mid Winter this year so come join us and make this another success as only we do in Kansas District.

We had the annual Christmas Party in Burns Kansas at the community center had a very good turn out about 50 people and 5 Chapters were represented there was food galore and had a very nice ornament exchange thanks to all that set it up and made everything happen it was very nice, good food good friends and a great time.

With the Christmas season, plenty of parties to attend just be safe in your travels and always watch out for the other guy whether your riding your bikes, trikes or in your cars.

The weather is suppose to turn bad over the next couple of days be safe out there and enjoy the time with your family and friends, remember to register for Mid Winter and reserve your rooms.

I just found out Sheila Tucker is in the hospital in Andover for Knee replacement surgery our thoughts and prayers go out to Sheila for a successful surgery and a speedy recovery.

I hope everyone had a Wonderful Christmas and A safe and Happy New Years Hope to see you all at Mid Winter.

Steve Pena

Here is some additional information on the Mid-Winter by Bill Tucker.

If you pre-register before January 10th, you will be eligible for a drawing for a 2 night stay at the Guest House Inn, in the Honey-moon Suite during this years Mid-Winter.

Don't forget to bring a dessert or two for the ever popular Dessert Dance, hosted by Bill & Sheila.

Another reminder. The Chapter Pride Table and the Chapter Baskets are back. Pick a theme and set up your table to celebrate 25 years of Mid-Winter. I've already got a hint as to what will be in some of the baskets and I cannot wait to participate. The money goes to the Couple of The Year Program.

YEP! Here's another popular returning activity. The Swap Table organized by David McDonald . It was very successful last year and was asked to return. Attendees bought, sold, and bartered many nice items. David announced that there is a (low) fee this year and the monies earned would go to Rider Ed this year. The Rider Ed Team thanks David and the participants.

On the schedule are many games that include Black Jack and new games and possibly some games from the past. LTD and Rider Ed seminars topics are interesting, so take time to attend them. Chapter 'B' is putting on a Style Show. That should be entertaining.

The District Couple of the Year Selection will take place during opening ceremonies at 9:30am Saturday.

In closing, DO NOT FORGET TO GET YOUR PICTURE TAKEN WITH THE SNOWMAN BETWEEN 10:00AM-11:30AM.

Your District Team wish you a Healthy 2013.

Bill

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316-321-0896

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DISTRICT COUPLE OF THE YEAR

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Brenda Kistler
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Gary & Susan Drake
785-828-4801

DISTRICT MEC

Mary Mazur
316-688-5696

DISTRICT WEB MASTER

Dale & Janis Mooney
316-775-0211

FRANK PATTON AWARD 2012

Bill & Sheila Tucker

Chapter 'A' CD
Steve & Teri Bockhaus

Chapter 'B' CD
Allen & Lee Ann Robertson

Chapter 'C' CD
Ron & Marj Crawford

Chapter 'F' CD
Gene Shannon

Chapter 'H' CD
Terry & Judy Mann

Chapter 'P' CD
David & Sherri McDonald

Chapter 'Q' CD
Jack & Teresa Kistler

GWRRA Kansas Chapters, Chapter Directors and Get-Together Time & Place

**Feel free to attend any Chapter meeting and introduce yourself.
You will be welcome.**

Call the CD if you need more information about a Chapter activity.
If you are interested in organizing a Chapter in your area,
Please contact GARRY & PHYLLIS VANBUSKIRK 316-321-0896
for more information.

Chapter "A"

Steve & Terry Bockhaus, CD
(316) 283-6701
Second Thursday at 7:00 p.m.
Hometown Buffet
6820 W Central, **Wichita**
Bockhaus@cox.net

Chapter "B"

Allen & Lee Ann Robertson, CD
(785) 979 4831
3rd Thursday at 7:00 p.m.
JTs Grill
33255 Lexington Ave., **DeSoto**
Allen.robertson1@gmail.com

Chapter "C"

Ron & Marj Crawford CD
785-764-0626
Third Tuesday at 7:00 p.m.
Perkins Restaurant
1720 SW Wanamaker Road, **Topeka**
sollpokbluesolpokblue@yahoo.com

Chapter "F"

Gene Shannon CD
620-735-4254
Fourth Tuesday at 7:00 p.m.
Pizza Hut
729 N Main, **El Dorado**
drums@wheatstate.com

Chapter "H"

Hutchinson, Kansas
Terry & Judy Mann CD
620-728-9320
4th Thursday 7:00p.m.
Sirloin Stockade
East 17th, **Hutchinson**
remotemann@sbcglobal.net

Chapter "P"

David & Sherri McDonald CD
316-747-2653
2nd Friday at 7:30p.m.
Derby Church of Christ
225 N. Derby St. **Derby**
In Fellowship Hall, South End of Building
Mcdonald.david46@yahoo.com

Chapter "Q"

Jack & Teresa Kistler, CD
(620) 782-9636
1st Thursday at 7:30 p.m.
Sirloin Stockade.
2825 N Summit, **Arkansas City**
kistler@wheatstate.com

RIDER EDUCATION BULLETIN BOARD

District Educators

Jim & Carol Lamb
316-648-6170



Asst District Educators

Bill & Sheila Tucker
316-777-1052



CHAPTER EDUCATORS

KS-A
Marty Dannar

KS-B
Pending

KS-C
Open

KS-F
Russel Harrold
316-648-4714

KS-H
Marv Ayers
620-241-2499

KS-P
Rick & Carolyn Stevens
316-213-4630

KS-Q
Open

WINTER RIDING

This week has definitely provided us an official start to the winter riding season but you can extend your riding season if you prepare yourself for the colder winter weather.

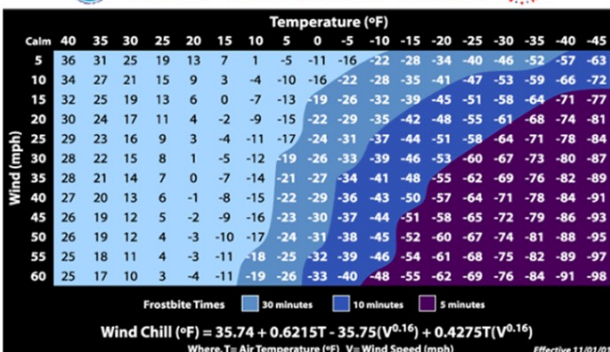
Motorcycling + snow/ice = disaster. Only go out on your motorcycle when the roads are clear of snow and ice. Be sure that any ice that may have formed earlier (such as overnight) has completely melted away before you set out on your journey. Remember that rain dries and snow melts faster on some sections of a road than on others. Patches of ice tend to develop in low or shaded areas and on bridges and overpasses.

Dress appropriately with insulated gear and ensure none of your skin is exposed. Heated gear such as heated vests, gloves, and grips can greatly help warm you up and make for a more comfortable ride.

When calculating the temperature to determine whether it is too cold or whether you feel you can brave the frigid weather – take the wind chill factor into account. Make sure to add the average speed at which you feel you will be traveling to the actual wind speed to come up with the wind speed to base your calculation. For example, using the above charts, if the temperature is 0C, and the wind speed is 20km/h, and you will be traveling down city roads averaging 60km/h – you should be prepared to ride in -10C degree weather.

Take breaks more often and warm up with a hot cup of coffee / tea / hot chocolate. When taking a break, move around to get the blood flowing throughout your body with special attention to your hands and feet.

NWS Windchill Chart



Keep your hands warm and use your judgment to know when the conditions are unsafe. By the time the next motorcycling season comes around your skills will be sharp and your bike will be ready to go! Ride safe!

Jim Lamb, Kansas District Rider Educator



The Kansas District Trainers

Marty & Ruth Danner

Is that really snow I see as I write this? It is and we think about the changes we need to make to adapt to the weather. It is so windy that we move things to keep them from blowing away. We change from our regular routine when necessary. So here goes my point. This year things will change along the way at the state and chapter level. What things? I do not know. However, nothing ever stays the same and even the simplest things such as a new meeting place or new chapter officers can change what was normal to different or strange. As Leadership Trainers I hope to show by example that we will bend with the wind in the weather and hopefully not crack and break. This is a life lesson of course and not just for the gold wing family. So this year whether you have an official position or not, we can all try to bend and lead when things change.

We have been asked to have an Instructor Development Certification Course in 2013. I am considering holding it in late February or March.

This is in no way set in stone. However, this would be before full riding season (at least for most of us). I would like to receive feedback from anyone interested in attending or that would have questions about the class.

With this being the first of the year I would like to remind everyone that any certified trainer is available to give classes at the chapter level. If you would like a program given at your monthly meeting, please do not hesitate to ask. We will work hard to make arrangements quickly.

We wish you a Happy New Year and a safe year of riding.

Ruth & Marty Danner

Kansas District Trainer



Bill & Dea Ann Gray
Region 'H' Directors

Region 'H' The Hospitality Region

"Operation 'H'"

"No Winger Left Behind"

Definition: In the social sciences, the "**Clique**" is used to describe a group of 2 to 12 (averaging 5 or 6) "persons who interact with each other more regularly and intensely than others in the same setting." Sounds harmless doesn't it? We have chapter that average 5-10 participating members. Is this a bad thing? Absolutely not! The negative connotation comes from the imaginary lines drawn or walls built that segregate new and prospective members from certain groups within a chapter. This can be construed as unfriendly, unwelcoming and so forth.

This, of course begins with officers. Do officers tend to sit together at gatherings, dinner rides, rallies, etc.? Do the same groups ride together all the time? Have you noticed the new and prospective members not showing up after one or two events? How about the members that always show up but never seem to fit into

any particular group? ARE WE LEAVING ANY OF THESE MEMBERS BEHIND?

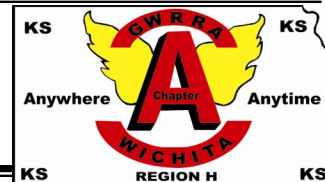
Oh yes, the members that ride something other than a Goldwing, where do they fit in? The common theme here is that we are all MEMBERS! Members become friends. Erase the lines and tear down the walls! This is fundamental to NO WINGER LEFT BEHIND and the success of our organization.

We are looking forward to seeing many of you at business meetings in January. We hope your Holidays were merry and we wish you a safe and happy 2013!

Bill & Dea Ann Gray
Region H Directors

Chapter A – Wichita

www.geocities.com/gwrrachaptera



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Steve & Terri
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Asst. Chapter Director

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Marty & Ruth Danner
316-260-5272

Phone Tree

Rod & Ann Gillett
316-721-0638

Chapter Treasurer

Jerold Shook

Chapter Historian

Chapter Couple



Welcome to the Chapter “A” newsletter, this is post Terri Bockhaus, thanks Terri for all the news the last several years. Soon to be written by Mary Mazur. Rod Gillett here, just standing in this month. I’m sure Mary will do a much better job.

This month has been very nice for riding, as was evidenced by the great turnout for the Newton Christmas Parade, we had 13 bikes with 22 people for the parade and chili feed, thanks Steve & Terri for opening your home and feeding us all chili. The parade was great. About one thousand folks attended and seemed to enjoy the Goldwings, among all the other floats. Weather was approximately 47 degrees at start of the parade, pretty nice for December.

Upcoming events include a New Years Day ride, meet at 47th South and Broadway in the K Mart parking lot at 1PM, we will ride as many miles as the temperature forecast high, or to the Gillett’s which may be a little over the temperature if it turns winter. The ride will be led by David McDonald from Chapter P. Please bring a side dish or main dish to the Gillett’s for the annual bean feed. All Chapters are invited. Their address is 218 S Cardington Wichita, phone 316-721-0638. Ann will be skipping the ride and getting ready for bean feed. If you choose to skip the ride she will be thrilled to see you early, with any items you bring.

The Christmas party in Burns was great with nearly 50 people attending, most Chapters if not all were in attendance. Thanks for the planning F Troop.

We all extend our thoughts and prayers to

Aileen Koch, as she is battling health issues.

Future 2013 events include Medic First Aid Training in Cassody, Sunday January 13 at 1pm. To be held at Gene Shannon’s Goldwing hangout. Contact Steve or Terri Bockhaus if you plan attending. Mid Winter is January 18-19, this is our 25th anniversary, to be held at the Guest House in Emporia. Hope to see everyone there.



Flunky's Safety Tip!

Even though Santa is the Rider, This is NO place for a Co-Rider!!!

Chapter B – DeSoto

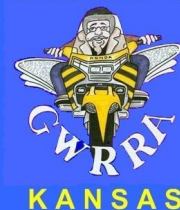
Chapter Director
Allen & Lee Ann Robertson
 785-979-4831
Chapter Couple
Johnnie & Sharon Crow
 913-422-6647

Ass't CD
Paula Aiken
 785-842-8503

Chapter ED
Pending

Chapter Treasurer
Ed James
 816-225-2679

CHAPTER "B"



The month of December began with nice weather and ended on a cold note. The weather was perfect in north-east Kansas for an impromptu ride on December 2nd. Ed James, John Letts, Bob Garrett, John English, and Allen Robertson met in DeSoto. The temperature was approximately 60 degrees and the group spent time looking at Ed's new 2012 Wing.



The back roads were traveled to Puffy's Steakhouse in Maple Hill. Don Williams from Chapter C and Brad Willis were patiently waiting when the group arrived. It was a wonderful lunch and a good visit with friends. Af-

ter lunch, Don headed toward home and the rest of the group headed toward Hwy 4. About 250 miles were logged on a great ride with friends.

December 8th was Chapter B's Christmas Party. Ryan's Buffet in Olathe provided the group with a room, good food, and good service. Thirty three members enjoyed the evening together. Gifts were exchanged and Dave Patton led us in a Christmas song before we left. We exchanged gifts and filled up the Aiken's car with food which was donated to a local food pantry. The evening was enjoyed by all.



The December chapter meeting was held on December 20 in the midst of extremely cold weather and snow. Harry Herington spoke to the group about Ride4Cops and the

C.O.P.S. program. Ride4Cops sets out to raise awareness of the inherent dangers of law enforcement and to support the families of fallen officers. The Memorial Bike is raising funds as it travels to each U.S. State Capitol. Funds raised during each ride are donated to C.O.P.S. and other non-profit organizations that support the families of fallen officers. Concerns of Police Survivors, Inc. (C.O.P.S.) provides resources to assist in the rebuilding of the lives of surviving families and affected co-workers of law enforcement officers killed in the line of duty. They also provide training to law enforcement agencies on survivor victimization issues and educate the public of the need to support the law enforcement profession and its survivors.

Chapter B events for January:

January 1 - Polar Bear Ride

January 5 - Planning Meeting: Johnson County Library/Gardner

January 17 - Chapter Meeting

January 18-19 - Mid-Winter Rendezvous

Safe travels,
 Paula Aiken

Chapter C - Topeka

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Ron & Marjie Crawford
785-764-0626

Asst. Chapter Directors

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785-537-1988

Web Master

John Gull
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Chapter Educator

Open

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Sandy Davis
785-691-7000

Chapter Editor

Don Williams
785-537-1988



Our Christmas party was held, on December 2nd, at the Lyndon Community Center. We had a good turn-out with several visitors from other chapters. The food was excellent and if you left hungry it was your fault. “Thank You’s” go out to all the ladies that fixed the goodies (I don’t think any of the guys brought anything other than an empty stomach).

The gift exchange went as usual with a lot of fun being had especially with the mechanical elf hat that Brenda unwrapped, but eventually ended up with Phyllis. Actually it reminded me more of a dunce cap with action, but I guess you have to keep in with the season.



While we were at the party Jamie Conway or-

ganized a “retirement” ride for the next day. Anybody was welcome to ride but since it was a normal workday Jamie said it was for retirees. We had 5 bikes and 7 people on the ride.

Gary Drake did manage to rub it in that he was riding and Al Davis was working. Since Gary was supposed to pick up a turkey, from Al, that morning and hadn’t planned to ride, but with very little encouragement he called Al and said he would be late picking up the turkey, since he was going on the ride and that he didn’t feel bad that Al couldn’t join us. Sorry Al, next time.



KS-C Continued

We ended up in Atchison with Jamie leading a tour of the city while reminiscing of his younger days when he would spend time with the monks. (Yes, Jamie with the Monks!) He said that was before he discovered girls. He didn't say how old he was at that time but I'm guessing 6 or 7 at the oldest. Prior to taking the tour we stopped at a Chinese buffet for lunch. The food was excellent and the good part was it was only something like \$5.50 for the meal. We did have to deal with a little wind. Brenda and I had a crosswind going and coming from home and lucky Bill Hanson had a tailwind coming up from Emporia and after a cold front went through he had a tailwind going back to Emporia. On the 6th Bill, Brenda, and I rode to Augusta and met up with two men from the Oklahoma City area so Bill could pick up the Team East baton from the GL1800riders.com forum. The baton is to be carried on a Goldwing to all 50 state capitols and the District of Columbia. I took the hand-off from Bill and carried it to Topeka and am now trying to find somebody to pick it up in Lincoln, hopefully before the snow flies. Chapter C has

now participated in carrying the baton for both team east and team west. Al Davis and Randy Benteman carried the baton for team west from Elk City to York, NE. I'm not sure if we are the only GWRRA chapter to carry the baton for both teams or not, but we will have delivered them to a total of 4 capitols. This event has been going on for 2 1/2 years. There is no prize at the end other than bragging rights and the chance to meet other Goldwing riders that you would probably never meet otherwise.

We received word that Al Davis' mother passed away at her home on the 19th. Our thoughts and prayers go out to Al and his family.

Birthdays

3 Rick Thompson

6 Margaret Hanson

9 Terry Winder

Don & Brenda Williams

ACD/Newsletter Editors/Chapter Couple



Gene

Chapter F - El Dorado

<http://www.kschapftroop.homestead.com>.

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Chapter Treasurer
Gerald & Patty Sivits
620-726-5897

Chapter Web/News Letter Editor
Dale Mooney
316-775-0211

Chapter Couple
John & Karen Glaves

Chapter Scrapbook
Rick & Brenda Kistler
316.259.8920



Happy New Year Gang !!!



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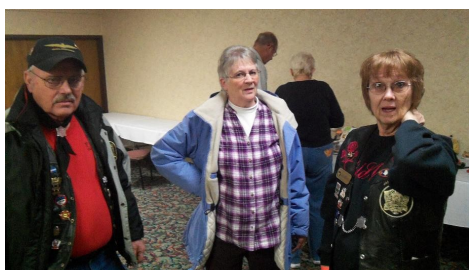
January 1, 2012 Polar Bear ride, 11 bikes & 19 people



March 28 - 31, 2012 Region H Rally



January 20 - 21, 2012 midwinter rendezvous



April 7, 2012 Chapter Q maintenance day at Udall
April 12 - 14, 2012 Louisiana District Convention
April 15, 2012 supper ride to the Powell's



February 11, 2012 Valentines party at Burns, Kansas



March 9, 2012, 40 to Phoenix ride
March 17, 2012 Chapter Q, potato bar fun night



Continued next page

KS-F Continued

April 21 - 22, 2012 district campout



April 28 - 29, 2012 Horizon training El Dorado, Kansas



May 6, 2012 trike training class Hutchinson, Kansas



May 17-19, 2012 Texas district convention
May 24-26, 2012 Arkansas district convention



May 31 - June 2, 2012 Missouri district convention
June 10, 2012 ECR training Winfield Kansas
June 23, 2012 chapter P Will Rogers Museum Oklahoma City, Oklahoma



Continued next page

KS-F Continued



July 21, 2012 Instructor Certification Program El Dorado, Kansas

August 24 - 25, 2012 Kansas district convention, Manhattan, Kansas

September 8, 2012, Chapter Q Bug Run

September 9, 2012 State Fair Bike Show



September 22 - 23, 2012 ECR course

October 4 - six, 2012, Oklahoma district convention



October 12 - 14, 2012 Chapter Q Fall foliage ride

October 24, 2012 Arkalalah Christmas light parade, ark city



December 1, 2012 Kingman, Kansas Christmas parade

Continued next page

KS-F Continued

December 2, 2012 Linden, Kansas Chapter B Christmas Party



December 6, 2012 Chapter P Christmas Party at Shrouds
December 8, 2012 chapter F and A Christmas Party at Burns



Well ladies and gentlemen that was the year 2012 in a nutshell, I know I may have missed several things but from my recollection and my notes these are the things that happened during the year 2012. Of course we had all of our

regular Chapter Gatherings but they are too many to list.

Change of pace.

The Honda Motor Company began building [motorcycles](#) in 1946 with its 2-cycle motorbikes and started exporting small motorcycles to the United States in 1959 by opening offices in Los Angeles. By the 1970s Honda matched or dominated most of the U.S. domestic market and chased away British-made motorcycles Norton and Triumph.

The below Internet address is the history of the gold wing. You should visit this site, for it is interesting reading

<http://www.goldwingfacts.com/goldwinghistory.htm>

And last but not least, Honda motorcycle Corporation has introduced a new series of Goldwing f6b and this is what it looks like



Standard f6b-1



Deluxe 1

From Janis and I to all of our Friends (Family), may 2012 have brought you good fortune and may 2013 be even better

Ride Safe & Ride Often



Chapter H – Hutchinson Blue Dragon Country

Chapter Director
Terry & Judy Mann
620-728-9320

Chapter Treasurer
Chris & Janis Scheurer
620-899-5772

Chapter Educator
Marv Ayres
620-241-2499

Chapter Editor
Georgeanna & Dale Tritsch
620-663-5516



January 2013 Newsletter

On November 25 we went on a dinner ride to the Brookville Hotel in Abilene. There were 19 of us. Some rode and some drove (could the weather and healing from various reasons be a factor?) It was a great feed and yes, we did use the takeout bags. Believe it or not, Tom C liked the coleslaw so much he put some in one of the bags to take home. It made it home with Tom with just a bit beginning to leak.

Pictures of us waiting on food?



The camera did not have a wide enough lens for a picture after the food had arrived.

After the Brookville Hotel dinner several went to the Seyle Mansion in Abilene.



On Saturday, December 1, members of three chapters were represented in Kingman for the Christmas light parade. It was a good night for it and the chili feed after the parade was really good. Thanks to Dan Hacker of Kingman for providing the excellent food and for inviting us.



Also on the same Saturday the women of several chapters were in Newton for a brunch at Terri Bockhaus's and then downtown for shopping (go figure). From what I heard, they had a fun time.



KS-H Continued

The Hutchinson Toys For Tots ride was well represented by chapter H. After the parade we went to Wendy's for chili and visiting.



On Thursday, December 6, two of our members and co-riders went to Newton to ride in the night light parade. We met at the Bockhaus residence, had some chili, then rode in the parade. The gathering was fun and the chili was great. There was a good turnout for the parade, I think 9 bikes / trikes and several hundred onlookers.



Our members attending the Christmas party in Burns had a good time. It is always a fun time. Thanks to chapter F for this yearly event.



KS-H Continued



On Sunday, Dec 16, chapter H raided Reece's Café in Alden KS. Three braved the cold and rode while the rest of us drove. (getting over colds)



Our monthly meeting had a good turnout with visitors from other chapters.

We discussed the possibility of going on a ride to Claremore, OK when the weather gets better in the spring. Others who went really enjoyed it. Maybe a two day event would be considered as there is much to see and do.

Bill Tucker of chapter Q gave an interesting safety presentation as Marvin Ayers was predisposed for our meeting. Bill always has something good when he comes to our meetings.

We will be getting our pride table info together for the upcoming MidWinter event. Anyone having input about happenings in our area (member's towns) let Dale T know (dalet@cox.net). Anything since 1988 is requested. Pictures especially.

We have a small group working on the COY (couple of the year) basket for MidWinter. Contributions for this endeavor will be appreciated. Contact Georgeanna T (gana@cox.net).

Quite a few members are interested in the Medic First Aid course. Steve and Terri Bockhaus are certified to train those who would be interested. We will be working on having a class and would prefer having five or more sign up. We might also consider something for the AED equipment when it is available.

Glad to have Steve and Terri Bockhaus attend and give information about the Newton event and also the MFA course.

Bill Watts and Sarah Taylor have sent in application to join GWRRA and chapter H. We will enjoy them as new members.

Aileen Koch was admitted to St Francis in Wichita. She had a tumor removed from her colon and is to be home on Wednesday, December 12. I talked with Aileen on Dec 18 and she is doing well. We will keep her in our prayers and look forward to Aileen returning to our group and ready to ride.

A new year is beginning. Here's to everyone having what they need, getting some of what they want, good health, happiness, and a good road to ride.

January Birthday/Anniversary

Birthday:

| | |
|-------------------|--------|
| Karen Breitenbach | Jan 4 |
| Dale Tritsch | Jan 25 |
| Jan Schroeder | Jan 26 |
| Judy Mann | Jan 30 |

The reason the Maya calendar ends on 12/21/12 is because they were attacked and did not have time to finish it.

KS-H Continued

*Extra Stuff

Numbers To Live By

Understanding key numbers—BMI, blood-sugar level—can lead to better health.

Blood Pressure

Healthy number: Less than 120/80 mmHg. Blood pressure refers to the force of blood against the walls of your arteries when your heart beats (systolic pressure, the top number) and during rests between beats (diastolic pressure, the bottom) and is measured in millimeters of mercury (mmHg).

“The lower yours is, the better,” says Dr. Holly Thacker, director of the Center for Specialized Women’s Health at the Cleveland Clinic. High blood pressure, or hypertension, is 140/90 mmHg or higher. Hypertension is called “the silent killer” because it often has no symptoms and, left untreated, can lead to stroke, heart disease, kidney damage, and vision and memory problems. (If your top number is between 120 and 139 and the lower is between 80 and 89, you have prehypertension, which also carries risks.)

Have yours checked: Every time you see a doctor, including an ob-gyn. To lower your numbers, consume a low-fat, low-sodium diet; exercise often; maintain a healthy weight; limit alcohol intake; don’t smoke; and manage stress. Your doctor may prescribe a diuretic to flush out excess sodium. If that and lifestyle changes don’t work, other medicines, like an angiotensin converting enzyme (ACE) inhibitor, may be prescribed.

Blood Sugar

Healthy number: A fasting blood-sugar level of 99 mg/dL or less.

A fasting blood-sugar test measures glucose (sugar) in milligrams per deciliter (mg/dL) of blood after you haven’t eaten for at least eight hours. A level of 126 mg/dL or higher indicates diabetes, a condition in which your body doesn’t produce enough insulin (which converts blood sugar into energy) or use insulin properly. Diabetes more than doubles your risk of heart disease and increases your chances of kidney disease, vision loss, and other health issues.

Have yours checked: At age 45, then every three years after that. (Your doctor may test you earlier if you are overweight or have a family history of diabetes.) Some doctors also do a hemoglobin A1C test, which measures glycated hemoglobin (HbA1C), a substance in red blood cells that forms when glucose attaches to hemoglobin. This “gives a better picture of average blood sugar over the previous three months,” says Dr. Wendy S. Klein, an internist in Richmond, Va. An optimal A1C reading is less than 5.7 percent. To improve your blood-sugar numbers, shed any excess pounds.

Live a healthy lifestyle, don’t rely on medications.

Dale & Georgeanna Tritsch

Newsletter Editor

Region H, Kansas District, Chapter H

Chapter P – Wichita

Website <http://autos.groups.yahoo.com/group/chapterp/>

Chapter Director

Dave & Sherri McDonald
316-650-3238

Asst. Chapter Director

Dan & Tammy Vickers
316-524-7808

Treasurer

Carolyn Stevens
316-683-1138

Chapter Couple

David & Sherri McDonald
316-650-3238

Rider Educator

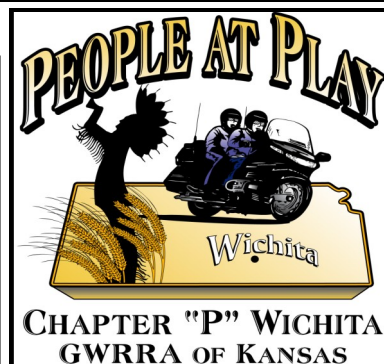
Rick & Carolyn Stevens
316-683-1138

Web Master

Dan & Tammy Vickers
316-524-7808

Member Enhancement

Glenn Bindley
316-880-2396



Friday, January 11th - Meeting Night - Brown Bag at 6:30pm Meeting 7:00pm
Derby Church of Christ 225 N. Derby St,
Derby Ks. 67037 in the fellowship hall at the south end of the building.

Well here goes another month the end of the year. Next year in 2013 I would like to introduce the new Chapter assistant directors for chapter P Denny and Cathy Chesnut you will see them around this year and if you do please introduce your self to them so they may become more acquainted everyone. Our 2013 Chapter P couple was introduced at our Christmas party and for this year it will be will be Carol and Jim Lamb a special thanks for them stepping up for this very important position.

We had our Christmas Party on December 15 2012 at Strouds



...s month will be posted on the chapter website and location.
...e will be held on January 1 2013 Kmart corner of 47th weather permitting 1:00 pm

- ...s – Donovan Foster January 17
- ...Ginger Foster January 29
- ...Kathy Chesnut January 30

...saries – David and Sherri McDonald January 17

...safe month!
...McDonald

Directors Chapter P

Chapter Q – Wellington



Chapter Directors

Jack & Teresa Kistler
620-782-9636

Chapter Treasurer
Becky Mangus

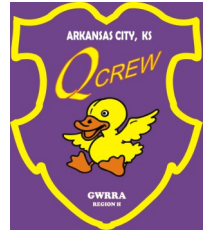
Chapter MEC

Ron & Judy Eggleston

Ass't Chapter Directors

Bill & Sheila Tucker
316-777-1052

Chapter Educators
Open



Happy New Year everyone hope this year brings lot's of riding time for all of us. As of yet we haven't made any definite chapter plans for the upcoming year, but as usual you can count on the Fall Foliage ride in October. If anybody has a suggestion for the fall ride please let us know.

With the beginning of a New Year and Christmas celebration past, many people have had the opportunity to spend some quality time with family. We have found for us that our GW family brings us the same warm fuzzies as spending time with our children and grandchildren. The time that we can all be together at gatherings is a special time. Each one of us has a story to tell of rides past, some funny and others more on the serious side. The thing about our stories is that they usually include the

members of this special family.

So in saying all this we would like to invite everyone to join us at the Mid-Winter Rendezvous in Emporia, Ks, on Jan. 18th & 19th at the Guest-house Inn. We realize that this event isn't normally something that some of you attend, but we ask that this year maybe a few more of you will try. This year is the 25th Birthday for Mid-Winter and the staff is planning a good weekend.

January Birthdays:

Barb Shaw 1st

Bobby Shepherd 28th

Once again Happy New Year to all of you and we hope to get out an see more of you this upcoming year.

Until the next time,
Jack and Teresa Kistler

Kansas Couple of The Year

Larry & Mary Mazur



KS-A CHAPTER COUPLE

Chapter Couples next Page

District of Kansas Chapter Couples 2012



KS-A Larry & Mary Mazur



KS-B Johnnie & Sharon Crow



KS-C Don & Brenda Williams



KS-F John & Karen Glaves



KS-P David & Sherrie McDonald

**KSH & KSQ
Open**



Gee whiz, I thought I was done writing newsletters!!! (and you only thought you were done putting up with me!) Makes you think about pennies, doesn't it?!

I don't mean to brag here (okay, yes I really do). I have many virtues, but being humble isn't one of them. I have been asked (by several people) to continue being the grand pooh-bah for the lady riders. I tell myself they wouldn't have asked me if they didn't think I was doing a good job. In reality, it is more likely that no one else wanted the job. (I like my version better.) The pay isn't exactly great, but the job description is. If anyone is interested in my qualifications, perhaps you'd like to read my resume. "BEEN THERE, DONE THAT, HAD FUN".

Here is an example: December 1, 2012, two ladies from Wichita, two from Hutchinson, and one from Lyndon came to Newton for a shopping trip. Ann Gillett poured on the guilt until I agreed to fix them all some brunch. (I'll never let Ann forget.) Since I don't really enjoy cooking, but I do like to entertain, I brought out my mother-in-law's china and my silver, and made it an eloquent setting. After consuming several pots of coffee, we were prepared to do a lot of stupid things very quickly and be excited about it.

We started at Prairie Harvest. GeorgeAnn Trisch had to get a cart to carry all her peppernuts and other organic and natural foods. (did any of those peppernuts make it home to Dale?) I believe Ann and Dana had several bags to carry, too. This store connects to several other stores, including a bookstore, a tea lounge (where Carolyn renewed her caffeine level by sniffing all the teas.) Next was Susie Drake's favorite, the Kitchen store. (She had to explain to me what most of the gadgets were.) My personal favorite was the Main St. Company. They had clothes, scarves, purses, luggage, and jewelry.

Continued Lady Riders

We also visited Anderson office supply, Charlottes Natural fabrics, Faith and Life Bookstore, Peace Connections, and High St. Company. Several of us ate a late lunch at Karen's Kitchen, and finished our shopping at Meridian Grocery, where we purchased German sausage and chocolate covered coffee-beans. (just in case we run low on caffeine.) Wow, I didn't sleep for three days!!!

That being said, I think it would be a good idea if we had some kind of get together only once a quarter. (not sure my body or my pocket-book could afford any more!) So, ladies, you can see this isn't about riding motorcycles, or just about one chapter. This isn't even about caffeine! It's just about us ladies getting together and having fun, doing what we enjoy doing. I don't have any meetings in mind, or any agenda. I don't know what we can fit in our busy schedules, between work and chapter events. We will probably have another get together in the spring. If you have any ideas, please contact me at tmbockhaus@gmail.com. I look forward to spending time with you ladies, and getting to know you all better. (and yes, I'm usually this crazy, even without caffeine.)

Terri Bockhaus

Lady Riders

Our Purpose:

**To provide encouragement & peer support to women who ride, want to rise
or co-ride**

Our Objectives:

To provide positive image of women riders

Our Goals:

To make new friends and have fun riding



The Winger Kitchen



KING RANCH CHICKEN

Janis Mooney's

2 boneless chicken breasts
 1 can cheddar cheese soup
 1 can cream of chicken soup
 1 can cream of mushroom soup
 1 can Rotel
 1 1/2 Tbls milk
 1 onion, chopped
 Totilla chips
 Shredded cheddar cheese

Cook chicken and cut in bite size pieces. Mix together the chicken, soups, Rotel, milk and onion. Place tortilla chips in bottom of greased 9x13 baking dish. Pour chick mixture over top of chips. Top with shredded cheese

Bake 375 degrees for 30 minutes.

CREAM OF BROCCOLI SOUP

Janis Mooney's

2 cups of water
 4 tsp chicken bouillon granules
 2 pkg (10 oz) frozen chopped broccoli
 2 Tbl spoons finely chopped onion
 2 can cream of chicken soup, undiluted
 2 cups evaporated milk
 1/4 tsp pepper

In a sauce pan combine water & bouillon. Add broccoli & onion. Bring to boil & then simmer for 10 minutes.

Combine soup, milk & pepper. Add to broccoli mixture.

Simmer until hot.

TACO SOUP

Janis Mooney

1 1/2 lb Hamburger
 1/2 cup chopped onion

Cook hamburger & onion together. Drain then add 1 pkg taco seasoning mix.

Add the following and DO NOT DRAIN

1 can corn
 1 can pinto beans

1 can ranch style beans
 1 can hominy
 1 can Rotel
 1 can chopped stewed tomatoes
 1 pkg dry hidden valley ranch dressing
 2 cans tomato sauce
 2 cups water

DO NOT ADD SALT

Mix and simmer 45 minutes.

KANSAS DIRT (Served at District Team Meeting)

Sheila Tucker

1/2 pkg large Oreo cookies
 1 4 oz pkg Cream Cheese
 1 box instant vanilla pudding
 1/2 cup powdered sugar**
 8 oz Cool Whip
 1/4 cup margarine (1/2 stick)
 1 1/2 cup cold milk
 1/2 t vanilla

Crush cookies and put 1/2 the crumbs in a 9x9* pan. Mix cream cheese & margarine until smooth. Mix in powdered sugar and fold in cool whip. In separate bowl mix pudding, milk & vanilla. Fold in mixtture and pour on the crumbs. Spread remaining crumbs over top. Refrigerate.

*For a large group, double the ingredients and put in 9x13 pan.

** May substitute a non-sugar product for the diabetics.

CHOCOLATE ZUCCHINI CAKE

Janis Mooney

2 cups flour 1 tsp salt 1/4 cup cocoa
 1 1/4 cups sugar 1 1/2 tsp soda 1/2 cups chopped nuts

Mix well and add:

1/2 cup oil 2 tsp vanilla 2 cups grated zucchini
 Enough water to make a 'like a cake batter'.

Grease a 9x13 cake pan and bake at 350 degrees, 25 minutes

FROSTING

2 cups powdered sugar 4 heaping Tbl cocoa
 4 Tbl cold water 4 Tbl melted butter
 1 Tbl vanilla

Mix powdered sugar & cocoa, add water, butter and vanilla. Mix well and spread on cake.

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Jack and Teresa Kistler, Owners

We also sell Motorcycle Tires and DynaBeads



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 Clarksville, AR 72830

Mize Auto Body, Inc.

Happy Birthday

25 Years



MID-WINTER RENDEZVOUS

is celebrating 25 years of having FUN entertainment & educational seminars for GWRRA members and guests. We are bringing back some popular games from the past. Don't miss out on this celebration.

Pre-Register and you might win a FREE nights lodging in the Honeymoon Suite!



WHEN

January 18, 19, 2013
Guest House Motel
2700 W 18th Ave
Emporia, Kansas



Kansas District- Region 'H'-GWRRA

MID-WINTER RENDEZVOUS

Celebrating 25 Years of Fun



Guest House Inn

2700 W 18th Ave

Emporia, Kansas

\$49.00 Plus Tax

Phone 620-341-9199

January 18 & 19, 2013



PRE-REGISTRATION FORM

There will be a drawing from pre-registrations for a FREE nights lodging in the Honeymoon Suite

Rider: _____ GWRRA# _____ Age _____ Email: _____

Co-Rider: _____ GWRRA# _____ Age _____ Email: _____

Address: _____ City _____ State _____

Zip _____ Phone # (____) _____ Miles Travelled: _____

GWRRA Region _____ GWRRA District _____ GWRRA Chapter _____

Registration Fee: \$25.00/person \$30.00 after January 10th

I/We agree to hold harmless GWRRA, any co-sponsoring organizations, and any property owners for any loss or Injury to self or property by reason of participation in this event. I/We also agree to assume responsibility for any property that I/We knowingly damage.

Rider Signature: _____ Co-Rider Signature _____ Date: _____

For more information contact Garry & Phyllis VanBuskirk 316.321.0896

Make Checks to GWRRA of Kansas

Mail to: Judy & Ron Eggleston , #20 Northfork Rd, Kaw City Oklahoma 74641

Kansas Winger Editor



As we venture into 2013 I thought I would share some thoughts with you concerning your Kansas Winger.

*First, a THANK YOU to Janis Mooney (KS-F) for asking me to try a new format for the Winger. She asked that I try keeping the articles intact and not have to go several pages before she finds the rest of the article. She thought it would be easier to read the articles. So I tried it! Feed back tells me that the new format is popular with the readers. It does make it easier and quicker to read. But what I like most about it is that it is much easier and less time consuming to put it together. **Thanks Janis.** The new Winger will continue with the changes you recommended.*

Those of you that read the Winger know that most of the articles are submitted by the Chapter Directors or their editors and from the District Team. And occasionally from the region team.

It would really be good if members would submit articles. Maybe you had a neat ride that others might enjoy taking. Maybe something very humorous happen or a special event happen in your family. Share it! Photos welcome.

Along with that, I would like to see is articles from the Chapter Couples telling us what their visitation activities were as they travel to other chapters or districts representing their chapter. What about articles on safety from the Chapter Educators. Maybe someone told a story about an incident they had while riding.

I don't want this to go to another page so I'll close with this plea! Please support your Winger and make a written contribution.

Thanks! Bill Tucker, Editor

*P.S. I want to keep the Winger Kitchen going but can only do so if I get recipes. OR use my own. Please submit your favorite recipe. Only eight members submitted recipes. **DON'T FORGET TO VISIT THE KANSAS DISTRICT WEB PAGE!** It is updated daily by our web master Dale Mooney.*



WING BREAK 2013

REGION H CONVENTION - MARSHALL, TX
CONVENTION CENTER - APRIL 4, 5 & 6, 2013

Pre-Register by March 15, 2013 and be eligible for the \$250 Mini-Grand Prize

MAKE CHECKS PAYABLE TO GWRRA REGION H

MAIL REGISTRATION AND PAYMENT TO:

BILL GRAY, 1820 W. KENT PL., BROKEN ARROW, OK 74012

| Full Registration | Quantity | Pre-Register | Total Pre-Reg | On-site |
|---------------------------------------|----------|--------------|---------------|---------|
| GWRRRA Member | | \$25 | | \$27 |
| Life Member | | \$12.50 | | \$13.50 |
| Non-Member | | \$30 | | \$32 |
| Medic First Aid - First Time 8hr Fri | | \$25 | | \$25 |
| Medic First Aid - Recertify 4 hrs Sat | | \$25 | | \$25 |
| Trike Course * | | \$50* | | \$50* |
| Grand Prize tickets 30 for \$10 | | \$10 | | |
| 50/50 tickets Friday 30 for \$10 | | \$10 | | |
| 50/50 Tickets Sat 30 for \$10 | | \$10 | | |
| Level IV Breakfast-Current** | | No charge** | | |
| Level IV Breakfast-Not Current** | | \$5** | | |
| TOTALS | | | | |

*Classroom on Friday, range on Saturday. \$25 refunded upon completion of course.

On-line registration available through Pay Pal @ gwrra-h.org (effective Sept. 1.)

** Must be a GWRRRA Level IV to attend.

Children under 12 FREE! Must be registered to be eligible for prizes!

Grand Prize ____\$500 Drawings!

Rider _____

Age _____ Birthday _____ GWRRRA# _____ Expires _____

Co-Rider _____

Age _____ Birthday _____ GWRRRA# _____ Expires _____

Address _____ City & State _____

Zip _____ Phone _____ Region _____ District _____ Chapter _____

Direct Mileage to Convention _____

I/We agree to hold harmless GWRRRA, any co-sponsoring organizations, and any property owners for any loss or injury to self or property by reason of participating in this convention. I/We also agree to assume responsibility for any property which I/We knowingly damage.

Rider _____ Co-Rider _____ Date _____

Coming Soon

**Convention Theme! Host Motel & Costs/
room! Registration Information!**

Kansas District Rally

**September
13,14, 2013**

ABILENE, KS

At the Fairgrounds

HOST MOTEL:

Room Rates

Pre-Registration Deadline

**Vendors, Seminars, On Bike Games, Off
Bike Games, Chapter Challenges, Grand
Prize Drawing, Much more!**

2013 POLAR BEAR RIDE



Meet at K-Mart 47th & Broadway at 1:00pm. If tempature is 30 we ride 30 miles. If 70, we ride 70 miles.

All this is weather permitting and conditions of roadways!! Come join us for the first 2013 ride.

Will ride to Rod & Ann Gillett's home for hot food and drinks!