

The Soaring Eagle
Gold Wing Road Riders Association
Iowa Chapter E



2018 - 2019 Couple of the Year
Sue & John O'lenick

CHAPTER E TEAM

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FROM YOUR CHAPTER DIRECTOR:

Hello Wingers

Another Successful Sweetheart Weekend has come and gone. I want to give a big shout out to Linda Huppenbauer for all her hard work on this year's event. I have had nothing but good feedback. Again "Thank You" Linda. I do not want to forget all the rest of you that have helped us with putting on this event, and also all of you that have come and made this a wonderful event. THANK YOU.

We are starting to see spring trying to come in and push winter out for the year, and I am ready and itching to get my bike out and do some riding. With that being said, I hope you are looking at getting the dust off the bikes. Checking that everything is in good working order. As riding season is just around the corner. For some I know have already got their bikes out and have been riding. To those I will say please be very careful as there is still a lot of sand on the roads and we all know it does not take much to cause a mishap. So have fun and be SAFE.

Chapter E will be hosting a CPR class on April 18th and it is looking like Cheryle and I will be the host for this at our home. If you are interested, please let us know as we need to determine how many instructors we will need. The cost of the class will be \$20.00 unless you are attending

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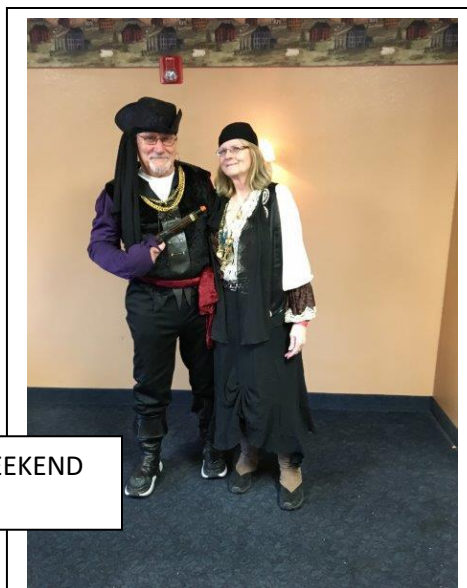
Gathering: March 14, 2020—Host: Gwyn & Lanny
Fort Colony Family Diner
5102 Ave O, Fort Madison, IA.
Eat at 5:30 p.m.
Meeting @ 6:30 p.m.

FROM YOUR CHAPTER DIRECTOR:

the Iowa Safety Weekend, then the cost of Safety Weekend will cover your CPR class. I will have more on this as we get closer to April.

Until next time, have fun and most of all be SAFE.

Regards,
Kevin Miller
Iowa Chapter E Director,
319-520-5391
goldwinging@mediacombb.net



SWEETHEART WEEKEND
2-15-2020

THE RONALD MCDONALD CORNER

\$399.83 is where we are with our Ronald McDonald cash donation and, shooting for \$800.00.



I have found some interesting facts to pass on to you:

At the [University of Iowa Stead Family Children's Hospital](#) there are a total of 6 food pantries stocked by RMHC-EIWI. Open 24 hours a day and located in the pediatric lounges, we supplied families with 63,819 food items in 2019, an increase of 11,976 compared to 2018. Thank you to [University of Iowa Dance Marathon](#) and [Theisen's](#) for supporting our food pantry program! Individual donors can make an impact too! Drop off food items like fruit cups, Easy Mac, granola bars, and fruit snacks or monetary donations at the Ronald McDonald House of Iowa City located at 730 Hawkins Drive. I will try to find other facts for future newsletters.

June 10, 2020 (Wed.) night from 5 to 8 pm is our fund raiser at Pizza Ranch in Burlington, for the Ronald McDonald house. Our job, is to help wait on tables and clean off tables. We will get all Donations, Tips, and 10 % of buffet sales that night. I will need some helpers!

June 20, 2020 is our cruise night with Heartland Harley in Burlington. This is our chance to add to our Ronald McDonald house funds. 5 pm to 9 pm. Will be pushing bake sale items. Calling all bakers.

We Have been talking about the "Steamboat days" parade this year. I will follow up on that when we hear anything.

Another Sweetheart weekend under our belts. The weather was pretty good, lots of good games and good fellowship had by everyone. I hope everyone had a good time. A good job by all the helpers behind the curtains, it takes all of us to make it happen.

Duane Peel had 3 by-pass surgery **Monday** Feb.17, 2020. I understand he is resting good, with everything going good, please keep Duane and Emily in our prayers for a speedy recovery.

Pop Tabs, Pop Tabs, Pop Tabs, collect, collect, collect.

Until next time.

God Bless to you all

Coordinator's for Ronald McDonald House fund raiser

Gary and Val Duckstein [319-752-5758](tel:319-752-5758)

Cell [319-671-0033](tel:319-671-0033)

Garyvalduck@mediacombb.net



District Educator for the Iowa District

Don't forget about Safety Weekend. That is coming up May 16th and 17th. There should be a copy of the flyer attached to this newsletter, or you can find it on the District website.

In my last newsletter article I discussed the new chapter position called the "Chapter Skills Enhancement Advisor." This is not a required position in a chapter and is not an officer position. It could be something one of the existing chapter officers does, or any qualified person in the chapter. We do want that person to be active in the Levels program and to be at least Level 2. One of the functions that this person could perform is to help organize motorcycle skills practice events at the chapter level. I mentioned some of the other functions last month. So, I would like to focus this article on discussing what a motorcycle skills practice event is and how to put one on.

We use to have a Parking Lot Practice program, which hasn't been done in the Iowa District for many years, and this is somewhat similar. It is important to remember that any of our motorcycle skills practice events are not rider courses. There is no instruction to these events. People looking to get instruction should take one of the GWRRA Rider Courses (ARC, TRC, etc.) or a similar course through a motorcycle school.

A few years ago GWRRA had developed 15 Shiny Side Up exercises. Diagrams and descriptions of each exercise is available on the GWRRA website. Here is the webpage: <http://www.gwrro.org/regional/ridered/League-of-Aces2.html>.

You can also drop me an email and I can help you find this, or email you the pdfs. Note that 15 exercises are a lot! What you want to do is to select only a few exercises, maybe 3 or 4. This can be just a fun event where the course is set up with cones and people take turns doing each exercise. This can be for 2 wheel or 3 wheel motorcycles. Or, this can be competitive with scoring done with demerit points. So, you would receive points for crossing a line, hitting or skipping a cone, putting a foot down, etc. You can also use timing and the demerit points would be the equivalent of so many seconds added on to your time. The way you set up the scoring is up to whoever puts on the event.

I don't have the space in this article to describe each exercise, but I will be discussing this further at the District Ops meeting in March, and would be happy to come to a chapter meeting to discuss these or to help out. Some of the exercises include making quick stops, weaving, obstacle avoidance, slow riding, U-turns, tight slow speed circles, turning from a stop, and a brake and evade exercise. Although the exercises are set up to practice motorcycle skills, we want these events to be safe and without injuries or damage to our vehicles. So, people should challenge themselves to a degree but still ride within their skill or comfort level. The two goals of the event are to gain practice on important skills we otherwise don't practice often in our normal riding, and to have a fun time with our friends.

Four important rules to follow in conducting these events:

1. Get permission to use the parking lot that you intend to use. Find one that has a decent surface and open enough that you don't have hazards that could be a problem with riding an exercise. You will want a way to block off the area so that you don't have to worry about other vehicles.
2. Because this is a chapter event you need to have each person participating to fill out a waiver. These are available on the webpage I noted above, or you can email me for that.
3. All participants must wear the proper gear when riding during the event. That includes a legal helmet, jacket or long sleeves, long pants, full fingered gloves, some type of eye protection and over the ankle footwear.
4. No coaching! But, what the organizer will do is describe the exercise and the path of travel, and they can show the path of travel by riding the exercise or walking through it. What they cannot do is to offer advice, critic other riders, or anything else that could be deemed as coaching. So, what do you do when someone asks, "How can I make

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District Educator for the Iowa District

tighter U-turns?" Tell them that we have excellent rider courses and a qualified rider course instructor can help you out. The purpose of these exercises is to gain practice time. These events are not rider courses. However, there is really no substitute for getting better at anything than "purposeful practice."

There are several people in our district, including myself, that have cones that you may be able to borrow to help set up a course. However, there are other things you can use in place of the cones. There are small, rather flat soccer practice cones that you can purchase very cheap, you can cut old tennis balls in half, small water bottles with a little bit of water in them work very well, or you can mark on the pavement with sidewalk chalk using different colors for different exercises.

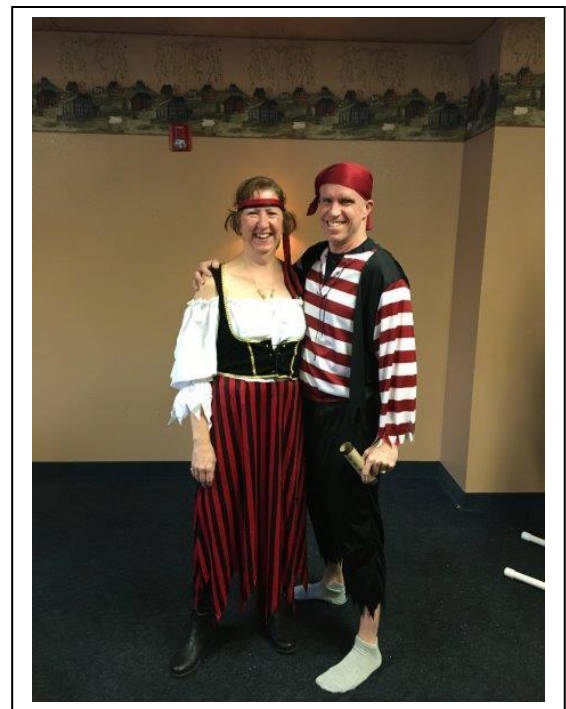
I am very excited to see chapters set up these events and I will do whatever I can to help you do that. So, if there is interest in your chapter and you want some help, please let me know.

I am going to continue in future articles to talk about other games that you can set up and about the Amazing Team Challenge. These are two more events that chapters can put on that help improve skills and are a lot of fun.

Until next month, stay warm and stay safe,

Greg Hayes

District Educator



SWEETHEART WEEKEND
2-15-2020

COFFEE'S

MAR	4	MAZZIO'S	BURLINGTON, IA
MAR	11	MAID-RITE DINNER	BURLINGTON, IA
MAR	18	THE PINK	LOMAX, IL
MAR	25	PIZZA HUT	FT. MADISON, IA
APR	1	HyVee (Agency)	BURLINGTON, IA
APR	8	Pizza Ranch	BURLINGTON, IA
APR	15	Gator's	BURLINGTON, IA
APR	22	Reed's	WAYLAND, MO
APR	29	Buffalo Wild Wings	BURLINGTON, IA

Monthly Get Together
Everyone Welcome!

2nd Saturday of each month (except February, November and December).

Fort Colony Family Diner
5102 Ave O
Fort Madison, IA.
Eat at 5:30 p.m.
Meeting @ 6:30 p.m.

Weekly Coffees on Wednesdays at 5:30 p.m., at various locations, see the Coffee's for each month in this newsletter

WEDDING ANNIVERSARIES

Arlin & Carol Clover Mar 17

GWRRA ANNIVERSARIES

Bill & Carol Cook	Mar 1, 1987
Ron Jackson	Mar 19, 1999
Carol Colver	Mar 24, 2003
Gwyn Jones	Mar 20, 2006

BIRTHDAYS

Gary Duckstein	Mar 4
Duane Peel	Mar 7
Emily Peel	Mar 12
John Olenick	Mar 19
Arlin Colver	Mar 31

2020 UPCOMING EVENTS

(All subject to change)

Mar 7, 2020	Crazy Supper	Tama, IA
May 16-17th	Safety Weekend	Ankey, IA
May 18- 19	Niehaus Appreciation Days	Litchfield, IL
Jun 10,	Pizza Ranch (Fund Raiser)	Burlington, IA
Jun 20,	Heartland Harley Cruise Night	Burlington, IA
Sept 18-19th	Iowa Rally	Fairfield, IA

Please double check the event dates listed above each month, as they may change from time to time.

Special message from John and Yvette Moravec

Hello Everyone,

We're in the midst of winter but the days are getting longer, and we're getting excited for 2020! I wanna ride. But first let's get down to business. Team Iowa got together a little while ago and discussed the chapter challenge for 2020. The big push has been recruitment for GWRRA. So here's the challenge! Every time a chapter gets a new household to join GWRRA they get a ticket/chance at the rally to win your chapter charter fee for next year. We feel that's a good deal, BUT Yvette and I discussed this with Bruce Beeman (Directors Assistant) and we decided to kick it up a notch. **Any chapter that gets a total of 10 households automatically gets their charter fee paid for by the district. AND if any chapter that meets that goal, Bruce will dance the Irish Jig at our rally in September** - I'm not sure if that's a reward or punishment to either us or Bruce. But wait...there's more! If we get two chapters that hit 10, not only will I also dance the Jig - I will purchase/rent green pants, a green suit, and a green hat. Hey - we're serious! We need you to assist in recruiting new members. IF/WHEN we get more than 2 chapters that get 10 new households to join GWRRA, I will volunteer/told a member of the Iowa Team to join us...starting with Yvette. (She didn't agree to that so let's keep that between us). Make me get the entire team up there at the rally...I dare you.

A few other things I will cover quickly. The operations meeting and crazy super is [March 7th](#) in Tama - get your registrations turned in before [Feb 28th](#) so we can get the food - ya wanna eat don't you? Safety weekend is [May 16th](#) and 17th - that's a Saturday and Sunday with advanced rider course, trike rider course, first aid and CPR - each of these offered both days. Finally, the rally is scheduled for [September 18th](#) and 19th in Fairfield Iowa, and from the paragraph above - you won't want to miss it.

Get out there and recruit some new friends and support the health of your chapter and GWRRA!

Now let's ride!

John & Yvette Moravec
Iowa District Directors

CHERYLE'S CORNER

Chicken Dorito Casserole

Ingredients:

3-4 cooked chicken breasts, shredded or chopped)

Olive Oil

Salt & Pepper

20 Doritos, crushed

2 cans- cream of chicken

$\frac{3}{4}$ cup of milk

Sharp Shredded Cheddar Cheese(fat free)

Directions:

Season the chicken breast with the salt and pepper and place on baking sheet covered with alum. Foil. Drizzle with a little olive oil and bake for 15 to 20 minutes at 450 degrees. Let chicken cool for a few minutes. Then shred or chop the chicken breasts. Mix milk and cream of chicken together and set aside. In a 9 x 13 casserole dish. Start with a layer of dorito's, then chicken, then cream of chicken mixture, sprinkle with cheese. Repeat the layers four times ending with the cheese. Bake for 20 to 25 minutes or until cheese is nice and bubbly. This just needs to be heated since the chicken is already cooked. Sprinkle with Lettuce, and chopped tomatoes.

4 smart points

6-8 servings



TEAM GWRRA 2018

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Dan & Rachel Sanderovich	Executive Director Overseas	dan.sanderovich@gmail.com	942-542-

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