

THE X2 FILES



GWRRR South Central Region H

Texas Chapter X2

January 05 Edition

The New Year Is Here



If you hadn't noticed, Christmas time has come and gone again. We've been thinking of Santa Claus, Sugar Plum Fairies, and the man for whom this Holiday we celebrate. It all started many, many years ago in the little town of Bethlehem and has

now turned into the busiest time of year at your local department store. Go figure!!

With all the things we did, all the shopping we did and all the places we went, the pressure was really on! With all the stress comes that short fuse, short temper and heightened level of aggravation, what a way to celebrate!

Now take two steps back, close your eyes and think back, for just one minute, of the last ride you went on with your chapter. Think of all your GWRRR friends. Think of how much fun you've had over the past year with this circle of friends. Now isn't that better? Aren't you more relaxed? See, as I've said many times before, the more you put into GW the more you get out. It's kind

like that old adage it's better to give than receive. Now we can relax since we've gotten through that giving part. As always, the members of X2 were very active participants in the Northwest Foster Children's Toy Run. The cards went out and on the 19th of

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December we all met at the Sheraton North Houston Hotel to decorate for this great event. We had 16 members rally to the call and help with the decorating and act as Santa's Elves for the kids. I guarantee these folks were very blessed and had a little warmer hearts for their efforts.

Now that we've jumped, fell or run head long in to the New Year don't forget Chapter X2 as we have several events planned this and next month. Check the calendar, stay up to date and don't forget we're here for and with YOU!

Hugs to All

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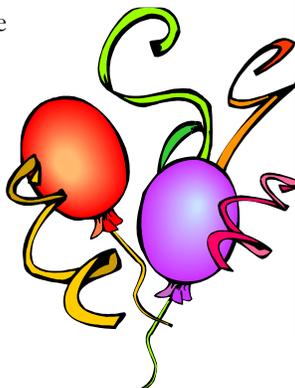
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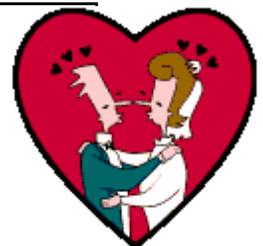
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ANNIVERSARIES

<i>Bill & Marty Elliott</i>	<i>Dec 16</i>
<i>Robert & Laura Laffitte</i>	<i>Dec 31</i>
<i>Daniel & Maricela Flores</i>	<i>Jan 1</i>
<i>"Mack" & Valerie McElhose</i>	<i>Jan 12</i>
<i>Mike & Cindy Taylor</i>	<i>Feb 11</i>
<i>Wes & Lee Moore</i>	<i>Feb 26</i>



BIRTHDAYS

<u>December</u>		<u>January</u>	
<i>Lydia Martino</i>	<i>Dec 18</i>	<i>Mike Taylor</i>	<i>Jan 14</i>
<i>Deborah Decker</i>	<i>Dec 22</i>	<i>Rich Bassi</i>	<i>Jan 14</i>
<i>Daniel Flores</i>	<i>Dec 24</i>	<i>Jay Fleming</i>	<i>Jan 27</i>
		<i>Jerry Stone</i>	<i>Jan 27</i>
<u>February</u>			
	<i>Ron "Mack" McElhose</i>		<i>Feb 26</i>



GWRRR Rider Education



Are We Crazy ?

We have all heard it from co-workers and family. "Motorcycles are dangerous, you have to be completely crazy to ride one of those things". Well they are right if we chose to sit in the back of our chapter meetings and ignore all the opportunities a GWRRR member has to increase his skills and lower the risks involved in riding a motorcycle. Life is full of risks and we take on many different kinds every day. There is risk involved in driving on a Houston freeway, even in a tank, or sleeping in a waterbed if we have a cat. The trick is to manage these risks and not take dumb risks. Riding a motorcycle wouldn't be much fun wrapped in bubble wrap, but there are other ways to control risk. Enroll and stay current in the GWRRR Riders Education Program. Take the rider's course every three years to hone those skills and stay sharp. Many skills are lost in 6 months if they are not practiced. How do we practice? Simple, go on as many of your chapter rides as you possibly can. This is great practice and you have the opportunity to have fun with friends who have the same interest as you. A vacant parking lot on Sunday and some marking cones can also provide a great place to practice.

Taking dumb risks is asking for trouble. If you keep pushing your limits you will eventually exceed them. Riding faster and faster through a familiar curve can spell disaster when you've pushed your traction to the limits or there's something unexpected in the roadway halfway through the curve. Know your limits and the limits of your motorcycle.

Part of good risk management also involves the inspection and maintenance of the motorcycle you ride and depend on. Replacing worn tires, and regularly checking the pressure can help you stay safely stuck to the road. Riding with a low tire can cause the tire to heat up and start breaking down internally. Goldwings are great motorcycles with a history of very few problems, but that does not mean

you can ride forever and do nothing to them. Taking care of your bike will insure that it will take care of you.

When you show up for a chapter ride, make sure your gas tank is full and you have the proper riding gear on. A cell phone, rain gear, first-aid kit, and emergency information sheet should all be on your bike. Stop talking and listen when the person that is going to lead the ride calls for a riders meeting, just before departure. These meeting are full of important safety information. You will learn what channel to monitor, what your position and responsibility in the group is. The route the group is taking may be discussed. What you should do if an emergency situation develops.

Everything that I have mentioned thus far helps lower the risks of riding a motorcycle, but I haven't scratched the surface of the volumes of information out there to learn. Learning should become an on going and never ending quest in the sport of motorcycling. So are we crazy? Yes, we are crazy over GWRRR, our Chapter and the many friends that share our passion of motorcycling and encourage us to ride safe.

Safety is for Life
Charles & Martha Lewis
Master Tour Riders 3431 & 3432
Chapter Educators



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RECIPE OF THE MONTH

“Cajun Biskits” By: Bill Elliott

Good biscuits are hard to beat. They are simple to make. This first statement is true; the second has eluded me for years. No matter how hard I try my biscuits could easily be used by the Astros in batting practice. I mentioned this one day to a friend named Craton, and said he had the best biscuit receipt ever. He was from South Louisiana and his father had been a cook on offshore rigs and had this great biscuit recipe. Have spent time on several offshore rigs I knew this was the recipe I had been looking for all my life. I know begging is not manly but when it comes to great biscuits you just have to overlook manly things. After considerable begging, pleading, and almost outright crying I received an email with the biscuit recipe of my dreams. Craton said as he went through the shoebox his father keep his recipes in he could hear him talking so he wrote the recipe as his father might have dictated it. (Typing this drove my spellchecker crazy)

5 cups self rising flour
 ½ cup soft, strained bacon grease
 (some folks call it bacon drippings, same thing)
 ¼ cup sugar (this is optional)
 2 pkgs yeast
 tsp. baking soda
 cups buttermilk

Mix flour, soda & optional sugar together
 Add bacon grease and blend
 Dissolve yeast in ¼ cup warm water & add with 1/3 or buttermilk. Besho tuh mixup reel damgood yeah!
 Put dat big ole gob o do' on dat cutem bode, dusit 1 somwid deflour, mashem out almos flat, bout haf 2 inch tick and dust wid flour reelite distime, & cutot dem biskits so dat dey bot tree inches cross de middle.

Preheat oven to 400° F. Put large cast iron skillet in oven to preheat as well.

Git dat skilit and add somo o'dat hog grees, jus a litl, not too much, jus enuf to makit slik on de skilit bottom an putdem biskits in oneata tim, bot oneinch from de oder biskits.

Putdem bak inde oven and wait 7 or 6 minits, den takdemot and gentle turn dem ovr odersid den putem bak inde oven somo.

Wachdem so deydon git too brown, when deylook tite, takemot & injoy!

Somdin I dintellya, dats gonna be a loto do, soyou gonahafta cook agan if yoskilit notsobig yeah! (yemite wanaputdem in freezr fuhsomoder tim. Dat werks gud ifyuh putdat waxpapr butwen dem biskits foryuh putdem inde freezr. Onemo ting—usa big plastikzipenup bag so dedon dryot inde freezr.)

Les Bo Temps en Rouler!

LOUISIANA LAW CHANGE

As of August 15th, 2004, riders of motorcycles and their passengers must wear DOT approved helmets. Eye protection is required either in the form of a face shield, full helmet, etc. or GLASSES. So you can ride without a face shield but must be wearing glasses of some sort, either prescription or non-prescription. Goggles come to mind. Or just clear plastic "glasses." I guess this would imply clear glasses at night if you were not wearing a helmet with a face shield.

Bottom line: Helmet and eye protection

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 deletes whatever part of the balance you failed to use during the day. What would you do? Draw out ALL OF IT, of course!!!! Each day it opens a new account for you 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 the "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! The clock is running. Make the most of today.

To realize the value of ONE YEAR, ask a student who failed a grade.

To realize the value of ONE MONTH, ask a mother who gave birth to a premature baby.

To realize the value of ONE WEEK, ask the editor of a weekly newspaper.

To realize the value of ONE HOUR, ask the lovers who! are waiting to meet.

To realize the value of ONE MINUTE ask a person who missed the train.

To realize the value of ONE-SECOND, ask a person who just avoided an accident..

To realize the value of ONE MILLISECOND, ask the person who won a silver medal in the Olympics.

Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to spend time with you. And remember that time waits for no one. Yesterday is history. Tomorrow is a mystery. Today is VERY NICE..... a gift. That's why it's called the present!!!

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2. Maintenance performed - including but not limited to:
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Located in the Northwest part of Houston (Cypress)

X2 Health & Fitness

by Gail Nuñez

I have always been an avid reader, but as I age, I find myself reading more and more about health and fitness, particularly for women over 40. So, I thought I'd share some of this information with my X2 friends. Disclaimer: I'm not a doctor. The information found in these articles is not advice. The articles are written in my own words (to avoid plagiarism), but if ever any part of the article is my own opinion, I will state that. If you have any questions about the information shared in this column, ask your doctor. Lastly, this column is not directed solely to the women of X2. **Men ... you need to read it too.**

Now ... do you think your metabolism has slowed with age? It probably has, but did you know you can get it back to the rate it was when you were in your 20's? Your metabolism is simply the number of calories your body burns a day for fuel. Many factors influence that rate, so you have more control over your metabolism than you may think.

For instance – strength training will improve your rate. The *only* place your body burns calories is in your muscles. So it stands to reason that the more muscle you have, the more calories you will burn daily. Most women lose about a pound of muscle per year after age 35, and their metabolic rate decreases by about 100 calories a day per decade due to muscle loss. Building muscle

combats this decline. For every pound of muscle you gain, you'll burn an extra 50 calories a day. Muscle weighs more than fat, but takes up less space, so you can actually gain weight while strength training, but lose inches. *Minimum recommended: Two 30-minute strength workouts a week. Three sets of 10-15 repetitions of each exercise. If you can do the last few reps without a struggle, the weight is too light. Yoga, Pilates and other calisthenics use your body weight as resistance, so they are good strength training options as well. (My opinion: you'll be amazed at how quickly you gain strength!)*

Secondly, put your new muscles through their paces with cardio exercise. Get your heart pumping – the faster it beats, the more calories you burn. Change your cardio activity so you don't get bored. Speed walk, bicycle, swim, play tennis – or go indoors and use a treadmill or elliptical machine. Try to get in 30 minutes a session, three to five times a week. (This can be broken up into two 15-minute sessions, twice daily. We all have time for that!) Your body burns calories more efficiently if you strength train first, then follow with cardio.

Next, protein should be a part of your diet. Eating protein *at every meal* keeps your metabolism revved. Why? Because it takes more calories for your body to digest protein than it does carbohydrates and fats. But your

body can only use so much protein at a time, and any excess is stored as fat. To determine how much protein you should eat each day, divide your weight in half. That number is the *lower* end of the gram amount you should eat. The upper limit is no more than one gram per pound. So if you weigh 150, shoot for between 75 and 150 grams a day.

Drink water! We already know this essential. This seems like the one piece of health advice that has never wavered. Eight 8-ounce glasses a day is great, and juicy foods – such as tomatoes, citrus fruits – help fulfill daily requirements. Dehydration is a major cause of fatigue.

Stressing without decompressing can slow down your metabolism. Cortisol, naturally produced by your body to help you fight stress, also slows metabolism. Excess cortisol causes a buildup of fat underneath your abdominal muscles. Unfortunately for women, this belly-fat phenomenon escalates as estrogen wanes. With less estrogen, women are more prone to a male pattern of weight gain – around the middle. This fat directly contributes to your risk of heart attack, cancer, and diabetes. So meditate – don't munch!

Not eating enough or getting enough sleep are detrimental to your metabolism. If your body

(Continued on page 9)



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X2 Health & Fitness

(Continued)

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isn't getting enough calories to support basic functions, it slows your metabolism down to conserve energy. Try not to go more than 3-4 hours without eating something. Beef jerky and nuts are great protein snacks. And if your body doesn't get sufficient time to repair, it will lose lean muscle tissue, leaving you with less strength and endurance. Oddly enough, if you don't sleep, sweat. Make sure to get a good workout the day after a sleepless night. It will balance out the bad effects of lost sleep, and help you sleep better the next night.

And last but not least – when you eat out, eat wisely! Studies show that regardless of how hungry we are, when we eat out, we eat more because we are served more. Skipping the sauce and bread helps. (One of my tricks is to eat a snack about an hour before I go out to eat – like a handful of walnuts or some peanut butter and an apple. It helps curb the appetite.)

Now get up and do something!



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Friday At Last!!!

We all know that when 5:00 pm hits this busy city, on Friday afternoon, some of us are on auto pilot. Here is my story so that it may humble you as much as it did me.

Friday afternoon, 5:15pm, I take a look at my gas tank in my truck and noticed I was not going to have enough gas in the tank to make it through traffic home from FM1960 to Magnolia. So I decided to stop and fuel up as I was talking to my friend on the cell phone. I know, I know, you are not supposed to be talking on the phone while pumping gas, but I couldn't put her on hold due to her child had just returned from the emergency room and I really wanted to get the scoop. I can handle it. I do two things at once all the time.

I stepped out of my truck and inserted the fuel pump into my truck and pressed Regular Unleaded and kept listening to my friend. "Beep Beep-Please pay cashier."

With today's prices the pump attendant did not want to turn on the pump in fear I might steal his gas, so I waived my credit card and looked back at the pump.

"Please pay cashier."

"Damn it," I said to my friend on the phone, "He won't turn on the pump."

"Please pay cashier" was still beeping at me, so I furiously

turned to walk inside and pay for my gas. At which time, I was reminded that I had already put the hose into my truck.

Bam!!!!!! I fell over the fuel hose with such force that I sounded like a bird hitting a plate glass window. While still talking on the phone, still on the ground I look up and make eye contact with a gentlemen sitting in his car in the traffic that brought me here in the first place. Yes, I was hung on the fuel hose with my back right leg. I landed on my elbow, my left knee, because my right knee was attached to the fuel hose, and the ball of my right hand. Yep! Never dropped the phone.

"How embarrassing", I said to my friend on the phone. I am pretty sure the next couple of words that I said are unmentionable. I told my friend what I did and took a look at the pump and guess what.?

"PLEASE BEGIN FUELING"

Well, all I could do was laugh now. Just when I thought I had it all together and could do anything, my body was injured and so was my pride. I began fueling and walked inside to get my water and pay for my gas.

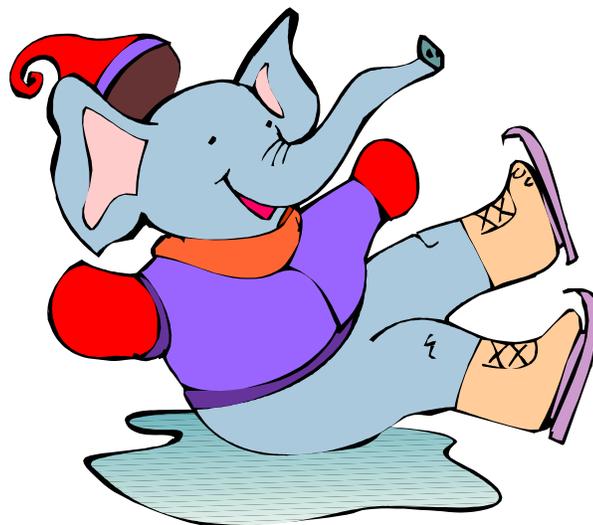
I walked up to the counter looking pretty beat down and asked, "So, did ya see me fall?"

He says, in his broken English with a hard Indian accent, "Yes I did! At first I thought you had dropped your keys."

Understanding that he realized I hadn't dropped my keys was when I was picking my big butt up off the concrete.

But all is well that ends well. The nice man gave me a bandage for my elbow, and the knowledge that even *I* will fall down, get up, and be laughed at.

Happy New Year
Shawna Mueller Meyer

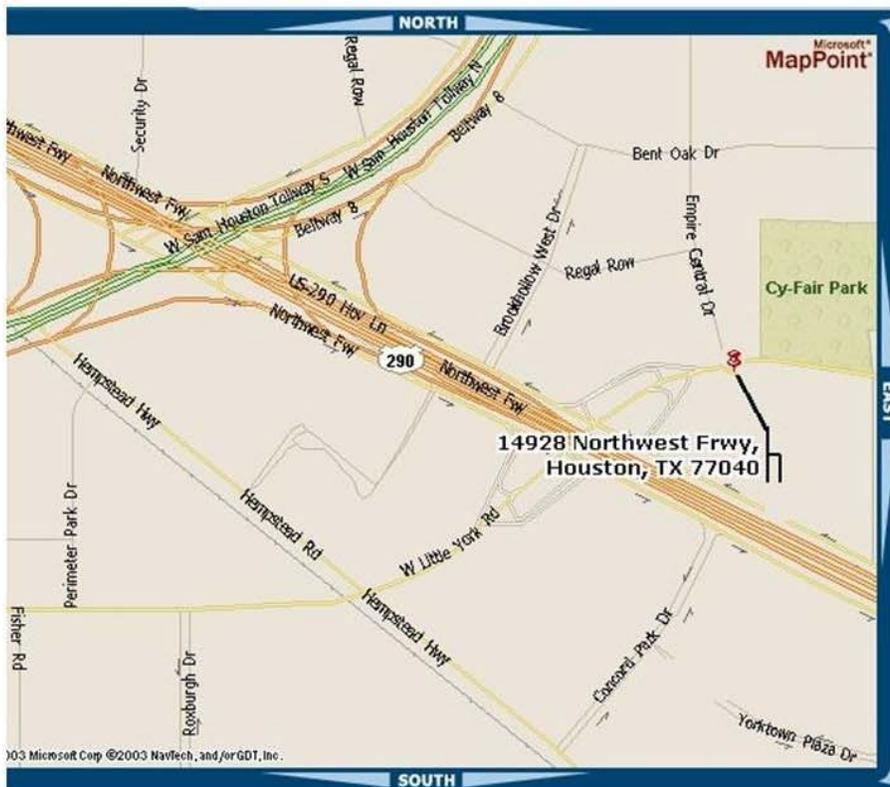




<p>Sam Belinoski, Jr. Owner</p> <p>14928 Northwest Freeway Houston, Texas 77040 Phone: 713-849-0422 Toll Free: 866-489-TOYS (8697) Fax: 713-849-0667</p>	 <p>United We Stand September 11, 2001</p>	<p>Central Standard Time Hours: Monday - Friday: 9:30 AM - 6:00 PM Tuesday until 7:00 PM CLOSED SATURDAY & SUNDAY</p>
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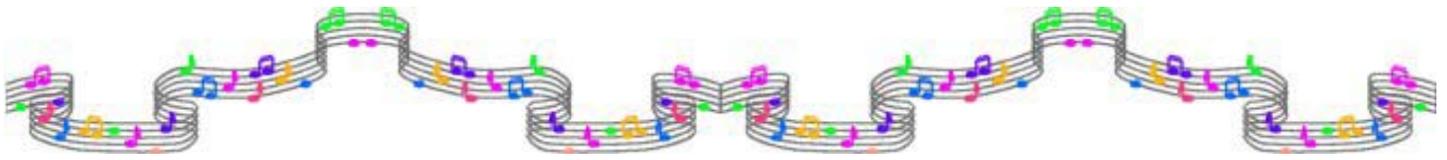
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Fabulous 50's — 2005 Texas District Rally

Wichita Falls, TX — May 12, 13, & 14

Registration Form



Rally Pins to the first 500 pre-registered

All pre-registrations must be postmarked by May 1, 2005

After May 1st – Register at Rally

GWRRR
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\$25.00

Non-GWRRR
Members
\$30.00

On-Site
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Add \$5.00

Day Passes
On-Site
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GWRRR Membership Cards Will Be Checked

Rider: _____

GWRRR #: _____ Exp.: _____ DOB: _____

Co-Rider/Second Rider: _____

GWRRR #: _____ Exp.: _____ DOB: _____

Add'l Participants & Ages: _____

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City: _____ State: _____ Zip: _____ Email _____

Phone: (____) _____ District/Chapter: _____ Direct Miles: _____

Check Applicable Boxes: RIDER/MALE RIDER/FEMALE CO-RIDER

Pre-Registered ONLY will be eligible to win prizes for Longest Distance Male Rider, Longest Distance Female Rider, 2 Up, Oldest and Youngest Male & Female Riders, Largest Pre-Registered Chapter in/out of District & 1st Pre-Registered

Level IV Breakfast (Master Tour Riders/Co-Riders) # of meals _____ **Sign-in At Rider Education Booth**

Discounted Prices for Pre-Registered GWRRR Members:

T-shirts S-M-L-XL-XXL-XXXL \$15

Polo shirts S-M-L-XL-XXL-XXXL \$21

Rally T-Shirts specify size S M L XL XXL XXXL, and color W-White A-Ash

Qty: _____ Size: _____ Color: _____ Total \$ _____ Qty: _____ Size: _____ Color: _____ Total \$ _____

Qty: _____ Size: _____ Color: _____ Total \$ _____ Qty: _____ Size: _____ Color: _____ Total \$ _____

Rally Polo Shirts specify size S M L XL XXL XXXL, and color W-White A-Ash

Qty: _____ Size: _____ Color: _____ Total \$ _____ Qty: _____ Size: _____ Color: _____ Total \$ _____

Qty: _____ Size: _____ Color: _____ Total \$ _____ Qty: _____ Size: _____ Color: _____ Total \$ _____

Pre-Registration fees: GWRRR Members _____ x \$25 = \$ _____ non-GWRRR Members _____ x \$35 = \$ _____

Make Checks Payable To: GWRRR TEXAS

Total Enclosed = \$ _____

Waiver: I/we agree to hold harmless the GWRRR, the Co-sponsoring Organizations, City of Wichita Falls, MPEC, and any other property owners for any loss or injury to self or property in which I/we may become involved by means of participation in this event.

Rider Signature: _____ Date: _____

Co/Second Rider Signature: _____ Date: _____

Mail Payment & Pre-Registration Form To:

Pamela Meyer, Texas District Treasurer
20906 Auburn Trace Ct
Katy, TX 77450



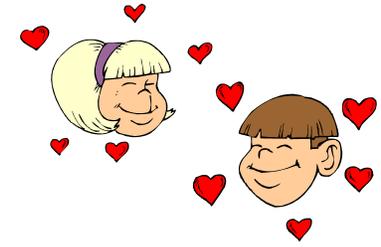
January 2005



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>30</i>	<i>31</i>					<i>1</i> Polar Bear Ride
<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i> District Staff Meeting 12:00 noon Kerrville, TX
<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i> Chapter Meeting Denny's 7:30 pm	<i>14</i> Dinner at Pallotta's 7:00 pm	<i>15</i> Chapter Director's Meeting 11:00 am Woodland House FM1960
<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i> Weekend Ride to Canyon of Eagles Marble Falls
<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i> Staff and Planning Meeting Denny's 7:00 pm	<i>28</i>	<i>29</i> Chapter Ride 9:00 am ?



February 2005



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i> Dinner at Main Street Café Tomball 5:00 pm
<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i> Chapter Meeting Denny's 7:30 pm	<i>11</i>	<i>12</i> Progressive Dinner 3:00 pm
<i>13</i>	<i>14</i> Valentine's Day	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i> Breakfast Ride King's Café 9:00 am
<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i> Staff and Planning Meeting Denny's 7:00 pm	<i>25</i> Dinner at Los Cucos Hwy 6 @ Clay Rd 7:00 pm	<i>26</i>
<i>27</i>	<i>28</i>					

BY THE BOOK

*By: Harry Dollarhide
Region H Trainer
Master Tour Rider 2804*

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. Please feel free to reprint these articles in Region, District and Chapter newsletters.

This is a reprint of a Aug 01 By The Book by Former Region H Trainer, Eddie Mauterer.

GWRRA ALCOHOL POLICY - One of the few rules we really have as voluntary leaders (that’s a Region/District/Chapter Officer in GWRRA lingo) is the “Alcohol Policy”. And, it is one that is often misinterpreted. Basically, the “Alcohol Policy has four parts to it - as representatives of GWRRA, voluntary leaders may not: 1) sell alcoholic beverages at a recognized GWRRA event; 2) profit from the sale of alcoholic beverages; 3) distribute, as an award or prize, any alcoholic beverage at a GWRRA event; and 4) encourage the use of alcoholic beverages by advertising its availability, or causing it to be available, at GWRRA events.

There are a couple of common areas where chapters have the potential of misinterpreting the alcohol policy. Chapters may not have any type of alcoholic beverage as a door prize or as part of a raffle at a poker run or chapter meeting. Also, the Chapter may not pay for any alcoholic beverages to be served at a Chapter picnic, get together, or Christmas party. Chapters are not supposed to advertise BYOL parties. Now, don’t get me wrong. This does not mean that every member of GWRRA must be a “tea toadler”. Although this policy may seem very stringent, GWRRA members may still exercise quite a bit of freedom when it involves the consumption of alcohol. This policy does not prohibit members from consuming alcoholic beverages during a GWRRA event. As a matter of fact, any GWRRA member may purchase and consume alcoholic beverages whenever they want, as long as it is not paid for, or encouraged by, a volunteer leader. Members may even bring their own beverages with them to a GWRRA event.

Of course, for those that do choose to consume alcohol, your fellow members expect you to exercise good judgment and responsibility. Although most people are not willing to admit it (because we all think the 1 ounce per hour rule is only for wimps that can’t hold their liquor), alcohol will affect your judgment. And, when it is time to leave an event, you are not only putting your own life at risk, but also that of your fellow members.

So, in consideration of all your GWRRA family and friends, wait until you’ve parked your “pride and joy” and put it to bed for the night before you celebrate the fact that you have just experienced another wonderful day traveling on your Gold Wing.

**Harry Dollarhide
Region H Trainer
Master Tour Rider 2804**



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