



# Chapter “J” Gator News



LA District

Friends for Fun, Safety & Knowledge

November 2019

## Chapter Director’s Letter

Hello LA-J!

There is a lot going on these days with the chapter. We’ve got some new members again this month including Malcolm Cooke, along with Larry and Debbie West. Please welcome them to our group. We also had a few guests at our last chapter meeting including Blake Ford, as well as Mike and Terry Anderson. We hope they will get in the habit of joining our meetings, since we sure enjoy new members and guests.

We have also had several hearty souls step up to take the 2020 officer and staff positions. I really appreciate these members for committing to help keep this group rolling along for the next year.

**Officer positions:**

Chapter Directors – Jerry and Mary Jane Racca  
Assistant Chapter Directors – Richard and Sue Stahl  
Ride Coordinators – Leo Thibodeaux and Randy Fontenot

Treasurer – Sheryl Wilkerson  
Membership Enhancement – Candy Thibodeaux

**Staff positions:**

Newsletter Editor – Katie Soileau  
Benevolent – Nanette Vincent  
Event Coordinator – Deb Fleming

Motorist Awareness – Tommy Benoit  
Webmaster – Sheryl Wilkerson  
Medic/First Aid Trainer – Donna Mead

Chapter Skill Enhancement Advisor - ?

Remember that these people will be spending a lot of time and doing a lot of work keeping the chapter going. Any assistance and support you can give them will certainly be appreciated and welcomed.

Last month the group had several rides including the Hot Springs Village Arkansas trip, the Zwolle Tamale Fiesta, the Mississippi Rally, and a ride to the Pickett House in Texas. We also had a super fun and scary Halloween party at the Rudisill’s! Due to rainy weather, we were rooked out of the Sweet Dough Pie festival.

This coming month we’ve got a First Aid/CPR Training at the Benoit’s scheduled on November 2nd, a Ride and Eat at the Longville Dairy Barn on the 5th, a progressive dinner ride on the 15th, our Chapter meeting on the 19th and a ride to the Grant Tree Farm on the 30th. Ought to be a fun November month!

On one other note, we will be updating our membership directory the beginning of the year, so please get us any changes in your contact information, address, etc., so we can update the directory.

Looking forward to a great November with a great Chapter! We’re so “thankful” for all our LA-J friends.

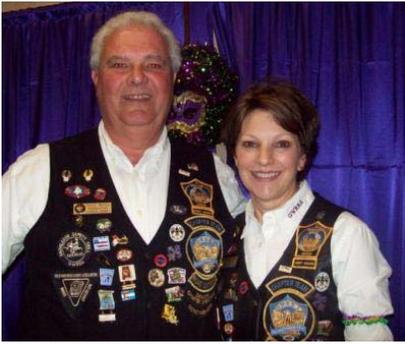
Your Chapter Directors  
Tommy and Aleta Benoit



*Meetings held the third Tuesday of each month Seafood Palace on Enterprise Blvd in Lake Charles 6:00 pm (eat at 5:00)*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>November 2019</h1>						
					1 Ray & Trudy Sullian Anniversary	2 First Aid/ CPR Training Tommy/Aleta Benoit Home 10 am - 3:00 pm
3	4	5 Ride & Eat Dairy Barn Longville, LA 6:00 pm	6	7	8	9
10	11	12	13	14	15 LA-J Progressive Ride Starts @ Jerry & Mary Racca's 6:00 pm	16
17	18 Loren & Janet Turner Anniversary	19 LA-J Monthly Meeting Scafood Palace 5:30 (eat) Meeting 6:00 pm  Jackie McDonald Birthday	20	21 Scott Lalonde Birthday	22 Larry Johnson Birthday	23 Sue Stahl Birthday
24	25 Charles Savant Birthday	26	27	28 Thanksgiving  Debbie West Birthday	29	30 Grant Tree Farm Festival





## DISTRICT DIRECTORS

# November

## Hello Louisiana



The next few months we will be posting information from the Officers Hand Book of GWRRA. This will help all members better understand what we do for you. This may inspire one of our members to become an Officer or other position in GWRRA. Remember, the more you participate, the more fun you will have. All information will come directly from the GWRRA Officers Handbook.

### COUPLE OF THE YEAR PROGRAM OVERVIEW

GWRRA's Couple of the Year Program was instituted in 1988 as a successor to our nine-year tradition of selecting a Wing Ding Queen to serve as ambassador for our association. First and foremost, the program provides an opportunity for local Chapters to recognize and honor a Couple each year for their dedication, accomplishments and participation within the Chapter. Secondly, it establishes a process for identifying outstanding Couples who can serve their Districts, and ultimately the International GWRRA organization. These Couples demonstrate what it means to be a committed, involved, and supporting member of the GWRRA family. The Couple of the Year Program is one of the premier programs of GWRRA and with the changing dynamics in membership demographics, the Program is continually evolving to adapt to the needs of the membership. We are now moving from a single International Couple of the Year Selection covering North America to the establishment of a six International Couples of the Year covering five North American territories and one territory encompassing all Overseas membership. This will allow our Couple of the Year Program greater physical coverage of our membership on a global scale and offers our couples a more attainable goal as the field opens. The emergence of the four geographical territories within the United States is only applicable to the Couple of the Year Program. These territories were created to equitably divide membership numbers throughout the USA. Canada and the Overseas division will each be considered a separate territory.

The American territories will be representative of members living within each of these broadly defined geographical areas: Northwest USA, Southwest USA, Northeast USA and Southeast USA. The remaining two territories of Canada and Overseas will complete the six Couple of the Year territories. The Overseas territory includes all other global GWRRA locations.

An Honor or a Responsibility? Being selected a Chapter Couple of the Year is an honor bestowed on a deserving couple who has shown dedication and commitment to their Chapter. At the Chapter level, a Couple can simply continue doing the things that led them to being selected as the Couple of the Year, such as participating in Chapter events, rides and visiting other Chapters. Many Couples find that after being selected Chapter Couple of the Year they want to take part in the District Couple of the Year Selection and look forward to the recognition and increased participation that the next level will bring. When the decision is made to move forward to the District level in the selection process, the Couple generally becomes more involved and takes on more responsibility. As a result, they are looked up to by others and viewed as leaders in the organization. Being selected as District Couple of the Year allows the Couple to represent GWRRA at a higher level. Should a District Couple decide they would like to take on further responsibilities and commitment, they can make the decision to move forward to the International Couple of the Year Selection Process. Couples should become familiar with the new program restructuring changes before they make their final decision.

A Note to the Couple of the Year Congratulations! You have been selected to be ambassadors and spokespersons for GWRRA, which is quite an honor. Your fellow members feel you are extra special and so do we. You have arrived at this

point because of your continued involvement in and support of GWRRA, your Chapter and District, and we wish to thank you for all that you have done.

You might be asking "So, now what do we do?" The best advice anyone can give you is to have fun and be yourself! As Couple of the Year, you will become aware of the high esteem in which you are held. Other members will view you as the "gold standard" of what it means to be a member of GWRRA, so keep this in mind as you go forward. Remember, as a Couple of the Year, you are a TEAM member for your Chapter, or District, so you will want to support your TEAM to the best of your ability. Most of all, it's a fun, once-in-a-lifetime experience that will reward you with many wonderful memories. You will meet new people and make new friends. You will also form a special bond with your fellow Couples of the Year. If you have questions as you serve as Couple of the Year, check with your Couple of the Year Coordinator or Membership Enhancement Coordinator. If they don't have the answers, they will know how to find them.

### **A Special Message for all Chapter and District Directors**

The Couple of the Year Program recognizes couples for their dedication, accomplishments, and participation - couples who exemplify the GWRRA image of fun, safety and knowledge. Couples of the Year promote GWRRA both within the Association by helping with retention, and outside the Association, by attracting new Members into the GWRRA family. Thus, the Couple of the Year at each level should be a couple whom you would be proud to have represent you and the Association. Judge them fairly - select them wisely.

Fritz & Johnette Beter / Mike & Pam Jastram

Louisiana District Directors

[dd@gwr-ra-la.org](mailto:dd@gwr-ra-la.org)

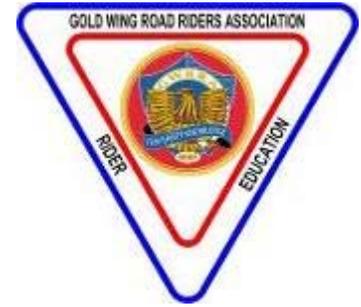




## LA District Educators Reba and Jim Berry



**Let's Ride  
Nekkid!**



Okay now, let's get our mind out of the gutter. Most of us in the south know what nekkid means. As Lewis Grizzard said "Naked means you have no clothes on. Nekkid means you have no clothes on and you are up to something!" At a Region rally a few years back, I prepared and presented the seminar, "Riding Nekkid". In this context, Nekkid is an acronym for *N*-utrition, *E*-nergy, *K*-eep *K*-alm, *I*-nsurance and *D*-etailed. I thought over the next 5 months we might address each of these points in the monthly newsletter. Then, throughout the winter and spring (including the LA rally in March) we can make final preparation for a great summer of riding in 2020.

One of the questions asked Couples of the Year is "How has your life changed since joining GWRRA?" The normal reply, about 50 pounds. Funny but not so funny. I know, like myself, a lot of us are over- weight and may even struggle with that Diabetes thing. Do we sometimes eat outside our healthy boundaries when on rides?

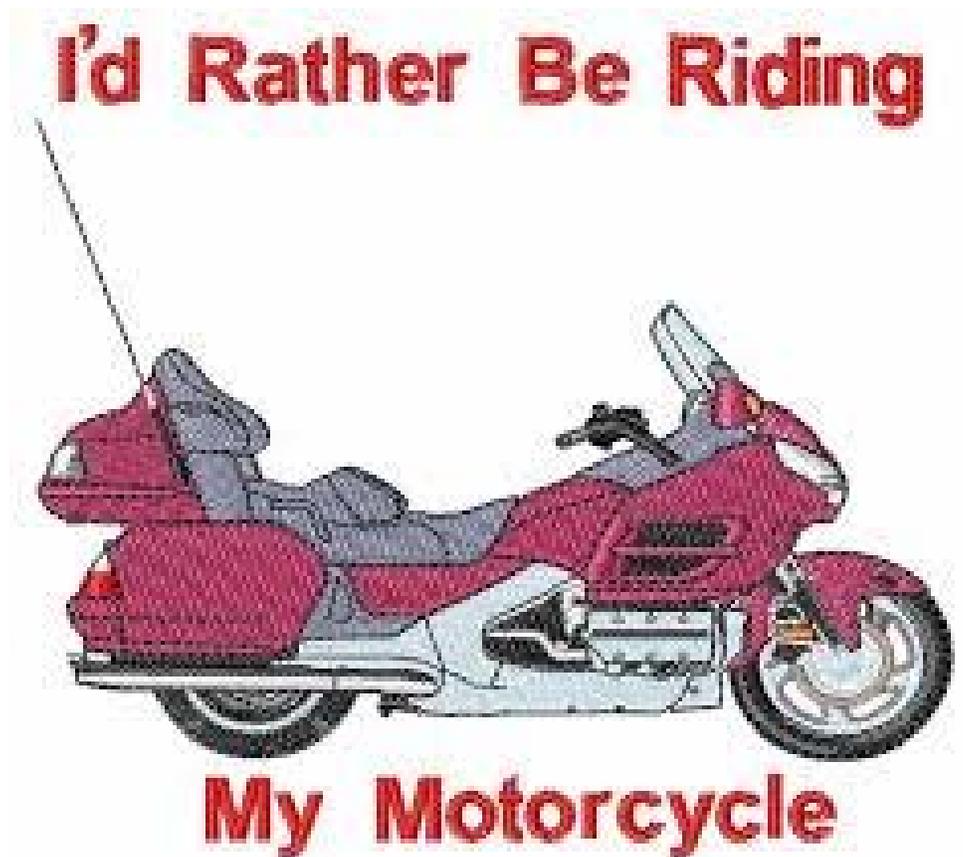
Now, I'm not talking about the pie or ice cream on a chapter eat-out. Everyone needs a treat. After all, you can make up for this extravagance days before or days after the event. What I am talking about is on extended trips. I have planned many long chapter rides, Some as long as 3 to 4 weeks. In the early days, I thought it important to find the best, most unusual restaurants for both lunch and supper and sometimes breakfast. I was not doing anyone a favor. We would come back from the trip having gained several pounds and an increased A1C. Not good. Other than the long term health effects of this overeating, were there any riding safety issues raised? I think so. Do you ever get sleepy after a big meal? Sleepy and motorcycle riding is not a good combination. What if your blood sugar rises or falls? Also, not good. What will too much coffee do for you? Dehydrate!

So, here are some hints for nutrition while riding. If your hotel offers free breakfast, eat it. You're usually not going to overeat here but it will get you going (like you will definitely do at BillyGail's Café in Branson for example). Pack some morning and afternoon snacks. Fruits, crackers, peanut butter and boiled eggs (many of which are often available at the hotel breakfast bar) are awesome. Plan the major meal of the day to be around 1:00 to 1:30 so you can miss the lunch crowd. Look for local establishments and make this an event. Either pack foods in your trailer or stop at a fuel/grocery store just before checking in to your hotel for the evening. This allows everyone to be topped off first thing in the morning and allows you to adjust your caloric intake for the evening meal, based on what the rest of the day has been like. By using the evening meal to "brown bag it" you eliminate the search for a good spot. Hotels rooms, breakfast areas and swimming pool tables make great spots for a tailgate with your gold wing buddies.

The final 3 things. WATER, WATER, WATER! Keep it in your cooler, in your Butler Mug or buy it at each rest stop. Drink it constantly. If you don't have to go to the restroom at each stop, you are not drinking enough.

These offerings are from my experiences. If you have some you would like to contribute, please email them to me at [ed@gwrra-la.org](mailto:ed@gwrra-la.org). Who knows, maybe at the District Rally we can have the "Riding Nekkid" seminar and discuss all the newly contributed ideas? I am anxious to hear them.

Jim and Reba





## **THE WINNER IS...**

### **Prize Winners**

**Karen Rudisill  
Sue Sthal  
Larry West  
Rick Shreve  
Leo Thibodeaux  
Mike Anderson  
Candy Thibodeaux  
Victoria Mead**

### **50/50 Winner**

**Mike Vincent**



**Guests**  
  
**Blake Ford  
Mike & Terry Anderson**

**Lucy Lalonde**

**New GWRRA Members**  
  
**Malcolm Cooke  
Larry & Debbie West**

## Upcoming Events

November 30<sup>th</sup> ....Grant Tree Farm Festival

December 10<sup>th</sup> .....LA-J Christmas Banquet, Lakewood Fellowship, Lake Charles, LA

January 18<sup>th</sup> .....LA District Business Meeting, Houma, LA

February 15<sup>th</sup> .....2020 Valentine Banquet, Hosted by Chapter LA-J, Lake Charles, LA

March 26<sup>th</sup> -March 29<sup>th</sup> ....Louisiana District Rally, Houma, LA

April 30<sup>th</sup> -May 2<sup>nd</sup> .... Texas District Rally, Kerrville, TX

May 16<sup>th</sup> .....Chapter M Mudbug Rally, DeRidder, LA

June Thru Mid July 2020...Alaska Ride

Next Meeting

November 19th Seafood Palace

Dinner 5:00 pm

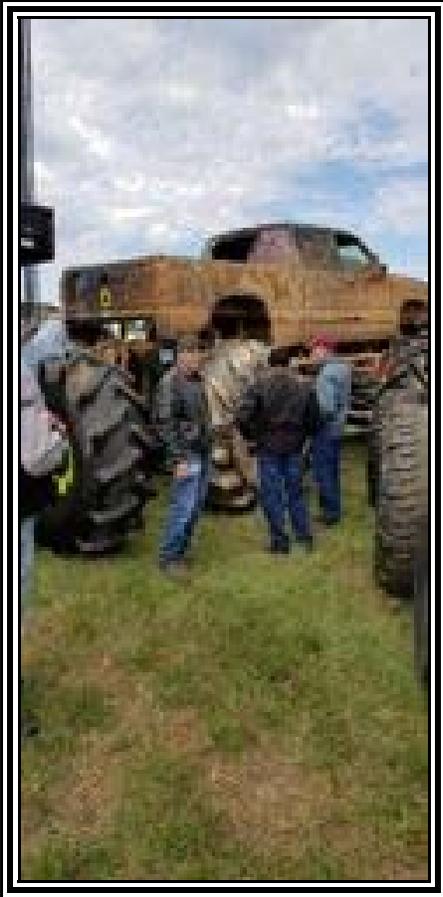
Meeting at 6:00 pm

See y'all there.....you hear!

Chapter LA-J enjoyed riding the Ozarks to Petit Jean Mt, Mt Magazine, and Queen Wilhelmina Mt



**Chapter LA-J rode to Zwolle, LA for the annual Zwolle Tamale Festival**





**Darmie & Karen  
Rudisill hosted a super  
fun Halloween Party.  
The food and  
fellowship was  
awesome as usual**



**GWRRRA: LA CHAPTER J**

**LA-J Items for Sale:**

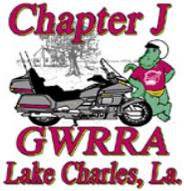
**T-SHIRTS/POLOS:**

**CURRENTLY HAVE ON HAND:**

	<u>Small</u>	<u>Medium</u>	<u>Large</u>	<u>Xlarge</u>	<u>2 Xlarge</u>	<u>3 XLarge</u>
<b>TSHIRTS</b>		<b>2</b>	<b>2</b>	<b>1</b>		
<b>POLOS</b>		<b>2</b>		<b>0</b>		
	<b>=====</b>	<b>=====</b>	<b>=====</b>	<b>=====</b>	<b>=====</b>	<b>=====</b>
<b>TOTALS</b>		<b>4</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>0</b>

**LA-J CAPS: No caps available at this time**

**Contact Aleta Benoit at 337 488-7274 if you are interested in ordering a chapter shirt**



# CHAPTER J LAKE CHARLES TEAM LEADERS



**Chapter Directors**  
**Tommy & Aleta Benoit**  
337-485-2835



**Assistant Chapter Directors**  
**Darmie & Karen Rudisill**  
843-457-3093



**Motorist Awareness**  
**Tommy Benoit**  
337-485-2835



**Membership Enhancement**  
**Julie Fontenot**  
337-526-2448



**Chapter Treasurer, Webmaster**  
**Sheryl Wilkerson**  
337-842-7330



**Newsletter Editor**  
**Katie Soileau**  
337-515-0859



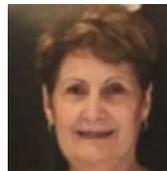
**Event Coordinator**  
**Mary Jane Racca**  
337-794-0006



**Couple of the Year**  
**Mike & Nan Vincent**  
His 337-263-3426  
Hers 337-263-3425



**Benevolent**  
**Nanette Vincent**  
337-263-3425



**SWLA War Veterans' Home**  
**Brice & Shyla Palmer**  
337-433-6816



**Medic/First Aid Trainer**  
**Donna Mead**  
337-515-7809



**Goldwing Road Riders Association  
Louisiana District**

November 2019

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**Tommy and Aleta Benoit  
597 Anglewood Drive  
Lake Charles, LA 70611**

**Friends for Fun, Safety and Knowledge**