



**Gold Wing Road Riders Association**  
**Region A, GA District**  
**Chapter C2**  
**Friends for Fun, Safety & Knowledge**



*The Eagle News*



**C2's Officers & Staff**

Chapter Director—John & Joann Seward  
912-832-4382  
[jseward@darientel.net](mailto:jseward@darientel.net)

Assistant Director—George (Bear) Screws  
912-977-2345  
[goldwinger@coastalnow.net](mailto:goldwinger@coastalnow.net)

Rider Educator—Alan & Jane Moore  
912-728-4647  
[book12worm@planters.net](mailto:book12worm@planters.net)

Ride Coordinator—Leon & Nancy Sterns  
912-876-5761  
[wingpac@coastalnow.net](mailto:wingpac@coastalnow.net)

Treasurer—Beau Willingham  
912-432-0007  
[beaufred@hotmail.com](mailto:beaufred@hotmail.com)

Couple of the Year \* 2011  
Alan & Jane Moore  
912-728-4647  
[book12worm@planters.net](mailto:book12worm@planters.net)

Activity Coordinator—

Phone Tree Coordinator—

Webmaster/Newsletter Publisher—  
Murl & Ruth Gwynn  
912-557-6507  
[meg1@pineland.net](mailto:meg1@pineland.net)

Chapter Greeter—Joyce Shedd  
912-748-2825  
[beshedd@aol.com](mailto:beshedd@aol.com)

**GA District Director**

Carlos & Dee Lozano  
(770) 932-4007

**Region A Director**

Bob & Nancy Schrader  
[RegionDirector@gwr-ra-regiona.org](mailto:RegionDirector@gwr-ra-regiona.org)

# January 2012

From the C.D.

We hope that everyone had a very Merry Christmas and enjoyed time with family and friends. Please remember JJ Etzle, Chapter E-2 in your prayers. He is currently in Memorial Hospital, so if you are in the area stop by and see him.

Our Christmas party was a great success and all who attended had a great time. We would like to thank Murl and Ruth for hosting the party in their home and for their great hospitality. It was a great party, lets do it again next year.

There will be the annual officers meeting on January 28, 2012 at Forsyth, GA starting at 9:30 AM. All Officers are encouraged to attend this meeting. We have attended for couple of years and have always come away more knowledgeable about GWRRA.

Please don't forget our monthly gathering on the 21<sup>st</sup> of January 2012. The gathering will be at the Cedar Tree in Midway where our November gathering was held. Also we are planning on joining E-2 on their New Years Day ride to Mud Cat Charlie's. I will send an e-mail with details for this ride as soon as I get the information from E-2. Everyone have a Happy New Year and we hope to see you all on the new years day ride.

John & Joann



*Rider Education*

Hello Wingers,

Some good thoughts to think about

Stress....

A young lady confidently walked around the room while leading and explaining stress management to an audience; with a raised glass of water, and everyone knew she was going to ask the ultimate question, 'half empty or half full?'..... she fooled them all...."How heavy is this glass of water?", she inquired with a smile.

Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes."

She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced.

So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night.... pick them up tomorrow.

Whatever burdens you're carrying now, let them down for a moment. Relax, pick them up later after you've rested. Life is short. Enjoy it and the now 'supposed' stress that you've conquered!

Ride, be happy and seen with bright lights on in daylight hours. Remember, you are the most important safety item on your bike. Try and stay stress free. It may keep you from getting depressed.

Alan and Jane C/E's



***Breakfast Rides***

**1/7/2012-Sunny Side Up**



**1/14/2012-Angie's Diner,  
Midway, Ga**

**1/21/2012-Whistle-Stop Café**

**1/28/2012-Sunshine Breakfast Rest.**

**2/4/2012-Perkins Rest.**

**2/11/2012-Peggy Lynn's Rest.**

**2/18/2012-Sunrise Rest.**

**2/25/2012-Omelette House**

**Breakfast times will  
be 8:30 AM**



**Couple of the Year 2011**



***Alan & Jane Moore***

**Monthly Meeting: \* Held the third Saturday  
of each month, at [www.gwrra-ga-c2.org](http://www.gwrra-ga-c2.org)**

**Door Prize Rotation 2012**

Davis- January 2012

Cappuchi - February 2012

Shedd - March 2012

Cook—April 2012 \* Thomas-May 2012

Billy Jones—June 2012 \* Bryant—July 2012

Lewis—August 2012 \* Seward—September 2012

Gwynn—October 2012 \* Bear—November 2012

Taylor—December 2012

Moore—January 2013



***BIRTHDAYS***

Hedy Martin Jan 3

Ed Lockhart 17 Jan

Leon Stearns 20 Jan

***ANNIVERSARYS***

**Next Meeting  
January 21st, 2012  
Cedar Tree in Midway**

Upcoming Events

January 21, 2012  
New Member Orientation  
Fayetteville, GA

Jan. 28th, 2012  
2012 Officers Conference Flyer  
Forsyth, GA

February 11, 2012  
Sweetheart Fun Day  
Winder, GA

February 24, 2012  
Horizons  
Lavonia, GA

March 3, 2012  
Chapter D Rider Ed Fun Day  
Buford, GA

March 31 - 4/1/12  
Officers Certification Program  
Rome, GA

July 4-7, 2012  
Wing Ding 2012  
Ft. Wayne, IN

October 11-13, 2012  
Mississippi Rally  
Biloxi, MS