

Chapter T

Texas District

GWRRA

[www.centexwings.org](http://www.centexwings.org)

April 2018

## WINGNUT

Each month, Chapter T, awards this coveted award. In February it was awarded to Suzanne M. If you are not riding, you are not winning

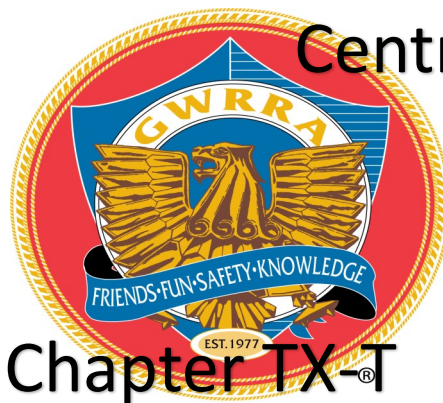


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Next Chapter Meeting ;

May 22nd



Chapter TX-T

Central Texas Wings



### Chapter Team:

**Director:** Andrea & LeRoy Douglas

**Asst. Directors:** Jose & Celest Soto

**Webmasters:** Gene & Quinta Harris

**Treasurers:** Tim & Young Brooks

**Ride Coordinator & Education:** Dale & Carleen Garrett

**Membership Enhancement/ Social Coordinators & Chapter of the Year Coordinators:** Danny & Peggy Thacker

**Newsletter Editor:** Andy Cavnar

From the Director:

Dear Chapter T and Friends,

Spring is finally here and riding season is off to a great start. I will start out by saying "THANK YOU" to some of our chapter members who came to my aid when things kept breaking in my house and needed some help. Leroy and I are undoubtedly appreciative of the help rendered, and yes we are like family looking out for one another.

LeRoy is doing well. His kitty family is growing and they are all just so sweet.

I was not able to attend the Bluebonnet Rally, Chapter O but I am sure it was lots of fun again. The weather that day was winter-like and cold for sure.

Continued from page 1

This past weekend, 12-14 April, Gary T., Jose and Celest S. and myself rode our wings up to the Louisiana District Rally in Lafayette, LA. We had a great time. Some of our chapter members arrived earlier via RV's and four wheels. Altogether, we were 12 Chapter T participants strong. Great job.

The Rally offered some great classes and seminars in which some of us participated. You always learn something new, pick up ideas, meet more new friends and reconnect with ones not seen in a long time. As always this rally is well worth it to attend. Carleen and Dale G. were some lucky winners. Jim and Alvalin W. participated it in the Mardi Gras dress competition along with others and had a great costume. There were many fun costumes on display. The dates for the Louisiana District Rally next year are 4-6 April 2019 plus after the rally they will have a 3 day Cajun guided tour. Plan for it now!!!

The next upcoming Rally will be the Mudbug Rally, Chapter M, La. on 12 May 2019. Let's go and have some great fun at this event. It always is. After that we are having our Texas District Rally in Brenham, TX on 17 May-19 May. I would love to see all of you there. This event is about site-seeing and great riding, Blue Bell ice cream and lots more! THIS JUST IN: Gary T., our weather man, predicts lot of sunshine for BOTH upcoming rides. Also Gary T. got a new ride! He traded in his 2006 for a barely used 2013. Check out the photo on centexwings.org.

There you have it again, if you don't participate you won't find out how much fun you can have. Thank you all! Ride safe! Kommt immer gut an!

Andrea Douglas  
Chapter Director



Randy and Kathy Reese. Texas District Educators

## Health Benefits to Motorcycle Riding

*Originally posted by:*

Clint Lawrence

Founder of Motorcycleshippers

Chances are you've heard how dangerous it is to ride a motorcycle. How you are just risking your life being on your bike and you must have a death wish. For the most part, motorcycle riding is safe. It requires you to be extra attentive and aware of your surroundings. You have to think more, but you are still able to relax and enjoy the ride.

Whether you're going to the grocery store two blocks away or driving through open mountains in the fall, any rider will tell you, there's nothing like the rumble of the bike beneath you and the feeling of being "one" or "whole" with your bike.

It is a lifestyle and a passion, and it also has numerous health benefits you may not have known you've been gaining. You can soak in these benefits regardless if you prefer to street ride or off-road ride. The benefits come from both types of riding.

### **Mental Outlook**

When people think of health, they often see health in strict terms of the physical body and tend to overlook mental health. Motorcycle riding is beneficial for physical as well as mental and emotional health. There is an array of benefits and they are not limited to these listed. Riding off-road or on streets is a great way to enjoy physical exercise and clear your head for a while. But the big thing is, it helps your brain. It improves your mood. Plain and simple. Riding makes you happy and boosts endorphins.

Riding increases energy levels and your mental outlook. This does wonders with regards to helping you increase your happiness and mental health, which in turn, increases your life span. Who doesn't want to enjoy living a little longer so you can keep riding?

### **Core Strength and Stability**

Just riding and enjoying a scenic view or riding to the grocery store down the street can improve core strength. Think about it. You have to work out your core just to keep yourself upright on a bike. Factor in some wind, and you are definitely working yourself out a lot more.

Maintaining the correct posture while riding also helps to keep your body in shape and can improve muscle tone because it's a low-impact exercise.

(Continued)





(From page 3)

### **Neck Strength**

Riding can also improve your neck strength. For some, this may not seem like a big deal, but for others with back problems or neck problems, it's almost like a therapy to the neck and back. Make sure your bike is fitted and adjusted to fit you correctly. Craning or straining your neck will do the opposite and you don't want to do any damage to your body.

### **Stronger Knees and Thighs**

It can also help strengthen your knees and thighs. Individuals with knee or thigh issues will find riding a motorcycle is a kind of physical therapy. It requires you use your knees and thighs, but without straining them too much. Over time, you'll build muscle while eliminating any pains.

### **Calorie Burning**

Have you ever thought you're getting your daily exercise just from your motorcycle seat? Riding takes effort, especially compared to driving in a car. Just being a passenger on a motorcycle you can burn 50 calories, but as a passenger in a car? It increases your insulin sensitivity too. This helps your metabolism, which will help you burn calories and store less fat.

Riding is fun. It's an experience. You can enjoy these health benefits without even trying. You can't complain about that. Now go out and ride!



# Recognition



Recognition and bragging rights go to Ron Decker, the only Centex Winger who had the determination and will power to ride from Killeen to Fredericksburg and back for Chapter O's Bluebonnet Rally on 7 April with temperatures in the 30's. Keep twisting that throttle Ron!

A police officer pulled over two nuns riding on a motorcycle, and said to the rider, 'Ma'am, you're driving much too slowly, could you please drive faster?'

And the nun says, 'Oh, I saw the sign with the "21" and assumed the speed limit was 21 km/h'

The officer explains: 'No ma'am, the speed limit is 80. The highway number is Interstate 21.'

Then the police officer look at the passenger and see the other nun shaking like a leaf.

"Excuse me sister, but what's wrong with your passenger?"

"Oh, that's probably because we just got off Highway 205."

## MAY BIRTHDAYS MAY ANNIVERSARYS

1st TIM B.

11th JOSE & CELEST S

8th PEGGY T

15th ANDREA & LEROY D

11th CELEST S

20th STEVE & MISSY H

12th JERRY P

28th DALE & CARLEEN G

23rd JIM B

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Paddy, Niall and Liam are riding home from the pub on Paddy's motorbike when they're stopped by a traffic cop.

"This motorcycle is only licensed to carry two people," says the cop. "There's three of you, so someone'll have to get off and walk."

"Three of us?" says Paddy, turning to Liam. "What the hell happened to Mick and Rory?"

# REMEMBER WHEN?



## Mark your Calendars

### May 2018

**12 May** – Chapter LA-M Mudbug Rally – Deridder, La

**17-19 May** – Texas District Rally – Brenham, Tx

**22 May** - Chapter Gathering – Killeen

**25-27 May** – A Hoot in the Ute – Midway Ut

**31 May – 2 June** – Missouri District Rally – Branson, MO

### June 2018

**5-9 June** - Americade 2018 – Lake George Ny

**14-16 June** – United Sidecar Association Rally – Rising Sun, In

**15-16 June** – Kansas District Rally – Pittsburg Ks

**26 June** - Chapter Gathering – Killeen



# May 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12 LA-M Mudbug Rally - Deridder LA
13	14	15	16	17Texas Dis- trict Rally - Brenham TX	18Texas Dis- trict Rally - Brenham TX	19Texas Dis- trict Rally - Brenham TX
20	21	22 Chapter T Gathering	23	24	25A Hoot in the Ute - Midway UT	26A Hoot in the Ute - Midway UT
27A Hoot in the Ute - Midway UT	28	29	30	31 Missouri District Rally Branson, MO	407173	

# June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Missouri Dis- trict Rally Branson, MO	2 Missouri Dis- trict Rally Branson, MO
3	4	5 AMERI- CADE, LAKE JUNE NY	6 AMERI- CADE, LAKE JUNE NY	7 AMERI- CADE, LAKE JUNE NY	8 AMERI- CADE, LAKE JUNE NY	9 AMERI- CADE, LAKE JUNE NY
10	11	12	13	14 UNITED SIDE- CAR ASSOCIA- TION RALLY, RISING SUN IN. (USAR)	15 USAR Kansas district rally, Pittsburg KS	16 USAR Kansas district rally, Pittsburg KS
17	18	19	20	21	22	23
24	25	26 CHAPTER T GATHERING	27	28	29	30



# July 2018

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Chapter Gathering	25	26	27	28
29	30	31				



## Computer Solutions

For your complete computer needs, both hardware and software,  
 contact Dan at (254) 680-2983.



John Paulsen  
 Director of Creative - Marketing - Social  
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