

# GWRRA Chapter D DULUTH, MINNESOTA



Region "E"  
MINNESOTA  
DISTRICT  
America's Heartland

*Friends • Fun • Safety • Knowledge*

## From the Director



### MARCH, MARCH, MARCH By Paul Howard

MARCH, MARCH, MARCH. No these are not military orders but, the month we are entering. More snow is obviously on the way but, I know that we are one month closer to riding.

Chapter "D" enjoyed a cozy February social with guests Bob & Renae Hicks and Joy Mattson. Some of us followed the social with our annual bonfire hosted by Dale & Jan Seafolk. Thank you to all who gathered and shared this evening.

Chapter "D" continues our training program with a very important module "TEAM - RIDING". I highly recommend all to join us for some very important education that we all need on the road. We will be meeting at a new location and time. Further information to come. Watch your footwork on the ice & snow.

Paul Howard  
Chapter Director  
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## Where to Find Us

### Chapter D Web Site

<http://www.gwrri-mnd.org/>

### Like us on Facebook

[www.facebook.com/GWRRA.MN.D/](http://www.facebook.com/GWRRA.MN.D/)

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## District Safety Message

### District Educator -- Emergency Information

By Joy Mattson

With the change in the weather, particularly with the snow and cold, there has been a big rash of accidents on the road ways. Those accidents got me to thinking about my emergency contact information. I know... but just go with me for a minute! So, I have emergency contact information on my cell phone but not on my person or in the trunk of my bike. I haven't ever carried any in my car or for that matter have a copy in my house, or in my wallet. I've always assumed that I would be coherent enough to tell the EMS personnel who to call on my behalf. I might be WRONG. I could be DEAD wrong. Here is a link to a great emergency contact form in the GWRRA Rider Education section. This is a downloadable/fillable PDF that you can keep and edit as needed. While this form might be cumbersome it will provide EMS personnel with the information that they need to help you. You can always fill this out, take a photo of it, or upload the form into your smart phone and place it with your phone's emergency contact information. I'm working on mine now.

<http://gwrro.org/regional/ridered/Forms/N12GWRRAEmergencyInformationForm.pdf>

Another thing that I've been thinking about and have never gotten around to is a formal advanced health care directive. Do you have one? If you do, Is it up to date? I've been thinking about this a lot over the past few years. If anything happens to me, then what? I need to get this done as well – right after I finish that Emergency Information Form. I did a little research and found a great planning tool kit from the University of Minnesota. There is a downloadable/fillable 16-page pdf that explains the facts regarding Minnesota's health care directive, step by step instructions how to fill out the forms, and the forms themselves.

<https://extension.umn.edu/health-care/minnesota-health-care-directive-planning-toolkit>

I've decided that I'm going to start my 2019 resolutions right way. My main goal is to have the health care directive, emergency contacts and hopefully a will completed in the coming year and to let my family know what my requests are. I bet you are asking "What in the world prompted you to start thinking about all of this??" Well, part of it was the number of the winter weather crashes in the metro area, part of it has been the bitter cold and the icy conditions, part of it just being a good thing to finally do since I'm not getting any younger. Hopefully, it'll help you to decide to do the same thing if you haven't already done so. Family and friends are counting on you to arrive safe at your destination. Other families are counting on their loved ones to arrive safe as well.

Stay safe, stay healthy and stay warm

Joy Mattson  
MN District Educator  
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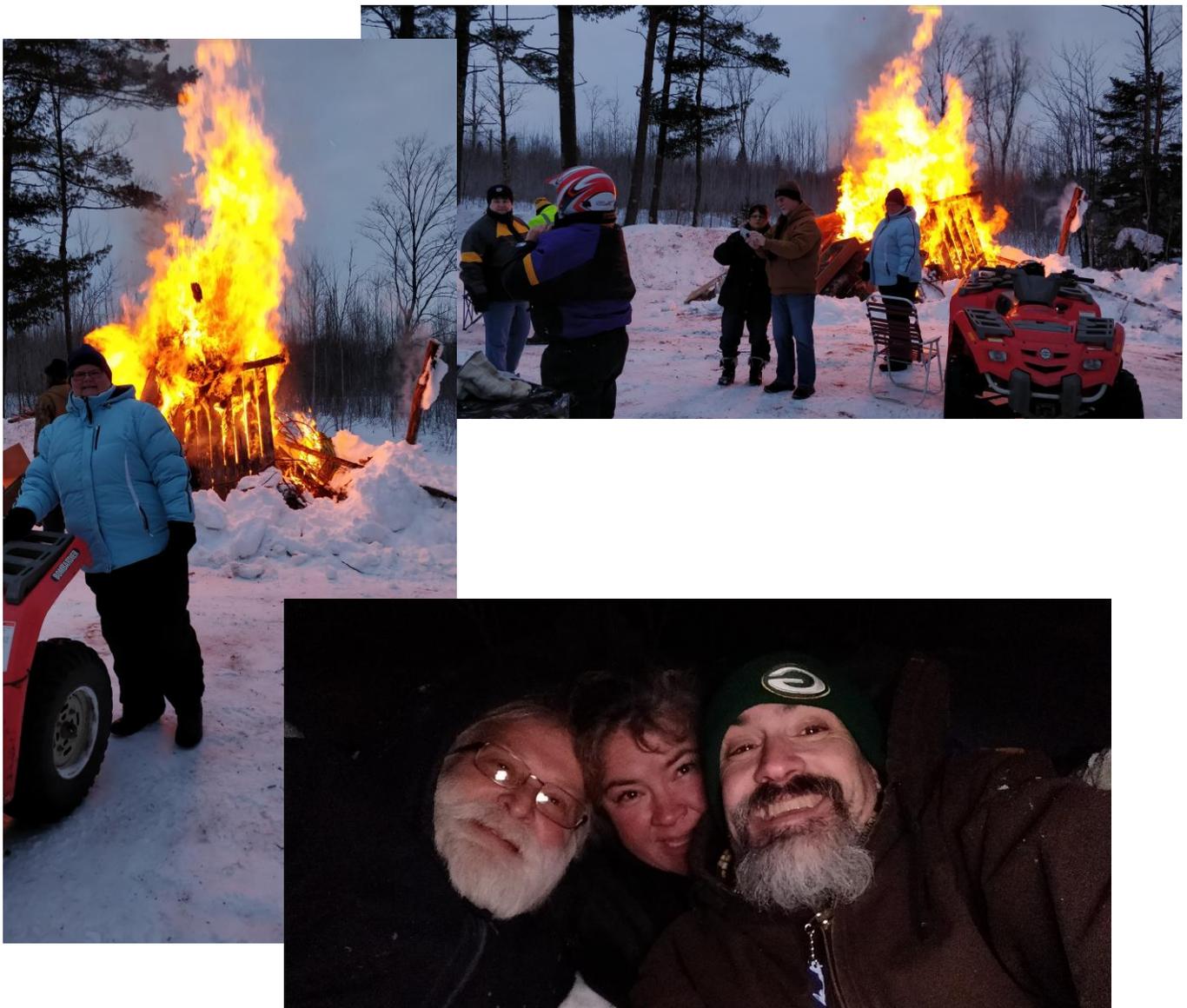


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Motorcycle News (not really)

Dale and Jan Seafolk's Bon-Fire



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## Michelle's Menu



### Pumpkin-Oat Mini Muffins

1. Preheat oven to 350°F. Coat a 24-cup mini muffin tin with cooking spray.
2. Pulse oats in a blender until finely ground. Add baking powder, pumpkin pie spice, baking soda and salt; pulse once or twice to blend. Add eggs, pumpkin, brown sugar, oil and vanilla; puree until smooth. Stir in chocolate chips (or cranberries). Fill the prepared muffin cups  $\frac{2}{3}$  full.

### Ingredients

- 1 tsp. baking powder
- 1 tsp. pumpkin pie spice
- $\frac{1}{4}$  tsp. baking soda
- $\frac{1}{4}$  tsp. salt
- 2 large eggs
- 1 cup unseasoned pumpkin puree
- $\frac{3}{4}$  cup packed dark brown sugar
- 3 Tbsp. grape seed or canola oil
- 1 tsp. vanilla extract
- $\frac{1}{2}$  cup mini chocolate chips or chopped dried cranberries

3. Bake the muffins until a toothpick inserted in the center comes out clean, 15 to 17 minutes. Cool in the pan or on a wire rack for 5 minutes, then turn out to cool completely.

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## Upcoming Events

Date/Time	Event	Location
March 2 <sup>th</sup> (8:30 AM)	Breakfast Social	<b>!Location Change!</b> Fuller's Family Restaurant 5817 Tower Ave, Superior, WI
March 2 <sup>th</sup> (9:30 AM)	Presentation on Team Riding given by Brian Marshall and Eric Purdy	Fuller's Family Restaurant 5817 Tower Ave, Superior, WI
March 16 <sup>th</sup> (5:00 PM)	Dinner Social	Lucky 13 Miller Hill Mall
April 6 <sup>th</sup> (8:30 AM)	Breakfast Social	<b>!Location Change!</b> Fuller's Family Restaurant 5817 Tower Ave, Superior, WI
April 16 <sup>th</sup> (5:00 PM)	Dinner Social	Barker's Island 300 Marina Dr, Superior, WI

## Your Chapter Team

### Chapter Director

Paul & Jamie Howard  
paulhoward2208@gmail.com  
218-340-2208

### Chapter Treasurer

Jim & Harla Lemmerman

### Chapter MEC

Brian & Michelle Marshall

### Ride Coordinator

Brian & Michelle Marshall

### Chapter Baker

Michelle Marshall

### Social Assistant

Teresa Smith

## Final Notes

### Chapter D Socials

Chapter D socials are the third Saturday of the month at 5:00 PM.

Places change each month and will be announced in the monthly newsletters, on our website, and on Facebook.

### Rides

Chapter D monthly rides are the first Saturday of the month (May through October).

We meet at Thompson Hill Rest Area ***unless otherwise noted. Please check the newsletter, Facebook, or our website.***

Please come to the ride prepared to ride, gas tank full and bladder empty. Meet time is usually at 9:45 & kickstands up at 10:00. ***Times may change for special rides.***

### Breakfast Socials

Join us the first Saturday of the month (November through April). ***Check the newsletter, Facebook, or our website for time and location.***