

# GWRRA Chapter D DULUTH, MINNESOTA



Region "E"  
MINNESOTA  
DISTRICT  
America's Heartland

*Friends • Fun • Safety • Knowledge*

## From the Director



### Motorcycle Awareness Month By Paul Howard

Well I hope everybody is finally enjoying summer. Chapter "D" had its fourth annual Mystery Ride in late June. The main point of the ride was the International Peace Gardens in east central North Dakota on the Canadian border. We then ventured into Canada, met some Canadian friends who guided us just north of the border and returned us to our entry point back into Minnesota. A little wet at times but all had a good time.

July holds more fun as well. Our Nation's independence day is July 4th. Please enjoy with safety. Then there is the MN-ND district rally in Fargo, North Dakota July 12-13. Come out and experience fun times with other Wingers. And then we will have a kayak day hosted by Mark & Cherri Stephenson on July 21. All this on top of our monthly rides and dinner socials. So much fun. Join us for any and or all.

Paul Howard  
Chapter Director  
Cell: 218-340-2208  
Email: [PAULHOWARD2208@GMAIL.COM](mailto:PAULHOWARD2208@GMAIL.COM)

## Inside This Issue

From the Director	1
Safety Message	2
Motorcycle News	3
Michelle's Menu	4
Upcoming Events	5
Chapter Team	5

## Where to Find Us

### Chapter D Web Site

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

### Like us on Facebook

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

# GWRRA Chapter D DULUTH, MINNESOTA



Region "E"  
MINNESOTA  
DISTRICT  
America's Heartland

*Friends • Fun • Safety • Knowledge*

## District Safety Message

### Take advantage of our new MN District Course Instructors!

By Joy Mattson

Happy 4<sup>th</sup>! We hope to see many of you at the 4<sup>th</sup> of July parade in St. Peter! Recently Bob Hicks, Scott Mattson and I became fully certified to teach an Advanced Rider Course to our members in Minnesota that ride two wheels. It's our pleasure to do this for our Members. Becoming certified was honestly no easy task. It took a lot of time and energy. First, there was the preparation and learning to become a Certified Instructor by going through the Certified Instructor Development Module or CIDM. That alone was 10 hours of classroom time. It was a little easier for Bob, Scott and I because we had been through the Instructor Trainer Certification Program (ITCP) and had been presenting seminars and modules for a few years.

Then came the tough part. In May 2018, we spent three 10-hour days participating in the Rider Course Instructor Certification Program (RCICP). Classroom practice along with learning the set-up of the range made for very long days. Our mornings were spent practicing the classroom portion and learning the best way to set up the classroom to allow for maximum interaction during the classroom portion of the training. Then it was out to the parking lot. This was the grueling part of the training because of temperatures in the upper 80's that week.

We learned how to set up the range from finding the "zero/zero" to getting the proper diagonal measurements. Then marking the range so we knew where to put the cones for each exercise. After we got 2 ranges set up, it was time to practice the exercises. I don't recall ever doing so many repetitions of exercises!! Plus, we didn't realize we were being tested and timed on some of the exercises!

Finally, on Saturday, we taught our first class under the watchful eyes of both Robert "Bob" Lake and Chuck Geggie (Chuck is in charge of the Rider Courses). I think we all did pretty darn good. All in all, the effort was well worth it. We're here for the Members of Minnesota and elsewhere that we might be needed.

Our next step is to, hopefully, become certified as Rider Course Instructors for our members riding three wheels. I'm hopeful you've seen notice of an upcoming Trike Rider Course on July 21<sup>st</sup> and possible additional courses yet this year. We are limited to 12 trikes per class. Please let me know if you wish to join the course on the 21<sup>st</sup>. Watch for more details!!

Till next time.....be safe out there!!

Joy Mattson  
MN District Educator  
612-834-2682  
jsmattson@usfamily.net



# GWRRA Chapter D DULUTH, MINNESOTA

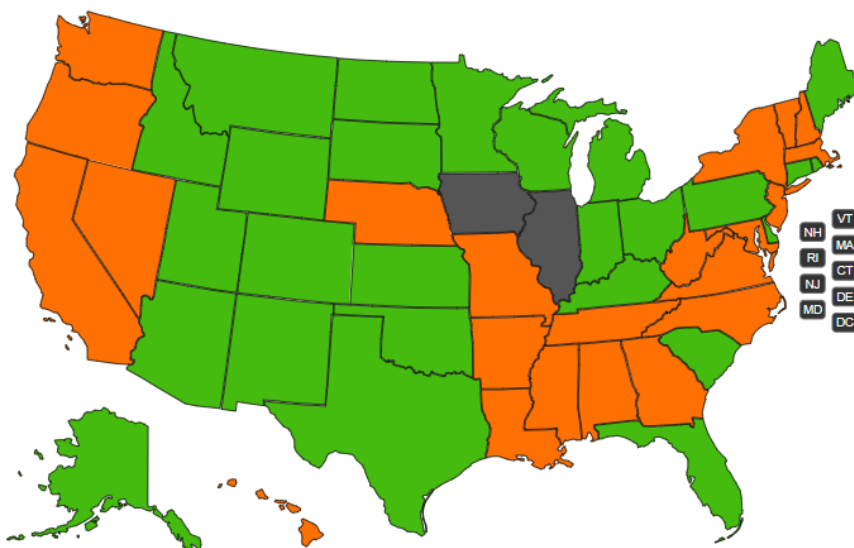


Region "E"  
MINNESOTA  
DISTRICT  
America's Heartland

*Friends • Fun • Safety • Knowledge*

## Motorcycle News

We're heading into the heart of the riding season, so thought it would be good to freshen up on the helmet laws for all the states.



2019 Goldwings come in 3 colors.

- DARKNESS BLACK METALLIC
- CANDY ARDENT RED
- PEARL HAWKSEYE BLUE

Why not pick up one of each?

# GWRRA Chapter D DULUTH, MINNESOTA



Region "E"  
MINNESOTA  
DISTRICT  
America's Heartland

*Friends • Fun • Safety • Knowledge*

## Michelle's Menu



### \$1,000,000 Bars

1. Preheat oven to 350°. Grease 13x9 inch baking pan. Beat 1 cup butter & brown sugar in large bowl until light & fluffy. Beat in eggs & extracts. Sift flour, baking soda and 1 tsp. salt into medium bowl; stir in oats. Add flour mixture to butter mixture; beat until blended.
2. Combine chocolate chips, sweetened condensed milk, remaining butter & ½ tsp. salt in medium saucepan; heat over low heat until chips are melted & mixture is smooth. Stir in walnuts & Vanilla nut extract. Spread half of oat mixture in bottom of prepared pan. Top with chocolate mixture: drop teaspoonful of remaining oat mixture over top. Bake for 25 to 30 minutes or until golden brown.

## Ingredients

1 cup butter softened, divided  
 2 cups packed brown sugar  
 2 eggs  
 2 tsp. Watkins vanilla  
 1 tsp. Watkins almond extract  
 2½ cups all-purpose flour  
 1 tsp. baking soda  
 1½ tsp. salt, divided  
 3 cups quick cooking rolled oats  
 1 cup chopped walnuts  
 1 package (12 ounces) semisweet chocolate chips  
 1 can (14 ounces) sweetened condensed milk  
 2 tsp. Watkins vanilla nut extract



# GWRRA Chapter D DULUTH, MINNESOTA



*Friends • Fun • Safety • Knowledge*

## Upcoming Events

Date	Event	Leave From	Destination
July 6 <sup>th</sup>	Chapter Ride	<b>!!! Change in Meet Point !!!</b> Meet at Brighton Beach <b>(9:45 AM)</b>	Sven & Ole's 9 Wisconsin St, Grand Marais, MN <b>(1:00 PM)</b>
July 20 <sup>th</sup>	Dinner Social	Thompson Hill Information Center <b>(9:45 AM)</b>	Ely Steakhouse 216 E Sheridan St, Ely, MN <b>(1:00 PM)</b>
August 3 <sup>rd</sup>	Chapter Ride	<b>!!! Rest Area WI Hwy 53/2 South !!!</b> Rest area is about 5 miles south of Superior <b>(9:45 AM)</b>	Bayfield, WI Area (Restaurant TBD) <b>(Noon)</b>
August 17 <sup>th</sup>	Dinner Social	Thompson Hill Information Center <b>(10:15 AM)</b>	Ganley's Family Restaurant & Malt Shop 25396 Main St, Nisswa, MN <b>(1:00 PM)</b>

## Your Chapter Team

**Chapter Director**

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

**Chapter Treasurer**

Jim & Harla  
Lemmerman

**Chapter MEC /**

**Ride Coordinator**  
Brian & Michelle Marshall

**Chapter Baker**

Michelle Marshall

**Social Assistant**

Teresa Smith