



LA GAZETTE DES CAJUN

GOLD WING ROAD RIDERS ASSOCIATION
SOUTH CENTRAL REGION "H"
CHAPTER "B" - LAFAYETTE, LOUISIANA

APRIL 2008

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Hello Fellow Cajun Wingers,

We hope the humidity isn't effecting to many of you out there. Now that riding weather is upon us, we have to endure yet another hurdle. We want to remind everyone to make sure to get in plenty of fluids and keep yourself well hydrated.

We sure hope everyone had the opportunity to attend the La. Dist. Rally at end of March. With fuel cost soaring sky high now's the time to be riding our Goldwings. The rally gives us the opportunity to dress up our wings and possibly replace necessary parts and buy those special accessories. Let's not forget; getting to see all of our fellow wingers, also. They came from near and far.

Chapter B was the Host chapter again this year. We'd like to take the time to thank each and everyone who gave us a helping hand. Not only do we appreciate the help, but the District Staff stated that the rally could not have been a success without your help.

Chapter B participated in the Mardi Gras Ball Friday night. Fourteen members dressed up as Courier De Mardi Gras Rebelers and walked away with 1st Place. We even have royalty amongst us, Vernon Romero was crowned King of the Ball. WAY TO GO VERNON! We'd like to extend a personal thank you to Linda Romero for coming up with the idea to hand out honey; compliments of Chapter B. It was a big hit! CHAPTER B LOVES YA, HONEY!

CONGRATS! ROXIE AND BRENT COMEAUX on becoming our new La District Directors.

Remember to always; "CHERISH YESTERDAY, DREAM FOR TOMMORROW, RIDE SAFE & LIVE ANOTHER DAY."

Chapter Directors, Gerald and Noëlie Lavergne

CHAPTER B MONTHLY MEETING

Chapter B meetings are held at 7:00 p.m. on the first Tuesday of each month at DeanO's Pizza, 305 Bertrand Dr., Lafayette, LA. Come early to enjoy dinner and socialize with old and new friends. Guests and visitors are welcome.

Visit our new and updated website at WWW.GWRR-LA-B.ORG

April 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 FUNKY BUNKIE MONKEY OVERNIGHTER DEPARTS MCDONALDS @ 9:00 A.M.
6	7	8	9	10	11	12 HOUMA'S PROGRESSIVE DINNER RIDE DEPARTS MCDONALD @ 6:30 A.M. ALBERTSON'S 6:45 A.M. FISHING FOR KIDS
13	14	15 EVENING DINNER RIDE @ VILLAGERS DEPARTS MCDONALD'S @ 6:00 P.M.	16	17 REGION H	18 RALLY	19 MARSHALL, TEXAS
20 BREAKFAST @ T-COON'S PINHOOK @ 9:00 A.M.	21	22	23	24	25	26 CHAPTER J RALLY DEPARTS @ 8:30 A.M.
27	28	29	30			

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District Directors **Jere & Maurine Pyburn**

April 2008

From your Past District Directors:

This is our last Newsletter article as your District Directors and we would like to take this opportunity to say thank you to the members of the Louisiana District and All of our friends from all over the USA, for three wonderful years.

You have all been so supportive and helpful and made our responsibility fun and easy. Representing Louisiana has been an Honor and we will always be grateful for the opportunity. While being an officer required many hours of hard work, the rewards have far out weighed the work that has been put in.

We are not going anywhere and will be around to take part with our extended family in Louisiana and All of GWRRA.

Until then,
Ride Safe and Often
Jere and Maurine Pyburn
Senior Master Tour Riders
1764 & 1763

LA GAZETTE DES CAJUN



Asst. District Directors & Trainer

Brent & Roxie Comeaux

HELLO GOLDWINGERS!

What a beautiful Sunday with clear blue skies! We are riding the Boudin Run with Host Chapter B and Guest Chapter A. "Oh, Goldwinging..... and Boudin....with my Baby!....." Hey Rox, could this be a new Rally song for GWRRA Idol? What you think, huh?..... Why are you giving me those eyes?

Well, the Boudin Run was a lot of FUN. We finished up with plenty of smiles, hugs, and feeling very good about the day with fellow goldwing friends, already planning the next event as we say goodbye.

Roxie and I feel exactly the same way about our last 3 years as your Assistant District Directors. We have had a good time sharing in the fun with all of you and are excited about planning for the next event in our lives.

Thank You, Jere & Maurine, for allowing us to share in your FUN with all of your wonderful Staff.

Roxie and I will see all of you at our Louisiana District Rally!

"Let the Good Times Roll!!....."

Be Safe!, Your Friends,

LA GAZETTE DES CAJUN



By The Book with Dale and Susan Wingrove

Communication, What does it mean and why do we care?

Continued from February 2006

Way back in February of 2006, we published an article emphasizing the importance of effective communication. I thought this might be a good time to continue discussion on this very important topic. Our Officers Guide Book encourages the use of effective communications skills throughout our Association.

The other half of effective communication is good listening. It should be automatic, like breathing. After all, we listen all the time. Or do we? The fact is, listening and hearing are not the same thing. Hearing is just the first stage of listening. Listening is a communication process and requires active participation. Like any other skill, listening competency is achieved through learning and practice. Listening is a master skill.

Some ways to practice your listening skills: **Stop Talking** – it may sound obvious but we can't add to our knowledge or understanding if we are busy talking. **No Multi-Tasking** – In order to become an effective listener, you must learn to manage what goes on in your own mind. Good listening requires the temporary suspension of all unrelated thoughts. Give speakers 100% of your attention along with the time they need to complete their thoughts. If you're thinking of your response before they are done, you cannot learn all they have to offer. **Listen Actively** – A good listener is not just a silent receptacle, passively receiving the thoughts and feeling of others. To be an effective listener, you must respond with verbal and non-verbal cues, which let the speaker know that you are listening, and understanding. Verbal feedback works best when delivered in the form of brief statements rather than questions. Statements allow you to paraphrase and reflect what you've heard. This accomplishes several things. It allows you to be sure that you understood the speaker correctly, affirms the speakers success, and encourages the speaker to elaborate further.

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10 Steps to Effective Listening

Face the speaker and maintain eye contact.

Be attentive yet relaxed.

Keep an open mind.

Listen to the words and try to picture what the speaker is saying.

Don't interrupt and don't impose your "solutions".

Wait for the speaker to pause to clarify statements.

Ask questions only to ensure understanding of what has been said, avoiding questions that disrupt the speaker's train of thought.

Try to feel what the speaker is feeling.

Give the speaker regular feedback.

Pay attention to what isn't said – to feelings, facial expressions, gestures, posture, and other non-verbal cues

"I think I'll learn more from listening. Anything I would say, I already know." – Anonymous

"I think one lesson I have learned is that there is no substitute for paying attention." – Diane Sawyer

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OCTOBER 19, 2008

For more information or to find out how you can help, please call Bullet or Nancy McGee at 783-2658 or e-mail bulletmcgee@cs.com

Birthdays

Diana Fruge	Apr 5th	Randy Tarver	Apr 6th
Bullet McGee	Apr 6th	Irving Sonnier	Apr 8th
Tom Bellington	Apr 13th	Mike Cormier	Apr 18th
Mary Ellen DeVillier	Apr 20th	Jo Ellen Istre	Apr 24th
Vickie Chauvin	Apr 26th	Millie Madeley	Apr 28th
Sheryl Faulk	Apr 28th	Philip Myers	Apr 29th

Anniversaries

Dewey & Mary Ann Burke	Apr 5th
Don & Donna Miguez	Apr 5th
Gerald & Noelle Lavergne	Apr 24th

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Personal Page

Hey guys, another month has come and gone.

On March 1st we rode out to Cajun Cycle Accessories in Baton Rouge. They served Red Beans and Rice, had home baked cookies, and individual serving coffees. It was delicious. Upon leaving, we visited the local Bass Pro Shop. It was amazing, the size, and the different things under one roof.

Sunday, March 2nd was one of two workshops we had at Don's Shop to make our 1st place finishing Courier De Mardi Gras costumes. We had a blast making the costumes and competing at the rally.

Saturday, March 8th was hamburgers at Southside Honda. The day before was extremely cold, but the next day turned out to be a beautiful day and we had a great turn out. We'd like to extend a special thank you to everyone who came out.

March 9th, was such a fun day. Chapter A came meet us for a Boudin Run, which they entitled A Taste Of Acadiana. We had 30 people attend this ride. Fun was had by all. We started out at Don's Specialty Meats in Scott, then headed to Charlie T's in Breaux Bridge, from there we headed to Poche's in Poche Bridge, we continued through the countryside to Janise's for Boudin Eggrolls & Boudin Balls, compliments of Dwayne & Dori Janise (thanks guys!), and our last Boudin stop was The Best Stop in Scott. After all that you would think we couldn't eat another bite, but we went to The Candy Cottage in Rayne for ice cream. We had a good time and owe Chapter A a great big Thank You for pointing out something that was located in our backyard.

Many's in Morgan City is no longer open on Sunday's. So we contacted Chapter H, John and Gwen Taylor told us about Chester's Cypress Inn. The place probably hasn't been remodeled since the sixties, but who cares when the food is as good as it is there. You're served on paper plates and what you order is what you get. When ordering fried fish, you get fried fish, no fries, no frills. It has to be ordered separately, the onions rings are exceptional. For dessert we went to the town of Matthew for stuffed snow cones, delicious!

Our Tuesday evening ride to Alesi's on Johnston St. March 18th, seven couples show up all in cars due to the weather.

As most of you know the La. Dist. Rally was held on March 27th - 29th. Jere and Maurine Pyburn stepped down and our very own Brent and Roxie Comeaux assumed their duties as Dist. Dir. Chapter B was the host chapter. For each of you who helped in making this another successful rally, thanks.

At the rally not only can you buy just about anything for your wing, there are several things to do. On Thursday, there are vendors, ticket sales, cajun music, an ice cream social, a light show, and the hotel even cooked cracklins. On Friday, again the vendors, ticket sales, several seminars, couple selection, Cajun dance lessons, Bingo, and Bayou Bungee Jumping (??). Perhaps the real highlight of the day was the guided tour that Dewey Burke lead to the Antebellum homes. When the tour came to a stop to view Former Gov. Mike Foster's Home, a worker was entering the premises. Rose, asked if they could use the bathroom, the employee phoned the main house and was told have them drive up the main drive. Rose even got to shake the Former Governor's hand. Way to go guys, it was the talk of the rally. How many rallies can top that! Another highlight, was the Mardi Gras Rally, Chapter B walked away with 1st place group participation and Vernon Romero was crowned King. Saturday was the last day of the rally. Again there was plenty to do; vendors, ticket sales, seminars, bungee jumping cajun style, bike show, best dress competitions, GWRRA Idol, and bingo. They also judged newsletters, mascots, banners, umbrellas, and scrap books. Chapter B took 2nd place in the chapter umbrella, and scrapbook competitions. Mary Ann Burke, took 1st in the individual umbrella competition. All in all we believe everyone had a great time.

Till next month guys,
Gerald and Noelie Lavergne

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Importance of Tire Safety

1. A tire can lose 1 psi of pressure per month under normal conditions.
2. A tire can lose 1 psi of pressure for each 10° F drop in temperature.
3. Underinflated tires and overloaded vehicles are a major cause of tire failure. Maintaining proper tire pressure and observing tire and vehicle load limits will help prevent tire failure.
4. A tire should be replaced when the tread is worn down to 1/16 of an inch. One way to test your tread is to stick a penny in the treads with Lincoln head down & facing you. If you see the top of his head, it is time to replace your tires.
5. Maintaining proper tire pressure will help improve vehicle handling, help prevent avoidable breakdowns and accidents, improve fuel economy, and increase the life of your tires - all saving you money over time.

Louisiana B
Chapter Directors
Gerald & Noelle Lavergne
1606 So. Fieldspan Rd.
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