

Mid-Knight News

A quarterly publication of the Mid-West Regional Conference of the Blue Knights® International

Winter 2023 issue



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From the editor:

I had a couple of comments on the last Mid-Knight News. It seems that some of us have trouble reading a 10 point type so I was asked to return to the 12 point type I used to use. So here you go.

I am always in need of photographs. If you have any you would like published, send them to me in an e-mail. Thanks.

Rick McCrea
Editor
rickandtic@icloud.com



From the M.W.R.C. Chairman Tom Luellen

By the time this is published, 2022 will be in the rearview mirror, chapter renewals will be all but wrapped up, and we'll be planning our 2023 travels. I hope your year ended with great holidays full of family and making great memories. As I mentioned last time, I traveled to Phoenix the week before Thanksgiving for AZ V's November Knights gathering. The weather was beautiful, and the company was even better. If you ever find yourself down that way around that time, it's worth your while to attend.

I wanted to make sure your chapters are reporting charitable donations to the Int'l. I know lots of chapters do good works around the holidays and sometimes this step gets lost in the shuffle. It's easy, in the Members area of the Int'l website, click on Programs – Charities. My chapter collects goods during our Christmas party to donate to a local animal rescue shelter and we total up what everybody spent and report that. Personally, I've always been rather proud of our organization wide life to date charity contributions and it would be a shame if we lost track of this.

As I am beginning to write this I'm still waiting for details about serving on the Verification Committee for our Int'l elections. I know who my fellow committee members are, and we'll soon receive packets to review on each candidate. I know of a few who have declared their intent to run, and I've heard rumors of a few more. Here's to hoping there are no discrepancies in their qualifications and we can wrap up our review quickly.

I'll be riding to the SRC in Venice, FL in April followed immediately by a trip to the Florida Keys. I've wanted to see them for a while so this seemed like the perfect time for me and some of the usual suspects to make the trip. June in Coralville, IA should be a good time as the Sixers know how to put on a good show. I'm looking forward to riding to Pennsylvania in July for the first full blown International Convention since New York in 2019. Then we'll round out our MWRC year in Chesterfield, MO in September where fall riding in that part of Missouri can be very pretty.

Speaking of our conference meetings, we still need someone to step up and host the Spring 2024 meeting. There are lots of chapters who have never hosted an event, and some who have had a strong history of hosting great weekends but haven't in a while (you know who you are). If you have ever even dreamed of hosting, please contact me and submit your bid. I am also still in need of a North Dakota Rep. I have a couple of inquiries out but if you're a resident of that state, and have any inclination to serve the MWRC, please consider it.

My virtual door is always open, please don't hesitate to reach out with any questions, comments, or concerns. Until June...

RWP!!

Tom Luellen
MWRC Chairman
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417-860-2633



**From the M.W.R.C.
Vice-Chairman
Bobby Clark**

time for indoor chapter meetings and to begin planning your upcoming riding season and events for your chapters.

Greetings from Nebraska...I hope all of you and your families had a great holiday season. If you are anything like me this is the worse time of the year and seems to last forever. Winter is definitely here, and it is proving to be a bad winter with some of the coldest days in many years. Now is a good

As you read this, you should have your chapter renewals completed. If you are a chapter president, you should have received an email from Doug Casteel with instructions on how to get to the renewal page on the BK International website. Somebody at International listened as we told them they needed to make it simpler for you to get to the renewal page. If you are still having issues getting to or completing the online renewal, please contact me and I can walk you through it. Chapter officers, please verify your members personal e-mail addresses when completing online renewals and ensure that everyone in your chapter still qualifies to be a regular or associate member even if they once did. If someone's status changes, you must let International know. You can always change their status to honorary provided you have a slot.

Members, you can easily update your contact information on the BK International website. Simply login, top right corner, click on member login top right of the page. Once you are logged in, go to the menu on the right. Hold your mouse on members. Slide down on the new menu to member contact info. Click on that and you will see your information. Make the changes as needed.

Spring conference this year is being hosted by IA VI in Coralville, IA on June 1st – 4th. If you have not registered yet, please do it as soon as possible. If you have ever hosted a conference in the past, you know how important it is to know attendance numbers sooner rather than later. You can get a fillable registration from the MWRC website.

Please remember that we have a Facebook group for the MWRC. It's easy to join. Just answer a few questions. MWRC chapters may have any of the moderators or admin add events to the calendar. Feel free to promote your events by posting. Keep posts to Blue Knights related only. It's not for personal for sale items but chapter sale items are allowed.

On a personal note, I wanted to publicly say how proud I am of my local chapter, NEII for the work we have done this year in helping local law enforcement agencies and members of our community. BKNEII took over organizing a poker run, (slightly modified) for a fallen deputy where we were able to raise and donate \$5151.16 to Pottawattamie County Sheriffs for their Canine program. BKNEII also increased the family number for our "Shop with a Knight" to four and increased the amount of money we could give to the families to approximately \$750.00 per family for gifts and a Christmas dinner. This was possible with assistance from VFW Post 22280 and a personal donation from one of our members.

I have also decided after 3 terms (6 years), not to run for re-election for BKNEII President. This will allow me to spend more time on my position as Vice Chairman for the MWRC. Congratulations to President Elect Scott Altic who will be taking over BKNEII in January of 2023.

As always, please feel free to contact me with any questions or concerns on my cell phone (402) 306-1652. Also, I will no longer have my president email, so my personal email is bobbyc1563@gmail.com.
RIDE WITH PRIDE!!

Bobby Clark
MWRC Vice Chairman
Bobbyc1563@gmail.com
(402)306-1652



**From the M.W.R.C.
Secretary / Treasurer
Duane Potter**

Happy New Year! 2022 is in our rearview mirrors and 2023 is straight ahead in our windshields. I was able to get my New Year's day ride in, albeit a short one. Now that the holidays are behind us, it's time to get focused and make 2023 a great year.

As we start 2023, that also means it is time to send in your Chapter's dues to the MWRC. As a reminder, each chapter owes \$1.00 per member up to a cap of \$25.00. If you haven't already, you can send your dues to: MWRC, P.O. Box 73, Goddard, KS 67052.

Now to start planning for the year ahead of us. Both of our Conferences this year are along the eastern edge of the MWRC. On the calendar now is the Spring Conference in Coralville, IA June 1st to the 4th. I have no doubt that the Sixers will put together a stellar conference for us. Followed by the Fall Conference in Chesterfield, MO September 14th to the 17th. In between our two conferences is the International Convention in Camp Hill, PA July 16th to the 21st.

I guess we better throw out some important deadlines. For the Spring Conference, the registration deadline is May 11th, 2023. After May 11th, the registration fee increases to \$120.00. If you are planning to attend the International Convention, the rate deadline there is May 16th. Your chapter dues must be paid prior to the President's meeting, June 3rd, at the Spring Conference. Chapters that have not paid their dues by this time, will not be allowed to vote on any business that is conducted during the meeting. I look forward to seeing everyone in Iowa, until then, Ride With Pride!

Duane Potter
MWRC Secretary/Treasurer
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316.285.8655

We made it through 2022 and hopefully 2023 will be even better. You should have your renewals done by now, but, if not, and you need some help, don't hesitate to reach out to me.

From the M.W.R.C. International Representative Doug Casteel



Since the last newsletter, I represented you at the December International Board of Director's (BOD) Meeting.

Here are the highlights / lowlights from the 5-hour BOD Meeting:

International Webmaster Joe Ball advised that we will be changing our webmail email client in the near future. Additional information will follow. There will also be a searchable Member List added to the website. The basic information will only be the member's name, chapter, and conference information. However, the member will be able to add contact information if they desire.

Headquarters Committee: Guy O'Connor reported that we had about \$25,000.00 in expenses for the building this year and with no income into the headquarters accounts which currently stand just over \$147,000.00.

North American VP Rory MacConnell advised we currently have 15,582 members in 604 chapters which is down from last year's 16,157 in 609 chapters. The MWRC has 655 members in 31 chapters.

President DJ Alvarez advised that our current bookkeeper is retiring this month and we are hiring Barbara Bagley to take over the duties. He stressed the importance of trying to get everyone to renew.

Office Manager Jana Clark stated that the Brick Fundraiser is currently standing at 78 bricks with \$13,950.00 raised. The fundraiser will stay open until spring when the installation begins.



Board of Governor's Chairman Dominic Squillace said they will be taking bids for the 2025 International Convention if you are interested in hosting. Service Awards need to be submitted to the BOG Secretary by May 1st. The host hotel for the 2023 convention in Harrisburg, PA is currently sold out. There are other hotels in the area.

Proposal 2022-0017 to amend the constitution Article 5 Membership, to add "A completed Membership Application with all necessary documentation is required when applying of membership, on any change in employment, and or medical exceptions." The motion failed with me voting against.

Proposal 2022-0020 to amend bylaw Article 3 Section 3.16 Election, Term of Office, and Qualifications, to add a start date for counting the terms in office as of the 2021 elections. After lengthy discussion the motion passed 9 yeas, 8 nays, 0 abstentions, with me voting against.

Proposal 2022-0021 to amend the bylaws of the BOG was withdrawn due to it being a BOG issue, not a BOD issue.

Proposal 2022-0022 to place Robert Freeman (MD I) on the persona non grata list. Passed unanimously.

Proposal 2022-0023 to amend procedure manual section 12 election guidelines, to bring the procedure manual in line with the bylaw that was amended at the international BOD meeting in June. The proposal was amended that instead of removing the word shall and replacing it with will, to change each occurrence to shall / will. The motion as amended passed unanimously.

Treasurer John Bull presented the 2023 budget which was balanced. There were some minor adjustments and the budget passed unanimously. The final version was emailed to you.

The next BOD meeting is March 15th at Noon ET with an agenda deadline of Feb 13th at 1600 ET.

Ride with Pride,

Doug Casteel, International Representative
Mid-West Regional Conference
Mwrc.rep@blueknights.org
+1 (314) 412-4449



**From the M.W.R.C.
Web-Master
Wayne Schwartz**

Happy New Year to all!!

Hope everyone had a joyous Christmas and Santa brought you everything you wanted. I just came in from clearing 8-11 inches of heavy wet white stuff called "Global Warming" from my driveway and they are predicting another 5-6 inches for today. If you can see over

the huge piles it is actually pretty to look at. Enough for the weather report. The website is going gang-busters with lots of looks. I guess that's why we have it, right? Just a reminder to those chapters that have had elections and changed officers. That might cause a change in your mailing address and if that includes your chapter be sure to let me know of the new mailing address so I can update your contact information so folks can contact you if they are looking for information about your chapter. Also, and I can't emphasize this too much, that if you have a member transfer to Heaven 1 to be sure and let me know so I can add them to our Heaven 1 Memorial Page. If you are thinking of going to either the Spring or Fall 2023 Conferences, the Registration Forms are available on our Events Page along with hotel information. They are a lot of fun! I hope to see everyone in Coralville, IA in June for the 2023 Spring Conference. It sounds like they are going to have lots of fun things to do. Until we meet again, stay safe, have fun, and as always,

Ride with Pride!

Wayne Schwartz
MWRC Webmaster
wayneschwartz@comcast.net

**From the M.W.R.C.
Safety Officer
Scott Grabowski**

Hello, fellow Blue Knights Brothers and Sisters. Winter is here, for almost all of us, that means no riding till March. What do we do with our winter down time? Some snowmobile, ice fish, ski or hibernate. What can we do during this down time and thru the riding season? We can all do some strength and stretching exercises. There are

hundreds of exercises that can be done, but I am going to mention and explain a few that will take 10-15 minutes of your time, but the benefits, could last a lifetime.

As with any new exercise or stretching routine, if you have any medical issues, you should talk to your physician first. If you are still riding your MC, or for some of us not, I am pretty sure your physician will tell you that doing these will benefit you.

Let's start off with some stretches. What's the benefit of stretching and being more flexible? Being flexible helps you reach the controls better and react faster in case an emergency type situation occurs. It also helps absorb the bumpy roads. Or how many times have you dismounted after a longer ride? Legs, arms and back sore and said to yourself "I should have stretched before the ride"? What can we do to possibly change this?

Let's start with our **neck**. Where does the MC go? Goes where your chin, nose and eyes are pointing/looking. Remember way back when you took the MSF rider course, and the Rider Coaches tell the students to turn their heads? If we can turn our heads the MC will turn better and tighter. Wouldn't it be nice to be able to turn our heads like an owl for those U-turns?

Neck Stretches: Forward and Backward Tilt. This can be done while you're seated or on your feet. Keep your moves slow and smooth. Start with your head squarely over your shoulders and your back straight. Lower your chin toward your chest and hold for 15-30 seconds. Relax, and slowly lift your head back up. Tilt your chin up toward the ceiling and hold for 10 seconds, then return to the start position. Repeat several times.

Side Tilt: Do this while standing, with your feet hip-width apart and arms down by your sides. Gently tilt your head toward your right shoulder and try to touch it with your ear until you feel the stretch. Don't raise your shoulder. Hold the stretch for 10 seconds, then return to the start position. Repeat on the other side. Do this several times.

Side Rotation. You can do this while seated or standing. Keep your head squarely over your shoulders and your back straight. Slowly turn your head to the right until you feel a stretch in the side of your neck and shoulder. Hold the stretch for 15 seconds, and then slowly turn your head forward again. Repeat on your left side.

Shoulder stretches: While standing clasp your hands behind your back and slowly lift your arms and hold. Repeat this a few times.

Hamstrings: Stand with your feet shoulder width apart. Keep your knees locked. Start to bend forward, letting your arms hang, bend till you feel the back of your thighs stretch and hold for 20 seconds. If you can touch your toes, try putting your hands flat on the ground. When you start to raise back up, bend your knees slightly and slowly raise up. Repeat 3-5 times.

Those are just some stretches you can do to stay limber. Remember, while doing these you should feel the muscle stretch, this may be a bit uncomfortable BUT it should not hurt. Start out with slow short stretches and work up to the stretch being further and longer. After you have completed your full set of stretches do them again 2-3 times each time you stretch.

Ok, now with a little strength and toning exercises. Why? Have you ever had to pick up your MC after the kickstand sank into the tar in a parking lot? Or your feet slip on the sand at a stop sign? Properly picking up a 900-pound MC is almost all leg strength and technique {another article}. Who has ever ridden across Nebraska or one of the Dakotas? The wind is never to your back but most often it's a strong cross wind. To battle that wind, you need a strong core.

How can we get our bodies in shape and keep them in shape for riding?

The Plank: Place toes, knees and forearms on the floor, keep your stomach tight and hips level, and try to keep your head in line with the rest of your spine. Hold this position for 10 seconds and repeat 5 times. As you get stronger, increase the time you can maintain position, working your way up to 1-to-2-minute holds. If you find this easy, then do this with your knees off the ground.

Abdominal crunch: Lie on your back and place your feet flat on the floor so that your knees are bent at 90-degree angles. Tighten your abdominal muscles. Raise your head and shoulders off the floor. To avoid straining your neck, cross your arms on your chest rather than locking them behind your head. Hold for three deep breaths. Return to the start position and repeat.

Wall squats: Lean against a wall with your head, upper back and butt in contact with the wall. Your feet and knees should be about two fists' width apart. Keeping your head, upper back and butt against the wall, squat until your knees are at about 45-degrees. Hold this position for 15 seconds. Repeat for 5-10 reps.

Biceps curl: Stand straight, arms hanging at your sides, holding a weight, this can be a can of soup or any weighted item, in each hand. Keeping your elbow as motionless as possible and your wrist straight, lift your hands and bring the weight up to chest level, then slowly return to the starting position. You can do both arms at the same time or individually, making sure your motions are smooth and controlled. Start with one set of 10 reps per arm. Repeat 3 times.

Grip Strength: While sitting in your favorite chair grab a tennis ball and squeeze it numerous times with both hands. Keep your hands and fingers strong and limber for the brake and clutch levers.

While doing any of these stretches or exercises, remember to breathe naturally and without holding your breath, exhale during exertion and inhale during relaxation.

Again, these are just some things we all can do during the off season and during the riding season to make our bodies feel better during rides and after the ride.

For more ideas, you can always search online or consult your physician.

I hope to see you in Coralville, IA at the Spring Conference.

Till then, Ride with Pride, ride safe and practice often.

Scott Grabowski
MWRC Safety Officer
MWRC,safety@gmail.com

Update on the Spring 2023 Conference

Hey, Spring is almost here! That means the 2023 MWRC is almost here, too. Holy Cow! The SIXERS had better get it together!

In case you've been living in a snow cave and haven't heard, the Spring Conference will be held at the Hyatt Regency Coralville Hotel and Conference Center in Coralville, Iowa June 2nd – 4th, 2023.

Just to recap, the venue area is really cool. There's a whole lot going on in the area. The Iowa River Landing is home to several fine shops, restaurants, brewpubs, and attractions. Some of which are Diamond Leaf Jewelers, Von Maur, Trader Joe's, Scratch Cupcakery, Cookies & Dreams (my favorite), 30 Hop, Backpacket Brewing, Tribute Eatery & Bar, Iowa Athletic Club Sports Bar, Xtream Arena, and the Antique Car Museum of Iowa, just to name a few. Within walking distance, along the river trail, is the Iowa River Power Restaurant and numerous other shops along the street. If you don't want to stay at the host hotel, there are several other hotels within a few blocks.





Within a 5-minute ride is the University of Iowa, Coral Ridge Mall (with the Children’s Museum), the Iowa Firefighters Memorial, and Hawkeye HD. Within a 30-minute ride are Coralville Lake and fossil gorge, Cedar Ridge Distillery (home of Slipknot Bourbon), Kalona Brewery, Kalona Village, Amana Colonies (home to great shops and German style food and beverage), the birthplace of President Hoover (West Branch, IA), and Riverside Casino. For those who aren’t Trekkies, Riverside, IA is also the future birthplace of Captain James T. Kirk (he will be born March 22nd, 2233).

For the cigar aficionados, we have invited the owner of Bad Ash Tobacco Company from Springfield, MO to join us and give a cigar rolling demonstration. He will also have cigars available for sale. Oh! Brush up on your Ashketball 😊

I think you’ll find Iowa isn’t just a flyover state. We have some very nice riding country. I can’t say as much for the road quality, but the country and people are nice.

The registration form is located here:

<http://www.blueknightsmwr.com/Resources/2023SpringMWRCRegist.pdf>

You may make your hotel reservations using the following information: HYATT REGENCY CORALVILLE, 300 East 9TH ST, Coralville IA 52241 (319) 688-4000. Room rate is \$115.00 per night, good through May 11th, 2023. **Group Code: G-MWTE** <https://www.hyatt.com/en-US/group-booking/IOWRC/G-MWTE>

For Questions contact the Iowa SIXERS at SEIABKVI@GMAIL.COM

We look forward to seeing you in June!

Update on the Fall 2023 Conference

The brother and sisters of Missouri III, hope everyone had a fun and safe Christmas and New Year. As we look outside, we realize it’s that time of year for many of us. The fair-weather days are few far and few between. We jump on them and get a ride in, when possible, despite mother nature’s attempts to deny us of needed wind therapy. Here in St. Louis, we are sneaking the rides in when we can but when we aren’t riding, we are talking about the 2023 Fall MWRC!



That’s right, the Blue Knights of the St. Louis Metro are excited to be hosting another MWRC this coming fall. Our last conference was in June, and we had great weather. September is typically warm in St. Louis so we should have another great weekend of riding under some of the tree-canopy-covered back roads not far from the host hotel. Several who attended our last conference were surprised at some of the great hills and twists we have on both sides of the Missouri River in our very own wine country. Just 25 miles west of the Gateway Arch is the host hotel, which is less than five miles from the curvy two-lane that we all love to find.

We will work to provide two guided rides each day as well as suggested self-guided rides or destinations for those looking for something specific. Please reach out to your members and consider bringing along a new member who has not attended a conference before. We will work to make sure everyone enjoys the hospitality and fraternal spirit the Blue Knights is all about.

Now for the details:

2023 Fall MWRC September 14th – 17th, 2023 – Hosted by the Missouri III

DoubleTree by Hilton – Chesterfield 16625 Swingley Ridge Rd Chesterfield, MO 63017.

Room rates are \$119.00 per night plus taxes for King rooms and \$129.00 per night plus taxes for Double Queen rooms. Be sure to ask for the Blue Knights MO III rate. Includes full breakfast buffet w/ eggs to order or use this Blue Knights-specific link <https://group.doubletree.com/rw497e>

MWRC State Representatives Contact Information

Iowa:	Dave Eyman	BKIARep@gmail.com
Kansas:	Jim Miller	jimmiller@jim-san.com
Manitoba:	Peter Savinkoff	tundrapjs@shaw.ca
Minnesota:	Chris Boerner	cboerner9@aol.com
Missouri:	Don Tyes	bigdude@stjoelive.com
Nebraska:	Frank Bergmark	bikerbergs@charter.net
North Dakota:	VACANT	
Oklahoma:	Tom Ashing	tomashing@cox.net
South Dakota:	Dave Thorsgaard	dq17thor@midco.net

STATE REPRESENTATIVE REPORTS

Before each newsletter, I send out a request to each of the State Representatives asking them to send me an article for the Mid-Knight News. This time, I had 5 State Representatives answer the request.

**Iowa
Representative
Dave Eyman**

No report sent

Blue Knights[®] International
Law Enforcement Motorcycle Club, Inc.

**Kansas
Representative
Jim Miller**

Greetings from Kansas. I hope everyone is doing well.

On October 14th, 2022, Kansas III held a Fall Festival & Fundraiser. Everyone had a great time and we

raised \$2,200 for Concerns of Police Survivors (C.O.P.S.).



In addition to raising money for C.O.P.S., Kansas III partnered with Friends of the K9 Vest to do a unique fundraising event. K9 Garp is a 9-year-old German Shepard. Garp worked for the DEA, ATF, and US Marshals before retiring from the Kansas Highway Patrol in November, 2022. Friends of the K9 Vest helped Garp create a painting. Kansas III auctioned off that masterpiece and the proceeds went to buy a ballistic vest for Garp's replacement. Sandy Miller won the auction and is now the proud owner of that amazing painting.



“Ride With Pride”

Jim Miller
Kansas State Rep
Kansas III President

**Manitoba
Representative
Peter Savinkoff**

No report sent

**Minnesota
Representative
Chris Boerner**

Not a thing going on here except snow!!



**Missouri
Representative
Don Tyes**

Winter weather, though late on arrival, finally reared its head around Christmas time. Almost all areas of the state enjoyed a cold and white Christmas. As the new year approached, temperatures rebounded and were mild. In many areas of the state the temperatures were warm enough for some members get in some riding time. I hope everyone had an enjoyable holiday season.

Next up is the Spring conference in Coralville, Iowa, hosted by Iowa VI, at the Hyatt Regency Hotel and Conference Center, 300 East 9th Street, June 1st – 4th, 2023. I hope to see everyone there. The Fall Conference, hosted by Missouri III, will be held September 14th -17th, 2023, at the Double Tree by Hilton, 16625 Swingby Ridge Road, Chesterfield, Missouri. Be sure to get your reservations in for both events.

Also mark your, calendars for the 11th Annual Fallen Officers Memorial Ride. The Memorial Ride, hosted by Missouri X, has been scheduled for October 7th, 2023, in St. Joseph, Missouri. Contact us for hotel information, at bigdude@ponyexpress.net if you plan on attending.

Donald R. Tyes, President, MO X
Missouri State Representative, RWP

**Nebraska
Representative
Frank Bergmark**

The only things happening in Nebraska are: renewals, the Nebraska I Chili Feed and Nebraska I and Nebraska II have been approached by the Chamber of Commerce in Lincoln about Spring 2024. I have to talk to my chapter and Bobby with NE II before we decide.

**North Dakota
Representative
VACANT**

Representative wanted
If interested contact
MWRC Chairman Tom Luellen



Oklahoma Representative Tom Ashing

Behold, a new year, which means a new riding season. Another chance to mount those 'iron ponies' that have been sitting dormant in many garages for several months, and to make new friends along the journey. Looking forward to another exciting year. And, of course, it kicks off with the Spring Conference hosted by IA VI in June.

On the local level, most of the Oklahoma chapters, like a lot of others, tend to semi hibernate during the winter months. Granted, there are usually a few days of each month that permits enjoyable riding as opposed to our fellow Knights further north. Oklahoma is a 'fickle' weather state. We can go from single digit cold on one day to 70 degrees the next. In 2014, we hosted the Fall Conference and it was colder in Oklahoma than it was in Minnesota, so we just don't know what the next day is going to bring.

The one thing we do know is that everyday we spend with our brother and sister Blue Knights makes for a great feeling of camaraderie. With fond memories, I often let my mind wander back through the years and all the memories of the joyous times spent with fellow Knights. Not that the journey is over because I look forward to many more years of 'miles and smiles'

Ride safe my fellow Knights and most of all Ride with Pride.

Tom Ashing,
Oklahoma State Representative

South Dakota Representative Dave Thorsgaard

Hoping everyone had a safe and happy holiday season.

Here in Rapid City, we had our first snow on October 24th. It didn't amount to much, just enough to get the roads wet and mess up a vehicle. We've had temperature from the low 80's to the mid-30's in October alone. Then came winter storm Elliott, I'm sure most of you felt this frigid blast that hit all of the US.



We were busy in October as we helped with the blizzard bag delivery for Meals on Wheels. These bags contain a simple meal to help feed home bound people in the case of a snow storm to survive on for 2 days. Each bag contains bottled water, condensed or dried soup, crackers, fruit cups a tea candle to heat the soup and a few energy bars. This year they had added 36 more stops so it was planned to be a four-day event, but the weather was very good and we were able to get all the bags delivered in three days. This is one of our yearly volunteer projects, it was a great project and the bag were used during a blizzard in early December .

October was also the nominations of officers for all the Chapter offices. Elections were in November and installation of officers in December. Our officers for the next 2 years will be, Billy Davis, President, Sherri Rost, Vice President, Dave Thorsgaard, Sec / Treasurer, and Sgt. at Arms Jeff Shannon, Safety Officer / Road Captain, Ron Hevel, Member at Large John Rost and Dave Thorsgaard, SD State Rep.

November was a busy month. This year we thought we would enter a tree for display at the State Capital in Pierre.



Our tree was a seven-footer this year. We were allowed 100 lights per foot and roughly 200 ornaments. We chose to use lights of blue, our ornaments were of the Blue Knights logo and we had a ceramic disc with the shoulder patch and badge from each of the departments currently in our chapter. Jo Schroeder, Ron and Marsha Hevel and John and Sherri Rost made the trip to Pierre to decorate the tree for us. It probably took longer to get to Pierre than it did to decorate but it looked great. Since this was our first attempt at this and it turned out very well we will be moving up to a nine foot tree next year with more lights and ceramic and globe ornaments. May even try some badge and patch from some of our past members.

It was great experience and we had a lot of good

comments for those that got to see it firsthand.

In November, we also got to honor one of our own with a 20-year membership certificate and pin to Jim Merrick. Jim and his wife, LaVia are snowbirds and go to Arizona in the winter months. I had called Jim to see if he had received the pin and certificate, during our conversation I asked Jim how the weather was there, he said not bad in the 40's, I had to chuckle, my wife and I were out on the bike that morning and it was in the 60's here. But I must say it did not last long.



Jim Merrick with 20 year membership certificate

December was a very busy month for us. On December 5th, we did the shopping for the Forgotten Elderly in area Care Centers. The group shopping was made up of members of the Black Hills Area Bikers. Groups such as Honda Rider, Eagle Riders, HOG, ABATE, Christian Motorcycle, Soldiers for Jesus, Green Knights, Blue Knights and others. The group shopped for 193 residents in care centers in Sturgis, New Underwood and Rapid City. Each shopper was given several slips of paper with the items the residents wanted or needed. Each resident was allowed \$35.00 worth of items. After all the shopping was done it was time to total all the gifts.

When it was all said and done, it averaged out to \$33.00 was spent on each resident with a total of \$6489.56 spent.

On Tuesday December 6th, the same groups from BHAB wrapped all these gifts at the Harley Davidson warehouse. All the gifts were boxed, wrapped, labeled and sorted in less than an hour. Sort of the gifts was done by placing each gift into an area marked for a care center, recheck then bagged for delivery by another volunteer from group member. We have been doing this for a lot of years now and it is down to a science. It brings joy to all that participate knowing that someone will get a gift they didn't think they would.

Next up was our turn. On December 10th, we were able to deliver our gifts to the kids that will be in hospital over the holidays. The wish list year was for a ping pong table, another corn hole set with extra bags. They have a rewards store where the kids can get items with points they earn for completion of tasks, they

seem to love the Flamin' Hot Cheeto's and pop-its. Nerf footballs, basketballs and soccer balls for use in the courtyard on nice days and summer. They got lots of journals, art supplies, sweatshirts, sports bra's, reading books, play doh, and so much more.

These kids all have different issues from abuse to drug/ alcohol addiction and other mental issues. Some may have been put in there by us, but we do not forget about them. The thank you cards they made for us more than anything lighten our hearts with joy!

Along with the gifts to the hospital we gave a check to the Back Pack program, a part of Feeding South Dakota. The Back Pack program furnishes meals to school kids on weekends and holidays.

Sadly, there are over 1,600 kids enrolled in this program, with 1,000 plus in the Rapid City area. With the recent storms this year, it has been a big strain on feeding a lot of people in the area. Our donation of \$1000 will go a long way to help all kids have a meal and help with learning and not have to go hungry. Really does make one feel blessed to help so many people this time of year!

Lastly, I did not mention in our last newsletter, that at the Fall MWRC in St Joseph, MO, we placed a bid for the Fall 2024 conference and was awarded the bid.

Exciting news for us. We have chosen the Holiday Inn in Spearfish SD to be our host hotel. We are planning many things to do, see and enjoy. Some information has been posted on the MWRC web page. We will update this page as we progress, but mark your calendars now for September 5th - 8th. 2024.

Until then stay warm, stay safe, Ride With Pride and we'll see you in Iowa!

Dave Thorsgaard
BK SD-I
MWRC State Representative.

CHAPTER DUES ARE DUE

In order for a chapter to remain in good standing with the Conference, each chapter must pay dues of one dollar per member with a maximum of twenty-five to the Conference on an annual basis.

The dues must be paid before the chapter will be allowed to vote at the MWRC business meeting.

You can mail your dues to:

Mid-West Regional Conference
P.O. Box 73,
Goddard, KS 67052

STANDING RULES FOR THE MWRC



1. Carrying firearms at MWRC events after consuming alcoholic beverages is prohibited. Event hosts are required to provide secure storage for firearms if requested by any attendee.

2. All members are entitled to make motions and participate in discussions during Conference meetings. However, only the President (or Regular Member appointed by the President) of each MWRC Chapter in good standing will be allowed to vote on items of business and candidates for office at Conference meetings. Any Chapter which has not paid its annual dues shall not be considered in good standing



3. MWRC officers shall consist of the Chairman, Vice-Chairman, Secretary/Treasurer, and International Representative. The officers shall serve two (2) year terms and shall be elected at the Fall Conference meeting during even numbered years. Candidates must declare (in writing) the office they seek to the MWRC Secretary/Treasurer prior to the adjournment of the Spring Conference meeting of the election year. No later than August 1st of the election year the MWRC Secretary/Treasurer will provide the President of each MWRC Chapter with a list of the candidates for each office. This is meant to allow the Chapter President to confer with his membership prior to the voting.

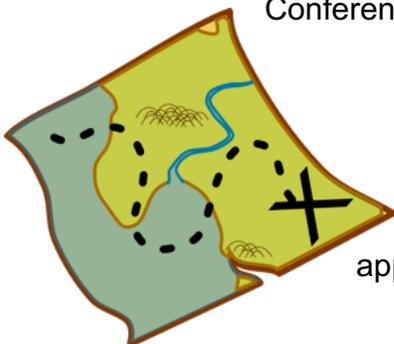
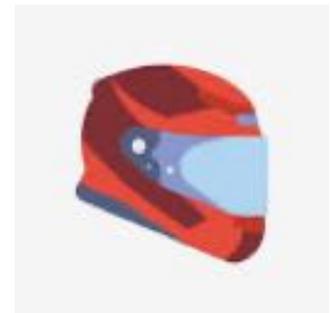


4. Each Chapter in the MWRC shall pay annual dues to the Conference in the amount of \$1.00 (US) per chapter member, up to a maximum of \$25.00 (US) per year.



5. Bids to host MWRC conferences may be accepted up to two (2) years in advance.

6. All participants in parades or group rides, at any Blue Knights® Midwest Regional Conference event, must wear an approved motorcycle helmet.



7. The MWRC board will notify any active chapter within 50 miles prior to authorizing a charter to any new chapter, however final determination and approval will reside with the board