



# Wing Words

*the rest of Colorado follows COL*



**FRIENDS FOR FUN, SAFETY, AND KNOWLEDGE**

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**April 2011**

**Member Contributors in this Issue:**

- Fred & Linda Fisher, Directors
- Carl Williams, Rider Educator
- Ralph & Debbi Strauss, Couple of the Year
- Stan Smetana, Individual of the Year

**Next Chapter Gathering**

**Monday, Apr 4, 2011 @ 7:00 p.m.**

**Gathering at 6:45 p.m.**

Columbine Room, Clements Community Ctr  
1580 Yarrow Street, Lakewood, Colorado

**Gathering Refreshments & Coffee**

- Refreshments: **Dennis & Anne Williamson**
- Coffee: **Linda & Fred Fisher**

**Words for Gold Wings!**

*by Fred & Linda Fisher, Directors*

Greetings from your Directors!



Well, we've done some very enjoyable things this past month. What's funny is that most of the events included eating. The first was the progressive

dinner ride on March 13<sup>th</sup> where we ate and then ate and then ate some more. More on this event later in this newsletter.

On March 15<sup>th</sup>, Linda and I were invited as representatives of Chapter L, to attend a President's Dinner hosted by Ride-for-Kids®. We met at Jim

and Nick's BBQ and saw a presentation about the June 12<sup>th</sup> ride and met a "Star" that shared his now success story of survival.

On March 16<sup>th</sup>, we enjoyed the dinner ride hosted by Deborah and Vernon Pate at Big Hoss BBQ. I really enjoy going on a Pate dinner ride because they usually take us to somewhere we've never heard of and it's always enjoyable.

On March 19<sup>th</sup>, a good size group went to the Wyoming Chapter B Birthday Party. I didn't get to go because I had to do that work thing, but we had 9 folks go from the Chapter. Some rode and some drove but as usual, good support from Chapter L.

On March 26<sup>th</sup>, many of us attended a CPR-First Aid Class. We all want to keep current on our training skills. You never know when they could be needed.

On March 27<sup>th</sup> a few of us drove up to Gering, Nebraska, to attend Nebraska Chapter W's Birthday Party. We attended this event last year and had a good time and we wanted to go back. The weather didn't cooperate this year and we had to drive, but still a good time.

Do you see a pattern here? All but one of the above events involved eating of some kind.

I understand that Ralph and Debbi Strauss, our Chapter Couple of the Year, have been busy visiting many of the other Chapters in the state. They have captured several chapter mascots so hopefully we will have some folks from these chapters coming to visit us to recapture the mascots.

Speaking of the Individual and Couple of the Year Program, our District representatives need your support for the fundraising baskets before the Region Convention in Pueblo in May. If you have something you would like to add to their basket, please bring it to the April meeting so they can finish up the basket before the convention. Also, don't forget our Chapter representatives need the same support, but we have a little time until the August District Convention.

Next month's events include Chapter A's Fundraiser Pancake Breakfast on April 9, a Mystery Ride on the 17<sup>th</sup>, and a dinner ride on the 20<sup>th</sup>. I'm sure some other things will pop up and we will talk about more at the April 4<sup>th</sup> gathering. The Mystery Ride on the 17<sup>th</sup> needs a host! So, if you have some quick fun event or place to ride, let us know at the gathering.

On May 21<sup>st</sup>, I have made a group reservation for us to tour the Cherokee Ranch in Castle Rock. The tour costs \$15 per person and must be pre-paid. I will have a sign-up sheet and more information at the gathering.

For a few months now we have been talking about the Ore Cart we need to decorate for the District Convention. I have yet to receive any suggestions of a design. We need to come up with some ideas

so we can get this project finished. Please bring some ideas to the gathering or send them to me.

Hope to see everyone at the April 4<sup>th</sup> monthly gathering where we will have more details on these events and more!

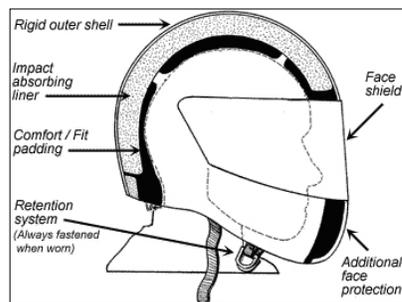
*Until later.....Ride Safe.....Always.*

### **Age Does Matter!**

*by Carl Williams, Rider Educator*

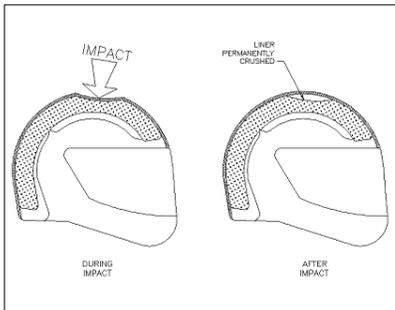


At a recent GWRRA course, the instructors had everyone attending check their helmets for safety. One of the things they checked for was that the helmets should not be over 7 years old. It was quite a surprise to a member when he found out that the new helmet he had purchased only a month before on sale was actually over 7 years old and no longer suitable for use. The helmet has since been returned to the dealer who sold it.



All DOT approved helmets must include a date of manufacture on them. It might be a label on the chin strap or you might have to carefully peel back the cloth liner of the helmet and look for a label or a date stamp on the Styrofoam.

The industry recommendation is that a helmet should be replaced after a maximum of 5 years of use or after 7 years from the date of manufacture – *whichever occurs first*. Even an old helmet that appears to be brand new may have deterioration, due to many factors, that can affect its ability to properly protect you in the event of an accident.



Patrick Houlihan, a representative from Shoei Helmets (Tustin, CA) had this explanation: "A helmet should be replaced 5 years from date of purchase or 7

*"Helmets should be replaced between 5 and 7 years, depending on whether or not the helmet has been dropped or not. The experts tell us that the foam breaks down after that period, due to the natural oils in our head, sunlight and the normal aging process. While there may not be any visible sign to the naked eyes, that doesn't change this process. Therefore, the helmet will have lost its optimum protective qualities and leave the person vulnerable in the event of an impact with the pavement or other surface..... My strong advice for anyone is that they always check the date on a helmet before they purchase it. Even if it was never worn, the foam naturally breaks down, becomes more brittle and less absorbent during the space of 5 to 7 years."*

*years from date of manufacture, whichever comes first. This replacement recommendation is based on a consensus by both the helmet manufacturers and safety standards. Glues, resins and other materials used in helmet production can affect liner materials. Hair oils, body fluids and cosmetics, as well as normal "wear and tear" all contribute to helmet degradation. Petroleum based products present in cleaners, paints, fuels, and other commonly encountered materials may also degrade materials used in many helmets possibly degrading performance. Additionally, experience indicates there will be a noticeable improvement in the protective characteristic of helmets over a five-year period due to advances in materials, designs, production methods, and the standards. Thus, the recommendation for five-year helmet replacement is a judgment call stemming from a prudent safety philosophy."*

Before you head out for your next ride please take a minute to check the manufacture date on your helmet. Is it within the recommended date ranges? The next time you are out shopping for a new helmet, especially at shows and sales, check the manufacture date before you buy it.

This article was written by Rick McCalla, Region "K" Educator. Photos added by Carl Williams

*"The More You Know, the Better it Gets"*

Gordon Murphy, GWRRA National Director - Rider Education – Canada had this to say:

## **Birthdays and Anniversaries**

### **Happy April Birthday to:**

Steve Randolph (Apr 4)  
Ralph Spencer (Apr 14)  
Dan Kirk (Apr 19)  
Debbie Breithaupt (Apr 25)  
Judy Williams (Apr 25)



### **Happy April Anniversary to:**

Bill & Debbie Breithaupt (Apr 2)  
Rick & Joyce Elmore (Apr 2)

## **February Dinner Ride (Better late than never!)**

Ralph and Debby Strauss hosted the Ride to Gala Gardens in Commerce City. Twenty-six Chapter Members attended. Everyone seemed to enjoy the food and the beautiful aquariums in the restaurant. Fun was had by all as they enjoyed their gifts of heart shaped notebooks and valentine pencils. (Editor's apology for not including this article in the March newsletter.)

**March 13<sup>th</sup> Progressive Dinner**

by Fred Fisher

A pretty large group, 24 I think, enjoyed the progressive dinner ride last month. This was the first of these events that the Chapter has held in a few years. If the turnout was an indication, we need to do this more often.



It started with appetizers and snacks at the Fisher's in Littleton. After that, we drove (and rode) to the Loveland home of Joyce and Rick Elmore for salads. Next we moved on to the Brighton home of Kenny and Lis Simons for the main course; and, finally to the new home of Al and Jeanine Plumhoff for desserts.



We were blessed with some nice weather and some great food. Thanks to those who opened their homes to the group, and thanks to those who provided the great food.

We are already looking forward to the next one of these events.

**Yet MORE Mascots "Visit" Chapter L!**



Captured in March!

Two months in a row! Wow! Yes, it is true! Other Chapter's mascots just LOVE to visit Chapter L. Chapter J's mascot is getting to be a REGULAR with us! We may have to start charging room and board for Chapter G's mascot! Great work Debbi and Ralph!



Captured in February!

**Just a Reminder!**

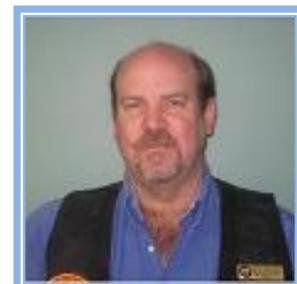
by Ralph & Debbi Strauss  
2011 Chapter Couple of the Year

and

Stan Smetana  
2011 Individual of the Year



**GWRRA - AROUND THE WORLD!!!**  
**CHAPTER BASKET!**



Stan, Ralph and Debbi would like to ask that each of you start seriously thinking about how you can contribute to the Chapter Couple and Individual Basket for the District

Convention. August seems like a long time away but in our busy lives, time seems to get away from us and since we only see most of you once a month it's important to start considering what you would like to contribute. Depending on what we receive we have to determine the size basket or other container we will be purchasing. If you need ideas on what to contribute, please ask Stan, Ralph or Debbi.

Thanks for your support!

## Planning a Multi-Day Trip

by Fred Fisher

Over the last couple months I have discussed the planning of a day ride and an overnight ride. This month I will cover the next phase, a multi-day trip.



The planning of a multi-day trip is really just a continuation of an overnight trip. You will again need to plan a route, fuel stops, food stops, and overnight stops as I covered in the previous issues. If this is a longer multi-day trip, like 5 or more days, you might want to lay out a day in the middle that is a little shorter than the rest of the days. This "short day" will give the group a chance to take a bit more time to get some rest. A little mid-trip rest might keep your group a little safer, something of upmost importance. Keep in mind that one 500 mile day might be doable, but several of those will get real old quickly. After all, this is supposed to be a fun trip, not a grueling trip.

Keep in mind that you may encounter more obstacles on multi-day trips. The more days you travel, the more opportunities there are for things to pop up. For example, you will have more chances

for bad weather, road construction, mechanical problems, or even an illness. Dealing with these obstacles can sometimes be trying. Don't get frustrated. Just handle things as calmly as you can.

As with the overnight trips, I try to book stays within walking distance to a restaurant for the evening. Brief your group the night before as to the next day's start time and destination.

Be sure to ask for input from your group as you travel. Someone might know of a quick stop you could fit in that might be a real gem. They might also have a problem with something on your trip. If it's something you can change and not upset the rest of the group, give it a try. Keeping the group happy will make your trip much easier.

I would encourage everyone to give group trip planning a try. Once you do a few, it will become easier, and you will find it very rewarding.

Please feel free to contact me with any questions. Here's to good planning!

## Future Events

### **April**

- Mon, 4th Chapter L Gathering, 7:00 p.m., Clements Community Center  
**Refreshments –Dennis & Anne Williamson**
- Wed, 20th Chapter L Dinner Ride, 6:30 p.m. –**Dennis & Anne Williamson**
- Various Other GWRRA Gatherings. Please refer to your 2011 Ride Guide

### **May**

- Mon, 2nd Chapter L Gathering, 7:00 p.m., Clements Community Center  
**Refreshments –Kenny & Lis Simons**
- Sat, 14th Picnic Ride –**Phil & Barb Talbott** **This Ride is in lieu of a dinner ride this month.**
- Wed, 18th NO DINNER RIDE IN MAY
- Sat, 21st Cherokee Ranch Ride with the Fishers
- 27<sup>th</sup>-29<sup>th</sup> REGION F CONVENTION in Pueblo, Colorado
- Various Other GWRRA Gatherings. Please refer to your 2011 Ride Guide



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