



Wing Words

the rest of Colorado follows COL



FRIENDS FOR FUN, SAFETY, AND KNOWLEDGE

February 2013

Contents

Words for Gold Wings!.....	1
Night Riding Vision – Fight the Night.....	2
Ride Book Meeting a Success!.....	4
Help Retrieve Larry!.....	4
Only a Minute or Two!.....	5
Birthdays & Anniversaries.....	6
Future Events.....	6
Colorado Chapters and District Staff.....	7
Region “F”un Staff.....	7

Next Chapter Gathering

Monday, Feb 4, 2013 @ 7:00 p.m.

Folks start showing up at 6:45 p.m.

Columbine Room, Clements Community Ctr

1580 Yarrow Street, Lakewood, Colorado

Gathering Refreshments & Coffee

Refreshments: **Steve & Tami Bender**

Coffee: **Steve & Tami Bender**

Words for Gold Wings!

by Fred & Linda Fisher, Directors

Greetings from your Directors!

I might be setting a new trend here by adding a new key word each month.



Last month the word was FORWARD. The direction we want the chapter to go. It's fun to reflect on the past with fond memories, but the road ahead is forward. That's the direction we need to go.

This month's word (or two)..... HANG ON! This year at Chapter L we are moving. *quickly*.

We have been very busy planning what will be one of the most active years in the history of this Chapter. Briefly looking through the ride calendar shows over 110 events on our schedule. This number includes meetings, fundraisers, conventions, and most importantly, rides. Along with this is the changing idea of doing some

different things. As an example, last month's dinner ride hosted by Judy and Carl Williams. We went to a restaurant in downtown Denver. Many of us rode the light rail train to downtown; something we have never done in the past. A fun and different event.

We had a ride book planning meeting this past month. Many interesting events were tossed about. Some we inserted into the calendar where they could fit, some were put on hold for a fill in event or an off-season event. Some interesting and new events.

Chapter L event participation has increased significantly over the last few months. A trend I hope continues. Fourteen bowlers (I use this term loosely) were at the Multi-Chapter Bowling Event, 16 went to a Chapter G gathering, and 22 were at the District meeting on January 26th. The larger groups just encourage more participation and fun.

All of this increased activity helps with the challenge I put forth at last month's meeting; becoming the International Chapter of the Year. A goal I believe we can achieve with your help.

Another event we have added to our calendar is the Chapter L fundraiser. It is set for Saturday, May 11th. It will be a GPS photo scavenger hunt; another new event. I will be sharing more information on this at the next few meetings and asking for your input.

We have lost our mascot, Larry. He was captured at the January meeting by Chapter Q in Montrose. I'm told he is being held captive in an undisclosed

location on the western slope. However, we have negotiated an exchange agreement with the captors to get him released. We agreed that if we took a group of Chapter L members to the Chapter B fundraiser on February 16th in Grand Junction, they would return him to us in exchange for supporting Chapter B. We will need at least 8 Chapter L defenders to go to insure we have enough forces to get him back. Please note an additional notice in this newsletter for details on how to rescue him.

With that, I will close for now. Hope to see everyone at the February 4th chapter gathering.

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

Night Riding Vision – Fight the Night

by Andrew C. Smith, Rider Educator

Night riding just ain't the thrill it used to be when I was a young buck. Generally speaking, your ability to see at night deteriorates with age, and a twilight spin in my mid-40s demands way more preparation to keep the excitement meter from going off the dial.



You've probably heard the sobering stats: A disproportionately high rate of accidents occur between dusk and dawn.



The most basic issue - get ready now - is lack of visibility. The wonks at the National Safety Council (NSC) confirm that 90 percent of a rider's reaction depends on vision. And the nighttime riding disadvantage is compounded by the vagaries of getting older. At the back of my mind I keep hearing, "The eyes are the first things to go."

Add roads with no overhead lighting, the sensitivity to light (headlights) many riders and drivers experience and the compromised distance vision of aging riders, and it's easy to see why it can be a battlefield out there at night. And, if you think it's a stretch for drivers to spot motorcyclists in the full light of day, our single headlight is essentially invisible to the other drivers after sundown. Apart from watching out for tired, clueless drivers, there's also Bambi

to consider; wild animals tend to be more active after dusk.

That's a handful. Los Angeles optometrist Dr. Diana Risko (also a longtime rider) for some, uh, clarity. "The retinas are mostly designed for light situations, she explains, "Only around 15 percent of their receptors are made for the dark. Darkness makes the eye's pupil expand [dilate], and the headlights of an oncoming car basically set off all the receptors in your eye, giving you only a white flash in your vision." She adds, "Astigmatism [a curve to the cornea] is fairly common and often doesn't require correction. But, it can make blurred vision more likely and can contribute to eyestrain."

Before you get all gloomy, know there are ways to prepare for your ride once the sun goes down.:

Prep - A simple way to arm yourself against the evening is to prep your ride. That means giving everything a thorough scrub before you hit the street. Headlights, taillights, signal lights, windshields and helmet visors should be cleaned at least twice a week.

If you ride with a full-face helmet, make sure the shield is scratch and fog-free. A scored visor can create light refraction and make two headlights seem like four; you won't know what's coming from where. Keeping fog at bay is a breeze with our favorite home remedy: Remove your helmet's visor and spit over the inside of it. Wipe your drool off with a clean rag, and bam!-antifog coating. (Shaving cream has a similar effect.) There are a variety of inexpensive solutions available that do the trick, big

spenders can spring for Fog City's Pro Shield antifog inserts (\$17 at www.modernworld.com). Any of them are more effective than sliding your fingers behind the shield to wipe it on the road.

Blinded By The Light - Remember that glare is in the eye of the beholder. Middle-aged and older riders are more sensitive than younger guns, so if you're running high-output auxiliary lights, give the other guy a break. The brighter beams can easily blind the very people you're trying to get to notice you. A teacher at the AARP Driver Safety Program course (participants age 55-plus) tells us he often hears complaints about motorcycle headlights being too bright. With the average driver's age on the rise, it's food for thought.

HID lights are also showing up on more bikes and cars in the U.S. Mounted on your machine you'll love their broader, brighter light. If you're on the other side of those bluish beams, though, you'll curse the blinding rays. As a common courtesy keep your lights on low when you're behind the other guy. And if a driver zaps you from the opposite direction, training your eye on the right edge of the road can help as a steering guide.

Dial 'er Down - Because night riding reduces both the distance and quality of what you see, you might want to keep a lighter touch on the throttle-especially if you're in the boonies. It'll be tougher to determine surface condition as well as the road's general direction at night, key points on unlit country lanes. Be prepared to stop if you're confused-don't guess. If you can, use the lights of other nearby vehicles as well as your own to keep an eye on the road and give yourself room to react.

In turns, make sure you have plenty of lean angle in reserve. If the turn tightens or the pavement changes, you may need the extra runoff.

Pick A Spot - Don't settle in behind a large truck or any vehicle's blind spot-get your motorcycle where it can be seen. The center of the lane is probably your best bet (you'll blend into street lighting if you ride too far on the road's edge). Give yourself plenty of room when passing other vehicles so you can adjust if they decide to shimmy over.

Rest Up - It's not a good idea to ride when you're tired, anyway. Long hauls in the evening can easily leave you in autopilot mode. You may not react to hazards as quickly as you would during the day. Changing up your speed and

taking regular breaks is the best way to fight fatigue on long nighttime journeys. Snack and stretch-the movement and light food will help ward off tiredness.



Over Here - It's also in your best interest to make yourself a little larger than life. We've said it repeatedly in these pages: Wearing bright clothing and reflective material makes you pop at night. The biggest thing a following driver sees is your back, so get some reflectivity back there. Streetglo.net stocks DOT-approved, motorcycle-specific stick-on tape for less than \$10 a roll. Oh, and make sure you use your turn signals so the zombie . . . er, people around you know what you're about to do.

Let There Be Light - As you might expect, your bike's lighting is your biggest weapon. Even simple things like ensuring your headlight and taillights have good-quality bulbs and clean lenses will yield big gains. If light quality is subpar, consider adding dual running lights; three properly aimed headlights are much more noticeable than one. Current styling trends have also led many manufacturers to use undersized brake lighting. If your rear light is a dot, think about swapping in a larger model. Halogen lamps-up to 30 percent brighter than stockers-can be had for less than \$15.

Ready, Aim - In their dogged quest for style many manufacturers aim the headlight lower than the legal angle. Consult your owner's manual, then peek into the headlight area to find the adjustment hardware and tweak away.

Eye, Aye - Last (but perhaps most importantly), get your eyes checked. One quick visit can diagnose any problems. Dr. Risko says, "People with astigmatism are more likely to be disturbed by glare or light sensitivity. But almost all astigmatism can be corrected. Contacts are better for riding as they don't compromise peripheral vision like glasses do."

All things considered, it probably isn't as bad as it seems. After all, 45 is the new 25, right? Just tell that to my wife-she's ordered me a walking cane and already agreed to take me shopping for bifocals and orthopedic boots.

Ride Book Meeting a Success!

by Becky Ackerman, Ride Coordinator

On January 13th, 12 Chapter L members met at the Fisher's to discuss rides for 2013. With that many people, you can just imagine how many times we got off the subject. (I promised not to name names!) However, we still managed to come up with a fantastic variety of rides/activities and we are thrilled with the input we received from the attendees.

Between the all chapter rides/activities and chapter fundraisers, we already had 25 dates taken. However, being the resourceful people Chapter L members always are, we managed to add 12 more

rides/activities devoted to Chapter L and each one already has a host. Keep in mind this covers the entire year, not just the peak riding season. We still have plenty of opportunities for impromptu rides so don't be alarmed with the numbers. In fact, we encourage everyone to be thinking about a ride we could work in when the weather breaks, like on a nice, warm day (warm being relative) when the roads are clean and dry.

Do you know what this all means? Now is the time to get your bikes tuned up and ready to ride because every time we get a break in the weather, you

can count on someone putting together an impromptu ride. Check your emails frequently so you don't miss out. And if you get the itch to ride on a Saturday or Sunday morning, don't hesitate to call another member up to join you. That's what this is all about...ride, ride, ride.

Our current ride book takes us through March so anything that comes up before then will be discussed at our next gathering to allow everyone a chance to plug it into their calendars. Hang on tight for a jam-packed, fun-filled exciting year for Chapter L!

Help Retrieve Larry!

by Your Very Lonesome Chapter Directors

Speaking of RIDING! This is a GREAT opportunity! As noted earlier in this newsletter, Chapter Q has captured our mascot, Larry.

We can retrieve him by going to the Chapter B fundraiser in Grand Junction on February 16th.

Their fundraiser is a Valentine Potluck and Auction being held at the Appleton Church at 2510 I-70 Frontage Road in Grand Junction.

If you would like to join us, we have a block of motel rooms at the Clarion Inn located at 755 Horizon Drive, Grand Junction, for Saturday night. This is the same place where you attended the District Convention last fall. You can call them at (970) 243-6790 and ask for the group GWRRA Chapter L. Room rate is \$71 plus tax.

We will have a signup sheet at the next gathering where we might work out some car pool situations to save a few bucks. The event starts at 5:30 so we can go over Saturday morning, attend the event, stay the night, and come home on Sunday.

This is an opportunity to support one of the western slope chapters and retrieve Larry at the same time. Hope you can join us!

Only a Minute or Two!

by Stan Smetana

For many of you this is a non-riding season, and time to maintain your bike for warmer days. I'd like to ask that you take a minute or two to read through the following as maintenance for your skills related to the detection of stroke and cardiac events. Further, I encourage each of you (each of us) to discuss these few items with your co-riders and chapter members to help refresh their familiarity. These are symptoms that we may encounter at any time within our chapter, our families, and indeed, ourselves.

Cardiac events – Heart Attack / Angina:

- Upper body and/or Abdominal discomfort – may feel like indigestion or “fullness”
- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach
- Shortness of breath – being “winded” without cause, light headedness, dizziness, and/or fainting
- Chest discomfort – Is there an elephant sitting on your chest? This is the classical symptom from TV shows, but not as common as we're lead to believe (about 25% of men and 50% of women will NOT describe this symptom!)
- Women may feel upper back tightness like a rope being tightened around them. Look for upset stomach, nausea, shortness of breath, maybe sweatiness
- Diabetic symptoms can be less severe and more difficult to notice, lower intensity, consistent chest pressure, possibly a rapid onset of troubled breathing and/or sweating, and even an unexplainable change in their glucose level. Be alert for any symptoms that are unusual in the chest or affect breathing, even though it's not the TV-classic “crushing chest pain”.
- Don't wait, contact 911 within 5-minutes of onset; make note of the onset time. Symptoms can last for 15-30 minutes or longer and will come back.

Stroke? – Think F.A.S.T!:

Face drooping? (does the face look asymmetrical? Try to whistle; look for difficulty pursing lips)

Arm weakness? (when holding both arms away from the body, will one arm drop while the other does not?)

Speech difficulty? (try to repeat a simple sentence)

Time! – call 911 (remember the exact time that you noted symptoms – minutes are critical)

- Stroke symptoms (sudden changes):
 - Sudden numbness or weakness in the face, arm, or leg (especially on one side of the body).
 - Sudden confusion or trouble understanding what people are saying.
 - Sudden trouble seeing in one or both eyes (dimness, blurring; particularly if only one eye).
 - Sudden trouble walking, dizziness, loss of balance or coordination (includes paralysis).
 - Sudden severe headache with no known cause.
 - Brief loss of consciousness.
- Women may experience less-common symptoms, “sudden changes”, including face pain, limb pain, hiccups, nausea, shortness of breath, and/or heart palpitations.
- Diabetic stroke symptoms are generally the same as for non-diabetics, however, diabetics do have elevated risk for cardiovascular issues (including stroke).
- Stroke symptoms that fade may be a transient ischemic attack (TIA). These “mini-strokes” can last only a few minutes, but are best thought of as “warning strokes”. Recognizing, and getting attention for TIAs is vital, since people who experience TIAs have a high risk for stroke.

Our GWRRA Rider Education Program requires Traditional First Aid with CPR for Level IV Master Tour Riders, with a CPR or First Aid option for Level III riders. Recognizing symptoms, and contacting 911 for support are good steps, CPR and First Aid training will help you help more. For more information about GWRRA Rider Education or for CPR/First-aid training opportunities, contact our Rider Educator Andy Smith (redrockseducator@comcast.net)

Birthdays and Anniversaries

Happy February Birthday to:

Teresa Randolph (Feb 1)
Linda Fisher (Feb 12)
Janet Drake (Feb 25)
Tami Bender (Feb 26)



Happy February Anniversary to:

Greg & Karen Tubac (Feb 7)
Bob & Joyce Smith (Feb 14)

Future Events

Feb 2013

Mon, 4 th	Chapter L Gathering, 7:00 p.m., Clements Community Center Refreshments – Steve & Tami Bender
Sat, Feb 16 th	Valentine Potluck/Auction Chapter B Fundraiser
Wed, 20 th	Dinner Ride – Fred & Linda Fisher
Various	Other GWRRA Gatherings. Please refer to your 2012 Ride Guide

Mar 2013

Sat, 2 nd	Game Day, Carl & Judy Williams House
Mon, 4 th	Chapter L Gathering, 7:00 p.m., Clements Community Center Refreshments – ????????
Wed, 20 th	Chapter L Dinner Ride, 6:30 p.m. – ?????????
Sat, 23 rd	District Leadership Training, Clements Community Center
Sat, 30 th	Wyoming Chapter B Birthday Party
Various	Other GWRRA Gatherings. Please refer to your 2012 Ride Guide



Chapter L Officers and Staff

Directors	Fred & Linda Fisher	silverone@comcast.net	720-922-0789
Assistant Directors	Bob & Christine King	bayoubobo@msn.com	303-463-4548
Rider Educator	Andrew & Sherry Smith	redrockseducator@comcast.net	757-617-0734
Treasurer	Tami & Steve Bender	bnrdrspndr@aol.com	303-972-8420
Membership Enhancement	Kenny & Lis Simons	kenneths419@gmail.com	720-685-0188
Chapter of the Year Coordinator	Carl & Judy Williams	cawilliams2@comcast.net	303-200-0262
Couple of the Year (COY)	Steve & Tami Bender	bnrdrspndr@aol.com	303-972-8420
Individual of the Year (IOY)	Ralph Spencer	ralph.spencer@onrr.gov	303-888-2705
Awards & Recognition			
Storekeeper	Dan & Vicky Kirk	redrider1951@comcast.net	303-358-6249
Ride Coordinator	Becky Ackerman	bikerbla@msn.com	303-988-0413
Newsletter & Ride Book Editor	Randall & Janet Drake	HookdOnDiz@aol.com	303-933-6073

Colorado Chapters and District Staff



Colorado Chapter Directors

Chapter A	Kraig & Linda White	kraigaw@msn.com	303-877-5709
Chapter B	Dave & Sandra Geer	chapb_gwrrainfi@yahoo.com	970-270-1508
Chapter C	Les & Sharon Brown	lesandsharon@bresnan.net	719-372-6498
Chapter E	David & Gay Redline	dredline@me.com	303-506-7283
		gredline@me.com	303-549-0506
Chapter G	Dick & Fran Williamson	refmwi@gmail.com	970-347-8855
Chapter I	Don Cruzan & Cathy Luce	doncruzan@comcast.net	719-433-4875
Chapter J	John & Barb Pons	john@ponsjandb.com	303-396-5520
Chapter N	Diana & Dave Bradley	dndbradley@comcast.net	719-671-6235
Chapter Q	Rich & Linda Fuller	rlwing@juno.com	970-874-8830
Wyoming B (Northern CO)	Jim & Paulette Lysne	jameschynn3@aol.com	307-634-9176

Colorado District Staff

District Directors	Randall & Janet Drake	hookdondiz@aol.com	303-933-6073
Assistant District Directors	John & Barb Pons	john@ponsjandb.com	303-396-5520
		barb@ponsjandb.com	303-406-8102
Treasurer	Mike & Becky Ackerman	bikermha@msn.com	303-988-0413
Membership Enhancement	Gilda & Bob McCorkle	purplegoose89@comcast.net	303-650-1473
Assistant Membership	Charles & Gaylene Grimsley	grimsley2u@aol.com	970-640-6133
Rider Educators	Alan & Deb Gustafson	asawdust@comcast.net	303-690-3788
District Trainer	Garry Howland	scout4life@sprintmail.com	303-337-2740
Special Events & Couple of the Year Coordinators	Carl & Judy Williams	jcwilliams5@comcast.net	303-200-0262
Special Events Assistant	Donald Redline	yellowwing2@comcast.net	303-718-7619
Chap of the Year Champion	Ralph Spencer	ralph.spencer@onrr.gov	303-888-2705
Newsletter Editor	April Hansen-Keppler	pahkwing95@aol.com	303-384-0476
Webmaster	Jim & Janet Wohlford	cogwrra@comcast.net	303-979-0196
Photographer	Kenny & Lis Simons	kenneths419@gmail.com	720-685-0188
Motorist Awareness-East	Kraig & Linda White	kraigaw@msn.com	303-877-5709
Motorist Awareness-West	Nick & Ginny Hoppner	ginnyornick@bresnan.net	970-964-4379
Couple of the Year (2012-13)	John & Barb Pons	john@ponsjandb.com	303-396-5520
		barb@ponsjandb.com	303-406-8102

**Region "F"un Staff**

Region Director	Anita & JR Alkire	jralkire@cox.net	619-741-8893
Assistant Directors	Garry & Kerry Woo	gwoo225@comcast.net	520-883-7155
Assistant Directors	Joyce & Rick Elmore	jelmore16@gmail.com	J cell 303-803-3748
		relmore2@gmail.com	R cell 303-803-5378
Assistant Directors	Cathy & George Diaz		949-551-4896
Treasurer	Crystal Richardson	crystal@infinite-healing.net	858-541-1176
			Cell 619-929-6223
Educator	Dave & Dee Gormley	ddfroggy@aol.com	520-749-5653
Assistant Educator	John Garrett	john@garrett.bz	951-679-4987
			Cell 951-505-5335
Assist Educator-Medic First Aid	Joel & Marti Winkler	jwinkler2@verizon.net	626-969-7386
		martwinkle@yahoo.com	
Assist Educator-Motorist Awareness	VACANT		
Leadership Trainer	Ray & Sandi Garris	raygarris@gmail.com	602-404-6875
		wingedcoyotes@q.net	Cell 602-469-5440
Membership Enhancement	Lisa Capano & Bill Weiss	lisacapano@aol.com	720-890-8122
		Flyingace@qwestoffice.net	
Region Store	Gay & David Redline	gredline@me.com	303-549-0506
Couple & Ind of the Yr Coord	JoAnn & Jim MacLean	ka6vjf@pacbell.net	661-251-5420
			Cell 619-929-6223
Couple & Ind Yr Asst Coord	Rich Mason		561-315-5213
Convention Vendor Coord	Larry & Donna Pickens	res0r1sy@verizon.net	661-547-3166
		djpick5@verizon.net	661-547-2733
Couple of the Year (12-13)	Mike & Ruth Burke	mburke24@sbcglobal.net	209-536-1318
Individual of the Year (12-13)	Rocco (Don't know last name)	jprocco3@gmail.com	916-743-2358
Webmaster	Tom & Lisa Evans	evans@att.net	575-652-3144