



GOLDNUGGETS



GOLD WING ROAD RIDERS ASSOCIATION

Region J Chapter A,

January 2015



Hello Everyone,

Tracy and I have already met and ridden with many of you over the last 2 years since becoming members of Chapter A. For those of you who we have yet to meet, we are Keiller and Tracy Gowans,

We are both riders and have recently accepted the challenge of joining the Chapter A executive team as your new Directors. We are very excited to have been asked to take on this very important role and can't wait to ride into the adventures that lie ahead.

We both bring a wealth of experience working on various committees similar to this one. In the past we were both involved in a leadership role

with St. John Ambulance, organizing first aid volunteers for community events including everything from GSL football to the Vancouver Canucks. I have spent several years as a leader for Scouts Canada and currently sit as a member on their advisory committee.

Tracy is currently the Chair for the Lower Mainland Chapter of the Canadian Society of Safety Engineering (CSSE) and has been an active member of their executive group for over 10 years. She also sits on several other safety related committees.

Tracy and I both work for the District of North Vancouver, myself as the Supervisor of Electrical Inspections and Tracy as the Occupational Health and Safety Specialist. We have lived on the North Shore for many years and have two sons, Zachary 19 and Keiran 16.

After taking in Wing Ding 36 and travelling across Canada this summer on the Wing we are very much looking forward to joining many of you on the trip to Reno this coming June.

Sincerely

Keiller and Tracy

2015 Chapter BC A team

Chapter Directors, Keiller & Tracy Gowans
Assistant Directors, Dan & Vallerie Fortin
Chapter Treasurer, Dave Ward
Chapter Educator, Kelly Parks
Chapter Historian, Ivan Armstrong
Web Master, Kyle Gosselin
News editor, Robert Meers
Ride Coordinator, Chuck Taylor



JUNE 18-20, 2015

Are you registered yet? Join in the fun!
For more information visit:
<http://renorendezvous.org/>

Chapter A Christmas party 2014 !



UP AND COMING...

THIS MONTH

January 2014

- 1 New Years Day Ride BC-A
- 7 BC-D Dinner Meeting
- 10 BC-C Post Christmas Party
- 18 BC-A Breakfast Meeting
- 20 BC-C Dinner Meeting
- 23-25 Motorcycle Show
Tradex Abbotsford

February 2014

- 7 Silent Auction & BBQ BC-A
- 4 BC-D Dinner Meeting
- 15 BC-A Breakfast Meeting
- 17 BC-C Dinner Meeting
- 27 Cloverdale Races BC-D

Birthdays January

Terry Ellis

Rainie Frampton

Anniversaries

WEEKEND / STATUTORY HOLIDAY RIDES

If there are NOT any Lower Mainland Rides/Events on our Chapter Schedule, then you can expect a ride from the McDonalds at the Boundary Road/Lougheed Highway intersection, Vancouver. Coffee from 9.00. Ride leaves at 10.00. Saturday, Sunday and all Statutory Holidays.



Member article FYI- For Your Information

Yup, I won the 50/50 and here is my article..... I thought that I'd be serious for once and, as I believe in the value of education, I would address a subject of which I have personally seen the devastating effects: Age-related macular degeneration (AMD).

A recent visit to have my eyes checked (they're fine, thank you) led to this interest in the subject, as did the charts on the wall.

This disease is usually age-related and often tends to affect women more than men – I have known three older ladies who have suffered with it. The disease affects the rear central part of the eye and can cause permanent and irreversible loss of central vision.

The onset can be very slow or extremely rapid. You usually retain your peripheral vision, but it can impair your ability to read, drive and recognize faces. Of all our senses this is the one that I would least like to lose!

“.... More than 1million Canadians, the majority of them over 50, suffer varying degrees of vision loss from macular degeneration, making it the number one cause of vision loss in Canada. In fact, with an aging population, the number of people with the disease is expected to double in the next 25 years.”

You can't do anything about such factors as age, family history, gender and race, but there are some things that you can change:

Smoking: smokers are at four times the risk than non-smokers

Diet: to lower your risk eat healthy – fruit, dark green leafy vegetables (eg. kale and spinach), yellow peppers, carrots (?) – for more details see the Canadian Food Guide.

Excessive sunlight exposure: invest in some good sunglasses, wear a hat and stay in the shade where possible. It's the blue wavelength part of sunlight that does the damage.

High fat, processed “junk” food: these can double your risk factor!

High blood pressure: studies have shown that it can also be a factor in AMD.

There is so much more information that is available on the net – go and have a look!

I have just scratched the surface of this subject, but I hope that you found it interesting.

My late mother-in-law, Sheila (of whom I have the fondest memories), spent her final days as a victim of this disease and it took away her will to live..... so sad!

My motto: “plan on dying young at an old age!”

Cheers, Ivan

K. R. PARKES GOLDSMITH



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Monthly Chapter Meeting

Chapter BC-A, Vancouver

The THIRD Sunday of each Month

ABC COUNTRY RESTAURANT

Barnet Hwy & Lansdowne Dr

2773 Barnet Hwy

Coquitlam, BC

(604) 474-2773

Breakfast at 8:00 am Meeting at 9:30 am

*Enjoy breakfast with new and old friends, or
come for a cup of coffee before the meeting
See you there.*

Tuesday Night Rides

Coffee Social (ride in season)

Tim Horton's – Annacis Island



Coffee from 5pm
Ride Leaves between 630pm and 7 pm



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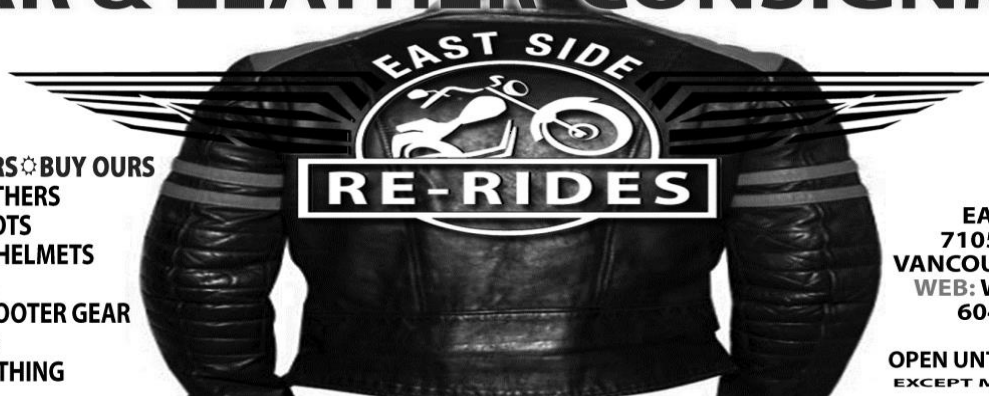
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A Visit across the Line



Ok, technically speaking all GWRRA members don't belong to individual chapters, we choose which chapter we participate with, so when I received my weekly e-mail from Chapter WA-I that there was going to be an end of summer picnic at John & Dotti's Yarnell's place, just northeast of Lacey Washington, I asked Rainie if she would like to go. Let's face it, with the Sunday forecast calling for hot and sunny, what a great way to spend a day but riding down to see our WA-I friends. I called Mike Briggs, my brother from another mother and British Columbia Motorcycle Drill

Team member, if it would ok to come down. I can't remember Mike's exact words in response, but I believe it was something like, "Well Daaa". So Sunday morning we left bright and early at 6:15 am for the border. *continued next page...*

With no one in the Nexus line at Peace Arch, we headed for our favorite breakfast stop in Everett, Denny's. After breaky we got back on I-5 and into the HOV lane and headed south hoping like crazy we wouldn't have to sit in bumper to bumper through Seattle and the express lane would be open for south bound traffic, it was Ya! We decided to stop at Eagle Leather off of exit 127 and Rainie took full advantage to do a little clothes shopping and I got us two new HJC face shields for our helmets. It was 45 minutes later we were back heading south to exit 109 for a quick right, and three lefts to Mike & Lynn's place. Who needs a GPS when a quick Google Maps check and a keen mind won't do, no comments Mike! After a quick visit we headed to John & Dotti's place where we were greeted with lots of handshakes and hugs. You can't beat the hospitality of the GWRRA family. With the deep fat fryer going for homemade French fries, drinks on ice and food coming out the ying yang, we all enjoyed a very nice picnic potluck. Of course we had the Seahawks game on the radio and between some cheering and lots of oh sh-t cries coming from all gathered we sat down to the usual after eating B.S. from the boys and very intelligent conversation from the ladies. Mike told me to say that. BTW, our contribution to the picnic was some real Canadian (**B**everages**E**njoyed-**E**verywhere-**R**efreshment), which some took full advantage right Mike? I also brought with me a couple of games for the picnic, one for the ladies and one for the boys. The ladies had to match heads of celebrity men to 15 pictures of shirtless bodies. Wow, two ladies got 12 out of 15, way to go ladies. The boys had to name the models of 16 pictures of 70's & 80's motorcycles. Some of the guys asked why they didn't get the same game as the ladies, but instead with celebrity women's bodies, go figure! Sometime around 5pm we decided it was time to go and I took Mike's suggestion to ride up Hwy 101, then to Hwy 3 to Keystone for the ferry to Edmonds. Nice ride and after a quick stop in Mt. Vernon for gas and a late dinner we made the border around 11pm. On arrival we found Peace Arch backed up to I-5 with a 90 minute wait, however being Nexus card holders we went right to the front of the line with no body waiting at the customs booth. Rainie said, "thank God for Nexus" and with that we made our condo around 11:45pm. It was a great ride and even better time with our Washington GWRRA family, thanks to everyone who made us feel welcome and gave us happy tummies to boot .

Cheers, Patrick Frampton

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On the web at: http://gwr-ra-regionj.ca/			

I came across this article a while back and as the day start to darken earlier, I thought it would be a good reminder to ALL. I don't know who wrote it.

Howie & Elaine

TOPIC: THE INVISIBLE MOTORCYCLIST

"I never saw him. He came out of nowhere!" That's probably the most common statements heard at a collision between an automobile and a motorcyclist. They're usually made by the operator of the auto because the motorcyclist is unconscious (or worse).

As riders we wonder, "How can *they* NOT see us? Are *they* just not looking?"

A lack of attention on the part of the driver does explain some of the car/bike collisions; the distracted driver, cell 'phones, unruly children, etc. All these can contribute **BUT** some responsibility belongs to the motorcyclist as well.

I know. I know. That's heresy. Let me explain.

- Motorcycles make up about 3% of the "normal" traffic flow.
- People "see" what they expect to see; things like cars and trucks

Unless the rider does something to visually stand out, he can be easily overlooked.

- Motorcycles **ARE** much harder to see than cars/trucks because of their smaller size. A motorcycle can easily be "lost" in the background even with the headlight on.
- Many motorcycles are colors that lend themselves to blending into the environment. Particularly dark colored machines (black is the color of pavement after all).

Many motorcyclist wear dark colored helmets AND dark colored clothing. A number of studies in the US and abroad have shown that a light colored (white, silver, yellow) helmet is more noticeable (during daylight hours) than a dark colored (black, dark red, dark blue) helmet. Why? The driver sees this bright colored "orb" floating above the traffic (most riders heads are higher than the hoods/windshields of cars). It's DIFFERENT.

Lastly (and sadly), most motorcyclists are not skilled in emergency maneuvers. Over 13% of the motorcyclists involved in fatal crashes made NO effort to avoid the collision. They didn't brake, they didn't swerve, they just rode right into the collision. That's because, after they've gotten their license, they don't practice those kinds of maneuvers regularly (or ever). Motorcycling is a SKILL. It takes practice.

So how can you NOT be the Invisible Motorcyclist?

- Position your bike so it can be seen and identified in the traffic stream.
- Wear bright colors
- Consider getting a brightly colored bike
- PRACTICE your emergency maneuvers

Or you could take the advice I got once from a very experienced rider. He told me not to "ride like I was invisible." He told me to ride like they can see me and are actively planning to do something to take me out."

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