



April 2009



Springs Wings

Colorado Springs Chapter I

Harder's Happenings

As the season begins to change, we notice more motorcycles out and about. Some of us still have snow in our yards along with lots of sand/gravel on the roads and some of us are tending to new blooms in our yards. No matter which condition we have, we must ride defensively, especially in the beginning of the riding season. The vehicles around us are not used to seeing us as we normally aren't around in the winter. Make sure to make yourself seen while riding.

Recently, there have been several fatal motorcycle accidents in and around Colorado Springs. Some are riding too fast and are not being able to slow with traffic. Others are riding under the influence and therefore unable to maneuver properly.

We are comforted knowing that due to our gold wing family's beliefs and safety knowledge it is not one of us that has endangered themselves or others on the road. We wish that all motorcycle riders would make that conscious choice not to risk life and/or limb.

We also encourage you to participate in our parking lot practices. After all, they say that "Practice makes Perfect". We may not always be perfect but at least we can prepare for the unexpected and practice ways to avoid trouble.

Along with riding practice, there is another avenue we can take for safety and that is MAINTENANCE. Our annual Maintenance Day is coming up on Saturday, May 2nd. We will have a combined fundraiser breakfast, meeting, and maintenance day.



Darrel and Laurie graciously open their home and garage to us and we always have lots of fun. The chapter fundraising breakfast will start at 8AM followed by a brief meeting and then on to the important part of the day. We just can't stress enough how important it is to keep your motorcycle in proper running order. Some of us prefer to do the work ourselves while others prefer a mechanic to do the chores. It doesn't matter which you prefer as long as it gets done.



We always enjoy this day and welcome the opportunity to learn from others. The camaraderie amongst our members is great to see and we love getting to take advantage of Darrel's latest and greatest gadgets.

Please make sure to clear your calendar and make time to share this day with us. Hope to see you there.

Friends for Fun, Safety and Knowledge,

Tom & Monica Harder
Chapter I Directors

Call to all cooks, chefs, food connoisseurs

Pull out those recipes you enjoy making. The ones your family always ask you to make. Your traditional dishes or new discoveries. Those recipes written on a napkin or the back of an envelope. The ones handed down from generation to generation.

I am going to begin putting a Chapter I recipe collection together.

Once complete, this will be a great fund raiser that we can sell year round.

Send recipe contributions to Lshelley@animail.net or give me a copy when you see me.

Linda

APRIL DINNER RIDE & MEETING



NOTICE NEW DATE
THURSDAY, APRIL 16TH

**PLEASE JOIN US FOR THIS MONTH'S
DINNER RIDE/MEETING**

GOLDEN CORRAL - POWERS & WOODMEN

DINNER AT 6:00

MEETING AT 6:30

PLEASE IDENTIFY YOURSELF AS PART OF "SPRINGS WINGS"

**WE HAVE RESERVED THE PRIVATE ROOM
&
A 15% GRATUITY WILL BE ADDED TO YOUR CHECK**

**If you have any questions, please call Tom & Monica at 481-9044
or e-mail tmharder@comcast.net**

Southern First Aid

Never choke in a restaurant in the South!

Two hillbillies walk into a restaurant. While having a bite to eat, they talk about their moonshine operation. Suddenly, a woman at a nearby table, who is eating a sandwich, begins to cough. After a minute or so, it becomes apparent that she is in real distress. One of the hillbillies looks at her and says, 'Kin ya swallar?'

The woman shakes her head no. Then he asks, 'Kin ya breathe?' The woman begins to turn blue and shakes her head no.

The hillbilly walks over to the woman, lifts up her dress, yanks down her drawers and quickly gives her right butt cheek a lick with his tongue. The woman is so shocked that she has a violent spasm and the obstruction flies out of her mouth.

As she begins to breathe again, the Hillbilly walks slowly back to his table.

His partner says, 'Ya know, I'd heerd of that there 'Hind Lick Maneuver' but I ain't niver seed nobody do it!'

Events



Apr 27—**Laurie Emery**
May 1—**John Trower**
May 3—**Joni Salmon**
May 4—**Chris Erskine**
May 8—**Cindy Atwell**
May 9—**Diana DeBoer**
May 10—**Marlies Collins**
May 11—**Ken Souther**
May 12—**Roger Pittman**

Dates to Remember

April 18—Parking Lot Practice, 9:00
May 2—Chapter I fundraising breakfast, meeting,
AND Maintenance Day
May 10—Mother's Day
May 14-16—Texas District Rally, Amarillo
June 7—**Ride for Kids, Golden**
July 2-5—*Wing Ding 31, Tulsa, OK*

May Dinner Ride

May 19

Hosted by Doug Irish
Location to be determined

April Dinner Ride

April 16

Hosted by Tom & Monica Harder
Golden Coral, Powers & Woodmen



ANNIVERSARIES

Apr 16—*Robert & Linda Tavernier*
Apr 20—*Tom & Monica Harder*
Apr 30—*Claude & Nancy Lockhart*

May 5—*Scot & Cindy Paine*
May 7—*Ralph & Bobbie Clayton*
May 14—*Rich & Donna Noah*

Chapter I Staff

Chapter Director—Tom & Monica Harder
719-481-9044, tmharder@comcast.net
Asst. Director—Butch & Linda Shelley
719-495-5741, butchshelley157@msn.com
Historian—Vacant
Newsletter Editor—Linda Shelley
719-495-5741, lsbelley@animail.net
Phone Tree Coordinator—Nancy Lockhart
719-550-9267, clock0430@comcast.net
Rider Education—Earl Edwards
719-637-0908, Edwards_1500@hotmail.com
Store—Jeannie Bondurant, 719-599-8495
Sunshine Committee—Nancy Powell
719-471-8570, n.l.powell@att.net
50/50—Don Cruzan & Cathy Luce
Treasurer—Paul & Jeannie Bondurant
719-599-8495, wings83@worldnet.att.net
Webmaster—Lewis & Carol Farmer
719-481-4235, springwingsweb@yahoo.com
Couple of the Year (COY) - Chris & Sandie Erskine,
Individual of the Year (IOY) - Linda Shelley

Link to First Aid kits

<http://www.first-aid-product.com/industrial/vehicle-first-aid-kit.htm>

Ride For Kids

The Colorado Task Force for Ride For Kids (RFK) is selling the following:

- ▶ 200 chances for a 30-minute ride in a T-28 Navy trainer—\$10 per ticket
- ▶ Tickets to Wits End Comedy Club, May 2 (5:30 show) in Westminster—\$15 per ticket
- ▶ Chances to win the following—\$5 per ticket
 - ☆ Sewing machine
 - ☆ Relaxing massage
 - ☆ Dinner at a local restaurant
 - ☆ Gift basket
 - ☆ Two round trip Frontier Airlines tickets
 - ☆ Many other prizes

Contact Linda at 495-5741

Proceeds benefit the Pediatric Brain Tumor Foundation

Ride for Kids is a motorcycle ride sponsored by Honda to help raise money for the Pediatric Brain Tumor Foundation (PBTF).

Childhood brain tumors are a very devastating disease (number one cause of death by cancer for children and adolescents in the US). This disease impacts the entire family—financially and emotionally.

Until the late 1980s very little research was being done, but the PBTF is changing the picture. Leukemia used to be the number one killer among children, but now it has a survival rate in excess of 80%. The difference is research. Research is very expensive!

You can help support the Ride for Kids stars (children and adolescents who have survived a brain tumor or are going through treatment) by participating in the Colorado Ride for Kids. Between now and the ride (June 7, Sunday) talk to friends, family, co-workers, etc. and collect funds to take with you to ride. Some employers will match funds you raise, so check with your employer to see if will participate.

The ride will begin at the Jefferson County Human Services Building in Golden. Registration opens at 8:00 am and closes at 9:45 am (donuts, coffee, water, and juice will be provided). The 90-minute escorted ride will begin at 10:00am sharp. After the ride, there will be a free Celebration of Life where PBTF representatives, Stars, and family members present insight into the foundation and the benefits it provides.

I have posters and ride kits for anyone needed extra to pass out to co-workers.

Ideas to help raise money for the kids:

- ▶ If you know anyone who rides, mention the ride to them and give them a ride kit
- ▶ Skip that cup of coffee, soft drink, or beer once a day (between now and June 7) and put it in a jar, then turn that money in at registration.
- ▶ Take the money you would spend eating one meal out each week (between now and June 7) and save it up for the Stars
- ▶ Recycle your aluminum cans and donate that money to the kids
- ▶ Go to www.firstgiving.com and set up your own fund raising page. It's quick and easy. Check out my page at <http://www.firstgiving.com/lindashelley>

For additional or more detailed information, please call me at 495-5741 or email Lshelley@animail.net.

There is less than a month and a half until this year's Ride for Kids. Let's make a big showing for the Stars this year.

ON THE STREETS

KPLC (Channel 7 Lake Charles) reports a little 10- year-old girl yesterday was walking home, alone, from school one day, when a big man on a black motorcycle pulls up beside her. After following along for a while, the biker turned to her and asks, "Hey there little girl, do you want to go for a ride?"

"NO!" said the little girl as she keeps on walking.

The biker again pulled up beside her and asks, "Hey little girl, I will give you \$10 if you hop on the back."

"NO!" said the little girl as she hurried down the street.

The biker pulled up beside the little girl again and said, "Okay kid, my last offer! I'll give you 20 Bucks *and* a Big Bag of Candy if you will just hop on the back of my bike and we will go for a ride."

Finally, the little girl stopped, turned toward him and screamed out... "Look Dad. You're the one who bought the Honda instead of the Harley! YOU RIDE IT!"

For Sale



Honda Goldwing Guardian Premium Motorcycle Cover XL

Fits up to and including 1500's.

Protects your bike from all weather, dirt, scratches and fading. Has aluminized scorch-resistant panels to cover hot engine and pipes.

Cover looks great and is hardly used. In the photo, the cover is on a fully dressed 1992 Goldwing 1500.

Still have original box and carrying pouch. I paid \$105 and they now sell for \$114 new. I am asking \$60.00 for the cover.

E-mail wrmillard@gmail.com or call
(719) 684-2180
Richard



FROM OUR SISTER CHAPTER IN CALIFORNIA

I'm forwarding this e-mail on behalf of new members to CA2S - Dana & Denise Thornton (any relation to Joe Thornton?)

"I have a Candy Black Cherry Arai Classic SZ/c helmet with the fully integrated headset from J&M in a medium that I do not use and is in like-new condition. To match the bike, I had to buy a black helmet and have it professionally painted to match the bike color. The only way you would know is that all the stickers were removed for a smooth painting surface. Had to buy a large for the wife since the medium was too tight. The new helmet color almost matches the bike color, oh well..... She only wore it a few times before deciding it was causing her neck and head aches. Would love to find a new Goldwing home for it. A new one from Road Rider runs \$650 with taxes. I'm asking \$500 OBO."

Thanks, John Raser



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Rider Education

Seasoned Riders

WOW!!! What a month March has been? Look at all of the accidents and deaths that had occurred. This is awful and the riding season is not in full swing yet. Now, let's talk about the seasoned rider and what that rider needs to do to protect them this riding season. I'm going to approach this subject from a different angle of which I found on the Motorcycle Safety Foundation (MSF) web site. The Seasoned Rider fact sheet provides key factors that highlight the effects of aging on motorcycle operation and motorcycle safety.

RIDER FUNCTIONS

Motorcycle operation is a task that involves visual and perceptual functions, attentive capabilities and motor skill responses. These human functions are addressed in the MSF Rider Education and Training SystemSM (RETS) with the acronym of S.E.E., which means Search, Evaluate, and Execute. S.E.E. is a dynamic decision-making process with overlapping functions for maintaining a safety margin. A rider must search for potential crash factors, evaluate the level of risk, and execute a smooth, controlled response in avoiding emergencies. Here are some specific effects and recommendations related to the aging process and S.E.E. that are applicable to seasoned riders.

Search

1. Visual clarity diminishes. This phenomenon is gradual and typically begins between the ages of 40-50. Having a periodic eye exam is a wise choice. Visual acuity declines modestly beyond age 60, as measured by high-contrast acuity charts.
2. Night vision is especially diminished. The eyes gather less light as a person ages making it more difficult to see clearly at night. On average, the older person requires four times more light than the younger person.
3. Peripheral vision diminishes. As visual acuity diminishes over the years, the side or peripheral vision becomes blurrier also.
4. Hearing diminishes. Although most input for decisions in traffic are perceived through the eyes, a rider shouldn't discount the value of hearing traffic sounds or motorcycle sounds that could indicate a mechanical problem.
5. Eyes are more sensitive to light. The rods and cones in the eyes become more sensitive over time, which makes adjusting to light sources more difficult. This is particularly true when responding to glare or oncoming headlights.
6. Eyes take longer to adjust from near to far objects and vice versa. The muscles of the eyes become less responsive over time and take longer to adjust to changes in the environment as well as changes when moving focal points between far and near.
7. Eyes take longer to adjust to dark. The weakened eyes muscles cause the eyes to dilate less quickly.
8. Depth perception diminishes. This may affect judging appropriate gap selection when passing another vehicle and when crossing or turning at an intersection.
9. Street and directional signs are more difficult to read. Difficulty in early sign recognition may increase the chance of input overload, which occurs when there is more going on in traffic than may be accurately perceived or processed.

Evaluate

1. Medications affect performance and behavior. Labels should always be read and a medical doctor's advice should be followed.
2. Complicated signage may be confusing. There are many situations, especially in unfamiliar areas, where a rider must contend with several points of information simultaneously. Often time older riders will need more time to process the information.
3. Space and distance are misjudged more frequently. Most riding decisions are based on input from visual processes. Any deterioration of visual functions will result in potentially misjudging elements of space and distance.
4. Awareness of impending risk is delayed. Eye muscles and body muscles react more slowly, resulting in delayed response time.

Rider Education (cont.)

5. It may take fewer factors to interact to form a potential conflict. Crashes are typically caused by an interaction of factors. The number of road and traffic factors a rider may handle at any given moment varies, but aging may lower the number of simultaneous risk factors that a rider may be able to respond to safely.

Execute

1. Muscles are weaker. Muscle tone and strength deteriorate as a rider ages. Without weight training a person loses 6-10 percent muscle mass per decade starting at age 30.
2. Endurance is diminished. Oxygen is not utilized as efficiently and the muscles lose their elasticity.
3. Reaction time slows. Responding to factors may require more time and space because correct actions require perception, evaluation, and motor response (muscle) time. Reacting to a hazard may take twice as long for a rider who has moved into middle age (40 to 54 years of age), and up to three or four times longer after age 55 or so.
4. Control sensitivity lessens. The feeling of the road through the tires and handlebars lessens, as well as the feedback that occurs in cornering and braking. This may have serious implications in crash-avoidance maneuvers.

RECOMMENDATIONS

Below are some riding tips and considerations that should be taken into account by motorcyclists. Although these practices may be appropriate for riders of any age, they are particularly valuable for riders who are reaching their more mature years.

Riding Tips

1. Keep a greater following distance, perhaps three seconds or more. Some authorities recommend up to a six-second interval.
2. Avoid complicated and congested roads and intersections. "Input overload" is a phrase often used to describe the presence of too much information to be able to be able to process accurately. A good choice is to pick a route that contains less complicated roadways with less traffic flow and fewer turns.
3. Allow larger gaps when moving into a stream of traffic. Selecting a safe gap when passing another vehicle or crossing or turning at an intersection is an important decision for smoothly blending with others.
4. Make a point to check side-to-side at intersections. It is a wise motorcyclist that recognizes that eye movement and muscle movement (head and neck muscles in particular) become more difficult with age. A rider should take an extra moment to double-check cross traffic to get a good look.
5. Keep making good blind-spot checks. Traffic research shows that older drivers don't check blind spots as well as younger drivers. An extra moment to ensure nothing is hiding in a blind spot may help reduce risk.
6. Have a passenger help you S.E.E. Passengers can be an additional set of eyes to help identify hazards and assess risk.
7. Keep windshield, helmet face shield and eyeglass lenses clean. Dirt and grime on a rider's "window to the world" may adversely affect quick and accurate perception of factors such as traffic control devices, road markings, debris and other traffic movement.
8. Avoid tinted lenses at night. Any tint lessens the light available to the eyes and makes seeing well at night more difficult.
9. Wear sunglasses when glare is a problem. During daytime glare, good polarized sunglasses may reduce the effects of glare significantly and make identifying a traffic hazard easier.
10. Adjust mirrors to avoid glare from following vehicles. Sometimes a slight mirror adjustment may reduce the distracting effects of traffic behind you and still provide the perception necessary to identify hazards to the rear.
11. Keep the headlights clean and properly adjusted. During routine maintenance, be sure the headlight is aimed correctly. Refer to your owner's manual for adjustment information.
12. Avoid glasses with wide frames or heavy temples. Eyeglasses or sunglasses may be constructed in a

Rider Education (cont.)

way that creates a blind spot. Be sure the frames do not inhibit side vision or create difficulty in seeing the entire field of vision.

13. Avoid being in a hurry. It is unwise to make up for lost time by riding aggressively. Leaving a little early will result in a more relaxed, enjoyable ride and create an opportunity for choosing greater time and space safety margins.
14. Remember that the average age of the driving population is increasing, and you are sharing the road with others who may be experiencing the effects of aging on their operation of a motor vehicle. Keeping a greater safety margin is a wise choice.

Motorcycle Choice

15. Choose a motorcycle with large dials and easy-to-read symbols. Brightly illuminated gauges may be helpful for riding at night.
16. Choose a motorcycle that fits well and doesn't cause muscles to strain because of an unusual seating position or because the controls are difficult to operate. How a motorcycle fits its rider may affect overall handling and performance at both low speeds and at higher speeds.
17. Good maintenance will keep your motorcycle operating like new.

Personal Responsibility

18. Wear protective gear. The muscles and bones are more prone to injury and the time for healing is often extended for an older person. Using extra body armor may help mitigate injury should a fall occur.
19. Renew skills often by completing a Motorcycle Safety Foundation ERC. The half-day of practice is always fun and helps keep riding skills fresh.
20. Separate alcohol and other impairing substances and conditions from riding. Over-the-counter and prescription medications could cause impairment. And don't forget the possibility of synergistic impairment that occurs when drugs are used in combination.

Physical Health and Fitness

21. Have annual eye checkups. This is a good recommendation for anyone over the age of 35.
22. If 60 or older, be sure your eye doctor checks annually for cataracts, glaucoma, macular degeneration, diabetic retinopathy and other conditions associated with aging.
23. Keep an exercise regimen to enhance flexibility, strength and endurance. Fitness is important at any age. Maintain good muscle tone and flexibility to improve the enjoyment of motorcycling.
24. Ask a significant other if they notice changes that might affect safety on a motorcycle. Motorcycle operation is a complicated perceptual-motor skill, meaning it is a skill of the eyes and mind as well as the hands and feet. Identifying deterioration or weaknesses in other areas of normal living that require perceptual-motor skill, whether in the workshop, in the yard, or in the kitchen, should be used as clues that operating a motorcycle safely could also be affected. Source: (<https://www.retsorg.org>).

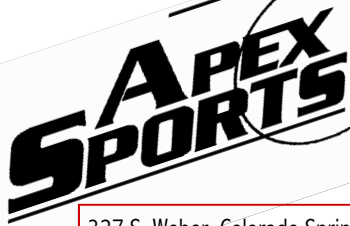


Earl Edwards,
Chapter Ride Educator

Parking Lot Practice

April 18, 9:00 am

Power & Constitution
Old Grocery Warehouse parking lot



327 S. Weber, Colorado Springs, CO 80903

Phone (719)475-2437
Toll Free (800)748-1799
Fax (179)475-0543

Email: comments@apexsportsinc.com

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Linda & Butch Shelley
15605 Archer Terrace
Elbert, CO 80106

Chapter I Quilt

Joni is still in search of any & all types of Gold Wing patches and/or shirts. Must say Gold Wing or GWRRA on it somewhere, but does not have to say Chapter I. This is to make a quilt for Ride for Kids for June.

Call or text Joni at 719-619-9912 or email her at docsalmo@yahoo.com

May Goodies
Cathy Luce
Rich & Dona Noah



Visit us at
www.springswings.org

Chapter I May meeting
information:

WHEN
First Saturday of the month, 8:00
fundraising breakfast, 9:00 meeting
Bike maintenance to follow

WHERE
2715 Casden Circle
Colorado Springs

Mailing Label Goes Here