

Gold Wing Road Riders Association



Rider Education Program

National Newsletter...



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Educating the Motorist Community...



Hello, we are Charles & Nancy Mallett. We are honored and excited to accept the position of Motorist Awareness Division Directors. Nancy & I look forward to working with the National Staff and to serving all the members of GWRRA. We reside in DeSoto, Illinois, a small community located in Southern Illinois. In May 1974, we were married in our hometown of St. Louis, Missouri. We have two children, four grandchildren and attend First Christian Church in Carbondale, IL. I (Charles) am a law enforcement officer serving as a patrol sergeant with the Jackson County Illinois Sheriff's Office. Nancy is an office manager at Southern Illinois University, Carbondale.

Nancy & I joined GWRRA in 1983, and we are life members. In 1984, we organized and chartered Illinois Chapter "Q". We have served the chapter as: Senior Chapter Directors, Assistant Chapter Directors, Rider Educators, Motorist Awareness Coordinators, Public Relations Officers, Member

Enhancement Coordinators, Phone Tree Coordinators and Chapter Historians. We were honored in 1996 as the Chapter's Couple of the Year. Nancy has been the Chapter Secretary and continues her active involvement as newsletter editor. I am a level IV in the levels program and a Certified Rider Ed Seminar Presenter. Nancy is a level III, pending approval of her level IV application. I am a 2008 recipient of GWRRA's "Good Samaritan Award" due to my actions, which prevented a twelve year-old youth from choking (MFA training is definitely worth your time). Most recently, we have been serving on the Region "E" Staff as Motorist Awareness Coordinators. Our current ride is a 2004 pearl magenta metallic GL-1800. We have toured 48 States and 5 Canadian Provinces.

Outside of association life we enjoy family activities, motorcycling, and camping. I enjoy deer and turkey hunting both with bow and firearms. Nancy enjoys her involvement with church functions and when time permits, stitchery along with some photography. We both share a deep passion for GWRRA and it's members. Through our involvement in this association we have had meaningful life experiences, which otherwise we would not have enjoyed. We have developed many close relationships, and this is truly an extended family. Nancy & I look forward to working for the members. We hope our involvement will help Make-A-Difference and help to make a safer riding environment for all.

If ever we may be of service to you, feel free to contact us either by phone or email.

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Hypothermia -- Dressing for the Weather...

By David & Dori Dirig

Whether it was heading off to District Rally or enjoying this Southern California weather, I hope everyone ended their summer right. Yes, that's right, summer's over. I heard that some people had trouble with the heat on the way up to Sunnyvale, and this concerns me. Exposure is a concern, no matter the season. While it's typical to worry about this in July as you plot a route across the desert, we need to start thinking about the other end of the spectrum, which can be just as dangerous.

As we taper out of summer into fall and winter, everyone should start thinking about cold weather gear. Diversity is a luxury that we enjoy here in Southern California, where we can go from one climate to another very quickly. The dangerous part of this is that we can go from one climate to another very quickly....Did you all get that?? So you take off for a nice ride in the afternoon one Saturday in November. As you climb to higher elevations, do you have your cold weather gear? You're gonna need it, even if its 70 degrees along the coast. Are your 'omigosh its cold' gloves in the side bag, or they still at home in the closet making room for that trip to Phoenix in July? How about that electric vest or snowmobile suit or thermal underwear? Exposure should be a concern to each of us, no matter the time of year; its simply a matter of what end of the spectrum that we prepare against. This summer we worried about heat and dehydration; now we need to prepare against cold and hypothermia.

Hypothermia is a lower than normal body temperature. That's fine, but what does it really mean? Basically, as your body loses heat, its starts to malfunction. Do your hands work as well when they're cold and numb? Your brain suffers the same problem in the cold. As you get cold, you lose the ability to concentrate and react to changing conditions. This can be fatal on a motorcycle.

How do we avoid hypothermia?? 1) Don't ride! Know your limits; don't ride if its too cold. If you're riding and you start to get cold, pull off, stop for a cup of coffee, rest your mind and your body someplace warm until you can continue. If your hands and mind are numb from the cold, are your reactions quick enough to save your life? If you have to ask, then pull over and warm up!! 2) Dress appropriately. This can mean super-thick insulated gloves and electric clothing, or it can simply mean wearing multiple layers for insulation. A pair of thermal underwear or silk liners for that lighter pair of gloves can make all the difference in the world.

The idea is to wear multiple layers of clothing. In this way, you can add layers to keep warm or remove layers if you get overly warm. Wear multiple thin layers as opposed to one heavy layer, and the layers should fit loosely. A windproof outer layer is ideal to prevent the wind from chilling you. The idea is insulation, combined with protection from the wind blast of riding at highway speeds. The better your insulation and protection from the wind, the less heat you lose, thus reducing your risk of hypothermia.

Remember that we ride as a group. If you're cold, let us know so we can stop and let you put on additional layers. To do anything else is unsafe. Even if you don't have the needed gear on a ride, sing out. Someone in the group will most likely have additional gloves or liners or a sweatshirt to get you to where you're going safely. That's the bottom line; safety. As an individual and as a group, we need to be prepared for colder weather. It may seem silly to start talking about this in October, but go ahead and but that sweatshirt or heavier set in gloves in the bike. You (or someone else) may need it down the road.

Did you know?...

Chiropractic is 113 years old. On September 18, 1895 the chiropractic Dr. DD Palmer, a magnetic healer of the time, gave adjustment., to Harvey Lillard. Mr. Lillard, a janitor in the Ryan building on the corner of Brady and 2nd Street in Davenport Iowa, was nearly totally deaf for 17 years. After the historic first adjustment, Harvey's hearing returned. This revelation, led Dr Palmer to theorize that nerve interference from a spinal bone out of place was the cause of Harvey's hearing loss. He further postulated that returning the bone to a more normal position might help correct the problem. It was from this simple beginning that the chiropractic profession was born.

Research of Dr DD Palmer, the founder of chiropractic in his own words how chiropractic started "Harvey Lillard a janitor in the Ryan Block, where I had my office, had been so deaf for 17 years that he would not hear the racket of a wagon on the street or the ticking of a watch. I made inquiry as to the cause of his deafness and was informed that when he was exerting himself in a cramped, stooping position, he felt something give was in his back and immediately became deaf. An examination showed vertebrae racked from its normal position. I reasoned that if that vertebra was replaced, the man's hearing should be restored. With this object in view, a half-hours talk persuaded Mr. Lillard to allow me to replace it. I racked it into position by using the spinous process as a lever and soon the man could hear as before. There was nothing "accidental" about this, as it was accomplished with on object in view, and the result expected was obtained. There was nothing "crude" about this adjustment' it was specific, so much so that no Chiropractor has equaled it."

Within two years Dr. DD Palmer opened the first school of Chiropractic on Brady Street in Davenport. It was his son Dr. BJ Palmer, who continued the school after his death. It is the son, BJ Palmer, who is given credit for growing and developing the profession into what it has become today.