



GWRRA REGION K CHAPTER ON-B



WING-IT NEWS

2009 – JANUARY

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Publisher and Editor – Janet and Keith Connors with the assistance of Arthur Smith. Any articles to be published in this newsletter may be sent to connorskg@sympatico.ca and publication will be at the discretion of the Chapter Executives.

CHAPTER DIRECTORS CORNER

Happy New Year; wow it is 2009 and we are starting a new year as 2008 seemed to just fly by. As we reflect on the past year Region K and Chapter B had some great experiences with Americade at Lake George, Rendezvous rally in North Bay,

Wing Ding 30 in the south and our own 25th Anniversary celebration which was a great success. All our chapter events have been well organized and the attendance a credit to the organizers. As well, we expect the New Year with your help will bring new experiences for us all.



**Sue and Ron Kolodij
Chapter B Directors**

2008 was a great year for Sue and I to really get out make new friends and ride with a lot of GWRRA members across North America that we have never ridden with before. A year filled with a lot of fun and great memories and now we are looking forward to a safe, and enjoyable 2009.

The Christmas Wing Nite at Gerry and Danielle's was a blast even with the rain and if you missed it all I can say is you missed a great time. Thanks Danielle and Gerry.

We had a great turn out for Chili night and fun was had by all. We have a new Chili King - John Bowser who took first prize away from Ray, and Toni Gumbinger received the people's choice award. Sorry Ray, there is always next year. Thank you to all members that helped coordinate, decorate, set up and take down and clean up the hall afterwards.

In the next month Sue and I will be meeting with Staff members to coordinate the 2009 Ride and Training Schedule. Any and all suggestions on destinations, ride lengths and times, and overnights are welcome from everyone. Many ride surveys have not been submitted; please complete the survey and email or pass them back by hand at the Sunday breakfast meetings.

To continue to have a successful chapter I believe we need everyone's input and participation. Remember this is YOUR chapter and all your ideas combined together are what make this chapter a fun filled, worthwhile place to make new friends and do what we all like to do: RIDE. So please pass along your ideas and even your complaints as they are all welcome.

Thank You for Your Opinions.

A quick note on Training:

The Region has trained new Riding Instructors that are willing to come up to Ottawa and carry out the New ARC training course for our members. What we need is a minimum of nine members that would be interested in doing this very worthwhile course. So in preparation of scheduling a time that would be convenient to our members we ask that you please e-mail our Chapter Educator, [Toni Gumbinger](mailto:Toni.Gumbinger@countryboyaj@hotmail.com) (countryboyaj@hotmail.com) or our Assistant Educator, [Michel Lavoie](mailto:Michel.Lavoie@rogers.com) (lavoiem@rogers.com) or [Sue and I](#) a list of the preferred months that you would be available or would like to take the training.

Please give us two different times i.e.: May and June (more to follow).

EDITOR'S RAP

WELCOME TO 2009

As riding seems like just a distant memory, the Chapter members have settled in to enjoy all that winter in the Ottawa Area has to offer: snow storms, freezing rain, frigid temperatures and more snow only to be broken up by great events such as Chili Night which was held a little early this year in order to accommodate members going south to get away from the madness. In the meantime our CDs and ACDs with CE and ACE are busy trying to organize some courses and refresher training for the members. With the winter winds howling and weather unfit for beast or biker, we are presented with a good opportunity to refresh our skills, talk about our bad habits, and make every effort to improve our riding skills as lives could depend on it. Please watch this space and your e-mail inboxes for upcoming training.

As you can see, Janet and I have volunteered to continue as the Newsletter Editors for the next little while but we are on the look out for a new editor that would like to take over this very worthwhile position. Interested members please see Janet, Keith or one of the Chapter Officers.

- Janet & Keith



Even the children had fun at Chili Night.

DECEMBER WING NIGHT

Gerry and Danielle hosted our December Wing Night for the third year in a row and again it was a blast. About 20 people attended and brought a variety of items for the supper table. Gerry worked very hard removing snow to allow for parking and the bonfire. The rain put a damper on fireside activities for some but the hardy folks partied on. Our thanks to both Gerry and Danielle for not only allowing us into their home but for all the preparation that went into the set up.

MEET & GREET

The Meet and Greet and/or Coffee Ride Ins will again start up when the weather permits but that doesn't look like anytime soon. Please send in any suggestions for this popular event to our Chapter Directors at ottawavalleywings@ripnet.com.

JANUARY WING NIGHT

Wing night for January will be held 7:15 pm Tuesday, 27 January 09 at D'Arcy McGee's Irish Pub located at 360 Moodie Drive, Nepean - (613) 596-4226. Visit their web site at <http://www.primepubs.com>. See our [website for directions](#) to D'Arcy McGee's Irish Pub.

(Editors Note: This is Senators Game night and the bus picks up around 7:00 pm at the Pub which is why the time is changed to 7:15 pm).

TORONTO BIKE SHOW

The weather for the show turned out cool but no problems for the drive down for Paul and his car load. Keith and I went down the evening before and hit a couple of squalls. In all seven male members attended the show, and me. I'll admit keeping track of the men with these scantily clad young ladies standing at the various booths was a big task. Ladies I failed, I'm sorry but it was all in fun as the men enjoyed the views and still managed to look at bikes. James had the best view, but I said I would not tell. Oops!!! The custom bikes were unreal; some would never make it on the roads. I have to thank Arthur for the trinket and Paul for making this mature woman feel young again.

We all enjoyed a lunch together except that bottled water was \$3.50 and the breakfast platter with the works just a bit more. I love candy apples but never before spent \$4 for one.

Next year I hope some of the other ladies can come too.

-Janet

JOKE CORNER

A Greek and a Scotsman were sitting in a Starbuck's cafe one day discussing who had the superior culture. Over triple lattes the Greek guy says, "Well, we Greeks built the Parthenon", arching his eyebrows. The Scotsman then replies, "Well... it was the Scots that discovered the summer and Winter Solstices". The Greek retorts, "We Greeks gave birth to advanced mathematics". The Scotsman, nodding in agreement, says, "Scots were the ones who built the first timepieces and calendars". And so on until the Greek comes up with what he thinks will end the discussion. With

a flourish of finality he says, “The Greeks were the ones who invented sex!”. The Scotsman replies, “Aye, that is true, but it was we Scots who introduced it to women”.

CHAPTER SAFETY CORNER



Toni Gumbinger – Chapter Educator

Use Gravity to Help with your Centre Stand.

These tips, and all of our tips-of-the-month, are general principles provided for your consideration. They are not hard and fast rules that should be applied without thinking in all circumstances. Always use your judgment and take all current safety factors into account while riding.

What's The Problem?

A centre stand, standard equipment on many motorcycles and an available option on many more is a valuable accessory. It greatly simplifies maintenance chores such as chain lubrication and tire inspection, it allows you to perform other checks such as fluid levels more easily, and it can make your parked bike more stable on soft surfaces. Despite the advantages, many people rarely or never use their centre stand, especially on larger bikes. The most common reason they give is "I'm not strong enough to lift this heavy bike onto the stand". They may even have experienced dropping their bike while trying to get it onto or off of the centre stand.

Even riders who are able to get their bike onto the centre stand often do so with improper technique - technique that can be

dangerous, risking muscular injury or risking loss of balance and a dropped bike. We have even heard of such riders being injured by being *under* the bike when it fell.

The Solution

With practice, most riders should be able to get most bikes **onto** their centre stand by using proper technique. *Wrong technique* is trying to use your muscles to pull the bike up onto the stand. *Correct technique* uses the stand as a lever against the ground, and you focus on pushing down on this lever using your body weight, so that *gravity* - and possibly some muscle - does the work. The key to getting a bike safely **off** its centre stand without dropping it is to do so while seated on the bike.

Getting Your Bike onto the Centre Stand

Before we go through the correct technique in detail, you need to locate two important features on your bike.

Frame lift point. You need to find a handhold on the left side of your bike near the underside of the seat, slightly to the rear of centre, which you can safely grab with your hand and pull up firmly. The handhold must not be the seat or a part of the plastic body work - it should be sturdy steel firmly attached to the bike's frame, or be the frame itself. Bikes designed for centre stands will have a recessed handle specifically for this purpose, usually integrated into the underside of the seat, near the rear. On other bikes, you will have to locate a suitable spot on the frame.

Here is the proper technique for getting your bike onto its centre stand. Perform the following steps in this order. (This is actually much easier to do than to read about.)

1. Get Ready. Locate the two parts described above. Have your bike on its side stand with the handlebars straight and the

front wheel *not locked*. The engine should be off and the transmission in neutral so the bike can roll. Make sure you have 50 cm. or more of clear space in front of, and behind, your bike, since it will move when going on and off the stand.

2. Body Position. Stand beside the bike on the left side. Left hand on the left handlebar grip, right hand in the frame lift point, and right foot on the centre stand pedal.

3. Find the Flat Spot. Holding the left handlebar with your left hand and the frame lift point with your right hand, gently push the bike away from you until it is standing upright, perfectly vertical. At the same time, keep pushing gently down on the centre stand pedal with your right foot. Feel for the point when both feet of the centre stand touch the ground. We call this the "flat spot."

4. Stand on the Pedal. Push down hard, with your right foot, on the centre stand pedal, hard enough to lift yourself right off the ground. Use your left hand on the handlebar to keep the bike under control but do not try to pull it backward by the handlebar. On some bikes, the downward force of your weight alone may be enough to roll the bike up on to the centre stand.

5. Add Some Muscle. If necessary, pull upward on the frame lift point at the same time. However, do not try to lift the bike with your arm muscles. You are pulling up on the frame primarily to brace yourself and increase the downward pressure on the centre stand pedal. Let gravity and your body weight do most of the work.

6. Let it roll back. When you have enough downward pressure on the centre stand pedal, the bike will roll up and backward onto the centre stand. Use your left hand to keep it balanced and under control but don't try to *pull* it backward.

7. Finish Up. Once the bike is on the centre stand you can turn the front wheel and lock the steering.

Getting Your Bike off the Centre Stand

Getting your bike down from the centre stand is much easier. There is a risk, however, of dropping the bike if you try to get it off the stand while standing beside it. Here is a procedure that should work well for you:

1. Get Ready. Get your riding gear on and get on the bike. Unlock the steering and straighten the front wheel. Make sure the side stand is up, and make sure the transmission is in neutral. Leave the engine off for now. Hold both handlebars, and cover your front brake lever with your fingers.

2. Rock Forward. Pressing the balls of both feet against the ground, rock the bike forward so it rolls off the centre stand. Make sure you keep the handlebars straight as the bike moves forward.

3. Brake and Balance. Keeping both feet on the ground to maintain balance, smoothly apply the front brake to catch and halt the bike's forward motion. You will need to practice this a few times. You must let the bike move forward far enough to clear the stand, without letting it roll away from you. You should be able to bring the bike to a smooth and balanced stop in 20 to 50 cm.

4. Finish Up. You are now ready to move off. Check again that the side stand is up and go through your normal Starting procedure.

Summary

The key to getting your bike on its centre stand is to use your body weight against the lever formed by the stand, not to try lifting the bike or pulling it backward. With practice, most riders will be able to get even a large bike onto its centre stand with safety and control.

GWRRA REGION K RENDEZVOUS 2009

[Rendezvous 2009](#) will be held in Belleville, Ontario, Canada from Thursday evening, July 23 to Sunday, July 26, 2009. Planning

is tentative, but it is expected that a welcome reception will be held on Thursday evening, July 23 and a departure breakfast may be held on Sunday, July 26. For further information, please contact our Co chairs: [Paul & Sheila Haller](#) or [Terry Archbold](#) Rendezvous 2009 is hosted by [Chapter ON-Q Quinte](#) in Belleville and Prince Edward County.

BIRTH AND ANNIVERSARY DATES

To our newest members, please send in your dates to patandpaultaylor@rogers.com

Birthday greetings to:

Reiner	21 January
Steve Schroeder	26 January
Flora Neeve	26 January
Bruce Morrison (Now in Victoria but not forgotten)	29 January

February:

Janet W	1 February
Sylvain	1 February
Paul Taylor	2 February
Carol Warner	10 February

Best wishes to everyone.

WING DING 31

The [Gold Wing Road Riders Association \(GWRRA\)](#) is pleased to announce its 31st annual [Wing Ding](#) will be in Tulsa, Oklahoma this summer. The international convention opens Thursday, July 2, and runs through Sunday, July 5, 2009, at Tulsa's Expo Square. Wing Ding is the world's largest convention of owners of Honda Gold Wing and Valkyrie motorcycles. A previous visit to Tulsa was held in 1991. More than 10,000 Gold Wing motorcycle owners and riders are expected to attend Wing Ding 31, which could generate between \$10 and \$15 million in direct economic impact to the area. Check out the [Wing Ding website](#), the [GWRRA website](#), or call (800) 843-9460 or

(623) 581-2500 (in Phoenix, Arizona) for more information.



The Snacks were good too at Chili night.

RECIPE OF THE MONTH

Debbie's Broccoli Salad

16 slices bacon
2 heads fresh broccoli, cut into flowerets
½ cup red onion, chopped
1 cup raisins
½ cup salted roasted sunflower seeds
1 ¼ cups Miracle Whip or mayonnaise
4 tablespoons white wine vinegar
2 tablespoons white sugar

Cut bacon into small pieces and fry until crisp. Drain and set aside.

In a large bowl, combine the broccoli, onion, and raisins. In a small bowl, whisk together the vinegar, sugar, and mayonnaise. Pour over broccoli mixture, and toss until well mixed. Refrigerate at least two hours.

Before serving, toss or sprinkle with bacon and sunflower seeds.

Serves 12

Thanks to Debbie Campbell – your salad was delicious at Chili Night.

NEXT NEWSLETTER

*Coming in our next
Newsletter:*

- Update Training & Courses.***
 - Wing Night Report***
 - Ride Reports for Some***
 - More Fun Stuff***
- Don't miss it*