



GWRRA REGION K CHAPTER ON-B



WING-IT NEWS

2007 – FALL

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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.

GOOD-BYE 2007 AND MERRY CHRISTMAS TO EVERYONE

Well, the end of our riding came without much warning this year just after the middle of November. One day I was riding and the next day we had snow and it looks like it's staying until March or, heaven forbid, April. It will be a long PMS Season this year!

As you can see, our Newsletters aren't coming out as often as they could be. In other words we could use a little assistance by someone that would like to help in putting the Newsletter together. Another perspective on some of the articles/events could make for a more interesting Newsletter. Any volunteers out there?

OCTOBER WING NIGHT

We had a great turnout at the Broadway Restaurant in Barrhaven. Several

members showed up in costume. Paul missed the event as he was out of town but we tried to keep Pat on her leash in her cat costume. What a job that was! Toni filled in for Paul with the male cat costume and he was not a bad replacement. They took the small award for best costume in the form of Timmy's coupons. Debbie D won the 50/50.



Our Chapter Cake for 2007.

CHRISTMAS PARTY

What a wonderful evening was had by members and guests. There were 53 people in attendance and it looked like every one had a great time. If you did not please let us know and we can see what can be done

to make your evening fun too. We would like to thank all our Christmas committee for taking time out of busy schedules to attend the meetings and help with the event planning, well done everyone. Special thanks to members who donated gifts and prizes. Our list of donating restaurants and businesses is listed on our [chapter web site](#); again if you are looking for a place to eat or a gift to buy please consider the places that help us each year. If any one has a problem with any gifts or certificates please contact Keith or Janet and we will be happy to try to solve the problem. A very special thank you to one of our very talented members who each year has so kindly donated one of his beautifully made wood carvings, we all know John Bowser of course. This year another talent emerged, Christine Langlois, what a lovely quilted table runner, she made.



The food was enjoyed by all.

NOV WING NIGHT

Many of us tried out the Wild Wing restaurant on Donald Street. What a concept and it seems very popular, not much besides wings on the menu, but that is the specialty of the place. Not sure who got the gift certificate from that place but we do hope you remembered to use it and that you had a great time. My Honey Garlic wings were delicious, Paul ordered the Chocolate Raspberry combo, now what an experience that is but what a recipe to try. Wow, certainly different but tasty. Rick and Carol's son Jimmy won the 50/50 \$43.50, congratulations. The new grandchild visited but I don't think she ate any wings. She was passed around to meet every one, what a sweetheart. We had several guests join us and we hope they had a good time. Toni and Carol Scobie won the extra gifts we drew for. Thank you to Danielle for the donations.

DEC WING NIGHT

Well another year of great wing nights over again and this year to top of the season Danielle and Gerry are offering to host a pot luck night at their home in Hammond. Last years event was a blast with the huge bonfire being one of

the highlights. Of course there was very little snow! Gerry will be digging out the wood this year or planned for it and had it stored out of the snow. We do ask that if you are planning to attend please let [us or Danielle](#) know so plans can be made to have enough seating and dishes available. Date is December 29th; which is a Saturday so mark your calendar now. Arrive any time after 4:00 p.m. supper will be at 6:00 p.m. More details will go out to members in an e-mail at a later date.

SATURDAY DINNERS

It has been mentioned that over the winter months we should offer the Saturday night get together, that we did in the summer, so send us your suggestions. These can be restaurants that are not able to take the large group we get for wing nights.

NEWFOUNDLAND PHOTO CONTEST

Congratulations go out to Rick and Carol Warner who won the photo contest. Thanks to our judges, Toni, Susan and Ron, who had to sort through hundreds of photos.

JOKE CORNER

The wedding Anniversary

Ed was in trouble when he discovered that he had forgotten his wedding anniversary and his wife was really upset.

She told him 'Tomorrow morning, I expect to find a gift in the driveway that goes from 0 to 200 in less than 6 seconds AND IT BETTER BE THERE!!' The next morning Ed got up early and left for work. When his wife woke up she looked out the window and sure enough there was a box gift-wrapped in the middle of the driveway.

She opened it and found a brand new bathroom scale. Ed has been missing since Friday.

Please pray for Ed. 😊

GWRRA WING DING 2008

We have had several reports that hotel rooms are filling up fast so if you are planning to attend better get on the ball and book your accommodations now.

BIRTHDAY'S AND ANNIVERSARY DATES

We send out our best wishes to all those members and their partners that have had a birthday or anniversary through out the year that we failed to mention. Some of you are still not on the list. Send in your dates to Pat at pugly@rogers.com For December we missed a birthday for Deb Campbell on the 3rd, and Bob and Linda Hadley celebrated their Anniversary on the 4th; sorry we missed you. A few birthdays coming up: on the 21st Roc and Rainer, Steve S. on the 26th Toni on the 28th. Bruce is back in town and will be celebrating a birthday on the 29th. Pat and Paul will be celebrating their anniversary on the 29th.

25TH ANNIVERSARY

The committee met to discuss the preparations for the chapter's anniversary. A poster was made and things are in the works for your entertainment and the schedule of events to be carried out on the long weekend in May 17th & 18th. Our registration forms will be available in the New Year. If you are not on the committee and you wish to be involved in the planning stages and wish to attend the next

meeting please let us know. Members that are currently on the committee are; Keith, Janet C, Pat, Paul, Susan, Ron K, Arthur, Carol S, James, Carol W, Rick and Toni.

NEWS FLASH

If you were not at the Christmas Party you would not have heard the news that Susan and Ron Kolodij have agreed to become Assistant Directors, swearing in will take place sometime in the New Year.

The following article on Hypothermia is reprinted with permission from the November 2007 GWRRA Rider Education Newsletter. It would seem appropriate at this time of year.

Hypothermia:

Under most conditions your body maintains a healthy temperature. However, when exposed to cold temperatures or to a cool, damp environment for prolonged periods, your body's control mechanisms may fail to keep your body temperature normal. When more heat is lost than your body can generate, hypothermia can result. Wet or damp clothing, an uncovered head and inadequate clothing during cold, winter weather can increase your chances of hypothermia, as can falling into cold water.

Hypothermia is defined as an internal body temperature less than 95 F. Signs and symptoms include:

Shivering
 Slurred speech
 Abnormally slow breathing
 Cold, pale skin
 Loss of coordination
 Fatigue, lethargy or apathy
 Symptoms usually develop slowly. Someone with hypothermia typically experiences gradual loss of mental acuity and physical Ability, and so may be unaware of the need for emergency medical treatment.

Older adults, infants, young children and people who are very lean are at particular risk. Other people at higher risk for hypothermia than the general public include those whose judgment may be impaired by mental illness or Alzheimer's disease and people who are intoxicated, homeless or caught in cold weather because their vehicles have broken down.

Other conditions that may predispose people to hypothermia are malnutrition, cardiovascular disease and an under active thyroid (hypothyroidism).

To care for someone with hypothermia:

1. Dial 911 or call for emergency medical assistance. While waiting for help to arrive, monitor the person's breathing. If breathing stops or seems dangerously slow or shallow, begin cardiopulmonary resuscitation (CPR) immediately.
2. Move the person out of the cold. If going indoors isn't possible, protect the person from the wind, cover his or her head, and insulate his or her body from the cold ground.
3. Remove wet clothing. Replace wet things with a warm, dry covering.
4. Don't apply direct heat. Don't use hot water, a heating pad or a heating lamp to warm the victim. Instead, apply warm compresses to the neck, chest wall and groin. Don't attempt to

warm the arms and legs. Heat applied to the arms and legs forces cold blood back toward the heart, lungs and brain, causing the core body temperature to drop. This can be fatal.

5. Don't give the person alcohol. Offer warm nonalcoholic drinks, unless the person is vomiting.
6. Don't massage or rub the person. Handle people with hypothermia gently, because they're at risk of cardiac arrest. Until next month, Ride Safe, Ride often and Keep the Shiny Side Up. Ride to survive.

Tim & Anna Grimes

Editors Note: I assume that ride safe and often apply to our Southern Riders.

HAPPY HOLIDAYS TO ALL. HO HO HO

NEXT NEWSLETTER

Coming in our next Newsletter:

- Chili Night**
- Ride Planning**
- Course Planning**
- Wing Nights**

Don't miss it