

The Soaring Eagle
Gold Wing Road Riders Association
Iowa Chapter E



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2017 - 2018 Couple of the Year
Gary & Milia Boatman

FROM YOUR CHAPTER DIRECTOR:

Happy April Goldwingers

Well our riding days are just around the corner and I don't know about you, but Cheryle and I are ready to get the bikes uncovered and get them ready to ride. Once we go through all the safety check and get them cleaned up after setting all winter they should be ready to go.

I hope all of you will be doing the same thing. Here is a link to our website for your T-CLOCS check list for both bikes and trikes. Please be sure and do these checks.

<https://iowachaptere.weebly.com/safetyrider-ed.html>

Again, I want to say "Thanks" to everyone that came out to our monthly gathering in March. We had a few guest, John & Yvette Moravec and Sue Thompson. I want to thank them also for being part of our gathering.

For those that were not there in March, John and Yvette swore in Boomer and Connie Franklin as our Assistant Chapter Directors. Boomer and Connie have been filling this role for a while now and we thought we should make it official. Please congratulate them on their new role in Chapter E, I know they will continue to do a great job for our Chapter.

Sue Thompson spoke to the chapter on some of the new things that GW has going on with the MOTORIST AWARENESS PROGRAM. Here is a link to more on what she was talking to us about.

<http://www.gwrra-iowa.com/motorist-awareness.html>.

With the warmer weather being around the corner, we have several activity's coming up. I've been trying to mention this each month at our

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GWRRRA Gathering, April 14, 2018
Fort Colony Family Diner - 5102 Ave O. Fort Madison, IA
Dinner @5:30 p.m. Meeting @ 6:30 p.m.
Host: Lanny & Gwyn

RONALD MCDONALD CORNER



The Ronald McDonald house funds are at \$ 414.06 of the \$800.00 goal. We are over half way to our goal, so let's keep climbing.

Get the groove again and start keeping pull tabs and loose coins for the Ronald McDonald house fund raiser's.

Cruise night is [May 19th 2018](#). Once again it hits on Safety weekend and Niehaus Appreciation Days. That means for all the ones not going, we could really use your help at Cruise night and bake goods for the bake sale. Remember we are dropping the 50/50 idea.

Our Chicken Run is June 16th in Warsaw, IL. [June 16th](#) is also the Steamboat Days Parade in Burlington, IA, and I am sorry to say, that we will not be represented for the first time I can remember.

Pizza ranch idea is going to be [June 27th](#) in Burlington from 5 to 8 or 9 p.m. When it gets closer we will go over what we have to do. You will have time to eat yourself most likely in shifts, so we can wait on tables for donations and tips.

The Ronald McDonald House Charities "Wish List" is on page 3.

Val and I wish to say "congrats" to Boomer and Connie on their appointment up in the chapter.

Until Next time

Gary & Val

Coordinator's for Ronald McDonald House fund raiser
Gary and Val Duckstein

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*The secret to living well and longer is:
Eat half, walk double, laugh triple and Love without measure.
Tibetan proverb*



Ronald McDonald
House Charities®
Eastern Iowa & Western Illinois

#WishListWednesday

- Diapers of all sizes
- Disposable Bowls
- Ziploc bags of all sizes
 - Plastic Spoons

Ronald McDonald House Charities of Eastern Iowa and Western Illinois
730 Hawkins Dr. Iowa City, IA 52246
Give us a call at 319-356-3939 or
Email info@rmhc-eiwi.org for more information

FROM YOUR CHAPTER DIRECTOR:

(Continued from page 1)

gatherings, but can also be found in the newsletter on page 6 (Upcoming Events) and on our website at <https://iowachaptere.weebly.com/> so please have a look at these and join us for some fun.

I would like to mention that during our monthly gatherings that you put your cell phones either away or on silence. We need to be considerate of the others around us as they also are wanting to hear the speaker and not your phone.

Kevin Miller
Chapter E Director
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District Educator for the Iowa District

Last month I started a series of articles I wanted to write about a study on motorcycle crashes that was done for the MSF (Motorcycle Safety Foundation) by the Virginia Tech Transportation Institute. This is a recent study that was done over a 2 year period and involved 100 riders. These were all 2 wheeled

motorcycles, but it did involve a mixture of cruising, touring and sport bikes, with a breakdown of 78 male and 22 female participants. The rider ages ranged from 21 to 79 years old with a wide variety of levels of experience, from novice to veteran, but with an average of 17 years of riding experience. There was approximately 30,844 trips recorded, which represented 9,354 hours of seat time, and a total of 366,667 miles. However, as I had mentioned in the last article, this is still a fairly small number of participants so the results could vary from a different study that had more participants. Yet, there is enough information from these studies to make some important observations for any type of motorcycle.

In my previous article I noted one of the observations made in the study, which I found somewhat surprising, was that they found the most common incident amongst motorcyclists was the low speed or no speed tip over. Although most of us would not identify that as an accident, assuming no injury to the motorcycle or motorcyclist, I guess it falls in the "unintended incident" category. However, I think of it as the intention of gravity upon an unbalanced object to force that object toward a much more massive object, the Earth. It's just a reminder of how the science of physics impacts our lives. The VTTI study observed that dropping a bike is a fairly common incident. Of course, this is not going to be a problem with 3 wheel motorcycles since you need a higher speed before a trike has enough momentum to tip over. This study, though, did not involve any trikes. However, I think most of the other types of accidents identified in the study could have easily been involving either a 2 wheeler or 3 wheeler. So, let's move on to our next observation.

Another surprising observation from the study was how many motorcycles crashed into the back end of another vehicle or object. This represented 35 percent of the accidents in the study that were not single vehicle accidents. I think a lot of us on the road are worried about the car or truck behind us hitting the rear of our motorcycles. The study did not go into what the reasons were for these accidents. With proper braking technique we can stop pretty efficiently. Were the riders intimidated in using their brakes, afraid of locking up their front wheel, or was overly aggressive on the front brake and caused a low side fall? Were they going too fast to stop in time? Were they distracted and did not see the vehicle in front of them, or saw them too late? I am going to speculate that the answer is yes to one of those questions for many of those riders.

On the last possibility, being distracted, we can easily underestimate how far we travel in a given time period. For example, if we are traveling 45 miles an hour and look away for 2 seconds we have traveled approximately 135 feet in that time. The formula converting miles an hour per second to an approximate distance traveled is to take your



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speed per miles per hour and multiple it by 1.5. This will give you the feet you have travelled each second at that speed. The math is not exact. This only gives you an approximate distance, but it is easy math. The multiplier is actually 1.4667 if carried out to four places. But, I can't do that math in my head. Since using that multiplier speed. The math is not exact. This only gives you an approximate distance, but it is easy math. The multiplier is actually 1.4667 if carried out to four places. But, I can't do that math in my head. Since using that multiplier results in 132 feet versus my 135 feet approximation, I am willing to use the approximation method for this. The point being that 135 feet, or 132 feet, is a lot of ground covered by looking away for 2 seconds, especially if the car in front of me is only 30 feet away from my vehicle.

If the rider was just going too fast and was too close to the vehicle in front of them for that speed and that cause the rear-ender, then that means they did not have an adequate following distance. Isn't the basic problem with going too fast is that our stopping distance is going to be farther, so we are going to be traveling a greater distance in the time that it takes us to see a problem ahead of us and for the brain to react to that situation prior to us actually using the brakes? So, driving at a smart speed and maintaining a proper following distance reflective of that speed can help prevent some of these rear-enders.

Improper, or ineffective use of our brakes was one of the factors identified by previous motorcycle crash studies, such as the Hurt Study and the MAIDS Study almost 40 and 30 years ago, as being one of the three major skill lacking in those involved many of the accidents in their studies. To be honest, how many of us practice stopping quickly? Hopefully we are not using that skill very often in our typical riding. *GWRRRA* does have rider courses where you are able to practice that technique in a safer environment than on the street. But, you could also practice this on your own if you found a safe place to practice. You just don't get the same type of feedback as you do in a rider course with a trained coach.

I should disclose that I am a *GWRRRA* ride course instructor since the previous sentence sounds like an advertisement for taking a rider course, and I do my best to promote the *GWRRRA* courses. But please note that I am not representing any organization's position on this article. The conclusions and opinions in this article are mine based on what I have read from the VTTI study and from other research I have read on this topic. I would encourage other people to read or research the study on their own if this interests them. But, I do have more that I want to pull from this study to share with you, which I will save for my next article.

Until then, I wish you safe riding!

Greg Hayes

Iowa District Educator, *GWRRRA*

WE ARE ON THE WEB <http://iowachaptere.weebly.com>

COFFEE'S

APR 4	Hy-Vee AGENCY	BURLINGTON, IA
APR 11	PIZZA RANCH	BURLINGTON, IA
APR 18	GATOR'S	BURLINGTON, IA
APR 25	OPEN	
May 2	Open	
May 9	Fort Colony	Fort Madison, IA
May 16	Reed's	Wayland, MO
May 23	Hamilton Family Rest.	Hamilton, IL

Monthly Get Together
Everyone Welcome!

2nd Saturday of each month (except February, November and December).

Fort Colony Family Diner
5102 Ave O
Fort Madison, IA.
Eat at 5:30 p.m.
Meeting @ 6:30 p.m.

Weekly Coffees on Wednesdays at 5:30 p.m., at various locations, see the Coffee's for each month in this newsletter

BIRTHDAYS

Sue Olenick Apr 30

WEDDING ANNIVERSARIES

David Monti & Jean Couch Apr 7
Tom & Karen Kester Apr 26

GWRRA ANNIVERSARY DATES

Harold Wagner	Apr 1 1983
Larry Stevens	Apr 1 1983
Pint & Ruth Henry	Apr 1 1984
Bill Herring	Apr 1 1994
Gary Woolverton	Apr 3 2003
Delbert Stephens	Apr 19 2006
Kent Mahan	Apr 21 2008
Robert Platt	Apr 20 2011
James Clabaugh	Apr 20 2011

2018 UPCOMING EVENTS

(All subject to change)

Apr 14	Chp E Monthly Gathering, Fort Colony,	Ft. Madison, IA
May 18 th - 20 th	Niehaus Appreciation days	Litchfield, IL
May 18- 19 th	Safety Weekend	Ankeny, IA
May 19	Heartland Harley Fund Raiser	Burlington, IA
June 16 th	Chicken Run - Bott Center	Warsaw, IL
July 21 st	Family Picnic Ralston Park @11:00	Warsaw, IL
	DQ Bike show date: TBA	Hamilton, IL
Aug 2 - 4 th	IL District Rally -	Litchfield, IL
Aug 28 th - Sept 1 st	Wing Ding 40	Knoxville, TN
Sept 28 - 29 th	Iowa District Rally	Fort Dodge IA
Dec 1 st	Christmas on Main St	Osage Beach, MO
Dec 8 th	Toys for Children 5:30 p.m.	Keokuk, IA
Dec 9 th	Dirty Santa @ 11:30 a.m.	Burlington, IA

Please double check the event dates listed above each month, as they may change from time to time.

CHERYLE'S CORNER**Salmon with ginger pineapple salsa**

- 1 can (20 ozs.) unsweetened pineapple tidbits
- 1 cup chopped seeded ripe tomatoes
- 3 green onions, sliced
- 1 jalapeno pepper, seeded and chopped*
- 2 tablespoons cider vinegar
- 2 garlic cloves, minced
- 1 $\frac{1}{2}$ teaspoons sesame oil
- 1 teaspoons honey
- $\frac{1}{2}$ teaspoons ground ginger or 1 $\frac{1}{2}$ teaspoons minced fresh gingerroot
- $\frac{1}{4}$ teaspoon crushed red pepper flakes
- $\frac{3}{4}$ teaspoon salt, divided
- 6 salmon fillets (6 ozs. Each)
- $\frac{3}{4}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon pepper

Drain pineapple, reserving $\frac{1}{4}$ cup juice. In a bowl, combine the tomatoes, green onions, jalapeno, vinegar, garlic, sesame oil, honey, ginger, red pepper flakes, $\frac{1}{4}$ teaspoon salt, pineapple and reserved juice; mix well. Cover and refrigerate until serving.

Pat salmon dry with paper towels. Sprinkle with cumin, pepper and remaining salt. Place skin side down in a 13-in x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Bake uncovered, at 350 degrees for 10- 15 minutes or until fish flakes easily with a fork. Serve with salsa.

(Yield 6 servings)

Nutritional Analysis: One serving (1 fillet with $\frac{1}{2}$ cup salsa) equals 374 calories, 20 g fat (4 g saturated fat), 100 mg cholesterol, 405 mg sodium, 14 g carbohydrate, 1 g fiber, 34 g protein. **Diabetic Exchanges:** 5 lean meat, 1 fruit, 1 fat.

***Note:** When cutting or seeding hot peppers, use plastic gloves to protect your hands. Avoid touching your face.



SPRING IS HERE!!



TEAM GWRRA 2018

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SPONSORS

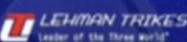




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HOURS OF OPERATION
Monday – Friday: 9:00 AM – 6:00 PM
Saturday: 9:00 AM – 4:00 PM




Search

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