



Kentucky District Newsletter
September 2020
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Friends for Fun, Safety and Knowledge

District Directors Report

Greetings Kentucky. Leah and I are excited to be starting the next chapter of our GWRRA life as your new District Directors. Like so many of you, we are dealing with the pandemic as best as we can, but it has altered so many of our plans, which includes getting to visit each of the chapters during the first couple of months since being appointed. We are not new to Kentucky and have had the opportunity to visit with each chapter in the past, so hopefully we have had the chance to meet most of you, and we look forward to meeting those of you we haven't.

A little about us. Leah and I have been married for 38 years and have 2 boys, 2 daughters-in-law, and 4 grandchildren. We are originally from Dayton, Ohio and have lived in Hebron, Kentucky since I retired from the Army in 2001. We have been members of GWRRA and Chapter G since 2005 and our lives haven't been the same ever since. We've met so many wonderful people and have traveled throughout the United States on our Goldwing. Since joining we have been Chapter Educators, Assistant Chapter Directors, and Directors of Chapter G. We have also been District Educators, and Assistant District Directors for Kentucky. Leah is currently the Medic/First Aid Coordinator, and we truly love this organization. That is us in a nutshell.

Leah and I fully understand that our primary role is to serve you, the members, and we want each of you to feel free to contact us. Our contact information is: Home (859) 534-5292, and Leah's cell is (859) 866-3173. I work 3rd shift and will post my cell number after I retire, hopefully next year. We do ask that if you call and we don't answer, please leave a message and we will return your call. Our caller ID doesn't always identify a name, so we may not know who we missed unless you leave a message.

We look forward to the time we can all meet again in person and we hope to see you all soon.

Leah and Rick Cridlin
KY District Directors



District Educators Report

One of the reasons I joined GWRRA was for the opportunities that exist to ride in a group. Since joining, I have learned there are three types of group rides: mass riding, leisure riding, and team riding. Each type of group has its benefits and drawbacks, but one tends to be safer than the others.

Mass riding tends to be the type of event where people from all different backgrounds, on a variety of cycles, with a broad spectrum of training or lack thereof, get together to ride from a starting location to an ending location, often for a fundraiser or other public spectacle. This type of group offers the experience of meeting many types of people on all kinds of machines but relies on the attention of the individual participant to stay safe.

Leisure riding groups tend to be smaller and often the participants know each other. But there may not be a predetermined plan or destination for the ride, which could allow participants to become anxious or confused. These are often impromptu events. Often each rider is participating more as an individual in the group rather than a member of the group. The goal of the ride may not be the same for each rider, despite everyone traveling to the same place.

Team riding groups can be large or small but are always organized. Team riding groups share similarities with other types of teams. Each riding event is planned in advance, in the same way a football team will plan for its weekly game. The ride leader will develop a route with respect to the goals of the ride and will share the details ahead of the planned departure, much like a coach will design plays to score against the opposing team. Team riding groups have designated positions with specific responsibilities in the same way a football team has different position players, each with their specific duties. Each rider and co-rider will arrive at the event with the proper equipment and supplies, in the same way a football player will dress for the game. The participants of a team ride will share in the safety of themselves and the other riders, in the same way football players will block for each other. The participants will know the basic “plays” of the game. For example, during a team ride, the group of cycles may need to change lanes. There are three main ways to change lanes as a team. The first method is to have the Drag bike secure the desired lane, after which the Lead bike will call out the instruction to change lanes. Following the lead bike, each successive cycle will follow the Lead and change lanes (filling from the front to the back) until the complete group is back in formation in the desired lane. The second method is similar to the first, but after the Drag secures the lane and the Lead gives the instruction to change lanes, the next to last bike will move to the new lane, followed by the bike in front of him (filling from the back to the front), with the Lead bike moving last, and the group is back in formation in the desired lane. The third method is to have each cyclist move on their own into the desired lane. This method (sometimes called filtering) is used when there is not sufficient time, space, or both, to allow for each individual cycle to move sequentially. But despite the individual action, each rider is still operating in coordination from the Lead and Drag bikes, and the group continues to respond as a unit, albeit a sometimes disconnected one with other vehicles in the lane between the members.

I believe that Team riding is the safest way to travel in a group for the same reasons it is easier for an organized football team to win the season: both teams contribute to a unified plan for a common goal. When everyone participates in his or her role, everyone's load is lightened, and the team succeeds. When you participate in your next team ride, no matter in what position you find yourself, be successful, and be a Team player.

Richard Artmayer
KY District Educator



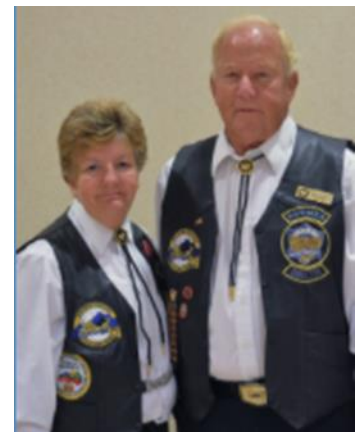
District Vendor Coordinators

Hello all! We hope all is doing well with you. We were sorry to have missed the Chapter G Zoom meeting, but hope maybe soon we can meet at a park, or large room where we can social distance and have a meeting.

Congrats to all who participated in the Visitation Program last year. We hope we can do the same again soon. We really hated that the Ride-In had to be canceled, but we need to all be safe and well so we can go forward with the fun next year.

Stay safe out there.

Ray and Kathy Conrad
District Vendor Coordinators



District Membership Enhancement Report

Because of the Covid 19 pandemic we have not been able to continue most of our GWRRA activities for the year 2020. Hopefully all are out and about in smaller groups discovering new riding routes to share with others.

As new KY District MEPC's we are now in the process of looking for someone to help us with the Couple of the Year Coordinator position for the district.

Alan and Lisa Merrit have done a wonderful job for the past (1000 yrs?) and we all really appreciate what they've done for the district in that role. As we look for someone to take that position we might say that nothing worthwhile should be "easy" but Alan and Lisa have made it seem so. THANKS, YOU TWO!!

We also thank Rick and Liz Broadway for doing a fantastic job as KY District Directors in the past. We wish them the very best for their future in their new home.

We really look forward to the privilege of working with Rick and Leah Cridlin as our new KY District Directors and hope each of you will be glad to give them your help and support while they grow into their new post.

Membership is **enhanced** when members are safe and healthy! Please follow CDC guidelines and 'mask up', keep social distancing and do frequent hand washing. It will keep your friends and neighbors healthy too!

Dave and Roxie Wilkinson
KY District MEPC



District Couple of the Year

KY District Couple of the Year 2019-2020

Roxie and Dave





National Falls Prevention Awareness Week (September 21-25, 2020) is designed to reduce falls among older adults by providing practical lifestyle adjustments, evidence-based programs and community partnerships.

Injuries from falls can make it difficult for older adults to do everyday activities or remain independent.

According to the [Centers for Disease Control and Prevention \(CDC\)](#), more than one in four Americans aged 65 and older falls every year. But less than half of them tell their doctor. The CDC also reports:

- One out of five falls causes a serious injury, such as broken bones or a head injury.
- 3 million people are treated in emergency departments for fall injuries each year.
- More than 95% of hip fractures are caused by falling, usually by falling sideways.

While falling may be common, it's not a *normal* part of aging. Here's some ways to help prevent falls in older adults.

6 steps for preventing falls

Most falls are preventable, which means you can take active steps to reduce your own risk and protect your older loved ones.

The [National Council on Aging \(NCOA\)](#) provides the following tips:

1. **Find a balance or exercise program.** These programs can help you build stability, strength and flexibility.
2. **Talk to your doctor if you've fallen or are afraid of falling.** Your doctor can provide a risk assessment and give you resources tailored to your needs.
3. **Review your medications with your doctor or pharmacist.** They can identify which medications could increase your risk of falling.
4. **Get your vision and hearing checked each year.** Your eyes and ears are the key to navigating the world around you.
5. **Keep your home safe.** Make sure your home is well-lit and remove any items you could trip over. Prevent falls in the bathroom by using bathmats in the shower and installing grab bars as needed.
6. **Talk with your family.** Allow your support system to help when needed to work together to reduce your risk of falling.

TEAM KENTUCKY

District Directors	Rick and Leah Cridlin	KYDistrictGWRRRA@gmail.com
District Educator	Rick Artmayer	ky.de.educator@gmail.com
District MEPC	Dave and Roxie Wilkinson	mepc@gwrraky.com
2020 Couple of the Year	Dave and Roxie Wilkinson	coy@gwrraky.com
District Treasurer	Jerry and Luanne Williams	treasurer@gwrraky.com
District Ride Coordinators	Dan and Rita Bondurant	ride_coordinator@gwrraky.com
District Vendor Coordinators	Ray and Kathy Conrad	rconrad@wkybb.net
District Webmaster	Roger Early	webmaster@gwrraky.com
District Newsletter	Donita Nardi	newsletter_editor@gwrraky.com



Our Kentucky Chapters

Note: Please contact Chapter Directors before visiting their chapter. Due to Covid 19 chapters are not meeting at this time. When meetings resume, there could be changes or limitations to the meeting space.

CHAPTER	METTING DAY	TIME	LOCATION	WEBSITE
A	2nd Saturday	11:00am Eat 12:00 pm Meet	Mark's Feed Store 6501 Bardstown Rd. Fern Creek, KY 40291	
C	3rd Saturday	11:00am Eat 12:00 pm Meet	Roosters 124 Marketplace Dr. Lexington ,KY 40503	www.kybluegrasswings.org/
G	2nd Tuesday	6:00 pm Eat 7:00 pm Meet	Dave & Buster's 781 Height Blvd. Florence, KY 41042	www.chapterg.org/
H	1st Friday	6:30 pm Social Time 7:00 pm Meet **Dinner to Follow	UK Extension Shelby County Office 1117 Frankfort Rd, Shelbyville, KY 40065	www.shelbyvillegoldwings.com/
K	3rd Sunday	4:00 pm Eat 5:00 Meet	Golden Corral 1320 North Green Street Henderson, KY 42420	
S	2nd Sunday	4:00 pm Eat 5:00 Meet	Shoney's 1046 Executive Dr. Elizabethtown, KY 42701	
T	3rd Saturday	6:00:00 PM Meet	Carriage House 624 James Trimble Blvd, Paintsville, KY 41240	www.facebook.com/Gwrra-Chapter-KY-T-Big-Sandy-Wings-128027183940433/
Y	1st Thursday	6:00 pm Eat CST 7:00 pm Meet CST	Majestic Family Restaurant 700 S. 6th Street Mayfield, KY 42066	www.freewebs.com/yducks/

Convention/Rally Schedules

Due to the Covid 19 Pandemic all conventions and rallies have been cancelled.
New or rescheduled events will be posted as information becomes available.

International GWRRA Team

Name	Position	Email	Cell Phone
Jere & Sherry Goodman	Directors of GWRRA	JereGood@aol.com	540-623-0447
Bob & Nan Shrader	Director's Assistant	floridadd@msn.com	352-424-0686
Bruce & Barb Beeman	Director's Assistant	Brucebeeman01@gmail.com	507-438-7063
Chantel & Francois Seguin	Director's Assistant	chantal@lesseguins.com	613-913-4578
Tom & Renee Wasluck	Director's Assistant	Tom.renee11@gmai.com	570-239-2353
John & Shawn Irons	Director's Assistant	Ironsline3414@gmail.com	405-747-4618
Clara & Fred Boldt	Director of the University	toledotriker@gmail.com	319-240-4269
Dan & Mary Costello	Directors of Membership Enhancement	mep.director.gwrra@gmail.com	732-261-2883
Mike & Barri Critzman	Directors of Motorist Awareness	itsawingthing@hotmail.com	760-486-3406
Randall & Janet Drake	Director of Finance	financedirector@gwrra.org	720-480-2800
Susan & George Huttman	Directors of Rider Education	Director-re@gwrra.org	828-368-2249
Allesandro Boveri & Mariarosa Bruzzone	Directors Overseas	alboveri@gmail.com	39-33-537-0468

Ride Safe

Be Safe

Practice Social Distancing

Check in on your friends and family

We can't wait to see you at the next gathering!

Team Kentucky