

KENTUCKY DISTRICT NEWSLETTER



GWRRRA KENTUCKY

Inside Kentucky

There's lots of riding going on in Kentucky and our Chapters are posting many great pictures in their newsletters. It's great to see everyone out and enjoying the ride! Here are a few highlights.

Chapter S went on a covered bridge ride visiting 11 covered bridges in KY and crossing 3 that are still passable.



Chapter C did the Blue Ridge to celebrate Mike's cancer being deemed dormant and inactive. Great news Mike, and what a way to celebrate! They are also actively working the crossword.



Links of Interest

- **KY District:** <http://www.gwrraky.com/>
- **Home Office:** <http://www.gwrra.org/>
- **Wing World:** <http://wing-worldmag.com/>
- **Wing Ding:** <https://www.wing-ding.org/>

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District Directors Report



Rick and Leah Cridlin

Kentucky District
Directors

Hello Kentucky! June was a great month for riding and for Leah and I it was capped off with a great Ride-In! We had a very nice turnout and have received some very positive feedback. A big thank you to everyone who attended and a very special thank you to Chapter G and the district staff for all the hard work involved in making this a great event. We were excited to announce that Chapter A has volunteered to host the Ride-In next year and it will be held in Bardstown, KY on June 3-4, 2022. Save the dates and if you plan to camp, I highly recommend making your reservation now. Leah and I already have reservations at My Old Kentucky State Park Campground on Site #22. The campground is right there in Bardstown and will sell out by the Ride-In, so the earlier you make your reservation, the better chance you have of getting in. Chapter A is also working on a host hotel, so we will keep you informed as more information becomes available.

As announced last month chapter visitation and the traveling plaque are both back on. Although there won't be awards for those programs at the Blast this year, any points earned in June and July will rollover and count toward next year's award. Visiting other chapters and chasing the plaque are both excellent reasons to ride. We have often made a day of visiting other chapters by not taking the most direct route to get there.

One of our members, Alan Ernest from Chapter C, recently had a terrible experience with Rescue+ after breaking down following a great trip riding the Blue Ridge Parkway. Alan discovered that the number listed on the back of our membership cards is no longer in service. While on the road he was unable to locate the correct number and was forced to make other arrangements to get his trike towed. Through extensive research and perseverance, Alan was able to get the correct number and wanted to make sure that our members have it. The correct number for Rescue+ is 1-800-745-5791. With the traveling season upon us, I highly recommend storing that number in your cell phone and/or putting it on your card or somewhere you will have with you while out riding. I want to personally thank Alan for taking the time to get the correct information and sharing it.

How are you doing with the Crossword Challenge? As of this writing I only have 3 more clues left to get. I am reminded while riding to the locations of just how creative Donita Nardi is in putting this challenge together. Riding is so much fun in and of itself, but having a new destination with a purpose and beautiful scenery on the way makes it even better. I encourage you to give it a try even if you know you won't be able to complete the whole puzzle, at least go out and get the locations that are near you.

District Directors Report– continued



Rick and Leah Cridlin

Kentucky District
Directors

By the time you read this newsletter, Wing-Ding will either be over or winding down. I am looking forward to it and can't wait to see where it will be held next year. That is always one of the best kept secrets and a fun part of opening ceremonies. I'm sure you will know the location before I get to tell you, but I will still put in in next month's article.

The Blast is our next big event here in Kentucky and all information, including the registration form is available on the district website at www.GWRRAKy.com. Remember, if you want a Blast T-Shirt, you must pre-order. They will not be available for sale at The Blast. If you are not able to attend The Blast, but would like a T-Shirt, fill out the T-Shirt order portion of the registration form and send it to us. We will pick up your shirt(s) at The Blast and make sure you get it. Leah and I look forward to seeing you soon. Stay Safe!



District Educator Report



Rick Artmayer

District Educator

GWRRRA has been promoting motorcycle safety since it was established in 1977. The Rider Education program is designed to encourage and reward safe riding through training and practice. It is open to both the rider and the co-rider. Detailed in a 110-page manual, this program is structured into four levels and includes recognition for the number of safe miles each member travels. Additionally, the Rider Education program also recognizes the total number of miles a member has ridden on any motorcycle during his or her lifetime. This month I would like to write about the Safe Miles and the High Miles programs.

Safe Miles is a part of the Rider Education Levels Program. Safe Miles is defined as the number of accident-free miles driven on your motorcycle since joining the association. It is a means of tracking the number of safe,

accident-free miles that have been ridden while in GWRRRA. Miles accumulated prior to becoming a member are not eligible under Safe Miles. If/when an accident occurs, the participant in the Safe Miles Program reverts to 0 Safe Miles. An accident is defined as any incident that results in reportable property damage or personal injury during the operation or use of a motorcycle. Reportable includes, but is not limited to, any law enforcement accident report or insurance claim that was filed because of the incident. Application for Safe Miles is accomplished by submitting the N.10 Form. The Safe Miles Pins are available in

5,000-mile increments through the completion of 95,000 miles. For each 100,000 safe miles increment, a rocker patch is available. The pin and the patch, either in full color or black and gold, are \$2.00 each.

The High Mileage Program is separate from and not a part of the Rider Education Levels Program, but it is administered by the District Educator. This program is provided for those who wish to display their total mileage ridden on all motorcycles. All Members may participate in this program, and do not need to be enrolled in the Levels Program. The mileage applied for includes all miles ridden on any brand of motorcycle, both prior to and after becoming a GWRRRA Member. Accidents do not affect these miles. The minimum required mileage is 50,000 miles. Initially, with the first 50,000 miles, the applicant will receive a High Mileage Pin and a 50,000 Mile Hanger Bar. Additional Mileage Bars are available thereafter in 50,000-mile increments as additional miles are accumulated. The cost of participation in the High Mileage Program is \$5.00 for the first 50,000 miles (includes the head pin and first hanger bar) and \$2.00 for each additional 50,000-mile hanger bar. Applications for participation in the High Mileage Program are done using the N.7 Form. Updates to High Mileage uses the N.10 Form.

Traveling safely is something to be proud of, as it takes dedication and skill to stay accident-free. Why not display your skill on your vest for everyone to see? Your District Educator will gladly help you acquire your mileage pins and patches.



District Membership Enhancement



**Dave and Roxie
Wilkinson**

District MEPC and 2019-
2020 District Couple of the
Year

Greetings from us who have just returned from WING DING 42 in Springfield, MO. We rode our trike all the way from our driveway into our new cargo trailer and from the trailer to the motel parking lot. WOW!! What a ride.

When we were there we attended two forums: Membership Enhancement Program and Chapter Couple of the Year Q & A. Both were very informative and well presented. There was a lot of discussion and many questions were answered. During the MEP forum the discussion included "HERE'S THE SCOOP." Roxie has every month submitted one of the things that we in KY do for fun. She was called on by name and told that although the items were fun and appreciated...KY couldn't be in "HERE'S THE SCOOP" "every" month!!! However items would be kept for a later publication when they were needed. GO KENTUCKY!!!

We also attended the Couple of the Year Reunion luncheon (held at the Route 66 Museum), opening breakfast celebration, Masters Breakfast along with the awards ceremonies, and the closing ceremonies. We volunteered the last day in the GWRRA Store along with a host of other volunteers from KY, other states and GWRRA Staff.

We were "busy" to say the least, but were able to see many friends from all over the state, and make new friends too! What a great time we had!!

District Couple of the Year

C
O
Y

We're winding down to the time when we'll hopefully name a new District COY for 2021-2022 at the BLAST in August. Although we've had no resumes come in from our chapter couples we have some Great Ideas!

Don't be shy...we can still receive resumes'
...all of you couples are very special and are honored by your chapters...
and your District as well!

Remember you can make it what feels right for you...not what previous couples have done!

It'll be a lot of fun and you won't be sorry you came on board... as a member of the KY District Team.



District Vendor Coordinators

We now have 6 vendors confirmed for the Blast and a few more possibly in the works. We anticipate that it will be a strong rally and hope that you will all come out and enjoy the fun.

Ray and Kathy Conrad

Kentucky District
Vendor Coordinators



District Pins and Patches

Greetings!

Wing Ding 42 is in the books. Next up is the Kentucky Blast. Are you ready? Lots of good riding weather ahead, so make sure you have what you need! Do not forget your hearing protection - remember, it's the wind noise, not the engine noise that'll get you...

Safe travels -

John Keiter

District Pins n' Patches

Newsletter of the Month

. Congratulations to Karen Risen of Chapter A for winning Newsletter of the Month for June and Newsletter of the Quarter! Great job and keep up the good work!

Newsletter of the month and the quarter are announced by the 10th of the following month. Please continue doing such a good job on those chapter newsletters. They are really looking great! It's truly awesome to see pictures of all the rides that are going on across our great state!





Leah Cridlin

District MFA Coordinator/
Instructor

District Medic First Aid

FIRST AIDER TIPS: 5 COMMON STEPS TO FIRST AID CALLS

By guest blogger Peter Marotto, M.Ed., Instructor Trainer, HSI Training Center Coordinator for Security Industry Specialists, Inc.

Responding to a first aid call means you are the first link in the chain of survival for out-of-hospital care. First aid requires the responder to keep a cool head and offer the best care to comfort, reassure, and treat the victim.

One way I teach my students to remember the steps of care a first aider renders is to remember the acronym OPICH.

Observe

Pressure

Irrigate

Cold

Heat

OBSERVE

A first aider needs to observe the victim and their surroundings for potential hazards. We are no good to the victim if we become victims.

After the scene is deemed safe, a first aider observes the victim from head to toe, looking for obvious signs of injury. Harder to determine, yet just as crucial as observing for physical injury, is monitoring the victim for signs of illness, allergic reaction, or altered mental state from heat and cold, fainting, diabetes, stroke, or other unspecified illnesses.

Identifying an injury may be a quick step, while observing for illness may take more time. Don't rush the observation step.

Observing also includes the primary and second assessment, asking the victim to rate their pain on a scale of 1 to 10, and then repeating the assessments until emergency medical services (EMS) arrives, or the victim recovers and is able to go about the rest of their day.

District Medic First Aid –continued

PRESSURE

Pressure is most often thought of as what a first aider applies to cuts to slow or stop bleeding. While this is undoubtedly a valuable use of applying pressure, a first aider may also use the application of pressure when there is no bleeding.

A slip, trip, and fall victim may complain of unspecified pain in their body. By applying light pressure to limbs and the torso we may be able to isolate areas of impact and help determine the severity of injury. Pressure may also be in the form of an ankle or wrist wrap, splint, or in the form of a blanket to comfort and calm a victim in shock.

Remember to always ask for permission from a conscious victim before administering any first aid.

IRRIGATE

Cleaning a wound, flushing an eye with water or saline, running a thermal burn under water, and cooling down a person suffering heat exhaustion are all forms of irrigation. Make it a point to review the different types of prep pads and topicals that are kept in your first aid kit. Note each product's primary and secondary uses, as-well-as when to avoid using them. Always ask a conscious victim if they are allergic to any medications before applying topicals.

COLD

Cold packs and ice packs are a simple and effective method to help reduce swelling, slow blood flow to a bad cut, and help cool down a victim of hyperthermia. Generally, try to avoid placing the cold pack directly on bare skin, and always note the time the cold pack was first applied and how long it was kept on the victim before being removed or replaced.

In addition to having instant, disposable cold packs on hand, keeping sandwich bags at the ready to fill with ice can be a quick and effective means to administer cold.

HEAT

While many first aid kits are stocked with cold packs, heat is an often-overlooked step in first aid care. Heat applied to a sore or stiff muscle, especially the back, can help loosen tight areas and relieve pain. Heat administered slowly can help hypothermia victims raise their body temperature. Always note the time the heat pack was first applied and how long it was kept on the victim before being removed or replaced.

Just like we can keep sandwich bags on hand to fill with ice, instant disposable heat packs may not always be at the ready. If, however, you are in an area with access to a sink and microwave keeping strips of T-shirt cotton cloth on hand to wet and heat up in the microwave can be a simple and effective heating pad.

As with pressure and irrigation, always ask conscious victims for their consent before administering cold or heat.

First aid calls, while time sensitive, are usually slower moving than CPR calls., This means taking time with the victim is often a much-needed first step to keeping them, and yourself, calm. Maintaining a sense of calm will help make the assessment questions you ask when observing the victim less awkward and applying assessment pressure less embarrassing.

As a first aider you may find keeping these five steps in the back of your mind helps focus your efforts during a first aid call. Lastly, remember to observe the victim continuously for signs of decline or, hopefully, recovery.

Ride-In in Review

The Ride-In was a huge success with over 70 members in attendance. It was great to see everyone come out to have a great time! Big thanks to Chapter "G" for hosting this event. We are all looking forward to next year's event hosted by Chapter "A".



It's 2021 and the Rally's are ON!



*Wings Over the
Smokies®*

Hosted by NC GWRRA

Haywood County Fairgrounds
758 Crabtree Rd.
Waynesville, NC 28785

September 2-4, 2021

“Family Reunion:
Back Together Again”

ALABAMA DISTRICT RALLY
SEPT 30 TO OCT 2, 2021



*Cruising
in
GRAND style*



Rally in the Valley
2021

LYNCHBURG, VA
OCTOBER 14-16, 2021

Lynchburg Grand Hotel

601 Main Street, Lynchburg Virginia 24504



2021 WEST VIRGINIA
GWRRA DISTRICT
TOURING WEEKEND

July 15, 16 and 17, 2021
Summersville, West Virginia
Quality Inn

Wing Ding 43

The word is out!! Wing Ding 43 will be held in Shreveport, Louisiana June 28 – July 2, 2021 | Shreveport Convention Center, 400 Caddo St. Shreveport, LA 71101

Register now and book your lodging at: <http://43.wing-ding.org/>

Stay tuned for updates and save the date now!

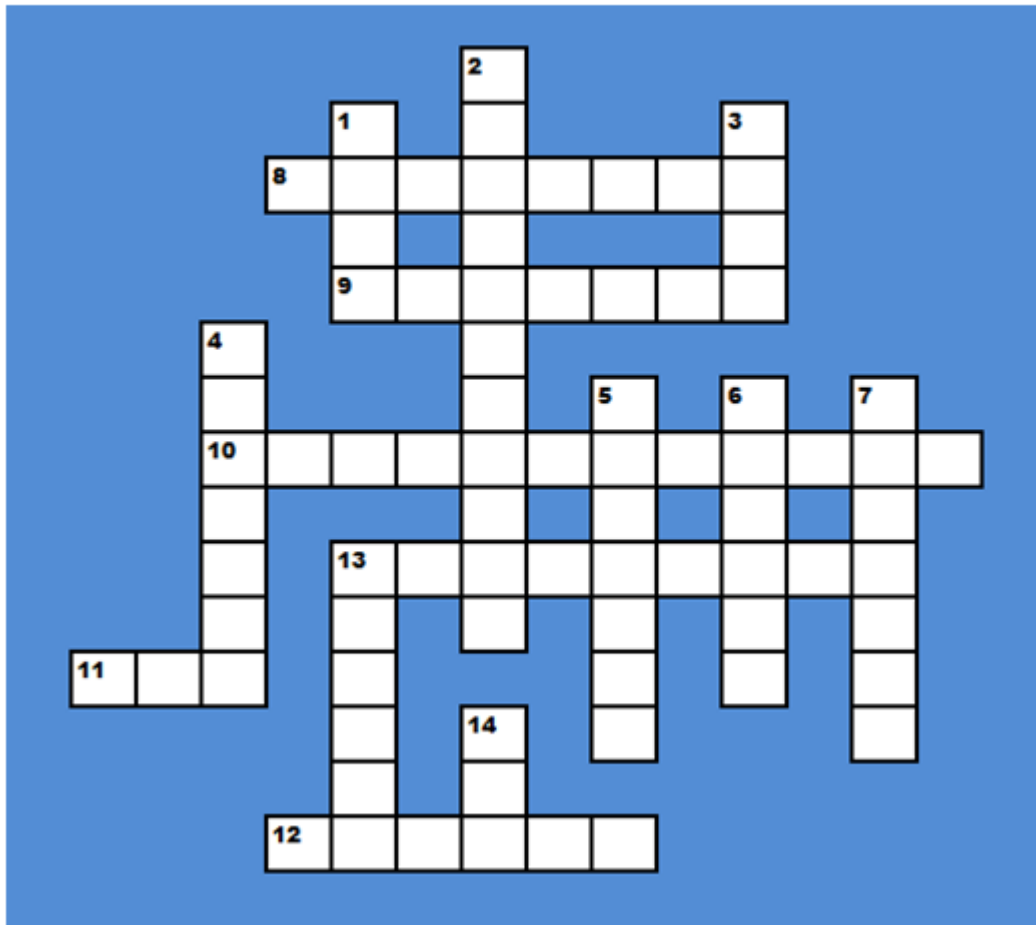
2021 Kentucky Ride Challenge

If you haven't begun the challenge and wish to take part, it's time to get moving! Time is running out as all entries must be turned in before The Blast in August. Allow yourself enough time to enjoy the ride. This one is a big challenge and cannot be completed quickly. Give it a shot and have some fun!!

Make it an individual or group ride, or even a chapter event, but don't forget your required "thumbs-up" photo. And most of all, HAVE FUN!!!!



Kentucky Crossroads Crossword



Down

Down

Across

1 N37*58.267' W084*32.189'
6th Line 4th Word

2 N38*12.650' W085*12.957'
5th Line Last Word

3 N37*50.464' W087*35.611'
8th Line 4th Word

4 N37*52.944' W087*33.462'
1st Line 3rd Word

5 N38*08.126' W085*34.790'
5th Line 3rd Word

6 N37*48.883' W082*48.421'
3rd Line 1st Word

7 N36*44.485' W088*38.136'
3rd Line 3rd Word

13 N39*04.194' W084*52.154'
3rd Line 4th Word

14 N36*44.969' W088*38.187'
11th Line 3rd Word (front)

* = Degrees

8 N38*12.699' W085*12.784'
5th Line 6th Word

9 N37*42.488' W085*52.400'
(mkr #1912) 8th Line 6th Word

10 N37*41.585' W085*51.495'
5th Line 5th Word

11 N37*57.048' W084*21.379'
9th Line 3rd Word (front)

12 N39*00.025' W084*48.747'
7th Line 2nd Word

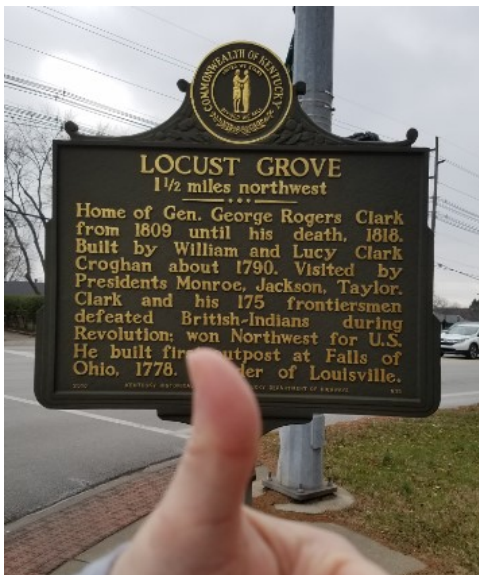
13 N38*15.541' W085*45.310'
5th Line 3rd Word

Kentucky Crossroads Crossword

Instructions

- ◆ Follow the coordinates to the destination.
- ◆ Locate the correct highway marker.
- ◆ Take a picture of your “thumbs up” in front of the sign.
- ◆ Use the text on the sign to locate the word for the puzzle.
- ◆ Repeat the above until your puzzle is finished.
- ◆ Submit your puzzle to newsletter_editor@gwracky.com
- ◆ If your puzzle is correct your name will be placed in a drawing at the Kentucky Blast.
- ◆ If your name is chosen, you will be required to submit your “thumbs-up” photo from select a puzzle number.
- ◆ Enjoy the ride!

Sample



Coordinates are in DMS format

Help entering coordinates in Garmin: <https://support.garmin.com/en-US/?faq=MqzJQ9sS8r7e111Ri6Zlw5>

Help entering coordinates into Imaps: <https://www.iphonefaq.org/archives/971696>

Count lines down and words across

Marker number in lower right cor-

2021 GWRRA Events

The Blast

The 2021 Blast is scheduled for August 19th through the 21st in Lawrenceburg, Kentucky. It will be held at the American Legion Post 34, 725 West Broadway Street. For more information about Lawrenceburg, please go to www.visitlawrenceburgky.com. Please check back later for more details.



Wings Over The Smokies

North Carolina is sponsoring the 37th annual Wings Over The Smokies Rally September 2-4 in Waynesville, NC. Register or obtain event information at www.gwrranc.org.



Get on the Level

GWRRA Level System

Basically there are four levels:

1. Safety by Commitment
2. Safety by Education
3. Safety by Preparedness
4. Safety by Enhanced Commitment and Preparedness

Gold Wing Road Riders Association

Rider Education Levels Program

"THE BUILDING BLOCKS OF RIDER EDUCATION"

Each level requires that you are a member of the GWRRA and you have completed the previous level. The rider and co-rider requirements for each level are as follows:

Level 1: Safety By Commitment

Rider and Co-Rider requirements:

- The expressed commitment of the Rider or Co-Rider to strive for and practice safe riding.

Level 2: Safety By Education

Rider requirements:

- Have 5,000 safe miles.
- Have a current motorcycle license.
- Have completed an approved on-bike Rider course within the past three years.

Co-Rider requirements:

- Have 5,000 safe miles.
- Have completed an approved Two-Up Rider course or GWRRA Co-Rider seminar within the past three years.

Level 3: Safety By Preparedness

Rider requirements:

- Completed a formal approved on-bike Rider Course within the past three years.
- Maintain current First Aid, CPR **or** MEDIC First Aid certifications.
- Carry a First Aid kit on the motorcycle.

Co-Rider requirements:

- Completed an approved Two-Up Rider course or GWRRA Co-Rider seminar within the past three years (a sanctioned PLP is not allowed to be used for this Level).
- Maintain current First Aid or CPR **or** MEDIC First Aid certifications.

Level 4: Safety By Commitment and Preparedness

Rider requirements:

- Have been current in Level III for at least one full year.
- Have ridden a minimum of 25,000 safe miles.
- Be current in both First Aid **and** CPR certifications.
- Wear proper riding apparel at all times while riding.
 - *Proper riding apparel, a.k.a.: proper riding "gear" will include, at a minimum, a DOT (FMVSS 218)/Snell (M2010) / ECE 22.05 approved helmet (approved standard applicable to the local area), eye protection, long sleeved jacket/shirt (no "riding pull on/off sleeves"), long legged sturdy pants, full fingered gloves and over the ankle footwear. Some have coined the acronym ATGATT standing for All the Gear, All the Time.*

Co-Rider requirements:

- Have been current in Level III for at least one full year.
- Have ridden a minimum of 25,000 safe miles.
- Be current in both First Aid **and** CPR certifications.
- Wear proper riding apparel at all times while riding (see definition in the Rider section above).

Team Kentucky

District Directors	Rick and Leah Cridlin	KYDistrictGWRRA@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	Luanne and Jerry 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 Pins & Patches	John Keiter	jbkeiter@gmail
District Newsletter	Donita Nardi	newsletter_editor@gwrraky.com



Our Kentucky Chapters

Visitation is officially open! It's finally time to go see our friends again. We all now know how precious this privilege is. Let's get out and enjoy it.

KY -	MEETING DAY	TIME	LOCATION	WEBSITE
A	2nd Saturday	11:00am Eat 12:00 pm Meet	Roosters 10430 Shelbyville Rd. #7 Louisville, KY 40223	
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	American Legion Post 4 8385 US Hwy 42 Florence, KY 41042	www.chapterg.org/
H	1st Friday	6:30 pm So- cial 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	1:00 pm Eat 2:00 Meet	Shoneys 2452 US 41 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/

District Newsletter

Rick and Leah Cridlin
KY District Directors

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E-mail:
KYDistrictGWRRA@gmail.com



WE'RE ON THE WEB!
GWRRAKY.COM

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!**

International GWRRA Team

Name	Position	Email
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Randall and Janet Drake	Director of Finance	financedirector@gwrra.org
Susan & George Huttman	Directors of Rider Ed	director-re@gwrra.org
Allesandro Boveri & Mariarosa Bruzzone	Directors Overseas	alboveri@gmail.com