

KENTUCKY DISTRICT NEWSLETTER



GWRRA KENTUCKY

Inside Kentucky



It finally happened!! After almost two years of waiting patiently for their kick-off, Chapter K became official on September 20th. There was a good showing of KY chapters that showed up for the kick-off. There were food trucks, games, and lots of fun for all. Chapter A of Louisville took home the plaque, but all of Kentucky will be chasing it down in October.

We are very happy to finally officially welcome Chapter K to the GWRRA Kentucky family and we know there will be many great times to come. The Henderson Chapter is already out riding and posting their rides for everyone to enjoy.



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/>

Inside this issue:

District Director Report	2
District Educator Report	3
MRPC/COY	4
Vending & Patches	5
MFA	6
Kentucky Team	9
Kentucky Chapters	10

District Directors Report



Rick and Leah Cridlin

Kentucky District
Directors

September was a really busy month for Leah and me. We recovered from the Blast and rode to North Carolina where we attended Wings Over the Smokies with three other couples from our home chapter (Chapter G). We had a great time at the rally and were able to enjoy some awesome riding in that beautiful part of the country.

I was fortunate to be able to join 10 members from Chapter A on part of their fantastic multi-day trip, where they visited Niagara Falls and Gettysburg prior to me meeting them in Front Royal, Virginia. The following day we rode through Shenandoah National Park on Skyline Drive, which is an absolutely amazing route, with epic views. We spend the following evening in Waynesboro, Virginia and headed home the following morning, leaving them to finish their ride along the Blue Ridge Parkway. I had a great time and can't thank Chapter A enough for being such gracious hosts. They really made me feel welcome, which reminded me of just how special our association really is.

This trip also reminded me that there really is something for everyone in our district and I want to take this opportunity to remind everyone that we all join the national organization of GWRRA and we are free to participate with any chapter we want, anywhere in the world. We do choose a chapter to call our home chapter, but we are all free to participate with as many other chapters as we want. If you don't see something posted on your home chapter's calendar that interests you, take a look at all the other chapters ride or event schedule and see if you can find something that interests you. Then simply contact the Point of Contact for the event and plan to attend. Not only will you have a great time participating in something that interests you, but you will also make new friends. I assure you that every chapter will welcome you with open arms and you will make lasting memories.

Chapter G, after missing out on so many events like everyone else over the past year, had a Merry Thanksgiving weekend at Big Bone Lick State Park, where we celebrated Halloween, Thanksgiving, and Christmas. The event included a costume contest, trick or treating, gobble wobble bowling, a turkey trot, a white elephant/dirty Santa gift exchange and a fantastic Thanksgiving dinner and Christmas breakfast.

On the Sunday morning following the Chapter G celebration Leah and I, along with 5 other Chapter G members, headed to Henderson, KY to participate in the long awaited Chapter K kickoff. Congratulations to Bruce and Kathy Hensley, and all the members of Chapter K for hosting a wonderful event, which was well attended by members throughout Kentucky and even a couple representing the Indiana District Staff. We all wish you the best and look forward to seeing you all in many future activities.

The fall season presents many more opportunities to ride and experience the changing colors. It also brings on the added hazard of falling leaves and running wildlife, so please continue to ride safely.

Remember, check the district and chapter websites and find some fun. Ride safe!

District Educator Report



Rick Artmayer

District Educator



Here we are at the beginning of the last quarter of the year. Fall gives us some good weather for riding, but it comes at a cost of increased dangers on the road. Things like wet leaves, small animals searching for their last meals before hibernation, and big animals searching for a mate, are now experienced with increased frequency compared to summer. We need to be aware and vigilant as we participate in our solo and group rides.

Speaking of riding, I was able to make it to the North Carolina District Rally last month and attend the Crash Scene Response seminar. I think this is a very worthwhile course and offers good content. I have a few take-aways that I think are worth sharing. At the start of every group ride, it is recommended to have a rider meeting. This is the time to discuss the basic route, talk about scheduled and unscheduled stops, identify the vehicle with the shortest range, and other specifics about the ride, the machines, and the participants that effect the group. We know all this from the Team Riding and Road Captain courses. Crash Scene Response covers what to do if/when you or your group happen upon a crash. There are many “jobs” that need to be filled in an event like this. These jobs are discussed in the seminar, as is the importance of quickly filling these positions to manage the scene and help the victims and the other motorists alike to keep everyone safe.

My suggestion is to ask for volunteers and to assign these jobs at the beginning of the ride, before leaving the parking lot. The jobs assigned to the volunteers can be an added column on the participation list that the Ride Captain and Tail Gunner should carry. In the event of an emergency, each specific role has been assigned and each ride participant has had the entire ride up to that point to think about and get comfortable with their responsibility. Should the need arise, each participant will know where to go and what to do.

I know when I have planned rides, I have spent hours on the route, checking for the ideal roads that include enough curves, a reasonable number of miles, the proper number of stops for the group’s physical needs, good food, available fuel, and comfortable lodging. All to fit in the time available. But I had never thought about the “what if” we come upon a crash or are involved in a crash. I will on the next ride I plan. I hope you do too. You might think it is unnecessary and maybe even a waste of time because you have never needed it on any other ride. But what if...?

District Membership Enhancement



Dave and Roxie Wilkinson

District MEPC and 2019-
2020 District Couple of the
Year

Before we go on chapter Fall Color rides, we're writing this in the second week of Sept because we'll be on a long planned vacation trip for two weeks. When you read this we will have missed the Chapter K KICKOFF celebration, some chapter get-togethers, and also the District Staff Zoom call meeting.

Now we're into the fall riding season and that will include more chapter visits to see and hug our friends that we've missed for so long. Our GWR-RA motto, "Friends for Fun, Safety, and Knowledge can be a reality again! YEAH!! We've had some visits in the past but maybe we can get back to more regular visits in the future. But please be respectful of each other's health safety. Some of us are "of a certain age" and are in more danger if we're infected with the virus even though we're fully vaccinated. (This seems like "preaching to the choir" but please know it's because we love and care about you.)

District Couple of the Year

We'll be back in November, but for now...



C
O
Y

we're on vacation.



Ray and Kathy Conrad

Kentucky District
Vendor Coordinators

District Vendor Coordinators

With 2021 quickly coming to an end, we are eagerly looking toward next year and are already working on getting vendors for our 2022 season. There is still some great riding weather to be enjoyed, so we hope you will get out , be safe and make the most of the good days that are left.



John Keiter

District Pins n' Patches

District Pins and Patches

Greetings Kentucky!

Winter is fast approaching and riding season is ending soon, Make sure to get your bikes ready for winter if you won't be riding. Next year will be a good one, I think, and we have a lot of good rides planned.

Don't forget the Ops Meeting!



Leah Cridlin

District MFA Coordinator/
Instructor

District Medic First Aid

SUDDEN CARDIAC ARREST VS. HEART ATTACK: WHAT'S THE DIFFERENCE?

Sudden Cardiac Arrest Awareness Month is right around the corner! So, let's address one of the most common questions that CPR students have: What's the difference between sudden cardiac arrest and a heart attack?

The general public often uses these terms interchangeably, but they are two separate medical emergencies.

An easy way to distinguish the two emergencies is to look at them as an electrical issue versus a plumbing issue. But what does that actually mean?

HEART ATTACK: THINK PLUMBING ISSUE

A heart attack occurs when a clot blocks a narrowed coronary artery, depriving the heart muscle of oxygen. In simple terms, blood flow to the heart is blocked. Therefore, it can be viewed as a plumbing issue.

Symptoms of a heart attack can occur suddenly, or they may come and go over a longer period of time – hours, days and even weeks. The longer a person goes without treatment, the greater the damage to the heart.

It's important to note that a heart attack can progress to sudden cardiac arrest. In fact, it's a leading cause of sudden cardiac arrest. So, let's take a look at how sudden cardiac arrest differs from a heart attack.

SUDDEN CARDIAC ARREST: THINK SERIOUS ELECTRICAL ISSUE

Sudden cardiac arrest occurs when there's an issue with the heart's electrical system that causes an irregular heartbeat. When the heart's pumping action isn't functioning effectively, the heart can't pump blood to the brain and other vital organs.

Sudden cardiac arrest occurs suddenly and often without warning. Death can occur within minutes without immediate intervention.

The combination of calling 911, early CPR and early AED use give the best chance of survival. This is why all links in the Chain of Survival are so important!

Upcoming Rallies



For Sale

2006 Goldwing , serviced regularly with 55K miles. Runs great and is in very good condition. Asking \$8000 For more details contact Lee at : elftwo49@gmail.com



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

Phone: 859-534-5292
E-mail:
KYDistrictGWRRA@gmail.com



WE'RE ON THE WEB!

GWRRAKY.COM

Ride Safe

Be Safe

Visitation is on!

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

International GWRRA Team

Name	Position	Email
Jere and Sherry Goodman	Directors of GWRRA	JereGood@aol.com
Bob and Nan Shrader	Director's Assistant	floridadd@msn.com
Tom and Renee Wasluck	Director's Assistant	tom.renee11@gmail.com
John & Shawn Irons	Director's Assistant	ironslines3414@gmail.com
Kevin Bramhoff & Karin Young	Director's Assistant	director@gwrra-nwc.com
Frank and Sharon Jackson	Director's Assistant	frankj64155@yahoo.com
Lorrie Thomas and Dan Clark	Director of the University	lorriemthomas@aol.com
Dan and Mary Costello	Directors of Membership Enhancement	mep.director.gwrra@gmail.com
James & Freida Clayson	Directors of Motorist Awareness	james.clayson@gmail.com
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