



National



Tennessee District



Chapter H



Let's go riding!




# Harpeth Wings

## Chapter H

### Franklin, Tennessee

We eat at 9:00 am, meet at 10:00 am at Shoney's Restaurant, Hwy 96 (exit 65) just west of I-65 in Franklin, 4<sup>th</sup> Saturday of each month. Come join us at our next meeting – March 30. **NOTE:** *Our meeting date for this month only has been moved back one week. We will be back to our normal schedule in April, i.e. the 4<sup>th</sup> Saturday.*

Check out our Chapter webpage at <http://www.chapterh.com>

Also our Facebook page at  TNChapterH

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## Gold Wing Road Riders Association (GWRRA)

### *Friends for Fun, Safety and Knowledge*



Will & Thu Horsley  
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(615) 483-2335

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## Director's Corner

Those of you that saw last month's newsletter saw Thu crawling through a opening in a cave in Jamaica. Did you notice that she had on her hard hat to protect her head? It was really needed there.

There are several of us taking a First Aid/CPR class on our regular meeting day, so it has been pushed back to March 30th; same time same place.

I am beginning to believe that we are going to have to take the wheels off the bikes and fit them with pontoons. Don't know about all of you, but I have had my fill of rain for a while. Am looking forward to better weather and sunshine.

Be safe

Will & Thu Horsley  
TN-H CD's

Ride Safe

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*Note to newsletter recipients: If, for some reason, you do not wish to receive this newsletter any longer, please send a note to [tnwingrider@me.com](mailto:tnwingrider@me.com) and you will be removed from the email list.*  
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## Chapter Team

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## Ride Coordinator

*It is time to start planning rides for 2019. If you have any suggestions for rides or dinner rides, please let me know ([tnwingrider@me.com](mailto:tnwingrider@me.com)). Thus far, we have not received an overwhelming response.*

We're still working on a ride schedule. Hopefully we will have a schedule ready before long.

One idea of a ride revolves around the name of our chapter – the Harpeth Wings. We thought we would ride to three or four areas of the Harpeth River; one example of a stop would be the Narrows of the Harpeth (part of the Harpeth River State Park).

Please send any suggestions you have for rides to us.

Ride Safe and we will see you on the road,  
David & Karen

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## **Rider Education**

I know, we no longer have position known as a Chapter Educator (we do have a District Educator, though) This doesn't mean that the chapter is to ignore the topic of Education. After all, the GWRRA motto is "Friends for Fun, Safety, and Knowledge". In my opinion, Safety + Knowledge = Education.

I ran across an article I ran in a newsletter several years ago. The topic is definitely relevant to today's environment on the road so I'm taking the liberty of running it again.

### **Surely You Do Better Than This!**

Ken Condon, in the April, 2014, edition of Motorcycle Consumer News, points out several ways in which riders can make a situation much worse.

When a situation arises that calls for a swift response, do you react or do you simply freeze. Often, when a rider fails to make a curve and runs off the road, it is because he/she froze and was unable to react in time.

Sometimes, a rider will "wake up" in time and overreact. How? Perhaps by braking too hard in a curve, or trying to brake while swerving. If a rider finds himself/herself in a sharp curve, he/she might chop the throttle and hit the brakes hard – a recipe for disaster sometimes resulting in a rider "laying the bike down". At least twice during the past couple of weeks, I have heard riders referring to having to lay their bikes down. Why would someone want to do this? Staying upright and braking hard (properly) can stop the bike a lot quicker than laying it down and sliding down the asphalt or concrete on plastic (not to mention skin).

Target fixation can be a problem and it is one that we can overcome with practice. It is a normal human reaction to stare at a problem but, when we do so on a bike, we tend to run into the problem. Looking at the problem long enough to identify it is fine but then look for your escape route. It is well known that we tend to go where we look, so look for the route to safety, not to disaster.

All riders need to learn to use their brakes properly. Some riders think they don't need to practice proper braking techniques because they have ABS on their bikes. ABS will help protect us from ourselves because too many of us don't practice proper braking techniques. You know that if you

brake hard with your front brakes while in a curve, it can literally pull you to the ground, especially when riding slowly.

How are your cornering skills? What do you do if you enter a curve too fast, or at least faster than you like? Many riders are afraid to lean the bikes over any further. Motorcycles can lean over a lot more than our comfort level thinks they can. As a result we panic and either run off the road or chop the throttle and hit the brakes resulting in a fall.

So what can we do about these situations? This is where the ARC (Advanced Riding Course by GWRRA) or the ERC (Experienced Rider Course by MSF) come in. So you have taken the course before. So? Are you as good a rider as you can or should be? I think all of us could benefit from refresher courses just to make sure we are doing everything properly. Then, once you know what to do, go out and practice, practice, practice.

Ride safely and remember, ATGATT.

David and Karen

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## Coming Events

**March 21-23:** Florida District Rally, Altamonte Springs. The registration form is at:  
<http://nebula.wsimg.com/59447430c02dcd63c3a0fa28ff6a09af?AccessKeyId=3D340C2E6C4D7EE36612&disposition=0&alloworigin=1>

**April 4-6:** Louisiana District Rally, Lafayette. Additional information and registration at  
<http://gwrra-la.org/District%20Convention.html>.

**April 25-27:** South Carolina District Rally, Newberry. The registration form is at:  
<http://gwrrasc.com/2019%20Rally/Rally%202019%20Flyer.pdf>

**May 2-4, 2019.** Tennessee District “Spring Fling”, Pigeon Forge.  
(<http://gwrratn.org/event/37th-annual-tennessee-district-spring-fling/>)  
(<http://purchase.tickets.com/buy/TicketPurchase?orgid=43309&pid=8580694&coupon=goldwings>) The second link is for registering online for the Hatfields & McCoy Dinner Feud which will be Saturday night after the closing ceremonies.

Contest rules, guidelines, and scoresheets have been released for events at Spring Fling. These include:

- Banner Competition Rules 2018
- Banner Score Sheet 2018
- Best Dressed – Costume Rules 2018
- Best Dressed Rules – Chapter Shirts 2018
- Best Dressed Rules – Parade 2018
- Chapter Pride Rules 2018
- Chapter Pride Score Sheet 2018
- Chapter Shirt Score 2018
- Costume Contest Score Sheet 2018

Parade Score 2018  
Scrapbook Rules 26 Jan 17  
Scrapbook score sheet 9 Jan 17  
TN Mascot Contest Rules 2018  
TN Mascot Score Sheet 2018

Rather than include the description of these items in this newsletter, you can find them on the home page of our chapter website at [www.chapterh.com](http://www.chapterh.com).

**May 30-June 1:** Missouri District Rally, Branson. Information and registration information can be found at [www.mogwrra.mogwrra.org](http://www.mogwrra.mogwrra.org).

**June 1:** ARC and TRC tentatively scheduled by Chapter Q in Clarksville. Let Dennis Peterson ([tnchapterq@gmail.com](mailto:tnchapterq@gmail.com)) know if you would like to take the class. They want a minimum of 6 bikes to conduct the classes.

**June 7 – 9:** Chapter G, Tullohoma, is planning a ride to the Ark in Kentucky. Contact Dennis Greer ([dennis\\_greer\\_spectrum@charter.net](mailto:dennis_greer_spectrum@charter.net)) if you think you might want to go with them.

**June 27-29:** Virginia District Rally, Wheels in Wonderland, 31<sup>st</sup> Annual Rally in the Valley, Blue Ridge Hotel & Conference Center. Registration form at [https://docs.wixstatic.com/ugd/061a54\\_df086a8094f6429d88ccbe4a7a5a26be.pdf](https://docs.wixstatic.com/ugd/061a54_df086a8094f6429d88ccbe4a7a5a26be.pdf).

**July 11-13:** West Virginia District Rally, Bridgeport. Registration form at <http://wvgwrra.org>.

**August 15-17:** Kentucky Blast District Convention. Cave City. Registration form not yet available.

**August 27-31:** Wing Ding 41, Opryland Hotel, Nashville. <http://41.wing-ding.org>

**September 26-28:** Wings Over the Smokies. Haywood County Fairgrounds, Waynesville. Registration form not yet available but the flyer is available at <http://www.gwrranc.org/WOtS/2019/WOtS2019Flyer.pdf>.

October 17-19: Mississippi District Rally, Holiday Inn Gulfport-Airport, Gulfport. Registration form not yet available.

Check out the District Newsletter and the [www.gwrratn.org](http://www.gwrratn.org) website for coming events and a lot of other information.

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## Plaque Locations

**COY Plaque: Chapter M, Lenoir City** Available Mar 12

**Middle/West Tennessee Traveling Plaque: Unknown** Available ??

**Tennessee Traveling Plaque: Unknown** Available ??

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## Wingers-N-Waves

You're invited to join your fellow Winger friends on a WINGERS-N-WAVES Viking River Cruise and **FREE roundtrip air to Europe from most major US cities**. The special promotion just started and are for new reservations only and prices subject to change until booked. **The special group rate of \$2,874pp US dollars (all inclusive - includes, tours each day, beer/wine, internet, special Winger perks and much more)**. LIMITED SPACE at the special group rate – **FREE ROUNDTRIP AIR PROMOTION** will sell out.

Meet Chapters from all over the country!

Attached is a reservation form if you'd like to join the FUN. Please call 386-299-7535 for additional questions.

Here are the dates:

**Depart June 30, 2019 for 8 days –**

Depart July 14 or July 19, 2019 –

**Budapest, Austria  
& Germany**

**8 day river cruise & all-inclusive  
6 FREE guided tours**

**Romantic Danube  
July 19, 2019**

**Riverview cabin from  
\$2,874pp includes taxes!**

**Roundtrip air special  
from US to Europe  
from \$599pp!**

**WINGERS-N-WAVES**  
The Ultimate Group Cruise

**CALL 386-299-7535 TODAY!**  
**WINGERSNWAVES.COM**

For full details please go to:

<https://www.wingersnwaves.com/viking-river-cruise-july-2019.html>

Please complete the attached reservation form if you would like to join the FUN. Special promotion – The Viking River Cruises website lists the same trip for over \$2,000 additional on their website!

Attached is a flyer.

Please call Deanna Cisson today at **386-299-7535** and share with all.

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## TRUE ACUPUNCTURE & WELLNESS

### Wellness Services

Acupuncture  
Electro-Acupuncture  
Herbal Medicine  
Cupping Therapy  
Gua Sha (scraping)  
Bodywork Therapy (Tuina)  
Myofascial Trigger and Motor Point Release



Joe Phiakhamta, DAOM, L.Ac is state licensed in acupuncture and board certified in acupuncture and Oriental Medicine by The National Certification Commission for Acupuncture (NCCAOM). Joe is also a certified Chinese Manual Bodywork (Tuina) Therapist and Acupuncture Detoxification Specialist. Upon receiving his Doctorate in Acupuncture and Oriental Medicine, Joe founded True Acupuncture & Wellness to bring healing services to the community.

## TRUE ACUPUNCTURE & WELLNESS

### Health Conditions Treated

Acute/Chronic Pain | Addiction | Allergies | Anxiety  
Arthritis | Autoimmune Disorders | Chronic Fatigue | Constipation  
Depression | Digestive Disorders | Headaches/Migraines  
Insomnia | Musculoskeletal Pain | Oncological Support/Cancer Pain  
Post-Operative Recovery | Sinusitis  
Smoking Cessation | Sports Injury | Stress

### Pain Management

Neck | Shoulder | Back | Knees | Joints | Plantar Fasciitis



## TRUE ACUPUNCTURE & WELLNESS

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