

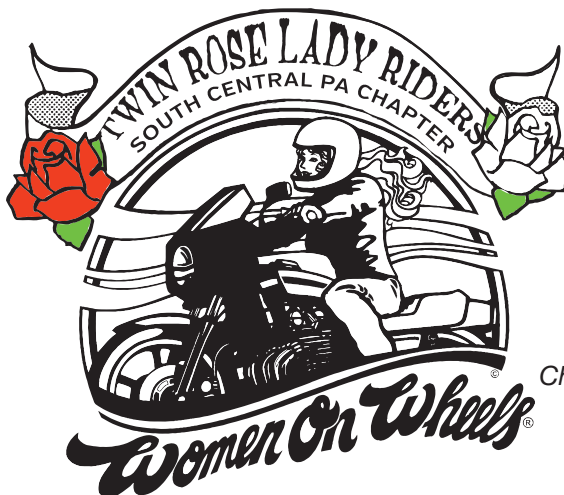
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Feb. 2018

SOUTH CENTRAL PA CHAPTER NEWS

Vol. 24, No. 2

www.twinroseladyriders.com

www.meetup.com/Twin-Rose-Lady-Riders

 **WOW: Twin Rose Lady Riders Chapter**

Hello TRLRs –

As part of the Twin Roses, I do enjoy riding our official Chapter rides with other ladies and supports. However, I also enjoy some solo riding. Do you travel solo? Is a solo trip on your bucket list? Do you feel like you're lacking the confidence to take one on? Or have you actually traveled solo, but the stress overshadows the joy of the adventure?



No matter what level of traveling experience or what "roadblocks" you might fear, our WOW friend, Tamala Rich, just published her new book, *Hit the Road, A Woman's Guide to Solo Motorcycle Touring*. I first met Tamala at a 2017 MAWMR seminar where she caught my attention when speaking of her motorcycle travels. I got to know her better at the Colorado Springs WOW RideIn™. When my copy of *Hit The Road* arrived in mid-February, I was excited to turn the pages. Several times Tamala references WOW and our awesome members as well as other motorcycle groups.

Tamala also includes some great personal stories from her travels, plus tips and resources for anyone who wants to get the most from their motorcycle adventure. See links and more information on Tamala and her books later in the newsletter.

Are you eager to get out and ride?? Whether you're riding solo or in a group, tell us about your latest and greatest ride or your awesome accessory just installed. We would love to include it in an upcoming newsletter. Natalie, Kathy, and Dawn H have volunteered for our Ride Committee. They have already planned our April Chapter Ride to pass by the Manchester Fire Hall. (Those who have tickets supporting the York Motorcycle Club's 50/50 Food Feed can peel off there. See the Calendar of Events for more details.) But they want your ideas on more rides or destinations, so contact them and maybe even volunteer to lead us on a new adventure. Don't stress out over leading the group – remember... it's never an official TRLR ride until we make a U-turn! Also, don't forget to post on the WOW: Twin Rose Lady Riders Chapter FB group page if you want to share any impromptu or solo riding plans with the ladies. There may be other Twin Roses that would want to join you.



Check out the rest of the newsletter for some fun pictures along with important information on our new March Chapter meeting site, help for navigating the WOW website, and entering the 2018 Mileage Contest.

Hope you get out for some springtime wind therapy. See you March 11th at the Centerville Diner for our last indoor meeting before our 2018 Chapter ride season.

Ride safe and see you soon.

Lynn

Happy Birthday

JoanMarch 20

Jon CMarch 24

*Roses, if your birthday has been missed
send it (mo/day) to suespittle@comcast.net*

Meets 2nd Sundays:

NOV – MAR: 10:30 AM brunch

APR – OCT: Check ride
calendar or call for details
on meeting sites or specific
ride/rendezvous plans.

Welcome Prospective Members!

Would you like to ride with an enthusiastic local WOW chapter? Call any of the names above to chat, or check our web site and events calendar and drop by a meeting point. Support Guys always welcome, too!

If you'd like to continue receiving chapter news, forward \$10 (check payable to Twin Rose Lady Riders) to the Treasurer's address above. It's an annual donation toward operating expenses.

Membership Policy:

Women On Wheels® members and guests are welcome to participate with any chapter. We encourage you to **join the nat'l organization, as WOW membership is required for continued chapter participation** and because members are protected under our insurance plan. Application forms are available in the WOW magazine or from any chapter officer.

Worst Case Scenario

What To Do When It All Goes Wrong

We all know that bad things can happen any time we venture out. Whether you are out for a short ride or on a cross-country tour, vigilance is the key to reaching your destination without incident. But preparing for the worst can help a rider remain calm in emergency situations and increase the chances of coming through unscathed. Here are a few tips as the new riding season begins.

ROAD RAGE

When you've done nothing wrong, but someone is trying to run you off the road, cut you off in traffic or otherwise jeopardize your safety, do not stop or confront the driver. Instead, keep moving with the traffic, stay calm and do not respond to provocation. Accelerating could create a dangerous, high-speed chase. Look for an exit or turn onto the next street. If the driver follows, head for a place where there are a lot of people, like a restaurant or gas station. If you know the area, ride to the police station.

ANIMAL HAZARDS

When deer, squirrels or other animals unexpectedly dart onto your path or when you round that curve to find a moose standing in the road, you must make a decision in a split second. The best situation would allow you to stop safely or steer around the animal. But if conditions don't allow for either of those options, the best choice may be to hit the animal. It's a dicey proposition. Riders must evaluate the severity of the impact and the size of the animal before making a decision. If hitting the animal is the best option, aim for the tail, rather than the head. And keep your focus on the path around and beyond the animal.

BRAKE FAILURE

Few things are more unnerving than grabbing a handful of brake and getting no response from your motorcycle. Acting quickly and decisively can help keep this situation from developing into a total disaster. First try pumping the lever to see if you can build up hydraulic pressure. Immediately start using the rear brake and the clutch and shifter to slow the bike. It's an excellent idea to get into the habit of using both brakes regularly, so you are in position to react quickly when this problem arises.

BLOWOUT

A loud pop, followed by a shudder, usually means a tire has blown. But don't panic. Keep a firm grip on the bars and slowly ease off the throttle. If you must brake, do so gently, using the brake for the good tire. Steer straight until you slow enough to steer safely to the side of the road. The last few turns of the wheel are likely to be the worst, since the whole bike squirms. Let the bike coast to a stop.

CRASHING

When you just can't save it, and you find yourself and your bike sliding down the roadway, you can minimize the damage to your body. Get to the ground as quickly as possible and let go of the bike. Flatten your body and put your arms down to scrub off speed. Use body position, arms and legs to help steer away from traffic and obstacles. When you come to a stop, take a moment to consider your situation. If you are in a safe spot, check your extremities before getting to your feet. But if you are in a traffic lane, get moving quickly, if you are able.



Sue S & John attended a **STOP THE BLEED—Save a Life** seminar promoted by the Dept. of Defense. From mass shootings to highway injuries, did you know that uncontrolled bleeding is the number one cause of preventable death from trauma? Whether you have access to a trauma first aid kit with gauze and tourniquet or you have only your two hands to use, more victims will survive when more people know how to control bleeding until help arrives.

First ensure your own safety. Then...

A – Alert 911

B – Bleeding - Find the injury

- Ask the victim if you may help
(If victim is unconscious it is assumed you may help and you are covered by the Good Samaritan Law.)

C – Compress

- Cover the wound with a clean cloth and apply pressure with both hands as hard as you can, *or*
- Stuff the wound with gauze and apply pressure, *or*
- Wrap a tourniquet 2-3" above an arm or leg wound, avoiding knee or elbow joints.

Compression is painful, but in all cases, do not let up on pressure until help arrives.

Winter Wriding...

Be Proactive in Preventing Cold Weather Skin Injury

If you ride through the winter the skin on your face and neck is at risk – even if you wear a full-face helmet.

The epidermis makes new skin cells and provides a waterproof barrier. It is also vulnerable to low temps and low humidity. Both of these conditions are even more injurious when air whips past your skin when you ride at speed.

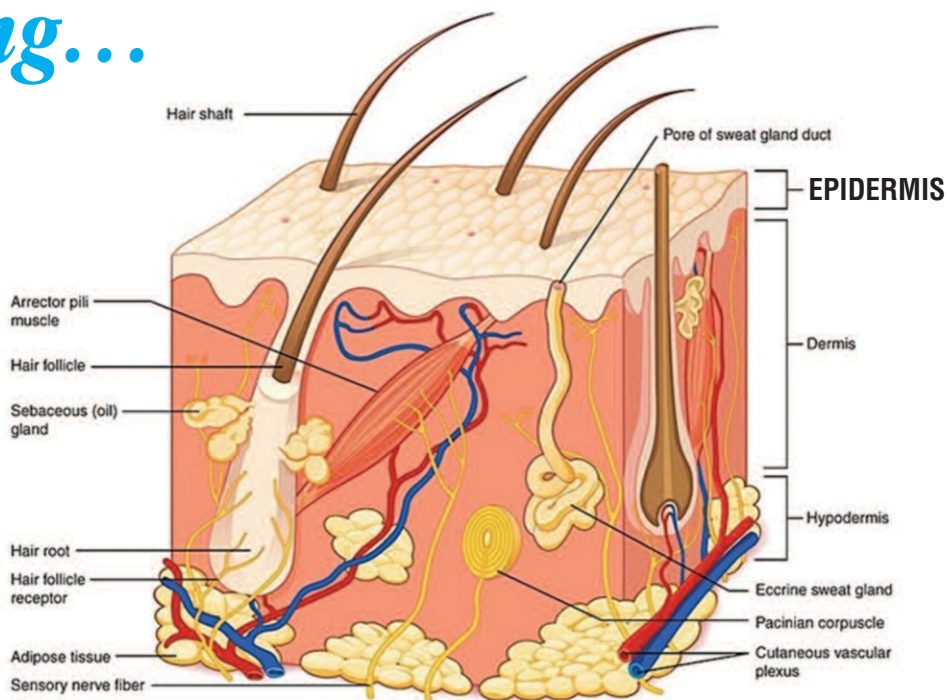
Of course the danger is more pronounced if you are wearing an open-faced helmet, but riders lifting full-face helmet visors up can be injured, too. Even an open chin vent can expose your face to dry wind in the cold.

Windburn is an injury characterized by inflammation and relates to drying out the natural oils of the skin. This reduces the skin's flexibility and can create microfractures of the epidermis. Pain, itching, and peeling follows. Lips that get moistened may be particularly vulnerable as the wet covering rapidly evaporates in the wind, drying out layers even more than if they started out dry. This is all preventable with moisturizers and lip balm.

Diet and medication can also affect risk of windburn. Riders on low-fat diets due to heart or other vascular disease often take lipid-lowering meds or “statins”. They are great for the heart but may dry out your skin before you even get on the bike.

Remember, all exposed skin is at risk. Consider protecting your neck and ears with a balaclava. Look for one with a neck gaiter made for snow sports; one that is not just wind-resistant but windproof – although any wind blocking is better than none.

Think you have windburn? Seek medical evaluation if you experience increasing pain, skin cracking, bleeding, spreading redness, numbness, fever, or drainage! There is a clear overlap with frostbite!



Windburn affects lots of riders but is readily preventable with minimal effort and expense.

Are you riding this winter?

Send your destinations, tales, and pictures to suespittle@comcast.net for our Winter Wriding Story Series.



Marie sends winter wishes to all the Roses!

She says it is 65 degrees in Monterey and she was recently out picking tomatoes and zucchini. Our weather has been a roller coaster of snow and warmth. If you are tempted to ride, beware of cinders!

HOLLINGER

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Having trouble with <https://www.womenonwheels.org/> ??



If you are having difficulty using the WOW website – whether it be for mileage entries or membership renewals or registering for the Ride-In™, contact webteam@womenonwheels.org.

This is a team of awesome volunteers that can provide help.

WOW Annual Mileage Contest Begins March 1, 2018 using WOW M.O.T.O.S.



- Go to the Women On Wheels© website
- Sign-in to your account
- Choose Mileage Programs under the Members tab.
- Select My Garage and set up your motorcycle(s)
- Click Save
- Select Log Your Miles to enter mileage
- Separate entries for starting and ending mileage

*** Last day to enter starting mileage – May 15

Motorcycle **O**dometer **T**racking **O**nline **S**ystem



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Twin Rose Lady Rider Meeting Minutes

February 11, 2018

Round-The-Clock Diner - East

Attendance:

**Lynn, Nancy & Jon, Pat, Kim, Elaine, Sigi, Natalie,
SuzQ, Sue S, Kathy R**

Lynn called the Brunch meeting to order.

December Meeting Minutes were accepted without discussion.

Natalie gave a Treasurer's Report. Contact her directly for specific numbers.

Old Business:

- WOW Ride-In travel plans discussed.
- Thirty-One Party has begun. Contact Nancy with questions. Her daughter in Delaware is hosting the TRLR for HOPE on-line Party thru May 13th. 10% of proceeds will go to HOPE at MAWMR.
- Voices for HOPE Banquet, May 3, new location Tickets are \$60 but TRLR will cover 50% up to a maximum of 8 tickets. Contact Natalie by Apr 8 if you want to go.

New Business:

- Lynn passed around the WOW directory so we could verify our information.
- Contact Dawn by end of Feb if you'd like tickets to the April 8 YMC 50/50 Feed.
- Volunteer for a chapter committee -- Ride Committee, New Member Welcome Committee, Ride for HOPE Committee, Anniversary Party Committee
- MAWMR and our chapter donation discussed

Meeting adjourned.

Next Activity:

Chapter Meeting March 11, 10:30 AM New location
-- Centerville Diner



“HAVE YOU SEEN IT?”

Where is this mailbox located?

Lynn will have the answer for us next month.

(Submit photos of local sights and oddities for this quiz to Editor Sue at suespittle@comcast.net.)



2018 Voices for Hope Banquet

**Thursday, May 3
Out Door Country Club
1157 Detwiler Dr., York**

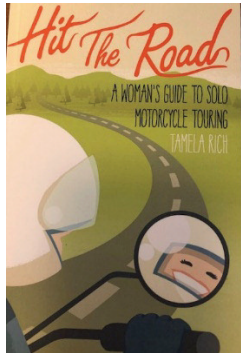
Tickets are \$60 but the Chapter will cover 50% of that cost up to a maximum of a table of 8.

If you would love to attend this fine evening **get \$30 to Natalie by the April 8 meeting** at the latest so she can make our reservations.

If more than 8 Roses are interested, some might opt to pay the full \$60, or there will be a lottery.

INTERESTING AND INFORMATIVE READING

BY LYNN M



Hit the Road, A Woman's Guide to Solo Motorcycle Touring

By Tamela Rich

Tamela Rich is a travel expert, Iron Butt member and award-winning author who founded and runs the Mountain & Music Motorcycle Tour Series and who writes for *On the*

Level BMW magazine, and *BMW Owners News*.

As the back cover says "Come for the tips, stay for the stories". In addition to travel type guidance (see sidebar), this little book is full of stories, resources and tips from A to Z:

- Alone, Not Lonely
- Understanding and Overcoming Fear(s)
- What to Pack and How to Pack It
- Personal Safety Devices
- Money Saving tips for more time on the road
- Checklists for packing, mechanical inspections and emergencies
- Unplug, or Stay Online
- And much more.....

Make no mistake about it, although this book is subtitled *A Woman's Guide to Solo Motorcycle Touring*, this resource is valuable for anyone – whether traveling alone or in a group, regardless of sex or type of transportation. Simply great information!!

For more information on Tamela, her books and Mountain and Music Motorcycle Tours go to www.tamelarich.com.

What type of traveler are you?

For fun, take Tamela's Traveler Type Quiz at:

bit.ly/Traveler-Type



Knowing your travel type can help you:

- Plan your trip accurately
- Allow you realistic time to do the things you want to do
- Relieve travel stress

Good for group travel also. Knowing each group members travel type (along with a little dose of compromise) can make group travel enjoyable for all.



Dawn, Lynn, Elaine, and Flat Bandit tried the Centerville Diner and gave it a thumbs up for our March meeting.



Twin Rose Lady Riders 2018 Calendar of Events

Mar 11

TRLR 2nd Sunday Indoor Meeting/Brunch DIFFERENT LOCATION
10:30 AM Centerville Diner, 100 S Centerville Rd, Lancaster 17603
At the corner of 462 (Columbia Ave) and Centerville Rd.

Time to plan 2018! Got ride ideas? Share 'em!

Apr 8

TRLR Second Sunday Ride
MEET: Rutter's Gas Station, Cool Springs Rd. off Wrightsville exit of 30
TIME: Kick Stands Up 9:30 AM
FOO: Sue S – We'll take a short & sweet 50-60 minute ride through York County, passing the fire hall in Manchester. Those with tickets for the YMC Feed can peel off there and the rest can follow me back to East York.

YMC Feed, Union Fire Co., Manchester, 12-3, Tix \$15, 10 wks of prizes
Contact Dawn at dmhtrlr@comcast.net for ticket info by Feb 28.



This is the odd 2018 IFRD logo! No, it's not a fire hydrant or a corkscrew. It's looking straight down on a tank, headlight, front tire, and pegs. Oh dear.

Apr 15

Ride for Autism, YMC, 9-2

May 3

Thurs. – Voices for HOPE Banquet, Outdoor Country Club, \$30 each
Contact Natalie at nwinegarden@yahoo.com for ticket info by April 8.



May 5

Saturday – Int'l Female Ride Day "JUST RIDE!"

May 13

TRLR Second Sunday Ride

June 10

TRLR Second Sunday Ride

June 21-23 MAWMR, Front Royal, VA

July 10-12 Women on Wheels® Ride-In™, Johnson City, TN

July 15 Margaret Moul Charity Ride, YMC, 9-2

York Motorcycle Club
 Breakfast
 3rd Sundays
 8:00-11 AM, \$5
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(just west of Galleria Mall)

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