




"A Hand for the Downed Rider"
The Helping Rider


A.I.M VANCOUVER#

136 Fall 2018



WINTER DANCE

NOV 24, 2018
DOORS OPEN @ 7 PM



LIVE BAND
RHYTHM STREET

Sangam Palace
11267-125A Street

Food sales start at 8 pm

Advance Tickets
604-580-0112 | info@aimvancouver.com | www.aimvancouver.com
No Minors - Thank You!

Pictures

G.F. Strong S&S

Articles

(Thankyou Gary!)

Winter Riding,
The Big Three,
Are you Cringe-Worthy
The Mars Memorandum

On a Journey

Frank Kirby

Last page

WheelChair Pagaent Pic's,

Reminder

Nominations & Elections

One does NOT need to be a member of AIM for us to visit a downed rider, talk to the family and or share info.

"HELPING INJURED RIDERS SINCE 1983"

Serving over 250,000 on-and-off road motorcyclists throughout the province, A.I.M. is a benevolent, non-profit society registered under the provincial Societies Act and holding a Federal Charitable Tax Number. A.I.M. is committed to assisting injured motorcyclists by providing legal assistance, knowledge of rights, assistance with emotional support as well as regular hospital visits and helping with aspects of recovery not covered by other agencies. It is operated solely by volunteers and relies on memberships and donations for funding.

Ride like you are Invisible, Ride Defensively!



The Helping Rider
#135~ Summer ~ 2018

Vancouver A.I.M.

#37 - 13325 115th Ave,
Surrey, B. C. V3R 0R8
Tel: 604-580-0112
Fax: 604-580-0114

www.aimvancouver.com
info@aimvancouver.caom

The Helping Rider is published by
The Association For Injured Motorcyclists
Vancouver Chapter
Free to all interested readers.
Advertisements are welcome.
Articles and letters to the editor are also
welcome.

CHAPTERS

A.I.M Vancouver Island Chapter

P.O. Box 212 Stn Main
Port Alberni, BC, V9Y 7M7
250-720-6345

Interior BC

604-580-0112
info@aimvancouver.com

Northern

604-580-0112
info@aimvancouver.com

A.I.M. Meets

Third Thursday of the Month 7:00 pm
Kalmar Restaurant
8076 King George, Surrey, B.C.,
All are Welcome! Rain or Shine!
Call us 604-580-0112 or email us

President <i>Dave Munro</i>	Membership <i>Bob Hamilton</i>
Vice President <i>Rocky Weinstein</i>	Entertainment <i>Debbie Massullo</i>
Secretary <i>Nancy Williams</i>	Newsletter Nobody's at it again
Treasurer <i>Trish Renard</i>	Directors @ Large <i>Stan Meskis</i> <i>Sheila Lighthouse</i>
Communications <i>Gary Richardson</i>	<i>Marg Buschman</i> <i>Bill Buschman</i> <i>Greg Hatch</i>
Visitations <i>Gary Richardson</i> <i>Bob Hamilton</i>	Past President <i>Steve Lazaroff</i>

Newsletter Ad Rates		
Size	\$ per Issue	\$ per 4 issues
1/8 of page (B card)	60	200
1/4 page	120	420
1/2 page	240	900

Disclaimer
We welcome your input, articles printed in the newsletter do not necessarily reflect the opinions of the Association For Injured Motorcyclists Events, posters, and other information presented within this Newsletter are, to the best of our knowledge, true and accurate; although we make a genuine effort to provide accurate information about third party events, you are ultimately responsible for verifying the information to rule out the possibility of errors, omissions, and unexpected changes or cancellations. -Thank you!

Association for Injured Riders

Since 1983

Nominations—October 19, 2017

Elections—November 16, 2017

**AIM is a Non-Profit -
Charitable Organization.**

Anytime you see the AIM info table and those working it, are Volunteers and some of who you do not see at events, volunteer behind the scenes. Volunteers are a special breed, to donate their time, energy and talents.

Teamwork is required. Each Volunteer is both a teacher and student, sharing info and learning from each others talents, creativity knowledge and wisdom, applying where it is needed to the benefit Injured Riders and their Families.

Would like to say a BIG Thank you to all the Directors, Members, Non-Members who Volunteered with AIM through out all the years

Another BIG thanks to all the Businesses, Organizations, Supporters & Sponsors. Some again have been with AIM for years. Its because of you all that AIM has been able to help Injured Riders and their families.

Our meetings are monthly (Third Thursday except December - no meeting) and open to all, member or non-member. Food is delicious at the Kalmar so come check us out, laugh with us, say something or nothing at all. Wait, say hi at least! Other than saying hi, you are not obligated in any way.

All is welcome!

Bunnii



Pictures
From
G.F.
Strong
Rehab
Show
n
Shine
Aug
2018



Rose Keith, J.D. Trial Lawyer
1486 West Hastings Street
Vancouver BC V6G 3J6
T 604.669.2126 D 604.484.2638
C 604.218.9772 F 604.669.5668
TF 1.888.651.6638
E rkeith@rosekeith.bc.ca
www.rosekeith.bc.ca



BARBER
PROSTHETICS CLINIC

540 SE Marine Drive
Vancouver BC V5X 2T4

David Moe CP, KI
CERTIFIED PROSTHETIST

P 604-321-1115
F 604-321-7681
E dave@barberprosthetics.com

For SALE

1988 Kawasaki Concours

1000 c.c.'s, shaft drive, 72,000 miles.
Corbin seat lowered - lower pegs Kaw
& Clymer service manuals.

**Well cared for with only one
owner.**

This is a good buy for only \$2,000.00

Contact by email

berthavanc@gmail.com

or TEXT @ 519 325 9207.

Pic's Below



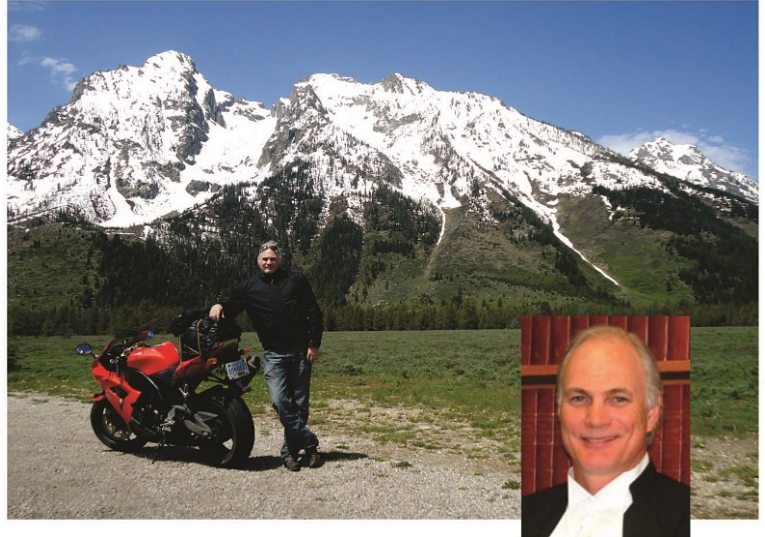
MotorcycleLawyer.ca™

Proven Results for Injured Riders

DARYL J. BROWN
Barrister & Solicitor

INJURED? The insurance company is not working for you.
Our team of experienced injury lawyers care about you and
can help your case. Ask what we can do for you. *Call today.*

NO RECOVERY. NO FEE.



- *Lawyers Who Ride*
- *Province Wide Claims*
- *Brain Injury*
- *Spinal Cord Injury*
- *Orthopaedic Injury*
- *Free Consultation*



155-4664 Lougheed Hwy
Burnaby, BC V5C 5T5
Direct 604-612-6848
Fax 604-428-5222
Toll Free 1-844-BIKE-LAW
daryl@motorcyclelawyer.ca

Enjoy Riding Everyone!!!!!!
Be Safe and Wear your Motorcycle Gear

Carp's Cycles

Vintage

Harley Davidson®

Custom

Indian®

Gary Carpenter

604-940-4770

604-940-4740 fax

#180 -7177 Vantage Way Delta, B.C. V4G 1K7

www.carpcycles.com

carpcycles@gmail.com

Winter Riding

In his article *10 Ways To Stay Warm On Your Motorcycle* in the *Sound Rider* magazine (October 16, 2015) Tom Mehren outlines some tips on keeping warm.

1. Proper Interior Layering: Tom advises that you eliminate cotton altogether as it absorbs moisture and does not wick it well at all. He recommends synthetic, silk or wool long underwear and ditto on socks (I can attest to that). A synthetic neck muffler is good too. Don't add too many layers though. A neck muff is essential and prevents cold air from rushing in around your neck and down your chest and back.

2. Exterior Layering: A full coverage jacket/pant combo or suit is recommended - preferable to blue jeans and light jacket.

3. Heated Grips: Highly recommended as they channel heat back to the body core and keep the circulation flowing in your arms and hands.

4. Heated Seat: Ditto above but specifically keeps your body core warm.

5. Heated Gear: Same as above. One nice feature is some heated jackets have detachable heated arms so can be used as a heated vest when it is cool and still be used as a heated jacket in the cold. Heated inserts that fit in your gloves and boots can also help keep you warm. A full face helmet is preferable.

6. Eat!: Food warms up the body. Carbs provide energy and warmth. And coffee perks you up and keeps you alert.

7. Pace Yourself: It is important that you take regular stops to rest and eat which keeps you warm and alert.

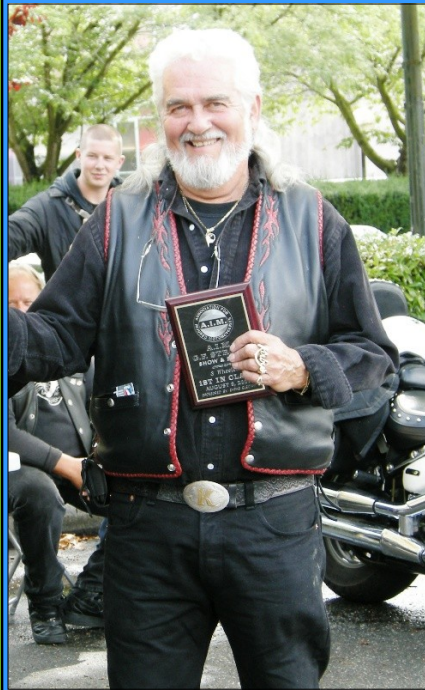
8. Stay Dry: Water steals body heat. Keep your skin dry to keep warm. Wearing your rain gear is an excellent way to break the wind, reduce the wind chill effect and keep you warm.

In addition, if you find that your fingers are getting numb, stop riding immediately and warm them up (over a cup of coffee in a cafe perhaps). It is the capillaries shrinking and restricting blood flow to your fingers. Thawing out will be painful so attend to it as soon as you notice it. This symptom is known as *Reynaud's Phenomenon* and each time it occurs, a little bit of damage occurs. Smoking also causes this. Heated gloves are essential if you suffer this symptom.

One last note: when donning your layers, always add one more than you think you need. You will be grateful in the end. Also, don't wait till part-way into the ride to put everything on. Put it on right from the beginning to stay warm the whole trip.

You will be glad you did.—

Gary Richardson, Visitation Director



Frank Kirby

Wishing you a great ride on your Journey.

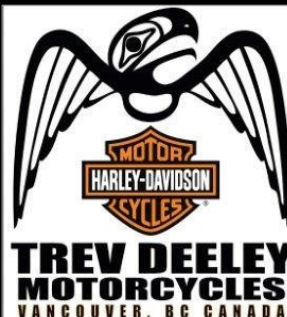
Several years past, Frank was a Volunteer of AIM, as a Director and on the Visitation Team.

He was amazing with the clients and especially

Barry of whom he had known for a long while.
Very supportive in many areas.

Awesome rider and total character with a smile,
always making people laugh.

You are missed!



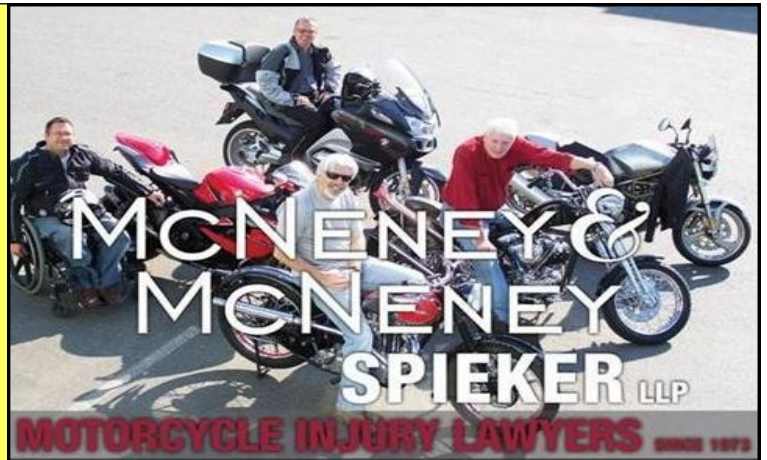
1875 BOUNDARY RD.
VANCOUVER, B.C.
604-291-2453
1-866-510-2911

WWW.TREVDEELEY.COM





A Big Thank you to Jim & Staff at McNeney & McNeney Spieker for the 35 years of supporting AIM in so many ways.



MOTORCYCLE ACCIDENT?

WE ARE THE ONLY LAW FIRM WHO:

- All ride motorcycles; we know what's right and wrong*
- Attack "cloak-and-Dagger" investigations by Police & ICBC*
- Never work for ICBC*
- Access the best experts*
- Consistently go to trial against ICBC – and Win!*
- Organize support while you recover*
- Supports the motorcycle community*

OUR MISSION IS TO:

- Protect your rights*
- Receive fair compensation, and fight to the very end*

TURN THE TABLES ON YOUR ICBC CLAIM CALL YOUR LAWYER FIRST

1.800.535.6565

McNENEY McNENEY SPIEKER

is a full service injury litigation law firm which has advocated for Motorcyclists' recognition and fair treatment by legal authorities and I.C.B.C. for over 30 Years.

We fill the gaps left by Police and Insurers through client support: from investigation and rehabilitation, to specialist referrals, to fair financial compensation through settlement or trial.

Motorcyclists are often seen as "Trouble" or "Blameworthy" for riding. We use our experience as riders and as Trial Lawyers to transform such prejudices through witness management, case presentation, and courtroom techniques.

Get a Team of Lawyers on your side!

Call us for a FREE CONSULTATION

604.687.1766

SERVING ALL OF BRITISH COLUMBIA



Dan MacIver

Suite 22 - 2710 Barnet Hwy
Coquitlam, BC V3B 1B8
Phone: 604-474-0711
Fax: 604-474-0714

iverscustomcycles@outlook.com

Thankyou!

Every year there are many people to say Thanks for Supporting AIM. Todd Copen of Classic & Vintage M/C Swap Meet & Show 'N Shine , Wally of Vintage in the Valley, Ian of the (REE) Rehab Equipment Expo, G. F Strong Rehab S&S; Gospel Riders' for Cooking & Serving awesome lunch and Ruth for donating delicious home made Chili. Buy-Low on 108th for donating the delicious cake. Roberta Milne for outdoing her last years Bear Cake with a Hamburger cake (Seriously looked like a burger but was all cake and trimmings and most delicious). ICBC for their donation, serving the cakes and answering questions. As always, thanks to all the Sponsors, Daryl Brown of Motorcyclelawyer.ca, Carp's Cycles, Sure North Copy Center, Barber Prosthetic, Super Save Group, Iver's Custom Cycles, Rose Keith, Trev Deeley, Clark Hill Motors, Up Your Leather, BCCOM, Nails by Charmaine and staff for the donation & Tattoos, putting a smile on many faces. Mark & Staff at G.F. Strong for having us there these many years. Not to forget all of you who showed up whether you drove or rode in, your presence is very important. We hope we did not miss anyone, if so, please accept our apologies!



British Columbia
BCCOM
Coalition of Motorcyclists

Tel: (604) 580-0111 • Fax: (604) 580-0114 • Toll Free: 1-877-580-0111
Website: www.bccom-bc.com • Email: office@bccom-bc.com
Unit No. 37 - 13320 - 116th Avenue, Surrey, B.C. V3R 0R8

Working for your freedom to ride!

UP YOUR LEATHER
FACTORY DIRECT
Biker Wear & Accessories

3525 E. Hastings St.
Vancouver, B.C.
V5K 2A8

info@upyourleather.com
WWW.UPYOURLEATHER.COM

604-293-1107

CHECK US OUT ON FACEBOOK & TWITTER

The Big Three

In the Dog Days of Summer, when August gave the boot to July this year, two motorcycle-related deaths made the news. One was a single vehicle crash where a motorcyclist in Burnaby lost control of his motorcycle and struck a tree; the second involved a collision with an SUV in Coquitlam. Each of these was preventable. Sadly, the carnage on our roads continues. As I do hospital visits to downed riders for the *Association For Injured Motorcyclists* I see the end result of motorcycle crashes and it ain't pretty. Again, they are almost all preventable.

Motorcycle publications, magazines, newsletters, web sites, etc., abound with safety articles. Each varies in their recommendations. All are valid and we can learn from each of them. I am not a safety "expert" but I would like to add my two cents to the noisy bandwidth by listing what I think are the three most important safety aspects when riding a motorcycle.

1. Attitude Your attitude while riding is all important. If you are angry, distracted, rushed, half awake or just not paying attention, you are destined for trouble. For example, it is easy to become frustrated when someone cuts you off or almost hits you. This leads to anger which can result in road rage. This reduces your riding skills and can lead to trouble on the road. You need to establish a "mental set" that relaxes you for the ride and emphasizes riding professionally. And, of course, being alert.

Brian Lowes, past CEO of the BC Safety Council, explained it best. *"When I start my ride to work every morning, I say to myself: Today I am going to face a number of challenges; my job is to survive them all." Then any skirmish I have on the ride to work, I see as me having met the challenge successfully and I have a positive spin on it. I am not angry at the offender, but rather proud that I passed another challenge and am still riding without a scratch."*

Attitude includes awareness of your surroundings and traffic patterns, planning one to two blocks ahead, and avoiding dangerous situations. That driver in the lane on your left is drifting into your lane and suddenly wrenching back. Don't ride beside him; either pull back out of his sphere of influence or pull ahead to stay clear of him.

Your attitude while riding is your biggest ally and sets you up for survival.

2. Visibility Yup. Black leather looks cool; on the other hand neon emblazoned riding gear does get you noticed. The most common comments by four-wheeled vehicle drivers after hitting a motorcyclist are: *I didn't see him. Where did he come from?* In almost every case, they didn't look. Left-hand car-turning crashes attest to that. With motorcycle headlights wired to constantly be on, how could the driver not see them? They just don't look. So we have to *up our game* and make it easier for them to see us.

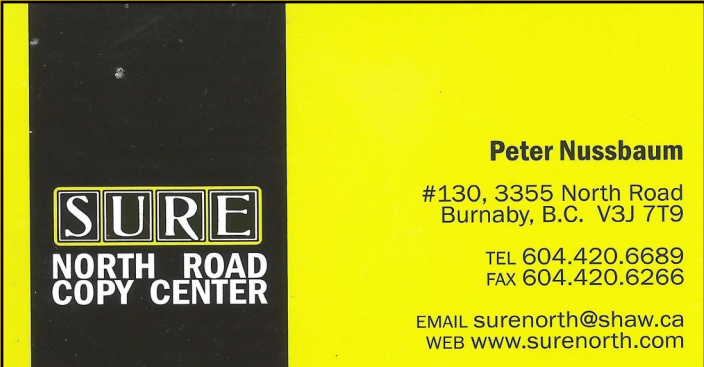
3. Lane Position This is more specific than the previous two but I mean for it to encompass more than just lane position. It ties in with attitude and awareness. It includes avoidance of riding in the blind spot (most people still don't adjust their side mirrors properly), changing position in heavy traffic from driver side tire track to passenger side tire track and back to attract attention, varying your speed within your lane again to attract attention, and getting eye contact when possible. This means concentrating on awareness of your surroundings, paying attention to the traffic patterns, remaining calm especially in heated traffic, and riding defensively. This really is the practical application of attitude.

The two cases mentioned at the beginning are just statistics to us and the news media, however their repercussions are devastating to the riders' family, friends and loved ones as they are no more.

We have a right to ride motorcycles, and in terms of negligible road wear, minimal environmental degradation, reduced fuel costs and increased manoeuvrability, it is the preferred mode of transport. The bonus is the feeling of freedom and being more in tune with your machine. However, traffic is increasingly congested, resulting in greater driver frustration and this puts us riders at greater risk. To quote Sergeant Esterhaus of Hill Street Blues fame:

Let's Be Careful Out There.

Gary Richardson -Visitation Director



Peter Nussbaum
#130, 3355 North Road
Burnaby, B.C. V3J 7T9
TEL 604.420.6689
FAX 604.420.6266
EMAIL surenorth@shaw.ca
WEB www.surenorth.com



Above—Rain or Shine we are there. Whether it's a hot day, trees for the shade, or cold, we go indoors.



Above and Below—Thank you Gospel Riders for the awesome food, service and smiles and Ruth's dynamite chili!



Below from the left; Stan, Sheila and Gary of the AIM Visitation Crew who do an amazing job!



RUSSELL PROSTHETICS LTD.

Russell Prosthetics is an OPC accredited facility whose certified staff stay current with the latest trends and technology. With our extensive knowledge and experience we provide a comprehensive range of treatment pathways to meet our patients needs and help them achieve their goals. We also offer a full range of Bressante mastectomy restorations.

Scott Hedlund C.P.(c)
Deanna Hines C.P.(c)

604-520-3777 russellprosthetics.ca

452 East Columbia St.
NEW WESTMINSTER

Pictures from G.F. Strong Shown n Shine Aug 2018



Are You Cringe-Worthy?

Without signalling, a rider cut in front of me and I barely got stopped in time to avoid running over him with my car. That wasn't what bothered me, though. It was a hot and sunny day and the rider was wearing a tank top, shorts and flip-flops plus the mandatory helmet. I cringed when I saw this.

What can I say? If he goes down, he's in for a lot of hurt. And the way he was riding, taking risks like that, he has a good chance of going down.

If I had the chance, I would have liked to take him to the Burn Unit at Vancouver General Hospital to visit a downed rider. That is where you end up if you sustain severe road rash. Large swaths of skin are peeled off, bony points can be sheared off, muscle can be ripped out, and ligaments and tendons can become detached. And skin grafting may be required.

First they have to pick all the pieces of gravel out of the wounds. Think that doesn't hurt much? Sometimes they have to scrub the wound; just imagine what that must feel like. Then they take a swath of skin from your thigh or stomach and culture it to grow new skin to go over the wound. They may have to redo this several times. Even changing the dressings several times per day is an ordeal. And it hurts all the time. I see people on extremely heavy pain medication and still in great pain during their recovery in the Burn Unit.

With skin grafting, say good-bye to wearing shorts or a swim-suit unless you don't mind the scars showing. And don't forget the harvest site will also show a scar. It can easily be a foot long and three inches wide. You probably will be advised to avoid having sunlight on the scars anyway so you might not be spending much time at the beach any more. Also, "healed" scar tissue doesn't sweat well, can be hard and crusty, can be "friable" meaning it crumbles easily, and it can crack open leading to infection. Again, lots of pain.

These cases take months to recover to the point where the rider can return to work and many of them cannot return to their job and have to retrain for something lighter and often it pays less.

Riding schools push the slogan *ATGATT: all the gear all the time*. And for good reason. Proper protective apparel can save you from permanent disability and can even save your life. Jacket, pants, gloves and boots are part of the "gear".

Leather is popular and sufficient thickness will protect you while sliding on the highway even at highway speeds. Thin doesn't do it. You get what you pay for. The good quality leather indicates the thickness. Watch out for the cheaper leather where the thickness

varies. While there is inevitably thickness variation, the better quality leather is more consistent. Sure, it costs more, but it provides better protection in the long run. I have tended to avoid cheap gear made in Asia and instead buy from a local person who buys the leather and custom-makes the article to fit me properly. They can attest to the quality and consistency of the thickness of the leather.

There are alternatives out there: synthetic materials that claim to be superior to leather. The better ones come with plastic or metal protective shields woven into the jacket at the elbows and shoulders along with a hard shell brace woven into the back. Favoured by sport bike riders, these provide the ultimate protection for your upper body. The pants can have shields for the knees. Gloves and boots, too, can have protectors built in.

For example, your ankle has a bony point sticking out on each side. The medical term is malleolus (medial and lateral). These can easily be ground away if you are wearing flit-flops, running shoes or even ordinary dress shoes. Proper motorcycle boots will protect the malleoli and allow you walk another day.

Your "gear" not only protects your skin, flesh and bones from grinding away, it also holds you together and reduces the risk of sprains and dislocations. A good fitting jacket will help hold your shoulders and elbows together in the event of a crash. The advantage here is having it custom made which provides a better fit. And good fitting motorcycle boots will hold your foot and ankle together and help avoid a sprain or tearing up of the internals.

I dread going to the VGH Burn Unit because I know it will not be pretty. I cringe.

Yes, it is uncomfortable wearing the complete and heavy outfits designed to save your skin in the hot sun. But if you ever get the chance, talk to someone who went down at highway speed and was wearing all the gear. You will find you are talking to a convert. They will always wear all the gear. They will sing its praises.

So, do you dress properly when riding, regardless of how hot it is? Or do you throw caution to the wind and look cool wearing minimal clothing?

Are you cringe-worthy?

Gary Richardson, Visitation Director, A.I.M.

Rider went down??? Call us at
**604-580-0112 with full name and
hospital if you know it.**

The Mars Memorandum

Recently there has been much ado about the discovery of water and ice on Mars. It is now claimed that a subterranean subglacial lake has been found a mile below the planet's south polar ice cap. But they aren't telling us the whole story. NASA is keeping secrets in order to not cause the public to panic.

In its explorations, the Rover Landing Craft came across tread marks of a motorcycle tire. Analysis of the pictures beamed back to earth by the Rover Landing Craft camera revealed that the tread pattern was that of a 1950 series Avon A25 which has a distinctive zig-zag tread. The Triumph Thunderbird T6 motorcycle was fitted with these tires. A uniquely odd shaped gouge was noted on one section of the tread.

An enthusiastic NASA engineer and motorcyclist pursued the origin of the tire. He found that the tread/gouge pattern was the same as had appeared on Marlon Brando's 1950 Triumph Thunderbird T6! This was demonstrated by close observation of the 1953 movie that Brando acted in: *The Wild One*. Comparing the pictures beamed back to earth by the Rover Landing Craft with the tread marks shown in the movie, it was confirmed that the tracks on Mars were indeed from Brando's bike. The irregular gouge mark was a perfect match.

Now that that mystery is solved, the question remains: *What was Brando doing up on Mars?*



2 Young guys at G. F. Strong :)



ASSOCIATION FOR INJURED MOTORCYCLISTS
#37— 13325 115TH AVE, SURREY BC V3R 0R8
PH. 604.580.0112 FAX. 604.580.0114
WWW.AIMVANCOUVER.COM



Whether you are an accident victim or a sincerely interested party, all help is greatly appreciated in this endeavor. All of AIM'S funds come from Memberships and Donations. WE NEED YOU! ... Become a member and give us support for effective representation on all matters of concern to Injured Motorcyclists.

Name: _____ Cell: _____

Address: _____

City: _____ Prov: _____ P/C: _____

Ph: _____ Email: _____

Please return this application with your payment to the address above.

Make checks payable to (A.I.M.)
Association for Injured Motorcyclists
Thank you for your Support!

- Would you like Newsletter by Email
- Would you like to Volunteer ?

- New Renewal
- Single Membership \$25.00
- Couple Membership \$35.00
- Club Membership \$35.00

OFFICE USE		

AIM had the pleasure of being involved with Miss Wheelchair Canada . We want to thank all the Volunteers who helped make that day special for the contestants.

Thanks to Jay, Onkar and Gary from the Sikh Motorcycle club. Jerry and Annie, Duane, Russ St.Elio for supplying their motorcycles for the photo shoot and rides. To Blane, Gary R and Dave M for their support.

The Ladies had a great time.

If I missed anyone my apologies.

Thank you to all.

Nancy

