



"A Hand for the Downed Rider"
The Helping Rider

A.I.M VANCOUVER

#143 Summer2020



Vancouver Island
**Westcoast Motorcycle Ride
to Live**

Sunday September 13th, 2020

Join the Vancouver Island Westcoast Motorcycle Ride to Live! Ride the route on your own or with your close circle, and register for our Ride and Seek prizes. Help us raise funds and awareness for those impacted by prostate cancer. Registration is only \$25.00

Find out all you need to know for this year's event at

www.IslandProstateCentre.com/RideToLive

Well good news for Rider's

You can now go for a ride and stop at a Restaurant or Pub have a bite to eat have a drink and continue your Ride.

Maybe soon or in near future we will be able to have Big Venue's again for Events. God I hope so going stir crazy..lol

**Just be safe when
Riding and enjoy the
open Road.**

Inside

Another Thank you Blurp

Stress Weakens the Immune System

The Audible Solution

Beat The Heat

My World of Riding

"HELPING INJURED RIDERS SINCE 1983"

Ride like you are Invisible, Ride Defensively!



The Helping Rider

#143~ Summer~ 2020

Vancouver A.I.M.

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

www.aimvancouver.com
info@aimvancouver.com

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.

A.I.M Vancouver Island

604-580-0112
info@aimvancouver.com

Interior BC

604-580-0112
info@aimvancouver.com

Northern

604-580-0112
info@aimvancouver.com

Harper Grey LLP

Rose Keith*, QC
Associate Counsel

rkeith@harpergrey.com
3200-650 West Georgia Street
Vancouver BC V6B 4P7
www.harpergrey.com
*Law Corporation

Direct 604 895 2911
Mobile 604 218 9772
Main 604 687 0411
Fax 604 669 9385

*Next AIM meeting will be @
Fresgo's Inn Thursday Sept 17 2020
10102 King George Blvd, Surrey,
If sunny it will be on patio
we are still In Volunteer Mode so*

**Call us 604-580-0112 or
email - info@aimvancouver.com
EVERYONE Welcome, Member or not
Not knowing where In October yet**

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**

Change of Address or Info?

**If you are moving, going to move or have already
moved please email us at
info@aimvancouver.com
With your new info so we may update the database.
Thanks!**

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**

WE WANT TO HELP YOUR FAMILY HAVE A BETTER
FINANCIAL FUTURE.



Cynthia (Cindy) Brewer
Representative

604 524 9375 Business
604 202 4281 Mobile
cynthia.brewer@primerica.com

Primerica
25 King Edward St
Ste 100
Coquitlam, BC V3K 4S8

Very Strange Times We Are Living In.
*Below an excerpt from the
American Psychological Association*

*Stress Weakens the Immune System –
Friends, relaxation strengthen health.*

What the Research Shows

Stressed out? Lonely or depressed? Don't be surprised if you come down with something. Psychologists in the field of "psychoneuroimmunology" have shown that state of mind affects one's state of health.

In the early 1980s, psychologist Janice Kiecolt-Glaser, PhD, and immunologist Ronald Glaser, PhD, of the Ohio State University College of Medicine, were intrigued by animal studies that linked stress and infection. From 1982 through 1992, these pioneer researchers studied medical students. Among other things, they found that the students' immunity went down every year under the simple stress of the three-day exam period. Test takers had fewer natural killer cells, which fight tumors and viral infections. They almost stopped producing immunity-boosting gamma interferon and infection-fighting T-cells responded only weakly to test-tube stimulation.

Those findings opened the floodgates of research. By 2004, Suzanne Segerstrom, PhD, of the University of Kentucky, and Gregory Miller, PhD, of the University of British Columbia, had nearly 300 studies on stress and health to review. Their meta-analysis discerned intriguing patterns. Lab studies that stressed people for a few minutes found a burst of one type of "first responder" activity mixed with other signs of weakening. For stress of any significant duration - from a few days to a few months or years, as happens in real life - all aspects of immunity went downhill. Thus long-term or chronic stress, through too much wear and tear, can ravage the immune system. (more at <https://www.apa.org/research/action/immune>)

If one can find something they totally enjoy, makes them calm and happy or content it maybe be a good time to start if one has not started already. Could it be time to make changes or now one has the time to do what was pushed aside?

Focus on what you want or another concept, Be it to see it. Gratitude is very calming. Just saying –Bunnii

Another Thank you blurb

Once again I've been going through old Minutes and Old Newsletters and noticed a few names that I missed first time around.

Mr Russ St,Eloi a man with so many talents has been with AIM forever and still looks as handsome as before...haha. Lol Russ Thank you doesn't seem enough but all AIM can say is Thank you for your dedication and support for AIM and still supporting and helping currently.

Other Director's: Greg Swallow man of many talents. Craig Heale of the Visitation crew, Dave Wilkinson who supports in many areas and Al Greaves past News Editor have all been long term Volunteers and or Directors.

We have had alot of Director's or Volunteer's who have passed away who were part of AIM: Ernie Dau, Karen Weinstein, Dennis Scott, Yvonne Rydberg, Uncle Nick these are the ones I can remember...

Getting to see with my own eyes 37 years of Volunteers and Directors is astonishing to me and makes me proud to be a small part of a great Charity like AIM. To everyone else from 1983 to now AIM has had great Volunteers and Directors and Members.

Thank you to you all.

Secretary Nanc

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.

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

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

Directors

- President** - Dave Munro
Vice President - Rocky Weinstein
Secretary - Nancy Williams
Treasurer - Gina Coard
Communications - Gary Richardson
Visitations - Gary Richardson & Bob Hamilton
Membership - Bob Hamilton
Entertainment - Blane Williams
Newsletter - Nancy Williams
Van Island Rep - Bill Ramsay
Past President - Steve Lazaroff
- Directors @ Large**
 Marg Buschman
 Bill Buschman
 Trish Weinstein
 Chris Munro



BARBER
PROSTHETICS CLINIC

540 SE Marine Drive
Vancouver BC V5X 2T4

David Moe C.P.(c)
CERTIFIED PROSTHETIST

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

The Audible Solution

Does your bike announce its presence soon enough? Do you cruise through intersections and drivers don't notice you? Have you removed the baffles from your mufflers in order to practice motorcycle awareness all year long and still you don't get noticed? Do you feel safe riding such an inconspicuous machine? If not, your salvation is at hand!

It is well established that motorcycles suffer from impaired visibility. Fatalities and injuries are increasing every year and automobile drivers still claim: "I didn't see him!" Despite the **Month of May Motorcycle Awareness Campaign**, the visual solution is not enough. How can we overcome our visual awareness handicap? How can we stop the slaughter of our brothers and sisters on the road? How can we stop the carnage? The answer is the **Audible Solution**. We at **Jake's Jake Shop** (copyright/trademark pending) are proud to be the first in the lower mainland to bring you this amazing new innovative safety device. Not only will it heighten your bike's auditory presence, it will also enhance your braking ability! What is the **Audible Solution** you ask? It is the Jacob's Compression Brake or, as it is affectionately called, the *Jake Brake*.

Have you heard the trucks rapping their pipes down a steep hill? Well, that is a Jake Brake at work. Now this amazing technology has been adapted to motorcycles. He have kits for the Milwaukee 8, the Twin Cam, the Evo, the Shovel, the Pan-shovel, the Panhead and even the Knuckle. And we will be getting kits for other cruisers soon. We guarantee 140 decibel ear-splitting awareness.

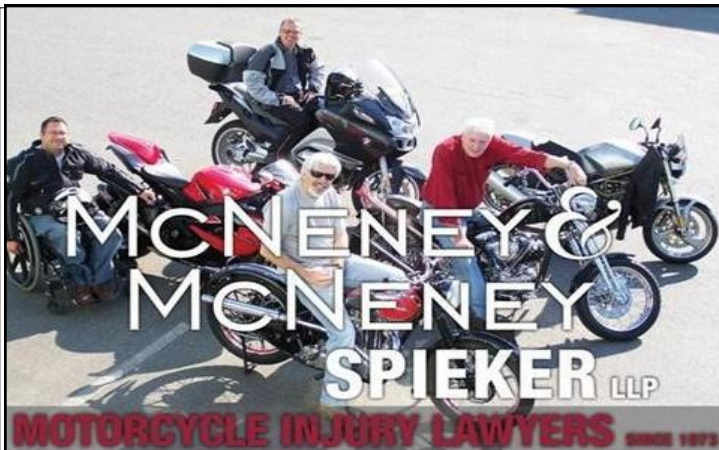
Be the first on your block to install a Jake Brake on your bike. Get one now for thunderous respect.

As an introductory offer, bring in this ad and we will give you a \$100 discount. Ask our staff about the deluxe Jake Brake kit which comes complete with turbo-charger and nitrous. Drop by and fill out an entry form for a prize draw for a ... you guessed it ... a Jake Brake kit.

This commercial announcement was brought to you by Jake's Jake Shop, 12385-104 Avenue, Surrey, BC.

BE SEEN BE HEARD BE ALIVE

Gary Richardson



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



**TREV DEELEY
MOTORCYCLES**
VANCOUVER, BC CANADA

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

WWW.TREVDEELEY.COM



FYI

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. NOR does one need to be a member or even ride a motorcycle to volunteer. Just be you, open heart and mind, willing to earn and share, and be around a great bunch of people.



SURE
**NORTH ROAD
COPY CENTER**

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

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!

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



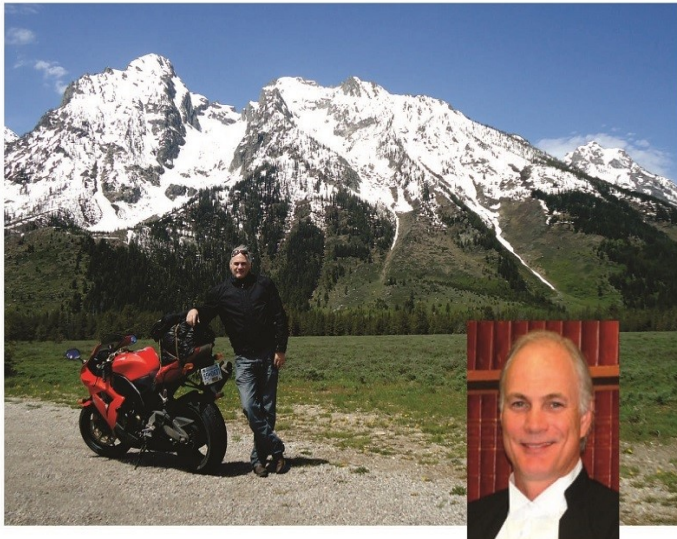
MotorcycleLawyer.ca™

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



Dan MacIver

iverscustomcycles@outlook.com

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

Beat The Heat

Now that the good weather is upon us we are out there riding. While we look forward to the good weather ahead, we are

susceptible to extreme heat. Riding, especially with reduced clothing, gives us the impression that we are cooling off; however not only can we still sustain sunburn but we also windburn. And most of all, we can succumb to heat exhaustion which, in turn, leads to the potential killer heat stroke.

The entire process known as "heat illness" comes in two stages as noted above. One should watch for the symptoms of heat exhaustion which comes first in order to ward off the more serious heat stroke which can lead to brain damage and even death.

There are two types of heat exhaustion: water depletion and salt depletion. The first is evidenced by excessive thirst, weakness, headache and loss of consciousness. The second includes signs of nausea, vomiting, muscle cramps and dizziness. This stage is not something to ignore. Given the possible loss of consciousness or dizziness it can lead to a crash while on your bike. At the very least, it is the time to stop and relax in the shade, drink some water and cool down. Avoid alcohol and caffeine. The smart rider would rent a motel room with an air conditioner for a few hours to get their temperature down.

Other symptoms of heat exhaustion include confusion, dark coloured urine, fatigue, muscle or abdominal cramps, pale skin, profuse sweating and rapid heartbeat.

Recovery can take up to a week.

When your body temperature reaches 104 degrees Fahrenheit (40 degrees centigrade), obtained with a rectal thermometer (oh, fun) you have entered heat stroke country. It will be amazing if you are still riding but it won't be for long and when you stop it won't be pleasant. You will demonstrate altered mental state or behaviour, altered sweating, nausea and

vomiting, flushed skin, rapid breathing, racing heart rate and headache. You definitely will need treatment and should go to the hospital emergency. At the very least, call the EMT to come and examine you. **THIS CAN BE FATAL!** The very least results can be brain / liver / kidney damage. Not fun.

If you notice a fellow rider wandering on the road, pull them over immediately and assess if you think they are too hot. If so, get them to rest in some shade, drink some water, and call 911. It is always better safe than sorry.

Be safe and be cool.

Gary Richardson



My World of Riding....

This article is sharing my direct experience, not about me thinking I am a better rider, as knowing my ride, myself, being aware, is more important as it has kept me safe all these years so I could spend more time what I love to do, ride.

When I learnt to ride it seems entirely different from the way people learn to ride now. One of the reason I am writing this is that I have asked new riders questions, one, is have you learnt riding abreast and they said, it is dangerous. Now I am wondering if new riders are being put into a boxed belief system of limitation? I hope one gets the jist of what I am trying to put across.

In my world, the word dangerous was never discussed, nor was fear acceptable. When I was 6 years old, Dad brought home a bicycle, my heaven. I was taught to be careful and share the road, riding on the sidewalks was a norm then too. To respect all, learn about the tools, my bicycle, tighten my chain, air in the tires, and if I needed to use any tools, clean them and return them to the same spot. Same with the hunting knife when making bows and arrows, etc.

At 8, saw a motorcycle accident and sadly the man was showing his knees and ankle bones. I said to myself, not going to happen to me. Same time period, my neighbor's Dad was taking all the kids for rides on a Suzuki 80, me included and I asked if I could ride it. I couldn't quite touch the ground but he said ok as his feet could sitting as a passenger. He showed me all the controls, I jerked a few times and we were off around the block. He sat straight around the corner and my first experience who is in control.

Dad passed on and we moved to Winnipeg where I found a group of riders that would put up with this little female and teach her how to wrench and ride. Again at no time was the word dangerous used, so no fear, just respect,

responsibility and commonsense.

All my riding was with a passenger, the owner of the motorcycle. I had direct communication for any correction or change the route instantly. Learnt who was in control when the passenger decided to change position. Learnt about the bike, and myself. There were no electric starts, only kickstart and if I could not start the bike, I did not ride it. So Norton's did not like me, yet Stokers were no problem. Only one catch, I damaged the bike, I pay and fix it.

At 15 years old, I signed up for the Motorcycle Safety Course which cost \$5.00 (yup Five dollars) but I had to stay on the property because I was still underage for a motorcycle license even though the instructors were very aware I was an experience rider and it was not uncommon for those of us that were underage knew how to ride. They supplied the motorcycles for the test, next year I signed up it was \$10.00.

By the time I was 19, I had ridden different sizes, makes/models of motorcycles and the majority I could not touch the ground properly so I bought a 1950 Panhead.

Rode for several years and decided that a change is in store and traded the Pan in for a 1984 FXRT which was heaven again. Handling the corners/curves was awesome compared to my pipes wanting to fall off the Panhead when I took corners or curves. Rare wrenching needed, otherwise just ride.

Heading to OK falls probably 1986 to get to where we were going, I did not sit on my seat as some terrain you do not sit as you do not have the maneuverability one has on the seat. On the way back home the flakes were so big that I had to stand on my floor boards to wipe the snow off the windshield and my glasses. This is where we all were riding staggered as roads was slushy, yet no reason to stop as bike handled the roads fine. As I rode in all weather conditions, Fairing was being removed.

Continued next page



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!

- | | | |
|---|--|----------------------------------|
| <input type="checkbox"/> Would you like Newsletter by Email | <input type="checkbox"/> New | <input type="checkbox"/> Renewal |
| <input type="checkbox"/> Would you like to Volunteer? | <input type="checkbox"/> Single Membership | \$25.00 |
| | <input type="checkbox"/> Couple Membership | \$35.00 |
| | <input type="checkbox"/> Club Membership | \$35.00 |

OFFICE USE		

Continued from last page

Within that year the freakiest experience I ever had, a man, on a motorcycle with passenger riding the curb lane and because of the bus, instead of moving ahead or behind with a signal light, he decided to force me to my left tire track and while there he locked handle bars with me. (clutch and brake) We were heading straight for a rider who was stopped in front of the traffic light. Thankfully the other rider beside me slowed to let me over, and we manage to untangle in time.

Some of the things I learnt/practiced then and now.

Dangerous was not in our vocabulary. Fear is a choice, period. It is one's perception. Life is to be lived, nothing is guaranteed so one can enjoy and experience or.....

Take nothing personal when one suggests, or criticizes, and listen to what is said as your commonsense will kick in.

Do not judge, Oh it's too big, I can't do this or that, as judgements are limitations, a prison, allowing one to close the door to learning all sides.

We are human, we make mistakes, taught to assume, believe or follow, yet learning something new via direct experience is more valuable as there are probabilities and possibilities to all that is. What works for you may not work for me vice-versa, so one law for everyone can cause more harm by limitation of experience and can create the problems.

Wear boots and jeans always, especially to the corner store.

Be comfortable, handlebars close enough so arms are bent, foot pegs aligned where I can stand on them, correct seating and support are all priorities.

Comfort and warmth during cold weather, carry rain gear at all times and water when hot.

Follow your instincts. If something says slow down, do it, or you are ready to leave the driveway and you get uncomfortable feeling, stay where you are till the feeling disappears naturally. If someone tries to tell me to ignore, says let's go, I say go but I am staying till I am ready.

Play with your bike, know your clutch/throttle. How it handles on gravel roads, metal bridges, fields, wet grass, rough terrain, like ravines where only trail bikes or 4x4s are able to go.

Play with pylons as they do in the competitions or use the country roads yellow lines when no traffic and safe.

Find a safe area where you can follow the painted line, keep your tire on that line.

Practice riding the bike real slow like you would in a slow race.

Practice Emergency stopping, things can change after time.

Check your motorcycle yourself after you or someone else services it.

Each motorcycle is different due to the design which affects the weight, some are top heavy others are not and if you have a load of gear or passenger you will notice real fast what or who is in control and how to improvise.

We all rode abreast (side by side) so you better know your bike and yourself or you were at the back or up front alone.

Pay attention at all times, be aware of all your surroundings, know where everyone is, motorcycles, cars, trucks, bicycles, etc.. no day dreaming.

Share the road, no judgement as buses are on a time schedule, truckers also and so on. Getting upset is distracting and does not serve oneself. Wish others blessing and safety for all.

Ride like you are invisible, so we work to be in front of the traffic so everyone can see us. And when alone, use the high beam and change tire tracks coming to an intersection, and hope you got their attention.

Stay in the tire track of the lane, and do not ride as they called it the oil patch lane (center of a lane)

What you focus on is where you go, so Focus on the line of the road, where you want to go. I ride the right tire track lane so I focus on the line on my right especially on curves. If I want to site-see then I backed off and did it only on straight stretches.

On the highway curving to the right, around a hillside, and you are in the right tire track, you have no idea what the rider in front sees, so pay full attention incase you see from the corner of your eyes that rider's brake light come on.

Do not pull up beside someone in the same lane for any reason unless they acknowledge you and invite you beside them.

Understanding your, transmission, motor, throttle, RPM's for quick responses to speed up or slow quickly and safely. How reactive is your motorcycle at 2500 RPM compared to 3500 RPM's. I shift by sound and vibration, as my pan did not have the RPM gadget. Listen to the purr..... feel your bike as it is communicating with you.

Understanding your moods, should you be riding if you are not paying attention and aware 100%

If you want to pass a rider then change lanes. Meaning do not pass the rider in the other tire track of the same lane. Change lanes and if you do not and that rider decides to change tire tracks of that lane, someone may be in trouble one day.

Do not speed by another rider, you might shock them. Slow down just before you get to them so they can sense you and not change lanes.

The motorcycle is designed to handle the road, much more proficient than oneself and the need to learn oneself is imperative and the bike to become one unit.

There is more I could say and pleas remember ,every ride one learns something new.

If you get a chance go on to You Tube and type in Motorbike Display, Motorcycle Display, or Police motorcycle skills as there are some amazing riders showing what is possible.

Just saying.....

By Nobody