



"A Hand for the Downed Rider"
The Helping Rider

A.I.M VANCOUVER

#144 Spring 2021



Message from Secretary:

Well a whole year has gone by without any events or get together, but AIM still here, ready, willing, and able to do what we do.

Membership's coming in, by mail or online, and on occasion we will pick up membership's locally.

Thank you to Everyone for signing up.

Looking forward to events again and getting back to normal socializing and fun times.

WE MISS EVERYONE

Either way Riding Season has started EVERYONE enjoy your time riding.

Be safe and have fun.

If you know anyone that happens to need Aim for any reason or has any questions

tell them to call the AIM phone 604 580-0112 or email us on AIM website

info@aimvancouver.com

WISHING EVERYONE A WONDERFUL 2021, STAY SAFE AND HEALTHY.

May is
Motorcycle Awareness Month

AND

Everyone should check out ICBC
NO FAULT
As of May 1st, 2021 There will be changes....

No-fault auto insurance means that the ICBC policyholders will receive benefits for their injuries and wage loss after a crash, regardless of who was at fault. Under enhanced care, Claimants will not be able to sue the at-fault driver, except in cases where the driver is convicted of a particular Criminal Code offense. If any disputes about their payments, the claimant will have to go through the Civil Resolution Tribunal (CRT), an ombudsperson, or an ICBC fairness officer to have their complaints heard.

If no one is "at fault" for an accident, then the negligent driver has no consequences for his or her bad decisions except for an increase in his/her premiums. In addition, most car accidents are not due to criminal conduct.

Claimants in accidents will receive amounts pre-determined by ICBC based on the type of injuries, benefits, payments for medical care, and wage-loss compensation.

Please do your homework

"HELPING INJURED RIDERS SINCE 1983"

Ride like you are Invisible, Ride Defensively!



The Helping Rider
#144~ Fall~ 2020

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welcome.

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**Meetings; We are currently testing
Zoom, still in Volunteer mode**

Do not hesitate to

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1/8 of page (B card)	60	200
1/4 page	120	420
1/2 page	240	900

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.

Rider went down???

**Call us at 604-580-0112 with
full name of rider and which hospital**

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*

Oops!

We were living in Ottawa at the time. Although it was late November, the weather had been very cooperative, but winter was looming. There were still a few bright sunny days ahead but snow was in the forecast for the weekend. I decided that this would likely be the last ride of the season.

I got bundled up in my windproof and insulated riding pants, extra socks, a hooded sweat shirt over my electric vest, heavy riding jacket and cold weather riding gloves.

There, I was all set Hi Ho, Hi Ho, its off to work we go -- work being at the Lester B. Pearson Bldg -- Dept of Foreign Affairs.

It was about 7:30am and I was cold. One of the advantages of riding a motorcycle to work was that there was a free underground parking for us. After showing my security pass at the guard hut I rode inside to the designated area. With my short legs and the tall, top heavy bike (Kawasaki Concours), I had made it a practice to put down the side stand, dismount and then put the bike on its centre stand.

The problem was that with the heavy riding pants and my feet and legs being so bloody cold, I wasn't aware that I was putting down the centre stand not the side stand. As I leaned the bike over I realized there was something amiss. The bike didn't stop leaning until we were both horizontal on the garage floor. How embarrassing!

I had just gotten out from underneath the bike when one of the Security guards happened along and asked if I could use a hand getting the bike vertical. I was very grateful for his help. As he was walking away he came off with a great comment... "Forgot you didn't have your training wheels any more, huh?" We both had a good chuckle.

CONTINUED ON PAGE # 4



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

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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 learn and share, and be around a great bunch of people.

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Continued from page # 3

I removed my riding gear and stashed it in the saddle bags and went up to the Tech Shop. I had to be checked through at two more security stations and each guard had a grin on his face. It didn't register what was happening.

I was working in the Technical Security Section at the time and worked very closely with the Building Security folks to program and maintaining the Access Control computers and sensors in Ottawa and at Embassies and Consulates overseas, so I knew most of the guards,

As I came through the shop door, all I could see was a bunch of silly grins looking at me and the comments about training wheels. News certainly gets around especially the embarrassing kind. During coffee break in the cafeteria later in the morning, I got more good natured ribbings from Techs in other Sections. And it was the last ride of the season!

Bill Buschman

Vancouver Island RIDE TO LIVE INFO

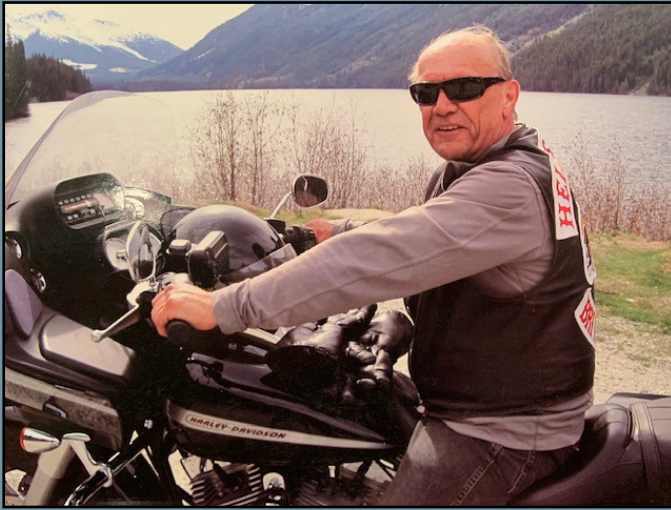
The Westcoast Motorcycle Ride to Live raises awareness by staging this event focused on Prostate Cancer early detection and prevention. You can make a difference in the lives of those affected by this disease by signing up or donating to the Vancouver Island Westcoast Motorcycle Ride to Live.

Riders are encouraged to head out on event day and complete a beautiful route we have planned, stretching across scenic Vancouver Island. Opening and closing ceremonies will be held virtually. Stay tuned for more details on this year's ride taking place on

Sunday, September 12 2021!

We ride for our brothers, our fathers, and our friends! Who are you riding for? Learn more at www.ViRidetolive.com

B. Ramsay



In Memory of Michael "Speedy" Christiansen -
H.A.M.C. East End

Kick Stand Up July 27, 1949 – Kick Stand
Down September 18, 2020

On September 18th, 2020, H.A.M.C. World & the motorcycling community as a whole, lost a good one when Speedy was taken from us. He was known around the world as a rider and enthusiast of the Biker lifestyle. He was on his bike as early as the weather permitted in Spring and pushed it late into the Fall. He was always present at events, participated in all aspects of biking from the parties to the fund raisers to the bikers rights organizational meetings.

Speedy knew names and faces, and always had time to say hello to people. He remembered your kids, and what hobbies they had. He knew your families and asked how they were. He was a straight shooter, and a fair man.

Speedy was a Motorcycle Club member for 50 years, give or take a few. He started his career on the East Coast and finished it here in British Columbia, arriving in 2003. He was an avid rider, always willing to put on miles. His last bike had just turned over 400,000 kms, which he did in the last 16 years, averaging 25,000 per year. He had ridden Coast to Coast 4 out of the last 5 years, having had to cancel in 2020 due to the Covid 19 pandemic. On one of those trips alone he logged 25,000. Speedy took his last ride on September 18th. On Highway 7, near Hope, he was driven off the road by a Hit & Run driver and left to die. The only thing good that can be said about that day is that Speedy died doing what he loved, and lived for... wearing his Patch and riding his bike.

There is a memorial at the spot at SQ'EWA:LXW Rd. at Highway 7 just east of Ruby Creek, approximately 10 minutes west of Hope. He would appreciate a visit. It is a busy stretch with narrow shoulders. Be Safe!!

Rest in Peace Speedy - AFFA



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



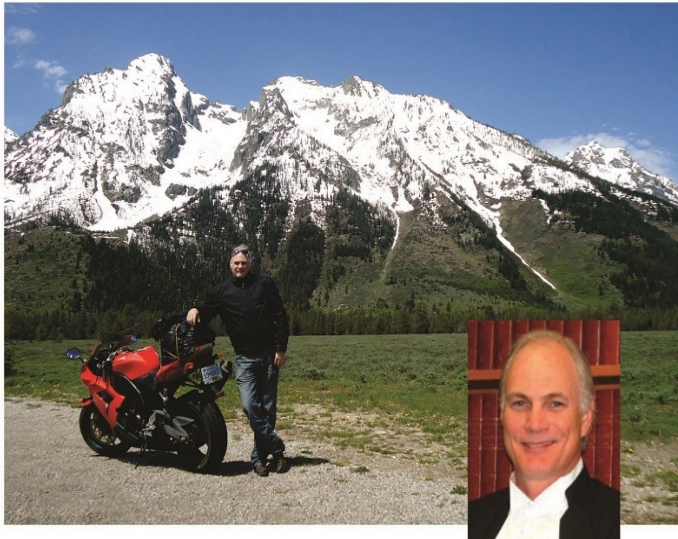
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From the Prez.

With the up's and downs of Covid Virus it has made a rough year for everyone. No events can't travel much basically ride in circles and then home and looks like it is going to be another year of the same thing.

So if nothing else take your bike out even if its for a short ride to get a ride in to let the pent-up feeling go and be careful out there the cars are not used to seeing many bikes anymore. Plus got to get used to being on bike and being comfortable again. Be careful.

On another note as most of you sign up at events like the Tradex which didn't happen this year and who knows what will happen in 2022.

Because of all these things AIM can use your help especially by renewing your memberships' and putting the word out to your friends and anyone who rides to sign up and tell them every little bit helps Injured Riders & their Families.

Those funds are how we help injured riders and their families.

If by chance you wish to donate to AIM either by cheque or by PayPal on AIM website. Also read up on the changes in ICBC to see how it may affect you in the future if anything should change.

Thank you Everyone
 Dave M

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Strange times – Stress, ones Health, One's Belief ?

We all tell stories; When one reviews their life, how much is actual "direct" experience and then, we acquire information from our environment, school, family, socialization, reading, watching tv, listening to the news. My question is why do we believe other people's stories, their perceptions, that we in some cases, fight tooth and nail that story is true, yet possibly harming others? Why does one believe other people's opinions, judgements, labels, lowering ones self-esteem? So, we are supporting a story, believing that story teller's perception, and could it be our perception might be totally different?

The person, may be a rider or family who travels from one province to another: could be a family issue, taking care of another, maybe a death and others need support in the family, or maybe one just needs a piece of mind, get away from stress yet some person does damage to their vehicle and or puts a sign on saying "go home." Why does one take another's story/belief/perception as gospel, causing harm to others, seriously? Can instead, give support to others alleviating stress, instead of causing it?

Please do not believe a thing I write as it is my story, do your own research! To some this may be interesting, others not so.

Double-Blind Studies and Placebo Effect <https://www.winchesterhospital.org/health-library/article?id=21849>

The purpose of this kind of study is to eliminate the power of suggestion. It is true, although hard to believe, that people given placebo (fake) treatment frequently report dramatic and long-lasting improvements in their symptoms. However, if the people in the real treatment group fare significantly better than those in the placebo group, it is a strong indication that the treatment really works.

Stress facts <https://www.medicinenet.com/stress/article.htm>
(supposedly they have known this for over 80 years)

Excerpt: Excess stress can manifest itself in a variety of emotional, behavioral, and even physical symptoms, and the symptoms of stress vary enormously among different individuals. Stress is a normal part of life that can either help us learn and grow or can cause us significant problems. If we don't take action, the stress response can create or worsen health problems. Prolonged, uninterrupted, unexpected, and unmanageable stresses are the most damaging. (Stress it cut me short on being able to ride)

What the Research Shows

<https://www.apa.org/research/action/immune>

Excerpt: Psychologists in the field of "psychoneuroimmunology" have shown that state of mind affects one's state of health. The meta-analysis also revealed that people who are older or already sick are more prone to stress-related immune changes. For example, a 2002 study by Lyanne McGuire, PhD, of John Hopkins School of Medicine with Kiecolt-Glaser and Glaser reported that even chronic, sub-clinical mild depression may suppress an older person's immune system. Participants in the study were in their early 70s and caring for someone with Alzheimer's disease. Those with chronic mild depression had weaker lymphocyte-T cell responses to two mitogens, which model how the body responds to viruses and bacteria. The immune response was down even 18 months later, and immunity declined with age.

Article from the Toronto Sun <https://torontosun.com/news/local-news/levy-three-prominent-docs-call-lockdowns-a-waste-of-time> **LEVY:**

Three prominent docs call lockdowns a waste of time - Excerpt:

Tenenbaum, a periodontist based at the University of Toronto with a PhD in cell biology, added early on in the pandemic, they knew that an antibiotic called doxycycline could be a "very effective agent" to inhibit enzymes and the hyper inflammation that destroys lung tissue after COVID gets a hold of a patient. When he tried to present it to his university colleagues, he said he was met with "stone silence" and incredulity because no one believed an antibiotic could work. (Because of the belief system in nutrients, could receiving the Zinc/Vit D have supported the person knowing that will help in healing?)

continued on next page



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OFFICE USE		

Continued from page 7 - Stress

In Stephen Parkhill's book, *Awareness Cancer*, he shows several case histories of emotional stress while in the womb and the person was not aware of why they did not feel loved or safe or had low self-esteem. (one can search online for his book as a pdf.) Also one can watch *Dawns testimonial*, on You Tube who is from Ontario, had cancer re: low self esteem.

Now, I am not a religious person but, I seem to be intrigued with a variety of early writings and came across a book the other day from 1904 called "Primary Lessons in Christian Living and Healing, A Textbook of Healing by the Power of Truth As Taught and Demonstrated by the Lord Jesus Christ by Annie Rix Militz" What she writes in this book is most profound. (If interested, you can find it online, the original book scanned and saved as a pdf.)

Conquest of Disease by Eugene Del Mar. New York City, September, 1922 Excerpt –

The fact that there is such a correspondence was demonstrated some twenty-odd years ago by Prof. Elmer Gates in his laboratory at Chevy Chase, where it was proven that each destructive emotion secreted its own particular poison, while each constructive one produced its own elixir. For each mental state there is a corresponding special condition of cellular groups of the thinking organ; and at the root of every emotion there are mental feelings that determine remote reactions and the functioning of various physiological organs. A law of relation exists between emotional states and the circulation of the blood as uniform and certain in effect as any law of chemistry.

The effect of fright is to generate a poison in the tissue, which chemical experiment will discern in the breath, perspiration, blood tissues, etc. Cold perspiration that is caused by fear has in it an alkaloid poison that is not present in the same person while in a joyous state of mind.

The emotion in a mind full of hate is more injurious than any other state of mind, sufficient toxin being generated in one hour to kill many men were it taken into their systems. In fact, it would generally be impractical for one to hate intensely, steadily, for an hour; as exhaustion or death would probably stop the mental process. Every wrong emotion, every shade of it, has a definite, harmful effect on the whole body; and the resulting secretions, when extracted and given to dogs and even human beings, have induced states of mind and acts similar to those of the persons from whom the poisons were derived. Anger leaves a bitter taste in the mouth; and when not vented in action upon another, is prolific in its discord and physical results. In fact, indulgence in anger is suicidal, and many poison themselves to death by their incessant fits of hatred.

Quimby was born in the 1802, seems he cured himself of TB, More at Wiki. Excerpt from <https://cornerstone.wwwhubs.com/quimby3.htm> Quimby's Technique By Horatio W. Dresser approximately 1930's

Apparently, then, so Quimby reasoned, matter is less solid than had been supposed. Meanwhile condensed thought is more real in its effect on the body than anybody would suspect who lacks clairvoyance in its active modes, noting the stages through which such thought passes in causing trouble. Elsewhere Dresser says that

Quimby "was in possession of the facts we now call 'subconscious,' but could not readily name them." Here Dresser says: Unwittingly we create formative images always at hand when condensing our thoughts into an efficacious opinion. Thus our beliefs are followed by results even though we are unaware of all the factors at work, notably those that are chiefly subconscious. Quimby's discoveries in such connections led him to compare mind to a fertile soil as "spiritual matter," seed-thoughts having the potency of suggestion, as he might have added had he possessed the term. That is to say "spiritual matter" resembles tangible substances, symbolically speaking, but is more nearly akin to mental products. Prentice Mulford seems to have been groping after the same idea in saying "Thoughts are things."

The Energetic Body <https://remedygrove.com/traditional/The-Guide-To-The-12-Major-Meridians-of-the-Body>

Excerpt: The Meridian System - Meridians connect all major organ systems. Each meridian plays a specific and crucial role in the health of the entire body. If the energy flowing through a meridian is imbalanced in any way, the system it fuels is jeopardized, and disease may result.

Effects of Stress on Memory and Cognitive Functions <https://www.heartmath.org/articles-of-the-heart/science-of-the-heart/stress-and-cognitive-decline/>

Excerpt: One of the most powerful and effective of the positive emotions is appreciation, HeartMath researchers found. Heart-monitoring technology such as an electrocardiogram or HeartMath's emWave Pro (Desktop) to measure heart-rhythm patterns typically displays a nearly instant transformation from erratic to smooth patterns when a subject intentionally experiences appreciation. Smooth heart-rhythm patterns indicate lower stress and greater heart coherence and thus a range of psychophysiological benefits that include improved memory, focus and immune system among many others.

Power of the Heart's Electromagnetic Field <https://www.heartmath.org/articles-of-the-heart/science-of-the-heart/the-energetic-heart-is-unfolding/> The heart, like the brain, generates a powerful electromagnetic field, McCraty explains in *The Energetic Heart*. "The heart generates the largest electromagnetic field in the body. The electrical field as measured in an electrocardiogram (ECG) is about 60 times greater in amplitude than the brain waves recorded in an electroencephalogram (EEG)."

We live in a Mental world, as all are thoughts/images, then we go from there. We are Electromagnetical, Energy, vibratory, frequency, chemical beings as is all that is. They say that there is a universal law, cause and effect, so does that mean life is a "boomerang", what you give is returned to you?

One of the excerpts stated that "Stress is a normal part of life" but is it truly? Concept: one may see Joe leading a stressful life, yet Joe Loves the challenges and has total joy of his, so-called stressful. Then what thoughts or beliefs creates ones Perception?

Just my 2 cents, my story ☺ Nobody (at it again)

Please note of the above is NOT medical advice. Please see your Health Care Specialist if you have any questions.

Gratitude, Appreciation, Blessing and Good Will to All!