



Friends for Fun, Safety, and Knowledge

**HAND OF THE SKY WINES**

**GWRRA Region N Chapter NC-I Asheville, North Carolina June 2005**

**[www.gwrranci.org](http://www.gwrranci.org)**

Next meeting June 23, 2005

# Chapter Director Corner

Hello Everyone,

As I write this to you it is raining, again. It looks to be like another active hurricane season and I hope all of you are prepared. Have you thought of getting a generator? If so, now is the time as winter is over, up North and good deals can be found. Bev and I found a 6,500 watt Honda up in MI. last year at this time and had it shipped here and still saved a bunch of money. It is always good to be prepared.

I have heard from District and they said John Williams is no longer an "Acting Chapter Educator" he is officially our NC-I Chapter Educator. John has been approved and his pins and patches are on the way. Congratulations John!

Also, thanks go out to Bill and Gale Roland for hosting another potluck at their home. Once again, we had a great time just getting together and visiting. Potlucks are an important part of our chapter. While everyone seems to enjoy going to them, few are willing to have them. Remember you don't have to make it fancy as our members come to enjoy each others company. We will be content with a hot dog if that is what you make. If you would like to host a pot-luck at your home please, let Teresa or us know.

Also we want to thank Wil Higdon for his efforts as Chapter Educator over the past few years. Every now and then I still remember that pink dump truck.

Thank you to all of you who are willing to volunteer your time and efforts. It is you folks who determine how active our chapter is.

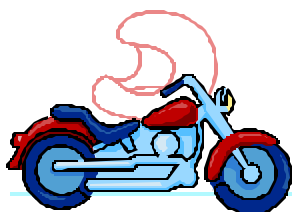
It's that time again. Bev and I want to get a jump on WOS. We really do not feel we had pre-WOS very well organized last year So, as the time draws near, we would like to be more prepared and have things more put together. A list for staff shirt sizes will be passed around at our next meeting. We also need to start scheduling workers to man the porker run table for Friday and Saturday. We receive a check from District for doing the poker run table and this is what keeps our chapter going for the next year. It is extremely important that we all pitch in and help. By working at WOS we support our chapter. Bev and I will do the actual ride layout but we need your help to work the table. If we all do an hour or two, it will be a breeze.

Just a note, to say thank you, to those who participated in the "Co-rider" session, we hoped it helped.

Finally, we will need someone to lead the July Second Saturday ride as Bev and I will be on vacation. If no one volunteers we will have to cancel it for July. Please let us know if you can help.

See you at the next meeting

Russ and Bev Daggett



**Safe riding to all!!!**



## Make A Difference

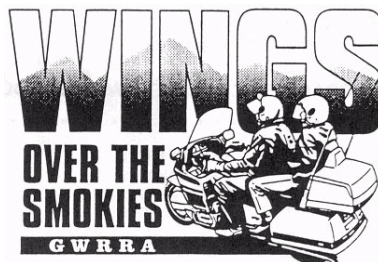
### ACD Thoughts

Gail & I hope everyone is enjoying your summer. We really enjoyed having everyone at our house for Pot Luck on June 4<sup>th</sup>. If you couldn't be there this time we will do it again in the fall. One of the purpose's of GWRRA is a good time.

I also want to thank Russ & Beverly for the great job they are doing as well as all of you for helping. Let's all work together to make this summer a safe and enjoyable time. Start planning now for Wing's Over The Smokies in September (22-24). Thanks for letting us be a part of your GWRRA experience.

Bill & Gail Roland  
ACD's

Sept. 22-23-24, 2005



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## **Rider Education** **John Williams**

In researching articles for this month's newsletter I found this one very interesting. The reason is that when I was a police officer I used to do the same thing when I was working. Talk to myself to keep me aware of situations. Since I have read this I have tried some of the concepts and it works.

Talking to yourself can keep you alive

By James R. Davis

Throughout the set of articles I have written here there is a clear message, often repeated - you should practice, practice, practice.

Having some confidence in the merits of the material that you have read here, I suspect that most of you accept the premise that practice is worthwhile because it tends to convert what is otherwise difficult to 'doable with some facility' (meaning that as a result of practice you will have the skill and confidence to know that you CAN do whatever has to be done, quickly and without error.) Further, it teaches both our muscles and our minds how to do things in a way that requires very little thought, very little lost time 'finding' the appropriate controls, and just how much force is required when using those controls. In other words, practice allows us to accomplish what must be done without the loss of time and control that would occur should you simultaneously have to learn how when that panic situation presents itself to you.

So, is that all there is to it? Are you assured that if you practice enough you will be ready to do whatever it takes while your body fills itself with adrenaline?

Surprisingly, the answer is both yes and no. You will be READY (and able) to do what must be done, but what you have not practiced is dealing with that adrenaline. You, normally, do not place yourself in situations where panic stops are required in order to save your life when you practice. Indeed, when you practice you should do so in the safest environment possible so that mistakes can be learned from rather than put you in the morgue.

In the real world there is a requirement that you build a bridge from the theoretical to the actualization of your training. Let me give you an example of what I'm trying to get at here: You are rounding a right-hand curve and see that a vehicle is coming towards you in the opposite lane. That vehicle looks like it might be hugging the center line. It has your attention! Indeed, you are target fixated on it!! What do you do about it?

You have learned that motorcycles tend to go where you are looking. You have experienced that phenomenon many times. You know that target fixation can kill you, again, because your motorcycle tends to go where you are looking. So, why are you target fixated? You know better.

Virtually all of your driving experience has been 'practice' in this case. You know that unless you change the focus of your fixation away from the threat and towards an escape route you are likely to steer right into that oncoming vehicle. But as soon as you realized that you were fixated on that vehicle your body started to manufacture a ton of adrenaline and pump it into your bloodstream. You have started a 'fight or flight' panic attack.

All you need to do to get out of trouble is to TALK TO YOURSELF! You need to say something like: 'I need to look where I want to go. Look away from that truck. That direction is where I want to go. Come on, baby, let's go that way!'

Dumb, right? Well, it doesn't matter what words you use when talking to yourself. What matters is that you tell yourself to do what has to be done. That kicks in the lessons learned from all your prior practice and the job gets done.

In the case study found elsewhere on this site you will see an example of how this has saved my bacon any number of times in the past. I was driving immediately behind another rider who, as a result of target fixation, had a catastrophic accident. I had a passenger on my bike at the time and, among other things, I resorted to telling myself: "Control stop this baby!" The result, a smooth but rapid stop that avoided losing control (no locked brakes). Plenty of adrenaline was running its course and trying to get in the way. No time to learn how to stop quickly. Practice had prepared me, and all I needed was that little bridge - a brief chat with myself that insisted that I DO SOMETHING that had to be done, NOW!

Practice is fundamentally important, and so is dealing with the adrenaline that tends to confuse. No need to argue with yourself. Just a quick chat that starts the activity. Muscle memory and familiarity gets the job done from there.

## Up Commng Events

**June 21-25**

**Tuesday -**

**Saturday**

**Honda Hoot 2005** - Knoxville, TN

The 12<sup>th</sup> annual Honda Hoot.

**June 23**

**Thursday**

**Chapter NC-I Meeting** - Eat at 6:00 pm, Meet at 7:00 pm

Ryan's Restaurant on Patton Ave., Asheville, NC

4th Thursday of each month. Call [Russ & Beverly Daggett](#) at (828) 654-7904 or [Wil Higdon](#) at (828) 251-1172 for more info. [Directions](#).

**JULY 2 Saturday**

**Chapter NC-G2 Meeting** - Eat at 6:00 pm, Meet at 7:00 pm

Duvalls Restaurant, 783 N. Main St, Waynesville, NC

1st Saturday of each month. Call James & Joretta Smith at (828) 648-6872 for more info.

**July 4-7**

**Monday -**

**Thursday**

**Wing Ding 27** - Fort Wayne, Indiana

Gather with over 10,000 of your GWRRA family members as we celebrate the magic of our Association, our machines and our friendships. Don't miss the world's largest Gold Wing / Valkyrie gathering and trade show with hundreds of vendors, world-class entertainment, FUN, food and beautiful countryside rides along with the hospitality that make Ft. Wayne, Indiana, a favorite destination.

**July 9**

**Saturday**

**Chapter NC-I Second Saturday Ride** - 9:00 am

Meet at J&S Cafeteria, 30 Airport Park Road, Fletcher, NC (across from the Asheville Airport).

The ride starts at 9:00 am. Have breakfast with us beginning around 8:00 am. Call [Russ & Beverly Daggett](#) at (828) 654-7904 for more info.

**July 16**

**Saturday**

**Chapter NC-M2 Meeting** - Eat at 8:00 am, Meet at 9:00 am

Quality Inn & Suites, 201 Sugarloaf Road, Hendersonville, NC

3rd Saturday of each month. Off US-64 near I-26 Exit 49-A (Old Exit 18A). Call Jim & Paula Blankenship at (828) 628-1333 for more info.

# GOLD WING ROAD RIDERS ASSOCIATION

## GWRRA CHAPTER NC – I

ASHEVILLE, NORTH CAROLINA  
www.gwrranci.org

### Chapter Staff

Chapter Directors	Russ & Beverly Daggett	828-654-7904
Assistant Chapter Directors	Bill & Gail Roland	828-687-8599
Chapter Educator	John Williams	828-687-9868
Webmaster	Wil Higdon	828-251-1172
Treasurer	Joy Lee	828-658-0916
Activities Coordinator	Teresa Hughes	828-684-3216
Ride Coordinator		
Technical Advisor	Phil Hendricks	828-699-0980
Newsletter Editor	Cliff Wisor	828-925-6646

Next Meeting June 23, 2005 eat @ 6:00pm meet @ 7:00pm Ryan's Steakhouse 1053 Patton Ave. 828-258-3761

Cliff Wisor  
PO Box 296  
Old Fort, NC. 28762-0296  
seawalker@charter.net