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www.gwrra.org

<http://www.ccdistrict.ca>

CENTRAL CANADA DISTRICT CONNECTION

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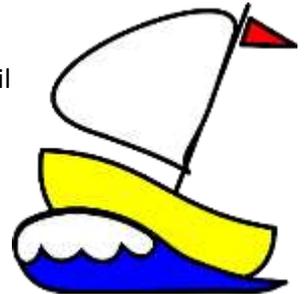
DIRECTORS' CORNER



Well, that summer went in a flash! The cooler weather is now upon us.

This insert will be short as Kristina and I are off for a 21-day boat cruise and will not be back until 19 October 2019. Fun in the sun...

Saturday 23 November 2019, is our OPS meeting at 8 Wing Facility Trenton Ontario. Please save this date. I would like to see all Central Canada District Chapter Leadership Teams in attendance. This will be an exciting and full day. Lunch on the Base will be paid by the Central Canada District Team.



As always, Ride Safe and enjoy the summer...

Gary & Kristina McDermott
Central Canada District Directors

Gary McDermott and Kristina Magic
Central Canada District Directors



WINGING THRU THE DISTRICT



First of all, I want to extend our heartfelt congratulations to Gary and Kristina on their very recent wedding! Judy and I, along with CCD, wish you all the best for a long and happy life together.

This year has offered a tremendous number of rides and activities for our GWRRRA family, whether you enjoy distillery tours, breakfast rides, back yard BBQ's, rally's, corn roasts, or camp outs, there was something to do almost every weekend. Now if you like something with a bit more flair, then maybe it was Wing Ding in Nashville that got your attention while you toured the friendly south. Or closer to home, maybe you let your hair down at Rendezvous in Niagara-on-The Lake, one of the most scenic areas we have in Ontario. Regardless of your tastes, there was something to do or somewhere to explore for everyone. One of the last big tickets we have on the calendar this year is **North Bay's Color Run**, always a great event while enjoying Northern Ontario.

A lot of you already have your calendars out for 2020, and I am sure that you already marked **July 16 - 19 for Rendezvous in Kingston, Ontario**, and **June 30 – July 4 for Wing Ding 42 in Springfield, Mo**. All of our chapters will be planning their own local activities for next year soon, so please leave lots of room and time to join your friends.

As our days become shorter, the nights cooler, and the leaves colorful, I encourage everyone to get out and enjoy all the beauty this time of year has to offer, because Old Man Winter will be on us sooner than we like.

Hope to see you down the road!



David Hay

Assistant District Director

MEDIC FIRST AID



If any chapter wishes to host a Medic First Aid course, please reach out to me. E-mail is best – garvincole@yahoo.ca

It's Getting Dark Earlier



You are the sunshine of my life. That's why I'll always be around

When Stevie Wonder first sang this in 1973, who knew he would be singing about the headlight on our motorcycles? In 1993, Garth Brooks informed us that we didn't have to ***go down 'til the sun comes up***

Clearly an acknowledgment that we could ride throughout the night!

However, is your headlight providing you with sufficient illumination down the road so you are not moving faster than the available light? At 100 KPH, we travel just over 90 feet each second. At your driving speed, do you have the time to Observe, Orient, Decide, and Act (see *OODA Loop info here - <https://www.businessinsider.com/ooda-loop-decision-making-2017-8>) before it's too late? As low beams give us an approximate 150 feet and high beams only about 350 feet of illumination, it becomes easy to out-drive the available light.*

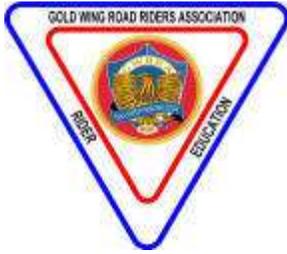
On many night rides in Northern Ontario, I realized that my headlight was not giving me the illumination required to drive at the speed limit and see far enough ahead to avoid the odd moose, deer, or other critter crossing the road in the darkness. I tried re-aiming the halogen light and finally switched to an HID solution. This switch made me far more visible during the day, but at night the oncoming vehicles thought I had my high beam on. The HID solution did not match properly with the reflector, and the light was very diffused and broad.

Next is an LED solution. Perhaps I'll have better success...

I would love to hear your comments and how you have brought better light to your night rides.

Garvin Cole

Assistant District Director
Medic First Aid Coordinator



RIDER EDUCATION



Happy reading.

Why Ride?

I found the article below a couple of years ago from an unknown writer. It made a lot of sense then after riding extensively across Canada and the USA, but even more now, after our return from two weeks of fantastic riding experience in Europe. Claire and I rode 2960 km, mostly in Italy and Austria after a week in Paris. From Venice's Adriatic sea level to the Grossglockner at 3798m (12343ft) Austrian Alps glacier, going by the South Tyrol *tournante* (hairpin turns) roads and narrow tunnels, to the UNESCO Italian Dolomite's mountain ranges, *Toscana Cianti* wine country, Cinq Terre on the Mediterranean emerald sea, *Laspezia*, Lake Garda and *Iseo* scenic mountains twisty roads, including a visit of *Venezia*, Pisa, *Maranello* (Ferrari museum) *Limone*, and many more. I don't want to forget the excellent four-star European accommodations; the food and service; Italy and France's wine; and the Austrian hospitality food and beers. Contact me for more details and pictures.

So why ride???

Psychologists have studied the rationale for riding – riders speculate about it – ordinary mortals shake their heads in dismay over it. There is ambivalence to this sport.

There are no scores or points in riding, but the beauty of movement gives a self-assurance that is better than winning a game. It is a sport that brings escape from the cares and tensions of daily life.

Riding brings an awareness of the grandeur of nature; an exhilarating exercise for most people, yet no other sport gives such a feeling of freedom.

Why do we ride?

Words can't explain it. You have to experience the hours and days and weeks of riding. You have to meet the people who ride – the individualists, the non-conformists. You have to see the beauty of all landscapes, mountains and valleys. You have to participate in this moment of truth.

We will do it again, since we are in the process of planning our next spring ride across Canada to the Yukon and Alaska.

Ride Safe Always

Rouler Toujours Prudemment!

Michel Lavoie MIT 023

Central Canada District Educator – University Coordinator

Educateur du District Centrale du Canada – Coordinateur Universitaire

Editor's Note



Nature always wears the
colour of the spirit

Ralph Waldo Emerson
American Essayist, Lecturer, and Poet
1803-1882

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