



# BLACKSHEEP PEN

## CHAPTER A DES MOINES, IOWA

**September 2018**

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- Deputy Directors F, I & J Ray & Sandi Garris [director@gwrrra.org](mailto:director@gwrrra.org)



### Chapter **G2G**

First Saturday of every month at **Flying J Altoona**

**Max's Highway Diner**

3231 Adventureland Dr  
Altoona, IA 50009

Breakfast 8:00 AM - 10:00 AM

BS G2G @ 9:00 AM

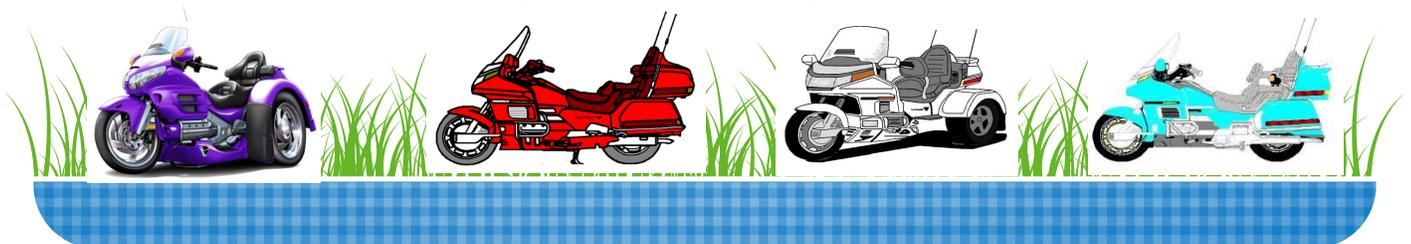
### Iowa District Officers

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### Inside this issue

Chapter Team .....	2
COY.....	3
Director Message .....	4
Assistant Director Message.....	5
Assistant Director Message.....	6
RAM Trails.....	7
Ram Wisdom/Safety.....	8 & 9
Trivia.....	10
Flyers.....	11 - 14





# CHAPTER A TEAM MEMBERS



**Chapter Directors**

Randy & Debbie Heath



**Assistant Chapter Directors**

Dave & Diane Tingle



**Assistant Chapter Directors**

Donna McCullough & Dennis Irvin



**District Educator**

Greg Hayes



**Chapter Membership Enhancement**

Vacant



**Chapter Treasurer**

Dave Voy



**Chapter Mailings**

Debbie Heath



**Chapter Web Master**

Scott Johnson



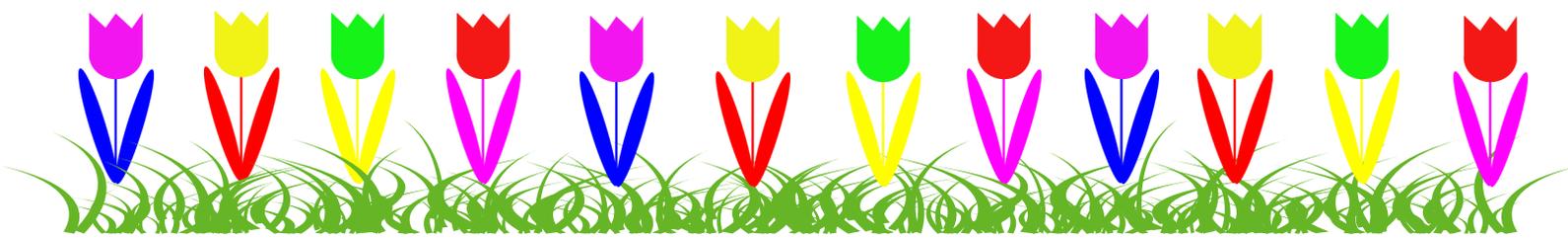
**Chapter Newsletter**

Beve Bolen-Johnson

# 2018 CHAPTER COUPLE OF THE YEAR

## CONGRATULATIONS

### RUSS & MARSHA TELL



# SHEPHERDS STORIES



**Randy & Debbie Heath**  
**Chapter Shepherds**  
[Rjheath2@gmail.com](mailto:Rjheath2@gmail.com)  
[Debbimah1954@gmail.com](mailto:Debbimah1954@gmail.com)



Hello Everyone and welcome to September. The chapter has had a very busy summer, there is still plenty more to do. We have a few more camp outs schedule for September and October. Be sure to check the chapter face book page for any changes and or improve. rides, campouts etc.. And yes the holiday season is fast approaching. Christmas is less than 120 days away.

The Iowa State Fair has come and gone. Hope you made it to the fair and ate some of that good fair food.

Wing Ding August 28 to September 1, 2018. Some of our chapter members are heading for Wing Ding in Knoxville Tennessee and points beyond. Be safe and have fun. Don't forget to share your pictures in the news letter.

September 28-29 is Iowa's district Rally in Fort Dodge Iowa. If you haven't do so yet be sure to sign up. Sounds like there is a good time to be had.

Did someone say mouse trap races ? What in the world is a mouse trap race ? Well come to the Iowa rally find out.

## **Chapter A's September schedule.**

1st. There has been talk for a Labor Day ride. Time and destination TBA.

8th New Hampton Rally.

13th Dinner ride to Sports Page in Pella.

15th Chapter Gathering, Ride to the Amana Colonies after the gathering.

**The Chapter Gathering has been moved to the 15th due to Wing Ding and The Hampton Rally.**

Sunday Sept. 16th is our Kenny Brook rides

Deb and I hope each and every one of you has a great September.

**Randy & Debbie Heath**

**Directors Chapter A**

**Des Moines, IA**

**GWRRA moto "Friends for Fun, Safety and Knowledge".**





# SHEEP OUTFRIDERS



**Dave & Diane Tingle**

**Assistant Chapter Shepherds**

**[dtingle2@gmail.com](mailto:dtingle2@gmail.com)**

**[dave.tingle23@gmail.com](mailto:dave.tingle23@gmail.com)**

## **Birthdays**

Karen Black....7th

Madison Snyder.....11th

Keith Zierke...20th

Jeff Clark...30th

## **Anniversaries**

Sept. 4th Scott Johnson & Beve Bolen Johnson

**Dave & Diane Tingle**

**Assistant Directors**

**Chapter A {Black Sheep Squadron}**

**Des Moines, Ia.**

**Friends for Fun, Safety, and Knowledge**



# ASSISTANT HERDER

By; Dennis Irvin & Donna McCullough



*Happy Labor  
Day!!*



Greetings all. September is upon us. My, oh my, where has the year gone? Still plenty of riding to do yet this year. Keep an eye on the chapter calendar and Facebook page.

Those of you going to Wing Ding, have a great time for those of us that are unable to attend. Be safe on your travels there and back and also while you are there enjoying the big shindig.

For those unable to head to Knoxville for the big party, I am working on the Labor Day weekend ride. Looking at the Omaha area. There are a couple of train museums, a squirrel cage jail and some other attractions that offer some interesting sights to see. Plus I can find some roads to ride that will be fun.

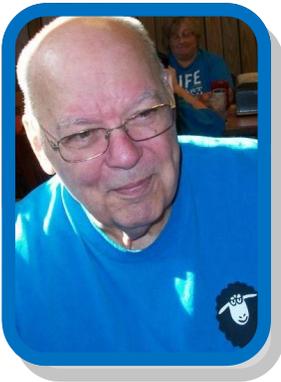
Lastly, Donna and I have taken over sending out the emails for the chapter. So, if you see an email from gwrraiowachapa@gmail.com, that will be from us putting out chapter information in email form.

Take care. Be safe.

**Dennis Irvin & Donna McCullough**

**Assistant Directors**

**Chapter A**



# RAMS TRAILS



Tim Pherigo contact for the RAMs

RAM Rod

[TIMPHERIGO2@msn.com](mailto:TIMPHERIGO2@msn.com)



Tim Pherigo



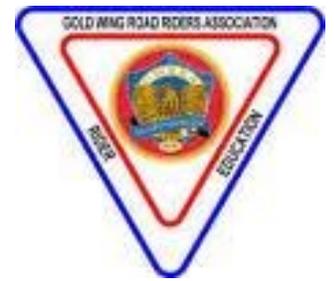
**Greg Hayes**

**Iowa District Educator**

**515.229.1597**

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## RAM WISDOM



I had an email from a member recently asking about an issue during team riding and they wanted to know what Rider Ed recommended for this situation, particularly since some of their chapter members will be riding to WingDing together. I am going to summarize the situation a bit. You have a team of about 5 motorcycles, about the ideal size for a group, riding on an interstate highway with a lot of traffic in both lanes moving about the same speed. As they are coming up to merging traffic from an on-ramp on the right sometimes it is hard to see the merging vehicles well enough in advance because of the view. Because of the heavy traffic on the interstate it would be difficult to move the whole group over into the left lane before the merge area. So, how should the group adjust to the merging vehicles?

I need to qualify my answers in that I am just one person and this would be a good example of something you might want to bring up as a safety topic before a group ride. There are probably a lot of good suggestions out there that people will make. But, here are my thoughts. Remember, this concerns multi-lane traffic going in the same direction.

First, as noted in the Road Captain and Team Riding courses, ultimately individuals have to "ride their own ride" and they are responsible for their own safety. This should be the overriding rule. I would also add that we should not put others in danger as the second rule. Sharing the road is a social event and courtesy and cooperation are important.

The other guidance we have from these courses is about merging onto the highway, saying that not everyone can always merge together. So, if the group gets split up when entering the highway then the road captain should adjust their speed after merging to allow the group to eventually get back together.

So, I think the same applies to people merging on the highway in the middle of the group. You cannot block them from entering, of course, so it may happen occasionally. After passing the exit the road captain should again adjust their speed, slowing down a little, to allow the rest of the group to get back together eventually.

When you have 3 or more lanes of traffic then it is best not to ride in the right lane on a road with a lot of merging traffic, such as near bigger cities, since this is the lane that people should be using to exit and enter the highway. Then, when you need to move to the right lane for an exit you may want to do this well enough in advance since it will often take longer to get the whole group moved over than if you were just riding alone. This should be where the drag bike can secure the right lane to allow the others to merge together.

Anytime you have 3 or more lanes of traffic and the group is moving into a lane that is not an outside lane, then there is a chance that as the drag secures a lane, this will open the lane up in front of them and you may have vehicles moving into the secured lane from the other direction. The group just needs to stay aware of the situation and be watching the traffic. When the lead bike calls for the group to move over, we cannot assume the traffic situation won't change at the last moment. Always do a head check before changing lanes. There is always the chance for the group to not make it all over and this may result in the group not being able to stay together.



## RAM WISDOM CONT.



In busy highway traffic there will be people who will cut into the group, possibly to get over in the exit lane, and the group will get split up that way as well. It will probably be good to ride so there is plenty of room in front of the lead bike so other vehicles are encouraged to pass in front of the whole group. This will also allow the group to ride a little tighter to discourage cutting into the middle of the group and encourage going around the group. It won't work all the time, though.

Key thoughts: Think safety first. The group can always get back together eventually. Take what time is necessary to do what you need to do safely. Don't let your group get too spread out (think about 1 second offset spacing, depending on your vehicle, the weather, etc.) but leave room in front of the group. Communicate. Courtesy and cooperation.

These are my ideas but I think this is a great discussion topic for your group ride. We wanted to encourage chapters to have a very short discussion before a group ride and a topic like this is perfect. Especially if a topic relates to a recent experience. It really is about getting the whole group on the same page. This article was actually pretty easy to write. It was all about just using common sense and thinking safety first. Can't ask for anything more than that. I think your groups will come to consensus quickly.

Until next month, safe riding and hope to see you on the road.

**Greg Hayes**

**Iowa District Educator, GWRRA**

# TRIVA



## Trivia Questions

Butterflies  have taste bud in what part of their bodies ?

How Many Flags  have flown over Texas ?

What do the business symbols TM, SM, and R mean ?





# ARENA CHAMPIONS




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### WHERE FUN BEGINS

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# Des Moines Ronald McDonald House Wish List

High Need Items will have \*



## Wish List

### Gift Cards\*

Casey's  
QuikTrip  
Starbucks  
Hy-Vee  
Target  
Walgreen's

### Food Pantry

Keurig Coffee K-Cups\*  
Breakfast Bars  
Granola Bars  
Butter (Sticks & Tubs)  
Seasonal Fresh Fruit/Veggies  
Cereal (Single Serving Boxes)  
Chips (Single Serving Bags)  
Fruit Snacks  
Fruit Cups  
Sliced Bread  
Lunch Meat  
Sliced Cheese  
Ready to eat microwave Mac N Cheese\*

### Household

Trash Bags  
Clorox Wipes  
Stainless Steel Polish

### Office

Postage Stamps\*  
Copy Paper  
Card Stock\*

### Kitchen

Crock Pot Liners\*  
Paper Bowls (non-Styrofoam)  
FIT Veggie Cleaner  
Ziploc Baggies (sandwich, snack, quart, gal.)  
Paper Plates (non-Styrofoam)  
Stainless Steel Scratchers  
Leftover disposable food containers (to-go)\*

### Families

Local Sporting Event Tickets  
Civic Center Tickets  
Botanical Garden Passes  
Bus Passes  
Spa/Salon Certificates  
Cross Word Puzzles  
Word Search  
Activity Books, i.e., Sudoku  
Baby Wipes  
Crayons & Coloring Books

### Laundry

Laundry Detergent (**HE Only, Please**)  
OxiClean Stain Remover  
Bleach  
Tide Washing Machine Cleaner  
Liquid Fabric Softener

### Personal

Men's/Women's Shave Cream  
Women's Deodorant  
Toiletries (individual or large sizes)  
Bar Soap  
Lip Balm  
Hand Sanitizer (travel size & regular size)  
Toothpaste (Large size)  
Hair Brushes\*  
Shampoo & Conditioner (Large size)\*  
Adult individual toothbrushes



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# A Motorcycle First Aid Kit has Special Needs

An ordinary first aid kit just won't cut it. The types of common injuries that motorcyclists may experience need a special balance of first aid supplies. It is important to know the purpose of and how to use every item in your motorcycle first aid/trauma kit— otherwise its just taking up valuable space.

Injuries a motorcycle rider might incur:

Burns – sunburn and heat burns from exhaust pipes and other hot motorcycle parts.

Eye injuries – things flying or blowing into the eyes and Insect bites or stings.

Cuts, abrasions and scrapes – usually from hitting the road (literally).

Fractures, bleeding, possible amputation

Trauma to the head, neck, spine, chest and abdomen (Box of Life).

## **Here's a Motorcycle First Aid Kit Checklist:**

A good compact first aid book or cheat sheet (ASM PACT Card).

Nitrile gloves – No less than 2 pair – more is better!

Anti-microbial Hand Cleaner – Waterless is preferred with at least 60% alcohol.

Sting Relief & Burn Gel.

Band-Aids: A variety of shapes and sizes for small cuts and scrapes. Antibiotic ointment packets

Steri-strips or Butterfly bandages, Adhesive Sutures- used to pull a small gaping cut or wound together.

Minimum 4 large (4×4) Sterile Gauze Pads – For Hint: paper towels in a zip-lock baggie can be used for clean up – save the sterile dressings for when you need them!

Rescue Breathing

Emergency Blanket – For retaining body heat that can be used as a reflector for rain and ground cover.

Normal sterile saline with a squirt tip for irrigating – this doubles as an eye wash or wound cleansing.

Instant Cold Pack(s) – They are single use so if you have space, grab a couple for your kit. The larger size works better.

Burn cream or gel (some have lidocaine for pain)- Aloe Vera aids in healing, pain relief,

## **A Motorcycle First Aid Kit has Special Needs continued**

Glow Stick(s) – High intensity emergency glow stick for directing traffic or signaling for help. Consider Green, Yellow & Red so they can be used for triage!

Heavy Duty Zip-lock Bags – Uses: disposal of used and contaminated gauze, gloves and dressings.

Other medication – Pack the travel size or sample packets: Anti-diarrhea tablets, Anti-acid, Antihistamine (like Benadryl or Claritin), pain relievers, Electrolytes.

Triangular Bandage – For slings, padding, strapping limbs to splints when fractures are suspected.

Trauma shears – 7 inch Paramedic Shear – smaller one's just don't cut it! You will need to be able to cut through leather. You will not want to move a person to remove clothing – if there is heavy bleeding you will need to cut through the leathers & other clothing. Use caution as you are using the shears since they can cut through unintended items.

1 or 2 rolls of 2" or 3" roll gauze.

Tweezers: Easy-to-grip handles for splinter removal and other first aid procedures.

Other things to consider when putting together a Motorcycle First Aid Kit:

Look for soft-sided waterproof zipper cases. Consider packing items in separate strong zip-lock bags. The reason is you will need to stuff all these items into a small bag -as mentioned above- it is very useful to use one bag for each 'type' of item such as gauze in one bag, medication in another and medical tools (scissors and tweezers) in another. Then when you pull out the items from the main bag they do not all tumble out onto the ground. This will not instill confidence in the person you might be helping.

Become familiar with what is in your kit and inspect the contents routinely. Make sure your kit is not buried in a saddle bag & preferably is on the non-traffic (right) side of the bike. Consider adding a reflective red cross to indicate where your supplies are located.

Because you may not have time to read a manual while trying to give first aid to an injured person or yourself, we recommend that you take an Accident Scene Management (ASM) course to learn what first aid challenges you may encounter and how to treat them. A 100 series ASM course teaches the basics of motorcycle trauma using the P.A.C.T. formula and ABCSS of Trauma to prioritize treatment. While this one-day course is geared toward the lay rescuer, it is great for the EMS worker as well. Helmet removal, moving the injured and jaw thrust rescue breathing are all part of this class that prepares you to respond to a trauma scene and apply basic first aid. For more information about classes click here and Pre-packed Motorcycle First Aid Kits go to <http://www.rgcompound.com/>