



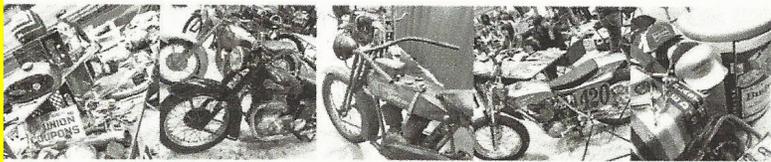
"A Hand for the Downed Rider"

The Helping Rider

A.I.M VANCOUVER

134 Spring 2018

The 32nd Annual
Classic and Vintage Motorcycle
SWAP MEET
and Show N Shine



DOORS OPEN AT 10 AM

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May 27 2018

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for Prostate Cancer

Please refer to their website for
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<http://vancouver.ridetolive.ca/>

"HELPING INJURED RIDERS SINCE 1983"

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.

Ride like you are Invisible, Ride Defensively!



The Helping Rider #134 ~ Spring ~ 2018

Vancouver A.I.M.

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The Helping Rider is published by
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Free to all interested readers.
Advertisements are welcome.
Articles and letters to the editor are also
welcome.

CHAPTERS

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A.I.M. Meets

Third Thursday of the Month 7:00 pm
New Location Pending
Call us 604-580-0112 or email us
All are Welcome! Rain or Shine!

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1/4 page	120	420
1/2 page	240	900

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!



Stepping up our fight against distracted driving

while driving

March is Distracted Driving Awareness Month, and once again the provincial government, police and ICBC are working together to do even more to tackle distracted driving in B.C.

As previously [announced by the B.C. government](#), beginning this month ICBC's Driver Risk Premium (DRP) program will include convictions for drivers who continue to put road users at risk by illegally using electronic devices while driving. Drivers with two such convictions over a three-year period could pay as much as \$2,000 (\$740 more than the current penalties), on top of their regular vehicle insurance premium. Amounts under the DRP program increase with additional convictions.

This year, the provincial government, ICBC and police have also launched two new pilot projects to explore how technology can help combat distracted driving in B.C. Starting this month, police will pilot new enforcement scopes; and earlier this year another pilot was launched focusing on user acceptance of a combination of phone apps and telematics. Both pilots are first steps in a thoughtful examination of how technology can help take distracted driving off our roads.

As usual police across the province are cracking down on distracted drivers this month as part of the month-long education and enhanced enforcement campaign. Community Policing volunteers will conduct 'Cell Watch' and 'Operation Hang Up' activities—reminding drivers to take a break from their phones.

An easy way to avoid distracted driving behind the wheel is to activate...

Apple's *Do Not Disturb While Driving* feature or what's similarly available on some Android devices and other third-party apps in the App Store or Google Play. On an Apple device it's four simple steps:

- Go to Settings
- Tap on "Do Not Disturb"
- Scroll down to 'DO NOT DISTURB WHILE DRIVING' and tap on "Activate"
- Choose when you'd like this feature to be activated:
- **Automatically:** When your phone senses that you are driving through motion and network connections.
- **When Connected to Car Bluetooth:** When your phone connects to your in-vehicle hands-free system.
- **Manually:** Before you begin your trip, use Control Center (under Settings) to activate the feature.

ICBC's rates are under significant pressure and part of that is due to a substantial increase in crashes, many of which are the result of distracted driving. We can all do our part to not drive distracted. It's up to each of us to keep our roads safer and drive smart.

Stefanie Tam
Senior Communications Specialist
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CANADIAN MOTORCYCLE DRAG RACING ASSOCIATION

June 30 -July 1	Summer Nationals	Rimby, AB
July 21 -22	Oil City Nationals	Edmonton, AB
Aug 11-12	Northern National	Fort St. John, BC
September 8-9	Badlands Nationals	Medicine Hat, AB
September 22-23	Season Finals	Mission, BC

Safety Tip - Riding in the Rain

By Gary Richardson

Spring is here and with it comes April showers. While riding in the rain is not particularly more dangerous and just requires a little more diligence to safety, the first rain after a long dry spell is particularly dangerous. Pollution in the air in the form of exhaust fumes, especially from diesel engines, lays an oily blanket onto the roadway. After a couple of weeks there is a fairly thick layer on the road. While it has little effect in the dry, the first rain mixes with it to create a slippery surface.

Water and oil don't mix and the rain tends to lift the oily slick from the surface of the asphalt and raise it to the top (oil floats on water), greatly reducing the traction of your already compromised tire contact patches (roughly the size of a tweekie). After a while, the rain will have washed the oil off the road and you will have reasonable traction but before that happens, here are two tell-tale signs warning you of reduced traction.

Tire tracks:

At first the cars will leave tire tracks in the rain. The rain will not fill in the tire track because of the heavy oil slick on the surface. As the rain washes off the oil slick, the tracks will fill in more and more. When the tire tracks fill in immediately, the oil slick has been mostly washed off.

Soap bubbles:

The little mixing that does occur between the oil slick and the rain results in the appearance of a white soapy mixture and bubbles on the road surface, especially in the tire tracks. These will appear at the beginning of the rainfall at a time of extreme slipperiness.

Both of these warning signs typically last a day in ordinary rain and signal extreme caution when riding. Be safe.



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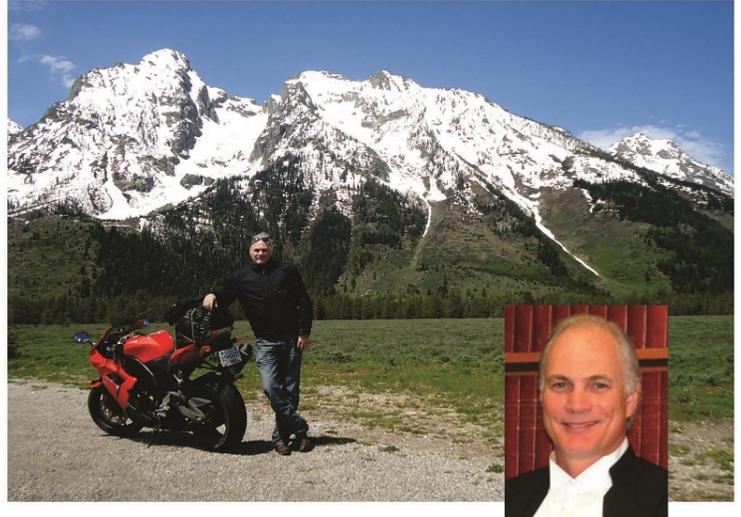
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Thoughts to Ponder

Everything is made up

They are contexts

Imagining them makes it real, justify and label, etc

Change your thought,

change your life

Imagination is fuel for creativity

Ideas spark ideas

Imagination is limited by

frame of reference

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.

CASTAWAYS

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June 2 - 2018



Registration
10am - 11am
Ride out 11am

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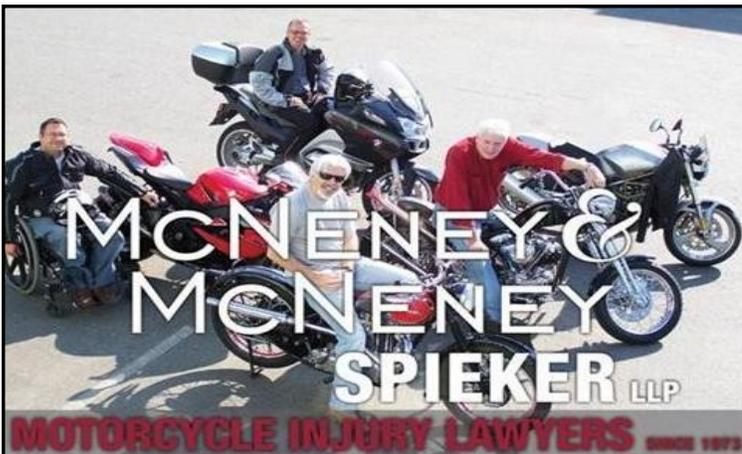
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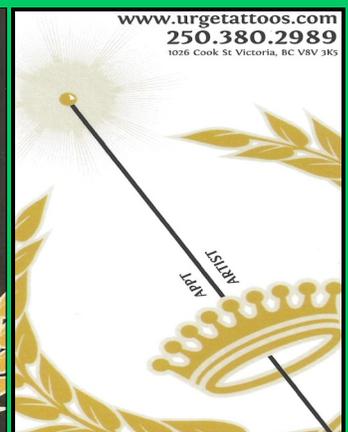
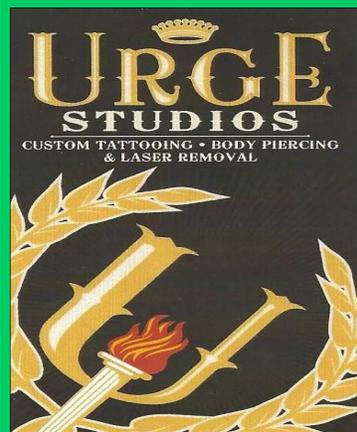
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TEDxTraverseCity– Change your Mindset, Change the Game / Dr. Alia Crum / Interesting study on pain

www.youtube.com/watch?v=0tqq66zwa7g

Dr. Crum is a professor, psychologist, and researcher investigating how mindsets affect health and behavior. Dr. Crum's research focuses on how changes in subjective mindsets—the lenses through which information is perceived, organized, and interpreted—can alter objective reality through behavioral, psychological, and physiological mechanisms. Her work is, in part, inspired by research on the placebo effect, a notable and consistent demonstration of the ability of the mindset to elicit healing properties in the body. She is interested in understanding how mindsets affect important outcomes outside the realm of medicine, in the domains of behavioral health and organizational behavior.



British Columbia
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 Coalition of Motorcyclists

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 Unit No. 37 - 13320 - 116th Avenue, Surrey, B.C. V3R 0R8

Working for your freedom to ride!

BY THE NUMBERS

Reference: The following statistics are found on the ICBC web site for the year 2015.

(<http://www.icbc.com/about-icbc/newsroom/Pages/Statistics.aspx>)

A) Licensing:

282,340 - number of people holding a Class 6 endorsement on their driver's license

111,000 - number of people carrying an active insurance policy on their motorcycle

B) Injuries / Fatalities: Provincial

2,600 - crashes involving at least one motorcycle

1,500 - injured victims

32 - fatal motorcyclists

Lower Mainland

880 - injured motorcyclists in Lower Mainland alone

13 - fatal motorcyclists in Lower Mainland alone

C) AIM's Numbers: The following represent the work that A.I.M. does.

50 - average number of downed riders we help every year

150 - average number of hospital/home visits we perform every year

20-30 - average number of family members helped every year

Gary Richardson—Visitation director




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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.

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Please return this application with your payment to the address above.

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