



National

Tennessee District

Chapter H

Let's go riding!

Harpeth Wings

Chapter H

Franklin, Tennessee

We eat at 9:00 am, meet at 10:00 am at Shoney's Restaurant, Hwy 96 (exit 65) just west of I-65 in Franklin, 4th Saturday of each month. Come join us at our next meeting – January 25.

Check out our Facebook page at  TNChapterH Volume 13 Number 1 January 2020

Gold Wing Road Riders Association (GWRRA)

Friends for Fun, Safety and Knowledge



Will & Thu Horsley
 Chapter H Directors
willchapterh@gmail.com
 (615) 483-2335



Note to newsletter recipients: If you do not wish to receive this newsletter any longer, please send a note to tnwingrider@me.com and you will be removed from the email list.

Director's Corner

Happy New Year to one and all. May this find everyone doing well.

This New Year's day was not too bad. I tried talking my co-rider into going out for a short ride but had no luck. That leaves me to ride by myself to and from work when it is not raining. The mornings have been a little cool but the afternoons have been pretty nice for winter. The nice afternoons make me long for spring and to have some nice group rides.

I want to remind everyone about the OPs meeting followed by the Winter Event next month, Feb 8th. It will be at the James E Ward Agricultural and Community Center, 945 Baddour Parkway, Lebanon, TN. OPs starts at 0900. (Note: see information page at end of newsletter.)

Until next time, take care.

Ride Defensively
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TN-H CDs
615-483-2335

Chapter Team

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Ride Coordinator

It's 2020 and time to schedule some rides for the year. To start the list, we saw a segment on "Tennessee Crossroads" about The Brick Oven Grill and Deli in Lafayette, KY. In looking at Google maps, it appeared to be a little under 100 miles and would take about 2 ½ hours. It will be a full day's ride.

Please send us your suggestions for rides. Otherwise, we'll ride to locations Karen and I want to go.

Ride Safe and we will see you on the road,
David & Karen

Rider Education

In the past few months, I have become a big fan of COMMON TREAD by Revzilla.com. They periodically have good articles (my opinion anyway) about rider safety. This last issue was no exception.

Can you admit when a motorcycle crash is your fault?

Zack Courts, Jan 03, 2020. In Common Tread by RevZilla, Jan 04, 2020

I met someone the other day with a broken wrist from a motorcycle crash: “I got hit by a car,” he said.

As we riders usually do, I immediately thought of every obvious situation where a driver would be at fault. A left turn across lanes, I figured, or maybe some idiot in a parking lot looking at their phone. But as the story unfolded, I started to question the narrative. A sharp slowdown in traffic had caused the rider to swerve and end up in oncoming traffic. In the end, what he said was true, technically. Still, I’m not sure the person in the oncoming lane who suddenly faced a bike coming at them is the bad guy.

There are plenty of details about this incident that I don’t know, and at this point all I can do is hope that this fellow is thoughtful enough to have learned a lesson from his crash. Then again, maybe what he needs is someone who will ask him, “Are you sure that wasn’t your fault?” Let me say, sooner rather than later: I am not above mistakes. I have had to ask myself that same question in the past. I rear-ended an SUV on the highway a number of years ago, and because I hit my head hard enough I don’t actually remember what happened. It would have been easy to tell people that there was nothing I could do — that the Range Rover jumped across lanes and left me nowhere to go — but the truth is I don’t know that for sure.

A few years later, a colleague of mine jammed on his brakes to take a dirt turnoff and in swerving to avoid him I ended up in a ditch. Sure, he should have signaled, or just ridden past and turned around. But if you’re like me you’ll be reading my two anecdotes and thinking, “Uhh, sounds like Zack is a tailgater.” Yeah, I’m inclined to agree, even though it’s not fun to have those conversations, either with other people or myself.

We human beings don’t like to admit being wrong. There’s plenty of research to show that, and probably evidence in your own life. “Those crumbs on the floor? No, I’m not sure where those came from, and yes I know food isn’t allowed here.” Just like that, you get away with eating your sandwich on the train, avoid embarrassment, and tell yourself it was the right call because now your blood sugar has evened out. Lying to the conductor likely only produces a small amount of cognitive dissonance — the psychological stress incurred when you act on one of multiple contradictory beliefs in your head. Telling yourself, along with your friends, that the person on the other side of your motorcycle accident was at fault is more dangerous than other small lies, however.

The main detriment is your own knowledge and experience. Blaming someone else is a way to escape responsibility publicly, but the real damage is steering your brain away from learning a lesson privately. An admission of some fault will cue a dialogue in your motorcycling psyche to find a way to avoid it in the future; or at least it should.

This is one reason MotoGP racers love data. They don't have to feel bad about crashing. All they want to know is how to avoid it next time while going the same speed or faster. In street riding, GP-level data won't usually help us but the same passion for wanting to know what went wrong can still drive us. Striving to be diligent about awareness and safety on your commute isn't as glorious as pole position. Then again, learning from mistakes can be just as crucial, if not more so.

We create our own narratives for a couple of reasons. Foremost, it's the easy way out in the moment, and it feels right because we save some embarrassment. We are proud, as humans; top of the food chain and we like our dignity. For motorcyclists, there is an added pressure of the many narratives that already exist around motorcycles being dangerous. We are prone to putting a positive spin on any incident with a motorbike, in part, because we don't want another ugly story in the ecosystem of traffic folklore. I think it can be born from a good place — we want people to see motorcycles the way we do, as an experience that enhances our lives. Still, like grandma always said: A lie is a lie, and it usually hurts more than one person.

Don't worry, there's some good news here. First of all, you don't have to crash to recognize a mistake. Just the other day a Mustang convertible pushed the end of a yellow light too far and almost hit me. Yes, they ran a red, but them being at fault wouldn't have helped my leg be less broken. What does help is asking how I can avoid that situation in the future. Think more about the intersection, the pattern of the lights, and any other reason why I didn't see the car until it was too late.

I try to apply this mindset to wherever I'm riding. How do I know there isn't a box truck pulling out of that alley? If there were a car stalled around this tricky righthand curve, would I be able to stop in time? I feel that approach makes me more likely to avoid potential mishaps, which is better than finding the stalled car, crashing, and telling everyone else there was nothing I could do.

The other silver lining is that people like honesty. For all of the research that illustrates why humans lie about being wrong there's the flipside, which is that people tend to see strength in admitting a mistake. It's easy to relate to, presumably because everyone is familiar with the feeling of that dissonance in cognition. And that means we can help each other more by being straightforward and honest about the dangers and blunders of motorcycling. It's harder than propagating total innocence on the part of motorcyclists, and that's probably why it's the right thing to do.

Next time, I'll try to have the gumption to ask the guy with the broken wrist if he really thinks it was someone else's accident and not his own.

Plaques

Tennessee Traveling Plaque	TN-Z, Columbia	Available 01/11/2020
COY Plaque	TN-Z, Columbia	Available 01/11/2020
Middle/West TN Traveling Plaque	TN-Z, Columbia	Available 01/11/2020

Coming Events

February 8: “On the Road Again”, Tennessee District Operations Meeting and Winter Event. OPs meeting starts at 9:00 am, Winter Event starts at 12:00 noon. James E Ward Agricultural and Community Center, 945 Baddour Parkway, Lebanon.

March 19-21: “Gathering of the Wings”, Florida District Rally, Sanford. Flyer available at <http://nebula.wsimg.com/64f45715dbf5833686a3221fb7e5220e?AccessKeyId=3D340C2E6C4D7EE36612&disposition=0&alloworigin=1>.

March 28: Horizons Workshop. Trinity United Methodist Church, 2303 Jones Blvd, Murfreesboro. More details to follow.

April 16-18: “Sweet Dreams....and Nightmares!!!”, South Carolina District Rally, Clemson. Flyer is available at https://drive.google.com/file/d/18Acq_OIyT-tvXqaiK-dlk6WfxN27TKaV/view.

April 30 – May 2, 2020: Spring Fling, Pigeon Forge.

May 28-30: “Wingin’ the Ozarks”, Missouri District Rally. Branson

June 30, July 4: Wing Ding 42 will be in Springfield, MO. Registration form can be found at <https://www.wing-ding.org/#register>.

August 13-15: “The Blast”, Kentucky District Rally, Lawrenceburg. Registration form not online as of 10 January.

September 24-26: “Wings Over the Smokies”, North Carolina District Rally, Waynesville. Registration form not online as of 10 January.

October 1-3: “Monster Mash”, Alabama District Rally, Eufaula. Flyer available at <https://gwrraalabama.org/al-rally>.

October 8-10: “Come Ride With Us”, a Riding Rally. Georgia, Dillard, GA. Flyer available at http://gwrra-ga.com/Rally/rally2020/2020_Come_Ride_With_Us.pdf.

Check out the District Newsletter and the www.gwrratn.org website for coming events and a lot of other information.

TN Chapter Gatherings Meeting Day, Time, and Places
(Please send corrections to PattiHamilton@charter.net)

Chapter A

Last Tuesday
Eat at 6:00 pm/Meet at 7:00 pm, Golden Corral
315 Old Lebanon Dirt Rd., Hermitage, TN
CD Troy & Vickie Hurt, 615-351-6629

Chapter B

1st Tuesday
Eat at 6:00 pm/Meet at 7:00 pm
Shoney's, 2405 Andersonville Hwy, Clinton, TN
Exit 122 off I-75 (Rt 61-Museum Exit)
Senior CD Tom Peck, 423-907-9712

Chapter C2

3rd Thursday Eat at 6:30 pm/Meet at 7:00 pm,
Lacosta Restaurant,
138 The Crossings, Crossville, TN
CD Randy Ryan 985-201-3791

Chapter F

3rd Thursday Eat at 6:00 pm/Meet at 7:00 pm,
Golden Corral 2905 W Andrew Johnson Hwy,
Morristown, TN CD Bruce & Gayle Babcocke
865-344-7194

Chapter H

4th Saturday
Eat at 9:00 am/Meet at 10:00am,
Shoneys Hwy 96, Franklin, TN
CD Will & Thu Horsley 615-483-2335

Chapter M

2nd Tuesday
Eat at 6:00 pm / Meet at 7:00 pm
550 Ft. Loudon Medical Ctr. Dr., Lenoir City, TN
CD Brian & Loretta Richards, 865-249-6173

Chapter A2

3rd Monday
Eat at 6:00 pm/Meet at 6:30 pm, Shoney's
1021 W Lamar Alexander Pkwy, Maryville, TN
CD Bob Mack, 865-258-9872

Chapter C

3rd Tuesday
Eat at 6:00 pm/Meet at 7:00pm, Mama's House
2608 N John B Dennis Hwy, Kingsport, TN
Senior CD Richard & Connie Pendleton, 423-245-8484

Chapter E

2nd Saturday
Eat 9:00 am/Meet 10:00
The Smyrna Bowling Center, 96 Weakley Rd, Smyrna, TN
CD Murray Dunkin, 615-848-5255

Chapter G

3rd Thursday
Eat at 6:00 pm/Meet at 7:00 pm,
Gondola 412 E Carroll St., Tullahoma, TN
CD Dennis & Anne Greer, 931-728-1463

Chapter L

1st Saturday
Eat 11:00 am/Meet 12 noon,
Painturo's Pizza, West Main St, Lebanon, TN
Senior CD Andrew & Debbie Smith, 615-784-9772

Chapter N

1st Saturday
Meet at 5:00 pm / Meet 6:00 pm
Olympic Steak House, 5711 Hwy 412, Bells, TN
CD Jeff and Shari Douglas, 731-267-8338

Chapter O

1st Tuesday Eat at 6:00 pm/Meet at 7:00 pm,
Golden Corral 350 Stuart Rd., NE Cleveland, TN
CD Shane McAmis & Amanda Cronan, 423-310-5903

Chapter S

3rd Saturday Eat at 1:00 pm/Meet at 2:00 pm,
Milo Coffee House, 125 Main Street, Portland, TN
CD Grant and Carol Bottomley, 615-337-8386

Chapter V

2nd Saturday
Eat at 9:00 am/Meet at 10:00 am,
So. Honda, 1394 Workman Rd., Chattanooga, TN
CD Wes Billings 423-593-8106

Chapter Y

3rd Saturday
Eat at 9:00 am/Meet at 10:00 am,
Trinity United Methodist Church, 2303 Jones Blvd,
Murfreesboro, TN
CD Wesley and Cindy Neal, 615-668-4448

Chapter Q

Last Monday
Eat at 6:00 pm/Meet at 7:00 pm,
Golden Corral, 2811 Wilma Rudolph Blvd, Clarksville, TN
CD Cindy Bidwell, 731-642-0415

Chapter T

4th Saturday
Eat at 9:00 am/meet at 10:00 am
Golden Corral, 6612 Clinton Hwy, Knoxville, TN
CD Lee Ann & Wilburn Hayes, 865-497-2945

Chapter W2

3rd Saturday
Eat at 6:00 pm/Meet at 7:00 pm,
Perkins Restaurant 1340 S. Germantown Pkwy, Memphis, TN CD Ivan
& Leesa Coburn, 830-514-8622

Chapter Z

2nd Saturday
Eat at 5:30 pm/Meet at 6:30 pm,
Shoneys, 2225 Carmack Blvd., Columbia, TN
CD Charlie & Pam Huffman, 931-215-1650

Be sure to check the District Website (www.gwrratn.org) for any gathering changes.

On The Road Again

Tennessee District
Winter Event 2020



WHEN
February 8 2020

WHERE
James E. Ward Agricultural and Community Center
945 Baddour Parkway, Lebanon TN 37087

Our theme for this event is "On The Road Again"
Focus of the theme is on "More riding events and
Rider Safety"

Operations meeting 9:00 am

Winter event 12:00 Noon

Scrap Book, Mascot
& Table decorating
Contests



We will have 50-25-25
ticket sales and drawing.



Point of contact for more information.

Dennis Peterson
Tennessee District Director
931-302-5283
gwrratn.dd@gmail.com

We will have a
Chapter Challenge

The District will
furnish a light
lunch.



TRUE ACUPUNCTURE & WELLNESS

Wellness Services

Acupuncture
Electro-Acupuncture
Herbal Medicine
Cupping Therapy
Gua Sha (scraping)
Bodywork Therapy (Tuina)
Myofascial Trigger and Motor Point Release



Joe Phiakhamta, DAOM, L.Ac is state licensed in acupuncture and board certified in acupuncture and Oriental Medicine by The National Certification Commission for Acupuncture (NCCAOM). Joe is also a certified Chinese Manual Bodywork (Tuina) Therapist and Acupuncture Detoxification Specialist. Upon receiving his Doctorate in Acupuncture and Oriental Medicine, Joe founded True Acupuncture & Wellness to bring healing services to the community.

TRUE ACUPUNCTURE & WELLNESS

Health Conditions Treated

Acute/Chronic Pain | Addiction | Allergies | Anxiety
Arthritis | Autoimmune Disorders | Chronic Fatigue | Constipation
Depression | Digestive Disorders | Headaches/Migraines
Insomnia | Musculoskeletal Pain | Oncological Support/Cancer Pain
Post-Operative Recovery | Sinusitis
Smoking Cessation | Sports Injury | Stress

Pain Management

Neck | Shoulder | Back | Knees | Joints | Plantar Fasciitis



TRUE ACUPUNCTURE & WELLNESS

Joe Phiakhamta, DAOM, L.Ac

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trueacupuncturetn@gmail.com Franklin, TN 37067
(615) 975-7320 (Located inside
HealthSouth Rehabilitation Hospital)

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