



MAYDAY



The Official Newsletter of the Motorsport Emergency and Turnworkers Association

M.E.T.A. c/o: 10952 McAdam Road, Delta, BC, V4C 3E8

Newsletter E-Mail: maydayeditor@meta.bc.ca

META Website: <http://www.meta.bc.ca/>

January 2016
Volume 41 Issue #1

Next META meeting will be

January 27, 2016

Our meeting location is Boston Pizza
1045 Columbia, New Westminister, BC

CLUB EXECUTIVE

PRESIDENT:

Roger Salomon
604-581-7189
president@meta.bc.ca

VICE PRESIDENT:

Dallis Smith
604-464-0983
vicepresident@meta.bc.ca

SECRETARY:

Mike Bailey
604-716-2660
secretary@meta.bc.ca

TREASURER:

Angus Glass
604-596-4736
treasurer@meta.bc.ca

PAST PRESIDENT:

Lynn Rimmer
604-584-1503
pastpresident@meta.bc.ca

NEWSLETTER STAFF

EDITOR:

Andrew Clouston
604-942-4974
maydayeditor@meta.bc.ca
fax 604-777-7703

MEMBERSHIP

Thomas Liesner
604-584-1503
membership@meta.bc.ca

All opinions expressed in the Mayday are those of the individual authors and do not necessarily reflect the opinions of the Mayday staff, Club Executive, or the members of META.

META meetings are held on the fourth Wednesday of every month, except December. Publication deadline is the 30th of each month. Submissions may be faxed or e-mailed to the Editor.

Produced in Canada.

Speed Reading

Jan 9&10	Ice Race # 1 – Barnes Lake	WCIRABC	Ashcroft, BC
Jan 13	SCCBC Meeting – Best Western,	North Road	Coquitlam, BC
Jan 23&24	Ice Race # 2 – Barnes Lake	WCIRABC	Ashcroft, BC
Jan 27	META Meeting – Boston Pizza	7:30	New West, BC
Jan 30	META Banquet – Guildford Golf and Country Club	5:30	Surrey, BC
Jan 30&31	24 hours of Daytona	IMSA	Daytona Beach, FL
Feb 6&7	Ice Race # 3 – Barnes Lake	WCIRABC	Ashcroft, BC
Feb 10 AGM	SCCBC Meeting – Best Western,	North Road	Coquitlam, BC
Feb 20&21	Ice Race #4 – Barnes Lake	WCIRABC	Ashcroft, BC
Feb 24	META Meeting – Boston Pizza	7:30	New West, BC

Note that Ice Races are subject to Ice and Weather conditions.
Please check the website <http://www.carsonice.ca/> before traveling.

WCIRABC 2016 Ice Race Dates



January 9/10
January 23/24
February 6/7
February 20/21

Sponsors:



Presidents Report

Happy New Year, Happy New Year

What a way to start the New Year by having fun at our celebration of the 2015 season at our banquet January 30th at the Guildford Golf and Country Club 152nd St Surrey.

Happy hour 5:30pm, dinner at 6:30pm.

Let's make this year a big success for the club by having 50+ people so that we can save \$150.

We have a surprise stored for you so show up to find out! Tickets available after January 5th from Doris phone 604 588 9218. Fun, fun, fun and lots of door prizes. Bring friends, relatives, ex-husbands or wives – the more the merrier!

Three months and we start our 2016 season. It is gonna be much gooder than last year. Why? Because I am the injured Big META Chief and need lots of loving!

Thank you all for attending the Open House. It was so good to see all of you including old friends Ashley and Maggie, who had a great time.

Again, a Happy New Year and see you all at the banquet.

The Prez

TIME TO RENEW YOUR MEMBERSHIP IN META

It's that time of year again!!!

The membership list will be purged of non-renewals March 31.

Look elsewhere in this issue for the renewal form or you can renew your membership on-line using *PayPal* or *credit card* at:

<http://meta.bc.ca/wordpress/forms>

Thank you for your support.



META Awards Banquet

Saturday January 30, 2016

Guildford Golf and Country Club

7929 - 152nd st

Surrey, BC

Tickets \$45.00

Happy Hour 5:30

Dinner 6:30

Reserved tickets available from Doris Gildemeister:

604-588-9218

dg-meister@hotmail.com

Tickets must be reserved by January 27

Motorsport Emergency and

Turnworkers Association

License Applications

The CACC issues competition and officials licenses for its affiliate autosport clubs and for the variety of race disciplines in which they participate. You may apply for a competition or officials license providing you're a member of one of our affiliate clubs. Visit [our affiliate page](#) to find a list of organizations that come under the auspices of the Confederation of Autosport Car Clubs.

2016 License Applications

For the 2016 season, CACC will be providing separate competition and officials licenses. If you are both an official and a competitor, you must submit two applications.

Please review the list of documents required to complete your application before you begin your application. The table below lists documentation requirements by license type and discipline. Once you've gathered the necessary documentation, you can apply for your competition or officials license by following the links below:

Supporting Documentation

All CACC license applications are submitted electronically. To successfully complete the application process, you'll need to submit all documentation required for your discipline and license type along with your application.

Before beginning the application process, please gather digital copies of the documentation required as indicated below.

Required Documentation	Auto Slalom	Ice Race	Officials	Race	Time Attack	Vintage
Proof of Club Membership	X	X	X	X	X	X
Recent Passport-style Photo	X	X	X	X	X	X
Previous Year's CACC License		X	X	X		X
Copy of Driver's License	X	X			X	
Proof of Most Recent Race Experience (Returning drivers only)		X		X	X	X
ASN Annual Waiver	Optional	Optional	Optional	Optional	Optional	Optional
ASN Medical Self-declaration		X		X		X
ASN Medical Examination Form				Based on Age		Based on Age
Proof of Age (First-time applicants only)			X	X		X
Racing School Certificate (New novices only)				X		X
Race Group				X		X
Car Numbers (3 per group)		X		X	X	X
Marshal Logbook				Senior Marshals Only		

Apply for your 2016 CACC Officials License Here:

<http://www.motorsportreg.com/events/2016-cacc-officials-license-application-confederation-of-autosport-car-club-244367#.VolhG3Ih2s>

Apply for your 2016 CACC Competition License Here:

<http://www.motorsportreg.com/events/2016-cacc-competition-license-application-462321#.VolhOnIh2s>

Earthquakes

Earthquakes are sudden rolling or shaking events caused by movement under the earth's surface. Earthquakes happen along cracks in the earth's surface, called fault lines, and can be felt over large areas, although they usually last less than one minute. Earthquakes cannot be predicted — although scientists are working on it! All 50 states and 5 U.S. territories are at some risk for earthquakes. Earthquakes can happen at any time of the year.

Before An Earthquake

- Look around places where you spend time. Identify safe places such as under a sturdy piece of furniture or against an interior wall in your home, office or school so that when the shaking starts, you Drop to the ground, Cover your head and neck with your arms, and if a safer place is nearby, crawl to it and Hold On.
- Practice how to “**Drop, Cover, and Hold On!**”
 - To react quickly you must practice often. You may only have seconds to protect yourself in an earthquake.
- Before an earthquake occurs, secure items that could fall and cause injuries (e.g., bookshelves, mirrors, light fixtures).
- Store critical supplies (e.g., water, medication) and documents.
- Plan how you will communicate with family members, including multiple methods by making a [family emergency communication plan](#).
- When choosing your home or business, check if the building is earthquake resistant per local building codes.

During An Earthquake

If you are inside a building:

- Stay where you are until the shaking stops. Do not run outside. Do not get in a doorway as this does not provide protection from falling or flying objects, and you may not be able to remain standing.
- Drop down onto your hands and knees so the earthquake doesn't knock you down. Drop to the ground (before the earthquake drops you!)
- Cover your head and neck with your arms to protect yourself from falling debris.
 - If you are in danger from falling objects, and you can move safely, crawl for additional cover under a sturdy desk or table.
 - If there is low furniture or an interior wall or corner nearby, and the path is clear, these may also provide some additional cover.
 - Stay away from glass, windows, outside doors and walls, and anything that could fall, such as light fixtures or furniture.
- Hold on to any sturdy covering so you can move with it until the shaking stops. Stay where you are until the shaking stops.

If getting safely to the floor to take cover won't be possible:

- Identify an inside corner of the room away from windows and objects that could fall on you. The Earthquake Country Alliance advises getting as low as possible to the floor. People who use wheelchairs or other mobility devices should lock their wheels and remain seated until the shaking stops. Protect your head and neck with your arms, a pillow, a book, or whatever is available.

If you are in bed when you feel the shaking:

- If you are in bed: Stay there and Cover your head and neck with a pillow. At night, hazards and debris are difficult to see and avoid; attempts to move in the dark result in more injuries than remaining in bed.

If you are outside when you feel the shaking:

- If you are outdoors when the shaking starts, move away from buildings, streetlights, and utility wires. Once in the open, “Drop, Cover, and Hold On.” Stay there until the shaking stops. This might not be possible in a city, so you may need to duck inside a building to avoid falling debris.

If you are in a moving vehicle when you feel the shaking:

- If you are in a moving vehicle, stop as quickly and safely as possible and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires. Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that the earthquake may have damaged.

After an Earthquake

- When the shaking stops, look around. If there is a clear path to safety, leave the building and go to an open space away from damaged areas.
- If you are trapped, do not move about or kick up dust.
- If you have a cell phone with you, use it to call or text for help.
- Tap on a pipe or wall or use a whistle, if you have one, so that rescuers can locate you.
- Once safe, monitor local news reports via battery operated radio, TV, social media, and cell phone text alerts for emergency information and instructions.
- Be prepared to “Drop, Cover, and Hold on” in the likely event of aftershocks.

Listen to Local Officials

Learn about the emergency plans that have been established in your area by your [state and local government](#). In any emergency, always listen to the instructions given by local emergency management officials.

Resources

Find additional information on how to plan and prepare for an earthquake and learn about available resources by visiting the following websites:

- [America’s PrepareAthon!](#)
- [The Great ShakeOut](#)
- [Federal Emergency Management Agency](#)
- [U.S. Geological Survey Earthquake Hazards Program](#)
- [Earthquake Country Alliance](#)
- [National Science Foundation](#)
- [National Institute of Standards and Technology](#)

Publications

If you require more information about any of these topics, the following resources may be helpful.

- [America’s PrepareAthon! How to Prepare for Earthquakes](#)
- [Avoiding Earthquake Damage: A Checklist for Homeowners.](#)
- [Earthquake Preparedness: What Every Childcare Provider Should Know.](#)
- [How to Guides to Protect Your Property or Business from Earthquakes.](#)

Top 10 moments of 2015 Verizon IndyCar Series

Tuesday, 29 December 2015

Originally on IndyCar.com

The 2015 Verizon IndyCar Series season provided a multitude of highlights and poignant moments. IndyCar.com asked RACER.com's Marshall Pruett to provide his top-10 list for the season. Here it is:

1. Dixon's Wine Country Miracle

Team Penske's Juan Pablo Montoya looked like a lock for his second Indy car championship as the season finale at Sonoma Raceway beckoned. The 1999 CART title winner led the 2015 point standings from the outset with a win at St. Petersburg, added to it with a big win at the 99th Indianapolis 500 and held the lead as the series took the green flag at Sonoma. Target Chip Ganassi Racing's Scott Dixon, in third – a full 47 points behind Montoya – was a longshot, at best, to leapfrog Graham Rahal in second, much less overtake JPM. With double points on offer at Sonoma, it was still a mathematical possibility, and Dixon declared his intentions with pole position on Saturday before the GoPro Grand Prix of Sonoma got under way on Sunday. The fortunes of Montoya, Rahal and Dixon fluctuated through 85 drama-filled laps. Rahal and Montoya either made contact with other cars or were hit by rivals, and thanks to a flawless performance by Dixon and his TCGR pit crew, the New Zealander shocked Verizon IndyCar Series fans — and drivers — by crossing the finish line first and in pristine condition to earn his fourth championship on a tiebreaker over Montoya. The Kiwi topped off the celebration by crowd surfing on Sonoma's front straight – following the lead of team owner Ganassi – with the help of a few hundred passionate fans.

2. Montoya's Brickyard Blitz

Montoya had to wait 15 years between Indianapolis 500 wins. It was definitely worth it as the popular Colombian produced the drive of the year in the final laps of the "Greatest Spectacle in Racing" to sweep past Chip Ganassi Racing's Dixon and Charlie Kimball and Penske teammate Will Power to clinch his second win at the Brickyard. Of the many memorable moments from the 2015 Verizon IndyCar Series season, watching the final 10 laps of JPM's run into the history books at Indy will never grow tiresome.

3. Munoz Becomes the belle of Belle Isle

Montoya wasn't the only Colombian driver to find Victory Lane this year. Andretti Autosport's impressive young charger Carlos Munoz used his natural speed, lightning-fast reflexes and crafty race strategy calls from pit lane to master the wet and tricky conditions and lap all but eight cars on the way to his maiden win in the rain-shortened first race of the Chevrolet Dual in Detroit

4. J-New's Big Breakthrough

The new union of Ed Carpenter Racing and Sarah Fisher Hartman Racing under the CFH Racing banner delivered immediate results. To the surprise of many, it didn't come from team co-owner and ovalmeister Ed Carpenter. CFH took two wins in 2015 and both came from 2011 Indy Lights champion Josef Newgarden, who confirmed his immense talent belonged atop the Verizon IndyCar Series podium with wins at Barber Motorsports Park and on the streets of Toronto. If a couple of bad breaks had gone his way at other tracks on the 16-race calendar, it's more than likely the Tennessee native would have ended the year with three or four wins to his name.

5. Rahal's Revival

Rahal's fans who wondered when the Ohioan would earn his second Verizon IndyCar Series win — after he won on his series debut in 2008 — got their answer in 2015. Rahal added a second and a third win to his tally driving the delicious Steak 'n Shake-sponsored Rahal Letterman Lanigan Racing entry, and went one step further by becoming Honda's top performer from start to finish in 2015. A rough couple of races to close the season dropped Rahal from second to fourth in the final standings, but there was no question which driver made the biggest year-to-year turnaround with the help of a talented, tight-knit team.

6. Chevy Can't Be Stopped

Sixteen pole positions from 16 races, 10 wins, the drivers' championship, the manufacturers' championship and the Indy 500. The mighty Chevrolet Racing program reset its own lofty standards for domination, and with its fourth consecutive manufacturers' title, the "Bowtie" has yet to be beaten in this highly prized category since it returned to Verizon IndyCar Series competition in 2012. Its 2.2-liter, twin-turbo V6 engine was the class of the field, and with its new, in-house-developed aero kit, the iconic General Motors brand demonstrated its ability to master a new discipline through thousands of hours of inspired work. Drivers and teams grab most of the headlines, but in 2015, Chevy deserved a spotlight of its own for propelling those drivers and teams to open-wheel glory.

7. ... But Honda Doesn't Give up

Honda's struggles with its ambitious aero kit put the proud constructor in a position to dig out from a significant deficit before the halfway point of the season was reached, and with the unwavering commitment from American Honda and Honda Performance Development, the firm rallied to take six wins, including four from the final six races of the year.

8. The Big Man's Big Day

The late Justin Wilson finished his last Indy car race with a fine second-place run at Mid-Ohio, where he chased home Rahal to give Honda a 1-2 in front of an adoring crowd of Honda guests and employees. With Rahal embroiled in a late-season push for the championship, Wilson, who was helping Honda to develop its Verizon IndyCar Series product with the Andretti Autosport team, was never going to take points away from Rahal by attempting a race-winning pass, but there was a definite feeling the beloved Englishman could have come out on top under normal circumstances. The sight of a joyful Wilson, with his unmistakably tall frame and big, expressive smile, spraying champagne from the Mid-Ohio podium is how he should be remembered.

9. Oriol Overcomes

Indy car veteran Oriol Servia was chosen by the Wilson family to stand in and take Justin's place at Sonoma, only a week after Justin's tragic death. With almost no notice, the Spaniard caught a flight from London for San Francisco, had one day to settle into the team and piloted the No. 25 Andretti Autosport Honda in honor of his fallen friend. Without the ability to work himself into the preferred form of physical fitness and stamina, or to test the car ahead of the event, Servia persevered through a tough opening day, returned to qualify 19th in the 25-car field and proceeded to storm through the field and run inside the top 10 before taking the checkered flag in 12th. It was a gutsy performance which put Servia's stamina — and heart — to the test. In the end, his efforts made the Wilson family and the fans watching worldwide more than proud of his accomplishment.

10. INDYCAR Family Unites

Beyond the individual accomplishments that were earned by the men and women who comprise the INDYCAR paddock, the most impressive collective effort in 2015 came from the community to raise money to care for Justin Wilson's family in his absence. Through the establishment of the Wilson Children's Fund, and an eBay auction featuring hundreds of pieces of memorabilia from various forms of motorsports and beyond, more than a half-million dollars was raised to care for Julia Wilson and her daughters, Jane and Jess. Losing Justin was the lowest point of the year for everyone in the INDYCAR family, and with a chance to give back in his name, drivers, families and, most of all, fans stepped up to care for one of their own.

43 things every Vancouverite needs in their earthquake emergency kit

By [Jill Slattery](#)

9:45 AM PST, Wed December 30, 2015

If last night's earthquake jolted you out of your sleep and kept you awake thinking about how unprepared you are for a bigger one, you're not alone.

A survey earlier this year found that less than half of Canadians have an emergency kit, but the chance of a big earthquake hitting Vancouver in the next 50 to 100 years is less a risk and more of a probability. While Tuesday night's quake was still moderate at 4.3 magnitude, the "Big One" is expected to be anywhere from a 7 to a 9 or above magnitude, striking in the Cascadia Subduction Zone or closer to home.

We could lose power and natural gas, bridges and roadways could collapse, damage could be in the multi-billion dollar range, and tens of thousands could be dead. The scary truth is that this could be reality at any given moment. Are you prepared?

The most important thing you can do before an earthquake hits is prepare an emergency kit with enough to supplies to last at least 72 hours without normal access to food, water, transportation, heat or electricity. If you are part of the half of Canadians who don't already have one, here is everything you need to stay safe after a quake:

43 things to put in your emergency kit:

Water: At least 2 litres of water per person, per day. Therefore, a family of four should keep 20 litres of water on hand. That is at least one big jug of water, the size used in water coolers, plus two to three regular bottles of water

Non-perishable food: Canned food, energy bars, dried fruit and vegetables – and enough of it to last three days (replace food and water once a year)

Manual can-opener

Crank or battery-powered flashlight with extra batteries (replace batteries once a year)

Crank or battery-powered radio with extra batteries

First aid kit with:

bandaids

bandages

sterilized gauze pads

adhesive tape

scissors

tweezers

safety pins

instant ice packs

disposable non-latex gloves

antiseptic wipes or soap

pencil and paper

pocket mask or face shield

Extra keys to your house and car

Cash in small bills and coins

Contact information for relatives and neighbours

Other personal items if needed, like:

prescription medications

infant formula

equipment for people with disabilities

food and water for pets

Other useful items for your emergency kit:

Two extra litres of water per person, per day for cooking and cleaning

Candles and matches or a lighter

Footwear and clothing for each household member

Sleeping bag or warm blanket for each household member

Toiletries

Hand sanitizer

Utensils

Garbage bags

Toilet paper

Water purifying tablets

Basic tools like a hammer, wrench, screwdriver, work gloves, pocket knife, and dust mask

A whistle and/or flare

Duct tape

Photocopies of all important identification for each household member, including health card numbers

A fire extinguisher

Battery-powered GPS device

Extra battery pack for cellphone and/or laptop

Bernie Hamm
Auto Technician 'The Doctor'

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Mission, BC



7076 Mershon Street
Mission, BC
V2V 2Y7

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7140 Russell Avenue
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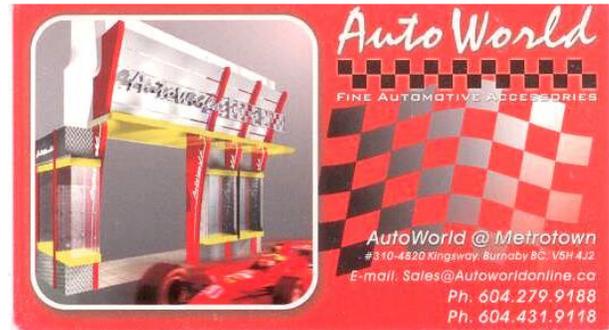
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Membership cost is \$25 / year – Membership year ends Dec. 31 – Note that the META newsletter is only sent via E-Mail