

*June 2011 Newsletter*  
*High Country Wings Chapter Y Prescott, AZ*  
<http://chapter-y.tripod.com>

Chapter Director – Sandy Gaston

**HIGH COUNTRY ARIZONA CHAPTER-Y**  
**GOLD WING ROAD RIDERS ASSOCIATION**

Hello all you Y'ld Wingers,

Here we are in June already. And BOY! What bootiful ridin weather. I'm sure almost all of you owning Goldwings have been out at least once or twice since the weather turned good.....right? I know I have. Just had to make a couple trips to Jerome; a trip to Wikieup for a hot dog; and we just got back from a 2-day trip to Laughlin.

I got word that Chapter G was making a trip. First to have breakfast at the Farm House in Yarnell and then on to Jerome. I got geared up and waited at Robert's Market for them to come by. But by 10:30 the four of us decided to just go ahead and go up to Jerome. On the way back down is when I saw them and had to give them a big wave. It was nice to see them if only for a quick glance.

Ron and I had to make an emergency trip to Illinois. So I was not able to attend the last meeting. I thought Lu was not going to be here, so I asked Earl to conduct the meeting, which in his giving nature, he accepted graciously. Turns out I was wrong about Lu not being there. Shoot! She could have done it. But nonetheless, the meeting went off without a hitch. There were 28 in attendance. We have at least 2 new members: Charles (Chip) & Marilyn Levy, from Florida. They will be here for six months and Florida for the other six. We are glad to have you with us. Ron & Barb Chamberlain have a Goldwing now and will be back in the fold. Paul Dounn just bought a new 2010 Goldwing and has already put 4000 mi. on it in little over a month. We hope he will be joining us soon.

Ron & Barb Chamberlain were at the 'Bone To Be Wild' ride in Sedona and reported there was a pretty good turn out.

I went on the 'Another Lousy Ride' for the Veterans with the American Legion Post 6. It was a good ride. They had games to play at each stop. The ride was a bit long for me though.

Our upcoming events:

Bud & Dot Kapp's 55<sup>th</sup> Anniversary Cruise to Alaska September 4-11.

Arizona District Convention Rally- 'Wings of the Wild West' October 28<sup>th</sup>-30<sup>th</sup>

There will be a GWRRA Leadership Training class on July 30<sup>th</sup> & 31<sup>st</sup> at the Comfort Suites Motel in Prescott. We are the lucky ones. We can attend this meeting and get some education under our belts and not have to travel far nor pay for a room. So anyone interested in getting some extra education, please let me know and I will get your name down.

I'm looking forward to seeing everyone at the next meeting on June 25<sup>th</sup> at the Golden Corral. Meeting will start at 8:45.

Life is not a journey to the grave with the intention of arriving safely in one pretty and well preserved piece.....but to skid broadside, thoroughly used up, and worn out and defiantly shouting "WOW! What a ride!"

Love,

Sandy Gaston

Asst. Chapter Director – Lu Crawford

Since some people enjoyed the biker jokes last month, I cruised the Internet and found a few more you may enjoy.

Question: What does HOG stand for? Answer: Heavyside Old Geezers (This could be Honda Old Geezers, too)

A cheerful truck driver pulled up at a roadside café in the middle of the night for a dinner stop. Halfway through his meal, three wild-looking motorcyclists roared up – bearded, leather-jacketed and filthy. For no reason at all, they selected the truck driver as a target. One poured pepper over his head, another stole his apple pie, the third deliberately tipped his coffee over. The truck driver never said one word, just stood up, paid his check and left.

"That truck driver sure ain't much of a fighter," sneered one of the bikers. The girl behind the counter, peering out into the night added, "He doesn't seem to be much of a truck driver, either. He just ran his truck right over three motorcycles."

Question: What do you get when you have 32 Harley owners in a room?  
Answer: A full set of teeth.

My bucket list trip:

Lee and I are going on a Trike adventure beginning after the July 4<sup>th</sup> Holiday. We plan to spend July and August taking a trip to the Canadian Maritimes (New Brunswick, Newfoundland, Cape Breton, etc.) That trip has been on my Bucket List since I can't remember when. We're going on the trike and will be pulling a Trailmaster tent trailer, that will be our home away from home (we could spend a night or two in a hotel if the weather doesn't cooperate).

It will be quite an adventure for us 'Old Folks', but if we take it slow and easy, it should be a real blast. We haven't used a tent since Hector was a pup, and the last camping we did was in a 42 foot diesel pusher motor home; that is, if you want to call that 'camping'. This trip will be really camping – no microwave, or indoor plumbing. Wish us luck, because we may need it. We'll see ya'll in September, or sooner, if we get too tired of "real camping".

Have a great summer.

## Chapter Educator – Lee Crawford

Safety – News article – June 2011

Here's an excerpt from "Motorcycle Cruiser" that is just in time for the summer riding months:

### **Fighting Fatigue on Long Motorcycle Rides**

#### Physical Preparation:

Unless you ride your motorcycle almost every day or take rides of three hours or more almost every weekend, you may not be completely adapted to your bike. After a full day or two of riding, you will become acutely aware of muscles that you are using full-time to ride. You may be able to overcome some of this discomfort by properly setting up your bike and fitting components, such as a good aftermarket saddle, that make it more comfortable. However, you also need to give your body a chance to adapt. Taking breaks every hour or two, especially during the first few days of a long ride, will help this adjustment.

#### Calm:

Extended exposure to wind and sun dehydrate and fatigue you much more than your routine two-hour weekend jaunt. Riding in a tanktop and open-face helmet may seem like the best way to deal with the heat, but will actually wear you out and heat you up much faster than if you wear a vented or mesh jacket and a helmet that protects your face from the wind. Perspiration gets a chance to stay and cool your skin if the wind flow is reduced but not eliminated. You will sharply reduce sunburn and windburn and their fatiguing effects by covering yourself fully. A windshield also reduces the amount of wind that's tearing at you but leaves enough to cool you.

#### Quiet:

Wind noise - and exhaust noise if you have loud pipes - will not only permanently damage your hearing, it will fatigue you quickly. Both noise sources are at their worst if you don't wear a helmet, but even a full-face helmet that seals your ears well won't attenuate these noise sources sufficiently on an extended ride, so you should wear earplugs as well. If nothing else, you'll appreciate them when you try to go to sleep at night and the roaring in your ears isn't as loud. A windshield can also reduce wind noise.

Have a wonderful summer and ride safely!

## **TOP TEN TIPS FOR SUCCESSFUL MOTORCYCLING**

This information is from a pamphlet that was published by the Arizona Motorcycle Safety Program about 15 years ago.

1. Alcohol and other drugs affect judgment and do not mix with motorcycling.
2. Take a Motorcycle Rider Course to develop good basic riding techniques.
3. Conduct a safety inspection of your motorcycle before each ride.
4. Don't speed; know the local traffic laws and rules of the road.
5. Wear state-of-the-art equipment for comfort and protection.
6. Get a license. Nearly half to all motorcycle riders involved in accidents are unlicensed or improperly licensed.
7. Take an Experienced Rider Course to sharpen your street riding strategies and accident avoidance skills.
8. Be considerate on the road; show courtesy and respect to other drivers.
9. Complete a Motorcycle Co-Rider Course if you plan to ride with a passenger.
10. When riding in a group, determine your route in advance and coordinate it with the other riders.