



# CA2Q Tri-Valley Cross-Road Wings

March 2004



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## 2004 Ride Calendar

**Bold** items are CA2Q events

<b>Mar 20</b>	<b>CA2Q Meeting</b>
<b>Apr 17</b>	<b>CA2Q Meeting</b>
<b>May 15</b>	<b>CA2Q Meeting</b>
<b>Jun 19</b>	<b>CA2Q Meeting</b>
<b>Jul 17</b>	<b>CA2Q Meeting</b>
<b>Aug 21</b>	<b>CA2Q Meeting</b>
Sep 2-5	GWRRR CA District/Region F Rally – Lake Tahoe
<b>Sep 18</b>	<b>CA2Q Meeting</b>
<b>Oct 16</b>	<b>CA2Q Meeting</b>
<b>Nov 20</b>	<b>CA2Q Meeting</b>
<b>Dec 18</b>	<b>CA2Q Meeting</b>

## CHAPTER MEETINGS

are at Gianna's.

See the last page of this newsletter for the location and time.



**Chapter CA2Q Staff**<http://www.gwrra-ca2q.org>

Chapter Director ..... Allan & Kay Freebody.....510-278-6914..... realpro97@aol.com  
 Ass't CD..... Vacant  
 Chapter Educator..... Mark Kratz .....510-713-7677 ..... balistx@comcast.net  
 Membership ..... Bob Tobin .....925-846-2887 ..... bob.tobin@axt.com  
 Newsletter Editor ..... Doug Elmer .....925-484-2431 ..... doug.elmer@comcast.net  
 Newsletter Prod. .... Allan & Kay Freebody.....510-278-6914..... realpro97@aol.com  
 Treasurer ..... Linda Andrews.....925-606-1559..... landrows@pacbell.net  
 Chapter Store ..... Kay Freebody  
 Tour Director..... Gary Cooper ..... Raybancop@sbcglobal.net  
 Special Events ..... Debbie Pendergast.....925-462-4511 ..... debbiepend@juno.com  
 50/50 Sales ..... Jacque Foster.....925-829-3747 ..... jfgoldwing@comcast.net  
 Webmaster ..... Bill Andrews.....925-606-8067 ..... bandrows@pacbell.net  
 Phone Tree ..... Vacant  
 Birthdays..... Debbie Pendergast.....925-462-4511 ..... debbiepend@juno.com

**California District Staff**<http://www.gwrracalif.bizland.com/>

District Directors ..... Joyce and Rick Elmore..... jelmore@cox.net  
 Educator ..... Jim Scorse and Micky Maxwell ..... 949.212.1029  
 .....grrr8js@aol.com  
 Trainer ..... Rick & Patricia Hinrichs....760-723-7765 ..... rjhnrichs@tfb.com  
 Member Retention .... Larry & Donna Pickens.....661-726-5145 ..... rs0r1sy@verizon.net  
 Webmaster ..... John Maguire.....909-947-6996 ..... jemaguire@worldnet.att.net  
 COY Coordinator ..... Jim & Shayneh Schott.....949-472-8051 ..... jhschott@aol.com

**Region F Staff**<http://gwrra-regionf.org>

Director ..... Dave & Diane Andrews ..... 480-988-9533 ..... dandrewsrdf@earthlink.net  
 Educator ..... David & Dori Dirig..... 760-746-9131 ..... ddirig@gwrra-ca1f.org  
 Trainer ..... Carl & Becky Manning..... (303) 932-9517 ..... cmann87917@aol.com  
 Member Enhancement . Bob & Nancy Roth..... 623-566-1705 ..... azwingr@aol.com  
 Webmaster ..... Paul & Linda Fenton..... 949-597-0232 ..... wingdude@comcast.net  
 COY Coordinator ..... Don & Danny Edlund..... 805-550-2461 ..... redgoldwing@hotmail.com

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 Pleasanton, CA 94566

Non-commercial and GWRRA members may run ads as long as necessary.

**Newsletter submission deadline: Please submit all articles and advertising by the 28<sup>th</sup> of the month.**

The Chapter CA2Q newsletter is published monthly and distributed free to GWRRA members and boosters who participate in the monthly chapter activities. Your name will be removed from our mailing list after 6 months of non-participation unless you have made special arrangements with the Chapter Director. The newsletter is also distributed free to all advertisers. Material appearing in this newsletter may be reprinted without permission.

## Chapter Email List

Lee Allen ..... navyvet73@aol.com  
 Bill Andrews ..... bandrows@pacbell.net  
 Linda Andrews ..... landrows@pacbell.net  
 John & Kathee Ballard ..... ggwing@pacbell.net  
 Dave & Kourtnei Browning ..... kourtnei.browning@sbcglobal.net  
 Chris Carter ..... Concourman@msn.com  
 Chuck & Denise Casey ..... Caseyrc1@aol.com  
 Jim Christian ..... jim@thechristians.tv  
 Anthony Cicinelli ..... cicinellia@aol.com  
 Gary Cooper ..... Raybancop@sbcglobal.net  
 Dale Croy ..... croy@pacbell.net  
 Charlie Dodds ..... charlie@mindsync.com  
 Vern & Carol Edgren ..... EdgrenV@aol.com  
 Doug Elmer & Bonnie Tuggle ..... doug.elmer@comcast.net  
 Phil & Esther Flores ..... felipe\_flores@sbcglobal.net  
 Doug Foss ..... dougfoss@sfsolo.com  
 Steve Foster ..... sfgoldwing@comcast.net  
 Jacque Foster ..... jfgoldwing@comcast.net  
 Allan Freebody ..... RealPro97@aol.com  
 Kay Freebody ..... comstar6@aol.com  
 Mike Friddle ..... mhftiplus@msn.com  
 Arno & Rita Fritz ..... afritz@us-buxton.com  
 Bob Golden ..... golden@uclink4.berkeley.edu  
 Lynn & Shelley Graham ..... goldwing@ispwest.com  
 Richie Greene ..... nrg2fly@hotmail.com  
 Lee & Ardie Head ..... leehead@comcast.net  
 Steve & Mary Howard ..... steve@videofile.com  
 Bob Hole ..... roberthole@aol.com  
 Reiner & Lisa Kappenberger ..... reiner@kappenberger.com and lisa@kappenberger.com  
 Mark Kratz ..... balistx@comcast.net  
 Steve & Karen Kruse ..... netkrusen@cs.com  
 Gary LaFortune ..... caglaftne@aol.com  
 Kim Leong ..... kleong94@pacbell.net  
 Craig MacDonald ..... clmacdonald@comcast.net  
 Hugh MacDonald ..... macfixit1@aol.com  
 Dennis Madsen ..... dmadsen105@aol.com  
 Javier Marquez ..... jmarq@comcast.net  
 Anne & Spencer Matthews ..... buffalobuttrsm@aol.com  
 Leroy & Lee Moore ..... luckylee@pacbell.net  
 Mike Olivera ..... mikejmg@pacbell.net  
 Ray & Carol Oeverndiek ..... racao37199@aol.com  
 Debbie Pendergast ..... debbiepend@juno.com  
 Rodger Privett ..... hard2fi9@pacbell.net  
 Jim Shore ..... shorej@dcshore.com  
 Victor Smith ..... v102071@inreach.com  
 Rich Snider & Karen Dunn ..... karendunnlmft@care2.com  
 Ron & Ute Sorrell ..... rsorell@comcast.net  
 Norm & Diana Sperle ..... chickenhawks@comcast.net  
 Dave & Naura Swanson ..... zswanson@pacbell.net  
 Bob Shelton ..... boxertoys@comcast.net  
 Bob & Jean Tobin ..... becmat13@comcast.net  
 Dennis & Beverly Wagner ..... denniswagner@yahoo.com  
 Dave & Jill Wilson ..... dwilson7657@netzero.net

## Allan's Musings

Well, greetings and salutations to one and all.

If you notice an up beat tone, then you are correct. For those of you who could not make the February meeting, you missed an opportunity to enjoy a breakfast that was extremely enjoyable, and great service that I have not seen for a long time. The new meeting place is Gianna's Restaurant and it is a perfect fit for the chapter. They have graciously agreed to open the restaurant two hours early to accommodate us.

We also introduced the new ACD, Mr. Dale Croy. He has stepped up to the plate and, as usual, hit it out of the park. Thanks mate, and we are very appreciative of you.

It was also decided by a unanimous vote of the attending members to select a chapter Couple of the Year and Individual of the year. To most of you it will be a no brainer, since those that were selected are ALWAYS stepping forward to offer assistance or do what ever is asked of them.

Bill & Linda Androws are the Chapter couple of the Year and Dale Croy is the Chapter Individual of The Year. I hope that each and every one of the members takes the time to congratulate and thank these friends. I know that I could never thank them enough for all that they do for the chapter and their friendship on a personal level.

We also unveiled the new chapter mascot, "Q"oala. He presented himself all dressed for duty, dined with Kay and Linda, and was immediately stolen by one of the visiting chapters, who came down *all the way* from Fairfield. They had more members than the visitors who came from Angels Camp with the dastardly objective of abducting our little furry friend. This then prompted a recover raid on those crazy Crow folk by some extremely hearty and (somewhat insane) members of CA2Q. Seven members attended the meeting of CA2K in Fairfield and returned the not so small marsupial to the safe environs of Pleasanton. It is worth a visit to the website to check out some of these activities for yourself. As you will see, these can be a lot of fun and also make you wonder how long it takes some people to grow up.

We have also progressed with a few other things that the chapter has decided to do. Anthony and Steve Foster have agreed to conduct some maintenance "classes" on the wings. These two gents do all their own wing work and have the knowledge, equipment and ability to show those of us what to do and how to do it should we need to. This would be invaluable knowledge for getting ourselves out of a minor jam should "Wing-nut" not be available or if we are out of town. We thank these two gentlemen for their generous offer.

As you can see, there is starting to be a lot of activities coming up. We have a new tour director (Gary Cooper) coming on board, Mark and Dennis planning the PLP's and general safety stuff. Great weather is just around the corner and I'm sure the next few months will be a lot of fun.

That appears to be the end so until we see you all again, be safe and keep the shiny side UP.

**Allan**

*Edited for U.S. reading by Kay.*

## Motorcycle Helmets

by  
Mark Kratz  
CA2Q Chapter Educator

The value of a good Motorcycle Helmet cannot be overstated. Helmets are a must for safe riders and it's one piece of equipment that you hope you'll never have to use. I sometimes forget to buckle my seatbelt but I never forget to put on my helmet. I have become so accustomed to wearing one, I feel naked without one.

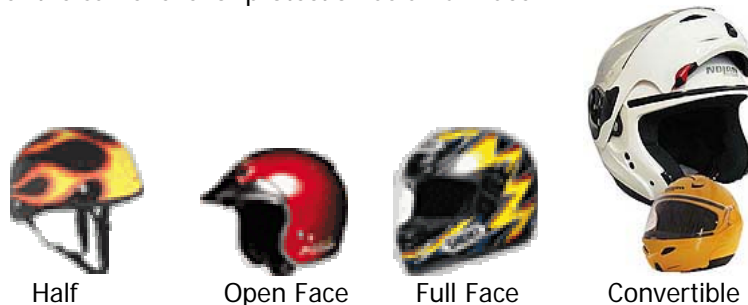
Many states have helmets laws but many states have recently repealed their helmet laws. Why...It just doesn't make sense to me but hey, it's a free country. Convincing a person, who doesn't believe in wearing a helmet to wear one, is like trying to convince a fish, not to poop in the water.

There is little formal training given to new riders about helmets and helmet selection. I will attempt to educate you in this area, since that is what Allan is paying me for. I hope you will learn something new and maybe you could help a new rider or friend, pick the proper safety gear.

### Helmet types and selection.

First, you need to identify the level of protection you want and what suits your general riding needs. There are pros and cons for each style. I will point the facts and you make the decision on what is best for you.

There are basically four types or styles of motorcycle helmets. A half helmet,  $\frac{3}{4}$  or open face helmet, full-face helmet and convertible helmet. There are Dirt Bike helmets, which have provisions for hanging goggles and other accessories but offer the same level of protection as a Full Face.



The Half helmet offers the least amount of rider protection and is often preferred by the fashion conscious. Its least likely to mess up your hair, make-up or interfere with large earrings. It offers no facial protection and the only advantage I can see, is if some one with special needs required one to fit their uniquely shaped anatomy.

The Open Face offers more protection to the side of the face than the Half but it doesn't offer the degree of chin protection like the Full Face style. Both the Open Face and the Half helmet require the rider to wear some form of eye protection. The Half helmet and Open Face are definitely cooler to wear and if you live in a hot climate, where the threat of a heat related injury is a possibility, should be considered as a safe alternative.

The Full Face is a no brainer. It offers the best overall crash protection but it limits your peripheral vision and it is hard to communicate with others. I also find it restricts my hearing to a certain degree. If you don't have a fairing or a windshield which offers complete wind protection, the Full Face is a must. It blocks wind and reduces wind noise and provides additional protection from debris and bugs.



But wait! Modern technology has found a compromise...enter the Convertible helmet. This helmet offers an option for riders requiring the benefits of a Full Face but the convenience in opening up the front, for use at low speeds. You regain your peripheral vision during low speed riding and keep your cool on hot days.

### *Safety*

There is another type of helmet not mentioned above, the illegal or non-approved helmet. To understand what makes them illegal, will help you understand the components of what makes an approved helmet safe.

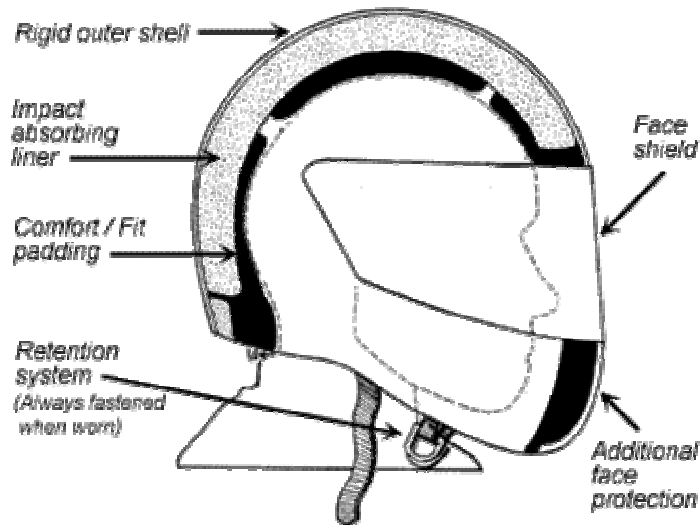
The Federal government sets minimum standards for Automobile, Highway and Passenger safety. If you are so inclined, these are found in the Federal Motor Vehicle Safety Standards and Regulations. Most Manufacturers make helmets to standards set by the Department of Transportation (D.O.T.) and the National Highway Traffic Safety Administration but some do not. These are referred to as "Novelty" Helmets and are usually sold with disclaimers. There are some who are just ignorant and end up purchasing these items, thinking they've purchased an approved helmet. Some riders wear them in an attempt to fool the cops and get by the helmet laws. In fact these helmets are not only illegal in most states but may cause greater injury to a rider in a collision, by transferring energy onto a smaller area.

Once a helmet is constructed, an independent testing agency, the Snell Foundation, tests the different helmets and provides each helmet with a rating of crash worthiness. Even though the helmets may meet minimum federal standards, the Snell Foundation actually tests each model in crash like conditions. Most reputable manufacturers provide Snell with their products as a stamp of approval that their helmets are safe, or are the safest.

The basic helmet must have varying components, which make an overall safe package. First, is an impact and penetration resisting shell, or outer layer. The next is an energy absorbing liner, which is typically a 1" thick or more, layer of polystyrene foam, or EPS. This is the big giveaway of a non-approved helmet. Which just doesn't have the bulk of an approved helmet. Compare your helmet with ones you see worn by other riders. There must also be a comfort liner, or barrier between the absorbing liner and wearer's head. The Helmet must allow at least a 210°, clear field of vision. Lastly, the helmet must stay on the wearer's head, during a collision. This means a suitable strap with buckle and must be securely attached to the helmet. The "D" ring is a proven method for securing the strap to the wearer's head, made of nylon webbing. The nylon webbing is made to g stretch under strain but not fail, thus, it helps to dissipate the energy.



Approved, approved & non-approved.



Approved Helmet components

Here you can see a side-by-side comparison of an approved and non-approved helmet. The comfort liner of the Unsafe Helmet is comprised of a low density, open cell foam and offers no energy absorbing ability. Imagine wearing a sponge on your head under a soup bowl, presto!

**A word about sizing.** When picking a helmet, make sure it fits snugly but is not too tight. A helmet that is too loose may come off during a collision, or your head will bounce around the inside, facilitating more injury. A test is to put the helmet on, fasten the Chin Strap and shake your head left to right. The helmet should not move or slide on your head. You don't want the helmet too tight either. If your cheeks are being squished like when your grandmother greets you, then try one size larger. Always try a helmet on before buying. Even if you are going to mail order, find a similar model and make sure you are getting the correct size, as they may vary depending on the manufacturer.

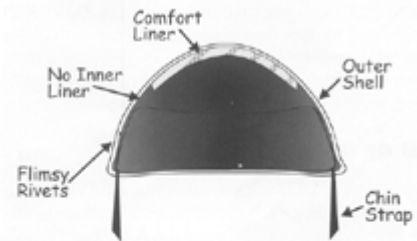
**After-market modifications.** There are several forms of quick connect clips for the Chin Strap. Make sure the clasp is made of metal and is tested and approved. I have both types, the Qwik Connect and the "D" ring. I find the "D" quicker to put on, as I usually fumble to align the Qwik Connect latches together.

### Caring for your helmet:

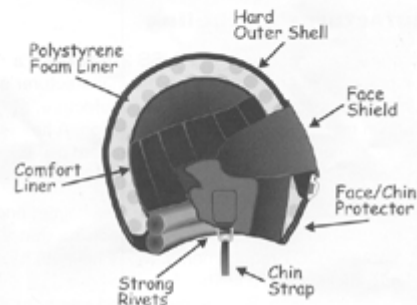
I wear a helmet liner when I ride. This helps keep your comfort liner clean and prevents oils and minerals generated by your head from penetrating into the helmet, causing the components to breakdown prematurely. The liners also provide an added layer of air, helping to keep your head cooler when it's hot, or warmer when it's cold.

Most helmets have removable liners, which you can clean with soap and water or a mild detergent. Avoid using solvents on your helmet but waxing it is fine. I use a dry wash agent to keep the outside clean. Use non-ammonia based glass cleaners for any face shields. Do not rub face shields in circular motion, clean with a side

### UNSAFE Helmet Interior



### SAFE Helmet Interior



to side or up and down motion. This will help minimize scratching the surface.

There is some school of thought about replacing your helmet, every five years. A helmet is constructed of glues, resins and chemical based components, which eventually break down. If you properly care for your helmet, it should last more than five years. At the first sign the interior components begin to tear or fall apart, get a new helmet, it's a sign! Even though helmets are expensive, how much is your life worth?

Never use a previously owned helmet. I see ads all the time for motorcycles, touting the fact that helmets are included. Like this will be the determining factor of the sale. I wonder if they would throw in a pair of used socks or underwear too? The bottom line is, you don't know the history of the helmet. How many times it was dropped, who sweat in it, etc. Your safety is not something to skimp on. If you can't afford to buy a new helmet, you shouldn't be out buying another motorcycle.

Dropping a helmet can sacrifice the structural integrity of a helmet. Once a helmet has sustained a substantial impact or has been involved in a collision, get rid of it. What is a substantial impact? I would say dropping it from over a height of 5 feet. Or if you are clumsy, repeated droppings. Again, when in doubt get a new hat.

I could go on and on but it's time to ride! If you feel the need to learn more about helmets, private tutoring is available for a nominal cost. As always, if you have any questions, get a hold of your Chapter Educators.





## Joint GWRRA Region F/CA District Rally Totally Tahoe Lake Tahoe, CA September 2, 3, 4, 5, 2004



**Location:** Northstar at Tahoe, 100 Northstar Dr., Truckee, CA 96161 **1-800-466-6784** ask for GWRRA rate. Rates are \$79 for a Studio up to \$299 for a 4 Bedroom 2 bath condo. Great opportunity for friends to stay together. Call hotel for details.

Rider Education Dinner Cruise will be Thursday 2 Sept. 6pm. You will cruise Lake Tahoe on the MS Dixie and feast on an all you eat buffet. Band and dancing too.

Area camping information can be found at the following websites.

<http://tahoevacation.biz/actcamping.htm> and  
<http://www.flyline.com/shops.htm#camping>

### CELEBRITY SEMINARS

The renown **Fred Rau**, senior editor of Motorcycle Consumer News, will be available to present his humorous and sometimes serious aspects of motorcycling.

### \$1000 CASH GRAND PRIZE

#### BEST-DRESSED COMPETITIONS

#### DAILY 50/25/25

#### FREE CONCERT WITH A LIVE BAND ON SATURDAY NIGHT.

#### BIKE GAMES

#### RIDER EDUCATION COURSES INCLUDING: ERC, GROUP RIDING, CPR, FIRST AID, CO-RIDER, ROAD CAPTAIN AND MANY MORE!!!

#### CERTIFIED REP INSTRUCTOR SEMINAR

#### SKILLS GAMES INCLUDING TOP GUN

#### RALLY PINS AND DOOR PRIZES

#### JB CYCLES MAINTENANCE SEMINAR

#### SAFETY CHROME VENDORS/CO-RIDER VENDORS

Registration Fees*	Cost	Qty	Total
GWRRA Members	\$30	\$	\$
Non Members	\$32	\$	\$
Day Passes ** - Members \$15, Non Members \$18 (15 years old & under - Free **)			
<b>Pre-Registration Ticket Specials</b>			
\$1000 Grand Prize	2 for \$1	\$	\$
(\$1.00 each at rally)			
50/25/25 - Strips of 10	\$ 5 X	\$	\$
50/25/25 - Strips of 100	\$20 X	\$	\$
<b>Classes (no refunds)</b>			
CPR/FA - \$20/each or both for	\$35 X	\$	\$
ERC (1 Up)	\$25 X	\$	\$
ERC (2 up)	\$25 X	\$	\$
Trike Safety Course	\$25 X	\$	\$
<b>Rally T-shirt with Logo</b>	\$16 X	\$	\$
Sizes Sml Med Large XL 2XL 3XL 2X & larger add \$4.00			
<b>Rider Education Dinner Cruise</b>	\$43 X	\$	\$
Masters #'s			
TOTAL ENCLOSED: \$ _____			
<b>Make Checks/Money Orders payable to: "GWRRA Region F"</b>			
* <b>Onsite and late registrations \$5.00 more except day passes</b>			
**Does not include Pre-Registration Tickets for Grand Prize, Door Prizes or Rally Pin - armband only.			
<ul style="list-style-type: none"> <li>• No refunds after Aug. 15th. \$5.00 charge on all refunds. *</li> <li>• All pre-registrations must be received by 18 August. *</li> </ul>			

Rider: \_\_\_\_\_ GWRRA # \_\_\_\_\_

Address: \_\_\_\_\_ Chapter: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Co-Rider: \_\_\_\_\_ GWRRA # \_\_\_\_\_

Address: \_\_\_\_\_ Chapter: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

I agree to hold harmless the GWRRA, the sponsoring organization and any property owners for any loss or injury to myself by reason of my participation in this rally.

Rider Signature: \_\_\_\_\_

Co-Rider Signature: \_\_\_\_\_

Registrations are to be mailed to:

Terri Stiles  
6207 East Breton Circle  
Orange, CA 92869  
E-Mail: TerriStiles@sbcglobal.com

Online Registration available at:

[www.gwr-ra-regionf.org](http://www.gwr-ra-regionf.org)  
For further information  
Contact Rick Dyer  
(714) 970-6801

### Funny Pages



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### Chapter Meeting Times & Locations (v2.6 05-01-2003)

<i>Meeting date/time</i>	<i>Chapter</i>	<i>Chapter Director</i>	<i>Meeting Location</i>
1st Sun 8:30 AM 8:00 AM Breakfast	<b>CA1I</b>	Dale Sutherland 626-335-1313	Covina Bowl 1060 W. San Bernadino Rd, Covina
1st Sun 7:30 AM	<b>CA1R</b>	Ron Fogelsong 949-951-5291	Knowlwoods Resturant 14952 Sand Canyon, Irvine
1st Sun 8:30 AM	<b>CA1Y</b>	Pennye Sasaki 805-735-4641	Elk's Lodge 905 E. Ocean Av, Lompoc
1st Tue 7:00 PM 6:00 PM Dinner	<b>CA2S</b>	Ron Peck 408-225-4161	Holders Country Kitchen 998 So. De Anza Blvd., Cupertino
1st Sat 9:00 AM 8:00 AM Breakfast	<b>CA1A</b>	Joseph Callaway 661-274-0835	Denny's 2005 West Avenue "K", Lancaster
1st Sat 8:00 AM 7:00 AM Breakfast	<b>CA2A</b>	Daniel Rhoten 559-562-6676	Ryan's Restaurant 1161 E. Tulare Ave., Tulare
1st Sat 9:00 AM 8:00 AM Breakfast	<b>CA1Z</b>	Mick Herod 909-628-2431	Marie Callenders, 29363 Rancho California Road, Temecula
2 <sup>nd</sup> Sat 8:00 AM 7:00am Breakfast	<b>CA1M</b>	Del Britton 909-485-1866	Bluffs Restaurant 1231 E. Washington, Colton
2nd Sun 8:00 AM	<b>CA1Q</b>	Charlie Sento 562-926-5420	Hof's Hut 7005 Knott Ave., Buena Park
1st Sat 9:00 AM 8:00 AM Breakfast	<b>CA2R</b>	John Langton 408-779-2670	Giant Artichoke Restaurant 11241 Merritt St. Castroville
2nd Wed 7:00 PM 6:30 PM Dinner	<b>CA2E</b>	Jim Peterson 559-431-6847	Carrows Restaurant 1484 E. Shaw Ave., Fresno
2nd Sat 8:30 AM 8:00 AM Breakfast	<b>CA1F</b>	Anita Alkire 619-264-2845	Broken Yolk Café 1851 Garnet Ave., San Diego (Pacific Beach)
2nd Sat 8:00 AM	<b>CA2J</b>	Mike Gregory 925-776-5411	Brentwood Cafe 8500 Brentwood Blvd. Brentwood
2nd Sat 9:00 AM 7:30 AM Breakfast	<b>CA2N</b>	Tony Phillips 209-834-9880	Your Place 14715 Mono Way, Sonora (Just off Hwy 108)
3 <sup>rd</sup> Sun 8:00 AM 7:15 AM Breakfast	<b>CA-C</b>	Vasilios Kalaitzidis 916-722-9392	Denny's 925 Third Street, Sacramento.
3rd Sun 8:00 AM	<b>CA1D</b>	David McNeal 562-428-4447	Paramount Elks Lodge 8108 E. Alondra Blvd, Paramount
3rd Sun 8:00 AM 7:30 AM Breakfast	<b>CA1V</b>	Curtis Matson 760-949-3990	Don's Family Restaurant 14403 7th St., Victorville
3rd Sat 8:30 AM 8:00 AM Breakfast	<b>CA2Q</b>	Allan Freebody 510-925-0919	Coco's Bakery Restaurant, 7944 Dublin Boulevard, Dublin, CA 94568, 925-829-4779
3rd Sat 9:00 AM 8:00 AM Breakfast	<b>CA1N</b>	James Pratt 760-945-7894	Gramma BB's 539 Vista Bella, Oceanside.
3rd Sat 8:30 AM 8:00 AM Breakfast	<b>CA1S</b>	David Golden 805-985-8810	Marie Callender's 1295 S. Victoria Ave., Ventura
4th Sun 9:00 AM 8:00 AM Breakfast	<b>CA2K</b>	Bill Johnson 707-429-2920	Country Waffle 2390 North Texas Street, Fairfield
4th Sun 9:00 AM	<b>CA2U</b>	Bill Joe Davis 209-634-1346	Granny's Pantry 1221 Broadway, Atwater
4th Sat 8:30 AM 8:00 AM Breakfast	<b>CA1L</b>	Robert Dowdy 805-462-1140	Players Restaurant 8845 El Camino Real, Atascadero
4th Sat 9:00 AM 8:15 AM Breakfast	<b>CA2G</b>	Linda Morrison 530-671-7400	Ruthy's Restaurant 229 Clark Ave., Yuba City
Last Sat 9:00 AM 8:30 AM Breakfast	<b>CA1K</b>	Bill Simmonds 818-882-0037	Lulu's Café 818-988-0707 16900 Roscoe Blvd., Van Nuys, CA 91406

# WING NUT

*Gold Wing Specialist*

1642-A North Texas Street \* Fairfield CA 94533

ph. 707-422-1698

fax 707-422-4520

[www.goldwingspecialist.com](http://www.goldwingspecialist.com)

[wingnut@goldwingspecialist.com](mailto:wingnut@goldwingspecialist.com)

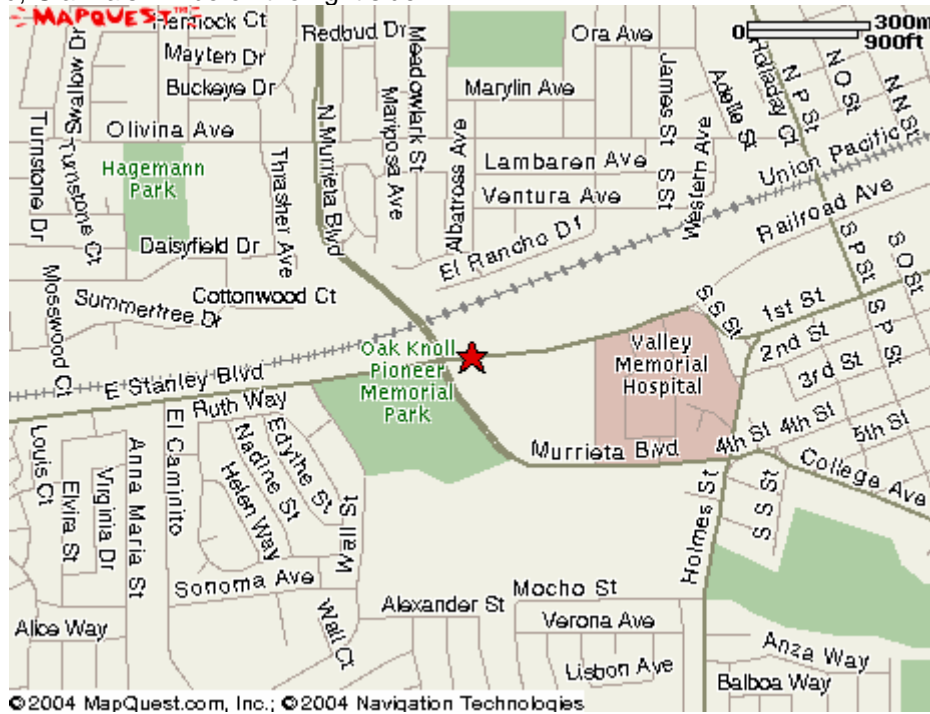


The Sport TRIKE is the result of Gold Wing riders' requests. It is in a sense, the ultimate Gold Wing accessory.

**Chapter CA2Q meets on the 3rd Saturday of each month at 8:30 am.**

Location: Gianna's Restaurant, 833 Stanley Blvd, Livermore, 94550 (925) 449-1005

How to get there: From I580, take Airway Blvd and go south to Stanley Blvd. Go east on Stanley. Immediately after Murrieta Blvd, Gianna's will be on the right side.



Allan Freebody, CA2Q Director  
461 Trebbiano Pl.  
Pleasanton, CA 94566

