



CA2Q Tri-Valley Cross-Road Wings



September 2008

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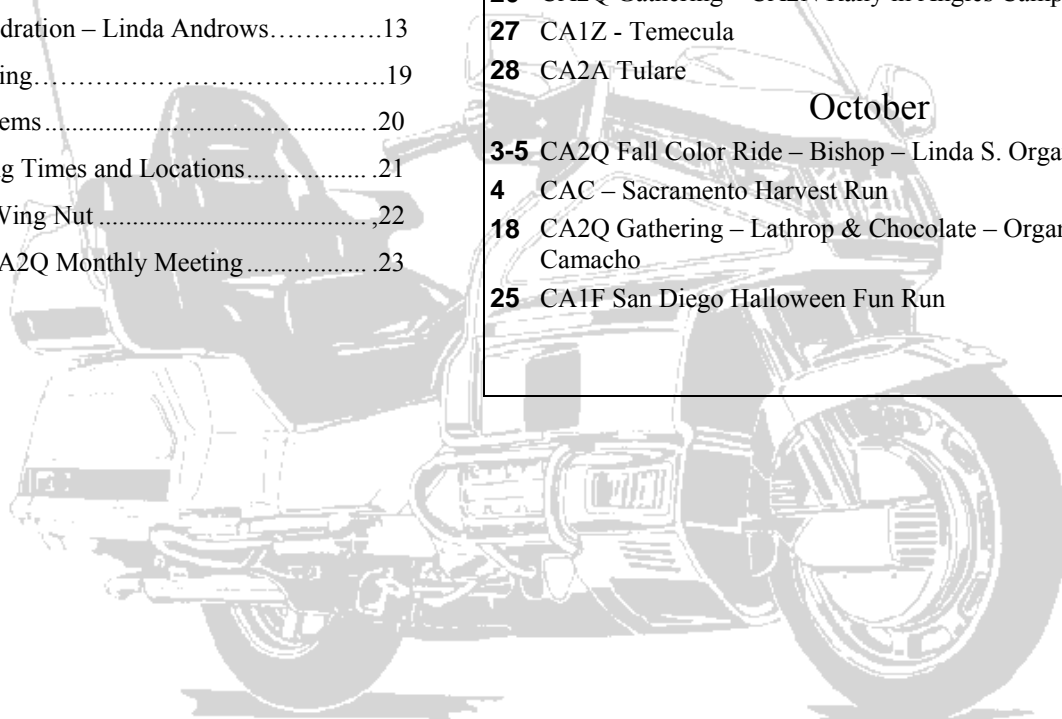
Sept – Oct 2008

September

- 6th** CA2Q Parking Lot Practice 9-AM -12PM at United Methodist Church – Alamo
- 13** CA2Q Chapter Picnic – Pierra Deer Camp Martinez at 5:00 PM See flyer in Newsletter and RSVP to Linda Scqacqua.
- 20** CA2N Sonora – The Frog Hop
- 20** CA2Q Gathering – CA2N Rally in Angles Camp
- 27** CA1Z - Temecula
- 28** CA2A Tulare

October

- 3-5** CA2Q Fall Color Ride – Bishop – Linda S. Organizer
- 4** CAC – Sacramento Harvest Run
- 18** CA2Q Gathering – Lathrop & Chocolate – Organizer – John Camacho
- 25** CA1F San Diego Halloween Fun Run



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Current Advertising Rates

<u>Ad Size</u>	<u>Half Year</u>	<u>Full Year</u>
Business Card	\$25.00	\$40.00
1/3 page	\$35.00	\$60.00
2/3 page	\$50.00	\$90.00
Full Page	\$75.00	\$140.00

Please make all checks payable to: GWRRA – CA2Q

All advertisements must be prepaid.

Send ad either emailed, on disk or camera ready with check to:

Alan Jarumay, CA2Q Director
 24623 Queens Park Court
 Fremont, Ca. 94538

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

Newsletter submission deadline: Please submit all articles and advertising by the 28th 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 Director's Message

Alan & Shirley Jarumay



August was an especially busy and fun month for Shirley and me. Our week and a half tour of Colorado and Utah was fantastic. We'll put together a more extended report on our trip with an article and many photos.

John and Edie Camacho did a wonderful job running an "abbreviated" membership gathering in our place. Thank you guys! Of course, this was a great experience for our new "Assistant Chapter Directors". They were formally installed at this past weekend's District Rally. Congratulations John and Edie.



A thank you is also in order to Bruce and Susan Howland for filling in for Steve and Jacque Foster on the Education presentation. Way to go guys! Our District Rally was a tremendous success. I think the individual Chapter "skits" were a focal point for many of the attendees. I wasn't able to get



many pictures of the show itself, but if you use your imagination involving GWRRA members and the variety of movie themes and you can get a "wild" and "weird" picture of what they were like. With a few exceptions like our own Linda Sciacqua, I would say it was the "lack" of talent that made it enjoyable and a lot of fun. Some chapters like "1Q" put in an incredible amount of effort in their production and it showed. From what I've heard our own Chapter's production of "GoldWinger" was taken as very entertaining. Of course, most comments were regarding the impressive voice of our Linda Sciacqua. A huge "Thank you!!" goes out to all involved in getting our Chapter's production together, none more than our Lynda Smith for pulling it all together. Well done everyone!!

What made this District Rally more special for us was the number of participants from CA2Q members past and present. Along with Shirley and me, Bill and Linda Andrews, Steve and Jacque, John and Edie, Rich and Linda Sciacqua and their grandson Josh, Bob Hole and Susie Coles. Coming up from Arizona were Ray and Carol Overndiek, and from Las Vegas, Ed and Rosie West. Remember, once a "2Q", always a "2Q".



Don't forget we've got our Parking Lot Practice coming up on Saturday Sept 6th and our Chapter picnic the following Saturday 13th.

Stay safe everyone!

Alan & Shirley Jarumay

<http://www.ca2q-gwrra.org>



How is it possible to be on the back side of 2008? We're glad to see so many folks taking long trips and out there riding!

We had a nice turnout July 31st for the Director's cut movie of the TV series "The Long Way Down", starring Ewan McGregor and Charley Boorman. This time their journey by motorcycle took them from Scotland to South Africa. Unfortunately, we were asked to switch theaters after the satellite feed had started, but the good news is we got free movies passes for another time. It was another fun get together nonetheless!

The district rally has come and gone, but the memories of "GoldWinger" will live forever. The skit was a huge success, from the comments I've heard, and thanks again for everyone's enthusiasm and participation. And we now have a chapter banner, and a chapter "Q"uola mascot. His first ride was August 16th on the Pescadero ride. I'm sure we'll be being more of Mr. Quola!



Thanks to those that have already sent me recipes for the chapter cookbook. Please don't forget if you haven't done so yet. It's amazing how quickly time flies, and I'll need time to compile these.

We're also looking forward to the Oct 3-5 "CA2Q Fall Color Ride" to the Bishop area, including Bristlecone Nat'l Park, Devil's Post Pile, etc. During our "unofficial" meeting in August, we decided to have a contest for the best photo of fall color during this event. As treasurer, Linda A. agreed that a \$25 prize would be given! So we're looking forward to another great weekend ride together!

September is filled with chapter events, so hope to see you all!

“Sunshine Corner” By Linda Sciacqua



**Birthdays and Anniversaries:
September and October**

September Birthdays

09 Linda Cooper
09 Liza Reaves
28 Alan Freebody

No anniversaries.....

October Birthdays

07 Lynda Smith
15 Susan Howland

October Anniversaries

05 Sue Reynolds and Bob Hole

Know of someone who could use a card or a phone call from CA2Q for

- *Get Well
- *Congratulations
- *Sympathy
- *?????

Please email linda1@pacbell.net and she will take care of it.

CA2Q Chapter Member List

Dublin

Mike Reaves
Lee & Ardie Head
Craig McDonald

Castro Valley

Jack Fischer & Sunny Montgomery

Fremont

Alan & Shirley Jarumay
BJ & Marilyn Johnson
Bob Shelton
Lance Andaeassen
John & Kathee Ballard
Steve Coppin
Pat & Lynette Hunt

Hayward

Mark Tradesmann

Livermore

Bill & Linda Andrews
Carlos & Kimberly Dias
Chuck Casey
Joe & Debbie Evans
Scott & Denise Sanders
Walt Sokoloski

Manteca

John & Edie Camacho

Martinez

Patrick Stereos

Milpitas

Pat & Paula McComas

Mountain View

Susan Coles

Napa

Ray Dodson

Newark

Herb & Carrie Dykeman

Patterson

Mark Radtke

Pleasant Hill

Dan & Dodie Smith

Pleasanton

Bob & Jean Tobin
Phil & Ester Flores
Allan & Kay Freebody
Gary & Linda Cooper
Dennis & Sherry Madsen
Norman Unwin
Gary Pierce
Debbie Pendergast

Sacramento

Tom & Barbara Jefferies, CAC

San Jose

Keith & Jayne Herzog

San Ramon

Dale Croy
Steve & Jacque Foster
Rich & Linda Sciacqua
Jim & Lynda Smith - **COY**
Bruce & Susan Howland

Union City

Dirk & Wilna Schats

Tracy

Dales & Eloise Wilson

Valley Springs

Vern & Carol Edgren

Walnut Creek

Bob Hole - **IOY**
Sue Reynolds

Arizona

Ray & Carol Oeverndiek, AZ

Texas

Mark Kratz, TX

Members

Don Skjoidager
Ken Cefalo



Educators Message



CA2Q RIDER EDUCATION

BY: Steve Foster

CA2Q ON MOTORCYCLE SAFETY

With an increase of motorcycles on the roads and the fact that less than half have taken an organized RIDER EDUCATION COURSE, this indicates a need for increased awareness of proper motorcycle safety. We who ride motorcycles can apply a safety philosophy of our own lives by following simple tips:

1. **PREPARE** ----Wear appropriate gear for comfort and protection(helmet, long pants, jacket, boots)
2. **BE SEEN** ----Stand out, wear bright colors, use reflective material
3. **BE AWAKE**----Fatigue and drowsiness can impair your ability to react,so be alert
4. **BE COURTEOUS**----Be considerate on the road
5. **PLAN** ----Have your route and stops set in advance to ensure a safe ride
6. **INSPECT** ----Conduct a safety inspection of your motorcycle before each ride
(like T-CLOCS),Tires, Controls, Lights, Oil, Chassis and Side-stand.

Using proper motorcycle safety on and off the road creates a safer environment. Being aware and recognizing the different steps you can take to become a safer driver will ensure not only your safety, but others. Remember the more educated you are, the safer your ride. Sign up for Riding Courses and Seminars. The rest is practice – practice—practice and more practice.



Did you know??

Susan Coles has entered her Disney themed Wing at several GWRRA Rally's during 2008 in the "Show" category. She has had some great success!

- 1st place – "Show" category in Kanab, UT
- 2nd place – "Show" category in Bakersfield, CA

Congratulations Susan!



From Mark Kratz – a 95 mile Burger Run!

Here is another RTE (Ride To Eat) idea for the Hill Country.

Saturday, 9 August 2008

I gotta eat, I gotta ride, so I decided to head off to Lampassas to try Storms Hamburgers. Open since 1950, I figured they were still open for a reason so off I went in search of the Ultimate Burger, accompanied by my local ride companion Bob “Redbob” Head. I decided to ride my “89” Transalp for it’s first real ride with it’s new owner and headed for “D Boone’s Country Store” on Highway 195.

I topped off with fuel and waited to rendezvous with Bob at 1100 hrs. With the temperature at 98 degrees and the sun overhead, I found some quickly vanishing shade in the parking lot. Thankfully Bob arrived on time and we were on our way to another culinary destination.



Storm’s on Hwy 183 which is the main st for downtown Lampassas.

Lampassas, Texas is a small town located at the junction of Hwy 183 and Hwy 190. The local area consists of low laying hills, many trees, rivers and streams and rides on the surrounding roads offer views of beautiful and unique properties. From Lampassas further to the north and west, marks the transition of “Hill Country” towards desert like landscape as the treed terrain gives way to smaller scrub. There are many back road routes if you are locally savvy but we were hungry and took a direct route from my hometown of Florence. As usual there was very little traffic but it was a tad warm.

I was wearing my usual, light colored perforated clothing, Olympia brand pants, Joe Rocket Phoenix jacket, deer skin gloves and Nolan X-com flip up helmet. I like the deer skin gloves due to their tan color which reflects the sun, keeping my hands cooler than my typical black ones. Bob wore his typical Harley uniform, blue jeans, t-shirt, no gloves but at least he had a helmet. My teasing about **ATGATT**, wearing “All The Gear All The Time” falls on his deaf ears. I hope we never have an “I told you so day”.

Riding through the deserts of the southwest over many years, I have learned that riding with exposed skin is bad and that keeping the sun from beating directly down on your exposed skin actually keeps you cooler. Protecting your skin from the sun allows you to cool naturally before the sweat

evaporates and doing what its supposed to do. Actually perforated clothing in extreme heat gives you a sense of being cooler but your sweat evaporates too fast. So, I always wear a tropical weight or long sleeve cotton shirt with t-shirt underneath. This with keeping hydrated, has allowed me to endure many hot ride days, for longer periods.

Our 40 plus mile ride to Lampassas was quick and pleasant. As you arrive in Lampassas from the south, you will find Storms on the right hand side, about one mile into the town proper. The first thing you see is Storms hamburger boast located on the roof line, "Great Texas Hamburgers".



Originally named Dairy Cue, the name was changed to Storms in 1971. Storms is actually a Texas chain which originated as a Stage outpost over 120 years ago and the Storm family opened their first diner near San Antonio in 1944.

Surrounding the building are old fashioned drive in stations, from where you can order and eat from inside your car. Hidden on the opposite side is a covered dining area with order stations. Out of the sun and next to a pond with box turtles and waterfall, the temperature was about 15 degrees cooler, to our relief. Rubber coated metal benches are a little rough on the elbows but this is a Hamburger stand. There is a nostalgic appeal which was confirmed by the arrival of several classic restored cars. I noticed most of these folks ordering the Root Beer and Big Red Ice Cream Floats. Must be something to them.



Storms Menu board



Beat the heat in the outdoor dining area. There is no inside dining room.

The menu is basic drive in and as I typically recommend to my friends, always try the specials. In this case, I ordered the Storm Special, a 1/2 pound hamburger with fries and a Coke, not Pepsi and water! Bob ordered the 1/4 pounder with a Coke and water too. Within five minutes and pleasant looking waitress brought out or order and I dived into my burger.



The first unique thing I noticed about the burger was that the patty consisted of three thin patties. I had never seen this before but chomped into a good basic drive in burger. Heads above the chain burgers but not the ultimate burger I am seeking and definitely worth the drive. The thin patties were juicy and the bun perfectly caramelized, topped with mayo, mustard, onion, pickle, tomato and lettuce. The fries were standard cuts but good, especially when salted on a hot day. The Coca Cola seemed better than the usual fountain fare but the heat always makes it taste so good.

Anyway, I thought the meal was worth the 95 mile round trip but I guess I am crazy that way. I highly recommend you try it if you are in the area around mealtime, or making it a meal destination if you'd like to explore the surrounding area for antiques. I will definitely go back to try one of the soda floats, which they will make with any soda you wish and [Blue Bell](#) vanilla Ice Cream. Visit their site of Texas' own favorite brand of Ice Cream by clicking the link.



The 95 mile burger run.

Hydration/Dehydration – From Linda Androws

After recently experiencing heat stroke on our ride through the south western desert in 100° plus temperatures, I believe these tips on hydration and dehydration might be beneficial to other riders. After reading this information I can now see that I was very poorly hydrated that day. I was drinking at each stop but in those temperatures I got behind very quickly. I do not ever wish to experience this again! I will *definitely* be paying closer attention to my fluid intake on all future rides. The following information is from the Center for Holistic Instruction.

Wishing you all Happy, Safe, Fun, and Hydrated Riding!

Linda Androws

Ten Tips For Maintaining Proper Hydration

The Nutrition Information Center at The New York Hospital - Cornell Medical Center offers the following tips for maintaining proper hydration:

- Follow conventional wisdom -- drink at least eight, eight-ounce servings of water each day. The more time you spend outside, the more water you need to replenish lost fluids
- Don't wait until you're thirsty to drink water. By the time you feel thirsty, you probably have already lost two or more cups of your total body water.
- Drink plenty of water throughout the day. Convenience is a must, so carry a bottle of water with you as you commute to work, run errands or enjoy the day on the motorcycle.
- Don't substitute caffeinated coffees, teas and sodas for water. Caffeine acts as a diuretic, causing you to lose water through increased urination. Alcoholic beverages have a similar effect.
- If finding time to drink water is a problem, keep a bottle of water on your person. Take water break rather than a coffee break.
- Linda's Tip: When you stop to refuel drink 4-8 oz. of water!
- Don't underestimate the amount of fluids lost from perspiration. You need to drink two cups of water for each pound lost following a workout.
- Start and end your day with a serving of water. Your body loses water while you sleep. So drink a serving before bed and again when you wake up.
- Keep a large bottle of water next to your bed so you can sip it during the night without having to get up.
- Remember that when it's warm outside, cold water -- not carbonated soft drinks or sport drinks -- is the best fluid for keeping hydrated. Cool water is absorbed much more quickly than warm fluids and may have a positive effect on cooling off your overheated body.

Survey Shows Americans May Be Drinking Themselves To Dehydration

(NEW YORK, May 11, 1998) A significant number of Americans may be drinking themselves to dehydration by consuming too little water and too many beverages that rob the body of water, according to the results of a national consumer survey released today.

The survey of 3,003 Americans, conducted by Yankelovich Partners for the Nutrition Information Center at The New York Hospital - Cornell Medical Center and the International Bottled Water Association, reveals that America's glass is half empty.

The good news is that the average American drinks nearly eight daily servings of hydrating beverages,

such as water, milk, juice and decaffeinated soft drinks. But that is undermined by the nearly five servings of caffeine- or alcohol-containing beverages that respondents report drinking each day. Scientific research shows that caffeine and alcohol act as diuretics, causing the body to lose water through increased urination.

"The net result is that most Americans are probably only getting about a third of the valuable hydration benefits they need," says Barbara Levine, R.D., Ph.D., Director of the Nutrition Information Center. "The vast majority aren't drinking enough water to begin with, and, to make matters worse, many don't realize that beverages containing alcohol and caffeine actually rob the body of water."

Awareness of Water Needs is High, but Compliance is Low

While two out of three survey respondents say they know that health and nutrition experts recommend drinking eight, eight-ounce servings of water a day, one in two admits do not getting enough. In fact, the survey shows that the average American only consumes 4.6 servings of water a day.

Indeed, only one in five meets the "eight a day" recommendation. More than double that amount (44 percent) drink three or fewer servings of water daily. And nearly one in ten (9 percent) report drinking no water at all.

"It's troubling that so few Americans drink the recommended amount of water daily," notes Levine. "The consumption of water and other hydrating beverages is crucial for proper retention and use of the body's water in complex and intricate biochemical processes."

Water comprises more than 70 percent of solid tissue such as muscle in the human body. Besides oxygen, it is the most important nutrient in the body, functioning as a physiological "jack of all trades." It has an important role in nearly every major function in the body, regulating body temperature, carrying nutrients and oxygen to cells, removing waste, cushioning joints, and protecting organs and tissues.

It is not surprising, then, that those survey respondents who say they drink eight or more servings of water a day are less likely to report experiencing the symptoms of dehydration than those who drink three or fewer glasses of water daily. Low-volume water drinkers, for example, are more likely to report having dry, itchy skin or feeling tired and groggy when they wake up or at mid-day, two classic signs of dehydration.

Levine notes that longer-term, more severe dehydration presents more serious problems, dangerously affecting blood pressure, circulation, digestion, kidney function and nearly all body processes.

Survey Reveals Hydration "Knowledge Gaps"

While survey respondents are widely aware of minor *dehydration symptoms such as dry skin and headaches*, they are less knowledgeable about the causes of dehydration. For example, one in five does not know that caffeine dehydrates -- a key finding, considering that Americans down 4.1 daily servings of coffee, caffeinated sodas and tea.

Additionally, nearly half (47 percent) are unaware that the human body loses as much water when asleep as when awake, while more than a third (37 percent) do not know that the body needs as much water in cold weather as it does in warm weather.

One in 10 respondents say they wait until they are thirsty before drinking a beverage. They do not

realize that thirst lags far behind the body's need for water and does not adequately signal the body's hydration needs.

"This look at America's hydration habits suggests what could be a significant and widespread health concern," say Levine. "The survey clearly demonstrates the need for much more public education about the benefits of proper hydration and the problems even minor dehydration can cause."

Critical Hot Weather Hydration Tips

With heat wave conditions predicted for an extended period, it's important to drink plenty of water. Proper hydration is critical during heat waves, when loss of water due to extreme heat and humidity can be potentially life-threatening. Following are the facts about how the heat affects the body and water's essential role in maintaining health.

HEAT AND THE BODY

- Extreme heat and humidity rob the body of water through perspiration and respiration. Here is what results:
- The body's natural balance is disrupted, since water is responsible for dispersing nutrients throughout the body while expelling toxins.
- The body loses its natural energy, resulting in fatigue and sluggishness.
- The body loses vital electrolytes, like sodium, potassium, and chlorides. These electrolytes are critical to your body.

WHY WATER IS ESSENTIAL

- On a normal day, the body loses about two quarts of water. In order to compensate for daily water loss, it is recommended a person drink between 1/2 and 2/3 of an ounce of water daily for every pound of body weight. This means about 9 to 10 eight-ounce servings of water per day for an active person.
- During heat waves, people experience excess water loss. It is recommend drinking at least one additional quart of water per day to compensate for this loss.
- Everyone spending time outdoors should drink water -- before, during and after sun exposure.
- **IMPORTANT REMINDER:** Don't rely on thirst alone to determine your body's need for water.

HIGH RISK GROUPS

- There are a number of groups that have higher risk complications associated with extreme heat. These include:
- People 65 and older, who have a decreased ability to respond to temperature changes, and therefore are more prone to dehydration. It's crucial for older people to drink water even if they don't feel thirsty.
- Infants and children up to four years of age, who are more sensitive to the effects of high temperatures and are too young to respond to their bodies' needs. Parents must be aware of this and provide necessary fluids.
- Individuals who are overweight, ill, taking certain medications or tend to overexert during work or exercise.

WARNING SIGNS

- Here's how to recognize and treat two common problems associated with extreme heat:
- Someone with an extremely high body temperature (above 103°F), experiencing dizziness, and nausea may be suffering from **Heat Stroke**. Cool the individual off as fast as possible by giving water and seek medical assistance.
- The body's response to excessive water and salt loss in sweat is known as **Heat Exhaustion**. Someone with Heat Exhaustion experiences heavy sweating, dizziness, and weakness. As with Heat Stroke, it is important to cool the victim as fast as possible.

Keeping Hydrated Extremely Important In Above-Normal Temperatures The National Weather Service predicts above-normal temperatures across much of the United States this summer. As the nation prepares for a hot summer, Felicia Busch, R.D.,M.P.H. and ambassador to the American Dietetic Association, offers the following "Do's and Don'ts" for summer hydration. **Do's**

- Drink at least 8-10 glasses of water a day to remain hydrated. Encourage your kids to do the same -- Active children lose 2 or more quarts of water daily so their bodies need to be continuously replenished.
- Drink 8-10 oz. of water every 15 minutes during a run or another 10-12 oz. immediately following your workout.
- Have your child take water breaks every 15-20 minutes while playing or participating in a sports. Get kids in the habit of always carrying cold water in their beverage holder when they go for a bike ride.
- When packing your car for a weekend trip, don't forget to include water in the cooler. Freeze a partially full bottle of water the night before a trip and fill it up with more bottled water before you leave and you'll have instant chilled water all day long.

Don'ts

- Don't overdo it. Take time throughout the day for a glass of water whether or not you feel you need it. If you wait until you feel thirsty, you're already experiencing the signs of dehydration.
- Don't substitute soda or juice as a beverage to prevent dehydration. Most sodas contain sugar and caffeine, which may speed up dehydration.



California District Golden State Gems

Anita and JR Alkire

By the time you are reading this the Rally of Fame will be history. We hope that all of you who attended had a fabulous time and loads of fun! Thank you all for coming and sharing your weekend with us! Although it's a lot of work, the District has fun bring the rally to you. As with the Chapters, this is our only fund raiser as we don't receive any financial assistance from Region or National. The funds raised allow us to continue to bring you education classes throughout the year as well as to make visits to Chapters for those special events. It's always fun to look back at the places we've been for GWRRA in the year, lots of miles, loads of hugs and tons of fun! Even though the cost of gas has gone up and we never thought it would cost over \$20 to fill up the Wing, it's still affordable transportation and with the fun waiting when we get there, it's worth the long road hours.

With the conclusion of this years rally we want to take a minute to thank those who really went above and beyond to make the rally a success. Please read through this and then when you see these folks give them a hug and a thank you, they deserve it! I start with The DoubleTree Hotel and specifically Scott Holly. Scott has been fabulous to work with and always makes our events as stress-free as he can. Next is Joel and Marti Winkler, not only for training new instructors at the rally but for all they do for Medic First Aid. Their contributions are so appreciated! Then there is Ms. Bling, Elaine Archer, treasurer and processor of all the registration forms. Elaine worked very hard this year and made the registration, class, t-shirt and ticket process stress free for us and then found awesome trophies as well. You are greatly appreciated. Janice Allen worked hard to get the vendors at the rally. Along with Ken Freeland, Asst. District Director, they both procured pin strippers so that there was a variety and awesome opportunity for you to get that touch up or new murals. Thanks guys so much. My trusty assistants, Crystal Rush, Larry and Donna Pickens, Larry did an awesome job with publicity, and Ken Freeland seem to anticipate my thoughts and get it done before I ask. Thanks guys, I couldn't do it without you! With that, we are thrilled to welcome back Bill and Rene Johnson as Assistant District Directors. They have been missed and it's great to know that the District message will again ring out up north! Bob and Barb Dowdy worked our District store for us providing you with all those goodies and we thank them so much. Chris and Pam Ferris work all year on the membership roster to bring the best information to the chapters and their tireless work is appreciated. Ralph Richardson, Assistant District Educator is so fabulous with the skill games! We can always count on Ralph to put on a superior event and we thank him for his dedication to Rider Ed. John and Joan Garrett, District Educators are back in the saddle after a few health scares and John has worked so hard with his educators to give us the best rider ed record in Region F, congratulations! Hank and Cheryl Herrera, Assistant District Educators are new to the staff and they worked hard during the rally and Cheryl sang so beautifully. But they will really start to work after the rally to put on the GWRRA Rider Instructor course to teach students to be ARC instructors so they can conduct trainings in their area so you can keep your Masters up to date or achieve your Masters designation. Mike and Elma Maury, Assistant District Educators (they think they stepped down, we won't let them, but don't tell them ☺) did a great job teaching classes and helping to bring on new Rider Ed Seminar Instructors. Thanks guys so much! Mike and Ruth Burke, District Webmaster, had to keep up with me and then wait for me to get stuff to them so we could build a rally website. We'll do better next year and thanks for your work and patience. Then there is the Queen Mum Joyce Elmore and Bodyguard Rick Elmore who did the posters for us as well as the slide shows that we enjoyed. Thanks for always being there. To those instructors who volunteered their time, thank you sooooo much, we couldn't do it without you. JR and I, along with Bud and Mary Brinker, COY/IOY Coordinators and the entire District staff want to thank Pat and Ellen O'Donnell, District COY and Pat Lewis, District IOY for their representation this year of District and GW. You guys are awesome and we look forward to your ambassadorship in the coming year.

Before I end the rally stuff and thank you, I want to thank my husband JR for all his assistance. He has sacrificed some home-cooked meals, quality time with me and seen a lot of my back as I worked on the computer. He often came home to many "wives" here telling him what to do. Thanks Honey for putting up with all of us and supporting me, I love you! Speaking of travel, we are looking forward to the Froggie Jubilee the weekend of 9/20. We love heading up (although quickly) the wonderful California gold country to see our crazy friends at 2N and all the others who attend. I felt right at home last year with the "overalls" although mine are engineer overalls ☺

The end of the month we have 2 great events, one for the more northern chapters so they can come out and support 2A

with their spaghetti cookout and beautiful ride to Nelson Meadows. It's loads of fun even if it's a bit cool. For those more souther chapters we can go to 1Z's Mystery Ride. We can only guess what those zebras are up to. Both are on Saturday 9/27so plan to come out and support one or the other as we need eathothers support each year with the chapter annual events to give each chapter some operating cash. Besides, the events always live up to our motto of "Friends for Fun, Safety and Knowledge".

As we close this month we want to wish everyone health and happiness. The rally reminded us how fragile life is with friends lost and those battling for the lives. Be good to yourselves and to others and don't forget to tell those you love that you love them and life is better with them in your life and with that, "it doesn't get any better than this"!

Who's been Riding ?? CA2Q's Mileage Tracker

Chapter CA2Q Members Mileage Track	July '08	YTD Total
Androws, Bill	1,395	15,220
Androws,Linda	1,100	4,515
Camacho, Edie	946	5,127
Camacho, John	3,649	5,798
Fischer, Jack	1,220	1,520
Foster, Steve	1,538	1,538
Foster, Jacque	0	1,388
Hole, Bob IOY	2,500	2,650
Howland, Bruce	0	500
Jarumay, Alan	1,017	4,247
Jarumay, Shirley	260	1,570
Johnson, Bill (BJ)	0	1,910
McComas, Pat	0	2,945
Radtke, Mark	7,604	8,699
Reaves, Mike	2,500	2,500
Sciacqua, Richard	350	3,800
Smith, Jim COY	0	7,067
Smith, Lynda COY	1,960	1,960
Warren, Mike	2,400	2,400
	28,439	75,354

California District's Chapter Meeting Times and Locations

<u>Day & Time</u>	<u>City/Town</u>	<u>Meeting Place & Address</u>	<u>Chapter Directors</u>	<u>CD Phone</u>
First Saturday				
CA1A	8:30/9:15 Lancaster	Greenhouse Café, 1169 Commerce Center	Eugene & Evelyn Tiede	661-946-1409
CA1Z	8:00/9:00 Temecula	Home Town Buffet, 40390 Margarita Rd	Vince & Pamela Puterbaugh	951-453-6000
CA2A	8:00/9:00 Tulare	Neilson's Restaurant, 137 South M St	Joe & Jeannie Akerman	559-594-5046
CA2R	9:00/10:00 Salinas	Sang's, 131 Main St	Pat & Wendy O'Keefe	831-646-9815
CA2W	8:30/9:00 Clovis	Home Town Buffet, 458 W. Shaw Ave	Terry & Susanne Zane	559-432-5405
First Sunday				
CA1I	8:00/8:30 Covina	Covina Bowl, 1060 W. San Bernardino Rd	Don & Loraine Nunelly	909-592-1476
CA1R	7:30/8:00 Irvine	Knowlwood Restaurant, 14952 Sand Canyon	Tom & Vicki Lorenz	714-968-4393
CA1Y	8:30 Lompoc	Baker's Square, 936 North H St	Pennye & Jeff Benda	805-735-4641
Second Saturday				
CA1F	8:00/8:30 San Diego	Broken Yolk Café, 1851 Garnet Ave	Robert & Eileen Callaway	858-581-3317
CA1L	8:00/8:30 San Luis Obispo	IHOP, 212 Madonna Road	Richard & Deborah Rowley	805-489-1502
CA2J	8:00/8:30 Concord	Hometown Buffet, 2050 Diamond Blvd	D.P. (Par) Riley	925-685-2111
CA2N	8:00/9:00 Sonora*	Pine Tree Restaurant, 19601 Hess Ave	Mike & Ruth Burke	209-536-1318
	<i>(* Note that the Aug 9, '08 meeting has been moved to Aug 2)</i>			
Second Sunday				
CA1M	8:00/9:00 San Bernardino	Elks Lodge, 2055 Elks Drive	Larry & Sheree Tegel	951-443-2891
CA1Q	7:30/8:00 Buena Park	Hof's Hut, 7005 Knott Ave	Bob & Carolyn Montez	714-750-6067
Second Tuesday				
CA2S	6:00pm/7:00pm Santa Clara	Holders Country Inn, 998 S. De Anza Blvd	Jim & Sherry Carr	408-923-0740
Third Saturday				
CA1N	7:00/8:00 Oceanside	Grandma BB's, 539 Vista Bella	Gary & Kathleen Andrews	760-741-8230
CA1S	8:00/8:30 Ventura	Carrow's, 2401 Harbor Blvd	Troy & Cindy Shipp	805-680-5071
CA2Q	7:00/8:30 Dublin	Athens Burgers 6999 Dublin Blvd	Alan & Shirley Jarumay	510- 659-8239
Third Sunday				
CAC	8:00/8:45 Sacramento	Denny's, 7900 College Town Dr.	Neal Graham & Ginny Allison	916-454-5290
CA1D	8:00/8:30 Paramount	Elks Lodge, 8108 E. Alondra Blvd	Tim McShane	562-920-6564
CA1V	7:30/8:00 Victorville	Coco's, 15570 Park Ave	Karl & Lois Chavarria	760-244-4919
Fourth Sunday				
CA2K	9:00/10:00Fairfield	Country Café, 2390 N. Texas St	Russ & Alley Caning	510-812-1621
Last Saturday				
CA1K	8:30/9:00 Van Nuys	Lulu's Café, 16900 Roscoe Blvd	J. David Gilman	818-362-8925



CA2Q Chapter Picnic

Saturday, September 13, 2008

Arrival time: 5:00 p.m.

Location: Pereira Deer Camp
Martinez, CA

Best to come by car... Watch for Deer!

**Bring your own meat to grill, a dish to share & BYOB.
The Chapter will supply soft drinks and table settings.**

Campfire Songs provided by "Jump In!"

Good Food, Good Friends

**Please RSVP to Linda Sciacqua by September 7th
linda1@pacbell.net or call 925-699-6044**



Directions from Walnut Creek off of Hwy 680:

- From 680, take 24 West toward Orinda.
 - Take Orinda exit, bearing toward Orinda Village/Richmond
 - Go approx. 2.3 miles...and turn right on Bear Creek Rd.
 - Stay on this road until end..approx. 8.3 miles *Watch for deer!!*
 - Bear Creek Road ends at a stop sign, and at Alhambra Valley Rd.
Go straight. You will be on Pereira Road.
 - From then on follow signs to the Deer Camp
- *** Many cell phones do not work in this area ***

WING NUT

Gold Wing Specialist

1642-A North Texas Street * Fairfield CA 94533

ph. 707-422-1698

fax 707-422-4520

www.goldwingspecialist.com

wingnut@goldwingspecialist.com

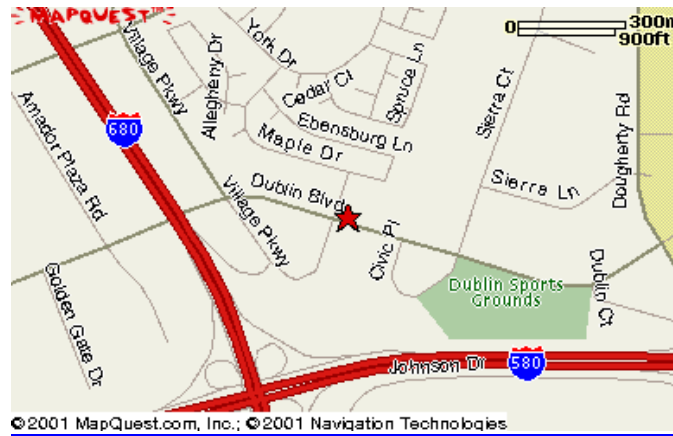


The Sport TRIKE is the result of Gold Wing riders' requests. It is in a sense, the ultimate Gold Wing accessory.

Chapter CA2Q meets on the 3rd Saturday of each month.

Athens opens for breakfast at 7am with our meeting starting promptly at 8:30.

**[Athens Burgers Restaurant](#)
6999 Dublin Blvd. Dublin, CA 94568
925-803-8135**



Directions:

From I-580, exit on the Dougherty Rd/Hopyard Rd ramp. Head north. Turn left at the Dublin Blvd signal light. Travel .6 miles to Athens Burgers Restaurant on the right hand side. Athens Burgers is located after the traffic light at Sierra Court and just after the small canal bridge. Take either one of the next two driveways on the right after the bridge. Park anywhere in the parking lot.

**Alan & Shirley Jarumay
CA2Q Chapter Directors
42623 Queens Park Court
Fremont, CA 94538**