

(IVAN'S COPY)



GOLD NUGGETS



G.W.R.R.A.

REGION J – CHAPTER BC-A, VANCOUVER, B.C.

AUGUST, 2003

OH CANADA!!!!!!!

It's the middle of July and Pat and I are on vacation in Parksville on Vancouver Island. The view in front of me is spectacular: Georgia Strait with the Sunshine Coast mountains as a backdrop. I am reading a book called "The Vanishing Country" by Mel Hurtig. It is depressing reading so I have taken a break to write this article, cheer myself up? More about the book later.....

Pat and I were both born in England, she left when just a baby and I when I was a teenager in 1956 (long time ago!) – we are both Canadian citizens. Life is good, we both have worked hard and are in a comfortable place: Pat retired and me doing a job that I enjoy and feel worthwhile, we have lots of good friends and have lots of recreational hobbies one of which is "Winging – it".

QUEBEC

We have lived in both Ontario and Manitoba before settling in beautiful BC – there's no going back! We have RV'd from coast to coast and even up to Alaska and the Yukon. We have toured England and parts of Europe, been to two Wing Dings and numerous rallies – so you could say that we are not "stick-in-the-mud" types.

For a variety of reasons (being new CD's is one!) we decided this summer to stay close to home. We gave up our share in the power boat and decided to concentrate on our other "toys" : RV, kayak, car-topper, bicycles etc.. We started off by taking the 1500 over to Vancouver Island (the only way to go!) to visit friends in Sidney, Sooke, Ladysmith and Parksville. We rediscovered Victoria: the "Dragon Bones" exhibit at the Royal BC Museum was very interesting and, together with the rest of the museum, a good value at \$13 ea..... did you know that there is FREE motorcycle parking in a lot behind the museum and that the price of admission includes FREE coat and bag check? Keep that parking lot info quiet or there won't be a spot when I want one!!!!!!!!!!!!

Our friends in Sooke put us onto a delightful shortcut over Humpback Road that comes out on the Malahat Highway cutting off much congestion. Caution: it is a single track paved road with lots of blind corners and no shoulders, but very pretty! Of course once on the Malahat we stopped for a coffee at a café on the crest that has a rear patio overlooking the Saanich Inlet – gorgeous view! The weather was great and our friends envious of our mode of transport.

We arrived in Parksville in time for the July 1st Day parade. We sat on the curb watching the parade go by: Mounties, Legionaires, marching bands, gymnasts, clowns and lots of kids! Everyone was waving their Canadian flags and cheering on the participants – all good "warm and fuzzy" stuff. I find that Canadians are generally a conservative lot, not given to outpourings of patriotism but fiercely patriotic when away from home – especially when confused with our southern neighbours! Stay with me folks—all will make sense by the end!

Since July 1st Pat and I have continued to explore the local area: we have discovered shady paths through the trees that suddenly spill you out onto the shores overlooking Georgia Strait – a sight that always stops me dead in my tracks (must have dozens of photos by now!). We have explored inlets and river estuaries in our kayak gliding close by geese and bald eagles, watched in awe as Kingfishers swoop down to scoop their prey out of the water, marvelled at the ever-changing scenery as the tide comes and goes. We have discovered restaurants with patios that overlook breath-taking scenery serving up hot salads with scallops wrapped in bacon – yummy! We generally finished each day with a well-deserved glass of wine as the sun slowly sank into the ocean – great stuff!

All of the above within an hour or two of home : "only in Canada eh? ... pity!"
We enjoy a wonderful lifestyle supported by good social and medical services that were hard fought for by our parents and grandparents, all of this made possible by hard work and bountiful natural resources. Back to that book.....

Chapter Directors: Ivan & Pat Armstrong 604-273-1004
Ass't. Chapter Directors: Heather & Rick McIvor 604-273-7282
BC-A Website: www.gwrra bca.tripod.com

ADD Kelly Parkes

If you believe Mel Hurtig, and he has plenty of solid evidence in his book, Canada is being sold out from under us by ambitious/greedy politicians and out-of-country CEO's of giant corporations. The "privatisation" of our assets and natural resources will leave us, and our grandchildren, at the mercy of corporations whose only concern is the "bottom line". According to his book the rot started in 1989 with our entry into the Free Trade Agreement with the USA and continued on to the 1994 North American Free Trade Agreement that included Mexico - remember how we were all going to rush south and buy cheap cars, I didn't, did you?

I'm sorry if I got "on my band wagon" a bit, but I love this adopted country of mine and don't want to see it become the 51st state. I enjoy travelling through the USA and appreciate being able to do so easily, we have friends there and appreciate them as our neighbours, but that's the way it should stay!

Wow! It's time to put the book down, hop on the "Wing" and go for a ride - it's the best way I know to blow away those depressing thoughts - won't you join me?

Ivan & Pat Armstrong

CLASSIFIEDS

For Sale (3)

1995 Anniversary 1500 Pearl White, Drivers-Backrest, CB and many other extras.
100,000km. Excellent condition. \$15,900.00
Paul Wing - 604-270-8779

For Sale (3)

1983 Low-rise touring Kawasaki 750cc.
Custard gold, heated grips, passenger back rest.
32,000km. Excellent condition. \$2,750.00
Paul Wing - 604-270-8779

For Sale (3)

1980 GL1100 Interstate AM/FM, intercom,
77,000km. Very clean, \$3,500.00 o.b.o. 604-687-4661
Kelly Parkes

For Sale (3)

Almost new 2002 Deri scooter 49cc
(motorcycle licence not required)
1111km. \$4,600. Firm. 604-274-6350
Please leave message.

For Sale (2)

Seburg jukebox in working order. 604-464-8179
\$800.00.
Meryl Davies

BIRTHDAYS

August	18 th	Ian McAlpine
	11 th	Chris Maki
	18 th	Rick McIvor
September	3 rd	Jan Bai
	12 th	Edward Drozdik
	19 th	Paul Shedegar
	26 th	Fred Wall

ANNIVERSARIES

August	6 th	Gary & Marlene Robins
	10 th	Gloria & Ron Maki
	20 th	Chris & Joan Maki
	22 nd	Gilbert & Julie Brennenstuhl
September	28 th	Edward & Kathy Drozdik

On Sunday July 20th we had our 2nd Road Capt. Course, given by Arnie Tucker & Gil Gilbert. Thanks to Pat Muldoon of Chapter BC-D. We were able to use the classroom @ Langley High School again.

Attending :-

Kelly Parkes BC-A	Wayne Thurber BC-D
Ib Mikkelsen BC-A	Ed Drozdik BC-A
Dan Fortin BC-A	Elroy Engler BC-D
Jeff & Shirley Howard BC-D	

Thanks go to Peter MacGregor & Con Williams who did the course as a review and assisted with the road portion with Arnie & Gill. Thanks also to Sheila MacGregor for moral support. Congratulations on completing The Road Capt. Course to those listed above.

Ian McAlpine
Chapter BC-A Educator

2003 ACTIVITIES CALENDAR

July

27 BC-A Meeting.

August

1-4 BC-A/B District Rally (Winfield, B.C.)

6 BC-D Meeting

~~9 BC-A Progressive Dinner Ride (CANCELLED)~~

8-10 Vancouver Island/Sunshine Coast Ride

15-16 Sunshine Ride (Monroe, Washington)

23 BC-A Whistler/Pemberton/ Duffy Lake Loop

24 BC-A Meeting

Sept.

3 BC-D Meeting

5-7 BC-D Gold Run – Princeton, B.C.

14 Squamish Toy Run

20 Corn Roast

28 BC-A Meeting.

October

1 BC-D Meeting

5 Vancouver Toy Run

12 Fraser Valley Toy Run

18 BC-D Planning Meeting

24 BC-A Social Evening – Chinese food.

28 BC-A Meeting

November

5 BC-D Meeting

23 BC-A Meeting

December

3 BC-D Meeting

5 BC-A Christmas Party

BOUNCE DRYER SHEETS

And all this time you've just been putting Bounce in the dryer!

It will chase ants away when you lay a sheet near them.

It also repels mice, spread them around foundation areas, or in trailers or cars that are sitting and it keeps mice from entering your vehicle.

It takes the odor out of books and photo albums that don't get opened too often.

Repels mosquitoes. Tie a sheet of Bounce through a belt loop when outdoors during mosquito season!

Eliminates static electricity from your television (or computer)

screen.

Since Bounce is designed to help eliminate static cling, wipe your television screen with a used sheet of Bounce to keep dust from resettling.

Dissolve soap scum from shower doors. Clean with a sheet of Bounce.

Freshen the air in your home. Place an individual sheet of Bounce in a drawer or hang in the closet.

Put Bounce sheet in vacuum cleaner.

Prevent thread from tangling. Run a threaded needle through sheet of Bounce before beginning to sew.

Prevent musty suitcases. Place an individual sheet of Bounce inside empty luggage before storing.

Freshen the air in your car. Place a sheet of Bounce under the front seat.

Clean baked-on foods from a cooking pan. Put a sheet in a pan, fill with water, let sit overnight, and sponge clean. The anti-static agent apparently weakens the bond between the food.

Eliminate odors in wastebaskets. Place a sheet of Bounce at the bottom of the wastebasket.

Collect cat hair, rubbing the area with a sheet of Bounce will magnetically attract all the loose hairs.

Eliminate static electricity from Venetian blinds. Wipe the blinds with a sheet of Bounce to prevent dust from resettling.

Wipe up sawdust from drilling or sand papering. A used sheet of Bounce will collect sawdust like a tack cloth.

Eliminate odors in dirty laundry. Place an individual sheet of Bounce at the bottom of a laundry bag or hamper.

Deodorize shoes or sneakers. Place a sheet of Bounce in your shoes or sneakers overnight.

Golfers put a Bounce sheet in their back pocket to keep the bees away.

Put a Bounce sheet in your sleeping bag and tent before folding and storing them. Keeps them smelling fresh.

The Art of the Motorcycle - a Review

By Walter Kern

Back in 1998, there was an exhibition at the Guggenheim Museum in New York called *The Art of the Motorcycle*. I thought about going but never did. I heard that more people attended that exhibition than any other show they had ever held at the Guggenheim. The show was heavily discussed among the motorcycling community in the greater New York area.

Well, I knew that they had issued a book about the show but it was expensive so I never bought it. Now, in my capacity as the Motorcycles Guide, I find that I need to know more about the bikes that shaped the history of the motorcycle. So I finally broke down and bought a copy for my library. I was pleasantly surprised.

I spent the better part of a day going through the book. It's a big one and heavy. It has over 400 pages of pictures, essays, and descriptions of the 100 or so motorcycles that were on display in 1998. Later on, I'll give you the Web site address for a small piece of the show. I'll also be making the book available in my Motorcycles Bookstore. What I want to do in the remainder of this article is give you a flavor for the types of bikes in the book. I can't go into much detail. I do want to see if I can't convince you that you need to have this book. I picked a random selection of 10 bikes that interested me. These are not the ten best or anything like that. You'd probably pick a different 10.

1894 Hildebrand & Wolfmuller: This German bike was the first referred to as a Motorrad, the German word for motorcycle. It had a 1489cc engine that was the largest made for the next 90 years. It failed in 1897 when the company finally realized that the selling price was less than what it cost to make it.

1901 Indian Single: The first Indian was made in Springfield, Mass. USA by the Hendee Manufacturing Company. In 1923, as a result of a company reorganization, the company name was changed to The Indian Motorcycle Company. They purposely left off the "r" to avoid copyright and patent problems.

1922 Megola Sport: This German bike had five cylinders in a star formation in the center of the front wheel. This unusual bike is featured on the front cover of the book.

1923 BMW R32: This was the original flat-twin engine with shaft drive that put BMW into the motorcycle business with a design that has continued to the end of the 20th Century.

1940 Crocker: This was called the Duesenberg of Motorcycles. It had a 45 degree V-twin that was the forerunner of the post war custom. The president of the company offered full purchase price back to anyone who was beaten on the road by a stock Indian or Harley-Davidson.

1940 Indian Sport Scout "Bob-Job": Southern California returning soldiers bought used motorcycles, not cars. They then shortened or bobbed the rear fenders and removed the front fenders completely. They were used for speed on the dry lakes. Riders bump-started them holding on to a handle on the back of the rear seat. This style then evolved into the Chopper which has chopped off fenders and trim. By then, the handle on the back of the seat had turned into the sissy bar found on choppers.

1948 Indian Chief: This bike debuted in 1922 and was the main competition to the Harley-Davidson V-twin heavyweight. It was discontinued in 1953 when the company went out of business.

1957 Harley-Davidson Sportster XL: This was the first Harley-Davidson engine to be named the "Shovelhead." It also had the name of the bike cast into the gear-case cover, last done by H-D for the Silent Grey Fellow.

1963 Honda C100 Super Cub: This bike was also called the 50 Super Cub. It established Honda's reputation in the USA. It used plastic parts for the first time to reduce weight and cost. A total of 26 million have been made since then.

1970 Honda CB750 Four: This bike used a transverse-mounted, overhead camshaft, in-line 750 four. It remains the most popular design in use today. It had electric start, hydraulic disc brakes, and sold for a modest \$1500. It made motorcycling what it is today. You may remember the Poll held on this Web site to determine the most influential motorcycle built in the last 100 years. Visitors to the Motorcycles site picked the CB750 as their number one choice.

Each of these bikes contributed to the evolution of motorcycling. You'll have to read the complete book to find out all the details. That will keep you enjoyably entertained for many evenings.

Courtesy of website: <http://motorcycles.about.com>

The secret to comfortable long distance riding: You are sitting on it.

Author: **Brian Salisbury**

Published on: **July 1, 2003**

I read an article a while ago about a Grand Champion chess player who refused to begin a major tournament until his favorite chair arrived at the tournament site. It wasn't because he was superstitious or a prima donna. He just knew that without his comfortable chair, he couldn't sit for long hours and maintain the high level of concentration he needed to win.

The cushy swivel chair finally arrived, the competition began, and two weeks later, this player emerged as the tournament's big winner.

His ability to remain focused on the task at hand, rather than on multiple body aches emanating from the seat of his pants, helped him turn this event into the success of a lifetime, rather than one big pain in the butt.

You could apply the same principle to motorcycle riding -- especially long distance touring and travel. Without a comfortable motorcycle seat, traveling on the most scenic, twisty roads in beautiful weather can deteriorate into a one big pain.

Also, painful muscles draw your attention away from the task at hand -- safe driving.

My new bike needed a new seat

I realized that I needed a more comfortable seat after purchasing my first new motorcycle in nearly 30 years. I replaced my 1971 BMW R75/5 touring bike in 1999 with a BMW R1100RT. Everything about the new motorcycle is technologically superior -- brakes, handling, engine, suspension, electrical system, weather protection. All but the factory seat, that is.

Even though the new seat was large and contoured and reasonably soft, it wasn't shaped for me. I couldn't get comfortable. After a few hours of riding, it felt as comfortable as sitting on a cinderblock. In addition, the new motorcycle's handlebar and foot peg positions prevented me from moving around and changing position in the saddle as I could on the old bike. Now I had to stop and stretch quite often to relieve my stiff legs, back pains, posterior hot spots and numb buns.

Check out Russell Cycle Products

After quite a bit of Internet research, reading comments from other riders and sitting on a variety of custom seats at my local BMW dealer, I decided to try a "Day-Long" Touring Saddle made by Russell Cycle Products headquartered in Shasta Lake, California. You can check out their products and prices on the Web at <http://www.Day-Long.com>. You can also call for information at 1-800-432-9566.

It is important for me to point out here that I have no con-

nection with this company, and I'm sure other custom motorcycle seat makers do a very nice job. BMW also offers another seat as an optional purchase.

However, the Russell company's guarantee of 100 percent customer satisfaction swayed me. They say, "We absolutely guarantee that our saddle will solve you and your passenger's seating problems, or your money back."

Russell asks for the rider's height, weight and inseam measurements along with photos of the rider and -- if necessary -- the passenger seated on the old motorcycle seat. The company uses his information to determine the proper size and shape of the new motorcycle seat. They also determine to what degree they should position the seat forward, rearward, higher or lower to accommodate a particular rider's size, build and posture for optimum ground reach and maximum comfort.

Each saddle is custom made, and, for the majority of motorcycles, the company uses the bike's original seat pan for the new seat.

After sending Russell my photos and other information, I waited a few weeks to learn when the company would schedule the work. About a week before the work date, I sent them the driver and passenger seat combo. My order called for Russell to custom fit the driver's seat to suit me, and to recover the passenger seat with leather to match.

How much did it cost?

Within three weeks, Russell returned both seats. It cost \$555 for work done on the seats, \$50 for Russell's shipping charges and \$40 for a rain cover.

Was it worth it? I'd say so.

The new saddle combo looks great and attaches easily to the motorcycle. More importantly, the driver's seat fits me fine and is very comfortable over the long haul. It enables me to concentrate better on my driving, on what other vehicles are doing -- or might do -- and on my surroundings.

Since installing the new seat, I often travel 300 to 600 miles a day on weekends without experiencing back pains, numb buns and other discomfort. Also, last summer, I logged my first 1,000-mile day. This summer I plan to shoot for 1,500 miles in less than 36 hours.

I wouldn't attempt such rides without a comfortable seat. In many sports, they say the secret is "all in the wrist." For comfortable long distance motorcycle riding, the secret is in the seat.

Courtesy of website: <http://www.suite101.com/article>

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www.surrey.quik.com/merchison

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"A"-CTIVITY CO-ORDINATORS

Sign-in Table	Pat Armstrong	604 273-1004
Newsletter	Meryl Davies	604 464-8179
Rider Educ. Courses	Ian McAlpine	604 990-4919
Mall Show	Ivan/Pat Armstrong	604 273-1004
Fun Run	All members	
Camp-out	Pat Pearce	604-530-5133
Longest Day	Chris Maki / Don Smith	
Backyard BBQ	Ivan & Pat Armstrong	604-273-1004
Duffy Lake Loop Ride	- tba.	
Prog. Dinner		
Fun & Games	Committee	
Xmas Dinner	Committee	
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	Heinz Blisse	604 937-3123
	Herb Broerken	604 574-7021
	Paul Wing	604-322-3488
	Ed Drozdik	604-464-8666

**If you can lend a hand, please contact
Ivan Armstrong or anyone on the Chapter
Committee**

B.C. CHAPTER MEETINGS.

- 4th Sunday BC-A Vancouver**
Ivan & Pat Armstrong 604-273-1004
CB#33 ABC Restaurant,
2350 Boundary at Lougheed Hwy.
Breakfast 8am. Meeting 9:30am.
- 3rd Sunday BC-B Campbell River/Courtney**
Ted & Dorothy Morton
CB#20 Popsies Log Grill @ 9:00am
1120 Ironwood St.
Every Tuesday @ Tim Hortons
Coffee @ 7:00pm.
- 3rd Monday BC-C Chilliwack/Fraser Valley**
Bruce & Joan Dunmall 604-824-0498
CB#33 Cross Roads Family Restaurant @ 6:30pm
1821 Sumas Way, Abbotsford. 852-1614
- 1st Wednesday BC-D Surrey**
Emery & Jenny Larocque 604-591-6460
CB#33 1st Wednesday @ Ricky's Restaurant,
Surrey @ 7pm.
Coffee: Esquire's Coffee Shop,
152nd & Fraser Hwy. Friday, 7pm.
- 1st Tuesday BC-G Kamloops**
Ian & Cynthia Hiscock 250-579-0075
CB#33 Brass Kettle @ 7:00pm. 1485 West T.C.H.
Coffee: West Rock Bakery, Thurs. 7:00
- 2nd Wednesday BC-H Dawson Creek**
Ken & Marion Guay 250-782-2959
CB#33 @ A&W Restaurant @ 7pm.
Apr.-Oct. Coffee & Ride Wed. 7:00pm.
- Every Saturday BC-K Kelowna**
Randy & Carol Werger 250-763-1414
CB#33 The Specialty Bakery, 833 Finns Rd.,
Kelowna. Every Saturday Breakfast
(8:00am Summer, 9:00am Winter)
www.ogopogo.com/bck
- 2nd Monday BC-P Prince George**
Steve & Marilyn Foulston 250-963-90
CB#33 Fortune Palace @ 6:00pm Peden Hill.
www.members.pgonline.com/~haggis
- 2nd Sunday BC-V Victoria**
Guy & Tina LeDrew 250-3855088
CB#20 9am. Nov-Mar. 8:30am. Apr.-Oct.
Princess Mary Restaurant,
358 Harbour St. Victoria.

Please Plan On Joining Us:

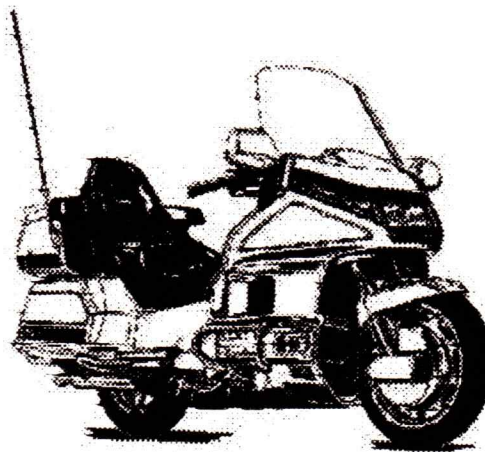
The Fourth Sunday of each Month

ABC RESTAURANT
2350 Boundary
(Boundary Rd. at Lougheed Highway)

Breakfast at 8:00am.
Meeting at 9:15am.

*Enjoy breakfast with new and old friends, or come
for a cup of coffee before the meeting.*
See you there!

Tuesday night coffee (ride in season)
Tim Horton's – Annacis Island
7pm.



NEWSLETTER ARTICLES

**Deadline to submit articles for the newsletter
is one week prior to the monthly meeting.**

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