



Jerry & Lois Cowan  
CA-1M Chapter Director  
170 Fulmer Court  
Colton Ca, 92324



# GOLD WING ROAD RIDERS ASSOCIATION, INC.

FRIENDS FOR FUN,  
SAFETY AND KNOWLEDGE

**RIVERSIDE/SAN BERNARDINO**  
**GWRRR California District**  
Chapter CA-1M Established in March 1981

ALL BIKES WELCOMED!



**HAPPY LABOR DAY  
TO THE WHOLE  
HERD**



## September 2019

First Class Mail

# SEPTEMBER 2019

# GWRRA CHAPTER CA1-M

## Staff

Chapter Director	Jerry & Lois Cowan (909) 783-1014 Email ( jcobra51@roadrunner.com)
Asst. Chapter Director	Jim & Suzanne Back
Treasurer	Gary Blackburn
Ride Coordinator	John Somma and Tammy Dvorak
Asst. Ride Coordinator	Linda Flechtner
50/25/25 Chairman	Judy Hoeft
Sunshine	Sheree Tegel
Store Manager	Patrick Green
Newsletter Editor	Linda Flechtner
Web Master	Steve Damico
Historian/Photographer	Cheryl Huizenga
Meeting Minutes	Linda Flechtner
MEC & Motor Awareness	Glenn Maness
Phone Tree	Open
Advertising	Glenn Maness
Public Relations	Glenn Maness
Chapter Pride	Glenn Maness
Chapter Charity	Lois Cowen
Couple of the Year (COY)	Ron & Dianne Hogle
Individual of the Year (IOY)	Patrick Green

## GWRRA National & District Leaders

### National Website: [www.gwrra.org](http://www.gwrra.org)

Directors of GWRRA	Jere & Sherry Goodman	Director@gwrra.org
Director of Rider Education	Tim & Anna Grimes	(240) 923-3272
Director of Membership Enhancement	Larry & Penny Anthony	(205) 492-9728
Director of GWRRA University	Clara & Fred Boldt	(319) 240-4269
Director of Motorist Awareness	Mike & Barri Critzman	(760) 245-9218

### California District Website: [www.gwrra-ca.org](http://www.gwrra-ca.org)

Directors	<b>Ralph &amp; Robynn French</b>	randrfrench@comcast.net
Assistant Directors	Gary & Lori Mouldenhauer	
District Educator	Dean Stowers	
District Ride Coordinators	Don & Beth Kuellmer	(925) 487-5750
District Educator	Dean Stowers	
District Medic First Aid	Nancy Clark	

*Chapter Meeting:* **Second Sunday of the month at the  
Pepper Steak 26589 Highland Ave. Highland, Ca**  
Breakfast at 8:00 a.m. - Meeting starts at 8:30 a.m.

*Activity Meeting:* **Monday after the 2nd Sunday at  
Flo's 5626 Van Buren Blvd. Riverside CA 951-352-2690**  
Dinner @ 6 pm Meeting @ 6:30 pm

(www.ca1m.org) (Chapter M GWRRA on Facebook)

## Newsletter Policy

Chapter CA1M's newsletter is distributed free of charge to GWRRA members or GWRRA boosters who participate in the Chapter activities. The newsletter is also distributed free to all advertisers and certain motorcycle related businesses or interests. After four months of non-participation as determined by the Membership Chairman, Newsletter Editor or the Chapter Director you may be removed from the mailing list. You will remain off the mailing list until you participate again or you make other arraignments with the Newsletter Editor or the Chapter Director.

Remember, the newsletter is what we make it. Please submit articles that you think will be interesting or informative to other Chapter members. The articles may be about your favorite ride, bike accessory, or just a funny story relating to motorcycling.

All articles submitted may be edited at the discretion of the Newsletter Editor, depending on the space available. Controversial subject matter may not be submitted. The News Letter Editor is human and may from time to time make mistakes. This is not cause for ridicule, We are all volunteers and do our very best.

Please submit your article by e-mail to the Newsletter Editor by the 22nd of the month to be in the next month's newsletter. Material in the newsletter may be reprinted without permission. Newsletter Editor

Linda Flechtner  
blanajedziadogs@aol.com  
Or talk to me at the meetings.



### SUPPORT RATES

Business card \$ 5.00 per month, \$ 50.00 per year  
1/3 page \$ 7.50 per month, \$ 75.00 per year  
1/2 page \$ 10.00 per month, \$ 100.00 per year  
full page \$ 15.00 per month, \$ 150.00 per year

**Chapters' Monthly Social Gathering Information  
for 2019 - GWRRA's California District -**

Day	Time	Chapter	Monthly Social Gathering Location	Chapter Director
<b>1st Saturday</b>	Breakfast - 08:30 Social - 09:00	CA-1A	Greenhouse Café 1169 Commerce Center Drive, Lancaster, CA 93534	Ken & Jan Pedder (661) 810-8398
<b>1st Sunday</b>	Breakfast - 07:30 Social - 08:00	CA-1R	Mimi's Café 4030 Barranca Pkwy, Irvine, CA 92640	Tom & Vicki Lorenz (714) 801-8664
<b>2nd Saturday</b>	Breakfast - 08:00 Social - 08:30	CA-1F	Ranch House Restaurant 11510 Woodside Avenue, Santee, CA 92071	Steve Sprenkle (858) 688-0029
<b>2nd Saturday</b>	Breakfast - 09:00 Social - 09:30	CA-1I	Mar Y Tierra Restaurant 1118 W. San Bernardino Road, Covina, CA 91722	Lazlo "Bud" Budavari (626) 485-5298
<b>2nd Saturday</b>	Breakfast - 08:00 Social - 08:30	CA-1L	IHOP Restaurant 212 Madonna Road, San Luis Obispo, CA 93405	Doc Boyd (805) 934-1919
<b>2nd Sunday</b>	Breakfast - 08:00 Social - 08:30	CA-1M	Pepper Steak Restaurant 26589 Highland Avenue, Highland, CA 92346	Jerry Cowan (909) 783-1014
<b>2nd Sunday</b>	Breakfast - 07:30 Social - 08:00	CA-1Q	Black Bear Diner 7005 Knott Avenue, Buena Park, CA 90620	Janieta Villagrana (562) 324-4414
<b>3rd Saturday</b>	Breakfast - 08:00 Social - 09:00	CA-1C	Burgers and Beer 72733 Dinah Shore Drive, Rancho Mirage, CA 92270	Cindy Frazer (760) 250-5866
<b>3rd Saturday</b>	Breakfast - 08:00 Social - 08:30	CA-1S	Carrow's Restaurant 2401 Harbor Blvd, Ventura, CA 93003	Ken Thomas (415) 307-8237
<b>3rd Saturday</b>	Breakfast - 07:30 Social - 08:30	CA-1Z	Richie's Diner 40651 Murrieta Hot Springs Rd, Murrieta, CA 92562	Dean & Lori Stowers (760) 765-0587
<b>3rd Sunday</b>	Breakfast - 07:00 Social - 08:00	CA-1V	Maxwell's 17772 Wika Road, Apple Valley, CA 92307	Mike Rand (760) 552-5981
<b>Last Sunday</b>	Breakfast - 08:00 Social - 09:00	CA-1K	Old Susana Café 1555 Kuehner Drive, Simi Valley, CA 93063	Charli Chipman (818) 590-5495
<b>Bakersfield</b>		CA1-B	This chapter does not have scheduled monthly social gatherings	

Day	Time	Chapter	Monthly Social Gathering Location	Chapter Director
<b>1st Friday</b>	Tentatively 6:00 PM	CA-2W	Location and time varies from month to month, so, please contact Steve or Teri before visiting.	Steve & Teri Rippe (555) 298-2456
<b>2nd Saturday</b>	Breakfast - 07:00 Social - 08:00	CA-2J	Country Skillet 2921 Harbor Street, Pittsburg, CA 94565	Richard & Karen Williams (925) 565-2050
<b>2nd Saturday</b>	Breakfast - 08:00 Social - 09:00	CA-2N	Golden Corral Restaurant 3737 Mc Henry Avenue, Modesto, CA 95356	Denny Keeler (925) 344-9487
<b>3rd Saturday</b>	Breakfast - 07:30 Social - 08:30	CA-2Q	Black Bear Diner 5100 Hopyard Road, Pleasanton, CA 94588	Tim Hallock (925) 560-0794
<b>3rd Saturday</b>	Breakfast - 07:30 Social - 08:00	CA-2S	Omega Restaurant 90 South Park Victoria Drive, Milpitas, CA 95035	Gary Mouldenhauer (209) 679-7167
<b>3rd Sunday</b>	Breakfast - 08:30 Social - 09:00	CA-C	Elks #6 6446 Riverside Blvd., Sacramento, CA 95831	Ken Knox (916) 261-1768
<b>4th Saturday</b>	Breakfast - 08:00 Social - 09:00	CA-2A	Old Salles Café 2082 North J Street, Tulare, CA 93274	John & Debbie Whitted (559) 786-3489
<b>4th Saturday</b>	Breakfast - 07:30 Social - 08:30	CA-2K	Benicia Grill II 2390 North Texas Street, Fairfield, CA 94533	Becky Carroll (510) 867-1305
<b>4th Saturday</b>	Breakfast - 08:00 Social - 09:00	CA-2R	Country Waffles 2300 Athens Ave, Redding, CA 96001	John Severson (530) 243-1446

Updated: June 2, 2019

Locations, days & times may change - it's a good idea to contact CD before visiting.

**California District - Chapter Rally Dates 2019**

DATE	DAY	CHAPTER	Pre Reg.	Notes	Flyer	Reg. time
March 16	Sat	CA-1F	03/09	no vests	Yes	8:00 to 10:00
March 25		40 to Phoenix		NC to Phoenix	No	
April 6	Sat	CA-1A	03/30	pre-reg !00.00	Yes	8:30 to 10:30
April 7	Sun	CA-1V	04/01	pre-reg 2 50.00	Yes	8:00 to 11:00
April 24	Wed	District ride		Ends at Q Rally		
April 28	Sun	CA-1Q	04/08	pre-reg !00.00	Yes	8:00 to 11:00
May 5	Sun	CA-1K	04/01	pre-reg !00.00	Yes	8:00 to 10:30
May 10		CA-2S		Garage Sale	No	
May 23-27	Th-M	California District Rally		Minden Nevada	Yes	
June 1	Sat	CA-2K			No	
June 15	Sat	CA-2N			No	
June 22	Sat	CA-1L			No	
July 13	Sat	CA-2J			No	
July 20	Sat	CA-C	07/09		Yes	9:00 to 11:00
July 20	Sat	CA-1S			No	
Aug 16	Fri	Multi State		Colorado	No	
Aug 27-31		"Wing Ding		Nashville, Tennessee	Yes	
October 5	Sat	CA-1M	09/21	pre-reg !00.00	Yes	8:30 to 10:30
Oct 8	Tue	District Ride		Ends at 2R's Rally	No	
Oct 12	Sat	CA-2R	09/12		Yes	8:00 to 9:30
Nov 2	Sat	CA-1C			No	

**Jerry & Lois Cowan**  
**CA-1M Chapter**  
**Directors**

**Come Join Us For**  
**The Ride!**



Fourteen-chapter M members (Steve, Sandy, Larry, Sheree, Gary, Shirley, Jerry, Lois, John, Tammy, Trent, Denise, Russ and Norm) went to the Four Corners Rally in Colorado. Several of us spent extra time touring Colorado. Beautiful area to ride a bike in. Highlights for me was the Rally, Mesa Verdes Cliff Dwellings in Cortez, Antique car museum in Gateway, Pikes Peak, a castle outside of Monitou Springs, Caves of the Wind.

At the monthly meeting I mentioned the possibility of canceling the dinner rides because of low attendance. We are going to try something different. The first Wednesday that is scheduled in the month will be the normal dinner ride. The second Wednesday from this one will be what we are calling meet and eat. Which means we will schedule a Restaurant to eat at and will meet there at 7:00. We will eat an hour earlier than normal. We will try this and see if we can get more people to attend. The first meet and eat scheduled will be September 18<sup>th</sup> at the Spaghetti Factory in Riverside.

Still looking for someone to take over as Chapter Director for next year. If your interested or have questions, call me.

**Come Join Us For The Ride**  
**Jerry and Lois Cowan**

If you are interested in any of the rides below please contact  
John at 951-255-0104

**DAY TRIP DESTINATIONS**

Amboy  
Aquarium of the Pacific – Long Beach  
Autry Western heritage Museum – Griffith Park  
Balboa Park – San Diego  
Big Bear  
Calico Ghost Town  
California Science Center – L.A.  
Fort McArthur – San Pedro  
Getty Museum L.A.  
Griffith Observatory Griffith Park  
King Harbor – Redondo Beach  
Lake Arrowhead  
Living Desert Zoo – Palm Desert  
Palm Springs Tramway  
Peterson Auto Museum – L.A.  
Ports of Call—San Pedro  
Queen Mary – Long Beach  
San Diego Zoo—  
Santa Monica Pier  
State Line  
Travel Town – Griffith Park  
USS Iowa San Pedro  
USS Midway San Diego  
Wild Animal Park—Escondido  
Will Rodgers State Park---Pacific Palisades  
Dana Point ---Whale watching  
Palm Canyon---Palm Springs  
Sawdust Festival---Laguna Beach  
Capistrano Mission  
Barretts Junction  
Regan Library Simi Valley  
**OVERNIGHT DESTINATIONS**  
Pismo Beach clam festival  
Santa Cruse boardwalk  
Roaring Camp Railroad---Felton  
Madonna Inn—San Luis Obispo  
Skunk Railroad—Fort Bragg  
Split Pea Anderson—Buellton Solvang  
Morro Bay  
Hearst Castle---San Simeon  
Yosemite Valley Railroad---Fish Camp  
Carlsbad Caverns  
Yuma State Prison---Yuma  
Regan Library Simi Valley  
Hoover dam  
Mt. Saint Helens

# CA1-C Coyote Spaghetti Feed



**Saturday, November 2, 2019**

Check-In begins at 9:30 am

\*\*\*\*\* Guided Ride at 10 am \*\*\*\*\*

All you can eat Spaghetti Lunch at Noon



Please join us at:

Family Heritage Church, 78-998 Miles Ave, La Quinta, CA 92253

Directions: From I-10 take the Washington Street exit (#137); go South on Washington Street (for 2.8 miles); take a left on Miles Ave. (go 7/10 of a mile) to the corner of Miles Ave. and Adams St.; take a left on Adams St; from Adams St., turn left into the Family Heritage Church parking area.

Plenty of parking, and indoor seating for lunch

Come join us for fun, games and fellowship

50/25/25 Drawing will be held at 1:00 pm

All bikes/trikes/vehicles are welcome

Please pre-register to save yourself some money (Post-marked by Friday, October 25, 2019)

Saves you money & helps us plan. And this year we'll give you one FREE 50/25/25 Ticket

(Post-marked by 10-25-19)

# of Preregistrations ( ) @ \$5/ea. # of On-Site Registrations ( ) @ \$10/ea. Registrations ( ) \$  
(Total # of Registrations) \$ Total Cost of Registration

Preregistration 50/25/25 Tickets

\$1 each, or: 6 tickets for \$5; 14 tickets for \$10; 32 tickets for \$20

50/25/25 Tickets ( ) \$

(Total # of Tickets) \$ Total Cost of Tickets

Registration(s) and Preregistration 50/25/25 Tickets Total Cost \$ \_\_\_\_\_

Please make checks out to: GWRRA – Chapter CA-1C

Mail to: Sherman & Dorie Jared, 15300 Palm Drive # 26, Desert Hot Springs, CA 92240

Rider's Name: \_\_\_\_\_

Co-Rider's Name: \_\_\_\_\_

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

Chapter/Club Affiliation: \_\_\_\_\_ Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

The undersigned agree to comply with the ideals governing this event and hold harmless the GWRRA, co-sponsoring organizations and property owners for any loss or injury to self or property in which the entrant may become involved by reason of participation in this event. Each entrant also agrees to assume responsibility for any property they knowingly damage.

Rider/Driver Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Co-Rider/Passenger Signature: \_\_\_\_\_ Date: \_\_\_\_\_

On the Road Again

CA-1M

Tour Directors

John & Tammy

September Newsletter 2019



We are having a rally meeting at Jerry's and Lois's home at 2 o'clock on September 7.

On September 18, Wednesday, we have changed up our dinner ride.

We are going to meet at the Spaghetti Factory, in Riverside, for dinner at 7:00 PM. There will be no motorcycle ride that evening, we are just meeting at the restaurant at 7 PM.

Also, save the date for a Saturday special dinner ride September 21.

More information to follow

Be sure to check the calendar for all the rest of the rides that we have scheduled. Hope you can join us and have some fun.

September 2: Labor Day

September 4: Dinner ride to the Dragon House, Glenn be leading the ride leaving from location#1 at 7 PM

**September 7:** Final Rally meeting at Jerry and Lois's house 2:00 PM

**September 8:** Chapter meeting. John will be leading the after meeting ride

**September 9:** Activity meeting at Flo's restaurant in Riverside.

All are welcome

**September 11:** No dinner ride

**September 18: Meet at the** Spaghetti Factory in Riverside at 7 PM, call Larry Tegel for any questions.

**September 21:** John's Saturday night dinner ride. Location #2, at 3 PM

**September 25:** No dinner ride

**September 29:** Breakfast ride to the Corner Bakery Cafe in Redlands meet at location #1 at 8:00 AM

If you have any questions give us a call. John 951-255-0104

Tammy & John Somma

Chapter Ride Coordinator

Linda Flechtner

Assistant Chapter Ride Coordinator

Follow-on to Article on Riding:

CA-1M July Newsletter

Reference Book: "Why We Ride" by Mark Barnes, PHD; with the added Article from Motorcycle Consumer News: "Discovering Yourself", by Alisa Clickenger (August 2019)

Spotlight on Members: Jerry Cowan

Jerry is definitely one of the best riders in the Chapter, and maybe in the State, so I asked him the "WHY" question, and his answer is: Because it is really FUN! Before we delve into what FUN feels like, let's review the conclusions by these authors:

Review: WHY

Barnes defined 7 general categories of "Why": 1 = Engagement, 2 = Autonomy, 3 = Mastery, 4 = Exhilaration, 5 = Transcendence, 6 = Relaxation, 7 = Practicality.

Clickenger expands: 1 = Being in the Moment, 2 = Facing Your Fears, 3 = Revealing Your Passion, 4 = Connecting, 5 = Rekindling the Adventure, 6 = Getting Physical, 7 = Learning

Both authors agree: as do Jerry & I

**Riding forces us into a heightened attentiveness to our own moment-to-moment existence.**

Jerry related that as a "gangly" young man he was not particularly athletic, and would never have been a "star" on an athletic team / something every young man would like to attain: recognition & admiration!



## TRAIN RIDE HUNTER PARK



He found his strength not in "physical strength", but in **focus and coordination** - the **skills** required for motorcycle riding - especially *Gold Angel* riding. Riding in close quarters with 1,000 pound "machines" requires extreme focus on the moment, and exceptional muscle coordination to maintain a distance measured in inches. Riding in tight circles with "no hands" requires added balance and lots of confidence.

Jerry started out **50 years ago** on a 100cc "hot machine" used to deliver newspapers on a paper route; he quickly moved up to a 300cc machine thanks to some financial support from a neighbor's mother: Jerry was **hooked on FUN** and never looked back. He has had many different MC's, and each one has had more cc's than the previous one! It's a good thing the new Wing is "1 cc" bigger than the older Wings.

The FUN feeling comes from **Mastery of the Ride**, **Facing your Fears** (no hands?) and executing a task, **Connecting with Friends**, and **Learning** new things. The recognition and admiration of spectators at demonstrations adds to the **FUN**. I truly think **Jerry experiences all of the traits** outlined by the authors!

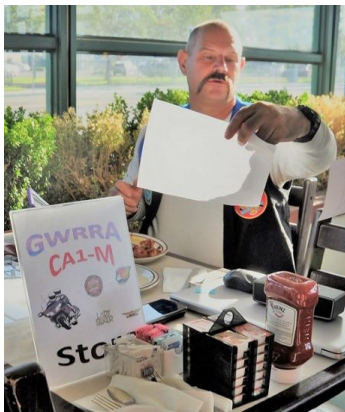
I think Jerry reveals his **true passion** with his commitment to having **FUN** on a **Gold Wing**.

**What is Your "WHY I Ride", and how do you "feel FUN"?**

**Russ Johnson**



O.C.D.  
Obsessive  
Cow  
Disorder



Milk run 2019



CA1M  
Milk Run



October 5, 2019

Fun filled Day at Honda Yamaha Husquavara of Redlands  
215 East Redlands Blvd. Redlands. Ca.  
8:30 – 10:30 Registration, Coffee and Doughnuts  
Taco Lunch on Site  
At 1:00 Grand Prize and Door Prizes will be drawn

Grand Prizes  
1 sets of Tires  
Money Jar

2 guided rides  
9:00 and 9:30

come join the  
herd for a day  
of fun



Lunch & Drink Included

Pre-register before Sept. 21st  
for a chance to win \$100.00

Mail to Gary Blackburn, 1560 Coolcrest Ave. Upland Calif. 91786



	Pre Reg Sept 30	Registration Late/On-Site	Qty	Total
Member	\$15.00	\$17.00		
Non-Member	\$16.00	\$18.00		
50/25/10 Tickets	8 for \$5	7 for \$5		
	20 for \$10	15 for \$10		
	50 for \$20	40 for \$20		
Grand Prize	2 for \$1	1 for \$1		
Grand total				



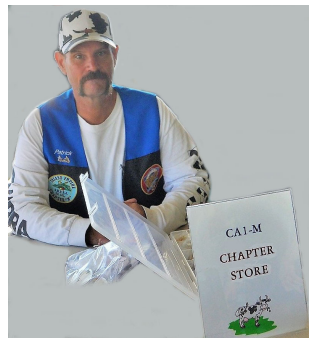
Rider \_\_\_\_\_ GWRRR \_\_\_\_\_ Chapter \_\_\_\_\_  
Co-Rider \_\_\_\_\_ GWRRR \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ E-mail \_\_\_\_\_  
Rider Signature \_\_\_\_\_ Co-Rider Signature \_\_\_\_\_

I/We agree to conform and comply with the ideals governing this event, and I/We further agree to hold harmless the GWRRR, cosponsoring organizations, and any other property owner or owners for any loss or injury to self or property in which I/We may become involved by reason of participation in this event. I/We also assume responsibility for the property for which I/We knowingly damage.



# CHAPTER M STORE

Please contact Patrick at:  
[armorman5865@live.com](mailto:armorman5865@live.com)  
 before the meeting to request he bring items  
 to the Chapter gathering you might be  
 interested in looking at or purchasing



## Description

Square Cow Bell/ Round Cow Bell/ Cow coin Purse		\$1.00
American Flag Pin/ Heart Wing Safety Pin/ Cow Pins/CA-1M Bar Pin		\$2.00
Cow Trouser Sock & Cow Socks / Cow Visor/ Cow Headband		\$2.00
Cow post earrings/ GWRRA Vest Clips/ Cow Stress Ball		\$2.00
Cow Bandana/Cow Women's Scarf/Cow Neck Scarf/Cow Sound box		\$3.00
Hairdo by Honda Pin		\$3.00
GWRRA Pin/ GWRRA District Pin/ Visit a Chapter pin		\$4.00
Goldwing Bike Pins blue/wht/org/blk/purple/grey Trike pin blk		\$5.00
Cow Neck Cooler/Cow Head Wraps/ Cow Head Hat/ CA1-M Bar Pin		\$5.00
GWRRA Bola		\$6.00
Cow Baseball Cap/ GWRRA Bling Pin		\$10.00
Chapter flag small 4.5x7		\$14.00
Chapter flag medium 6x9		\$15.00
Chapter flag large 9x13		\$19.00
Cow Short Sleeve T-Shirt	Small/Med/Large/XL Large	\$14.00
Cow Short Sleeve T-Shirt	2X/3X/4XL	\$16.00
Cow Long Sleeve T-Shirt	Small/Med/Large/XL Large	\$15.00
Cow Long Sleeve T-Shirt	2X/3X/4XL	\$18.00

# CHAPTER GATHERING AUGUST 4TH



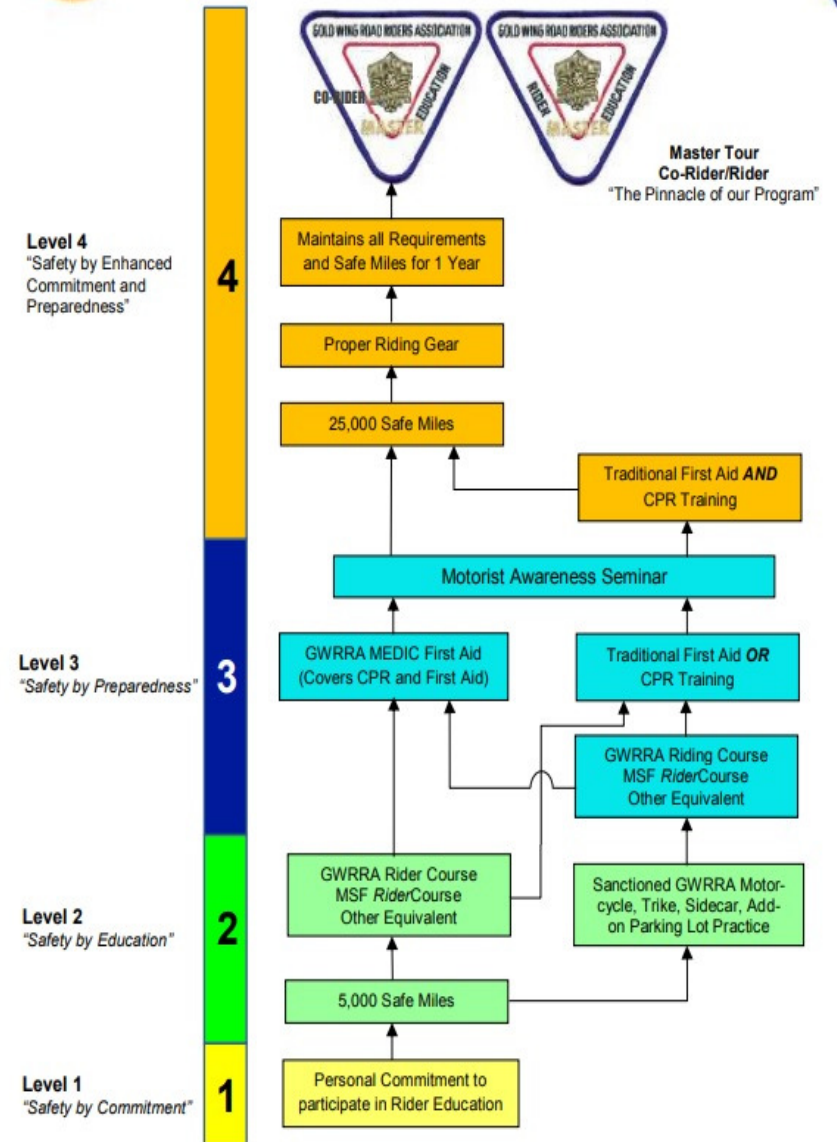
The group at Ridgeway Co /  
 4 days of beautiful weather so far!!  
 Loving the ride



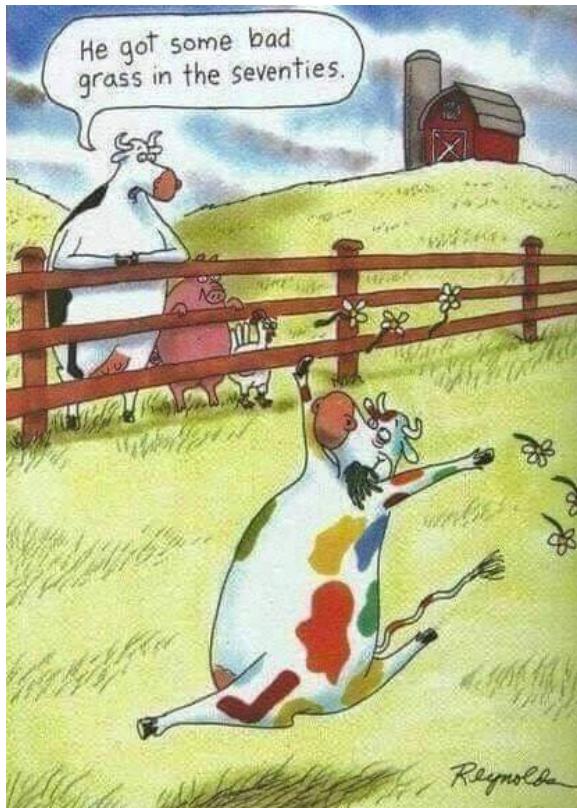
Please see Jerry, John, Tammy or Linda for forms to send in to  
 GWRRA when you want to update your level or begin the  
 Rider Education Levels Program



*Gold Wing Road Riders Association*  
 Rider Education Levels Program  
 "The Building Blocks of Rider Education"



(Chart Available in the Clip Art Section of the Rider Education Website)



**District Educator - Dean Stowers**

**Summer Weather Reminders**

Summer is in full swing and the days are starting to heat up. We lose approximately 2.5 liters of water a day through normal activity. Several things affect this loss, the safety gear we ride, being sick, medical conditions, stress and other issues. Drinking lots of water or sports drinks help replace the fluids and sodium our kidneys need to stay hydrated. Some of the best drinks for dehydration are water, milk (calcium and vitamin D) and sports drinks helps replenish this loss. Some of the worst drinks are soft drinks which often contain caffeine, which is a culprit for dehydration. Consuming any kind of alcohol removes water from your tissues, meaning you have to drink even more water to offset the effects. As a general rule of thumb, the higher the alcohol content, the more dehydrating your drink is.

The symptoms of dehydration are: dry mouth; thirst decreased urination; muscle weakness; fatigue; and headache.

Severe dehydration includes: intense thirst; lack of sweating; dark, or lack of urination.

Keep an eye out on the people you ride with. They may be starting to get dehydrated but will ignore the symptoms and tell you they are OK.

So, enjoy that day ride, maybe stop more often for a break and let's swap out soda for sparkling water if you love that carbonation while still giving your body the fluids, or just a glass water with a lemon slice.

**No Pork Motorsports, Inc.**  
 Sales, Service, Parts & Accessories All Bikes  
 Collision Repair Specialists

2585 #B Hamner Ave  
 Norco, CA 92860  
 Behind California Awards

**951-520-0224**  
**888-4NOPORK**  
**NOPORK.com**



brian@nopork.com

*Dean Stowers*  
 California District Educator  
 E-mail: [chpwabbit@outlook.com](mailto:chpwabbit@outlook.com)



**ALTERNATE LEAVE LOCATIONS FOR RIDES**

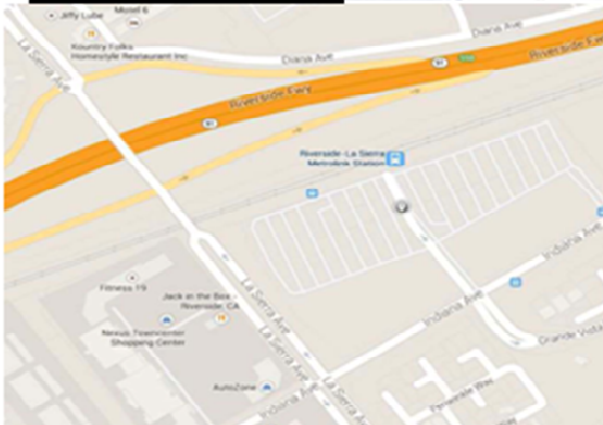
**#1**

North end of the Wal-Mart shopping center on Mt. Vernon and Washington off the 215 freeway Colton



**#2**

Riverside La Sierra Metrolink Station  
10901 Indiana Ave  
Riverside  
South of the 91fwy  
East of La Sierra



**#3**

Park & Ride North of the I-10 freeway, off Yucaipa Blvd. on Hampton



Zendejas is our #1 leave location. Located at the North end of the Wal-Mart shopping center on Mt. Vernon and Washington off the 215 freeway. Leave locations will be noted on the ride calendar according to number, as listed on this page. **Leave times are Fueled and ready to ride.**



**HYRedlands.com**  
**215 E Redlands Blvd**  
**Redlands, CA 92373**  
**909-793-2833**





SEPTEMBER BIRTHDAYS

Julie Mattox 23rd



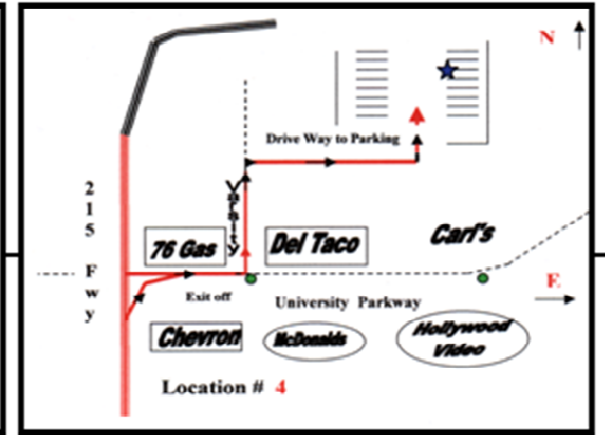
SEPTEMBER ANNIVERSARIES

Shirley & Gary Blackburn 26th



ALTERNATE LEAVE LOCATIONS FOR RIDES

#4  
Del Taco on University Parkway  
exit off the 215 North go East to parking lot on the left San







#5  
Tom's Farms  
23900 Temescal Canyon Road  
Entrance South of Mexican Restaurant  
Corona








September 1st, 2019  
 October 1st, 2019



Sunday	Monday	Tuesday
1	2 	3
8 <b>Chapter Meeting</b> Pepper Steak 8:00am Breakfast 8:30 am Meeting After meeting ride Led by John	9 <b>Planning Meeting</b> Flo's Riverside 5626 Van Buren Riverside 6 pm Dinner 6:30 pm Meeting	10
15	16	17
22	23 	24
29 <b>John's Breakfast Ride</b> Loc # 1 8 AM Corner Bakery 402-2D Orange St Redlands	30	1 <b>OCTOBER</b>
6	7 	8 <b>District Ride</b> Ending at CA-2R Rally 

Wednesday	Thursday	Friday	Saturday
4 <b>Dinner Ride</b> Loc # 1 Glenn Dragon House 10466 Magnolia Ave, Riverside 7PM	5	6	7 <b>Rally Plan- ning meeting</b> at Jerry's & Lois's home 2 PM
11 <b>No Dinner Ride</b>	12	13	14
18 <b>Dinner Ride</b> Meet at 7 PM At the Spaghetti Factory 3191 Mission Inn Ave, Riverside	19	20	21
25 <b>No Dinner Ride</b>	26 	27	28
2 <b>Dinner Ride</b> Loc # 3 Jerry Open Kitchen 1532 Barton Rd., Redlands 7PM	3	4	5 <b>CA-1M MILK RUN RALLY</b> Honda of Redlands Registration 8:30 to 10:30AM
9	10 	11 <b>Gary B</b> 	12

LOCATION #1 PK. LOT BEHIND CARL'S JR, MT. VERNON/E SANTO DR. COLTON  
 LOCATION #2 RIVERSIDE LA SIERRA METROLINK STATION INDIANA & LA SIERRA  
 LOCATION #3 PARK AND RIDE, NEAR I-10 FWY & YUCAIPA BLVD. ON HAMPTON

LOCATION #4 DEL TACO, UNIVERSITY PKY, SAN BERNARDINO  
 LOCATION #5 TOM'S FARMS 23900 TEMESCAL CANYON RD OFF 15

**LEAVE TIMES ARE FUELED & READY TO RIDE**