



GOLD NUGGETS



Goldwing Road Riders Association

Region J, Chapter BC-A Vancouver

Nov & Dec 2010

PREPARE YOUR BIKE & YOURSELF FOR WINTER!



In our last issue of this calendar year 2010, we have a focus on preparing for winter - whether you ride or not. We have the usual preparation pieces which serve as a good reminder and checklist for all of us. But I have also sought out a humorous dimension on the winter riding phenomenon which is taken from the UK. We also have a few seasonal gift ideas for him and her. Oh, and Punxsatwney Phil saw his shadow for the 96th time predicting more winter and no early spring. So enjoy the season - however long it is!



David

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CHAPTER DIRECTORS

Patrick & Lorraine Frampton 604 943 2527

ASSISTANT CHAPTER DIRECTORS

To be Appointed

From the Chapter Directors...

"Frampton Comes Alive IX"

Well happy Halloween and Merry Christmas to all. Seeing this is a two-month combined newsletter I thought I'd get in my best wishes. For most of you riding season is at a end and your wing or what ever you ride is put away for the winter,



Our riding calendar should be out by the time you read this and believe me we have a great year of events coming up in 2011. Chapters A, C and D will keep you busy with great rides and events, so rest up for the coming year. As some of you might have heard the Rejoin J Rally will be in Calgary in 2011 and Anchorage Alaska in 2012. Our Christmas Party is also right around the corner and a sign up sheet will be circulated soon. Mark your calendar for November 27th and meet at the Lions Hall at 5024 Rumble Street, Burnaby @ 6PM.

On November 11th we have planned a ride to Belcarra Park to participate the Remembrance Day service sponsored by Coquitlam and Port Moody Canadian Power & Sail Squadrons. We have attended this service now for three years and it has become a must do ride. Please remember our Canadian Armed Forces men and women who have died fighting for the freedoms we enjoy today and we need to show our gratitude for their ultimate sacrifice. We will meet at the ABC Country Restaurant at 6500 Hastings Street, Burnaby @ 8AM. Hope to see you there!

Patrick & Rainie Frampton

UP AND COMING...

THIS MONTH



- | | |
|-------------|----------------------------------|
| November 3 | BC-D Dinner Meeting |
| November | Vancouver Toy Run |
| November 16 | Remembrance Day Ride |
| November 17 | BC-C Meeting |
| November 21 | BC-A Breakfast Meeting |
| | Go-Karts (TBC Karting Richmond) |
| November 23 | Movie Night |
| November 27 | BC-A Christmas Dinner (Pot Luck) |

WEEKEND / STATUTORY HOLIDAY RIDES



If there are NOT any Lower Mainland Rides/Events on our Chapter Schedule, then you can expect a ride from the McDonalds at the Boundary Road/Lougheed Highway intersection, Vancouver. Coffee from 9.00. Ride leaves at 10.00. Saturday, Sunday and all Statutory Holidays.



COMING HIGHLIGHTS

DECEMBER

- | | |
|-------|--|
| 1 | BC-D Dinner Meeting |
| 4 | BC-D Christmas Dinner & Party |
| 10-12 | Progressive Insurance M/C Show
Seattle, WA. |
| 3-19 | Leavenworth WA. - Christmas Lights |
| 21 | BC-C Christmas Dinner & Party |

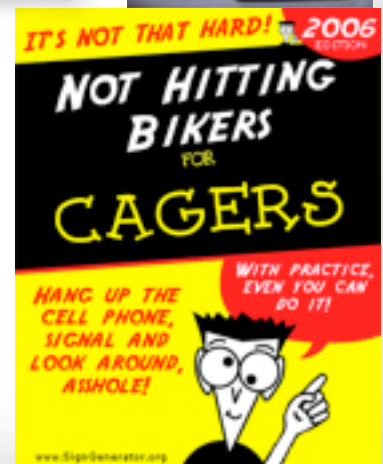
JANUARY 2011 (all dates to be confirmed)

- | | |
|-------|---|
| 1 | New Years Day Ride |
| 5 | BC-D Dinner Meeting |
| 15 | Giggle Dam (Port Coquitlam) |
| 16 | BC-A Breakfast Meeting |
| 18 | BC-C Dinner Meeting |
| 20-23 | Vancouver Motorcycle Show, Tradex,
Abbotsford. |



The 2010 Canadian Motorcycle Hall of Fame Induction Banquet sponsored by MOTORCYCLISTS CONFEDERATION OF CANADA (MCC) will be held on Saturday, November 6, 2010 at the Delta Burnaby Hotel & Conference Centre in Burnaby, BC.

Early Christmas Gift Suggestions.



WINTER MOTORCYCLING RELIEF



One of the great winter comedies in Britain is to be found in the gents toilets on motorway service stations. Bikers come waddling in dressed like the Michelin man and start tearing off their clothes with frozen hands to seek bladder relief. It's odd how you can ride for miles while feeling the need to go sometime soon, but just holding on for that next mile, or until the next service station. Then as soon as you get off the bike you find you have about ten seconds before you make a public spectacle of yourself, in a frantic, but not fast, dash to the washroom!

While the biker is struggling through the five or six layers of thermals, woolens, windbreakers and goretex, other people are flushing toilets, washing their hands or taking a leak in the urinals - all those lovely watery sloshing and splashing sounds to contend with! Will the biker succeed in de-robing adequately before he loses himself? It's like one of those Japanese game shows. A big strategic choice is whether to take the over-trousers off completely, which takes time, or to save time by taking them only below the knee, but if it's a wall-and-gutter type of urinal you then have to use a toilet which takes longer again.

The biker manages to get his over-trousers down below his knees! He makes the toilet choice! He starts shuffling towards the cubicle! Someone flushes another toilet! He winces and stumbles but manages to hold it in! He fumbles madly at the zip on his jeans but his hands are too cold to find the zipper thing! Someone turns on a tap in a basin! He throws open the cubicle door with legs twisted together in anguish! There's a kid in the cubicle already who didn't lock the door! The kid flushes the toilet! Oh no! Doesn't NASA have some kind of neat device so spacemen don't fill up their suits? Has anyone thought of marketing this for winter biking?

Many thanks to Chris Malcolm in the UK

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ARTICLE: WINTER RIDING TIPS

When the mercury drops most of us give our bikes a good wash, drain the gas tank, put our bike's batteries on the trickle charger, wipe away the tears from our eyes and wait until next season. For those souls brave enough to withstand the cold - there are numerous things you must know about cold weather motorcycling that are different when motorcycling in temperate weather.

1. AVOID SNOW & ICE COVERED SURFACES (Duh!)

Its obvious but how many of us forget that trying to balance a motorcycle on snow or ice is next to impossible! Avoid these road conditions at all costs. Also remember that the roads may be nice and clear when you first go out, but if the forecast is calling for a chance of snow - it is probably best to leave the bike at home. Discourage the thought that "It will be okay this one time" because it most likely will not be okay.

2. DRESS FOR THE CONDITIONS

The most important factor in winter riding clothing, is to eliminate wind chill and keep your body core temperature as close to normal (37C or 98F) as possible. Selection of the right materials such as wool and polypropylene which are light and do not retain water moisture from the body are key, and these items can be applied in layers to better manage heat retention.

3. DONT FORGET THE EFFECT OF WIND CHILL

As a motorcyclist in motion, moving through the air mass, we experience the cooling (and heating) effects of the wind against us. This is important to account for in determining whether it is too cold to ride. If the ambient temperature outside were 5C, the effect of wind chill when traveling at a highway cruising speed of 100 km/h would make the 5C feel like -3C, or eight degrees colder.

4. TAKE FREQUENT BREAKS

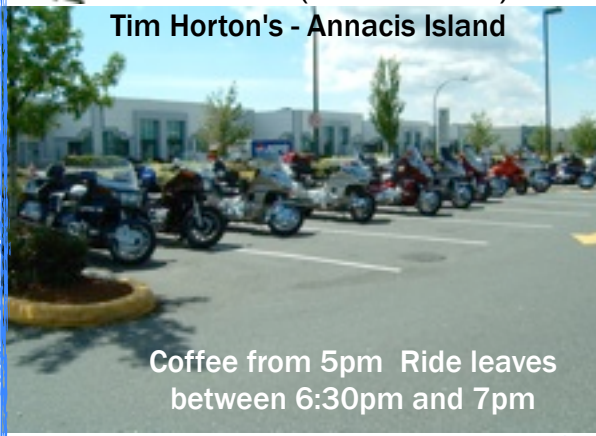
After cruising for an extended period of time you will want to stop to get your body temperature back to a normal state. Take breaks more often than you normally would. Drink a hot beverage to warm yourself up from the inside out. Walk around a bit, do jumping jacks - you want to get your blood flowing to your extremities - being your hands and feet, since both are prone to frost bite and are also key in you being able to operate your motorcycle. Dream of warm places: a hot tub, a Caribbean beach, sitting by a roaring fire ... ahhhh.... don't you feel yourself warming up already?





TUESDAY NIGHT RIDES

Coffee Social (ride in season)
Tim Horton's - Annacis Island



Coffee from 5pm Ride leaves
between 6:30pm and 7pm

GALE PERSONAL PROPERTY APPRAISALS

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22876-132 Ave

Maple Ridge, BC

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604 467 4099

email: gpirie@telus.net

Monthly Chapter Meeting

Chapter BC-A, Vancouver

The THIRD Sunday of each Month

ABC COUNTRY RESTAURANT

Corner of Kensington & Hastings, Burnaby

6500 E. Hastings Street

Burnaby, BC

(604) 291-8444

Breakfast at 8:00 am Meeting at 9:30 am

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



CR CYCLE



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(your designs, crests, logos)

Customer's gold and stones can be
used for new designs

Jewellery Insurance Replacement Claims

CELEBRATION & SALES

Celebrations

Birthdays

Bernie Sparrow	November 3
Gary Robins	November 12
Howie Mosher	November 23
Arnie Tucker	November 25

Gordon McDonald	December 4
Kathie McAlpine	December 6
Dan Fortin	December 6

Anniversaries

Ian & Kathie McAlpine	November 18
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Congratulations to you all

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Contact: Valerie L. Fortin
Cell: 604-789-5599
E-mail: viicougar@yahoo



SALE: Aerostitch Darien Pants

New and unused black Darien Gore-Tex pants size 34R. Cost \$440 new, asking \$375.

Rob Beecroft. 604-271-0739
rob@imunoprecise.com

SALE: GL1500 Candy Apple Red with Pin-striping. Over \$12k in extras incl. Garmin 2610 GPS, CB, belly pan, luggage rack, air horns, super brace, 6-disc CD Changer, rear speaker kit, Compu-Fire Alternator and battery and much more.

Asking \$10,500 - PRICE REDUCTION
Paul: 250-558-5322

For Sale or Wanted

SALE: Brand new KENDAKruz K673 rear tire GL1500.

Size is 160/80/16. This tire retails for \$118 plus tax

Asking \$80.00.

Doug Wilkins.

604-943-4081



SALE: 1998 HD Electra-Glide Classic

Sinister Blue Pearl 35000 km, 1340cc, am fm w/cassette, glow-rails, stage 1 kit, tinted lower windshield, extra chrome, garaged, excellent condition, great bike!



Asking \$11,000

email: djpriestley@shaw.ca

SALE: 1991 GL1500 SE Anniversary Edtn.

A two-toned Gold and Brown GL1500cc in great shape. 135k KMS. Garaged, reverse gear, electronic cruise control, integrated radio, intercom & CB, 2 color-matched helmets, Safety lights, factory spoiler with LED brake light plus color-matched trunk, lower bottom flairs.

Asking \$9,600 (Vernon, BC)

Derek. 250-275-2772

email: taboma@shaw.ca

SALE: J&M Speakers (2001-05 Wings)

New in the box and never opened \$49.

SALE: Kuryakyn Iso-Grips)

New in the box and never opened \$49.

OR BOTH FOR \$75

John Schretlen.

604-224-4228

email: schretlen@shaw.ca

SALE: J&M Intercom

Five pin system includes speakers and ears. Asking \$100.

Ron Seligman.

604-271-0739

To advertise, contact the Editor, David Priestley - Details in Key Contacts

2010 CALENDAR OF EVENTS

GWRRRA Lower Mainland - Calendar of Events 2010

January 2010

1	New Years Day Ride
6	BC-D Dinner Meeting
16	Giggle Dam
17	BC-A Breakfast Meeting
19	BC-C Dinner Meeting
21~24	Motorcycle Show '10 - Tradex
30	Dim Sum

February 2010

4	BC-D Dinner Meeting
6 †	Silent Auction & BBQ
12	Cloverdale Races
16	BC-C Dinner Meeting
20	WA District Rider ED Wrkshps
21	BC-A Breakfast Meeting

March 2010

4	BC-D Dinner Meeting
6	Medic First Aid
7	Medic First Aid
13	St Paddy's Lunch
16	BC-C Dinner Meeting
21	BC-A Breakfast Meeting
27	Wacky Dinner

April 2010

2	Me & Ed's Pizza
7	BC-D Dinner Meeting
10	WA-C Early Spring Fun Run
11	Bike Maintenance
17	ARC 1 UP (Advanced Rider Course)
18	BC-A Breakfast Meeting
18	Group Riding Course
20	BC-C Dinner Meeting
24	ARC 1 UP (Advanced Rider Course)
25	Road Captain / Co-Rider

May 2010

1	ARC 2 UP (Advanced Rider Course)
5	BC-D Dinner Meeting

May - continued

6 †	MLA Ride (Victoria)
8	Ken Higginbottom Ride Opening ride - and <u>Mileage Check</u>
16	BC-A Breakfast Meeting
16	GVMC - Gord Heppler Ride
17	BC-C Dinner Meeting
21~24	Victoria Days (Salmon Arm, BC)
30	Westcoast Motorcycle Ride to Live

June 2010

2	BC-D Dinner Meeting
5	** BC-A Bob Davies Fun Run ** Come out for a Great Time & Ride
12	Duffy Lake Loop Ride
13	Ride to BC-V Victoria Meeting
15	BC-C Dinner Meeting
19	** BC-C Green Heart Ride **
20	BC-A Breakfast Meeting
20	Father's Day Ride
26~27	100 Mile House Overnight Ride
30	Wing Ding 32 - Des Moines, IA

July 2010

1~3	Wing Ding 32 - Des Moines, IA
4	Ice Cream Ride
7	BC-D Dinner Meeting (informal meeting)
10	Mystery Ride
15~17	Washington District Rally
18	BC-A Breakfast Meeting
20	BC-C Dinner Meeting
24~25	Cascade Loop (Overnight optional)
30~31	Region J Rally - Saskatoon

August 2010

1~2	Region J Rally - Saskatoon
4	BC-D Dinner Meeting
14	Progressive Meals & Ride
15	BC-A Breakfast Meeting
17	BC-C Dinner Meeting
21~22	WA Kite Festival - Long Beach WA

August - continued

28	Gold Run Prep
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September 2010

1	BC-D Dinner Meeting
3~6	** BC-D Gold Run ** Finish the Season in Style
11	Sechelt Day Ride
12	Point to No Point
18	Corn Roast & Ride - <u>Mileage Check</u>
19	BC-A Breakfast Meeting
21	BC-C Dinner Meeting
28	Oyster Run Group Ride

October 2010

2	Nexus Ride - US Tour
3 †	Vancouver Toy Run
6	BC-D Dinner Meeting
16	Joint Planning Meeting (Pizza)
17	BC-A Breakfast Meeting
17	Fraser Valley Toy Run
19	BC-C Dinner Meeting
23	BC District Meeting
30	Hallowe'en Party

November 2010

3	BC-D Dinner Meeting
6	Guy Fawkes
11	Remembrance Day Ride
17	BC-C Dinner Meeting
20	Go-Karts
21	BC-A Breakfast Meeting
23	Movie Night
27	BC-A - X-Mas Dinner (Pot Luck)

December 2010

1	BC-D Dinner Meeting
4	BC-D - X-Mas Dinner & Party
11	Leavenworth WA - Christmas Lighting
21	BC-C X-Mas Party & Dinner

** Ride events and dates are subject to change
please confirm dates & times with Chapter CD's

All Motorcycle Riders are Welcome

† Date or event is tentative

KEY CONTACTS

BC-A CHAPTER EXECUTIVE

Role	Name	Telephone	email
Directors	Patrick & Rainie Frampton	604-943-2527	eboness@dccnet.com
Asst. Directors	Vacant		
Newsletter Editor	David Priestley	778-998-1309	djpriestley@shaw.ca
Treasurer	Mairi Sparrow	604-980-6405	mairibird50@gmail.com
Games Guy	Kelly Parkes	604-687-4661	kparkes@shaw.ca
Web Mistress	Kathy Drozdik	604-464-8666	kdrozdk@telus.net
Ride Coordinator	Dan Fortin	604-329-4598	danthewingman@gmail.com
Stores	Rainie Frampton	604-943-2527	daboys@dccnet.com
Phone Tree Coord.	John & Leslie Wait	604-628-6557	jw@BonB.ca
Membership	Parm & Rob Gosselin	778-329-7010	pgosselin@shaw.ca
BCCOM Liaison	Ron & Faye Seligman	604-271-0739	
Chapter Ambassadors	Ivan Armstrong	604-273-1004	patandi@shaw.ca
	Dan Fortin	604-329-4598	danthewingman@gmail.com
Chapter Historian	Ivan Armstrong	604-273-1004	patandi@shaw.ca

DISTRICT/REGION/NATIONAL/ GWRRRA

BC District Directors	John & Leslie Wait	604.628.6657	gwrra@bonb.ca
BC District Educator	John Wait	604.628.6657	jw@bonb.ca
BC District Sec/Treasurer	Shirley Williams		ShirleyWilliams@shaw.ca
BC District Leadership Trainer	Leslie Wait	604.669.9248	LeslieWait@shaw.ca
Region J Directors	Phil & Margaret Craven	250.353.7108	pjc2@telus.net
Region J Educator	Stanley Woychuk	780.895.2255	woychuks@telus.net
CDN Rider Educator	Milt Sorensen	403.346.0756	milton.sorensen@shaw.ca
GWRRRA Head Office	Customer Service	800.843.9460	customerservice@gwrra.org



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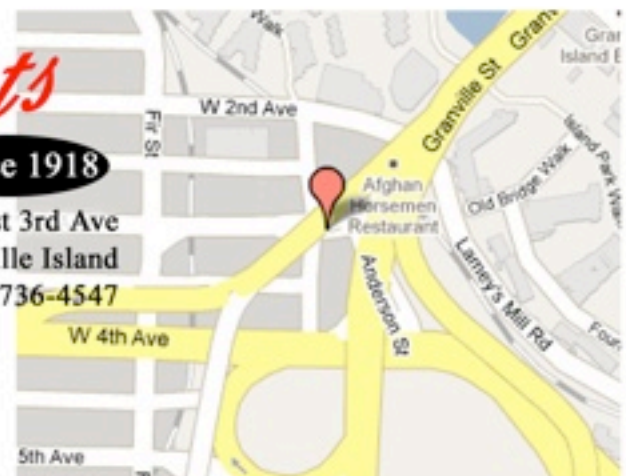
The Honda Gold Wing is the ultimate touring motorcycle - the one by which all others are measured, with an in-dash navigation system, premium audio system, heated seat and hand grips, sleek styling and other features, it's in a class of it's own. No matter what your destination, when you ride a Gold Wing, you've arrived.

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