

CA1K's NEWLETTER JUNE 2011

Upcoming Chapter Events

June 11		CA1D		WESTERN DOG DAZE
July 6 - 9		W/D		WING DING
Aug 6		CA2K		KAMPING WITH THE CROWS
Sept. 2 - 4		DISTRICT		PARTY ON THE MOUNTIAN
Oct 1		CAC		HARVEST RUN
Oct 8		CA1V		THE "V" RUN III
Oct 9		CA1E		EAGLES FLIGHT
Oct 22		CA1F		HALLOWEEN FUN RUN
Oct 22		CA1Z		ZEBRA RALLY
Nov 5		CA1C		COYOTE RALLY
Nov 19		CA1N		TOYS FOR TOTS RALLY

MISSING



Have you seen Mr. or Mrs. Krazy Koala?

We promise not to prosecute the kidnapper, just return them safe.
No questions asked.

Words from Chapter Director – Nadine

I'm happy to say that the health/exercise plan is gaining momentum; our last breakfast gathering and ride took us in a new direction. At least part of the ride, we headed out on our familiar ride over Topanga Cyn, Old Topanga, Mulholland a quick stop at the Rock Store then over to coast where we rode south, we headed inland to the 405 exited Mulholland east (the inland part of the hwy) this part of Mulholland is a little narrow not well maintained and has its share of potholes. We past the Hollywood sign and headed to Griffith Park off Los Feliz where we stopped for lunch at a great little place called the Trail, the food is organic, vegetarian, healthy and worth the pot holes to get here. The location is green and tree lined, there's something nice about eating healthy food at a picnic table on a beautiful day. A few of our group stayed and did a hike to the observatory. Thank you Dave for a great ride plan with healthy in mind. I hope we'll find other healthy locations and ride destinations as we go through the summer.



Now lets talk about stretching:

Stretching may not be something you think about in your pre-ride checklist. You may think that stretching your hamstrings and calves is just something to be done if you have a few extra minutes before or after pounding out some miles on the treadmill. We all do that, right! Studies about the benefits of stretching are mixed, stretching may help you improve your flexibility, which in turn may improve your riding performance. Understanding why stretch — it may improve your performance in physical activities or decrease your risk of injuries by helping your joints move through their full range of motion. Stretching also increases blood flow to the muscle. And you may come to enjoy the ritual of stretching before — or better yet, after — stepping on/off your motorcycle. Stretching doesn't have to be time-consuming. But you achieve the best benefits by stretching regularly, at least two to three times a week and always before you head out on a day ride. If you don't stretch regularly, you risk losing any benefits that stretching offered. For instance, if stretching helped you increase your range of motion, and you stop stretching, your range of motion may decrease again. You know how good it feels when you get up in the morning and you reach for the sky and give your body a good stretch to get you moving? Doing a few good stretches before you throw your leg over your bike will help clear your mind, and get your blood flowing, which will aid in keeping you focused and alert. It's just a few simple lunges while holding on to the bike for support, try bending over and touching your toes a couple of times and let's not forget that reaching for the sky!

*Just 5 minutes before you ride can: **Reduced muscle tension, Increased range of movement in the joints, Enhanced muscular coordination, Increased circulation of the blood to various parts of the body, Increased energy levels (resulting from increased circulation).***

Stu's 2 Cents Worth from Assistant Chapter Director -Stu Teichner

2004 arrived and we got the '04 models that were available to U.S. dealers from July 28th 2003. The rest of the world has to wait for the start of each year to get that years models, but the Americans get to sample them months before the rest of us. The fact that Goldwings are all made in the USA accounts for this. No major changes this year either. Lighted handlebar (long overdue) and radio switches and a vent in the windshield were about as exciting as it got. The rear brake calliper got a heat shield between it and the exhaust muffler. The audio system was modified internally, mainly to cure a problem with the CB mute circuit now working properly.

New colours in the shape of Flare Red (which had a different pattern on the saddle material and different badges), Kelly Magenta, Pearl Challenger Brown and Titanium. For some odd reason known only to Honda, Magenta was cancelled almost immediately after dealers got the 04's so there should only be a few hundred available (collectable perhaps in the future) and Arctic White had been added to the line-up instead. Candy Red and Black are retained for this year. Rumours of a slightly redesigned lower fairing (for the 2005 model year) to accommodate new radiator fans or a modified cooling system had been doing the rounds on the Internet forums for some time now.

The **2005** Goldwing models were announced on September 8th 2004. For the Goldwings 30th anniversary the only noticeable changes were anniversary badges and key and some new colours. Under the skin however, the GL1800 frame had been considerably strengthened in the lower crossmember area. This was to end the possibility of the frame cracking in this area. Colours for 2005 were Pearl Yellow, Arctic White, Metallic Silver, Dark Gray Metallic, Bright Blue Metallic and Candy Black Cherry. Flare Red, Pearl Challenger Brown and the ever popular Candy Red were casualties this year and Black (which had been available on all GL1800 model years since its release) was also dropped. The Silver and Pearl Yellow bikes get the same saddle pattern as the Flare Red had in 2004 and there was a different opening ceremony on the display of all 2005 models as well. The rumoured cooling system changes were unfounded and already the talk was of changes for 2006, with the possibility of an SE model being the favourite topic among those disgruntled Goldwing faithful who expected more than just new badges for the 30th anniversary of Honda's flagship touring motorcycle.

The **2006** model was announced as usual the previous September. This time there were some big changes and refinements. First glance revealed a re-designed dash and larger front and rear speaker pods, but the changes went much deeper. The GL1800 for 2006 came in four variations, which caused confusion for many buyers at the time. The first was with the **Premium Audio** package, which had six speakers and an 80 watts per channel external amplifier. The Gold Wing **Audio/Comfort** package model added (in addition to the audio package mentioned) heated grips and a heated saddle (separate controls for front and back) and warm air flaps in the lower exhaust cowls similar to those found on the GL1500SE. The **Audio/Comfort/Nav**i package added a flash-card based GPS system to the other options, GPS being a long overdue and welcome addition, although it wasn't available on European models for 2006. The top of the line model was the **Audio/Comfort/Nav/ABS** package. In a move that didn't go down well with loyal Goldwing customers, this meant that you had to buy the most expensive version to avail of ABS brakes. An airbag system was promised during the 2006 production run. In reality, this meant that we seen airbags in September 2006, for the 07 model year.

Other changes included larger radiators and cooling fans, better rubbers between the engine guards and exhaust cowls, new rear trunk and saddlebag lights (the saddlebag lights won't fit pre 2006 models but the trunk lights will), facelifted meter panel and instruments, and bigger rear speaker pods. Many of the wiring connector blocks are smaller and neater automotive types and are a departure from the traditional Hitachi types. Colours for 2006 were Topeka Gold, Challenger Brown Metallic (Titanium), Cabernet Red, Arctic White, and Black was back for 2006 as is Pearl Challenger Brown. Hondaline hadn't been asleep during these changes either. Several new items were added to the already long list of wallet-draining goodies. These included a small trunk rack, nice round exhaust extensions and little speaker pod armrests. Many accessories (Hondaline and aftermarket) for the 2001-2005 models either won't fit the 2006 models, or need adapted wiring looms to plug into the new machines.

September 2006 saw the **2007** line-up rolled out. Four variations of the GL1800 as in 2006, but changed once again this year, so buyers needed to be awake when deciding which model to go for. The **Premium Audio** package for the base model stayed the same. The **Audio/Comfort** model now had the **Sat-Nav** included. The **Audio/Comfort/Nav**i model now had ABS brakes and the top of the range model was the **Airbag** model, which also had the **Audio/Comfort/Sat-Nav/ABS**. This means that ABS was now

available on the top two models for 2007. Cabernet Red was carried over from the previous year. New colours were Billet Metallic Silver, Crucible Orange Metallic, Nebulous Black and Dark Blue Metallic. Two GL1800 variations were available for Europe for 2007. The **Sat-Nav** and **Airbag** was included on the **GL1800 DeLuxe** model destined for Europe market that year and this model also had **ABS** brakes and the **Audio/Comfort** package. The basic GL1800 model for Europe came minus ABS, Sat-Nat or airbag.

The **2008** Goldwing model information was released earlier in the year than the traditional September and we had all read the fine print while the summer was still young. Models are the same as for 2007 and new colors are Pearl Alpine White and Candy Caliente Red. Cabaret Red was retained for this year and Challenger Brown Metallic (Titanium) and Gloss Black were resurrected after last years absence.

The lineup for **2009** wasn't particularly big news, even though Honda threw a few more gadgets at the now long-running GL1800. Much bigger and not very welcome news was that Honda were pulling production of the Goldwing back to Japan, after 27 years of production in the USA. It's fair to say that the 2010 Goldwing will be made in Japan and of course speculation is rife that a new Goldwing will be unveiled next year as the new location is retooled, presumably for a new model.

Anyway, back to the 2009 GL1800 models. The Sat-Nav maps have been updated to NT maps this year. The unit now took SD cards and the NAVI graphics were improved, making the display easier to see. New to the Goldwing is a Tyre Pressure Monitoring System (TPMS) and XM radio. The TPMS is fitted to all models and an indicator flashes when tire pressure is 10 percent low and it stays on when pressure is 20 percent low. XM radio is now available on all Sat-Nat models. This XM radio system also carries the ability to provide real-time traffic and weather info, for a monthly fee. The **Goldwing Airbag** model is top of the line and includes the Premium Audio, all-new TPMS, XM Radio, Sat-Nav and ABS brakes. The **Gold Wing Premium Audio/Comfort/Sat-Nav/XM/ABS** model also has the TPMS and XM Radio, only the airbag is absent. Next is the **Audio/Comfort/Sat-Nav/XM Radio** model. The **Audio/Comfort** is the base model once again. Colours (six) for this year are Pearl Hot Rod Yellow, Candy Black Cherry, Mesquite Brown Metallic, Monterey Blue Metallic, Pewter Silver Metallic and Columbia Blue Metallic.

The Goldwing **2010** lineup was more of the same. Those expecting a replacement for the now nine year old GL1800 were in for a disappointment as Honda probably used existing stock badged as 2010 models to buy time, while the new factory in Japan could be preparing for production of a new Goldwing. Five colors for 2010 and these are last years Pearl Yellow and Mesquite Brown Metallic, Candy Caliente Red resurrected from 2008, Pearl Glacier White. Nebulous Black Metallic makes a welcome return after a long absence.

For the **2011** model year.... well actually there will be no Goldwing model at all for that year. But fear not, Goldwing production hasn't ended; it's just been stalled while the production plant is moved from Marysville USA to Kumamoto in Japan. American Honda announced their plans at the 2010 Wing Ding in Des Moines, Iowa. Apparently Goldwings will be made in Kumamoto during 2011 for the 2012 model year. Anyone wanting to buy a Goldwing for the remainder of 2010 and 2011 will have to buy one of the many unsold 2010 GL1800 models. The fact that Honda moved all the tooling for the GL1800 to the new plant rather than scrapping it after ceasing production of the current model indicates that the 2012 may well be the same basic platform. Time will tell and we will probably have to wait until mid-2011 before Honda reveal their plans for the 2012 model.



News and Views from your Chapter Educator – Dave Gilman

It feels like summer already, even though the longest day of the year is still a long way off. It is this time of year that we start to transition from our heavy winter gear to our ventelated jackets and lighter clothing, adjusting to the warmer weather.

This can present a problem though, because the warmer tempatures and increased airflow can wick extra moisture right out of us, causing dehydration. That is why it is always important to keep ourselves well watered while out on a ride.

I know that we sometimes we cut back on liquids so that we don't have to stop and and relieve ourselves, but that is actually a dangerous plan. Try sipping small sips over an extended period of time versus huge gulps taken infrequently. This will allow your body to absorb more of the water, rather than simply passing it through.

Also remember to bring sun protection, sun block and protecting clothing, so that you can be out all day in all of the glorius solar radiation without turning into a fully cooked red lobster. I always pack a crushable hat in my trunk and sometimes I even remember to put on the sun block that resides in my trunk also.

Our Chapter Director, Nadine Galli, has challenged us to focus on being more active and eating healthier and I applaud her for doing so. I myself have enrolled in a health education class through Kaiser Permanente and I have increased my activity by walking at least 30 minutes, 2 to 3 days a week. I hope to lose some weight and get healthier in the process.

Nadine is looking for ride destinations that offer both healthy food and an activiy of some sort. Any suggestions that you might have would be greatly appreciated.

If you believe we can have a great ride, some healthy food and a little activity to boot, why don't you join us. We would love to have you along for the ride!

Just don't forget your water!

For more information on the Rider Education Program you can always go to the Rider Education page of our website at: <http://www.ca1k.org/RiderEd.html>

You can also contact me with any questions at JDGilman@aol.com.



District Director Review

Where are you going for vacation this year? With the economy what it is, I find myself limiting my travels so I have to pick somewhere that will allow the most for the buck.

Gas prices are up so that effects air fare, the US dollar is down, so that eliminates all International travel, at least for us. So where we go must offer all the things I need to unwind and forget about all the world's problems.



I ask myself where I can go where it isn't too expensive to get there, isn't too expensive to stay, the people are friendly, and it is located in a beautiful scenic part of the country. I want to be treated like royalty, but not have to pay through the nose.

In all my travel's, one location keeps popping back to the top of the list. Yep, I'm talking about Mammoth Lakes, California. And not just because that is where the most fun District Convention in the country is being held, but because the area is simply breath taking and a Motorcyclist's paradise. Mammoth is normally a Ski community, and during snow season it is extremely busy and expensive. But during the Fall when all the snow is gone, Mammoth Lakes is just a quiet little tourist destination with no tourists.

That's where we can take advantage of all their hospitality, and they do know how to show their gratitude. Just ask anyone that has stayed at the Village Lodge last year. The staff simply couldn't do enough for us, and all the local shops gave us discounts that the local people couldn't get. A "Win-Win" for us Gold Wingers.

Top 10 Reasons for going to Mammoth (Sept 2 – 4, 2011)

- 10) No highway traffic
- 9) Three Diamond Resort hotel at economy prices
- 8) Lakanuki's \$5.00 menu all day long
- 7) Incredible scenic rides through the Eastern Sierra's
- 6) "Free" Ice Cream Social Saturday night
- 5) Gold Angles Demonstration
- 4) Live Music every night in the Village Square
- 3) The weather in September averages around 75°
- 2) Rene will be there
- 1) You get to spend the weekend with the most incredible people to ever straddle motorcycle – GWRRA California members.

So if you haven't made your reservations yet, please consider all your options then call 1-800-MAMMOTH. The Village Lodge have offered our great rates from August 29th through September 5th, so join us for an overdue vacation in some of the most beautiful riding country California has to offer.

Until next time – "Hang on – we're going for a ride"

Bill & Rene Johnson
GWRRA – California District Directors



HEALTH TIP

**Drinking water at the correct time
maximizes its effectiveness on the Human body:**

- 2 glasses of water after waking up - helps activate internal organs
- 1 glass of water 30 minutes before a meal - helps digestion
- 1 glass of water before taking a bath - helps lower blood pressure
- 1 glass of water before going to bed - avoids stroke or heart attack

***Know any good clean family jokes??????
Send them to me at pbtorres@yahoo.com for our next newsletter.***



We are a family oriented motorcycle organization sponsored by the Gold Wing Road Riders Association (GWRRA). Although most of our motorcycles are Goldwings, we welcome all makes and models - two or three wheeled.

Our Chapter area goes as far north as the San Fernando Valley, covers a large portion of the Southwestern area of Los Angeles, and includes the South Bay region. As GWRRA members, we are committed to the enjoyment of motorcycling, motorcycling safety, memorable rides throughout California and our beautiful country.

Committed, happy, and involved members and their families are the cornerstone of our existence. We recently created a photo album on the website for member's to post pictures of their motorcycles, travels, and memorable events. We encourage you to take a look at them.

Staying busy, traveling often is commonplace for members of the Gold Wing Road Riders Association, Chapter CA-1K.

June and July 2011 CA1K Ride Calendar

June 4 – Sat	Nothing planned, want to ride? - Call or e-mail CA-1K!
June 11 – Sat	CA-1D Western Dawg Daze
June 12 – Sun	Want to meet us at The Rock Store for breakfast? Let us know!
June 13 – Mon	CA-1K Staff Meeting 6 PM
June 18 – Sat	
June 19 – Sun	
June 25 – Sat	CA-1K Chapter Breakfast & Ride - 8:00 am @ HomeTown Buffet 6705 Fallbrook Ave. Canoga Park, CA 91307 (818) 713-1776

Jul 2 – Sat	Nothing planned, want to ride? - Call or e-mail CA-1K!
Jul 4 – Mon	Happy Fourth of July!
Jul 6-9 Wed-Sat	Wing Ding 33 in Knoxville, TN
Jul 10 - Sun	Want to meet us at The Rock Store for breakfast? Let us know!
Jul 16 - Sat	LA Calendar Motorcycle Show
Jul 17 - Sun	
Jul 18 - Mon	CA-1K Staff Meeting 6 PM
Jul 23 - Sat	
Jul 24 - Sun	
July 30 - Sat	CA-1K Chapter Breakfast & Ride - 8:00 am @ HomeTown Buffet 6705 Fallbrook Ave. Canoga Park, CA 91307 (818) 713-1776
Jul 31 - Sun	

CA-1K Chapter Store – Susan White



\$5.00



\$6.00



\$7.00



\$5.00



\$5.00 each
\$3.00 each for the bar



\$10.00 each

We also have ... CA-1K Ink Pens, Stuffed Koala Bears, Koala Key Chains, as well as many other, GWRRA items.

If you need something, please contact Susan White (818) 231-5276 or at SkyWhiteCA1K@yahoo.com.



CA-1K Staff

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Ride Coordinator	Bernard Gonzales	818-903-2246	Suwail69@gmail.com

Monthly Gathering:

HomeTown Buffet – 6705 North Fallbrook Ave, Canoga Park, CA 91307 (818) 713-1776
Last Saturday of the month at 8 AM – Breakfast Gathering and Ride –

Alternate ride meeting places:

#1 - Coffee Bean & Tea Leaf – Ventura & Topanga – 21851 Ventura Blvd. Woodland Hills, CA 91364 (818) 716-7981

#2 - Coco's Restaurant – Sepulveda & 118 Freeway – 10841 Sepulveda Blvd. Mission Hills, CA 91345 (818) 365-3309

Newsletter Advertising Rates

Per:	Month	Quarter	Year
Business card	\$10	\$20	\$50
One half page	\$20	\$35	\$75
Full page, 4.5"X7"	\$40	\$75	\$150

Rates are based on camera ready artwork. Payment, in advance, by check payable to GWRRA CA1K, delivered to Chapter Treasurer, Ken Freeland, 13453 Fenton Ave, Sylmar, CA 91342 is required. New artwork must be received by month end for the following month. **Member adds at no charge.**

The CA-1K newsletter is distributed at no charge to GWRRA members who regularly attend chapter functions, our advertisers, and interested supporters. Our goal is to publish two weeks before the chapter meeting, which is normally the third Saturday of the month. Editorial contributions are gratefully accepted, and should reach the editor (pbtorres@yahoo.com) no later than the first Friday of the month. Text only files via e-mail are preferred. Intellectual property rights and responsibility for accuracy of published material remain with the author. The editor reserves the right to edit all submissions

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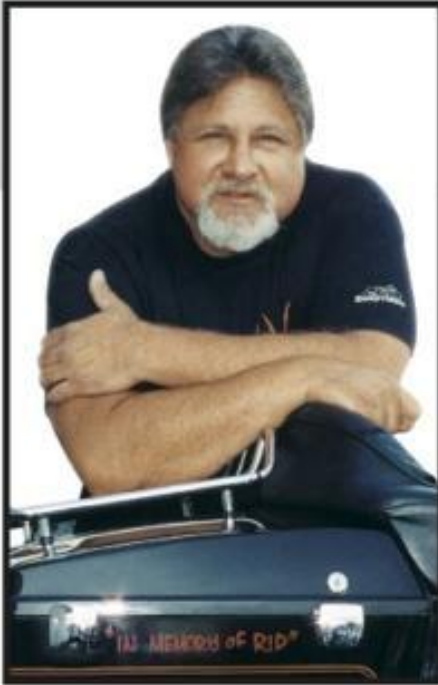
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"Out on I-40, two friends and I hit the asphalt at 70 mph. You never forget something like that. You also never forget those who were there to help- to *genuinely* help. The honest and tireless legal support that Steve Schapiro and Stan Leventhal dedicated to us was powerful. But even stronger was their sincere understanding of this lifestyle- and of it's importance. *That* is what really kept us going. *That* is what truly restored us." *Bill Hayes, Boozefighter's National Publicity Officer, and former client.*

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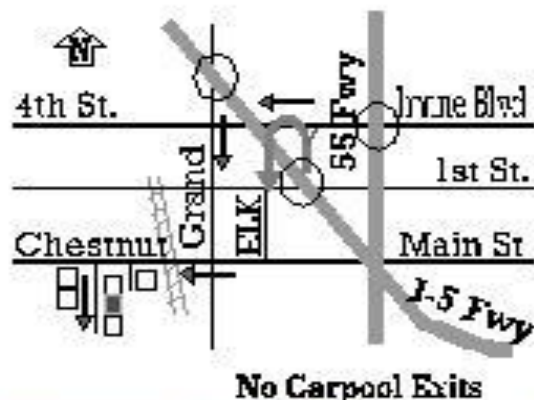
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