

Redwood Riders Review



February 2019

IN THIS ISSUE

"Prez Sez"

• 1 •

Membership Report

· 2 ·

General Meeting Minutes

• 3 •

Tours & Events

• 5 •

February Calendar

.6.

Tom's Take

· 7 ·

Blast from the Past (Prez)

· 8 ·

Ride & Event Photos

9

Photo Album Links

· 11 ·

Randy's Ride Flyer

12 •

Membership Form

· 13 ·

Credits & Contacts

· 14 ·

"Prez Sez..."

by Gretchen Tomm - President

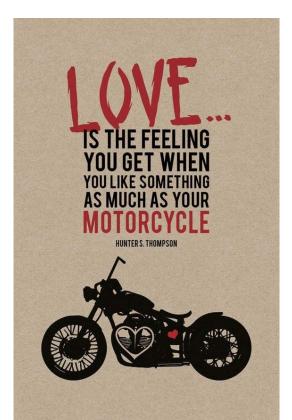
Rain, Rain Go Away...

At least on our scheduled ride days! January was rainy, which we need, but why on weekends? 🔀

I am so looking forward to all the great rides we have on our calendar for this year. So, mark your calendar as not to miss any.



Our After Christmas Party was a great success with over 50 in attendance! Tasty food, fun game, silent auction and the crazy gift exchange. A fun time was had by all. Thank you Melisa Brown (and helpers) for all your hard work and organization



A big thank you to all who participated in our silent auction, like those who kept out bidding me. 5

We took in about \$739, which is more than last year! This goes to show "that one man's junk is another man's treasure". All of the silent auction proceeds go directly to Ceres, our chosen charity. After things get settled and we have a total from our treasurer, we will be presenting a check to Ceres in person. A date will follow. $\ensuremath{\mathfrak{C}}$

Until our next ride...in the wind - Gretchen

NOTE: No Safety Report this month. But be assured, George will be back next month to provide his always insightful Safety Tips.

Membership

by Melisa Brown - Membership Director

Membership

RENEW YOUR MEMBERSHIP FOR 2019!!



Your \$24 Membership Fee was due January 1st. A NEW Membership Form also needs to be submitted (yes, even for returning members). For your convenience, a 2019 Membership Form is on page 13; simply print, complete and mail with

your check to the address on the form.

If you don't plan on renewing, contact Melisa. If we don't receive your renewal by March 1st, you will be removed from the roster and future communications (like this fabulous newsletter). We hate to see you go!

Questions? Contact Melisa at membership@redwoodridersmc.com





MEMBERSHIP

Paid Memberships	40
Co-Riders	11
Provisional Members*	6
TOTAL	57

RIDER STATISTICS

Men	29
Women	16

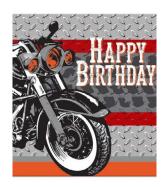
*New Riders & Co-Riders 2019

WELCOME TO THE CLUB!

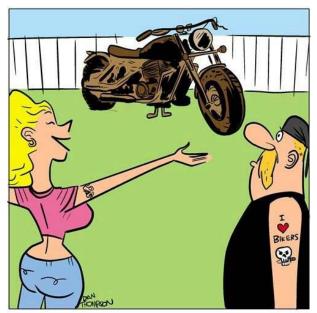
John & Jackie Bartch Robert & Linnea Cartel Robert & Terese Gilford

We Have Members from 5 Counties & 18 Cities!

FEBRUARY BIRTHDAY WISHES



Glen Gillis
Kathy Gillis
George Homenko
Randy Mack
Silvia Schagerer
Michael Turpin



"HAPPY VALENTINE'S DAY! IT'S THE BIKE YOU ALWAYS DREAMED OF...MADE ENTIRELY OF CHOCOLATE!"

General Meeting Minutes

by Sharon McMillan - Secretary

January 15th 2019

Opening Statement: President Gretchen Tomm opened the meeting introduction our quests: Robert & Terese Gilford and Rob & Linnea Carter.

Thanked Melisa for a great After Holiday Party. We had 49 attend the party. The silent auction took in \$739 which goes to our Ceres Charity. Last year the auction brought in \$609 for Ceres. Also thanked "Santa" (Michael Turpin) for being there and for all the photos taken with Santa.

Club T Shirts – two are left for \$20 each. A new order will be made for additional club shirts.

Minutes: Sharon McMillan read the minutes from the December meeting.

Treasurers Report: Michael Turpin provided the treasurers report.

Membership Report: Melisa Brown reported that our membership is at 39 with 8 co-riders. We picked up 6 new members.

Tours and Events: Jennifer and Dan Shilling. Jennifer advised that there will be a road captains on Saturday, Feb 2^{nd} at Shari's at 8:00^{AM} before our scheduled ride that day.

January 5th Saturday - Canceled due to rain. This was the Mt. Tam ride led by Darren & Tresha Holloway

January 20th Sunday – Ride to Ft. Bragg being led by Mike & Julee Sherman

February 2nd Saturday – Wine Country ride to be led by Larry Petrucci. Meet at 9:30^{AM} departure at 10:00^{AM}

February 17th Saturday – Robyn LaMantia leads the club to Cache Creek

Flyers were available for Randy Mack's three day ride to Carson City and Chester on June 28, 29 and 30 including room reservation information.

Safety Officer: George talked about making long distance rides. Be realistic about the distance you want to cover each day. How not to pack and how to pack. Don't have so much that it takes a long time to pack and unpack. Clothing items should be layered. Keep the bike as light as possible. Stop often, check the bike every day. Plan meals at off times. Carry a spare key!

George listens to music and books while riding. Input from members on different listening devices.

Old Business: None.

New Business: Gretchen shared with the club that our long time member, Graham Balfour, is home recovering from a heart surgery procedure. A card is being passed around for everyone to sign and she will mail it to him.

General Meeting Minutes

Raffle:

1st prize – was a bottle of wine won by Wade Roberts

2nd prize – went to Jennifer Shilling which were bandanas

3rd prize – homemade applesauce & a jar of home prepared tuna. Won by Bill Faulkner

4th prize – went to Rob Carter. He won a \$10 gift certificate to China Village

5th prize – was a Bug Slide kit which went to Bill Burnett

6th prize – went to Linnea Carter. She won a \$10 gift certificate to Cold Stone Creamery

7th prize – was a gift certificate for Plank Coffee which Jennifer Shilling won.

50/50 raffle this month was \$115. The winning ticket drawn was Dee Dee d'Argence. She donated her \$58 portion back, so the entire \$115 goes to our Ceres Charity

General Meeting Photos in Google Photo Album: https://photos.app.goo.gl/VSyaiywkrxfsTH1T9

















Tours & Events

by Dan & Jennifer Shilling - Tours & Events Directors

Ride Reviews & Upcoming Rides

Welcome to February...This past month has been wet, very wet.

JANUARY RIDES

Saturday January 5th

Mt. Tamalpais; Road Captains: Tresha & Darren Holloway. Cancelled due to rain.

Sunday January 20th

Fort Bragg; Road Captains: Mike & Julee Sherman. Cancelled due to rain.



FEBRUARY RIDES

Saturday February 2nd

Road Captains Meeting; 8^{AM} at Shari's - RAIN or SHINE **Fort Bragg;** Road Captains: Mike & Julee Sherman. We will meet at Shari's at 9:30^{AM} and leave at 10:00^{AM}. This is a ride calendar change. Due to the rain canceling the January 20th ride and Larry being unavailable to lead the scheduled Wine Country ride on this day, we

will be doing the Fort Bragg Ride...take two.

Sunday February 17th

Cache Creek; Road Captain: Robyn LaMantia. We will meet at Shari's at 9:30^{AM} and leave at 10:00^{AM}

Tuesday February 19th

RRMC General Membership Meeting; Greet & Eat starts at 6^{PM} and the meeting begins at 7^{PM} at China Village, Cotati

UPCOMING LONG RIDES

Friday April 26th - Sunday April 28th - Hearst Castle Ride: Flyers at next meeting.

April 26th Friday & April 27th Saturday: Courtesy Inn - 9450 Castillo Dr, San Simeon 93452 (Phone: 805-927-4691) \$89 +tax - Any Room (Must call and request RRMC room rate)

Thursday May 16th - Tuesday May 21st - Zion: More details to come.

Friday June 28th - Sunday June 30th - Chester Ride: Flyers at next meeting & on page 12.

June 28th Friday: Carson Valley Inn - 1627 Hwy 395 N, Minden, NV 89423 (Phone: 775-783-6629)

\$109 + tax - 2 Queens or 1 King. (RRMC Room Block #1632)

June 29th Saturday: Antlers Motel - 268 Main St (Hwy 36), Chester 96020 (Phone: 530-258-2722)

\$90 +\$8.10 tax - 2 Queens or 1 King

Your Tours & Events, Dan & Jennifer

Tom's Take

by Tom Cooke - Contributor

Study Reveals What Riders Already Know

New Study Finds Motorcycle Riding Decreases Stress, Increases Focus - Research commissioned by Harley tells us something we already know.

You know why you ride. We all do, right? (Cue violins.) It's that feeling of release, the rush of adrenaline, the social benefits of a group ride, yadda yadda yadda. We all have known since day one that just a couple of minutes on a bike was a surefire way to relieve any pesky stresses that might crop up in the daily grind.

Well, now there's a study out of UCLA, funded by Harley-Davidson, that officially confirms all those messy thoughts and puts it into bigger, more precise, and scientific context. In short, it seems that riding a scoot gives you some of the same benefits as a workout and decreases cortisol, the nasty hormone that signals stress.

The neurobiological study was produced by a team of researchers from UCLA's Semel Institute for Neuroscience and Human Behavior who studied a group of healthy experienced riders piloting their own bikes on a predetermined route for 22 miles under normal conditions.

The researchers recorded the riders' brain activity and hormone levels before, during, and after motorcycling, driving a car, and resting. The research team monitored participants' electrical brain activity and heart rate, as well as levels of adrenaline, noradrenaline, and cortisol using mobile EEG technology. The results found that when riding, the subjects experienced increased sensory focus and resilience to distraction. Riding also produced an increase in adrenaline levels and heart rate, and a decrease in cortisol levels—the kind of results you often get after a light exercise session, which also is a stress reducer.

The use of that tech was pretty ground-breaking in itself: "Until recently, the technology to rigorously measure the impact of activities like motorcycling on the brain didn't exist," said Dr. Don Vaughn, the neuroscientist who led the research team. "The brain is an amazingly complex organ and it's fascinating to investigate the physical and mental effects riders report."

The study also emphasized these key points:

- Riding a motorcycle decreased hormonal biomarkers of stress by 28 percent
- On average, riding a motorcycle for 20 minutes increased participants' heart rates by 11 percent and adrenaline levels by 27 percent—similar to light exercise
- Sensory focus was enhanced while riding a motorcycle versus driving a car, an effect also observed in experienced meditators versus non-meditators



 Changes in study participants' brain activity while riding suggested an increase in alertness similar to drinking a cup of coffee.

The full report, entitled "The Mental and Physical Effects of Riding a Motorcycle," which measured the biological and physiological responses of more than 50 experienced motorcyclists using mobile EEG technology will be presented later this year, according to Harley.

Of course, the Milwaukee folks had their own spin on the paper: "We're leveraging the latest technologies as we shift focus from exclusively motorcycles to growing ridership, so it only made sense to tap technology to explore the impact of riding itself," said Heather Malenshek, Harley-Davidson's senior vice president of marketing and brand. "The research findings Dr. Vaughn and his team identified help explain what riders have felt for the past 116 years—there's a vitality and heightened sensory experience that comes from the freedom of riding a motorcycle. We hope their findings inspire the next generation of riders to experience these benefits along with us."

Harley also took the opportunity to gently push its Riding Academy schools for "those who wish to experience the heightened sensory experience of riding first-hand." H-D Riding Academy introduces interested newbies to motorcycle riding and builds their skills, regardless of experience level. To see what's near you, search for classes at h-d.com.

It's what Vaughn's colleague, UCLA Professor Dr. Mark Cohen, said that hit the nail on the head for us though: "While scientists have long-studied the relationship of brain and hormone responses to attention and stress, doing so in real-life conditions such as these is rare. No lab experiment can duplicate the feelings that a motorcyclist would have on the open road."

Amen to that.

Reprinted Cycle World (By Andrew Cherney January 18, 2019)

Blast from the Past (President)

by "Big" Ben Johnstone - Past President

February 2019

What do you do when it is raining, and you can't go for a ride?

If it just rains for a day, or maybe two, I can catch up on my indoor chores around the house. But WOW, 7 days in a row (as it was in January) brings me close to stir crazy! I went out to the garage and cleaned the bike, checked the air, and all the fluid levels, but that didn't last near long enough. Then I went to my computer & started planning all my motorcycle trips for the upcoming year.

I remember a management class I once took teaching us that people were all different (if you haven't noticed, managers need to be taught this). Regarding planning, I was taught that there are two kinds of planners. When going on a vacation, type 1 would pack their bags; get on the bike, and then ask "where are we going?". Type 2 couldn't go on a vacation until as much time was spent planning the vacation as the vacation duration would be. I am definitely the type 2 planner.



Near Gold Beach Oregon

I own several hard copy books listing the best motorcycle roads in America as well as the most scenic roads in America. I have Harley and AAA maps that show the most scenic roads. I can also search the internet for the most scenic roads on a state by state bases. I select a destination (this year it is the Theodore Roosevelt National Park) and then study my planning material to determine exactly how to get there while enjoying the best motorcycle/scenic roads I can. This task easily keeps be busy for 7 days. Then I show the route to my wife, and everything changes, and I plan it all again.

Ceres Community Project Amazon Smile Program

SHOP. CONNECT. ENJOY. amazon **AFTER HOLIDAY SHOPPING?** Don't forget to sign up with Amazon Smile and select The Ceres Community Project as your Amazon Smile charity of choice. It's easy, fast and Amazon will contribute 0.5% of EVERY PURCHASE to Ceres. You shop - Ceres receives! A true win-win!

Sign up at https://smile.amazon.com/

After Holiday Party

More Pix Online - See Page 11 for Link - Photos Courtesy Robyn, Gretchen & George

























After Holiday Party

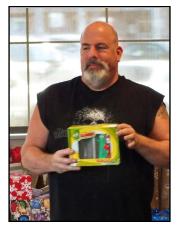
More Pix Online - See Page 11 for Link - Photos Courtesy Robyn, Gretchen & George













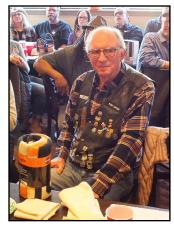
















RRMC Pix Online

Ride & Event Photos Links

January Meeting:

https://photos.app.goo.gl/VSyaiywkrxfsTH1T9

After Holiday Party:

https://photos.app.goo.gl/dcsFsgZNj9gAgGY56

2018 PHOTOS

December Meeting:

https://photos.app.goo.gl/xetbdyRaeng6F6dm8

Cloverdale Toy Run:

https://photos.app.goo.gl/qtxuJJfaMT59zMBj9

November Meeting:

https://photos.app.goo.gl/1XcSEH79N5MLSaix7

Sausalito Ride:

https://photos.app.goo.gl/v6nBMzTuHjBgL2U16

Calpella Ride:

https://photos.app.goo.gl/PAOJgoVOtfXwsmuT6

October Meeting:

https://photos.app.goo.gl/FzMiZqUdjuzOVHfV9

Boat Trip & Ice Cream Ride:

https://photos.app.goo.gl/Z4cboF1L6W4jtOB58

Golden Gate Bridge Photo Shoot Ride:

https://photos.app.goo.gl/sZKrYq5XxvGc3xEVA

Eastside / Westside Ride:

https://photos.app.goo.gl/d64eGZWyyJMosvBq9

September Meeting:

https://photos.app.goo.gl/Bfm5sRXEWwWh22Ag9

The Great Northwest Ride:

https://photos.app.goo.ql/Jx6z3h61G34D1Xw87

August Meeting:

https://photos.app.goo.gl/Eif9sGE7XvtJxxZs6

Skunk Train Ride:

https://photos.app.goo.ql/iQ3AvMVSqGsdXYDf6

Winters Ride:

https://photos.app.goo.gl/XGiY88uF4W2g8aZ6A

Lavender Bee Farm Ride:

https://photos.app.goo.gl/JLzrViFYSphwXFAr6

Gold Beach Ride:

https://photos.app.goo.ql/yXx1jic6Rj5xkmAYA

July Meeting:

https://photos.app.goo.gl/phY5W1sXVmJa64LZ8

Point Arena Ride:

https://photos.app.goo.gl/ki19KUJxtHPDKcgy6

Freeport Ride:

https://photos.app.goo.ql/BMfcUcy4noXTBTLf9

June Meeting:

https://photos.app.goo.gl/OBwUEvdhkZGqpnj3A

Randy's Aces / Reno Ride:

https://photos.app.goo.gl/eKJXtRZ4ONTs0tDJ2

Oakdale Ride:

https://photos.app.goo.gl/zRuGvOOFJ7YlsXI32

May Meeting:

https://photos.app.goo.gl/QGtiHOW4eFFtlfrg2

Solvang Ride:

https://photos.app.goo.gl/MRJr0MCS1ijr0anO2

April Meeting:

https://photos.app.goo.gl/StDMl1lpzY2daEHU2

March Meeting:

https://photos.app.goo.gl/ZwSX397BWOZrY0kZ2

10,000 Buddhas:

https://photos.app.goo.ql/5kVqV71zpvTOVHdT2

Ceres Visit:

https://photos.app.goo.gl/Fgw8oChA6DximiHX2

February Meeting:

https://photos.app.goo.gl/oA6o9TFz7h4tP1FA2

Capay Ride:

https://photos.app.goo.ql/C0kDVTSdRSUo3vi2

Suisun Ride:

https://photos.app.goo.gl/SJbKXRwszXVpX1MY2

28-30 June

CHESTER

MEET @ 7 SHARI'S, LEAVE @ 730



Phone #775-783-6629

Confirmation # 1632 - Redwood Riders

We have reserved a block of rooms for your group as follows: Arrival: Friday, June 28, 2019, Departure: Saturday, June 29, 2019 There are 10 rooms that are Motor Lodge Two Queen Beds \$109.00

\$109.00 5 rooms that are Motor Lodge One King Bed

Room rates shown are per night for one or two persons, one or two beds. Occupancy tax (13%) is extra. For over two persons in a room, add \$10 per person per night plus tax.

RESERVATIONS: CALL-IN PROCEDURES

Phone Reservations: Rooms held in the block do not guarantee a reservation. Reservations are to be made on an individual basis by calling our Reservations Department at and mentioning your group number 1632 or group name Redwood Riders. All quests will be responsible for their own reservations, quarantees, and payment for rooms and any incidental charges.

RESERVATIONS: ON LINE PROCEDURES

To make reservations on line, go to www.carsonvalleyinn.com click on "Book a Room" then "Make a Group Reservation" and enter your group number which is 1632. You can then select your number of guests, dates, and available room type before continuing.

RESERVATIONS DEADLINE

Your rooms and the above rates will be held untilWednesday, May 15, 2019.

Any reservation requests received after that date will be filled at regular rates, subject to availability.

Antlers Motel 530-258-2722

268 Main Street (Highway 36) Chester, CA 96020

Reserve by May 15, 2019

Arrive: Saturday June 29, 2019 Depart: Sunday June 30

2019 Room Type

Two Queen Beds 10 \$90.00 + \$8.10tax One King Bed \$90.00 + \$8.10tax

LET'S RIDE

Redwood Riders Motorcycle Club Membership Application

2019 Application

MAIL TO: Redwood Riders Motorcycle Club Attn: Membership Director

	PLEASE PRINT APPLICANT:	Melisa Brown 200 4 th St. Suite 240 Santa Rosa, CA 95401		
	Last Name:	Member #		
	First Name:	_Date of Birth (MM/DD):		
MANOR TO THE STATE OF	Address:	480000		
TO THE STATE OF TH	City:	State:Zip:		
ONA COUNTY - EST. 10	Home Phone:	Work or Cell Phone:		
SONOMY COUNTY, ESL. 1999	Email:			
CO-APPLICANT:				
Last Name:	First Name:	Date of Birth (MM/DD):		
Co-Applicant Email:	- China di			
Motorcycles owned				
Make:	Model:	Year:Year:		
Make:	Model:	Year:		
AMA Member: NoYes	#How did you h	near about the club?		
Emergency Contact: The information given here is ke the event of an emergency.	pt private. It is accessible only by the (Club Officers and Road Captains, to be used only in		
Name of contact:	Phone	Phone Number:		
(here after known as "RRMC"), set down by the past and by the soperate a motorcycle while in po The Applicant acknowledges the participate in any RRMC event Applicant hereby acknowledges property, and agrees to hold har and all RRMC sponsors past and property. Applicant acknowledg of any guest of Applicant. Applicatine is Applicant required to att I have read and agree to the abo	The Applicant agrees to abide by the acting officers of the RRMC, stated in assession of a valid driver's license record laws of the State of California require unless covered by insurance meeting the fact that operating a motorcycle in mless RRMC, all RRMC Officers past dipresent, from any liability of harm or es full responsibility for the actions, everant acknowledges that participation in end any event.	nbership in the Redwood Riders Motorcycle Club policies and rules of RRMC, current and future, as the RRMC by laws. The Applicant agrees to only ignized by the state in which the motorcycle is owned. It is valid liability insurance, and agrees not to be requirements of the State of California. The lany situation is dangerous to life and limb and land present, all RRMC members past and present, in jury to body or the damage or loss of personal tents and consequences arising from the participation in RRMC activities are on a volunteer basis and at no		
Signature:	CAROLINA TON TON TON TON TON TON			
Applicant:	00202000	Date:		
Co-Applicant:	22000	Date:		

Returning Member dues are \$24 per Household per year. Payable in January. Make checks payable to The Redwood Riders Motorcycle Club. MEMBERSHIP DUES ARE NON-REFUNDABLE.

REV. 2018-12-17

Redwood Riders Motorcycle Club

PRESIDENT: President@redwoodridersmc.com

VICE PRESIDENT / Robyn LaMantia <u>VicePresident@redwoodridersmc.com</u>

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SECRETARY: Sharon McMillan Secretary@redwoodridersmc.com

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MEMBERSHIP: Melisa Brown Membership@redwoodridersmc.com

TOURS & EVENTS / Dan & Jennifer Shilling ToursAndEvents@redwoodridersmc.com

SR. ROAD CAPTAIN: RoadCaptains@redwoodridersmc.com

SAFETY OFFICER: George Homenko Safety@redwoodridersmc.com

SERGEANT AT ARMS: Rosalie Mack smoke signals

PAST PRESIDENT: Ben Johnstone MemberAtLarge@redwoodridersmc.com

MEMBER AT LARGE: Wade Roberts MemberAtLarge@redwoodridersmc.com

Ride Info MeetUp Page - https://www.meetup.com/Redwood-Riders-Motorcycle-Club/

Wear Your Gear! Club Gear that is.... Contact Dan & Jennifer to order RRMC hats & shirts!

General Meetings are held monthly on the 3rd Tuesday at 7:00^{PM} and located at China Village, 8501 Gravenstein Hwy, Cotati (Central Cotati exit, one block west.) Come early & have dinner!

Sponsors

Northbay Motorsports Santa Rosa Honda, Kawasaki 707-542-5355 northbaymotorsport.com

Cycle West Rohnert Park Honda, Suzuki 707-769-5240 cyclewest.net

Penngrove Motorcycle Penngrove Harley Service 707-793-7993 penngrovemotorcycleco.com

K&B Motorsports Petaluma Yamaha, Kawasaki 707-763-4658 kandbmotorsports.com

NorCal Powersports & Marine Santa Rosa Harley, Victory, Can-Am 707-527-1515 norcal powersports-marine.com

Mach 1 Motorsports Vallejo Honda, Yamaha 707-643-2448 mach1motorsports.com

Bike Bandit Online All makes bikebandit.com

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