

# Koala News

November 2011



## Words of Wisdom for our Chapter Director Nadine Galli



**Hello Team Koala,**

Well it's that time of year, "THE HOLIDAYS" it can be joyous, festive, and full of family, fun and food, or it can be a stressful, lonely time of making poor eating choices that can affect the New Year ahead. You know by now my attempt to get/keep all of us healthy during the holidays and beyond. Below are my suggestions for healthy responsible eating.

### **My Plan**

My holiday strategy includes tightening up on my eating plan *now*, along with increasing my daily exercise a few weeks before the holidays arrive. This way, I can splurge a little during the festivities while keeping my weight within normal range by year's end.

I'm not afraid to enjoy the bounty of wonderful foods at these social gatherings. I start off by filling my (small) plate with simply prepared, plain foods such as fruits, vegetables, green salads, grilled meat, roast turkey or chicken, boiled shrimp, or any seafood. If I choose any high-calorie, high-fat sauces, gravies, casseroles, or desserts, it's only in small "tastes."

One plate of healthy food usually fills me up. Before getting up for a second helping, I wait 10 minutes. If you're like most people, chances are your desire for more food is not about hunger, but about how *good* it tastes. Here's the really good news -- you've already tasted it!

### **Make Your Plan**

Make your own plan by studying the habits of successful dieters. Try some of these slimming tips and ideas:

- Keep up your regular physical activity and make sure to get in a good workout on the day of the party or event. NO excuses!
- Be super-diligent on non-party days by sticking closely to your eating plan.
- Eat a small, nutritious snack before leaving for the party. This helps to take the edge off of your appetite and gives you willpower to resist hors d'oeuvres, saving your calories for the meal.
- Offer to bring a healthy dish, one you know you can enjoy without lots of extra calories.
- Buy yourself a fabulous holiday outfit that makes you look great and celebrates your recent weight loss. Basic solid colors with clean lines are the most flattering.
- Ladies, carry a clutch handbag that will keep one hand occupied, reducing the urge to nibble.
- Ladies and gents, wear a comfortable yet tight outfit that will not allow you to overindulge.
- Watch your alcohol calories -- they add up fast. Alternate alcoholic beverages with non-calorie beverages such as sparkling water.
- Look over all the food offerings before you decide what you are going to eat. If there are foods that you love but know are decadently rich, just sample a tasting portion.
- Use a smaller plate (the dessert plate is good). This tip can help you reduce the total amount you eat as long as you don't go back for seconds.
- Eat slowly and savor every bite.
- Don't linger around the food table! Move to another location that is less tempting.
- Always sit down while you eat.
- Portion control and moderation are the keys to success.

A little bit of self-control and common sense can make the holidays joyous and satisfying. ENJOY! I want to wish everyone a wonderful holiday season. I hope your year with CA1K has been enjoyable. This is YOUR Chapter and we need everyone's involvement to live up to the GWRRA motto "Friends for Fun Safety and Knowledge" I hope to see everyone in the coming year we have events planned every month be sure to check the Chapter websites: [www.ca1k.org](http://www.ca1k.org), Facebook: <http://www.facebook.com/pages/GWRRA-Chapter-CA-1K> and Meetup: <http://www.meetup.com/GWRRA-San-Fernando-Valley-CA1K>

**HAPPY HOLIDAYS from the Staff of CA1K – RIDE SAFE**

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

I hope you all had a safe Halloween. Personally, I try to allow the 'kid' in me to come out, and though this year I waited until the day of, to carve a pumpkin, I did so, got my candy ready, pulled out Frankenstein, who sings at whomever walks by, and other Halloween dressings I've collected through the years...and I GOT 2 TRICK OR TREATERS!!!! But I'm still enjoying the pumpkin seeds and all of the left over candy. I have restraint, so I'm not concerned with the sugar rush, but every once in a while... BTW, pumpkin seeds are easy to make. Just coat a cookie sheet with a little Pam or oil, bring the seeds and salt to a boil separately, simmer for 10 minutes, spread them on the pan and bake at 400 F until they brown...can you say YUM!!!!???? If you ever feel old, I say, "Carve a pumpkin!!!!"



Soon we'll have more detailed information for the holiday party...should be the weekend of the 10<sup>th</sup>/11<sup>th</sup> or 17<sup>th</sup>/18<sup>th</sup> of December. Watch for more info soon!

### Here are a few choices for motorcycle pages on Facebook (but there are many more):

Motorcycle Community – 29,333 like this      Sturgis Motorcycle Rally – 38,162 like this

Motorcycle Superstore – 173,220 like this      Goldwing – 674 like this

### Here are some of my favorite motorcycle sites:

<http://wingstuff.com/> is a link to Wingstuff.

<http://gwrrabbs.org/forum/index.php> is a link to the Goldwing Road Rider Association (old) bulletin board. It's a great place to ask questions, exchange ideas, and get information in general. Once you get past the log on procedure, which can be tricky, click on Motorcycle Tech Info to get the most information, but there are many other categories, including Trikes, Classic Wings, etc.

<http://www.jmcorp.com/index.htm> J&M for your motorcycle audio needs.

<http://www.pashnit.com/> This is a great site...as they say, "It's all about the Passion!!"

<http://www.signsandwondersbysue.com/> This is whose great graphics appear on many Goldwings you've seen, including Ken's and yours truly.

<http://www.towbusters.com/rescueplus.html> Rescue plus, which for an extra \$25, gives you road service for your bike AND your car, with your GW membership.

<http://www.kuryakyn.com/> Kuryakyn, one of the best suppliers for Goldwing accessories.

[http://www.gwrra.org/oconnect/ohb/OHB\\_COMPLETE.pdf](http://www.gwrra.org/oconnect/ohb/OHB_COMPLETE.pdf) is the link to the GWRRA Officers Handbook. Check it out!

<http://www.eaglerider.com/Default.aspx?tabid=85> A buddy's flying or driving into town and you want to ride...here's a source for a rental.

If you have links to other great sites you'd like to share, please send them to me. Thanks, and have a happy, safe Thanksgiving. Eat lots of tofurky!!! You'll be surprised!!!

## News and Views from your Chapter Educator – Bob Finkelstein

### TRIP PLANNING & A FEW THINGS TO CARRY

So you've [planned a day trip or longer](#), but need some peace of mind before you head out on the highway? Here is a review of a few “must pack” items in case something happens:



- ✓ **Medical Information Card:** A current and complete card allows for responders to take care of your needs much more quickly. Also carry your medical, vehicle insurance, and auto club / rescue cards.
- ✓ **Cell Phone:** First and foremost on the list for routine and emergency communications, as well as a navigation aid if GPS equipped. Don't forget to bring a charger.
- ✓ **First Aid Kit:** A first aid kit is something you never want to be without-- whether its poison ivy or an ankle burn from an exhaust pipe, the cliché about an ounce of prevention is absolutely true. Rather than assembling your own supplies, an easier and more thorough solution is to purchase a pre-assembled kit, which will ensure that key items are not missing.
- ✓ **Fire Extinguisher:** A multipurpose extinguisher should be checked before each ride to ensure it is good shape. Replace the unit annually, as necessary, and if used.
- ✓ **Safety Gear:** Although we take riding with the proper safety equipment (helmet and clothing including extra clothing for wet weather if appropriate) as a given, don't forget to bring an extra pair of glasses / contact solutions.
- ✓ **Toolkit:** Most bikes come with toolkits, but you'll want to make sure you're equipped with pliers, wire cutters, and various wrenches (including allen wrenches.) A small, all-in-one Leatherman®-style tool can be a handy complement to a traditional toolkit, and is easily accessible for quick repairs or adjustments.
- ✓ **Key Mechanical Spares & Lubes:** Bringing extra fuses, bulbs, spark plugs, and chain oil can make the difference between traveling securely and limping to the next service station.
- ✓ **Maps:** A set of maps for the areas you will be riding in. Nothing beats a fold out map should your GPS and / or laptop (if carrying one) goes down.
- ✓ **Flashlight:** Ever been caught in the dark? A flashlight will save you the hassle of trying to use your cell phone for illumination.
- ✓ **Tire Repair Kit:** Blowouts are an all-too-common occurrence, and a flat kit which includes CO<sub>2</sub> cartridges for tire inflation will get you on the road again.
- ✓ **Duct Tape:** If it's good enough for astronauts, it should be good enough for you. Unexpected mechanical failures or breaks can sometimes be held together with duct tape, providing a low-tech solution for potentially crippling problems.
- ✓ **Water:** A good idea any time of year to help you keep hydrated. You may also wish to pack a few wet wipes for cleaning up dirty hands.

This list can only serve as a reminder of important things to carry. With a little thought you can easily expand the list to suit your needs. Consider this short list of items as insurance: hopefully you'll never need to use them, but if you do, they will be worth their weight in gold.

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>

Sharing of ideas and better ways to do things is what this is all about. Please share you experiences and thoughts with me at [finkdub@aol.com](mailto:finkdub@aol.com). Safe travels my friends! Bob.

## District Director Review

*Bill & Rene Johnson, CA District Directors*

Here's hoping everyone had a safe and "Happy Halloween". I trust you all gave generously to all the little kiddies in hopes they didn't leave any tricks

burning on your front porch. For those of you that turn out the lights and pretend you not at home, shame – shame – shame.

On a more serious note, as we wrap up the year and approach Thanksgiving, we have a lot to be thankful for. We have all enjoyed very successful Rally's / Conventions throughout the year which helps our organization thrive. I am personally thankful to all the volunteers that give up your free time so we can enjoy our passion for motorcycles. For those of you that are sitting on the sidelines, you are really missing out. Those of us that are actively engaged in running the chapters understand firsthand the rewards of being a volunteer.



November brings us our last two Chapter Rally's in the state, CA-1N out of Northern San Diego is hosting their annual Toys for Tots run which is an extremely worthy cause. CA-1C of Palm Springs area is hosting their "Coyote Rally" to close out our Rally season. To all of you that have supported various chapters by attending their Rally's, please know how much we appreciate your dedication.

For those of you that keep asking about next year's Convention, at the moment things are still up in the air. I have not been able to lock down the contract that I want for our members, so am working very hard with several facilities in order to get the best deal possible. I would love to be able to announce that we are going back to Mammoth again next year, but negotiations have been much harder than I imagined. I am still optimistic, but nothing is final until the paperwork is signed.

I am trying to ensure I address all the concerns the CD's submitted during the DD/CD Forum so cross your fingers and let's hope things fall together real soon so we can start making "Vacation" plans again.

Until next time,

"Hang on – we're going for a ride".

**Bill & Rene Johnson**  
**GWRRR California District Directors**

# November 2011 Events

Nov 5 - Sat	<a href="#"><u>CA-1N Toys for Tots</u></a>
Nov 6 - Sun	<a href="#"><u>CA-1C Coyote Rally</u></a>
Nov 10 - Thu	<a href="#"><u>Happy 236th Marine Corps Birthday!</u></a>
Nov 11 - Fri	<a href="#"><u>Happy Veterans Day!</u></a>
Nov 12 - Sat	
Nov 13 - Sun	
Nov 14 - Mon	<b>CA-1K Planning Meeting - 6 PM at Canoga Bowl Coffee Shop</b> <a href="#"><u>Please RSVP if you plan on attending!</u></a>
Nov 19 - Sat	
Nov 20 - Sun	Want to meet us at <a href="#"><u>The Rock Store</u></a> for breakfast? <a href="#"><u>Let us know!</u></a>
Nov 24 - Thu	<a href="#"><u>Happy Thanksgiving!</u></a>
Nov 26 - Sat	<b>CA-1K Chapter Breakfast &amp; Ride - 8:00 am@ <a href="#"><u>HomeTown Buffet</u></a></b> <b>6705 Fallbrook Ave. Canoga Park, CA 91307 (818) 713-1776</b>
Nov 27 - Sun	

# December 2011 Events

Dec 3 - Sat	Nothing planned, want to ride? - Call or e-mail <a href="#">CA-1K!</a>
Dec 4 - Sun	
Dec 9-11 Fri-Sun	<a href="#">Cycle World International Motorcycle Show at the Long Beach Convention Center</a>
Dec 10 - Sat	
Dec 11 - Sun	
Dec 17 - Sat	
Dec 18 - Sun	CA-1K Holiday Party - e-mail for details: <a href="#">CA-1K</a>
Dec 19 - Mon	CA-1K Planning Meeting - 6 PM at Canoga Bowl Coffee Shop <a href="#">Please RSVP if you plan on attending</a>
Dec 24 - Sat	<a href="#">Christmas Eve</a>
Dec 25 - Sun	<a href="#">Merry Christmas</a>
Dec 26 - Mon	<a href="#">Happy Boxing Day</a>
Dec 31 - Sat	CA-1K Chapter Breakfast & Ride - Cancelled
Dec 31 - Sat	"The Last Ride of the Year"

District and Chapter information is available on the [California District Web Site](#)

Go to <http://www.ca1k.org/2011Cal.html> for the latest info!

# Greeting from your Newsletter Editor – Dave Gilman

Thank you for taking the time to check out our newsletter. Any thoughts or suggestions can be directed to [JDGilman@aol.com](mailto:JDGilman@aol.com).

I am always looking at ways to improve so any suggestions would be great. We are also always looking for photos to post in the newsletter, so please forward any contributions to the same e-mail address as above.

I have to apologize again for the late delivery of your newsletter this month. Events conspired again to get in the way of what needed to be done. Next month, I will hopefully return to having your newsletter to you by the 10<sup>th</sup>.

Take care, ride safe and I hope to see you out on the road!



## What is GWRRA Chapter CA-1K?

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 is 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.

## CA-1K Chapter Store - Susan White



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



## CA-1K Staff

Position	Name	Phone	Email
Chapter Director	Nadine Galli	818-398-0763	<a href="mailto:GWRRA1K@aol.com">GWRRA1K@aol.com</a>
Assistant Chapter Director	Stu Teichner	818-624-0197	<a href="mailto:Stuwing@earthlink.net">Stuwing@earthlink.net</a>
Chapter Educator	Bob Finkelstein	818-383-4171	<a href="mailto:finkdub@aol.com">finkdub@aol.com</a>
Treasurer	Ken Freeland	818-370-3562	<a href="mailto:KJFreeland@aol.com">KJFreeland@aol.com</a>
Chapter Store	Susan White	818-231-5276	<a href="mailto:SkyWhiteCA1K@yahoo.com">SkyWhiteCA1K@yahoo.com</a>
Web Master	Dave Gilman	818-362-8925	<a href="mailto:JDGilman@aol.com">JDGilman@aol.com</a>
Newsletter Editor	Dave Gilman	818-362-8925	<a href="mailto:JDGilman@aol.com">JDGilman@aol.com</a>
Advertising	Stu Teichner	818-624-0197	<a href="mailto:Stuwing@earthlink.net">Stuwing@earthlink.net</a>
Ride Coordinator	Open		

### 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 [JDGilman@aol.com](mailto:JDGilman@aol.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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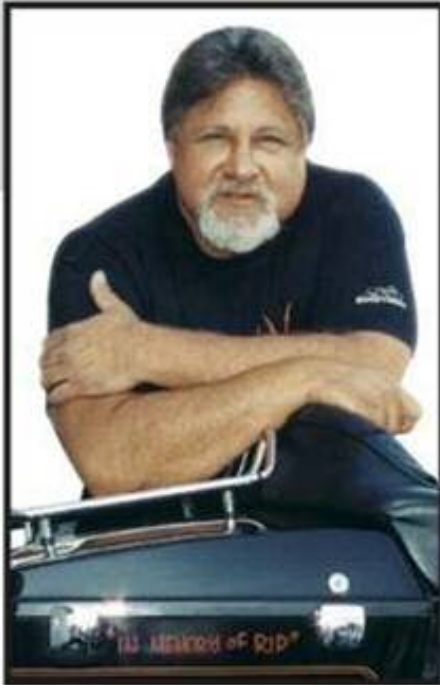
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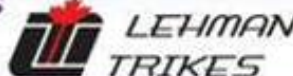
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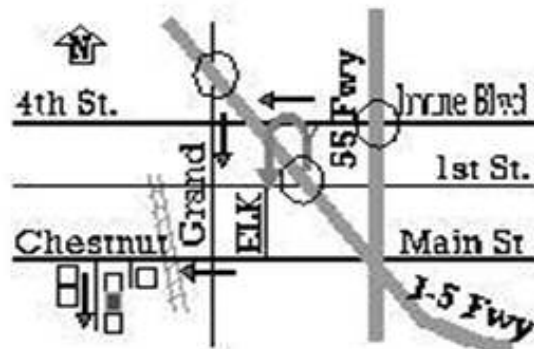
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