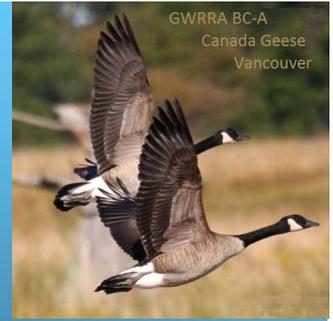


GWRRA Chapter A Newsletter

VOLUME 1, ISSUE 1



AUGUST 2015

UPCOMING EVENTS:

- Aug 16th
Chapter A
Breakfast
Meeting
- Aug 22nd
Chapter A
Duffy Lake
Loop Ride
- Sept 3-6 Wing
Ding Huntsville
Alabama
- Sept 4-6th
Chapter D
Gold Run

INSIDE THIS ISSUE:

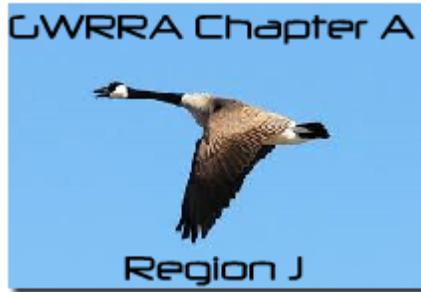
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Letter from the Directors

Well its been 8 months since we were sworn in as Directors for GWRRA Chapter A Vancouver. All I can say is time fly's when your having fun. Keiller and I never do anything halfway. When we first met we learned how to scuba dive together. Soon after I became a Dive Master and Keiller an Instructor. Our next adventure was volunteering for St. John Ambulance as community first aiders, soon after I became an Area Staff Officer and Keiller the Superintendent of the North Shore Brigade. We got our Ham Radio License together followed by owning all the equipment at home and in both trucks. Keiller then started teaching the public first aid and became known well for his skills as a Wilderness First aid Instructor as well as becoming the Scout leader that took kids on adventures they will never forget such as back country canoeing Bowring Lakes, Pitt River Lakes and hiking the Glacier at Glacier National Park near Revelstoke. He is also well know for his "Magic Campfires" taking singing around the campfire to another level. I became the Chair of the Lower Mainland Chapter of the Canadian Society of Safety Engineering group, a title I still hold today. Keiller rode motorcycles for years before we met and often said he would love to get another one but you all know that story, kids and life happened. I got my motorcycle license for fun at 16 year old but never owned a bike or rode one again after the course. February 2013 Keiller comes home and states "I'm buying a bike, and like every other wife out there I said "If your buying one, I am buying one too!"

Owning motorcycles over the last 3 seasons has reinvented our relationship once again and we have a new hobby that we spend a lot of time doing together. I don't know where we would be today if we had not found that awesome orange Goldwing at Holeshot that day now affectionately nick named "Max". We certainly have made a lot of amazing new friends and traveled to many stunningly beautiful parts of British Columbia, Canada and the United States. I would have said you were crazy to ride a motorcycle across Canada and the States but now I think your really missing out if you have an opportunity and turn it down. I look forward to the many more adventures we have in our future with our friends now and the ones we have yet to meet. Thank you for the opportunity to be a part of this group!





Chapter A Directors
Keiller & Tracy Gowans
gwrri.gowans@gmail.com
604 970 0531 or 604 219 5836

BC's Chapter A is located in Canada's third largest city, Vancouver British Columbia. Situated in the pristine natural beauty of the Pacific Northwest and nestled between the shores of the Pacific Ocean and the majestic peaks of the Coastal Mountain ranges. Riders and Co-riders are blessed with an abundance of some of the most scenic areas available to motorcycle touring enthusiasts anywhere.



We love to Ride!

Message from the Editor:



This is your newsletter, anything you would like to contribute please send to:

rmgwrra@outlook.com

2015 Chapter BC A Team

Chapter Directors:	Keiller & Tracy Gowans	Assistant Directors:	Dan and Valerie Fortin
Treasurer:	David Ward	Stores:	Giselle Collins
Educator:	Kelly Parkes	Historian:	Ivan Armstrong
Webmaster:	Kyle Gosseling	Newsletter Editor:	Robert Meers
Ride Coordinator:	Chuck Taylor		
Games Coordinator:	Vacant		
Membership Enhancement Coordinator:	Vacant		

If you are interested in holding a position on the Executive or would like to nominate someone please contact the chapter directors

Report from Regional Directors



Region I Rally.

Pat and I attended the Region I rally in Lewiston Idaho this last week. They had about 75 members attend and the program was excellent. There were a lot of old friends to chat with. We got to see members from Wyoming, Montana, California and Colorado.

Saturday evening was the dinner and after we all gathered outside and watched American Graffiti under the stars. Way cool! It sure brought back memories.

There were a couple of announcements by our new Madam President. GWRRA has announced that from now on there will be NO difference in the price for a Associate membership. Associates will have the same rights and benefits as Gold Wing Members.

And Anita also confirmed that it is true that Billings will be Wing Ding next year.

Finally, GWRRA is catching up to Region J! We have had this policy since 2008. So, make plans to attend our Region Rally and Wing Ding as one trip. At the Ops meeting in Cranbrook it was tentatively decided to hold our Rally on week ahead of Wing Ding and have a migration!

This Wing Ding in Billings has been a long time coming! Lets show the Corporate side that we in the West are the best!

Con

Wing Ding 38 in Billings 2016!

The Drill Team perform at the Region J Rally. Our members never disappoint!

Weather was beautiful in Cranbrook for Region J Rally 2015

Region J Rally in Cranbrook

Feedback from members who attended the rally in Cranbrook agree that it was a success! The weather was perfect and the area around Nelson is so beautiful for a ride. The Saturday evening dinner was fantastic, in particular the food was delicious and plentiful. Lots of activities to attend including the poker run, ARC and our very own Drill Team. Photos submitted by GWRRA Chapter A member John Schretlen



Ham and Wing Sandwich



What is that extra antenna on your bike?



Ham radios can be mounted externally or out of site.

A question I often get asked... "What is the extra antenna for on the back of your bike"? Well it's a VHF/UHF antenna for the Amateur "Ham" radio band. Yes, I'm a radio geek as well as a Rider but there are more reasons than just that to have a radio other than a CB on your bike. CB radio has been the go to for Goldwing Riders and 4 wheel drive enthusiasts for many years and therefore will be what most are using but some choose Ham over CB and maybe for good reason. Remember that asking how far will my radio transmit is like asking how long does it take to get downtown. It depends on the day, the time of day, the weather, etc. and this affects all radios. Running down the freeway to Hope may allow up to 5 KM but riding through the twisties in a wooded area may only permit ½ KM of clear transmission. Although advertising 4 watts of output, some manufacturer's radios may only put out 3 watts and maybe your installation is better than mine. Mobile radio antennas function best when they are long and placed high on the vehicle giving it a better angle of radiation for good ground communication. All radios benefit from a large "ground plane" but CB frequencies are very much affected by the size and shape of the ground plane. My truck is a great CB ground plane but my Goldwing...not so much.

"Ham" Radio or Amateur Radio operates in many different Bands using a wide range of frequencies but as riders we would most likely benefit from the VHF Band. Some of you may already be Amateur radio operators as well and may have varied views but let me give you some of the pros and cons from **my experience** and then you can decide whether you believe it to be a benefit to yourself or not.

CB Pros

- If a Rider has a radio installed on his Goldwing it's probably a CB.
- Basic and easy to use.
- No license required
- Inexpensive for the most part (see Cons)

CB Cons

- A motorcycle does not provide a good ground plane or good height for a CB antenna which limits performance.
- CB is legally limited to approx. 4 watts and can be boosted but this is not something you would want to do on your motorcycle. More often illegally done on base stations.
- CB power drops off dramatically after about ½ to 1 mile.
- CB radios are typically dirt cheap unless you want to buy one for your motorcycle.
- CB radios are susceptible to noise from distant high powered stations, atmospheric noise, electrical interference from Hydro lines/transformers and cell towers.

Ham Radio Pros

- Extremely versatile with regards to availability of frequencies and functions.
- Very clear transmission.
- Works over considerably longer distances.
- Power levels for mobiles are typically 25 to 100 watts but 5 watts with a good antenna is all a rider would need for rider to rider communication or communication through a repeater.
- Significantly outperforms CB, FRS and GMRS even when VHF is set to a low power output.

Continued on next page.



Ham and Wing Sandwich continued...

- Accesses more repeaters than anyone would ever need giving crisp, clear communication over short or long distances.
- Access to linked repeater systems. E.g. communicate from Surrey to Britannia Beach bike to bike.
- Can be very inexpensive for a basic model (\$160 for a portable).
- Specific models can be married to systems similar to the Goldwing Evolution CB using some of the basic OEM controls (Headset and PTT). Available on www.bikemp3.com with pricing options such as upgrade for approx. \$290. Other methods of incorporation may be available.
- Life time certification only cost \$50 - \$100.
- With more versatility Ham radios are a better option in emergencies.

Ham Radio Cons

- At this point very few have them on their bike.
- Requires certification.
- Means spending more money. Upgrade to Evolution CB, add a Ham radio and add an additional antenna.

Possible Scenarios benefiting from Ham radio communication

- Poker run can have open communication between unlimited check points and unlimited riders using a single repeater or a series of link repeaters however only one rider per group need have a multi band radio as they can communicate with check points and riders as needed.
- When larger groups split into smaller groups they can keep in touch.

Listen to a sample of a basic test at www.youtube.com/watch?v=LsSK7J1WIPA

Keiller

VE7WKG/VA7KE

Do you have a great idea for a newsletter Article?

Sounds like a daunting task to put your thoughts down on paper and send it in but really just a few lines is all it really takes. Take a few minutes and send us whatever you have.... We love photos too.

- Did you go on a great ride lately?
- Did you attend a great event or meet some great people?
- Maybe find a solution to a problem others may also be trying to fix?
- Are you a techy and want to share your knowledge?
- Maybe you have a burning question we can publish in the newsletter?

Contact Rob Meers at rmgwrra@outlook.com with your ideas. Deadline for articles for September's newsletter is August 31st 2015.



Discover Ham
Radio and talk to
people around the
world!

**Articles
and
Photos
Wanted**

Sunday Ride to Mount Baker July 19th 2015

At the conclusion of Chapter A breakfast meeting July a few of us turned into 6 Goldwings heading across the state boarder for a ride to beautiful Mount Baker and a lunch stop at Graham's Restaurant along Mount Baker Highway.



Beautiful Duffy Lake Road Ride Coming up Aug 22nd, 2015

Please join us at Tim Horton's on 200 St at 86th near Holeshoot Motor Sports on Aug 22nd leaving at 7 am to travel around the beautiful 700 km Duffy Lake Road route. All GWRRA Chapters Welcome!

Chilliwack and Valley folks can meet us in Hope for breakfast at 8:15 am at the Hope Drive In & Restaurant 590 Old Hope Princeton Way.

See you there, Tanks Full and ready to ride!

Questions? Call Chuck Taylor Ride Coordinator 604 218 5295.



Chapter A Breakfast meeting Demo

Ever get an odd sized cut or a blister on the road? Non-Stick gauze and a small roll of hypafix can go in any first aid kit and can be cut into any size in a pinch. Chapter A Director Keiller Gowans demonstrates how well this works on member Michelle Artlett's arm at July's Chapter A breakfast meeting.



Member's Stories from the Road..



Last summer at this time, Giselle and I headed south for the Canada Day long weekend. We had 4 days to go as far south down the coast as we could. We rode down to Anacortes, Washington, then headed south on Highway 20 to the Port Townsend Ferry. From Port Townsend we headed south to highway 101 and then east towards Port Angeles. The weather was cloudy and cool most of the way. Heading south from Port Angeles, we encountered heavy rain through the mountains until the small town of Forks. Here we stopped at Sully's Drive In for some lunch and to dry off a bit. The burgers were great, with friendly service, just like a drive in should be.....

From Forks, we continued south on highway 101 towards the coast. Our first glimpse of the Pacific Ocean came at Ruby Beach. The skies had cleared and the surf was up. What a beautiful spot! We continued down the coast to Queets, where the highway heads inland. We turned off of highway 101 onto the Moclips Highway. This heads back toward the ocean at Moclips. From there we headed to Pacific Beach and our first overnight stop of the trip. Pacific Beach is a quaint little town that time seems to have forgotten. There are several motels, one restaurant/bar, and the beach.....



We checked out the local restaurant/bar. It was GREAT! The Seagate Restaurant isn't much to look at, but the bartender/waiter STONEY is awesome. The food was served hot, and was delicious. I recommend this spot if you are ever in the area. We made reservations the month before at the Sand Dollar Inn. We were lucky to get a room because of the long weekend. It is one of several small motel/cottage places in town. The rooms were clean, free Wi-Fi, and only a short walk to the awesome beach. The next morning we woke up to clear skies. We headed out onto the highway with a stop in Aberdeen for breakfast. After breakfast, we stayed on highway 101 and turned left onto highway 4 just south of Nemah. At Naselle we turned right onto highway 401 and headed towards the Columbia River. Heading west, We crossed the bridge and headed south on highway 101 again. We saw glimpses of the Oregon coastline, but our first real view was at Canon Beach.

We continued heading south towards Tillamook. At Tillamook, we took a side road out towards Cape Meares and a small settlement of Oceanside. The views were incredible. From Cape Meares, the highway heads inland for a while. The roads are great and meander south through some very pretty inland valleys until it pops back onto the coast at Lincoln City. We continued down highway 101 to Newport, where we stopped for a late lunch. The bridge at Newport is quite impressive.

Our goal for the day was Florence. Another 60 miles or so of fantastic Oregon Coast scenery awaited us. We had no trouble finding a motel room in Florence. There were lots to choose from. We checked in to the Comfort Inn after looking at some other motels on the strip. For dinner, we found a nice seafood restaurant, looking at the bridge over the Siuslaw River. Mo's Chowder has awesome clam chowder and their menu was priced right with a fine selection of fresh seafood.

The next day we headed inland on Highway 126 towards Eugene. Several miles inland we found a smaller, twistier, less used route – Highway 36 which comes out at Junction City, just north of Eugene. That was a fun route! From there we continued north to McMinnville and then over to Portland. On a whim, when we got north of Portland, we found Highway 504 that follows the Toutle River up to the Mt St Helens observatory. The road up is great and well worth the ride in if you are old enough to remember when this mountain blew its top. Once back down, we opted for a cheap motel in Centralia. The King Oscar Motel met all of our expectations for a cheap, clean and affordable place to stay for the night.



The next day we got up early to beat the heat and head up I-5 to the border and home. Four days of riding and the bike never gave us any issues. I can't wait to do this route again with more time so we can head further south into California.

Submitted by GWRRA Chapter A Member/Treasurer Dave Ward.



50/50 Article



I suppose I have always known that wearing full PPE while engaged in such a high risk activity as MC riding is paramount to ones wellbeing/safety; with a motocross background where my full PPE was put to the test daily. That being said and despite entering into a new career as a Safety Advisor, I know better and it would be natural, that I would wear full PPE while riding my 1984 Honda Goldwing Aspencade. Well, this is not the case. In fact I resisted for a number of ridiculous reasons, but I will spare you any dribble of excuses. Instead I will outline some important reasons why a motorcyclist should ALWAYS wear full personal protective equipment (PPE) while riding anywhere on their treasured MC. With so many crashes yearly, it is foolish to think it cannot happen to you regardless of your skill level or years of experience.

In fact in an alarming 80 percent of MC accidents the other vehicle is found to be at fault. ICBC statistics indicate over the last 5 years, an avg. of 2,200 motorcycle accidents happened each year in BC with 1500 injures and 35 fatalities. Clearly it can and does happen to some of us.

Adversely, MC riders are faced with slick surfaces, potholes, manhole covers and other adverse road conditions that pose a particular danger. As a result, the likelihood of sustaining a serious injury is greater in a MC accident than in many other motor vehicle accidents. Some of the most common injuries in MC accidents include: Spinal Cord, brain, back and neck injuries, broken bones, torn ligaments, internal injuries, road rash and even death.

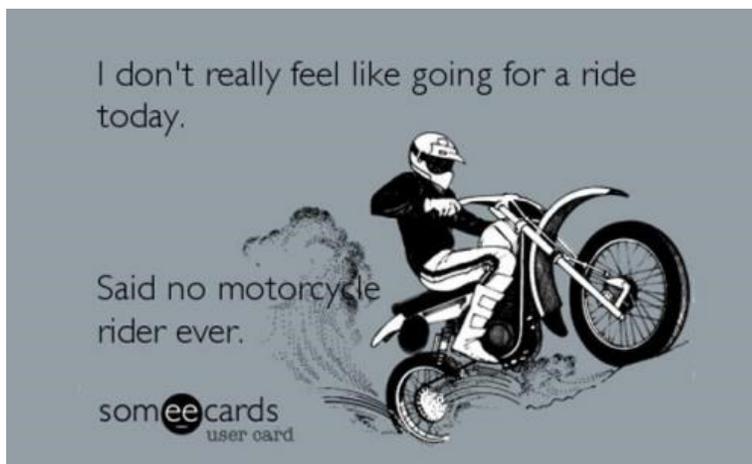
In the end, we all know how much a variety of things unique to each of us, is released and the thrill and freedom we experience as we zip around or cruise the open or not so open roads throughout this beautiful world of ours to enjoy.

Let's all come back home to our families and loved ones rejuvenated and ready to embark the coming days feeling lighter and with a smile on our faces.

Life is precious – Please REMEMBER 2 - Wear Your Full PPE @ All Time

Submitted by Darcy Pattison GWRRA Chapter A member.

Funny Business



Membership Draw Article

Helga's Diary on a Cruise Ship



Dear Diary - Day 1

All packed for the cruise ship, all my nicest dresses, swimsuits, short sets. Really, Really exciting! Our local Red Hat chapter decided on this "all girls" trip.

Dear Diary - Day 2

Entire day at sea, beautiful. Saw whales and dolphins. Met the Captain today, seems like a very nice man.

Dear Diary - Day 3

At the pool today. Did some shuffleboard, hit golf balls off the deck.. Captain invited me to join him at his table for dinner. Felt honored and had a wonderful time. He is very attractive and attentive.

Dear Diary - Day 4

Won \$800.00 in the ship's casino. Captain asked me to have dinner with him in his own cabin. Had a scrumptious meal complete with caviar and champagne. He asked me to stay the night, but I declined. Told him I could not be unfaithful to my husband.

Dear Diary - Day 5

Pool again today. Got sunburned, and I went inside to drink at piano bar, stayed there for the rest of the day. Captain saw me, bought me several large drinks. Really is charming. Again he asked me to visit his cabin for the night, again I declined. He told me if I did not let him have his way with me he would sink the ship. I was shocked!!

Dear Diary - Day 6

Today I saved 1600 lives, TWICE!!

Submitted by Pat and Con Williams.



First aid Hints

Helpful hints for splinting

Remember when splinting you must immobilize joints above and below the injury. For example if the injury is in the forearm the joint above is the elbow and the joints below are the wrist and fingers. Hold your hand up with the palm facing you and wiggle your fingers. You will see the tendons move in your forearm and if it was injured you can imagine how much discomfort it would create. The splint in this case would extend from the elbow beyond the finger tips.

A splint should be very well padded from one end to the other. This not only makes it soft and comfortable but it also creates an even pressure and support throughout the limb. Firm even support helps reduces spasms, pain and may help to reduce shock.



BC Lower Mainland

Chapter Contacts

Chapter BC-A Vancouver Breakfast Meeting

3rd Sunday of every Month (except Dec)
Ricky's Country Restaurant (Formally ABC)
2350 Boundary Road, Burnaby BC
Breakfast 8:00 AM / Meeting 9:00 AM

Chapter A Tuesday Night Coffee (Rides in season)

Tim Horton's—Cliveden Ave , Annacis Island
Coffee 6:00 PM Ride 7:00 PM

Chapter A Vancouver Directors

Keiller & Tracy Gowans
Phone 604 970 0531 / 604 219 5836
Email: gwrra.gowans@gmail.com

Chapter BC-D Surrey Dinner Meeting

1st Wednesday of every month
Ricky's Restaurant
152nd & Fraser Hwy, Surrey
Dinner 6:00 PM, Meeting 7:00 PM

Chapter BC-D Surrey Director

V Hildebrand
Phone 604 557 0622

Chapter BC-C Chilliwack Dinner Meeting

Characters Restaurant
8559 Young Rd. Chilliwack

Chapter BC-C Chilliwack Directors

Glenn & Angela Meyer Phone 604 858 9963
Email: glenn-meyer@hotmail.com

Upcoming Courses:

Medic First aid Course (MFA) to be scheduled in September 2015. Details to be announced

Skills Training Anyone?

Anyone interested in getting together in a large parking lot with a few cones and practicing some riding skills? Send Kelly Parkes an email. If we get enough interested we will schedule it. kparkes@shaw.ca



Interested in getting your HAM Radio Operators License?

Anyone interested in taking the HAM Radio Operators Course? We have a number of people interested and a course will be scheduled soon. We don't want to miss anyone. Send us an email and let us know you want in. gowans.gwrra@gmail.com





Wedding Anniversaries

We didn't hear of any for August. If we missed yours let us know!



August Birthdays

Aug 3rd, - John Wait
Aug 6th - Tracy Gowans
Aug 7th, - Don Champion
Aug 7th, - Ian Thompson
Aug 9th - Darcy Pattison
Aug 11th, - Chris Maki
Aug 18th, - Ian McAlpine
Aug 19th, - Rob Gosselin
Aug 29 - Bob Buchanan
Aug 31st, - Parm Gosselin

GWRRR Anniversaries

Aug 4th 06 Mairi Sparrow (9)
Aug 12th, 07 Toby Sandwell (8)
Aug 13th 08 Rob, Parm, Kyle
& Kirin Gosselin (7)
Aug 10th 09 Rob & Leona Meers (6)
Aug 20th 09 Linda Chung (6)
Aug 25th 09 John Pearson (6)
Aug 31st 09 Michael O'Meara (6)
Aug 20th 12 Burak Ataman (3)
Aug 20th 12 Dan Noorian (3)
Aug 27th 12 Neil McClelland (3)
Aug 29th 13 Ian Thompson (2)

COMING SOON!



August 2015

- 1-2 Mt. St Helens Ride BC-A Vancouver
- 1-3 Region J Rally Cranbrook BC
- 5 Dinner Meeting BC-D Surrey
- 5-8 Region I Rally
- 15 Dragon Fort Ride/Dinner BC-D Surrey
- 16 Breakfast Meeting BC-A Vancouver
- 18 Dinner Meeting BC-C Chilliwack
- 22 Duffy Lake Loop Ride - BC-A Vancouver

GWRRR BC D's GOLD RUN 2015

Sept 4th to 6th in Historic Clinton BC
For more information contact: V Hildebrand at 604 557 0622 directorsbcd@gmail.com or Barry McMillan 778 574 3579 bcdtreasurer@shaw.ca

September 2015

- 2 Dinner Meeting BC-D Surrey
- 3-6 Wing Ding 37 Huntsville Alabama
- 4-6 Gold Run Clinton BC BC-D Surrey
- 13 Green Heart Ride BC-C Chilliwack
- 15 Dinner Meeting BC-C Chilliwack
- 19 Corn Roast & Ride - Mileage Check BC-D
- 20 Breakfast Meeting BC-A Vancouver
- 27 Oyster Run Anacortes WA



Upcoming WING DING 37
Sept 3rd to Sept 6th 2015
Call 1 800 843 9460

Region J Staff

Division	Position	Name	Email	Phone
Operations	Region J Directors	Con & Pat Williams	regionjdirectors@gmail.com	604 951 9441
Operations	Asst Region J Director	Patrick Frampton	eboness@dccnet.com	604 943 2527
Finance	Region J Treasurer	Shirley Williams	shirleywilliams@shaw.ca	604 599 8769
Finance	Region J Stores	Pat Williams	pat123williams@shaw.ca	604 951 9441
Rider Ed	Region J Educator	Larry Harland	wingit11@telus.net	403 328 0233
Rider Ed	Asst Region J Educator	Harold Arthurs	arthurs1796@shaw.ca	604 351 5295
Rider Ed	Region J Trainer	Con & Pat Williams	regionjdirectors@gmail.com	604 951 9441
MEP	Region J MEC	Tracy Boyda	tracyboyda@telus.net	403 279 0383
MEP	District Webmaster	Bill Haggerty	whaggerty@vwh.ca	250 493 0153
MEP	Region J Ambassador	Peter MacGregor	petalmac@shaw.ca	604 460 2017
MEP	Newsletter Editor	Vacant		

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AND
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For Sale/Want will run for 3 editions of the newsletter. Please contact the newsletter editor Rob Meers if you wish to extend it longer or if your item has been sold at rmgwrra@outlook.com Ads are free for GWRRA members or \$5.00 for non-members.

Chapter A Stores

Patches

	Description	Cost
Rocker	GWRRA BC-A Vancouver (black and gold with flags)	\$22.00
Rocker	The Great Northwest Region "J"	\$20.00
Rocker	Chapter BC-A Vancouver (white, 2 Canada flags)	\$22.00
Round	10" GWRRA (multi-color with griffin)	\$15.00
Round	4" GWRRA (black and gold)	\$5.00
Round	4" GWRRA (multi-color with griffin)	\$5.00
Round	4" GWRRA BC-A (blue with Canada goose)	\$7.00

Pins

GWRRA BC district – large	\$5.00
GWRRA BC district – small	\$3.00
BC-A Hangers	\$3.00

Clothing

Hats- ball	O/S	\$10.00
Shirt-Long Sleeve	3xl	\$40.00
Shirt-Long Sleeve	2xl	\$40.00
Shirt-Long Sleeve	XI-Men	\$40.00
Shirt-Short Sleeve	L-Ladies	\$40.00
Shirt-Short Sleeve Sport	3xl	\$40.00
Shirt-Short Sleeve Sport	2xl	\$40.00
Shirt-Short Sleeve Sport	M	\$40.00

Miscellaneous

Antenna Flag		\$12.00
Static Cling Decal	4" Round	\$3.00



To purchase items from Chapter A's Stores
 contact Dave Ward at dward@telus.net

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- ◆ Graduation Rings
- ◆ Medic Alert Jewellery
- ◆ Written Appraisals
- ◆ General Repairs - All Types

Hand & Machine Engraving
(your designs, crests, logos)

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

Jewellery Insurance Replacement Claims

Monthly Chapter Meeting

Chapter BC-A, Vancouver

The THIRD Sunday of each Month
(except Dec)

Ricky's Country Restaurant

Boundary Rd at Lougheed Hwy

2350 Boundary Rd

Burnaby, BC

(604) 293-1242

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

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

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



Tuesday Night Rides

Coffee Social (ride in season)

Tim Horton's - Annacis Island



Coffee from 5pm
Ride Leaves between 630pm and 7 pm

Rates/year: Business card \$50, ¼ page
\$75, ½ page \$150, Full page \$300
Color Rates on Request

GWRRA Photo Gallery



Send your photos to rmgwrra@outlook.com

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2014 F6B



2015 NM4



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