



Vancouver Chapter Harley Owners Group

Business Meeting Minutes – July 13, 2019

The meeting was called to order by Director, Maria DiTrolio at 10:00 am.

Who rode today? 8-10 members present at the meeting rode to meeting.

Weather: cloudy, scattered showers, roads dry.

New Members Present: The Vancouver HOG® Chapter welcomes Perry Cyr, who has recently moved from Alberta & is living in West Vancouver. Perry rides a 2008 Ultra Classic.

NEWS from TREV DEELEY MOTORCYCLES® (CHAPTER SPONSOR):

Presented by: HARMONY POISSON Manager, Marketing and Events

HOG® WEBSITE

Photos are going up on the website for members to browse, HOG® Western Regional Rally photo album already live.

IN-STORE PROMOS

1.99% financing on a new Harley-Davidson on till July 31st!

JULY UPCOMING TDMC EVENTS

- **Sat. July 20 - BILIS X. TREV Summer Heat Party** TDMC 10:00 – 4:00
DJ's, Lowrider cars, beach cruiser bikes, Beer Garden.
<https://www.facebook.com/events/1218554351684643/>
- **Sun. July 21 - Deeley's Monthly Meetup & Ride** TDMC 4:00
Help celebrate Mel's birthday with a group ride through Stanley Park & finishing at La Casa Gelato for ice cream! Gather at 3:00, kickstands up at 4:00. All bikes welcome.

- **Sat. July 27 – Bikers Against Bullying Launch & Ride** TDMC 8:30 – 3:00
Door prizes, raffle, dunk tank, BBQ, vendors, ride to Squamish & back, live blues band, children's crafts & face painting, tattoo booth. Registration 8:30, kickstands up 9:30. Live music starts at 12:00.
<https://www.facebook.com/events/539353836589703/>
- **Sun. July 28 – Pier Moto Show** 11:00 – 8:00
25 Wallace Mews, North Vancouver at The Shipyard Square
Presented by Moto Concept Inc. Custom bikes, vendors, food, drinks, music & more!
For vendor information or to register your bike, email MotoConcept@gmail.com.
<https://www.facebook.com/events/369282690368240/>

STAFFING UPDATE

- Carrie Elmes (Wear) has re-joined TDMC in sales after a few years away.
- Greg Britnell has re-joined TDMC in service.
- Jesse Vlahovic, Service Technician, celebrating 5 years with TDMC!
- Greg Lowe celebrating 15 years with TDMC!

COMMENTS AND PRESENTATION by HOG Executive MARIA DITROLIO *Director, Vancouver HOG® Chapter*


OLD BUSINESS:

- **Sat. June 1** **HOG® Ride & Lunch** TDMC 11:00 am *following HOG meeting.*
Old Settler's Pub, 222 Cedar Ave, Harrison Hot Springs
17 members rode to Harrison on a beautiful day!
Thanks to Albert for leading the ride!
See photos on our Facebook page:
<https://www.facebook.com/groups/vancouverhogchapter/>
- **Wed. June 5** **HOG® Wednesday Evening LANGLEY RIDE** *(Odd Wednesdays)*
Meet at Tim Horton's, 8590 200th St. Langley 7:00 pm
Ride was cancelled due to poor weather conditions.
- **Fri. June 7** **HOG® Night Out** Twilight Drive-In Theatre 7:00 pm *(Weather Permitting)*
3350 260 St , Aldergrove, BC
Cost is \$13.50. Check-in 90 mins ahead.
Movies Playing: The Secret Life of Pets 2 9:30, The Hustle 11:15
Only 2 people had signed up. The day started off with poor weather conditions but seemed to have cleared up by late afternoon/early evening.

A couple of members (Albert & Sharon) went to the Drive-In the following week & felt this is definitely not an ideal venue for a HOG® event. It was decided to take it off our list of outings.

- **Sat. June 8 HOG® Ride & Lunch** TDMC 10:00 am
Mystery Ride...Destination TBD.
Weather was fine for riding. A couple of members showed up but no ride captains attended. The RIDE FOR THE FALLEN Poker Run & Fundraiser was taking place at the same time & at least one member registered & participated in that event. Members who attended the poker run said it was very small & poorly organized.
- **Wed. June 12 HOG® Wednesday Evening TDMC RIDE** (Even Wednesdays)
Meet at TDMC, 1875 Boundary Rd. 7:00 pm
Destination: Speeds Pub, Delta. 8 Bikes
Nice evening ride & good company. Thanks to Dale for leading the ride!
- **Sat. June 15 HOG® Father's Day Ride & Lunch** TDMC 10:00 am
Cultus Lk Pub, 3696 Columbia Valley Hwy, Cultus Lake
7 members, 5 bikes participated. Dale led to Birchwood Dairy for a short break, then Albert led the rest of the way to Cultus Lake Pub. The venue wasn't too busy and both the food & service were good!
- **Sat. June 15 Fraser Valley Motorcycle Show'n'Shine** 9:00 am
Highstreet Mall, 3122 Mt Lehman Rd. Abbotsford, BC
Registration proceeds to AIM. All makes and models including scooters are welcome. Live band and tons of give-aways. Over 15 trophies & cash prizes.
Jennifer Glatt (TDMC Merchandise Mgr) & husband won several trophies for their custom-built bikes. Members Albert & Sharon were there, said it was a well-organized event that was well-attended by the public.
- **Wed. June 19 HOG® Wednesday Evening LANGLEY RIDE** (Odd Wednesdays)
Meet at Tim Horton's, 8590 200th St. Langley 7:00 pm
3 members met & rode to the Artful Dodger Pub in Brookwood. Food & service were good. Thanks to John for leading the ride!
- **Sat. June 22 HOG® Get Lost Ride Weekend** TDMC 9:00 am/CHEVRON at 232ND 10:00
Cache Creek Annual Weekend Ride - Cache Creek Motor Inn
1209 Trans-Canada Hwy, Cache Creek, BC **1 (250) 457-9144**
15 members met up at the motel, some having rode Duffy Lake Rd and others, by Hwy 3. A couple of members decided to drive.

Although the weather looked ominous on the way to Hope, there was sunshine beyond the hills, and only a few minutes of showers around the Logan Lake area. Cache Creek saw overnight & Sunday morning rain. Some left early, or had other plans, but 7 members decided to forego the Duffy Lake Rd route & return home by way of the Canyon because of the rain. We piled on the rain gear & headed out only to stop about 15 minutes out of Cache Creek to peel off all the rain gear as the clouds disappeared & it warmed up considerably. NOTE: Sea-to-Sky was closed down Sunday morning because of a wildfire between Horseshoe Bay & Lions Bay, & all traffic was diverted back. If members had decided to return home by Duffy Lake Rd, it would have been a very long day!

- **Wed. June 26 HOG® Wednesday Evening TDMC RIDE (Even Wednesdays)**
Meet at TDMC, 1875 Boundary Rd. 7:00 pm
5 members headed out to Buntzen Lake, Anmore, Belcarra Park & stopped at the St James Well Pub in Port Moody, where 2 members joined up. Food & service was very good. Started raining around 9:00 for a wet ride home. Thanks to Steve Davis for leading the ride!
- **June 29-July 1 CANADA DAY LONG WEEKEND!** 
- **Wed. July 3 HOG® Wednesday Evening LANGLEY RIDE (Odd Wednesdays)**
Meet at Tim Horton's, 8590 200th St. Langley 7:00 pm
Destination was the Fort Langley Pub. 6 members joined the ride. Thanks to Albert for leading the ride!
- **July 4-6 WESTERN REGIONAL HOG® RALLY** Victoria, BC
At least 8 members attended all or a portion of the rally. Overall numbers were down this year, around 200. No one attended from HOG® Canada. Some felt it was poorly organized, not enough food for members at HOG® reception, & there were registration & technical problems. The Vancouver Island HOG® Chapter definitely had many challenges to overcome but the organized rides were good. Weather was cool, overcast with some sunny periods, but no rain, perfect for riding those great island roads! Thanks to the Vancouver Island HOG® Chapter for hosting.

It was announced that next year's Western Regional HOG® Rally will be August 6-8, 2020 and hosted by the Langley HOG® Chapter. Mark your calendars!

- **Sun. July 7** **TDMC 23RD ANNUAL SHOW & SHINE** TDMC 10:00-3:00
The weather was cool & wet, but eventually dried up. Participants & attendees who braved the rain enjoyed a live band, BBQ & beer garden, and some great in-store deals. A few HOG® members dropped in to support TDMC. A big “Thank you” to Tammy, Rick, Chris and Paul, who volunteered their time on behalf of the HOG® Chapter.
- **Wed. July 10** **HOG® Wednesday Evening TDMC RIDE** (Even Wednesdays)
Meet at TDMC, 1875 Boundary Rd. 7:00 pm
2 members rode to Dogwood Brewing, 8284 Sherbrooke St. Vancouver

NEW BUSINESS:

- **Sat. July 13** **HOG® Meeting and Anniversary HOG® Ride Lunch & Ice Cream**
TDMC 10:00, RIDE after meeting
Lunch at Duke’s Pub in Chilliwack then stop for Ice Cream at Birchwood Dairy Farm, Abbotsford
- **Mon. July 15** **HAPPY 31st BIRTHDAY VANCOUVER HOG® CHAPTER!!**
- **Wed. July 17** **HOG® Wednesday Evening LANGLEY RIDE** (Odd Wednesdays)
Meet at Tim Horton’s, 8590 200th St. Langley 7:00 pm
Ride was cancelled due to poor weather.
- **Sat. July 20** **HOG® Ride & Lunch** TDMC 10:00 am
Destination TBD.
If you haven’t signed up but would like to attend, please contact Tammy Bade at ommatammybade@yahoo.ca so she can reserve more space!
- **Wed. July 24** **HOG® Wednesday Evening TDMC RIDE** (Even Wednesdays)
Meet at TDMC, 1875 Boundary Rd. 7:00 pm
Weather Permitting. Destination: TBD
- **Sat. July 27** **HOG® Bullhead Poker Run & Lunch** TDMC 8:30 am
Wildcat Grill, 52845 Yale Rd, Rosedale
If you haven’t signed up but would like to attend, please contact Tammy Bade at ommatammybade@yahoo.ca so she can reserve more space!

- **Wed. July 31** **HOG® Wednesday Evening LANGLEY RIDE** (*Odd Wednesdays*)
Meet at Tim Horton's, 8590 200th St. Langley 7:00 pm
Weather Permitting. Destination: TBD
- **Aug 2-11** **79th ANNUAL STURGIS RALLY** South Dakota, USA
<https://sturqismotorcyclerrally.com>
One member is planning to attend.
- **Aug 3-5** **BC DAY LONG WEEKEND!** 
- **Sat. Aug 10** **NEXT HOG® MEETING** TDMC 10:00 am
Later in the month due to BC Day long weekend.
- **Sat. Aug 10** **HOG® Ride & Lunch** TDMC 11:00 am *following HOG meeting.*
Canyon Alpine Restaurant, 50530 Trans-Canada Hwy, Boston Bar
A sign-up sheet to be passed around the next meeting. Or, if you haven't signed up but would like to attend, please contact Tammy Bade at ommatammybade@yahoo.ca so she can reserve more space!

OF INTEREST TO HOG® MEMBERS:

HOG® MEMBER NAME TAGS

We are starting another list for HOG® members interested in purchasing a name tag. Your Vancouver HOG® Chapter partially subsidizes the cost of name tags so that each member pays only \$10.00. A minimum order of 12 is required. If you'd like to order a name tag, please give \$10 cash to Kyoko at the front desk & she will put your name & info on the list.

TREV DEELEY & HOG® WEBSITE

The HOG® website is now accessible through the newly revamped Trev Deeley website under the INFO menu, or by clicking the small HOG® logo at the top right of the page (desktop computers only). Harmony from TDMC manages the HOG® section on the site and HOG® Webmaster, Norm Hill, is responsible for selecting pictures that can be viewed, many of which are supplied by HOG® Photographer, Gary Monts.

You will find upcoming events & photos, meeting minutes, calendar of events, HOG® Canada and HOG® International links, and your chapter officer's names and contact info.

Note: Officer email links don't work on mobile devices.

<https://www.trevdeeley.com/check-out-our--HOGVancouver>

VANCOUVER HOG® FACEBOOK PAGE

This is also a good resource for news, events and contact with other members. Anyone can post photos, plans to meet for a ride, or use it to privately message other members.

<https://www.facebook.com/groups/vancouverhogchapter/>

BUY & SELL PAGE - Open to public to view but only HOG® members can post items.

Members are encouraged to utilize these resources that are there for us!

2019 CANADIAN REGIONAL HOG® RALLIES

2019 Prairie Regional HOG® Rally, Edmonton, Alta Aug 15-17, 2019

Past Director, Chris Ferguson, has contacted the host hotel, Best Western Plus, and booked 10 rooms (5 – Deluxe Queen, and 5 – Deluxe King). If you are interested in attending, please contact Chris & she will have your name placed on the registration. Chris currently has 7 rooms left (2 King, 5 Dbl Queen). First come, first served. Cost is \$127/night.

These rooms will be released on Monday, July 15th. If you still want to reserve a room at the host hotel for this rally, you will have to call the hotel directly. Currently, there are 6 members attending this rally (Chris and Paul, Rob and Elaine, Chuck and Maggie).

WOMEN RIDERS WORLD RELAY

Teresa Udell of TDMC gave a brief talk to members regarding the Women Riders World Relay, of which she is an organizer. The WRWR Relay is a year-long, round-the-world motorcycle relay for women. This relay was the dream of a young woman named Hayley Bell. Her wish was to see women around the world connect with each other and increase awareness of the huge numbers of women involved in motorsports and the need for better fitting riding gear.

This global event has become so much more than this. WRWR has created friendships around the world and created awareness of the dire consequences women in some countries still face for just being a woman, let alone a woman on a motorcycle. This is a movement to support all women, everywhere.

This world relay's GPS tracked baton, which has currently travelled over 32,000 kms across Europe and now in South Asia accompanied by 1200 women Guardians, will be making its way to Canada this autumn. In the next 2.5 months, the baton will travel through southeast Asia, Australia, and New Zealand, before landing in Vancouver to start its 11 day cross-country journey. Then, it will be passed to our southern neighbours in the United States to continue on this amazing adventure. WRWR Canada expects to have 600 women participate in this record breaking movement.

*Trev Deeley Motorcycles will be hosting the Baton and Guardian Riders on **Saturday, Sept. 14th** for a **Breakfast Kick-off Party** for LEG ONE of this event **Vancouver HOG® Chapter is invited to participate in this amazing event!***

On LEG ONE of the relay, there will be over 30 women leaving TDMC at 9:00 am for Barnes Harley Davidson in Kamloops for a lunch stop and to pick up more riders. LEG TWO continues from there to Revelstoke for the night.

WRWR will require a road block on Boundary Road and would be honoured to have Vancouver HOG® Chapter Road Captains escort WRWR out of the city. They have had a number of women from both Vancouver and Langley chapters involved on WRWR Ripple Rides and now would love to have the rest of the Vancouver HOG® Chapter there to cheer them on.

Also on this weekend is the **HOG® Memorial Ride for Fallen Members**, scheduled to leave TDMC at 9:00 am. If members wanted to support for the Women Riders World Relay, options could be:

1. Vancouver HOG® roadblocks for the WRWR to get the group safely on the #1 before they leave on the HOG® Memorial Ride for Fallen Members.
2. Vancouver HOG® members who are riding in the HOG® Memorial Ride for Fallen Members can escort the WRWR as far as Langley, then carry on to their meet other Vancouver HOG® members at CHEVRON at 232ND 10:00 am, as scheduled.
3. Vancouver HOG® members escort the WRWR to Hope.

Options to be discussed at the next HOG® Meeting on Sat. Aug 10.

SAFETY OFFICER REPORT

LOWELL WADE, HOG® Safety Officer

Motorcycling and Dehydration

See notes attached to minutes.

Door prizes, donated by the Chapter, were awarded to

Terry Sue – 2 PNE passes

John L - \$25

Tracy M - \$25

Rick B - \$25

The Birthday draw winner for the month of July was Marlene L.

Adjournment: Meeting was adjourned at 10:50 am.

NEXT MEETING:

Sat. August 10, 2019, TDMC 10:00 am

HOG® Ride & Lunch TDMC 11:00 am following HOG meeting.

Canyon Alpine Restaurant, 50530 Trans-Canada Hwy, Boston Bar

Motorcycling and Dehydration

Motorcycling is a sport that requires constant attention to your surroundings; making quick decisions; and the physical stamina to handle your motorcycle. Even though it is always enjoyable to ride on hot sunny days...you may not be aware, but you can become dehydrated!!!

If you become dehydrated, it may increase the possibility of heat stroke, headaches, muscle cramps, nausea, disorientation, and loss of concentration which are more than enough for an accident to happen.

Dehydration does not vary with the outside temperature as there are other factors which can directly lead to the dehydration.

Medically Speaking

Dehydration occurs when more water and fluids leave the body than enter it. Even low levels of dehydration can cause headaches and lethargy, which can affect the motorcyclist's decision making, reaction times, and physical stamina. The human body is roughly 75 percent water. Without this water, you cannot survive. Water is found inside cells, within blood vessels, and between cells. The human body's sophisticated water management system keeps your water levels balanced, and your thirst mechanism tells you when you need to increase fluid intake. Although water is constantly lost throughout the day due to regular bodily functions, you can replenish the water in our body by drinking fluids. The body can also move water around to areas where it is needed most if dehydration begins to occur. Most occurrences of dehydration can be easily reversed by increasing fluid intake, but severe cases of dehydration require immediate medical attention¹.

Symptoms

The first symptoms of dehydration include thirst, darker urine, and decreased urine production. In fact, urine color is one of the best indicators of a person's hydration level - clear urine means you are well hydrated and darker urine means you are dehydrated. However, it is important to note that, particularly in older adults, dehydration can occur without thirst. Therefore, it is important to drink more water during hotter weather. As the condition progresses to moderate dehydration, symptoms include:

- dry mouth
- lethargy
- weakness in muscles
- headache
- dizziness

¹ <https://www.medicalnewstoday.com/articles/153363.php>

Severe dehydration (loss of 10 – 15% of the body's water) may be characterized by extreme versions of the symptoms above as well as:

- lack of sweating
- sunken eyes
- shriveled and dry skin
- low blood pressure
- increased heart rate
- fever
- delirium
- unconsciousness
-

How to Avoid Dehydration

If you are planning to ride next day then make sure you don't drink too much alcohol the night before. Alcohol intake has a diuretic effect on the body. So, even if you drink plenty of water, the next morning, it can't counteract the diuretic effects of the alcohol.

On the day of the ride, start drinking water as soon as you wake up. The trick is not to guzzle water just before the ride but drink small amounts until you get on your bike. In this way, you will not suffer from stomach cramping. Remember, it takes almost half an hour for water to reach the muscles.

If you are riding in hot summer weather, try to avoid wearing heavy motorcycle leathers. Your heavy motorcycle leathers may provide you abrasion or crash protection but in hot weather have less than optimal ventilation capabilities to allow your body to cool. As result, your body will produce more sweat. This excessive sweating will lead to dehydration. On the other hand, flow-through mesh motorcycle garments may have excellent ventilation capabilities, but these garments cool you down by transporting body moisture away from your body through the flow-through mesh motorcycle garments. This also leads to dehydration. So, no matter what you wear, you still need to drink plenty of water.

If you stop at some point during the ride and are tempted to remove your jacket in the hot weather...don't! When you remove your jacket, your skin is exposed to the sun. You may feel a little cooler, but this is temporary due to the evaporation of body moisture. You will then start dehydrating due to the sun exposure as well as run the risk of sunburn. Sunburns also require plenty of water to repair damaged skin. So, you still end up becoming dehydrated².

² <https://motorcyclistlifestyle.com/dehydration-problem-motorcycle-riders/>