

News From The Mountain Blue J's Nest



Chapter Directors

Dave & Judy Hurd
828-369-5918
gwrpa.ga.j@gmail.com
GWRRABlueJs@gmail.com

Assistant Chapter Directors

Jeff & Connie Overbay
407-474-4699
jeffreoverbay@bellsouth.net

Treasurer

Barb Schleicher
706 379-3018
wmb10262@windstream.net

Ride Coordinator NEEDED
Assistant Ride Coordinator
Open

Assistant Ride Coordinator
Open

MEC Coordinator

Nick George
706-897-2247
icrane@windstream.net

Sunshine Lady

Sandy Tomb
706-219-2281
sandgordo@gmail.com

Chapter Ride Educator

Jeff & Connie Overbay
407-474-4699
jeffreoverbay@bellsouth.net

Activity Coordinator

Sue Bible!
706-400-2675
2up450@gmail.com

Chapter Photographer
OPEN

Newsletter Editor
OPEN

News From The Mountain Blue J's Nest

REGION A - GOLD WING ROAD RIDERS ASSOCIATION



GWRRA, GEORGIA DISTRICT HIAWASSEE,
GA May 2017
CHAPTER GA 'J' 'BLUE NOTES'

We meet the third Saturday of every month except for December @ Daniel's Steakhouse in Hiwassee, GA
We eat at 11:00 AM and meet at 12:00 PM
(706) 896-8008 Call Dave and Judy @ 828-369-5918 to confirm

[Here's Your District Newsletter](#) And Here's Your Region "A" Newsletter



GWRRA Wingin' It
e-Newsletter
"Friends for Fun, Safety and Knowledge"
["Click Here"](#)

To all Georgia GWRRA Members,

Below you will find the reasons why you must get on your Goldwing or whatever you ride and spend some time improving your health!

Enjoy the ride,
Larry and Pamela Clemmer
District Directors
GWRRA, GA District
(Home) [770-210-8652](tel:770-210-8652)
(Cell) [678-525-5433](tel:678-525-5433)
georgiaDD@gwrro-ga.com

LET'S ROLL!

News From The Mountain Blue J's Nest

From: Jim Jackson [mailto:Jack297@bellsouth.net]
Sent: Wednesday, March 29, 2017 9:49 AM
To: Sue Jackson <s.jackson297@gmail.com>
Subject: Your Gold Wing Is A Form of Low-Impact Exercise

Morning Ladies & Gents,

For those of you that have been a little slow in getting that very nice Gold Wing out on the road this year, here is some bodacious information concerning how your Wing will help your over-all health. Got to be true since I found this info out on the internet.

HOW MOTORCYCLE RIDING IMPROVES PHYSICAL HEALTH

This article is dedicated to every rider who's sick to death of those "motorcycles are so dangerous" conversations, to every mother who's convinced her son or daughter is insane for riding, and for anyone who needs a really good excuse to go out and buy a bike. The bottom line is that riding a motorcycle is a form of low-impact exercise that improves muscle tone, can assist with weight loss, and has a multitude of health benefits. These health benefits include but are not limited to:

Healthier, stronger knees and thighs: A well-known orthopedic surgeon in Indy once told me that motorcycle riders have fewer knee problems because riding a bike strengthens key muscles used to hold the patella and other bones in the knee in place. He told me that riding a motorcycle may reverse knee pain and problems and can most definitely prevent them. Most of the key muscles used to hold knee bones in place reside in the thigh. Ever notice that chicks that ride bikes have nice thighs? There's a reason! Additionally, backing a bike into a parking spot, especially uphill, is basically like doing leg presses with a 600 pound weight. It works!

Improved core strength: Again, all of the activities involved in steering a bike, moving it at slow speeds, etc., serve to strengthen muscles in the abdomen. It's more fun that situps!!

Increased insulin sensitivity: Because riding a motorcycle is a low-impact form of exercise, people who ride have improved insulin sensitivity for up to eight hours after a ride. Improved insulin sensitivity has a profound impact on weight loss, because insulin is a fat storage hormone. Having improved insulin sensitivity means your body will produce less insulin to counteract carbohydrates or to lower blood sugars, which means your body will be signaled to store less fat. The improved insulin sensitivity is also of great importance to anyone with Type 2 diabetes. (See my post, Diabetes and the Art of Motorcycle Riding for info on how riding a bike significantly lowers blood glucose levels.)

Calorie burning: Riding a bike burns calories. Period. Getting everything ready for a ride takes time and burns calories, but there's more. Think about it ... it requires effort while riding to

News From The Mountain Blue J's Nest

maintain balance, shift, brake, control the clutch, battle headwinds, etc., and that's AFTER you burn calories backing the bike out of the garage! Riding into a headwind burns a significant amount of calories as your body tenses muscles to fight the wind and stay on the bike. This constant resistance exercise not only burns calories but serves to strengthen those muscles, which ultimately increases your metabolism. Additionally, the physical effort exerted while turning, especially at higher speeds, can be significant. Folks who ride motocross or race motorcycles can burn up to 600 calories per hour; the rest of us burn around 200-300 calories per hour. Not bad! (Note to passengers: You burn zero calories per hour while riding passenger on a cruiser, and potentially up to 50 calories per hour while riding passenger on a sport bike. Maybe it's time to consider getting your own bike!)

=====
Activity Directors Report:

"April Fools/Spring - Chinese and Silent Auction Chili Feed".



Our April Fool's Day Chili Feed turned out nice! We had 19 members in attendance. We had at least 4 different slow cookers full of great chili, lot's of snacks, cheese dips, crackers, deviled eggs and it was all topped off with a splendid variety of dessert cakes! All this was washed down with iced tea & lemonade.

We had about 20 to 25 gifts to auction off and the Chapter made almost \$200. This year we also added a "Silent Auction" for the more expensive home made items with everyone trying to out bid the other by writing down their bid. By the end of the evening (after the bidding was closed) the items went to the highest bidders. This worked out very well for us with what we collected from just The Silent Auction alone! We had a lot of fun telling April Fools story's from the past and there were some very interesting and hard to believe "Lies" when we got into the "Two Truths and One Lie" game. Obviously several members have led some shady (and at least one gross) lives in their past.

A good time was had by all! Thanks to everyone that contributed to the success of the evening and to Gary Willer for providing the Hall for the event!

Sue Bible

=====
Dave's Drivel: I apologize for being so slow on getting this published. Judy is recovering a bit faster now but initially it was slow going. Doc told her she was right where he expected her to be at the time.

My Doc wants to sell me a new knee, I on the other hand have been taking the course of injections to see if they will accomplish some freedom of movement and less pain. Time will tell.

Thank You, Jeff & Connie for filling our shoes during this time.

News From The Mountain Blue J's Nest

Ride to Dillsboro

April 2, 2017

By Jill McDaris

When we were having a good time at the April Fools Chili Dinner we decided we should ride the next day because it was supposed to be really good weather. So we announced at the dinner some of us were going to ride on Sunday.

We met at the Citgo Station in Young Harris at 10:30 am. There were 3 trikes and two bikes with seven riders/passengers. It was a beautiful day for riding. We started out on 17/69 toward 64. Turned left on 64 and took that to Family Church Rd. (I think). Turned right on Family Church and rode that to 74. Made a right on 74 and headed to the Nantahala Gorge.

The gorge was beautiful, as always and was easy to see the river due to no leaves on the trees as of yet. Once through the gorge we headed to Dillsboro to eat at Kostas Greek Restaurant.

The food was really good, the company was fantastic and the scenery, PRICELESS! After lunch we headed home via 64 then turned onto 175 then 75 to 76 in Hiawassee where we started splitting off into whatever direction needed to head home.

A great time was had by all. Hope to see you on the next one.

Ride Report for Saturday

April 22, 2017

Bear on the Square

We left the CITGO Station in Young Harris around 10:00 AM. Our group consisted of Jack Gottlieb, Bill Schleicher, Jill and Tom McDaris, and Iris and I. We rode towards Cleveland via US 75 South. Due to road construction in Helen, we went via the US 75 Bypass towards Cleveland, then cut across Asbestos Road back to US 75 South. We met Sandy and Gordon at Ingles in Cleveland, and from there the Tombs guided us through scenic back roads to our destination in Dahlonega. Lunch was at the Grapevines Italian restaurant which had plenty of parking "for patrons only." The food was very good and

News From The Mountain Blue J's Nest

moderately priced. Both the mussels and Margarita pizza were excellent choices, and both plates were priced at less than \$10.00 each...but not by much.

The Bear on the Square is a festival where local artists show their crafts, and the music is infectious without being too loud. I remember in years past when there were only a hand full of shops and kiosks located all around the square, but that is no longer the case. The event has become very popular, and parking is hard to find. One must come prepared to walk several blocks in order to see everything. We came home different ways.

Iris and I would like to thank everybody who rode with us. We wish Dave and Judy God Speed in their recovery. We certainly missed their company and good humor.

Nestor Morin

=====

Ride Report for Wednesday

April 26, 2017

Nestor organized a 10 AM Ride "Leaders Choice" ride for Wednesday, April 26th, to depart from the Young Harris Citgo.

After a group prayer for CD's Dave & Judy Hurd (Dave was in surgery at that time), we rolled out at 10 AM with 14 riders on 8 bikes/trikes under clear skies and about 70 degrees, headed for lunch in Bryson City. We enjoyed a pleasant cruise through Hayesville and over the Chunky Gal Mountains, crossing the Nantahala River and the Appalachian Trail before descending into Franklin, NC., and a comfort break at the local Ingles market.

Following our comfort break we explored a new access thru Franklin to Hwy 28 (after leader Dennis had the group temporarily going against traffic on a one way street). (Next time we make sure the ride organizer has arranged for bail money!)

Following the twisties as we roll north along the Little Tennessee River there were several comments on the CB about the beautiful scenery and weather!

News From The Mountain Blue J's Nest

We got into Bryson City just before noon and were disappointed to find Pasquolino's Restaurant closed! No problem, we just alternated to Jimmy Mack's Restaurant around the corner. Jimmy Mack's never disappoints and there were thumbs up all around after the meal.

After lunch we saddled up and headed back through the always enchanting Nantahala Gorge on our way west in search of ice cream. We were frustrated in that search as we could not get a DQ or equivalent to come up on our GPS's until Iris Morin remembered an ice cream shop on Hwy 129 just north of Blairsville (always rely on Iris). As advertised, there was the shop at the turn off to Ricks Rental (I drive buy this shop several times a day but spaced it out. Must have missed the giant cow)!

After ice cream we all said thanks and goodbye. Special thanks to Nestor & Iris for putting this ride together and working as Tail Gunners!

150 miles, 5 1/2 hours.

Dennis Bible

News From The Mountain Blue J's Nest

"THE BEST OF ALASKA" 7 NIGHTS JUNE 9, 2017

Celebrity X Cruises[®]
That's a natural luxury[™]



This special Alaska cruise is open all family and friends.

Alaska is breathtaking, a place where scenic wonders, such as massive glaciers roaring into the sea in the Inside Passage, are best viewed from the water. Much of the state's coastline is wilderness, and whether you're shipboard or out exploring on shore excursions, you'll experience the sheer vastness as you view protected emerald forests, snow-capped mountains, waterfalls, glaciers, fjords and wildlife. The Celebrity Solstice (higher end brand owned by Royal Caribbean) for 7 nights of WOW! Depart Seattle, Washington and enjoy cruising the Inside Passage, Juneau, Skagway, Tracy Arm Fjord, Victoria, British Columbia and return back to Seattle. Special reduced group pricing, private events & special perks for the group!



Ocean View Balcony: from \$2,052.56 per person including ALL port taxes! *SPECIAL PROMOTION: Receive a FREE Unlimited Drink Package OR \$300 FREE on board credit, per cabin when you book a balcony! (based on double occupancy). WINGERS-N-WAVES will guarantee the best rate at the time of booking.
Inside Cabin: from \$1,402.56 per person including ALL taxes! Only a \$250 deposit per person.

Limited space - For questions and to reserve your cabin call
Deanna (386) 299-7535 or deanna@wingersnwaves.com

News From The Mountain Blue J's Nest

**Best of the Western Mediterranean
11 nights departs on May 29, 2017**



YOU WILL RECEIVE SPECIAL GROUP RATES!! LIMITED SPACE

Celebrity X CruisesSM
That's modern luxury.SM

We can assist, book your air and pre-cruise hotels.

May 29 Rome (Civitavecchia) ITALY
May 30 Florence (Livorno) ITALY
May 31 Nice (Villefranche) FRANCE
June 1 Barcelona SPAIN
June 2 Barcelona SPAIN
June 3 At Sea
June 4 Malaga SPAIN
June 5 Gibraltar United Kingdom
June 6 Cartagena
June 7 Ibiza SPAIN
June 8 At sea
June 9 Rome (Civitavecchia) ITALY

CALL US FOR PRICING ON A SUITE



You're Invited: Mark your calendar and join other Wingers for the best of Italy, Spain, France and the United Kingdom. The Celebrity Reflection is Celebrity's newest ship and received many awards including voted Best Premium Ship. In addition, the ship will stay overnight in Barcelona, Spain and you will have the opportunity to enjoy night life and have plenty of time to explore. Seeing Europe by cruise is much more cost effective than touring by land. The cruise includes your accommodations, meals in main dining venues, entertainment and the transportation between some of the best cities in Europe.

The rates listed **INCLUDE ALL PORT TAXES!!!**

Deluxe Ocean View with Balcony: \$2,250.39 per person
Inside cabin: \$1,370.39 per person *inside cabin does not receive a free perk. Rates are per person, double occupancy.

Enjoy a free perk!
YOU CAN SELECT ONE FREE PERK WITH A BALCONY!
Free classic drink package (Open Bar) for two!
Unlimited internet for two or Pre-paid tips for two. Confirm your perk during deposit.



Open to all Wingers, friends and family - LIMITED SPACE - THIS CRUISE WILL SELL OUT. Only a \$450 deposit per person- Call (386) 299-7535 today or deanna@wingersnwaves.com

News From The Mountain Blue J's Nest

Support Our Membership Sponsors

Allaire

11026 Nottley Dam rd
Blairsville Ga.

Big Stuff Storage
*warehouse space &
freight forwarding*

**Indoor & Outdoor
Storage of ...**
***Cars*Boats*RV's**
***Trucks*Trailers**
***Motorhomes**
***Motorcycles**
***Equipment**

706-781-3492

Take Out
(708) 896-8008

Open Daily
11:00 AM-9:00 PM

Danields
STEAK HOUSE

278 Big Sky Drive
Hiwassee, GA 31040

Your family restaurant.

678-343-3137

Allaire Motorcycle Repair
Japanese Touring, Trike, Cruiser, Off Road

Specializing in all years of Honda Goldwings



*All Maintenance /Repairs
Tires Mounted & Balanced
Accessories Installation
Electrical Upgrades/Repairs
Trailer Hitches Installed*

Tom Van Harte... Enchanted Woods Dr. Blairsville GA.

**BEST L'iI ICE CREAM
PARLOR AND MORE...**

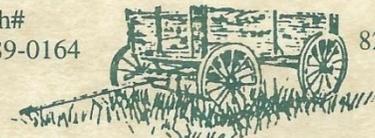
Pies

-hand dipped ice cream -
Antiques

Food

Ph#
828-389-0164

Fax#
828-389-8861



4 Yellow Jacket Drive, Hayesville, NC 28904
Country Music Saturday Night • 7:00 PM till...



Sundance Gallery Gifts
Blairsville, GA

Sundance Gallery Gifts

Your local "One-Stop-Gift-Shop"
offering one-of-a-kind gifts created
by American craftsmen and artisans

Julie L Willer
4397 Town Creek School Rd
Blairsville, GA 30512

706-781-3938
sundancegallerygifts@yahoo.com
sundancegallerygifts.com

News From The Mountain Blue J's Nest

I am asking \$2100.00, 1987 ASPENCADE, APPROXIMATELY 95,000 MILES, LOADED, NEEDS TIRES AND BATTERY AND A LITTLE TLC.

DAVID WILSON: [706/896-5125](tel:7068965125)



News From The Mountain Blue J's Nest

Dave, As we discussed a while back, my bike is for sale. I have asked at the dealers and have been told that \$23,000 is a fair asking price. It has many extras with it including a new set of Nolan helmets. The bike has 29,200 miles on it and runs like new. My home phone is [706 781-3409](tel:7067813409) and my cell is [706 897-3797](tel:7068973797).

Bill



News From The Mountain Blue J's Nest

Trike for sale!

2004 1800A w/CSC Trike kit.

Candy Durango Red. Just turning over 70,000 miles.

Excellent condition, All service up to date.

Loads of extras including:

Tall windshield

Passenger intercom & CB

Tri-Color Ring Of Fire

Pin Stripped by T.J.

Trailer hitch and small Tag Along Trailer

Always garaged since I've owned it.

\$23,000.00

Contact Art Upchurch @

Call 706-835-1691 or email dodgedad@bellsouth.net

For Sale

2001 Yellow Honda Goldwing GL 1800

Excellent Condition, no problems - Includes Tall and Short Windshields, Corbin Heated Seats, Tour Pack Rack, Wind Wings

40,700 Miles \$6,500 (selling for health reasons)

Bud Berrong [706-745-6692](tel:706-745-6692)



News From The Mountain Blue J's Nest



June 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1	2	3	4
5	6	7	8	9 Chapter J Dinner Ride TBA	10	11
12	13	14 Darrell & Susan Rich Anniversary	15	16	17	18 Chapter J Meeting @ Daniel's
19	20 Dennis & Sue Bible Anniversary	21	22	23	24 Bill & Barb Schleicher Anniversary	25
26 All Newsletter Items due to Editor TODAY if you want it published.	27	28	29	30		

notes

Okay folks! Check your B'Day's and Annv's. If they aren't right let Sandy and me know, otherwise, they'll always be wrong and it'll be YOUR fault.

News From The Mountain Blue J's Nest



July 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1
2	3	4	5	6	7	8 Tom McDaris
9	10	11	12	13	14	15 Chapter J Meets the 3rd Saturday of every month
16	17 Bill Schleicher	18	19	20	21	22
23	24 Roger LeRoy	25	26 All Newsletter Items due to Editor TODAY if you want it published.	27 Pam Worsham	28	29
30	31					

Notes

Okay folks! Check your B'Day's and Annv's. If they aren't right let Sandy and me know, otherwise, they'll always be wrong and it'll be YOUR fault.