

Ray's Desk Copy

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MISSION STATEMENT:

"Dedicated to providing service to the community while combining the two hobbies of motorcycling and ham radio"

Jun/July

MAY 2013

From The President's Desk

Congratulations to Michael, N6QZT. He was the big winner at the MARC 21st Anniversary meeting. Michael took home the new Kenwood D710 radio. Joseph, K6UPB, was awarded a golden broom for his work sweeping the Ship to Shore ADA ride in Long Beach last month. Joseph was everywhere on his scooter ensuring that all of the bicyclists made it over the bridges before the cutoff time. It was nice to see Michael, AF6PB, as a returning member and also to greet a new member Dean, KK6DPK, to MARC. I hope Danny, KD6FLP, had a safe trip home to Arizona, and Rob, KH7MW enjoys the rest of his summer riding on the mainland before he returns to Hawaii. Tom, K2QGT, and Sheron, KC6ZSH, were down from Parhump, NV. I hope Tom was able to find out what the clunking noise was in the engine of his Wing when he took it to JBJ Cycles. And, finally, I would like to thank everyone who stayed after the meeting for our annual photo session.

I would like to see a big crowd at the MARC meeting on 8 June, 2013. And, just as a reminder, there will not be a MARC meeting in July. Nor will there be a Newsletter printed in July. Enjoy your summer. Mijo and I do not have any special plans at this time. Perhaps a trip or two. The beach and Disneyland with our granddaughter may be on the agenda. Who knows? My riding plans for this summer are non existent. As a member of both the Patriot Guard and the American Legion Riders, I am sure there will be ample local rides to relieve my cabin fever and keep the oil circulating in the engine of my Wing.

For everyone who is interested in the follow up from my "tip over" last month near Escondido, I have replaced the mirror that broke and put some touch up paint on the plastic parts that were scratched. The scrape on my knee has healed and my wrist is slowly getting better. I think the wrist will take a while before it is back to 100%. Age does slow the healing of a sprain or overextension.

I have been having some difficulty posting attachments to the MARC list. After last months meeting, I attempted to post a picture of Michael with his new radio and one of the group pictures that I took after the meeting. Both were deleted from the list. Since then DeWitt, KM6UK, has been working with the server owner to rectify this problem. DeWitt has sent out the picture of Michael and it did come through as an attachment. It looks like this might be working now. I shall ask that our members not abuse this new privilege. Please keep your attachments pertinent to MARC subjects. I for one would hate to see it necessary for the Board of Directors to withdraw the attachment privilege that we have gained.

Enjoy your summer! If you do travel, keep us posted. Perhaps send Bonnie an article for the newsletter and let us ride along. Mijo and I will see you at the MARC meeting on 8 June 2013 at the Home Town Buffet.

John F. Reynolds, W5JFR
President MARC
909 820 0509
johnw5jfr@roadrunner.com

NEWSLETTER DEADLINE:
(SUBJECT TO CHANGE)

MAY	22 TH	FOR JUNE/JULY
JUL	30 TH	FOR AUGUST
SEPT	3 RD	FOR SEPTEMBER
OCT	1 ST	FOR OCTOBER
OCT	28 TH	FOR NOVEMBER
DEC	3 RD	FOR DECEMBER

MARC CALENDAR FOR 2013

JUN	8 TH	BREAKFAST MEETING
JUL		NO MEETING
AUG	10 TH	BREAKFAST MEETING
SEPT	7 TH	BREAKFAST MEETING
OCT	12 TH	BREAKFAST MEETING
OCT	19/20	MS BAY TO BAY
OCT	26/27	SANTA BARBARA
NOV	2 ND	SURF 2 SUMMIT OC
NOV	9 TH	BREAKFAST MEETING
DEC	14 TH	CHRISTMAS PARTY

It is the VETERAN, not the preacher, who has given us freedom of religion.
It is the VETERAN, not the reporter, who has given us freedom of the press.
It is the VETERAN, not the poet, who has given us freedom of speech.

It is the VETERAN, not the campus organizer, who has given us freedom to assemble.

It is the VETERAN, not the lawyer, who has given us the right to a fair trial.
It is the VETERAN, not the politician, Who has given us the right to vote.
It is the VETERAN who serves under the Flag, It is the VETERAN who salutes the Flag.

REMEMBER OUR MILITARY & VETERANS THIS MEMORIAL DAY

San Diego Tour de Cure April 20, 2013

Goal: 530,000 Riders: 554 Teams: 69

Achieved: \$353,376 Riders: 898 Teams: 86

Many thanks to our members to ride to San Diego for this event..

I, Jim will be attending the meeting in June with some advice regarding the routes..

Thank you all very much.

Jim KD6REA <james.banks@verizon.net>

Bonnie KD6OFQ <bonidavis@juno.com>

Ship to Shore Tour de Cure April 28, 2013

Goal: \$1,000,000 Riders: 3000 Teams: 200

Achieved: \$532,235 Riders: 1710 Teams: 130

Thank you all very much

And Mark what a great job you did- THANK YOU MUCH

Mark KE6ZRP ke6zrp_mark@yahoo.com

John N6JCB jbeckwith@lmu.edu

Bonnie KD6OFQ

TOUR DE OC MAY 4/5, 2013

RAISED: \$ 14,000+ Riders: 30

We ended up with right at 30 Riders. The total amount raised is still being finalized, but it is right around \$14,000. You can also put that we will be going back to a One Day Multiple Route Ride next year to get more rider involvement.

Thanks,

Gary

Scott K6IXQ

Gary Rigdon

BAY TO BAY MS EVENT- OCT 19th & 20th, 2013

Goal: \$2,000,000 Riders: 2500 Teams:

Start @ IRVINE TRANSPORTATION CENTER

15215 BARRANCA PARKWAY, IRVINE

Due Krista being ill she was not able to make it down to the MS meeting Wed 22. So keep in tune and we will have an arm full of updates in August N/L

Krista KB7MYR

Andy W6AJB

John KC6ZOZ(background)

SANTA BARBARA TOUR DE CURE OCT 26/27, 2013

Goal: \$150,000 Teams: Riders:

Achieved: \$ 5610.00 Teams: 9 Riders: 46

They are adding a 100 miler along with the 8, 37 & 67 milers. They have increased their committee members which is a great help...the 100 is being finalized & run as a figure 8 pattern with 2 additional rest stops.

Mark KE6ZRP

Bonnie KD6OFQ

ORANGE COUNTY TOUR de CURE NOV 2, 2013

GOAL: \$196,450 RIDERS: 500 TEAMS: 40

ACHIEVED: \$4022.00 RIDERS: 69 TEAMS: 16

Start/Finish at St John's Episcopal School

30382 Via Con Dios, Rancho Margarita, 92688

Rtes 8*25*66*10 MTN*20 MTN

Rancho Santa Marguerita are very happy to have us

Will have more on the routes they are being fine tuned by Brian KJ6VZV for the road rtes & Steve has met with the park rangers for the mountain rides- they are very cooperative with great ideas...

They have scheduled a food truck event to help raise monies for diabetes rescheduled for June 1st..

Everything is falling into place & diligently working to get all permits finished way before they did last year.

Mike N6QZT <mnaron51@gmail.com>

Bonnie KD6OFQ

5 THINGS YOU DIDN'T KNOW ABOUT-SMELL.

1. IN GENERAL, your sense of smell is weakest in the morning and grows stronger as the day wears on.

2. Smells can affect your behavior. A recent study showed that people sitting in a citrus-scented room cooperated more in trust experiments and even offered to make more charitable donations. (Salvation Army bell ringers, take note: You might want to swing a bag of lemons instead).

3. Your sense of smell becomes more active when you're hungry.

4. The ability to detect scents is boosted by estrogen, which is why women (especially pregnant women) tend to have more sensitive noses than men.

5. Astronauts in space often lose their senses of smell and taste. Because the lack of gravity, their senses fill up with fluid, causing stuffiness like from a cold.



THE WIFE SAID "YOU'RE NOT PUTTING A MOBILE ANTENNA ON MY CAR!"

FROM THE CHAIRMAN'S DESK



Now that all the April charity events are over with, about the only thing we MARC members have coming up is the Saturday unofficial MARC get togethers at Huntington Honda and the Saturday June 8th MARC meeting and the Ham Radio Outlet Ham Fest on Saturday June 15th.

I can tell you for sure that the 21st Anniversary MARC meeting on Saturday May 11th was a huge success. We had former MARC Board Member, Danny, ride in from Kingman AZ, we had Tom & ShEron from Pahump NV and Rob all the way from Hawaii. Rob has his motorcycle shipped over to the main land every other spring and spends the summer touring the USA. Then ships it back to HI in late summer or early fall. Must be nice. John W5JFR did all of the official photo taking and he did a wonderful job of it. I have seen the CD with all the pictures on it too. John got the pictures of everyone standing next to their motorcycles and then all the group pictures, you know, MARC board member, MARC staff members and different other group pictures. Thanks John, great job.

Mike N6QZT won the grand prize, a Kenwood TM-710A dual band ham radio donated by MARC. See Bonnies list of winners elsewhere in the newsletter. However, for those who get my newsletter articles other than MARC members, I did win a Comet CA2x4SR dual band ham radio, donated by Comet. Now I have 2 of them in the packaging laying on the shelf in the garage along with about 20 other antennas. Like I needed another antenna.

All in all we had a wonderful (read large) turnout for the anniversary meeting and it seemed that everyone won at least one prize. With all the prizes, the jokes and John's pictures it was a very successful MARC anniversary meeting.

We will have a June MARC meeting on Saturday June 8th, but Bonnie won't be there, she is leaving Thursday May 30th and flying to Ohio for her High School reunion and also the huge family reunion that they hold on the farm each year.

There will not be a MARC meeting in July nor a MARC Newsletter for July. MARC meetings will resume in August. Don't forget that we still hold our unofficial MARC meetings each Saturday at Huntington Honda at 9am when there is no official MARC meeting.

Ray's Personal stuff.

I turned 81 on Saturday May 18th. So Bonnie and I met my son Rod and his girlfriend at the Red Lobster in Riverside CA (about 35 miles from home and about half way to Rods home in Moreno Valley). Did we ever have a feast. Rod & I just love Lobster (we used to dive for them off the CA coast) so he ordered a 1.5 Lb. one and I ordered the 3 Lb. one. I had a very small salad with mine and that was it. Of course we had a few Marguerites to go with the Lobster too. With a 3 Lb. whole lobster you may get about 1.5 Lbs. of meat, if you're lucky. I couldn't eat it all, so Rod helped me out. It was what I wanted for my birthday and nothing else. Just to enjoy the evening with Bonnie, Rod and his girlfriend made it a perfect day. Just a note, Rod's girlfriend is a physical fitness instructor with beautiful body, but I hardly noticed:-) May 21st, 2013

I had been having some weird heart beats, palpitations when I ride the bicycle to hard and my heart rate gets over 130 beats per minute. I do wear a wristwatch type heart monitor everyday I ride. You know the one with the strap that goes around your chest and has the read out of a wrist watch type receiver that I have attached to the handlebar.

Well when my heart gets over 130bpm it just jumps up to 145/147

and I can feel the palpitations in my chest, plus it makes me a little dizzy (dizzier). So I take some deep breaths and slow down and the heart beat drops back to 120 and I continue on. This happened both on Monday & Tuesday this week.

So I have had an appointment with the cardiologist for months and I went in yesterday (Tuesday May 21st) and they gave me an EKG and hung a 4X4X1 inch monitor around my neck with 5 electrodes on my chest. I had to keep it on for 24 hours. They also made an appointment for this morning, Wed. May 22nd to have a CT scan at 10am. But they wanted me to ride the bicycle 10 miles with that device hanging around my neck before coming in for the CT scan. They said that I couldn't eat anything 12 hours before the CT scan. So get up at 5:30am, with no breakfast or liquids and am on the bicycle at 6:15am, ride the 10 miles by myself, (my riding buddy doesn't get up until 7am). No problem this morning with the heart. We're at the cardiologist at 10am, they do 2 CT scans with all that radioactive stuff shot into the veins. After that we have to go next door to the other doctors office to get this monitor thingy off my chest. They (both doctors offices) said they will call as soon as they get the results of the CT scan and the heart monitor I had to wear for 24 hours. Ever try to sleep with one of those things hanging around your neck. We'll see what happens with all the test results. One doctor said it could possibly be that one of the 2 stents that I had put in 7 years ago may be getting plugged up. That's a simple fix.

Friday, May 24th, start of Memorial Day weekend.

Charles KF6TXI & his girlfriend Melonie and I are going to be doing the Southern CA. M/c Assoc. Blazing Saddles Ride over Memorial Day weekend. Friday May 24th we head up to the Saturday morning official start located at Kingsburg CA., the next day (Saturday, May 25th) to Angels Camp, CA., then Sunday on to San Juan Bautista, CA and Monday back home to Irvine. The total miles would only be about 877 miles "if" you could stay on the main roads and interstates, but that isn't what they lay out for us. It is mostly back country roads all the way up and back. We don't get each days routes until the mornings before we leave each day. Makes it more interesting that way and we can't get our GPS's programmed before hand.

Thursday May 30th.

Bonnie flies out of John Wayne Airport for OH. She will attend her high school reunion and the yearly Paramore family reunion. She returns on Tuesday June 25th.

The rest of the summer?

I have no plans for this summer for sure. I may ride to FL. to see my daughter Janell, son-in-law Rick and x-wife Shirley, if and when the tornadoes quit in the Tornado Alley. Or I may wait until Bonnie gets back from OH and drive to FL. Janell, Rick and Shirley live near one another in a retirement area with a population of 100,000 retirees all over 55 years old. They just moved this spring. From what they tell me this is like paradise for those over 55.

To ALL MARC MEMBERS. Please remember to support those companies that support our newsletter with their advertising and provide all the door prizes for our monthly meetings, Christmas Party and our MARC Anniversary Party in May.

TO ONE AND ALL, HAVE A WONDERFUL AND SAFE SUMMER.

Ray Davis KD6FHN <raykd6fhn@earthlink.net>

MARC Chairman Of The Board

Cell (949-300-9669) <"http://www.marc-hq.org/" >

When I am on the road (either on Casper or car) you can track me here using our SPOT GPS. It works, I just tested it.

"http://share.findmespot.com/shared/faces/viewspots.jsp?glId=0BblJYC3FPXJAUC0f5qtoAUlxSV43Whh

MINNESOTA RIDING

I had planned for about a month to ride up to Zerkel... The name of this small town in northern Minnesota strikes me funny. We had gone through it many times on our way up to Thief River Falls and beyond. I have relatives from both sides of my family that live in the northwest corner of Minnesota.

My wife Karen also comes from the northwest corner. Further up along side the Canadian/United States Border. So there is some family roots in the barren lands of cattle and fields! Flat land for Soy beans or sugar beets. Towns are 10 miles apart, Elevators along the rail road tracks can be seen in the haze or rustling heat off the roads, reflecting or sometimes disappearing for a time. Mysterious places, droning along in a car and watching the scenery flash by.

Anyway I had planned this trip to meet the cousins that I rode with last July. Wanted to meet in Zerkel at high noon on May 18, 2013. Then go to the town of Bagley for lunch. I had sent the invitation on my FaceBook page and didn't get any hits! So the next time out on the FB page I wrote in their pages.

The appointment was set or so I had thought. This past week I had answers of "Yo Cousin Tim, We have rain in the for cast on Saturday, my husband Phil doesn't ride in the rain!" Marlene had written. Her brother Jerry also had written.. "Make sure we can get the convention center in Zerkel to have our gathering."

Jerry used to have lots of time to ride but this year the spring is late. Northern Minnesota had snow and even ice on the lakes until this past weekend. Fishing opener where a million anglers head out was interesting. Cartoons of hot hair dryers trying to melt the ice so the boats can get out in the lake or asking these passionate fisher people if they are just going ice fishing instead of water was the hype.

Yesterday I awoke at 415am. Got up and got the chores done. Then zipped up the Aerostich suit and walked out in to the darkness, quietly closing the doors, Karen hopefully not stirring. Dark at 5am meant one thing. Clouds. Birds had been singing since 3am, however as I checked the tires the only birds making noise was the crows.

Gentle rain drops descended on the windshield and seat. I started the bike and blipped the throttle, looking down the alley for signs of cages coming. Rode north to the intersection, deciding to ride north on hwy 65 instead of the usual route of hwy 47. The rains persisted, stopping at traffic lights where nobody was sitting on all sides became a need to dry off the front brakes with a soft pressure on the front brake lever then the bike slowed.

Stopped for fuel 25 miles north of Columbia Heights and added the heated vest. Temperature was in the upper 50's. Still dark due to moisture laden clouds overhead. Rode north to Cambridge. Rains heavy at times with flashes of lightning in the north east of my position. Stopped at a fuel station and took out the extra gloves with the rain covers. My hands moist with the soaked gloves, well I had a difficult time getting the gloves on! The heated grips worked, however the vest seemed not to heat like it should be.

At Princeton I left MN 95 and headed north on hwy 169. Clouded skies brightened. Some clouds looked white but most had that dark ominous look. Winds still coming out of the south east, getting a side push. Green lawns and ditches showed what the rains and snow had been doing these past few months. Drought has subsided I had heard from Weather people.

Gas prices jumped over .40 cents per gallon this past week. And the traffic north showed that. Yes plenty of trucks pulling fishing boats but not as many RVs or passenger cars coming by me. The rain would come and go as I headed north. To the east it looked real dark but to the west the horizon had a brighter hue. Rode around Milaca

and up toward Aiken then north to Hill City.

Left on Hwy 200 through the forests and Indian reservations. Leech Lake seemed higher than the road I was on. Rode west, skies still dripping wet. Stopped for 2nd fuel at a BP. Premium for off road and small engines was at \$4.89 per. Filled the bike's gas tank. Noted I had done 188 miles on the last batch. Checked the power plug. Yep the power wire had dislodged itself from the extra fuse block I had under the seat. Warmth filled my soul as I rode west.

"Hardees!" I laughed.. Pulled into the parking lot and took the helmet and gloves in with me. Ordered the biscuits and gravy. Nice and HOT food! Called Cousin Jerry.

"I am in Walker." I said as Jerry answers his cell. "Might as well come to Thief River, you don't need to get wet, eh?"

"Yeah that sounds Good, Tim!" Jerry seemed excited. "How long will it be before you get here, Tim?" Jerry continues.

"Got me, 100 miles from Walker to Thief River?" I asked "Yeah something like that, OK we will see you when?" Jerry now asks.

"Give me 2 and half hours and I will call you when I get to the Holiday Gas station. "

"Oh, OK. Thanks, Tim!"

With new goal of seeing Cousin Jerry I headed west on hwy 200. Past Itasca State park and cross the might Mississippi where its just a creek. Slowed for Zerkel and looked at the sign. No population on it. I had thought of taking a picture of the sign.

See about 7 years ago. Jerry invited me to ride with him to see his Mom. She had brain cancer and was in the Thief River Hospital. On the way up to Thief River Jerry had opted to take hwy 71 out of Wadena and then took hwy 200 west. As we drove through Zerkel I was trying to have him stop..

"Jerry the population says 19,257..we need to take a picture of the sign.. hey the other sign on the this side of town has the same population numbers! Can't we stop for one picture?"

Jerry kept driving and we had our laugh. "Well the town of Zerkel must be under ground." Jerry speculated There is the token 2 or 3 trailer houses at the corner of MN 200 and MN 92. No gas station open anymore, just a small town which has died... and I look at Jerry as he continues his speech.

"The witness protection program has moved from Thief River to Zerkel...remember Cousin Tim the 2 people that we would see EVERY time we came to Thief River?" Jerry asked I nod my head, thinking that Jerry has too much time on his motor to think.

"Well they have moved here and dug tunnels and are underground here..." Jerry unwinds his yarn as we headed for hwy 59. That was 7 years ago. The town is about 75 miles from Thief River. I had decided that I would make it EASY on the Cousins and Ride the bulk myself instead of meeting half way.

Yep another rabbit trail, eh? Looked in my mirrors and headed north on MN 92 for Bagley then west on hwy 2 to hwy 59. North again on this familiar road that we used to drive every year. My Grandfather Johnson had farmed just south of Karlstad, MN. We would pack the car for the trip and head north the 375 miles to either the farm or later he had Grandma lived on the south side of Karlstad in a residential home. Finally I see the sign for Thief River and pull into the Holiday Station. Called Jerry.. "West on 1st street to Kneal and then look for the Bat Mobile..."

Jerry is a big fan of Batman.. Calls his Camry the Bat mobile. He had purchased this car used and had problems with the car alarm. Some days the alarm would go off and it would sit in his driveway, headlights flashing and horn honking then it would quiet down. Jerry

had tried all sorts of ways to figure out how to repair it. The one story he told me. He and his son went to church in south Minneapolis. Small gathering of a Lutheran church. Jerry's wife played the piano or the organ for the church and she is up on the stage and had driven the other car earlier.

Service is in full swing.. Camry sitting out on the street... and the alarm went off.. Horn and headlights blaring. Jerry looked at Luke, "To the Bat mobile Son!" He said and they both dashed out of the church. The Camry sitting quietly waiting.. Jerry shrugged his shoulders. "Yeah we headed to Bob's Java Hut and had coffee, then!" I parked behind the Camry and looked at the small home that Jerry and Ruth live in now. Jerry opened the door and we shook hands. "You must not have seen the post on Face Book, Tim!" Jerry says I looked down at the cement steps, "Nope."

"We had canceled but I am Glad you came all the way!" He smiled. We talked of his work and he showed me the small home. Ruth was trying to hang up the 'Stich'.. "Too heavy with all the gear that I carry, Ruth." She nodded and hung it anyway on the hinge of the door. Hot meal of Stew warmed my body. She also had made a glorified rice with cherry desert. Downed the food with lemonade and we talked of their lives and work. Ruth went outside. The rains I had been in had stopped and she was planting small trees. Jerry told her that we would be going over to see Jerry's brother Russ.

Hopped into the Camry and rode the half mile to Russ and parked behind the 2 V-Star Cycles he has. His garage is full of antique cars that haven't been repaired since the last time I was in there. Shook his hand, and we talked of the snow and his job delivering packages. "Yah, I dropped this package off, No one home. Left it inside the sliding door of the farm house... and I look and see this pot of dirt with cigarette butts in it. The thing is smoldering, Tim." His blue eyes flashing as his arms are showing me how big the pot was. "PEAT dirt, Tim! The flower box was hot and who knows how long before the box would ignite, well I took the box and put it out in the drive way and taped a note to the sliding door explaining why of course!" He waved his hand. "Never know!"

"He saved that farm house!" Jerry interjected and laughed.

"Are you heading home today, TIM?" Russ wanted to know.

"Yeah, I have church duties in the morning, but hey good to see you Russ!" We talked more then. The typical Minnesota Good by is about 30 minutes long.. hehe

Drove back to Jerry's and Ruth was coming around the back side of their home. Her hands grubby from digging and planting trees. Fir trees of some sort.

"There is more than 10 of those trees, Jerry! Where or What am I to do with all those?"

"Yah well we can give them to Marlene or maybe Russ will take some?"

"Time for me to head back." I said. Ruth smiled and Jerry nodded.

"I plan to be down to the cities in July, Dylan is coming to ST.Paul!" I got my gear and slipped into the 'stich'. He walked out to the bike with me. "See you later, Jerry!" Last time I saw him in my right mirror before heading back to hwy 59 and south.

Rode south on 59. Winds still coming from the south east. Rode into the warm front and stopped for fuel in a small town just north of Detroit Lakes. Took the vest off and filled the tank. 206 miles this time. Rode south east on Hwy 10. Opted for this road instead of I-94. Doesn't take as long to get home and there is more towns and farms that block the winds if they get high. Took me 5 hours to ride the 320 miles.

Interesting trip! 7 hours up to Thief River with 1 stop for food, and 2 stops for fuel. 5 hours on the return trip just one stop for fuel.

BMW now has over 130,000 miles. Purrs. The auxiliary fan switch broke.. Wires hanging out. The switch is old. Have to replace it sometime this week. Other than that the bike continues to carry me.

My book is getting chapter names in it now. My friend John has gotten some preaching work so my book is on hold. I also am starting to plan for another book. Motorcycle Poetry. So we see how that goes. as John has said to me. "You have to write or do the project and see if it works. you can't just wish these things, right?"

So I wait for God's timing, Summer is upon us. I have told some that summer solace is only a month away... and then its down hill.. then I look at them.. "You did choose to live here, eh?"

73

Tim Lindstrom, ab0ts

130,400 miles on 1995 BMW K 1100RS

Columbia Heights, MN

10 WAYS TO SHARPEN YOUR SENSES:::

1. **Breathe in warm, moist air before eating.** Taste is about 75% smell, so clearing your nasal passages will enhance flavors.
2. **Alternate foods with each bite.** It will keep your palate "awake" and make each mouthful distinct and interesting.
3. **Limit salt and sugar.** It is easy to become desensitized to those two flavors(the more you consume, the more you need to get same "hit" of flavor) But if you abstain from salty or sugary foods for just one week, your sensitivity will return.
4. **Quit smoking.** Cigarettes damage your taste buds, but they regenerate every 10 days, so if you give up the habit, your sense of taste should improve in a few weeks.
5. **Realx your jaw-- or smile!** Both improve your ability to hear faint sounds. Tiny muscles in your jaw can disrupt the action of your eardrums and eustachian tubes(the latter, which control inner ear pressure, are what make your ears feel blocked on an airplane)..
6. **Practice listening.** Sitting in a quiet spot, try to identify all the sounds around you and the direction each comes from. (Most people can detect more sounds coming from in front than from behind).
7. **Close your eyes.** In general, you hear more when your eyes are closed or when you can't see well (as when walking in the dark). Vision--translating light waves into familiar images--takes up a lot of brainpower; turn it off and your mind has more resources to devote to the other senses.
8. **Spend an hour in a completely silent place.** You'll notice that your hearing will gradually become more acute. That's because constant noise overstimulates the delicate nerves that register sound.
9. **Pick sunglasses with 100 percent UV protection--ideally ones with amber, orange or brown lenses** (best for blocking the blue-violet end of the spectrum). The greater the UV exposure, the higher your risk of developing cataracts or macular degeneration.
10. **Take a break from anything that involves prolonged staring,** like surfing the Web or reading a book. Focused work means you're not blinking as frequently, so the delicate cells of your eyes dry out, blurring vision.

Hello MARC Family,

It has been a **LONG TIME** since I have sent in an article, so here you go.

A lot has happened in the last 5+ years. I recovered as much as I can from my on duty motorcycle accident (June 2007.) I have lost both my parents to cancer within a year and a half of each other (with dad passing this last January 23, 2013.) Also during this time, I got divorced after 16 years. (The accident brought out some things we could no longer contend with there.)

Well, now that all that drama is out of my life, I am happy to report some **GOOD NEWS!**

I have a new love in my life!!!! She is also a Sgt. on the Los Angeles County Sheriff's Dept. with me. While we do not work the same station, we do help each other out at our different assignments when we need it. What a blessing she has been! Finally, I have someone who truly **LOVES ME!** Some of the MARC family have already met Kim and she loves everyone she has met with MARC. She looks forward to seeing you all more often and soon. (Yes, she wants to get her license, so we hope that happens soon too!)

More good news: I bought a 2013 Ultra Blue Gold Wing!!! Yep, traded in my 2002 "Blurple" Gold Wing and got a new Gold Wing with **ALL THE BELLS** and Whistles on it. (Ok, maybe not **ALL** the whistles, I didn't get the air bag.) Kim **LOVES** to ride and we have been fun doing that as well!

My Repeater System:

Well, after many years and lots of my money, I have **FINALLY** got my system here in Southern California working. Now, for you folks out of state or out of the area, if you have access to IRLP, tune it up to IRLP Reflector Channel 9663. That is my reflector channel. When you link up to me, the IRLP will say "Welcome to the N6USO Linked Repeater System" and you are talking on my system!!

Please don't be shy, I **WANT** folks to **USE** the repeaters. On Sunset Ridge (Above Pomona, just west of Mt. Baldy at 5300+ feet) I have 145.440- 136.5 PL and 449.880- 146.2 PL.

On Santa Anita Ridge (Above Arcadia at 3200+ feet) I have 445.480- 131.8 PL. All three repeaters are linked **FULL TIME** and so is the IRLP Reflector.

If anyone would like to make a donation to the system, please feel free to send it to:

Burton Brink-N6USO
P.O. BOX 746
Sierra Madre, CA 91006

While my system is an **OPEN** system, it is fully funded by me and any donations that come in. (I haven't had any donations in 3+ years.)

Thanks for reading my little article. Please feel free to contact me or ask any questions about the system!

Burton Brink-N6USO

Reasons for changes in motorcyclist fatalities

Motorcyclist fatalities depend on the amount of motorcycle travel and the safety of that travel.

While accurate state-level motorcycle travel data are not available, the amount of travel is influenced by the weather, the economy, gasoline prices, and motorcycle registrations.

The safety of motorcyclist travel is influenced by the knowledge and skill of motorcyclists and by safety programs affecting both motorcyclists and other drivers who interact with motorcyclists.

This section examines each of these influences in turn.

Weather

Much motorcycle travel is discretionary. It's affected by weather conditions: cold and wet weather discourages motorcycling, while warm and dry weather encourages it.

Across the lower 48 states, spring 2012 (March-May) recorded the warmest average temperature on record by a full 2 degrees (NCDC, 2012). Thirty-four states, all east of the Rocky Mountains, had record average temperatures, and 46 states were warmer than normal, with only Oregon and Washington near normal. Rainfall nationwide was slightly below normal during this period, though it varied considerably across the states.

This warm weather undoubtedly increased motorcyclist travel, crashes, and fatalities, especially in cold-weather states, and likely is responsible for much of the fatality increases of the first six months. Many states explicitly noted the weather's influence, especially in the spring. Of those that did, all except Nebraska reported motorcyclist fatality increases through nine months.



Nothing to eat, just something to wash down the bugs!

FROM YOUR '50/50' LADY
MIJO REYNOLDS KF6BEB
<mijokf6beb@roadrunner.com>

NET DRAWING WINNERS: NETS ON 447.540

Check in on the nets on Wednesday nights:

Since there was a low attendance we only drew one name for the net draw & the winner was Andy W6AJB
Winners receive \$5 of 50/50 tickets.

~~~~~  
50/50:

Mother was good to John KC6ZOZ, Chris Whitfield & Billy N6EDY by giving each \$44

~~~~~  
\$25 Gift certificate from Huntington Honda won Kile AF6YK

~~~~~  
"MARC" door prize donations:

Family Tree Plaque won by Teri KF6HJT

Double Food Carrier won by Kile AF6YK

Mini Table Vise won by Alvin KD6UZH

Emergency tool won by Alvin KD6UZH

Pistachios won by Scott K6IXQ

Cat solar lite won by De Witt M6UK & gave to Teri KF6HJT

Computer paper won by Burt N6USO

~~~~~  
Thank you to the following for your donations:

John & Mijo Reynolds, Mark Kanzler, John Beckwith

~~~~~  
Gray ticket distributor: John W5JFR

Gray ticket winner: Mike AF6FB

~~~~~  
Thanks to Alvin KD6UZH & Chris AF6ZC for helping Mijo with the tickets...so much appreciated...

~~~~~  
SECRETARY/Treasurer/NewsLetter Editor/Info:

Bonnie KD6OFQ 949-551-1036 Fax 949-551-3042

Cell # 949-300-4441 <bonidavis@juno.com>

~~~~~  
NEW MEMBERS: Please Welcome:

5/18-Dean Bush KK6DPK of Moreno Valley brought in by Alvin KD6UZH

5/11- Re-up Michael Rickey AF6FB of Lake Forest, CA
Remember we are here for you...

MEETING:

Went over the problems & success of the San Diego Tour de Cure by Jim KD6REA, the Ship to Shore Tour by Mark KE6ZRP & Tour de OC by Scott K6IXQ..

NEWSLETTER:

Thanks to those who contributed to this June/July newsletter.....now starts the summer riding season- I want to hear about your trips for the newsletter. PLEASEEEEE.

SUNSHINE CORNER:::

Billy KF6WBV & Connie KF6YOM,--Have not talked to Billy as they were going to get Connie on May 20th.. We pray she makes the trip to Utah from Arizona without any problems.. Will check before I go to Ohio and let you all

know.

Hopefully Connie KD6UZE is feeling lots better and Anita Morgan, I think we need to tell the doctors what we think is wrong with you. Anyone else who is having health issues, we pray you all get well soon.

We do love and care about each and every one of you & your family as you are all our family.....If I missed anyone so sorry.

Lots of Love & Prayers to all in the tornado destructed areas with the loss of many lives.

They sure have been having some huge hail stones?, like grapefruit, coconut size - sure puts holes in the roof of barns & houses.

A special "Thank You" for those who are taking the time for our Fallen Military, ushering them to their final destination of rest.

Love and Prayers to All who are ill, had surgery, lost a loved one, all the people who are out of work, homeless due circumstances beyond their control...we "MARC" are here for you day and night...as we care.

We honor our Military for putting their lives in danger so we may live. Their families need our support in anyway we can.

Keep up the spirit... Love & Gratitude to all

**GOD BLESS AMERICA SUPPORT OUR TROOPS
IN GOD WE TRUST**

~~~~~  
Motorcycle Ride to Work is June 17th, 2013...

~~~~~  
21st "MARC" Anniversary:

AND THE WINNERS ARE:

Comet twin Cross SWR Power Meter from Comet
Ticket # 855283 won by Jim KC6OAU

\$25 Gift certificate from JBJ Ticket # 855305 won by Tom K2QGT

~~~~~  
**FROM MARC:**

Kenwood D710A Ticket # 855109 won by Mike N6QZT

Battery Tender ticket # 521996 won by John KC6ZOZ

Comet CA-2X4SRB Antenna Ticket # 521696 won by Ray KD6FHN

~~~~~  
From Members:

\$20 gift card from Chris & Kile Nightingale ticket # 855306 won by ShEron KC6ZSH

For the ladies: The Bradford Exchange

Butterfly wall bracket with 6 butterfly candle holders & candles called "Wings of Joy". Donated by Ray & Bonnie & the winner was Chuck KG6NJP who in turn gave to it Krista KB6MYR

**VERY IMPORTANT POSITIONS FILLED BY
WONDERFUL MEMBERS of MARC:**

Public Relations: Billy Hall N6EDY
Disaster & E-Mail Coordinator: De Witt Morgan KM6UK

MS 150K Coordinators Andy Bocker W6AJB
Chris Owens KB6MYR
(In the background) John Edwards KC6ZOZ

TOUR DE OC For Abused Children Coordinator:

Scott Farthing K6IXQ
Love Ride Coordinators: Bill Douglas K6WBD
John Reynolds W5JFR
Mark Kanzler KE6ZRP

Surf to Summit Tour de Cure: Mike Naron N6QZT
Bonnie Davis KD6OFQ

Ship to Shore Tour de Cure Coordinators:
Mark Kanzler KE6ZRP
John Beckwith N6JCB
Bonnie Davis KD6OFQ

San Diego Tour de Cure Coordinator:

Jim Banks KD6REA
Bonnie Davis KD6OFQ

Biker's Against Diabetes: Billy Hall N6EDY
Charles Robles KF6TXI
Victorville Mike Naron N6QZT
Pomona Bill Douglas K6WBD
Los Angeles John Beckwith N6JCB

APRS Coordinator: Chuck Welman KG6NJP
Bill Douglas K6WBD
Charles Robles KF6TXI

ECHOLINK Coordinator: Mark Kanzler, KE6ZRP
<ke6zrp@sbcglobal.net> Echolink node 264283, or KE6ZRP-L
home 818-242-1742 cell phone 818-298-1820

EMBROIDERY: ShEron Guthrie KC6ZSH
montanapd31@yahoo.com

Members-at-Large:
Danny Velderrain KD6FLP (Founding Board Member)
Terry Lewis KJ7LI (Past Vice President)
Pat Lewis KD6SBZ (Past 50/50 Lady)
Drew Pushie VE6HGW (Past Web Master)
Wayne Barringer WB6UJW (Past Web Master)
Paul Plasters K9PEP (IL/WI MARC Chapter)

MARC Equipment controller is Ray Davis KD6FHN
as we have most of the set-up equipment at
3 Lindberg, Irvine, CA for charity events.

"MARC" DUES:

Dues are due yearly from January to January \$12 (USA & Canada) &
\$15 for all other countries per household. It is a \$1 per month after
February for the balance of the year unless you want back copies then it
is a full \$12. You may also pay for more than one year if you
care...your choice..

For Sale::

1989 GL1500 Gold 70k miles. Great condition – hardly a
scratch . Only owner and all receipts. Comp-u-Fire
Alternator, Fork Brace, Yaesu Ham Radio (If Desired),
Garmin 550, Hitch, "Back Off", extra running lights, Cee
Bailey Windshield with NACA vent. 2nd Cee Bailey
Windshield (NIB), Air Horns, Much More.

John jbeckwit@lmu.edu, (310) 641-5483, Los Angeles

JUNE: NATIONAL SAFETY MONTH

BIRTHSTONE: PEARL

FLOWER: HONEYSUCKLE OR ROSE

COLOUR: REDS, WHITE, PINK & YELLOW

**MEANING:: HAPPY, FRIENDSHIP, LOVE, STRONG &
BEAUTIFUL**

JULY: BIRTHSTONE: RUBY

FLOWER: LARKSPUR/WATER LILY

COLOUR: PINK, PURPLE

**MEANING: GOOD LUCK, LAUGHTER, LEVITY,
LIGHTNESS AND OPEN HEART**

FATHER'S DAY REMINDER

A mother's work is never done

A father's work is rarely appreciated or much fun

Time to let any bad feelings be undone

Father's day is coming....dear daughter or son

Here's a why to honor your father

That isn't really hard

Whether he deserves it or not

Send a card

Today is a good day to get it in the mail

Throw it in the letter bale

The postal service delivers in rain or hail

But get done early, in case they fail

Before on decent cards there is a run

Go to the store today and 'get 'er done'

But if he's not here or passed away

Remember him kindly on Father's Day

And if he's abandoned you or he was never around

Don't let him hear a complaining sound

A perfect father is rarely found

And to past hurt we should not be bound

Of father's we have each only one

From that we should not run

Father's day is a day to reach out to forgive

Father's day is a day to appreciate and to give

(because you don't really understand it's strains unless
you've been a father)(James T. Adair)

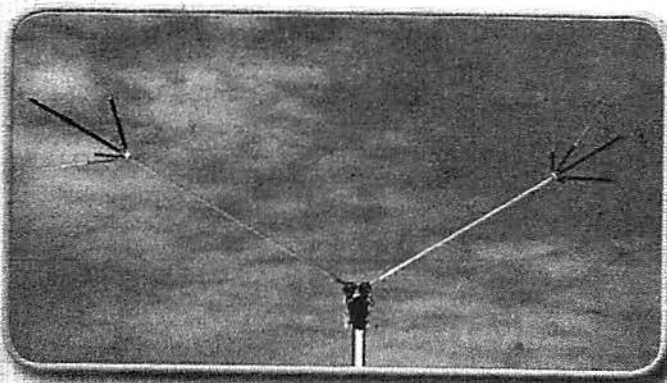
Life is a JOURNEY. Enjoy the ride!

The engineering staff at COMET Antenna Company presents three new products!

CMX-2300 TWIN Cross-Needle SWR/Power Meters

Left Side Meter 1.8-200MHz: Max Power 3kW
Right Side Meter 140-525MHz: Max Power 200W

Average and PEP power selector switch
FWD, REF, SWR readings displayed simultaneously.
Separate ANT/TX connectors allow both meters
to be used at the same time - Low loss circuitry - Illuminated



CHV-5X 40/20/15/10/6M Rotatable Dipole

HOA antenna restrictions? Limited space? Want to operate with a low profile? Need a small, multi-band HF/6M antenna for portable/emergency use?... The CHV-5X is a great choice! Lightweight, compact, rotatable half-wave center fed dipole. Assembles in several configurations: "V", "horizontal", or as a "ground plane". Each band tunes independently with sliding tuning stubs

Length: Approx 13 ft (assembled horizontally)

Weight: 5 lbs 14ozs (inc mounting plate and balun)

Max Power: 40/20M: 150W SSB 15/10/6M: 220W



CAA-500 Cross Needle SWR and Impedance Analyzer

Dual cross-meter real-time analog display of SWR and total impedance with high accuracy.

Seven frequency ranges (Including 222 MHz!) extending up to 500 MHz!

Thumb-wheel frequency adjustment for effortless sweeps of antenna operating range.

Two antenna jacks, "SO-239" and "N" (above 300 MHz).

Internal battery power or external DC (8 - 16 Volts).

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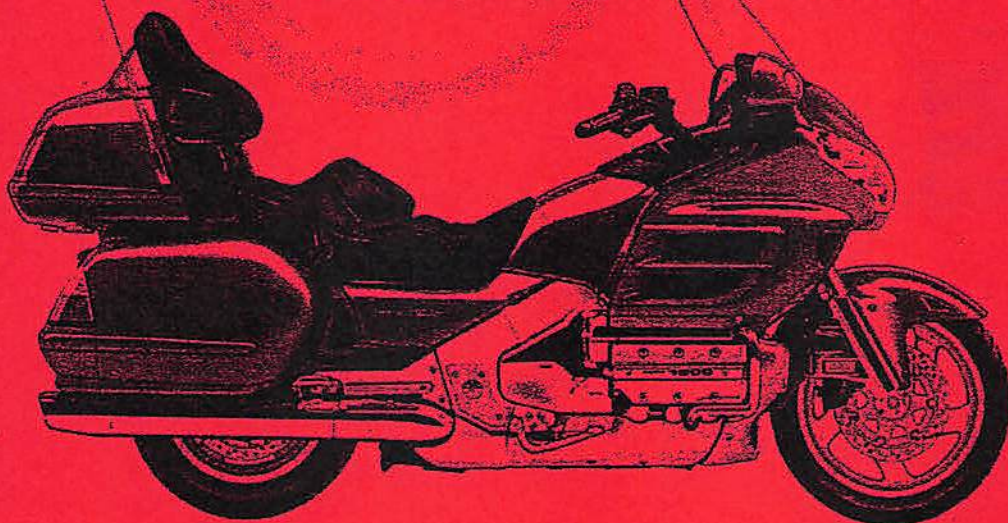
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JUN 5,12,19,26- "MARC" NET ON THE BARN SYSTEM 447.540 PL 100(SUBJECT TO CHANGE)
8- "MARC" BREAKFAST MEETING @HOMETOWN BUFFET(DOOR OPENS @7AM SERVE @7:30AM)
13-21ST MOTORCYCLE WEEK
14- FLAG DAY
15- HRO HAM JAM
16- FATHER'S DAY (REMEMBER TO TREAT & SPEND THE DAY WITH YOUR FATHER)
17- MOTORCYCLE RIDE TO WORK DAY
21- FIRST DAY OF SUMMER

JUL 4- HAPPY SAFE FOURTH OF JULY
28- PARENTS DAY
NO MEETING(Enjoy your time in July with no obligations to MARC)(:))ss
BUT BRING SOME GOOD STORIES OF YOUR HAPPY TIMES .

AUG 7,14,21,28- "MARC" NET ON THE BARN SYSTEM 447.540 PL 100 (SUBJECT TO CHANGE)
4- FRIENDSHIP DAY
10- "MARC" BREAKFAST MEETING @HOMETOWN BUFFET(DOOR OPENS @ 7AM SERVE @ 7:30AM)

SPECIAL INFO..... "MARC" HOME PAGE: <http://marc-hq.org>

"MARC" LIST: marc@nxport.com

BURT BRINK'S REPEATER SYSTEM: www.n6uso.com

"BA-MARC" LOCAL SITE: <http://ba-marc.org>

"EAST COAST MARC" SITE: <http://www.eastcoastmarc.org>

"TEXAS MARC" SITE: <http://www.motorcyclemarshal.com>

BARN REPEATER WEB SITE: <http://www.barnradio.com>

ALERT REPEATER SYSTEM: <http://www.alert.homestead.com>



JUNE/JULY 2013

NEXT MEETING:

JUNE 8, 2013 @HOMETOWN BUFFET

1008 E. SEVENTEENTH ST, SANTA ANA, CA 92701

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