



NEWSLETTER

V-Twin Motorcycle Club Inc. Trading as Rockhampton Chapter, Chapter No. 9116

April 2013

Proudly Sponsored by



125 William Street, Rockhampton

Phone 07 4924 9200

www.rockyharleydavidson.com.au

All correspondence to:

Rockhampton HOG

c/- Rocky Harley-Davidson

125 William Street, Rockhampton, Qld, 4700

www.rockyhog.com



In the beginning...

The **Rockhampton HOG** Chapter was formed on the 28th of January 1995. In 1997, the Chapter introduced the current format of the Official Ride held on the 1st Sunday of the month and the Chapter Meeting held on the 3rd Saturday followed by a social night after the meeting. Often there is an impromptu ride that Sunday.

The Chapter has hosted the QLD State Rally on two previous occasions. Firstly in 1998 and then again in 2009 with 100's of bikes from all over Australia and New Zealand heading to Rockhampton for the weekend. We also regularly attend events held by other Chapters. On the local scene, the Chapter gets involved in raising much needed funds for local charities throughout the year by holding or supporting Poker Runs, Toy Rides, Wild Woman Rides etc.

Since 1995, the **Rockhampton Harley Owners Group** membership has grown from just 18 at the 1st ever meeting to a peak of over 150 members. Currently we have around 128 active and financial members. It is not uncommon to have 30+ bikes on Official Rides.

In 2009, just prior to holding the State Rally, the **Rumble Inn** was built at the back of RHD. This is the venue for the monthly meetings and is also open every Friday evening from 5pm till 10pm for Chapter members and their guests to come and socialise at the end of the working week. So if you're interested in joining the Chapter or just passing through, drop in for a cold one with a great bunch of **Rockhampton HOG** members.



From the Editor...

Hi All!

First of all I must apologise for the extensive delay in getting the April edition of the newsletter out to you. Brett, Seth and I have been away camping for the past three weeks so haven't been at home to write it.

Whilst on our trip we dropped into the HD shop at Coffs Harbour. It was a friendly little shop. I have to say that we are so fortunate to have the floor space and facilities that we have available to us at RHD - we really are spoilt!

Our new CVO Breakout was delivered by Glen on the Thursday prior to Easter. I am absolutely in love with it! "Cherry" really is sensational! I'm looking forward to getting out on some of the rides! It has been far too long!

Thank you to those people who sent through photos and ride reports. Thank you also to those Committee Members who sent through their monthly contributions without me having to remind them. Remember people, this is your newsletter so feel free to contribute anything you feel your fellow HOG Members would be interested in.

Cheers,

Jill



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Director Daren White (Whitey)
0413 860 588 darenwhite@bigpond.com



Assistant Director Steve Cowley (Chief)
0428 992 685 chief62@live.com.au



Secretary Melissa Hill
0448 884 595 melndags7468@hotmail.com



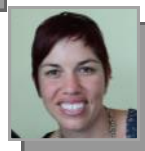
Treasurer Geoff Richardson (Richo)
0439 361 454 rrkitt@bigpond.net.au



Activities Moana Tioriori (Mo)
0432 567 915 biarchinoz@live.com.au



Editor Jillian Rickertt (Jill)
0427 139 551 editor@rockyhog.com



Ladies of Harley (LOH)
Chantal Sommerfeld 0417 703 904 ceblines6@hotmail.com
Debbie Foster 0421 114 630 dfoster59@bigpond.com



Historian Jayne Fry (Miss Jayne)
0429 720 261 jayne.fry@bigpond.com



Safety Officer Rick Bellert
0401 242 884 bellerr@optusnet.com.au



Photographer Anne Haines (Annie)
0429 395 451 ahaines@iprimus.com.au



Membership Officer Carolyn Guley
0400 800 272 clothes@rockyharleydavidson.com.au



Webmaster Brett Alloway
0414 267 039 web@rockyhog.com



Road Captains
Noel Guley (Mufti) 0409 994 146 guleys@hotmail.com.au,
Myles Witt (Witty), Cam Jennison (Big Cam),
Cathy Barry (Nasty) 0438 211 361 cathbarry65@bigpond.com



Sponsoring Dealer Geoff Trewin - Rocky Harley-Davidson
0417 911 259 Geoff@rockyharleydavidson.com





Director

Daren White (Whitey)



Hi Everyone,

Welcome and once again thanks for all the support shown from my fellow Committee and HOG Members, as I have now been handed the reins for the Director's position for Rockhampton HOG Chapter. Now the nerves have settled from the monthly meeting speeches, I am looking forward to some good times with the great group of people that surround me in this Chapter and to working with a Sponsoring Dealer that really cares how our club transpires.

In saying this, a big thank you also goes out to Noel (Mufti) for his help and support in the transition to this position and for the temporary fill in for a few months until I could get myself sorted to stand alone.

A big thank you also goes out to Steve Cowley (Chief) for stepping up to Assistant Director. Please get behind Steve and support him in this position as he has some great ideas for the future.

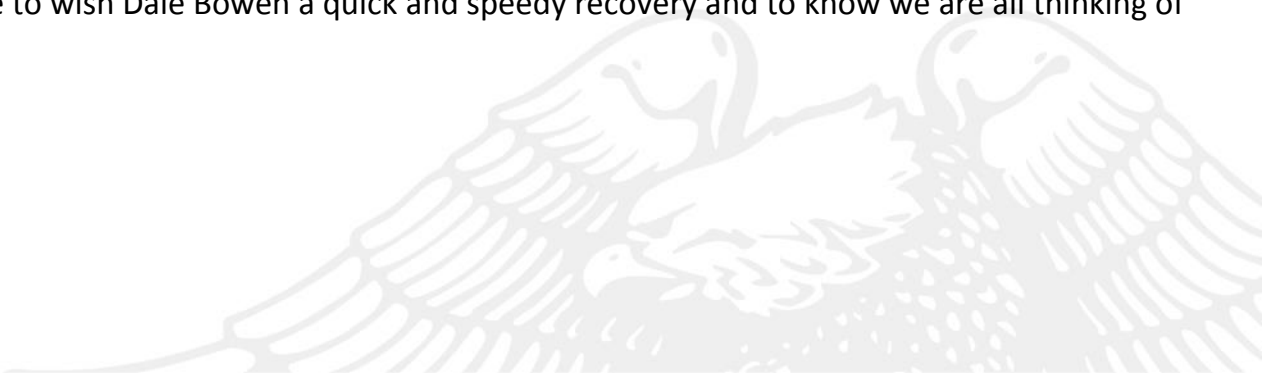
We touched on some rides and events that will be coming up, just keep an eye out in the newsletter and we will try to keep the events posted on the white board at the club to give members prior notice to plan your weekend ride. Please put your suggestions forward to Mo our Activities Officer, including details for rides/venues and accommodation if this is required, as the more ideas I think the easier it will be for everyone.

Don't forget to make use of Mavis, our HOG van, to get you home safely after a few Friday night sherbets. It is good to see members step up and take a turn. Just remember if everyone takes a turn, you will only have to have 1 drive for the year which makes it fair on everyone. Just to be clear this will be a ride home only and you will not be expected to drive to the coast unless you wish.

Lastly I would like to wish Dale Bowen a quick and speedy recovery and to know we are all thinking of you.

Cheers, Ride safe

Whitey





Assistant Director

Steve Cowley (Chief)



Hi Folks,

Firstly, congratulations to Whitey, on taking over the Leadership of our fantastic club, and a big thanks must also go to Noel, for his role as interim Director. Hopefully we can now settle down as a club and get on with business, which is to grow, ride bikes and have fun and still be Australia's number one club in my opinion.

As for myself, I am looking forward to assisting Whitey, to whom I pledge my support 100% and YOU, a valued Club Member, in any way possible as well as to perform my duties which are required of me as the Assistant Director. Any questions, queries, concerns, issues etc, please do not hesitate to raise them with me if Whitey or Geoff are not available. It is time to be proactive...not reactive. This is the only way for our club to move forward.

ACTIVITIES

I will continue to assist Moana in her Activities role, so if you have ideas of places to go or things to do (for an official ride day or as an overnighter) please, package them with as much information as possible as this will make organising much easier. Moana will then be able to do the finalisation.

That's it for now folks.

Cheers

Chief





Secretary

Melissa Hill



ROCKHAMPTON HARLEY OWNERS GROUP

CHAPTER 9116

MINUTES FOR MEETING HELD AT RHD 20 APRIL 2013

Meeting Opened @ 18:10

Apologies: Geoff Trewin, Glen and Paula Rohl, Pat Payne, Jeff Zornig, Chantal Sommerfeld, Cate and Myles Witt, Dale and Debbie Bowen, Tony and Janet Hankinson and Kylie and Norton Collins.

Noel: I am happy to announce that Whitey is ready to step up to the Director's role. So I will hand it over to him and I'm sure he will do a wonderful job.

Director's Report: Thank you to everyone for your support. Just let me know if there is anything any of you might need, or if there is any problems.

I would like to thank Noel for stepping into the role while I was getting myself ready.

I would also like to announce our new Assistant Director. Steve Cowley has accepted the role, so I would like us all to welcome Steve to his new role and ask him up to take his seat.

Steve will still help Mo with the Activities, but if someone would like to help Mo, just speak to her.

Rides lately have been bad, due to the weather.

Dale will be heading down Brisbane within the next 24 hours. All our thoughts are with him.

Our Seafood night tonight will be \$20.00 per head.

Future Rides that are coming up: Sunday 26th May 2013, Classic By the Coast. RHD are doing a display, so if anyone is interested in showing their bikes feel free. We will also see about doing a ride down for the day.

It is the Emerald Chapter's 20th Anniversary, and they are having their Chapter Challenge on the 29th June 2013. It will be an overnighter and is always a good night. Look into your accommodation now. It will be at the same time as the OKK ride.

Blackwater's Route 66 Poker Run will be in October.

Treasurer's Report: Report given by Richo, and if anyone would like to see the report just ask me (Mel) as I have a copy. Moved by Whitey and 2nd by Rosser.

Dealer's Report: Given by Carolyn, as Geoff is away. Geoff would like to know if anyone would like the coffee shop to open for us on Sunday's before a ride. Answer: No.

Garage Party will be held on the 25/05/2013 at 16:00. Invites and flyers will be sent out, and you will have to call me to let me know if you will be attending.

Rumble Inn Report: There is money coming in, but also money going out with bills and buying stock. We have talked about buying an ice machine, to save on buying ice all the time. Feedback is that they are a lot of trouble and it would be better to just keep on buying the ice.

Dress Drill Shirts for the Chapter - \$50.00 each. We may need to have a certain amount to place an order, so let me know. We will also have to look at a shirt for the Ladies.



Coolers - can we please bring them back if they are taken home. Or if you have some to donate that would be appreciated.

Dale is not well and is our fridge stacker, so if someone would like to donate ½ hour on a Monday afternoon to help fill the fridges. Graeme Wall has offered.

I would like to welcome our new members Eddie and Larissa Mitchell tonight, please make them feel welcome.

Rae was wondering if everyone is happy with the food on Friday nights. If you would like to see something different just let her know. Don't forget to put your money in the green hat, it goes towards the Friday night food and our Sea-food nights like tonight. Any money that is raised tonight will go to Bowie.

LOH Report: I was away at the 110th when the LOH had a Coffee Catch Up. There were a few ladies that went along, they had a lovely time.

The next event will be a Tupperware Party to be held on Mother's Day, the 12/05/2013 at the Rumble Inn at 15:00. The Hostess gift will be donated back to the Rumble Inn. Stellarossa will be open that day, as there is an International Ladies Ride on.

Safety Report : There will be a ride on tomorrow, so stay safe and have fun. If you have any topic that you would liked raised in the report, just let me know.

General Business:

Whitey: I would like to see the bus getting used, we bought it and need to use it. So we will do up a roster for the Friday nights again.

We will start to do some raffles on a Friday night and the money will go back to the CQ Rider's Trust.

Noel: Just about the Coffee Shop, it's great but I don't want the girls to have to open up and work just so we can have a few cappuccinos.

Emerald Chapter Challenge is also there 20th Anniversary, and it's also Gary's 20th Anniversary as Director. That is a World Record, for longest Chapter Director. It's a great weekend, so think about going out.

The National Rally next year will be in Cairns, we will let you know more info as in comes in.

We will make our May monthly ride out to Comet, let's hope the weather is good.

Steve : I will make sure my phone and email are in the Newsletter, so if you need anything you can contact me.

We will line up out the front of RHD for a Club photo before the Comet ride.

Cate did a lot of work towards the Cania Gorge ride, but they don't wait group bookings and have a minimum of 2 night stays.

We received a letter from the Sunshine Coast Chapter that came up for a visit on their way through. It is on the Member's Items of Interest Page.

Lots of fines handed out.

Meeting Closed @ 18:55





Ladies of Harley (LOH)

Chantal Sommerfeld & Debbie Foster



Hello to all,

As I was away for the last LOH event, I will fill you all in on the adventures of Williamstown Victoria. What a beautiful place to have the 110th Harley Davidson Celebrations. After flying down and patiently waiting for the arrival of Graeme, Nev and John, Lin and Danny from Gladstone, we set off to 'Seaworks' to register for the fun weekend. The atmosphere was buzzing with everyone arriving in their colourful vests and picking up their 110th packs. There was live entertainment, stalls and bars (of course). We were able to come and go from the event all weekend so we went along Nelson Place to eat, drink and be merry. Jimmy Barnes was excellent on Saturday night and of course the best part of the weekend was the Thunder Run with the sun shining, pleasantly cool and many onlookers waving us by. There were some very amazing bikes being very proudly displayed by the proud owners.

As some of you may already know, I was recently diagnosed with a malignant melanoma. It has been removed and I am very pleased to say I have very positive results. I have arranged a flyer on Skin Cancer checks in the newsletter .

My thoughts and best wishes go to the ill people and their families.

Debbie

- **LOH Mother's Day Tupperware Party**
- **Sunday, 12th May @3pm**
- **Venue " The Rumble Inn"**
- **Tupperware books are available at the Rumble Inn or see Carolyn/Debbie if you are unable to attend and would like to make an order.**
- **The Hostess gifts will be donated to the Rumble Inn Kitchen.**
- **Bring a small plate to share.**



Membership Officer

Carolyn Guley



New Motorcycle Purchases & Automatic Membership

A one -year full membership is automatically issued to the purchaser of a new Harley-Davidson motorcycle.

If more than one name appears on the title, the membership will be in the name of the person first listed. Memberships are not generated for motorcycles titled in a company name. Only one membership will be issued per motorcycle.

Already H.O.G. member? If you are a current H.O.G. member (or have been a member within the past two years), provide your membership number at the time of purchase to receive an automatic one-year extension. This prevents the generation of duplicate memberships.

Membership Renewal

H.O.G. memberships are renewable annually or in two- or three year blocks.

Members receive a renewal notice approximately 60days prior to their membership expiration date and may renew by mail, phone or members.hog.com.

Renewing members will receive a membership package four to six weeks after renewal. To receive your renewal package sooner, renew before your membership expires or renew for multiple years. Your renewal package will include a H.O.G. Benefits Guide, annual patch and pin "rockers" and an updated H.O.G. Touring Handbook (full and full life members only). Any queries on your membership you can phone 1800.464.258 (toll free) within Australia.

Ride Often.

Carolyn





Safety Officer

Rick Bellert



Hi All



Newton's Law states that every action has an equal or opposite reaction, same could be said for motorcycles I guess, ie: the faster you go the better your brakes need to be. Those who ride a Sportie will say things like "stops on a dime". They'll hit the anchors and measure stopping distance in millimetres. Whereas those riders with a larger touring bike say like, a Road King or an Ultra, may sprout things like "make us a cup of tea while we're waiting to pull up will ya love" - exaggerated of course.

Anyway, the point I'm trying to make is that different bikes require different distances to stop. And the short of it is the bigger the mass + speed the greater force required to pull it up.

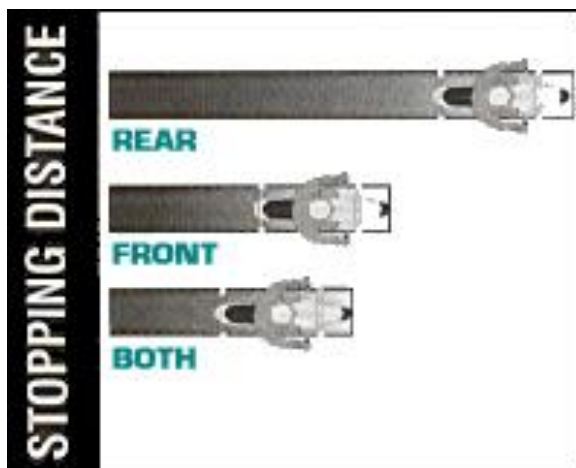
So what I hear you say. Well keep up Dexter and put this nugget in the back of your brain bone next time you're in highway

formation or tootling along with cages around you. Something you can do to help with your stopping better is to keep an eye on the traffic ahead of you. Say the bike in front of you has to brake or swerve, the best you could expect is a two second warning, but try keeping an eye on what the car or bike say three or four spaces ahead is doing. What this does is show you what is coming up, possibly up to 6 to 8 seconds in advance. This could give you the opportunity to wash off some extra speed in case of an emergency braking situation, and could be the difference in the safe stopping distance you need not to run up the arse of the car or bike in front.

So, how can I brake better?

Q: Should I use the front or rear brake when braking?

A: Well without sounding vague, both. Reason being that there are times when rear only is better than front and/or both is better than only one. But for pure stopping power both brakes applied will be best if your in a emergency situation. Keeping up so far?



Corners, straight line braking, wet roads, emergency braking, dirt roads - these all require different techniques for effective stopping. Good braking is best learned first hand in controlled safety or at an approved riding school in an enclosed environment.

How hard you can brake depends on things like tyres, road surface friction co-efficients and size of your balls.

ABS on the larger style bikes requires a little getting used to as the pulsing tends to put people off a bit, practice braking situations so you are at least familiar how it feels when it kicks in. Studies prove better control and stopping on ABS equipped bikes.

Keep your lids Skid Free,

Slugg



OFFICIAL CLUB RIDES -> 1ST SUNDAY EACH MONTH

CLUB MEETINGS -> 3RD SATURDAY EACH MONTH

RUMBLE INN -> EVERY FRIDAY NIGHT -> 5PM TIL 10PM

Rocky Harley-Davidson Opening Hours

Mon to Thurs -> 8am til 5pm Friday -> 8am til 8pm

Saturday -> 9am til Midday

May

- 5th **Official Club Ride Day** -> ride to Comet for lunch. Meet RHD @ 0830am for Chapter photo and depart after.
- 11th **Chris & Sophia's Engagement Party @ Rumble Inn** -> starts 0500pm - Rockhampton HOG Members welcome
- 12th **Ladies of Harley Event** -> Mothers' Day Tupperware Party @ 0300pm @ Rumble Inn. All welcome.
- 18th **May Meeting & Social Night** -> Meeting commences 05.30pm at RHD
- 19th **Impromptu Ride** -> Meet @ RHD at the time specified the night before (at the Monthly Meeting) and depart for destination (also decided the night before).
- 25th **Ladies Garage Party** -> doors open 0400pm @ RHD - RSVP by 20th May**
- 26th **Classics By The Coast** -> RHD are doing a display - members welcome to show their bikes**

June

- 2nd **Official Club Ride Day** -> details TBA
- 7-14th **OKK Ride** -> speak to Richo or Roser for more information
- 8-10th **Central Highlands HOG 20th Anniversary Celebrations** -> details TBA but a possible overnighter. Start booking accommodation now.
- 13th **Ladies of Harley Event** -> details TBA
- 15th **HD Boot Camp** -> details TBA
- 18th **June Meeting & Social Night** -> Meeting commences 05.30pm at RHD
- 19th **Impromptu Ride** -> Meet @ RHD at the time specified the night before (at the Monthly Meeting) and depart for destination (also decided the night before).

July

- 7th **Official Club Ride Day** -> details TBA
- 13th **Ladies of Harley Event** -> details TBA
- 20th **July Meeting & Social Night** -> Meeting commences 05.30pm at RHD
- 21st **Impromptu Ride** -> Meet @ RHD at the time specified the night before (at the Monthly Meeting) and depart for destination (also decided the night before).
- 27-28th **Mackay HOG Chapter Challenge "Canefield Bash"** -> details TBA

August

- 4th **Official Club Ride Day** -> details TBA
- 13th **Ladies of Harley Event** -> details TBA
- 17th **All Bike Drags @ Benaraby Raceway** -> possible overnighter - detail TBA
- 17th **August Meeting & Social Night** -> Meeting commences 05.30pm at RHD
- 18th **Impromptu Ride** -> Meet @ RHD at the time specified the night before (at the Monthly Meeting) and depart for destination (also decided the night before)

Future Rides & Events (Dates TBA)

- Dealer Ride to Magnetic Island
- Hard out run to Ravenshoe (for the dedicated riders who want to go hard and fast)
- Blackwater Route 66 (October)

(Please see flyer or advertisement towards back of newsletter)**

RUMBLE INN -> EVERY FRIDAY NIGHT -> 5PM TIL 10PM

MAVIS THE HOG BUS

At each Monthly Meeting, the Driver Roster for the Friday nights up until the next meeting is compiled. Please have a look at your schedule and nominate yourself for a Friday night that suits you to be designated driver. If everyone does it, each person will only have to drive the bus once every 100 weeks so please participate!

Thank you to this month's drivers:

3rd May:	Deb
10th May:	Nasty &/or Annie
17th May:	Gail
24th May:	George
31st May	Mel

If you do use Mavis for a lift home, please remember to put a minimum \$5 fare into her money tin (bolted to the hand rail just inside the sliding door) to put towards keeping her fueled and maintained.

*"Once you Rumble Inn, we will help
you Stumble Out in Mavis..."*

*****PLEASE NOTE: Mavis will only take you home (not pick you up)*****

Need gift ideas for Mother's Day?



See Carolyn in RHD's extensive Merchandise Department!
She'll help you find the perfect gift for the Mum/s in your
life! Drop in and see her today!



12-14th April - Harley-Davidson 110th Anniversary Celebrations - report by Graeme Wall

Fellow Hoggies,

Here is the report for the 110th Anniversary in Williamstown Victoria, well the ride there and back anyway. Debbie has written a report and sent in some photos of the Rally

Wednesday 10th April, Rockhampton to Goondiwindi, Nev and I left in wet weather gear and expected a wet miserable ride for the day, especially after what Rockhampton had experienced for most of the year, well we only put up with rain to Wowan. We then stopped at Banana to fuel up, have a bite to eat and wait for a couple from the Gladstone Chapter (John and Lin Moore) to ride with us to Williamstown. We arrived in Goondiwindi around 4pm and decided to stay at the same Motel that we used for the National Rally last year - The Jolly Swagman. Good accommodation, great meals and undercover parking for the bikes. We were joined by another Gladstone Chapter member Danny Gramm.

Thursday 11th April, Goondiwindi to Forbes, 4 bikes, My Fat Bob, Nev's Fat Boy, John's Fat boy and Danny's 100th Anniversary Heritage. I must say I take my hat off to a Pillion who has never done this trip before, approximately 4000 kilometres with quite a few of them with your backside off the seat more than on the seat and in Gladstone there were bets that Lin would fly home from Melbourne. You would never fall to sleep with the roads in the condition that they are in. Queensland's roads were the worst. In Forbes our accommodation was one and a half star but we didn't care, we found a great Pub for a drink and a meal and had a good sleep before the ride into Melbourne in the morning.

Friday 12th April, Forbes to Williamstown, Another rain free day, stopped at Narrandera for Breakfast and Shepparton for Lunch, or as I call it (Sheep Herd Town), no Kiwi's on the trip, so we escaped. The run from Sheep Herd Town into Melbourne is nearly all Freeways and Motorways now, so the trip is quite fast and you have to be alert or you will end up heading toward Ballarat or Bendigo. Cruising thru the streets of Williamstown around peak hour and the ABS did its job, especially when the car in front had no break lights. After doing a couple of laps around the streets of Williamstown we finally find the Unit we had rented, Debbie was waiting out the front and she had put cold drinks in the fridge for us, (Should do that next time, send someone ahead to pick up keys and fill fridge). We parked the bikes in the lock up Garage and walked a couple of blocks to register at the Rally.

See Debbie's report for the Rally and photos.

Saturday 13th April, Williamstown

Sunday 14th April, Williamstown

Monday 15th April, Williamstown to Forbes, Well surprise, surprise, we left in wet weather gear, Nev, John and Lin and me. Danny stayed in Melbourne to visit friends. The rain didn't last for long, about the first hour. Off came the wets at the first rest area and then almost a reverse of the trip down except this time we stayed at the Hotel/Motel where we ate and drank on the way down, two and a half star rooms but toast and cereal in the room like the good old days.

Tuesday 16th April, Forbes to Goondiwindi, Once again a beautiful day and on arrival in Goondiwindi we attempted to stay somewhere different, but after a lap of town decided on the same digs as on the way down to Melbourne. Yes, the Jolly Swagman.

Wednesday 17th April, Goondiwindi to Rockhampton, We Rode together until Banana, where we had a great lunch and said farewell to John and Lin as they headed back to Gladstone. Good to be home and no one or their bike was hurt during the adventure.

Graeme Wall

Ride, Ride Hard and Ride Often

12-14th April - Harley-Davidson 110th Anniversary Celebrations - photos sent in by Debbie

Foster & Graeme Wall



12-14th April - Harley-Davidson 110th Anniversary Celebrations - photos sent in by Debbie

Foster & Graeme Wall



19th April - Rumble Inn



Aunty Rae & Debbie
dressed for the
weather!





Chris & Sophia's Engagement Party

We would like to invite all Rockhampton HOG Members to our Engagement Party on the 11th of May at the Rumble Inn, starting at 5pm till 11pm.

Dinner will be provided. The theme will be Bling.

We are also looking for a volunteer to drive the bus that night, when finished to get people to the Heritage afterwards.

RSVP as soon as possible for catering numbers. Call Chris on 0448325883 or Sophia on 0419170432.

If you are thinking of giving a gift, to celebrate this day.

A gift of cash towards our wedding would really help us on our way.

However if you prefer a gift, feel free to surprise us in your own way.

From the Sunshine Coast Chapter:

Hi fellow Hoggies,

Our group of 24 arrived home yesterday after a wonderful trip to Townsville and home through Clermont and Roma, fortunately the sun gods were shining on us for the whole trip.

On behalf of the group I would like to thank you all for the generous hospitality shown to us on last Thursday night. Your chapter is one that other chapters should aspire to. We were all very impressed with the dealership and the facilities that you have there. The dinner was great but what about the desserts!!!

Thank you all again and we all hope to return for another ride soon.

Regards on behalf of our group

Kay Darling

From "Goggleman":

Just thought I would drop you guys a note to let your members know where we are and what we do. We have a website where we specialise in prescription and non-prescription motorbike eyewear and we're based out of Colac, VIC. We've got an editorial coming out next month in Heavy Duty and Cycle Torque so keep an eye out.

We carry the full range of 7 Eye road bike goggles as well as the Nannini (very retro looking Italian goggles). You guys are welcome anytime to have a look at what we do (as we're 30 mins away from the Great Ocean Rd, it's a nice ride anyway) but we send specs all around Australia. We're offering a \$30 off coupon to people who like us on Facebook or Google+ which may be handy.

Cheers and thanks for your time.

Michelle for Goggleman

www.goggleman.com.au

ph: 5231 4075

Murray St, Colac 3250

Newsletter Deadline

All Members are welcome to submit items for publication in the monthly newsletter. Please email them to editor@rockyhog.com no later than the Wednesday after the monthly meeting to make it into the next issue.

Sent in by Debbie Foster

Spot the difference



SKIN CANCERS

See your doctor immediately if you see anything unusual or notice any changes to your skin

Melanoma



Nodular melanoma



Basal cell carcinoma



Squamous cell carcinoma



WARNING SIGNS

Solar keratoses or sunspots



HARMLESS SPOTS

Moles



Seborrhoeic keratoses



CHECKING YOUR SKIN

Most skin cancers are detected by people themselves or by a family member.

If found early, most skin cancers can be successfully treated.

Make sure you check your entire body as skin cancers can occur on parts of the body not exposed to the sun. Ask a friend or family member to check areas you cannot see, such as your scalp and back.

See your doctor immediately if you see anything unusual or notice any changes to your skin.

PREVENTION IS BETTER THAN CURE

During sun protection times (when the UV is 3 or above), use a combination of:

- Slip on sun-protective clothing.
- Slop on SPF 30 or higher broad-spectrum sunscreen.
- Slap on a hat.
- Seek shade.
- Slide on some sunglasses.

Check the sun protection times daily at sunsmart.com.au, in daily newspapers or on the SunSmart app.



Call 13 11 20 or visit sunsmart.com.au

Spot the difference



SKIN CANCERS

Melanoma

- Most deadly form of skin cancer.
- If left untreated can spread to other parts of the body.
- Appears as a new spot or an existing spot that changes in colour, size or shape.
- Can appear on skin not normally exposed to the sun.

Common features of melanoma include:

- One half of the spot does not match the other.
- Edges are irregular, ragged, notched or blurred.
- Colour is not the same all over.
- Larger than 6mm across (about ¼ inch) or is growing larger.

Nodular melanoma

- Grows quickly.
- Looks different from common melanomas. Raised and even in colour.
- Many are red or pink and some are brown or black.
- They are firm to touch and dome-shaped.
- After a while they begin to bleed and crust.

Basal cell carcinoma

- Most common, least dangerous form of skin cancer.
- Red, pale or pearly in colour, appears as a lump or dry, scaly area.
- May ulcerate or fail to completely heal.
- Grows slowly, usually on areas that are often exposed to the sun.

Squamous cell carcinoma

- A thickened, red scaly spot that may bleed easily, crust or ulcerate.
- Grows over some months, usually on areas often exposed to the sun.
- More likely to occur in people over 50 years of age.

WARNING SIGNS

Solar keratoses or sunspots

- A warning sign that you are prone to skin cancer.
- Red, flattish scaling dry skin that may sting if scratched.
- Appears on areas of skin most often exposed to the sun, like hands and face.
- Most common in people over 40 years of age.

HARMLESS SPOTS

Moles

- Harmless coloured spots that range from 1mm to 10mm.
- Uniform in shape and even coloured. May be raised.
- The more moles or freckles you have the higher your risk of skin cancer.
- May have uneven borders and multiple colours like brown and black.
- Observe moles carefully for any sign of change.

Seborrhoeic keratoses

- Spot with a very discrete edge that looks like it sits on top of the skin.
- Colour varies from pale brown to orange or black.
- Size varies from a few millimetres to two centimetres.
- Most people have at least one or two of these spots by the age of 60.

Some images gratefully provided by the Skin & Cancer Foundation Victoria
April 2013

Email received from Rick Bellert (our Safety Officer) not long after he got his speeding fine. Thought I would share.....

Hi Jill, Here is some light reading regards demerit points allocation for fines etc. I don't think that most folk are aware of the changes regarding double points for second offences etc.

I am going to look into this a bit more (from my own recent experience).

Fines and demerit points - read more at: <http://www.tmr.qld.gov.au/safety/driver-guide/speeding/fines-and-demerit-points.aspx>)



FUNNIES SENT IN BY CHANTAL SOMMERFELD

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%. The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect...your family must be really pleased that you can hear again.' The gentleman replied, 'Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!'

Two elderly gentlemen from a retirement centre were sitting on a bench under a tree when one turns to the other and says: 'Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?' Slim says, 'I feel just like a newborn baby.' 'Really!? Like a newborn baby!?' 'Yep. No hair, no teeth, and I think I just wet my pants.'

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, 'Last night we went out to a new restaurant and it was really great...I would recommend it very highly.' The other man said, 'What is the name of the restaurant?' The first man thought and thought and finally said, 'What is the name of that flower you give to someone you love? You know...the one that's red and has thorns.' 'Do you mean a rose?' 'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'

Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. 'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'

A senior citizen said to his eighty-year old buddy: 'So I hear you're getting married?' 'Yep!' 'Do I know her?' 'Nope!' 'This woman, is she good looking?' 'Not really.' 'Is she a good cook?' 'Naw, she can't cook too well.' 'Does she have lots of money?' 'Nope! Poor as a church mouse.' 'Well, then, is she good in bed?' 'I don't know.' 'Why in the world do you want to marry her then?' 'Because she can still drive!'

Three old guys are out walking. First one says, 'Windy, isn't it?' Second one says, 'No, it's Thursday!' Third one says, 'So am I. Let's go get a beer..'

A man was telling his neighbour, 'I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art...it's perfect.' 'Really,' answered the neighbour. 'What kind is it?' 'Twelve thirty.'

Couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember. Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks. 'Will you get me a bowl of ice cream?' 'Sure..' 'Don't you think you should write it down so you can remember it?' she asks. 'No, I can remember it.' 'Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?' He says, 'I can remember that. You want a bowl of ice cream with strawberries.' 'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks. Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!' Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs.. She stares at the plate for a moment. 'Where's my toast?'

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later, the doctor spoke to Morris and said, 'You're really doing great, aren't you?' Morris replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'" The doctor said, "I didn't say that.. I said, "You've got a heart murmur; be careful".'

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool. After catching his breath, he ordered a banana split. The waitress asked kindly, 'Crushed nuts?' 'No,' he replied, 'Arthritis.'



WHAT IS A 710? *Sent in by Rob Roser*

No, it's not like another number you know!

A few days ago I was having some work done at my local garage. A cute blonde came in and asked for a seven - hundred - ten.

We all looked at each other and another customer asked, 'What is a seven - hundred - ten?' She replied, 'You know, the little piece in the middle of the engine, I have lost it and need a new one..'

She replied that she did not know exactly what it was, but this piece had always been there.

The mechanic gave her a piece of paper and a pen and asked her to draw what the piece looked like.

She drew a circle and in the middle of it wrote 710. He then took her over to a car just like hers which had its hood up and asked 'is there a 710 on this car?'

She pointed and said, 'Of course, its right there.'



The mechanic fainted.

PHOTO OF THE MONTH



Photo by Linda Murray

PUT WORDS IN THEIR MOUTH



Picture sent in by Rick Bellert

Each month I will choose a “Photo of the Month” from photos that have been sent in by Rockhampton HOG Members (you don’t have to be an official Chapter Photographer to send in photos). The photo must have been taken at a Rockhampton HOG Event that has occurred since the last issue of the Newsletter was published. Email your entries to editor@rockyhog.com. There will be a prize at the end of the year for the best “Photo of the Month”.

For “Put Words In Their Mouth”, email me (editor@rockyhog.com) what you think is being said between the people in the photo - the most creative entry will be published in the next issue of the Newsletter.

March’s “Put Words In Their Mouth” suggestion was emailed in by Chantal Sommerfeld



“On no! I forgot to go and give Mick his foot rub, can you phone him Julie Anne and tell him I’m on my way!!!!!!”



The following is information for new Members about the Rockhampton HOG Chapter:

Monthly Meetings - As a Member of the Rockhampton HOG Chapter, you are encouraged to attend our Chapter meetings held on the third Saturday of each month. They are a great time to socialise and get together with old and new friends. We discuss Chapter business and convey information about up and coming events and activities. These meetings start at 0530pm at the back of Rocky Harley-Davidson (RHD) aka The Rumble Inn. There is usually an impromptu ride the day after the meeting (Sunday) with the nature and destination decided upon either at the meeting or on the Sunday morning just prior to departure from RHD (which is normally around 0900am).

Monthly Rides - As a Member of the Rockhampton HOG Chapter, you are encouraged to attend the monthly ride on the first Sunday of each month. They nearly always depart from the back of Rocky Harley-Davidson (RHD) aka The Rumble Inn at a pre-arranged time. They vary in length, nature and destination and are always a lot of fun. For those with partners and/or families who don't ride and/or prefer not to be a pillion, the Chapter has its own 11 seater bus (Mavis) which follows on all rides and is available to Members and their families. It is asked that those who use the bus make a reasonable monetary contribution towards fueling Mavis after returning from the ride.

The Rumble Inn - in 2009, just prior to the Rockhampton HOG Chapter holding the Queensland State Rally, the Rumble Inn was built at the back of RHD. This is the venue for the monthly meetings and is the starting point for most of our monthly rides. It is also open every Friday evening from 5pm to 10pm for Chapter Members and their guests to come and socialise at the end of the working week. Mavis (the Chapter bus) has a designated driver every Friday night and is available to take you home if required. It is asked that you pay a "fare" into Mavis's Money Tin (mounted in the bus) when you arrive at your destination to help fuel her up for next time.

Rockhampton HOG Chapter Website - is located at www.rockyhog.com. To access the Members Only section, you need to be a current Member of the Rockhampton HOG Chapter. Once you are, ask Carolyn at RHD for the password to sign up to the website. On the site you will find some Chapter history, ride rules, past newsletters, photos, classifieds, upcoming events and lots more. It also has a Forum where you can introduce yourself etc.

Rockhampton HOG Newsletter - Our newsletter is issued monthly and includes our ride calendar and other information for Members plus stories about what has happened in the Chapter during the previous month. Our newsletter only works if you contribute too so please don't forget to send in recollections of previous rides, photos and any other bits and pieces you think other Members may be interested in. Photos of the rides are always popular! Contributions can be emailed to editor@rockyhog.com. The newsletter is published on the Chapter website www.rockyhog.com. Each month's issue is normally uploaded no later than the Sunday after the monthly meeting. A limited number of printed copies are also available from the Rumble Inn (first in best dressed).

GUIDELINES FOR SAFE RIDING ON HOG RIDES

- There will be a briefing before all rides so arrive at the designated start point half an hour before departure time.
- Pay attention to the ride briefing given by the Road Captain. If in doubt - Ask.
- If you are experiencing any difficulty that might affect others, let the Road Captain know before departure.
- Always fuel up before the start of the ride.
- Make sure your bike is in roadworthy condition. Check this before you leave home, not 5 minutes before the ride time. Check all lights, battery, tyres, etc.
- As a general rule, the group will depart and arrive as a group.
- Unless arranged prior to departure, do not pass the Road Captain.
- Use only one lane of a multilane highway. Follow the lead of the Road Captain as to which lane to use.
- Ride in a staggered formation except on narrow roads where you should follow in Indian or single file. When a rider leaves the group (eg. turning off to go home), or changes position in the formation, the remaining group will switch lanes using indicators to signal intention, and restore the staggered formation.

Staggered Formation Riding

Below is the primary riding formation.

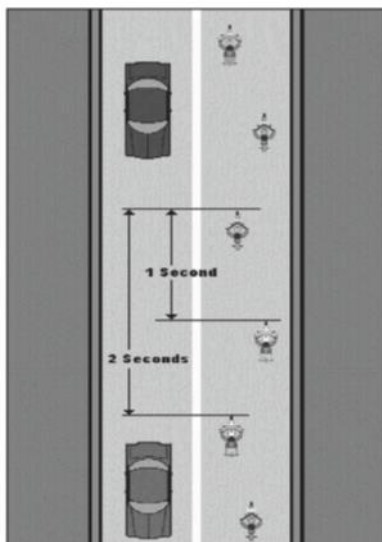
Single file is used when directed by the ride leader.

One-second rule: The bike in the lane to your left or right should not be less than one second ahead of you.

Two-second rule: Maintain at least two seconds between you and the rider in front of you.

Four-second rule: Look ahead four seconds at your immediate path of travel to give yourself more time to react to a hazard.

Twelve-second rule: Also look ahead at your anticipated path of travel. Twelve seconds is about one city block.



- When overtaking, maintain your overtaking speed until those overtaking with you have enough room to pull in behind without having to break suddenly.
- If you intend to travel at a slower pace than expected on the ride, position yourself towards the rear of the group and not in the front or the middle.
- New riders should take up position in front of "Tail End Charlie" for the first few rides. This is at the rear of the Pack.
- Keep an eye on the rider behind you. If they stop unexpectedly, you stop and determine the problem before proceeding. The rider behind you is your responsibility. An exception to this rule is "Tail End Charlie" - there should be no one behind him/her.

Most importantly - **"RIDE SAFE AND HAVE FUN"**

DON'T WAIT FOR LIFE. RIDE TO MEET IT.



GARAGE PARTY™

RESERVE YOUR SPOT TODAY

LADIES ONLY EVENT - Saturday, 25 May 2013

Doors open at 4pm.

RSVP: Call Carolyn on [07] 4924 9200 by 20 May 2013

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PRESENTS

CLASSICS BY THE COAST



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2013



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CENTRAL QUEENSLAND INC.

From David Laarhoven (HOG Mid North Coast Member)

I have taken on the 2013 NSW State HOG Rally communications role and would like to request that you alert your members to the opportunity to come to Coffs Coast via your newsletter and website.

I would like to announce to our fellow HOG Members that the registrations are now open.

The [Mid North Coast HOG Chapter](#) would like to extend an open invitation to all chapters to join us on the picturesque Coffs Coast to celebrate the 30th Anniversary of HOG, 20th Anniversary of our chapter in this very auspicious 110th anniversary of our beloved marque - Harley-Davidson.

www.mnchog.org.au

The Coffs Harbour Show Ground centrally located in the heart of the city is the perfect place to soak up the party atmosphere and celebrate with your close friends and new one you meet.

Coffs Coast is the regional tourism destination taking in the [Coffs Harbour](#) and [Bellingen](#) areas on the North Coast of NSW, approximately halfway between Sydney and Brisbane. This is where the Great Dividing Range meets the Pacific Ocean, leaving a small pocket of paradise lodged between the mountains and the sea.

Coffs Coast region encompasses the rainforest escarpments of Dorrigo to the golden beaches stretching from Hungry Head and Urunga to Woolgoolga to the blue waters of the Solitary Islands Marine Park. It boasts a wonderfully temperate climate all year round.

Coffs Coast has many activities and attractions for everyone, and offers a wealth of shopping experiences. Find and book a great deal from Coffs Coast's wide selection of accommodation and various activities. Try the fresh local cuisine and dine at one of the award winning, world class restaurants or cafés.

We offer you a hyperlink to the Coffs Coast Explorer which is a publication presented by the Tourism association.

Accommodation can be sourced and assistance regarding the geography/ highlights can also be sourced through the Visitors Information Centre. Phone 1300 369 070

Sponsored by our local Harley-Davidson dealer - North Coast V-Twins

Also conveniently located less than 2km down the road.

Looking forward to showing you our beautiful region and hosting the party of the year.

Please remember to book accommodation and register promptly to avoid disappointment.

A PDF of the registration form is attached along with a flyer with further information to accompany in your chapter newsletter.

Forms can be returned to rally_registrations@mnchog.org.au

Love to Ride ... yours in HOG.

You really don't want to miss this!

Save this Date!

18th to 20th October 2013

Coffs Harbour

"Where the Bikes meet the Beaches"

You are invited to join us in Coffs Harbour and stay for three days or stay for a week...the Coffs Coast has pristine beaches and sensational mountain ranges which are a perfect backdrop for a great ride. The Mid North Coast NSW Chapter Inc. are proud to be hosting the 2013 NSW State HOG Rally, October 18 to 20 at Coffs Harbour Showground, Pacific Hwy, Coffs Harbour.

The 2013 NSW State HOG Rally will be a huge event with loads of excitement over the weekend. From the moment you ride through the gates you will feel the Carnival atmosphere and want to explore the Rally site filled with an array of food stalls from Paella to Pizza's and Ice-Creams to Cupcakes & Merchandise vendors with that something different and unique.

The HD 1 Custom Shop, Chapter Challenge, Thunder Run, Show 'n' Shine, LOH Guided Ride Live Entertainment, Carnival Atmosphere & heaps of Food Vendors and Specialist Stalls.

Register at www.mnchog.org.au

Proudly sponsored by...



Find us on Facebook at Harley Owners Group Mid North Coast NSW Australia



2013 NSW STATE RALLY REGISTRATON FORM



Hosted by Mid North Coast Chapter NSW Inc.

www.mnchog.org.au

WHEN	Friday 18th – Sunday 20th October, 2013
WHERE	Coffs Harbour Show Ground, 123 Pacific Highway Coffs Harbour NSW 2450
REGISTRATION FEES	Early Bird Registration: \$175 Per Adult (Closes 30 th June 2013) Includes 3 Day Pass, Entertainment, Show'n'Shine, Thunder Run, LOH Ride, Chapter Challenge, Friday night meal, Saturday night Sit-down Dinner AND (if current financial international HOG member) Rally T-Shirt, Rally Patch, Rally Pin *Chance to win Early Bird Prize
	General Registration: \$175 Per Adult (Closes 18 th August 2013) Includes 3 Day Pass, Entertainment, Show'n'Shine, Thunder Run, LOH Ride, Chapter Challenge, Friday night meal, Saturday night Sit-down Dinner AND (if current financial international HOG member) Rally Pin
	3 Day Pass: \$150 Per Adult Includes 3 Day Pass, Entertainment, Show'n'Shine, Thunder Run, LOH Ride, Chapter Challenge
	Children 5 – 14 years: \$120 Per Child (5-14years incl.) (Closes 18 th August 2013) Rally T-Shirt, Saturday night Dinner (under 5years free)
REGISTRATION CLOSING DATES	Early Bird Registration Closes: 30th June 2013 Each Early Bird Registration goes into a draw for a V-Twins Gift Voucher Value \$500 (to be drawn at Dinner Saturday night 19th October 2013)
	General Registration Closes: 18th August 2013 Registrations received after this date cannot be guaranteed a Rally T-shirt, patch, pin or meals.
	On-site Registration for 3 Day Pass: Available from Friday 18th October 2013 12.00pm

Registration Details:

Note: Confirmation of registration will be sent by email. If no email provided confirmation will be sent by post. All enquires and confirmation will be sent to first HOG member listed below.

FULL NAME:	FULL NAME:
ADDRESS:	ADDRESS:
POSTCODE:	POSTCODE:
PHONE:	PHONE:
EMAIL:	EMAIL:
CHAPTER:	CHAPTER:
INTERNATIONAL HOG #:	INTERNATIONAL HOG #:

Non-Member

FULL NAME:	FULL NAME:
ADDRESS:	ADDRESS:
POSTCODE:	POSTCODE:
PHONE:	PHONE:
EMAIL:	EMAIL: