

River City Beemers

August / September 2021

RCB Newsletter



BMW MOA Club #210 & BMWRA Club #104

Catch us on the Web at WWW.RCB.ORG

Recurring Events:

Member Meeting: 1st Saturday of Every Month

Location: Susie's Country Oaks Cafe,
1000 Melody Lane,
Roseville, CA 95678

Breakfast or such when you arrive. Meeting starts at 8:00 A.M. and runs until 9:00 A.M. or so, depending on what the Rafflemeister has in his goodie bag. Weather permitting there is a member ride after the meeting. Check the web site for details at rcb.org.

Wednesday Night Dinner Ride

Location: Coffee Republic
6610 Folsom-Auburn Road,
Folsom, CA 95630

Riders meet at the Folsom Coffee Republic before heading out to a local dining establishment 30-45 minutes away. After dinner, the riders return home on their own. Locations are chosen the previous week by the participants. Yes, we ride in rain and during holiday periods. Each week's destination is usually posted in the forum on the previous Monday or Tuesday.

Board of Directors Meeting

Location: Kathrin's Biergarten
4810 Granite Dr.
Rocklin, Ca.

The RCB board of directors meets monthly to review past activities and plan future events. Consideration is given to member interest and cost, and the meeting is open to all. While the meeting begins at 7:00 P.M., most of the directors gather earlier to have dinner.



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2019 Officers and Directors

Officers:

President	Mike Robles	916-718-1514
VP	Gordon Olson	916-642-2221
Secretary	Rand Olson	916-599-0819
Treasurer	Scott Moseman	916-765-6970

Directors:

Emeritus	Rick Blake	916-927-2690
2019 – 2020	Ray Trujillo	916-601-9141
2019 – 2020	Al Morrison	916-955-2381
2019 – 2020	Laura Musgrave	916-334-5901
2019 – 2020	Bob Rasters	925-606-6129
2019 – 2020	Bob Brown	530-263-2823
2019 – 2020	Ken Caruthers	916-712-1014
2019 – 2020	Marv Lewis	916-208-1110
2019 – 2020	Rick Kilton	541-331-9553
2019 – 2020	Bob Highfill	925-200-6910
2019 – 2020	Karl Weiland	530-409-5409
2019 – 2020	Ray Nuguit	916-625-0799

Appointed Positions:

Membership	Rich Gay	916-792-7557
Newsletter	Jack Klauschie	916-765-7737
Webmaster	Ken Caruthers	916-712-1014
Women's Liaison	Jeanie Thurston	916-626-9121
Rafflemeister	Bob Rasters	925-606-6129
Ride Leader	Ken Caruthers	916-712-1014

RCB Calendar of Events

(See RCB Web Site / Forum for Details)

Sept. 4 **Member Meeting**

Sept. 17-19 **Mt. Lassen Campout**
Lost Creek Group Campground

**CANCELLED – NAT'L PARK
 CLOSURES & DIXIE FIRE**

October 1-3 **Fall Classic**
Member Meeting
KOA Manchester Beach

Oct. 15-17 **Nevada Outback**

Nov. 6 **Member Meeting**

Dec. 4 **Member Meeting**

**PLEASE CONSULT THE RCB FORUM
 FOR DETAILS ON UP-COMING EVENTS
 AND SPONTANEOUS RIDES**

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In Memorium



It was my pleasure to get to know this warm, beautiful, and gracious soul.
She will ride with me / us in spirit.

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President's Corner

August 2021

Yeah, I know, I'm running a bit late this month! Sorry. I am getting ready for and packing for the Tahoe Chill which is coming up this Friday. Should be fun as always and we are in the very capable hands of Lynell and Jenny in regard to their culinary skills and keeping us fed at this event. Thanks to the Klauschies and Harris for hosting this event. It is a lot of work and I know the folks that attend it appreciate all the effort they expend in always making this an enjoyable event. Pretty sure the bears like it also.

As a club, we are working to try to make the remainder of 2021's event calendar as busy as possible and I am wondering how it will play out when you consider how the Covid is gonna effect the remainder of the year. Will the Delta Variant send us back to 2020? I am hoping that doesn't happen but, we should be prepared for the possibility. We are proceeding with Manchester Beach preparations for Oct. but at the same time a lot can happen between now and then. Being optimistic.

The Lost Creek campout in Lassen National Park is scheduled for Sept. 17th and 18th. The plan is I drag my travel trailer there and provide a couple of meals to attendees. The problem (another problem) is the surrounding area is involved in the Dixie fire and the park is presently closed. So here is another possible cancellation. We will keep a close eye on conditions at the park. Fires and Covid! Really?

On a sad note, We have lost a good friend and club member in Laura Musgrave. Unfortunately Laura was involved in an accident in southern Utah and did not survive it. WE will miss that big smile and big personality she brought to all of our events. Ukulele jam sessions will also be remembered when the campfire is lit! Took 12 years to get me to sing around a campfire. Laura actually pulled it off! She was recently recognized in the BMW ON magazine with her riding mileage last year. She had no fear of a long ride. We will miss her.

I want to encourage you all to fill out the emergency contact information on this site. It is a new feature in your club profile and you should complete it. It will help someone help you if the need be. Capt. Ken posted a tutorial and it is a quick and easy add on to all of our profiles and long overdue. DO IT! Please.

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We will see some of you at the "Chill" this weekend. Bought a new bear horn. The thing is frickin' LOUD! Should scare off bears in the next county. We shall see.

See you all soon. Take care and above all, never ride faster than your guardian angel.

Mike

[Not as late as the Newsletter editor.]

Manchester Beach Fall Classic

The Fall Classic still is on and let's hope no new calamity intervenes.



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Our October member meeting takes place Saturday evening.



There always is a really great, stupendous, never seen anything like it - - - raffle.



Past partial table of raffle prizes, lamp excluded.

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RCB provides (pays for) campsites Friday and Saturday to set up a tent. Please check in at the KOA office when you arrive, and pay the nominal daily charge by KOA.

The bathroom and shower facilities are excellent, and there is a public kitchen you are welcome to use if so inclined. There is a pool and spa so bring swimming clothes if interested.

You are welcome to reserve a KOA cabin or lodge, if any are available, at your own expense. Some members reserve a RV spot, bring their travel trailers and extend their stay (at their cost).

You are on your own for dinner Friday. I suggest checking around before you leave as COVID made a mess of the cafes and restaurants on the coast. Best to check if your favorite is open. Many have reopened but at reduced hours.

RCB typically provides coffee and pastries Saturday morning, but it may vary.



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Dinner Saturday is catered by the KOA staff, and we ask for payment to cover the cost. Please sign up on the web site so we can get a headcount for dinner. I believe you can prepay for your dinner on the web site which is appreciated. Please check the Forum for any last-minute news.

WARNING: Keep an eye out for this guy. He is really fast!!



Nevada Outback

The Nevada Outback is back and scheduled for October 15th, 16th, & 17th. Scott Moseman will be reaching out to the landowner to see if we can get permission to camp at Frog Ponds (located on Jungo Road; 12 miles off Hwy 447 between Empire and Gerlach). Check the Forum for details as they evolve.

This will be a dirt ride, so GS and street legal dirt bikes are recommended. Nothing technical. (Well folks, that depends on the route and destination, but there is plenty of GS friendly riding.) The plan is to explore some mines (not go in them) in the Jackson Mountains and check out Skull Rock and the Lava Bed area.

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For those who want to stream their miner selves there is an area where you can chip away at the rock to try to find an opal. Been there. Done that. Was an easy, sorta relaxing day if you don't count swinging the pickaxe. And yes, I found one that was a keeper before I broke the pickaxe handle.

On the front page and below are photos to give you a sense for the high desert.



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River City Beemers
Sacramento

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How fast can you go? Until you yell for Mommy.



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Food For Thought

Perception of Our Environment

Mark Barnes, PhD

Mark Barnes, PhD is a new contributor to the MOA On Magazine. Some of you may remember his articles in other magazines that have gone bust over the last few years. In my opinion he is a welcome addition to the MOA On magazine contributors.

In the June 2021 issue of the On magazine, he wrote an article called “Sensitivity Training” but not the kind you likely first thought when reading this. I highly recommend reading the article. The article dealt with the process of sensitization which makes one more aware of stuff within our perceptual field. How many times have we been on a ride and someone asked something like: “Did you see the ____ on the side of the road?” Our answer was no, where was that? In very basic terms sensitization is the name for our perceiving things in the environment and becoming “aware” of them, our brain’s processing of the inputted data. For example, remember how aware of even small details you were when going someplace new – a new riding route. My take away was to try to train myself to be more aware of what’s going on around me – like that first new experience.

In the July issue he talks about “habituation” which does the opposite. I also highly recommend reading the whole article. I paraphrase some of the key points. Habituation makes us less aware of repeatedly encountered stimuli which did not have any significance to our functioning – historically survival. How many times have you driven to work and have no memory of what you did or was in the environment while driving? That is habituation at work. The stimuli were there but your brain did not process it because it historically has not been important – did not have consequences. Habituation coupled with a lack of sensitization likely is the reason your riding friend saw the thing on the side of the road, and you didn’t.

In my opinion habituation also explains, in part, the proverbial: “I didn’t see the motorcycle.” Motorcycles historically have not been a factor in safely driving to work, market, etc. so your (driver’s) brain doesn’t even process one is there.

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I have no fondness for loud Harleys, but I have seen how motorists perk up when a rider blips the throttle. The sudden, loud noise alerts the survival part of our (driver's) brain to pay attention and our cortex processes it.

Habituation is not necessarily all encompassing. As long as the stimuli are "unfamiliar" our brain still is evaluating the stimuli. Our brain's perception of 80 degrees in March (hot) is different than September (cool). Same stimuli but different interpretation given the season. Once deemed inconsequential, our brain's "awareness" of the stimuli fades or is ignored. More directly, our brain stops processing it because it is not critical to our survival. Our brain's ability to "tune out" the noise is helpful and adaptive – until it isn't.

As Dr. Barnes wrote: "Obviously, relieving our minds of unnecessary burdens and freeing us to concentrate on what matters most is a functional asset, but what about when danger slips in camouflaged in the drab garb of familiarity?" His example is a white car at a commercial driveway that is in front of a large white building. After repeatedly going past this place our brain has become accustomed to the white building and pays no attention to it potentially not processing the lethal threat in the form of the white car.

Habituation also has a role in the behavioral realm. The old adage practice makes perfect is an example. Dr. Branes observes however that for most of us practice makes permanent, and rarely perfect, tending to reinforce the bad with the good. Hence the need for periodic training to unwind (hopefully) the "bad habits" - the behavior that does not improve our skill set and may make it worse.

Dr. Barnes observes we have little conscious control over the process.

I say to myself until I do by training myself to treat every ride like it's my first.

Easy to say and write. Much harder to put into practice.

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An Editor's Request

MANY THANKS TO THOSE WHO HAVE CONTRIBUTED MATERIAL FOR NEWSLETTERS!!

Please take a few minutes to dig out some pictures of you at your riding best, worst or when you were young, foolish and invincible. Have a memorable ride, or epiphany while riding? Tell us about it.

Please send me photos and a short story to go with the photos for the Newsletter.

Now don't be bashful.

Please take photos and write notes.
Better yet write an article or ride report.

If you read an interesting article send me a copy.
Please send them to me at jackklau@comcast.net and I will add them to the newsletter to share with members.

Please Check the Forum often to stay updated on club functions and events.



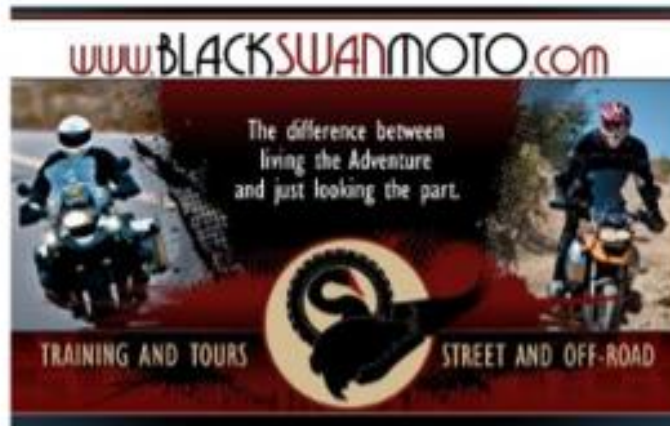
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Global Rescue is the premier provider of medical, security and evacuation services worldwide and is the only company that will come to you, wherever you are, and evacuate you to your **home hospital of choice**. Additionally, Global Rescue places **no restrictions on country of citizenship - all nationalities are eligible to sign-up!**

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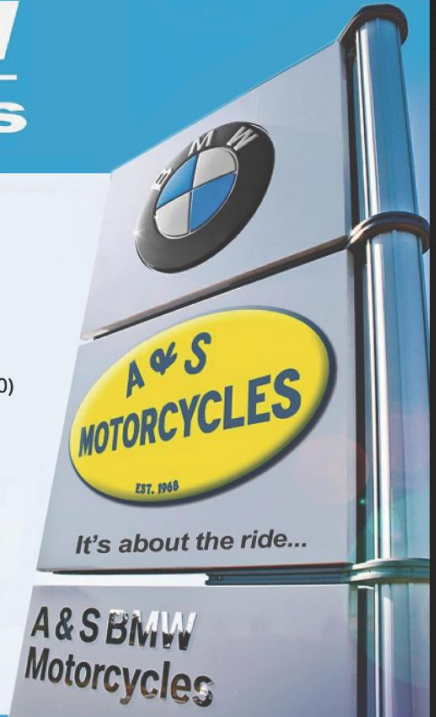
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