



EASTERN CANADA

# *Motor Maids Inc.*

Version 19, Edition 1, September 2009

**District Director:**

Dora C. Cook, Lanark 2008

**Assistant District Directors:**

Laurie Esseltine, Kingston 2007  
Sue Bools, Ottawa 2005  
Corey Pullman, Wingham 2006  
Heidi Roy, Golden Horseshoe 2004  
Dale Smilie, GTA 2008

**Safety Officer:**

Jean Hutcheon 2008

**Past Ass't Directors:**

Nancy Maloney, 2001-2005  
Joan Appleton, 2000-2004

**Past District Directors:**

Lynn Cox, 2003-2007  
Audrey Stargratt, 1995-2002  
Connie Ray, 1992-1994  
Sandra Clarke, 1990-1992

**Past Provincial Director:**

Linda Harris, 1981-1988

**Past State Director**

Audrey Alexander, 1949 -1953

**Motor Maid National Executive  
Directors:**

**Vice President**

Dorothy Seabourne, 2005- 2006  
Lise Sculland, 1996 – 1999

**Advisory Editor:**

Lynn Cox, 2008

**ECN Web Editor:**

Bev Hannington, 2008

**Historian:**

Linda (Williams) Harris 1987-1995  
Dorothy Seabourne 1996

**Cdn. Hall of Fame Inductee**

Audrey Alexandre 2008

## *A message from the District Director*

Hello Eastern Canada Motor Maids! The riding weather has been terrific! I have managed to attend two Ottawa Ice Cream runs with the Ottawa group. Sue Bools, ADD Ottawa and I travelled to Kemptville for ice cream and the following Tuesday (our last meet of the season) Jay Ritskes, Nancy Andrussek, Sue Bools and I rode along the Aviation Parkway to Orleans. What a delight this has been for me to actually be able to participate in the Tuesday evening rides! Take a moment ladies to thank your Assistant District Directors for all their wonderful efforts in bringing us together to ride and have fun! Remember they are just volunteers! So hug them too!

Well our girls are back from the AMA Women's Motorcycle Conference in Keystone, Colorado. According to Laurie Esseltine, ADD Kingston, there were 16 Motor Maids from Eastern Canada for a total of 60 Motor Maids. All in all, this event was attended by more than 1,000 women from across the globe! There was spectacular riding; informative meetings, booths, wonderful people and our girls especially loved their condos! Sadly, however, Brenda Hickling-Thatcher was not able to make the conference due to a motorcycle accident. Brenda is now at home and doing well. Nancy Maloney twisted her knee while at convention and will be on crutches for the next six weeks. But, let me tell you Nancy sounds fantastic and looking forward to getting back on her bike. Nothing gets that girl down. Our very own Deb Benn had a motorcycle accident returning from convention. According to JC, she is in good spirits – and counting the weeks until her cast comes off (about mid-October is her guess). Deb's bike is toast it sounds like, so she'll be shopping for something new. Her email is at work, so her only communication is telephone or mail. Please take the time to send your best wishes to these lovely Motor Maids.

I'm getting ready for the Fall Meeting at Sue B's in Belleville and the 2010 calendar is shaping up nicely. These activities will include among other things, Toronto Bike Show, Spring Meeting, Dot Robinson Tribute Ride, Ride for Dad, convention in Cody, Wyoming, EC and Atlantic Canada Rally, fall and Winter Meeting and everything else in between!

If you haven't had the chance to see it, log onto [www.motormaids.org](http://www.motormaids.org) and check out the 2009 Motor Maid Convention in Lewiston, Maine. Cathy Disney, Historian, did a terrific job of capturing the great activities and events. Also, log onto [www.ecnmotormaids.ca](http://www.ecnmotormaids.ca) and join the group to see what everyone is up to. Please get familiar with this site and give it every effort to make it work for you as we will be phasing out the Canadian Motor Maid Yahoo Group at the end of this year.

Well I don't have much more to say, (I know this is a shock to me too!) so enjoy as much of the season as you can and we'll be seeing you on the road!

Have a fun month everyone!  
Sincerely,

**Dora C. Cook, District Director, Motor Maids**

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## *New Members*

If you know of anyone interested in becoming a Motor Maid, please have them contact myself at [dora.cook@hotmail.com](mailto:dora.cook@hotmail.com) for more information and an application form. Every member that signs a new member receives a Motor Maid charm.

## *Upcoming Convention* July 5<sup>th</sup> – 8<sup>th</sup>, 2010 Cody, Wyoming

Book your room today. Call the Buffalo Bill Village Resort in Cody, Wyoming has something to offer for everyone. You have a choice of Holiday Inn, Comfort Inn or Buffalo Bill Cabin Village. You can reserve your room by calling our toll free number 1-800-527-5544 or visit their website at <http://www.blairhotels.com>.

## *News from the National Office*

Make sure your *dues* are up-to-date. Your *dues* are payable on your anniversary date of joining and are to be sent directly to the treasurer Patti Kientz. You will not receive any notice of this so check your membership card for the expiry date. Don't let it slip by; you can always pay in advance. Keep your membership in good standing and get this little task done and out of the way today! **New Address** for Treasurer and Membership Secretary: Motor Maids, Inc. PO Box 1654 Toccoa, GA 30577 Please send all new member applications and all dues payments to this address. LuAnn Boger, Membership Secretary and Patti Kientz, Treasurer

## *Cdn. Motor Maids – [www.ECNMOTORMAIDS.CA](http://www.ECNMOTORMAIDS.CA)*

This ECN Website is designed to enable communication among the Eastern Canadian Motor Maids. The site can be used as a forum to post messages, events, photos and necessary information for all members of the ECN Motor Maids. Please keep messages to Motor Maid business only. In order to join you must be a Motor Maid in Eastern Canada. To sign up for the forum enter the calendar and create a password for you.

## *2009 ECN Motor Maid Events*

### **Fall Meeting ~ Bay of Quinte, September 12-13, 2009.**

Sue Bools has reserved 6 rooms at the Ramada Inn on the Bay, 11 Bay Bridge Road, Belleville, ON. The cost is \$104, plus GST & PST. The Hotel has a heated pool, waterslide, and fitness club. It is about 4 kms from Sue and Gord's house. There is also room for 6 people to stay at the house, plus anyone who wants to put up a tent in the yard is welcome. Please contact Sue if you have any questions.

Winter Meeting ~ Christmas Dinner, Stouffville, Saturday, November 28, 2009. Details to follow.

### *Other great events to look into:*

Canada's 911 Ride – August 22-23, 2009, Woodbine Race Track.

Please wear your vests during the ride and MM uniforms to dinner.

<http://www.canadas911.com>

York Bike Night, York, Pennsylvania, September 26, 2009. There is a block of rooms already on hold for Bike Night. Call 717-848-1111 and tell them you are with the Motor Maids.

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## *Letters to: "Dear Motor Mouth Mama"*

*Dear Motor Mouth Mama?*

**Do I have to pay my dues when I receive my yearend letter?  
Please explain this.**

No, it is not necessary to pay your dues when you receive your year-end letter, unless this is the anniversary of your joining the club. Dues are paid annually at the same time every year on the date that you originally joined, so everyone's due date is different. Having said this, I would also like to add that dues can be paid up to 5 years in advance to avoid the annual headache of remembering. They can also be paid when you go to convention (this saves on the cost of a money order & mailing) and it is easier to keep ahead that way.

The year-end letter is very important for other reasons. It is a very 'newsy' little item for the Officers. Replying will keep you in "active" status and also lets you voice comments or suggestions for the officers to discuss at Officer's Meeting in January. The year-end letter also provides the information that will go into our member's booklet and lets you make any updates or changes so that this information stays accurate. It also fills them in on what we have been doing – riding wise - and what we are riding and how far we have gone for the current year.

**Please remember – this is VERY important to return as it keeps you off the INACTIVE list.**

*Please send your questions to [ecnmotormouthmama@yahoo.ca](mailto:ecnmotormouthmama@yahoo.ca) and Motor Mouth Mama will be happy to answer all your motorcycle etiquette questions. Until next time .... Ride safe!*

Happy Birthday Wishes to Vi Bevan, Linda Connelly, Linda Holmes, Bev Robinson, Sheila Royer and Dale Smillie!



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## *Feature article of the Month- Women's Health on the Road~*

Submitted by: Jean Hutcheon- ECN Safety Office

Article by: MSGroup.org

### **Food:**

On my way to my bike I realized that I hadn't had anything to eat since breakfast but just blew it off. Wow, I learned about 10 minutes into my ride home that I should have eaten something. I found it was a little harder to concentrate and felt kind of off.

I rode home from work on a 90 degree day last week, forgot to drink some water before I left the office then it is a while on the light rail before I get to the bike - by the time I got on to fight traffic I was uncomfortably thirsty, and I chose to just go home instead of stopping at a gas station or something for a drink. That was a mistake. I got home fine, but it was no fun and I found my attention lacking.

Heat, humidity, dark full gear, caught in traffic jams, nothing to drink for hours. I found myself swearing/cursing at other drivers under my breath and generally not being as safe (attentive) as I normally would be. It will not happen again. Next time I will stop, take a break and carry on...

I used to mountain bike lots and knew how wiped out I got if I didn't up my intake a bit on snacks or water before hand. When you are thirsty, you are already dehydrated. Now, I'm finding when I'm hungry, I'm close to the shakes. I know I'll need to heed these warnings since I seem to be more prone to the blood sugar shakes than ever before... and mostly because I just get too busy or focused on something and forget to eat. Thirst or hunger would make me unsafe and distracted. I hope I'll pass on riding at that point and stall a few minutes to walk to a 7-11 for some Gatorade and beef jerky, cheap insurance.

### **Dehydration:**

Be sure to drink a bottle of water at each stop as dehydration is also an issue.

Stay safe out there and stay properly hydrated. Caffeine and carbonation drain water from your system. For those that don't like the taste of water--I understand--there are plenty of good additives available. I figure if my nutritionist says they don't change the property of water to remove hydrating properties they are a good bet. THIS IS NOT MEDICAL ADVICE--USE YOUR JUDGEMENT HERE!!

Remember--dehydration can cause headaches, blurred vision, slurred speech, inability to sweat, and general loss of muscle control and muscle tone--take your time and hydrate, hydrate, hydrate.

If you ride in above 95 degree temps, think about it. The wind-chill does exactly the same thing in reverse when it is hot. The heat is actually transferred to your body faster while riding in high temps (think: convection oven).

Anything above your natural body temp is going to cause problems.

Just one note about carbonation though, carbonation itself does not dehydrate you. Granted, most beverages with carbonation are probably bad for you, or have caffeine. However, carbonated beverages will make you feel fuller, and less likely to drink adequate fluids. And, I think your body can only absorb around 8 ounces of water every 20 minutes, so drink water spread out over time.

If you don't feel good, don't ride.

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## *This Month's Feature Motor Maid, Joan Armstrong*

I just checked my file and I have been riding for 23 years (a late bloomer). What can I say; I love to ride and ride I do.

My first three bikes were Hondas. Right from the start, every chance I had I went riding. I would look at a map of the Ottawa Valley and say "where have I not been". Then I would take off and ride the roads. I doubt there is a road in the Ottawa Valley I have not ridden. Most of these rides I rode alone because 23 years ago, not many women rode motorcycles.

I still remember my first solo ride in July 1987. My map took me to Calabogie. I met this lady who tried to convince me to join the Motor Maids. After ten years of gentle reminders, I became a Motor Maid. Thanks to Lise Sculland for her persistence.

In 1994 I bought my first Harley. Since then I have ridden over 400,000kms. My most memorable ride was in 1999 when I said good bye to my husband, Claude, and left for Alaska. He wished me well and 53 days later I returned home. Claude is very supportive of all my ventures.

Some of my most memorable trips have been with fellow Motor Maids Bev Hannington, Sue Bools and Nancy Maloney. We never take the direct routes to convention. We have been known to go via Newfoundland for Maryland, or via Alaska for Iowa. In addition to motorcycle trips in Canada and all throughout the US I have been fortunate to take motorcycle trips in Australia and New Zealand.

Our household is somewhat different. Claude teaches ultralight flying and he flies a Challenger, which is an ultralight kit plane. It is what he describes as his motorcycle of the air. Each year he flies somewhere. I accompany him on his trips, but I ride the Harley and we meet at specified locations. As I approach our rendez-vous, I stop at the local gas station, fill up the gas cans, which are in my motorcycle trailer, then I deliver the gas to him. Most times he arrives a few minutes before me but he always knows when I am getting close as he hears the rumble of the Harley. I used to have my private pilot license but I much prefer riding my motorcycle.

If I have anything to pass along to fellow Motor Maids is "if you wait to ride with someone, you will never ride" – just do it.

## *Local Area Scheduled Events – Everyone Welcome!*

### *Dale Smillie A.D.D. (Greater Toronto Area)*

Call Dale Smillie or e-mail her at [chrisanddale@can.rogers.com](mailto:chrisanddale@can.rogers.com) you can meet up with Dale every month at the Dutch Oven Restaurant, Hwy 115 just north of the 401 on the 4th Sunday every month at 11 am. See you there! Call Dale Smillie for details.

### *Corey Pullman, A.D.D (Wingham & Area)*

Corey's group meet regularly throughout the year, times, dates and locations to be determined. For more details contact [wormster@bmts.com](mailto:wormster@bmts.com).



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## *Sue Bools, A.D.D. (Ottawa)*

The Ottawa area meets the second Saturday of the month. For more details contact Sue Bools at [suevstar650@yahoo.com](mailto:suevstar650@yahoo.com).

## *Laurie Esseltine, A.D.D. (Kingston)*

Kingston Motor Maids meet every third Sunday of the month at 11am for brunch. Location varies. Please contact Laurie at [laurie@ecnmotormaids.ca](mailto:laurie@ecnmotormaids.ca) or call 613-329-5559 for more information.

During riding season, you can join us for a weekly Wednesday night "Ice Cream Run". Meet us at Tim Horton's at the corner of Montreal and Counter Streets in Kingston at 6pm. Kickstands up at 6:15pm.

## *Heidi Roy, A.D.D. (Golden Horseshoe)*

The Golden Horseshoe gang meets every 3<sup>rd</sup> Sunday. Summer location is at Barangas on the Beach - May to October at 9 a.m. - 380 Van Wagner's Beach Rd., Confederation Park, Hamilton, ON 905-544-7122 [www.barangas.ca](http://www.barangas.ca)

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