



EASTERN CANADA

# *Motor Maids Inc.*

Version 27, Edition 1, September/October 2010

District Director:

Dora C. Cook, Lanark 2008

Assistant District Directors:

Laurie Esseltine, Kingston 2007  
Nancy Andrussek, Ottawa 2010  
Bonnie Jacklin, Wingham 2010  
Heidi Roy, Golden Horseshoe 2004  
Dale Smilie, GTA 2008

Safety Officer:

Jean Hutcheon 2008

Past Ass't Directors:

Sue Bools- 2005-2009  
Corey Pullman 2004-2009  
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*

Eastern Canada Motor Maids have had a busy few months since convention. Many of us attended the MCC Women's International Riders Congress & Festival August 11<sup>th</sup> to 15<sup>th</sup>. My riding pal was Sue Bools. She let me lead! She never let's me lead!! My roommates, however, included Joan Armstrong, Nancy Maloney and Lise Sculland. We had such laughs and some really strange conversations and observations about body parts (you had to be there!). Melanie Jones made a hit with the gals in nabbing an awesome cottage. It was a well laid out pad for some 8 of our members. It was pretty spectacular indeed.

We spent the week in classroom settings but I have to say the most fun was in test riding motorcycles and yes even ATV's! To all street bike riders out there ... I apologize. BMW's rule! I can be converted!

The event ended with a banquet that honoured among other women our very own Motor Maid, Audrey Alexandre. Lise Sculland accepted on behalf of Audrey. What a great way to end a conference!

Hey, guess what else happened in August! Connie and Harry got married! I want to thank Valerie Carl who organized crashing the wedding by Motor Maids on motorcycles. Connie was thrilled to see our group. Connie and Harry looked so happy and lovely ... yes, even you Harry! Congratulations to you both!

The Fall Meeting at the High Country Lodge in Madawaska was a blast! 33 of us arrived Friday night. We spent the evening sitting around a campfire singing! We really sound amazing!!!! The next day Valerie Carl arranged a hike and a motorcycle tour of the wolf sanctuary. Thanks Val! You're the best! We got a lot covered at the meeting including events for 2011. I have to say that I'm very concerned with our white leather vests. I know that they are not an official uniform, but, I believe in continuity and my recommendation is that they be purchased through Dorothy. Dorothy is the creator of the white leather Motor Maid vest! You are buying an original and that is part of our history! I couldn't afford one at the beginning, but, I save my money so that I could have one of her vests. However, we are faced with the problem of getting chenille rockers and several of our members are trying to find a new source. Hopefully, we will have some good news soon! Anyway, the lodge was a smashing success and this year's winner of the Pool Tournament goes to Marianne McBride, the Euchre Tournament went to Bev Hannington and Sue Bools and Karen Carroll won the Dart Tournament. Congratulations Ladies!!!

Finally, I'd like to dedicate this newsletter in the memory of Ruth Ephgrave, a Silver Life member of the Motor Maids. Ruth passed away September 2<sup>nd</sup> from lung cancer. A memorial service will be held at Causeway Christian Assembly (1307 Yankee Line, Ennismore) on Saturday, October 2, 2010 at 2 p.m. Weather permitting, let's arrive as Motor Maids with our white vests and if arriving by car, please wear your uniform. If you have any photos of Ruth, please send them to me as I will make up a small card that you can put on your bike for the day.

Sincerely,

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

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## *New Members*

Please join me in welcoming Jo-Ann Mathews from Kanata. Jo-Ann can be reached at [joeymathews@rogers.com](mailto:joeymathews@rogers.com) and Marie-Sophie Barrette also from Ottawa and she can be reached at [msbarrette@canadapharma.org](mailto:msbarrette@canadapharma.org). If you know of anyone interested in the becoming a Motor Maid, please have them contact myself at [doracook@rogers.com](mailto:doracook@rogers.com) for more information and an application form. Every member that signs a new member receives a Motor Maid charm.

## *Upcoming Convention* GRAND RAPIDS, MICHIGAN July 5<sup>th</sup> – 8<sup>th</sup>, 2011

For reservations go to: [https://resweb.passkey.com/Resweb.do?mode=welcome\\_gi\\_new&groupID=2725074](https://resweb.passkey.com/Resweb.do?mode=welcome_gi_new&groupID=2725074)

## *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

**Membership dues may now be paid through PayPal. Log onto [www.motormaids.org](http://www.motormaids.org) and register.**

## *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.

***Eastern Canada FACEBOOK GROUP*** — This Eastern Canada Face book Page Group allows you to connect with Motor maids locally and across the country. To get connected you will need your own face book page and then search for Eastern Canada Face book Group or email Bev Hannington at [gumby325@sympatico.ca](mailto:gumby325@sympatico.ca).

## *2010 ECN Motor Maid Events- stay tuned for details*

Fall Meeting, September 10-11th High Country Lodge,  
Madawaska, Ontario

York Bike Night, York, Pennsylvania  
Friday, September 24, 2011

Winter Meeting, Stouffville Legion, Stouffville, Ontario  
Saturday, November 27, 2011

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## *This Month's Feature Motor Maid, Rose DeLottinville*

Hello all! I started riding around 1983, with my daughter, on a 50 cc scooter. A year later I moved up to a bigger scooter. It was when I rode on the back of a friend's motorcycle that

I bought my first bike, a 1985 450 Honda Nighthawk. I enjoyed riding my Nighthawk. 5 years later, a friend brought a 1983 Goldwing around for me to try. I was in love within 2 minutes...with the bike of course. That affair lasted about 8 years. When I moved to a Condo which has a smaller garage I had to let the Goldwing go due to limited parking space.

The next bike I purchased was a 1995 1100 Virago. One day, I was meeting a friend at Frankie's for a ride, and the waitress told us that the "motorcycles ladies" were in the other room. Making a beeline for the other room, we came across Heidi and her crew. Heidi and all the other ladies introduced

themselves as MotorMaids. I had never heard of them! Well, they took care of that in a hurry! I'd had no idea that there were so many women riding! That was 7 years ago. Over the past 7 years I have made many new friends. What fun it is riding thru mountains, valleys, highways, byways, and yes even getting lost on occasion.

Convention has also been a great time for me to both ride and meet some of the other ladies from across the US and Canada. I have been to 4 Conventions, Hagerstown Maryland, Kingston, Columbus, Indiana, and Cody Wyoming. My favourite part of all of them is listening to the Red Ribbons' stories and the timed Dot Robinson Run.

Some of my favourite ride always involves blue skies, winding, hilly two lane roads, my biking friends and ice cream stops along the way. I love the roar of my engine and best of all, the feeling of freedom it all gives me. When I'm not riding with the MMs, I ride with my friends, Jerri & Moe (future MMs), or my brother and sister in law.

Being part of the Motor Maids is a real blast! I am now riding a 2005 1100 Vstar, and looking forward to putting many more kilometres on it with the Motor Maids.



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## **This Month's Feature Article- Our own Motor Maid is published**

**Article By: Dr. Angela Mailis Gagnon**

In my previous papers I tried to uncover the scientific basis of several "pain blocking" techniques. We talked about imagery, use of counter-irritation techniques, changing brain waves, blocking the conscious brain with hypnosis, and the placebo effect. Today, in my last paper on the topic, I want to share with you what I know about an amazing group of women that has filled me with awe and wonder for their ability to seek freedom, break the barriers and even "block pain"!

When I decided with my husband to start riding a motorcycle 10 years ago (at the beginning of my "zoomer" years), we took a safety course and then bought our first Harley Davidson bikes. While my husband was my companion over the weekends, this was not always the case. So, I tried to find girlfriends who enjoyed the same sport and came across the Motor Maids of Canada. The Motor Maids (for short MMs) was the first all-women motorcycle group founded in 1940 in the USA with the Canadian division founded in 1949. Together, the group consists today of over 1200 fun loving motorcycle female riders across North America, with more than 120 in the Eastern Central District in Canada where I belong. So, I phoned timidly the then president who welcomed me and suggested that I meet the group in the MM Mother's Day Brunch held outside Toronto. This was May 2003. It was rainy weather and I chickened out, deciding to leave the bike home and take the car.

When I arrived at the brunch place, I was amazed to see at least 35 bikes parked outside, street bikes, cruisers, sport bikes, ranging in size from small to gigantic, with helmets lying on their seats. Inside the restaurant I was welcomed by a large group of women of all ages but mostly well over 40 and 50. Most were leather clad with chaps (the special leather motorcycle pants most of us wear) with heavy jackets hanging at the backs of their chairs. I sat in a round table of 8 women and I introduced myself to the bubbly group. Once I said I was a pain doctor the conversation turned very quickly to health issues and specifically pain. Hildi, a white haired woman sitting on my right side, asked what kind of bike I ride and in turn I asked her the same question. She replied: "Well, I cannot ride a bike this year as I am still in therapy". In short, Hildi had been involved in a serious motorcycle accident the year before and had suffered a broken shoulder and a double fracture in the bones of one leg. She ended up having surgery for an artificial shoulder and a large plate with pins for the leg.

"I guess, then, you cannot ride anymore" I said. "No way" Hildi replied. "I have already ordered a new bike with modifications". Hildi was then 68 years old, but was not the only one at the table with pain. A younger looking woman, around 38, said "I am in pain" almost all the time. I have been diagnosed with fibromyalgia". She admitted she had lots of stress in her life been a single mom of 3 and working to support her family. "But", she went on, "I get onto my bike and all the pains disappear when I am riding out there"! A third woman took part in this "painful" conversation. She was short, close to 60 years of age and had a noticeably crooked spine. "I, too, have pain nearly all the time. I had two back surgeries, but they did not work. "How do you manage?" I asked. "Well, just knowing I can still harness my steel horse between my legs, gives me a lot of satisfaction and somehow blocks my pain when I ride". "Of course", she went on, "I have a good horse" and pointed to a monstrous cruiser, many times her own body weight.

I was dumbfounded. "I don't get it" I admitted. "How come you are here and not at my pain clinic"? This encounter prompted the researcher in me to offer to study the group. I was going to ask how many of these women had pain, how they managed it, if they saw doctors or specialists as well as whether or not they took any medications. My study was not going to end there. I needed to understand what kind of personalities these women had and what drove them to riding, a male sport endowed with a fair amount of risk. Well, my study did not pan out. Since older women are particularly prone to joint problems, statistics made me estimate that at least 1 in 3 of these women would have chronic pain. Upon my first request back in 2004 in the MM monthly newsletter, only one woman, a single willing research subject, showed even the slightest interest in my study! As you might have guessed,

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she had serious arthritis in her hands and asked me to "do something, so she could use the clutch and the throttle again"! What you may have not guessed is her age. She was at least 75 years old, and had been a member of the MMs for nearly 50 good years!

Years later I saw Hildi in a bike swap show. My first question was: "Do you still ride"? "Of course" she replied with a big smile on her white haired face. "Did you expect me not to"? Hildi was by then 72 years old and going strong. A couple of years ago, I once again joined the group for another Mother's Day Brunch. By then I had changed my regular two wheel motorcycle to a trike. A bad surgery to my left foot and a serious injury to my right knee had made my surgeon give me stern warnings: "One more injury to this knee and you go for total knee replacement. You have near-terminal knee damage". I could not take the slightest chance to maybe lose balance and drop my bike, something that is nearly inevitable when you ride motorcycles (in the bikers' circles we know there are two kinds of bikers: those "who have dropped their bike" and those who "will"! I could take no chances, so my trike came handy. My trike is a monstrous Harley Davidson Fat Boy with the back wheel converted to a two wheels for major balance and stability. It is loaded with chrome parts and heavy in custom painting and I am very proud of it. So I drove my "1250 pound girl" to the brunch and started chatting with other fellow riders. An older slim woman approached me admiring my machine.

As is natural, I asked her about herself and her bike. She took me proudly to her large two colour street bike, sparkling under the mid-day sun. "She is the one I have here" she explained. "I have another one in Arizona where I spend 7 months of the year". In short, this woman was travelling back and forth between Toronto and her other place in Arizona. She was a widow and when in Toronto, she would spend the time babysitting her two grand children (not forgetting of course to ride with her fellow MMs). She only bought her second bike recently, because after many years of riding her bike back and forth between USA and Canada, she felt it was time to "take it easy". "Wow" I exclaimed. "You mean you have been riding thousands of km on your own twice a year until recently? Were you not a little worried"? "What for" she replied. "I am enjoying it thoroughly and I have lived a good life. By the way, I only got my bike 10 years ago, after my husband died". "How old are you?" I asked. "68" she replied with a smile. Which meant, she laid her hands and feet on a bike for the very first time at the tender age of 58?

I do not wear a hat. If I had, I would have taken it off to salute this woman and all the other women in the group that have amazed me with their determination and love of riding. One of them told me once: "Pain is what you make out of it". "What about the risk of riding, the risk of been unprotected on the road at the mercy of careless car drivers and the gravel on the street?" I asked. "What risk are you talking about? The risk is greater if you let life go by without excitement" she answered graciously. How true, how true for me and all the other fellow riders!

How do these women block pain when they ride? Many things work in synergy: Distraction; stoicism; great sense of control; thrill; breaking the barriers in a male dominant sport; pride for the achievement; friendship and companionship; fun; freedom to breathe, smell the hay, feel the wind on the face, hear the roar of steel and sense the rumble of the bike on the road. Far too many things that push pain SO LOW in the priority ladder of our brain.

I have attached a photo of the group in the memorable 2003 MM Mother's day brunch. I am 5th from the right standing. For those interested in knowing more about the MMs, please see [www.ecnmotormaids.ca](http://www.ecnmotormaids.ca). While I am featured in the August 2009 newsletter, please read all the other newsletters (accessed at the bottom of the homepage). You will be as amazed as I am!

Angela Mailis Gagnon, MD, MSc, FRCPC (PhysMed)

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

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

You can meet up with Dale every month for breakfast at the Butterarts'n'more Family Restaurant west of Lindsay on Hwy # 7 on the 4th Sunday of the month starting the 28th Feb at 10:00. Call Dale Smillie or e-mail her at [dalesmillie@rogers.com](mailto:dalesmillie@rogers.com)

### *Valerie Carl, A.D.D. (Peterborough)*

For information on local events, please contact [valeriecarl@hotmail.com](mailto:valeriecarl@hotmail.com)

### *Bonnie Jacklin A.D.D. (Wingham & Area)*

The Western Ontario area group meets regularly. For details of meeting and rides please contact Bonnie at [mikbon@bmts.com](mailto:mikbon@bmts.com)

### *Nancy Andrusek A.D.D. (Ottawa)*

The Ottawa area meets the second Saturday of the month. Tuesday evening the group meets for an ice cream run. For more details contact Nancy Andrusek at [nancy\\_nanski@yahoo.ca](mailto:nancy_nanski@yahoo.ca)

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

Kingston Motor Maids ice cream run is Tuesday nights, at 6pm, stands up at 6:15pm, at the Tim's at Counter and Montreal. Third Sunday of the month at 11am is when we meet for brunch. Location varies. Please contact Laurie at [laurie@ecnmotormaids.ca](mailto:laurie@ecnmotormaids.ca) or call 613-329-5559 for more information.

### *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)



## **Happy Birthday Wishes for to:**

### **September**

Vi Bevan, Linda Connelly, Linda Holmes, Bev Robinson,  
Sheila Royer, Dale Smillie

### **October**

Bonnie Brooks, Sheila Housego, Susan Melick, Kathy Tinney

Please let us know if we forgot anyone!

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