Augusta, Georgia Southern Cruisers Riding Club

I was told last months newsletter was a serious touch of reality for some of us, so I thought this month I would go with something on the lighter side, The Guardian® Bell. If you have experienced the freedom of taking to the road, you have felt the awesome energy of journeying with your knees in the wind. But there is another dimension to this physical act of traveling through space and time and The Guardian® Bell is a long time favorite of many bikers to honor the spirit of the road and to protect themselves from the enemies of it. It is said the nasty little gremlins lurk about waiting to wreak havoc on unsuspecting bikers. It is said that Bikers that ride with The Guardian® Bell render the gremlins powerless.

You may be wondering: *"Is this for real?"* Who's to say? Just like many good luck charms, how they work their magic is a mystery - but then so is the lure of the road. Having a little something extra to keep you safe on the road is a very good thing--especially with so many cagers that don't see bikers. Attaching a Guardian bell to your bike only takes a minute and the ringing sounds good with the motor hum. To better understand the Guardian® Bell I found this web site that explained how the legend started, enjoy.

The Legend started many years ago, on a cold December night, a crusty old biker was returning from a trip to Mexico with his saddlebags filled with toys and other assorted trinkets for the kids at a group home near where he worked.
As he rode along that night thinking how lucky he had been in life, having a loving riding partner that understood his need to roam the highways and to his trusty old pan that hadn't let him down once in the many years they had shared the road together.
Well about 40 miles north of the border, in the high desert, lurked a small group of notorious little critters known as road gremlins. You know, the ones who always leave little obstacles like, one shoe, boards, and pieces of old tires on the road, and also dig those dreaded potholes for bikers to run over and crash, thus giving the road gremlins a chance to rejoice over their acts of evil.
Well, as the lone wolf of a biker rounded a curve that moonlit night, the gremlins ambushed him, causing him to crash to the asphalt and skid before coming to a stop next to one of his saddlebags that had broken free. As he lay there, unable to move, the road gremlins made their way towards him. Well, this biker, not being one to give up, started throwing things at the gremlins as they approached him. Finally, with nothing else to throw but a bell, he started ringing it in hopes to scare off the dirty little gremlins.
About a half a mile away, camped in the desert, were two bikers sitting around the campfire talking about their day's ride, and the freedom of the wind blowing in their faces as they rode across this vast country. In the stillness of the night air they heard what sounded to them like church bells ringing, and upon investigating, found the old biker lying along the roadside with the gremlins about to get him. Needless to say, being part of the biker brotherhood, they preceded to ward off the gremlins until the last ran off into the night.
Being grateful to the two bikers, the old road dog offered to pay them for their help, but as all true bikers do, they refused to accept any type of payment from him. Not being one to let a good deed go unnoticed, the old biker cut two pieces of leather from his saddlebags tassels and tied a bell to each one. He then placed them on each of the biker's motorcycles, as near to the ground as possible. The tired, old road warrior then told the two travelers that with those bells placed on their bikes, they would be protected from the road gremlins and that if ever in trouble, just ring the bell and a fellow biker will come to their aid.
So, whenever you see a biker with a bell, you know that he has been blessed with the most important thing in life—friendship from a fellow biker.

The Purpose of the Guardian® Bell

Many of us have heard the story about Evil Road Spirits. They are little gremlins that live on your bike. They love to ride, and they're also responsible for most of your bike's problems. Sometimes your turn signals refuse to work; your battery goes dead, the clutch needs adjustment, or any of several hundred things that can go wrong. These problems are caused by Evil Road Spirits.

Evil Road Spirits can't live in the presence of the bell, because they get trapped in the hollow of the bell. Among other things, their hearing is supersensitive, so the constant ringing of the bell and the confined space drives them insane. They lose their grip and eventually fall to the roadway. Have you ever wondered how potholes are formed? The bell has served its purpose.

If you pick up a Guardian® Bell of your own, the magic will work, but if your bell is given to you, the power is doubled, and you know that somewhere you have a special friend helping to look after you.
So, if you have a friend who doesn't have a bell, why not give them one? It's a nice feeling for the recipient to know you care. The bell, plus a good preventive maintenance program by the bikes owner, will help eliminate Evil Road Spirits.

Polishing the Guardian® Bell

It has been a tradition among bikers for a long time to attach a brass bell to the lower part of your bike to remember our brothers and sisters who have gone down riding.

It's a small thing, but the reason a brass bell is chosen is that, as we ride, it gets dirty and tarnished. Every time we get down to wash and polish it, we are reminded of friends lost, and our thoughts turn to the meaning of being in the wind.

As we ride and hear the bell ring, we know that our brothers and sisters are riding with us, and how easy it would be to join them with a single mistake.

And maybe, just maybe, the next time a situation comes up; they will be there to help us...as long as we remember them by polishing the bell.

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MEETING INFO:
We have two regular scheduled Monthly Meetings, one is the Monthly Social, held the first Saturday of every month at 7:00pm at various locations and the regular Monthly Meeting held the third Saturday of every month at 1:00pm:

The **Sept Social** will be Saturday Sept 6, at the Sandbar Restaurant located in Appling, GA. If you chose to drive by a vehicle other than a motorcycle, we will meet there at 7pm. For those wanting to ride as a group we are meeting at 5pm at the Dairy Queen Restaurant in South Carolina located on the north side of Exit 5. Please check the forum for the latest information.

Regular Monthly Meeting - held third Saturday of the month. Time - 1:00pm. Location is at the **Side Track Bar and Grill** on Washington Road in Martinez. The next monthly meeting is on Saturday Sept 20, 2008.

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NOTE:
If you no longer wish to receive future newsletters please let me know and I will remove your name from the email list. If you would like to have your name removed from being a member of the Augusta SCRC Chapter Riding Club please let Tracy know at the following email address - tim228@hotmail.com, he will then ask me to remove your name from the email list.

This newsletter is intended to provide basic information about what is going on with the Augusta SCRC Chapter **Please take the time to visit our Forum web page on Delphi Forums -** http://forums.delphiforums.com/augustachapter/start there is no cost for the basic membership. There you will find the latest ride information and general discussions about events going on with the chapter. There is also a link to our new web site - http://www.augustascrc.net/default.aspx

There is also info about the mileage program and other news about the chapter.

Remember if you are joining the forum page for the first time, introduce yourself to everyone in the "New Members" tab with your forum name and your real name so the rest of us will know who you are.

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ONGOING RIDE(S):

The **WORLD TRAVELER** ride(s) is a program sponsored by US Rider News Magazine. Some riders have already started to collect pictures of 6 of the cities needed to meet the program qualifications. You can get more information on The World Traveler program at this web site - http://www.usridernews.com/worldtraveler.asp Over the next 6 to 8 months the Road Captains will coordinate rides to different cities that have names of countries. Once an individual visited at least 6 locations, took a picture of themselves with the sign of that town and holding a US Rider News publication, you mail your application along with your pictures to US Rider News and they will provide you with a World Traveler patch.
Here were some suggested cities to visit in Georgia - Athens, Augusta Bethlehem, Budapest, Buena Vista, Egypt, Denmark, Berlin, Scotland, Cairo, Dublin, Geneva, Lebanon, Rhine, Rome, and Milan pretty cool huh. There will be more info to follow. Hopefully I will be able to get the info out before the ride actually happens. You can get up to date riding information by visiting our forum site at this web address - http://forums.delphiforums.com/augustachapter/start.

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LOCAL CSRA EVENTS:

Check the following web link: http://www.metrospirit.com

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UPCOMING OVERNIGHT / DAY RIDES:

Mo' Skeeter Run: Saturday September 6, 2008. Sponsored by the US Rider News magazine. At this time the Ride is NOT Being Led By a SCRC member. Passing on the information for those that may be interested. Meet @ Vickie's Bar & Grill at 7:30 am and depart promptly at 8:00am. Location at the intersection of Dyess Parkway and Wrightsboro Road. Ride will go to the Coleman House in Swainsboro, Ga and join other riders for the poker run to Perry, GA for the Mo' Skeeter Run! Benefit for the Georgia Sheriff's Youth Home. Please visit www.Mo-Skeeter.com for more information.

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Driven By The Spirit Biker Sunday: Sunday September 14, 2008. Registration from 8 - 10 am. Please visit www.drivenbythespirit.org for more information.
Location: 3526 Aiken-Augusta Highway, Clearwater, SC @ the Midland Valley First Church of the Nazarene

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8th Annual Autumn Thunder Beach Rally: September 25-29, 2008.
Located in Panama City Beach Florida

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Info Taken from the following web site:
http://freedomrideusa.org/index.htm
This is a new event at the Columbia County Fairgrounds.

The event will be held on Saturday, September 27th, 2008 at the Columbia County Fair Grounds on Columbia RD in Grovetown, GA, just outside of Augusta, GA. The event will combine a multi-city motorcycle rally into Augusta, GA with an all day outdoor music festival!
Proceeds for Freedom Ride 2008 will benefit Warriors in Transition Fund (S FACT), a newly created Army managed fund dedicated to solders injured in action in Iraq and receiving rehabilitation attention at Fort Gordon in Augusta, GA., the Army Emergency Relief Fund (AER) and the Jenny Clark Scholarship Fund (jennyclarkfund.org).
Purchase your ticket on-line or at Augusta Harley-Davidson and then trade it in for a commemorative wrist band at Augusta Harley-Davidson between 9 AM and 1 PM on Saturday, September 27th. The Ride will commence at 1:00 PM from Augusta Harley-Davidson and proceed through Fort Gordon as we honor our wounded soldiers returning from Iraq. The ride will end at the Columbia County Fairgrounds, a sixty acre outdoor venue, where an all day music festival will begin at 2:30 PM featuring the best regional southern rock and biker bands around!
Free camp sites are available at the 60 acre Columbia County Fair Grounds on both Friday and Saturday night and a late night breakfast buffet will be available on Saturday night!
Please join us as we honor those who have given us FREEDOM!

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Road Captains are working on plans for other day and weekend rides. Ride times are usually announced on the Forum, keep checking the forum for latest info.

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MONTHLY HEALTH TIP: by Randy Taylor

6 Herbs for Weight Loss (part 2)

Last month I had given the first 3 herbs of our list of 6. The next 3 are not as familiar as the other 3.

Beat a sweet tooth with... GYMNEMA SYLVESTER

HOW IT WORKS: Derived from a plant that grows in India and Africa, gymnema has been shown to reduce the ability to taste sweetness. Gymnema molecules are similar to glucose and fill the taste bud receptors on the tongue, making it seem like you have had a sugar fix. One study published in the Physiology and Behavior in 1983, found that people who took a dose of gymnema had diminished perception of sweetness and, when offered snack food ate fewer calories than the control subjects.

BEST BUY: Puritans Pride Gymnema Tablets or Ayurcertic Gymnema capsules (puritan.com)

DOSAGE: 300 mg 2 to 3 times a day.

WATCH OUT: High doses have been linked with low blood sugar so use recommended amounts

Burn fat & boost your metabolism with.... GUGGUL

HOW IT WORKS: An Ayurvedic remedy, guggul is used for relieving joint pain, lowering cholesterol and aiding weight loss. In 1999 a study conducted by University of Nebraska and Beth Israel Medical Center in New York City, people who took 750 mg og guggul each day and did strength training and aerobics 3 times a week for 6 weeks loss 6 pounds. Those who did same program of exercise only lost 1 pound. Guggul helps the body metabolize fat and improves thyroid function by increasing thyroid hormone levels, says John Douillard, PH.D., director of the LifeSpa School of Ayurveda.

BEST BUY: Banyan Botanical Triphala Guggulu capsules (banyanbotanicals.com)

DOSAGE: 500mg, three times a day for three months

Get energized with.... REISHI MUSHROOMS

HOW IT WORKS: Sometimes harvested in the wild, where they grow on fallen logs, reishi mushrooms are used in Traditional Chinese Medicine to build strength and immunity and to fight fatigue. That is where weight loss comes in to play, it is easier to eat healthy and work out harder when you are energized and feeling strong. In Chinese medicine, reishi also known as ganoderma is used to treat hypertension.

BEST BUY: EastEarth Trade Winds Reishi Plus Liquid (eastearthtrade.com)

DOSAGE: 10 to 20 drops of liquid extract or 600mg in capsule forms.

WATCH OUT: Avoid reishi if you are allergic to mushrooms and, don't take after drinking coffee, it may make you jittery.

Always remember with any herbal supplements always talk with your Doctor, to see if it will affect any medication you may be taking now.

Be Healthy, Ride More

Thanks, Randy

Hope to see you out on the road.

Ken "Ax"
Augusta SCRC Chapter 62
Road Captain