



# Sandlines

The Monthly Newsletter of the Sand Dollar Motorcycle Club

July 2021



**Celebrating 41 years of Riding from the Emerald Coast!**



## President's Corner

Hey Sandies,

It's been a hot summer already and we are not even halfway through it yet. Just as an example I was cutting grass at the hottest part of the day and found out that was not a good thing to do and I'm in good shape. So just remember that if you are going to ride this summer it's just going to get hotter. Hydrate the day before and while riding it's the safe thing to do because it's hard to catch up once you become dehydrated.

Stay safe out there. Until next time!

**Robert Woods**

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The Sand Dollar Motorcycle Club is a Chartered AMA organization. The Sand Dollar Motorcycle Club is open to all motorcyclists irregardless of riding experience or brand of motorcycle, as long as they share the Club desire to ride safely and have a good time riding.

## Birthdays July

**If YOU SEE THESE SANDIES THIS  
MONTH, WISH ALL OF THEM A VERY  
HAPPY BIRTHDAY....**

**Joe (Slo-Joe) Foor  
Bob Lawrence  
Pat Griffin  
Howard (Where's Howard) Wilson  
George Jones**



We wish all these couples a very special wonderful and joyous anniversary

**Pat & Kathy Griffin**

## Hydrate to Keep Going

If you're talking just plain hydration due to hot weather, not LOTS of physical activity (long-distance riding is different than running marathons or playing NFL games), the main thing you need to replace is plain old water. If your body is used to the conditions you're riding in (see below), you don't even need to replace sodium—your body will hang on to what it needs from regular meals and conserving it when you sweat. If you're going from a cooler environment, you'll need to make sure you replace some sodium, also (again, see below). Unless you're planning on doing a hell of a lot of physical activity (such as digging your bike out over and over), you don't really need all the carbohydrates that all the sports concoctions give you... you're just going to convert it to fat unless you're burning through it constantly.

What do I mean by if you're used to the environment? If you're going to be riding outside in Florida, to be really used to it, you need an outside job in FL... not necessarily highly active, but outside. If you work inside, in AC, or if you're coming from a more northern/ cool climate, your body/ sweat glands just aren't used to it. If your body isn't used to the heat it will be subjected to, you need to replace a little sodium to prevent hyponatremia (low blood sodium). That being said, if you have some salty snacks a few times a day, even a handful of nuts or cheese-its, you should be getting plenty of sodium.

If you look at your shirt that was soaked with sweat the next day after it's dried and see no-kidding rings of salt on it, you might need to actually supplement with a little salt. I still wouldn't recommend putting it in the water, but you can take 4-5 shakes of a saltshaker then chase it with water. On more thing: if you're losing that much sweat, you're at risk for heat exhaustion. If you're ever sweating A LOT from the heat and feel nauseated, it's time to stop before you progress to heat stroke. [NOTE: official advice here is to immediately see a doctor.] You need to not do anything the next day, either—there's some weird things that happen in heat-related illnesses, and people that die of heatstroke tend to do it the day AFTER they were exposed to the severe heat/ work load.

So... to summarize: water is the best hydration fluid.  
Buy what you feel is best and what you trust. I think water's best, and I trust it.

Hydration is about delivering water to your body. Electrolyte management is about making sure your sodium, potassium, et al, are within physiologic levels.

When you're losing that water by sweating, you're also losing sodium (with some small amounts of potassium-- negligible, basically). For people who are not acclimatized to sweating a lot for whatever reason, you lose a lot of sodium in sweat. For people that are acclimatized to sweating a lot, your sweat is almost pure water—your sweat glands basically learn to hang on to the sodium. That being said, with a full day of sweating, the sodium losses add up either way. I addressed earlier replacing sodium if you're not acclimatized.

For people whose riding is more active, you do need to replace sodium. If you like to press w/o eating for long periods of time, yeah—you need to consciously replace sodium. If you'd rather pay for sports drinks than salt, be my guest. Gatorade is named after my alma mater—make 'em rich so I don't have to contribute to the alumni fund.

Uhhhh...

So to summarize: Gatorade is the best hydration solution. Pedilyte is another good solution for those of us that are not athletes.

# What's Happening

**Meeting before our Rides.....** Good Things Donuts is our meeting spot before rides. Coffee and Donuts available but make sure you have the time to consume your goodies because **"We leave at 9 am period."**



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**Meetings.....**Our meeting location has changed for the time being. We will now meet at the Golden Corral in Mary Esther at 9 AM on the first Sunday of the month. Please feel free to arrive early and grab some breakfast.



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## Our 41st Year in 2021

First of all, as in all years, The Sandies are in a State of Confusion. Now ya gotta admit that there is damn funny. Okay try to be a little serious, with this Krewe, its damn hard I 'll tell ya, to be serious that is.

The wonderful thing about The Sandies is that we don't take our selves a bit seriously. The exception to that is how we ride and how we work to keep sharpening our skill set.

The Sandollar M/C in comparison to Clubs half our age and much younger is in damn good shape. This is 100% due to the wonderful members, no matter how crazy, yes, the Mother-ship is coming, of The Sandollar M/C Inc.

***Let's Ride and Have a Great 2021 !!!!!***

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## It's time for A No Nutz Ride

The title sorta gives it away, its summer and its Florida oh yea hot too. Soo we cool off in 68 degree water hence the title. We leave at 8 am from GTD, we leave a bit early so we can stop and pick-up lunch. (See the calendars for the dates)

Then it's on to Ponce Deleon Springs Park home of 68 degrees of cooling off. Its always a fun time and a quick way to find out if you can walk on water.



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## **Minutes from Sandollar M/C Business Meeting June 6, 2021**

Robert Woods called the meeting to order at 9:00 AM

### **SECRETARY'S REPORT**

Edna read the minutes from the May. 2021 meeting. The minutes were approved as read.

### **Treasurer's Report**

Edna read the Treasurer's report. The report was approved as submitted.

### **Road Captain's Report**

George gave the Road Captain's report for the May & June stating that due to weather, etc dates may change. Please call or text George Engler at 850.244.0376 with any questions or comments regarding the ride schedule.

Save the Dates:

7/18/21	Skills
7/25/21	Swim & Picnic

Watch your email for other events that may pop up

### **New Business**

Robert reminded members we need door prizes for Pumpkin Run.

Triathlons – Pensacola - Oct 2nd – need members to ferry judges.  
Sandestin is starting to get their event organized.

Robert reminded everyone to be sure to hydrate before rides.

**Meeting Closed** – There being no further business for the benefit of the Club the meeting adjourned at 9:25AM.

## Amish Cinnamon Bread

Best breakfast/dessert bread I've ever had. No kneading, you just mix it up and bake it

### Ingredients:

#### Batter:

1 cup butter, softened  
2 cups sugar  
2 eggs  
2 cups buttermilk or 2 cups milk plus 2 tablespoons vinegar or lemon juice  
4 cups flour  
2 teaspoons baking soda

#### Cinnamon/sugar mixture:

2/3 cups sugar  
2 teaspoons cinnamon

#### Directions:

Cream together butter, 2 cups of sugar, and eggs. Add milk, flour, and baking soda. Put 1/2 of batter (or a little less) into greased loaf pans (1/4 in each pan). Mix in separate bowl the 2/3 c sugar and cinnamon. Sprinkle 3/4 of cinnamon mixture on top of the 1/2 batter in each pan. Add remaining batter to pans; sprinkle with last of cinnamon topping. Swirl with a knife. Bake at 350 degrees for 45-50 min. or until toothpick tester come clean. Cool in pan for 20 minutes before removing from pan.



## **2300 Miles to Look at a Plaque, Some Art, Ride a Train, and Sleep with Lions and Tigers. Oh My!**

**George Engler**

This is the short Readers Digest version. We had some kind of an adventure, saw some incredible Art and got to listen to lions "Caroling", that's the grunt roar that lions do while lying in bed. Walked through a big Cemetery to visit a Ghost Town and a place of historical interests. Rode a train for eight hours, watched a small-town parade. Got turned back from the reason for The Adventure by rain. But 7 days later we made it, though we had to take Route Sandie to do it.

The reason, if you need one to go 2300 miles on your motorcycle, was to visit the place where the last Confederate command surrendered to the Union. It was in Doaksville, Oklahoma, The Cherokee Rifles surrendered 75 days after Appomattox. Doaksville no longer exists, but the State of Oklahoma maintains the site for its historical significance. Now it gets pretty weird at this point, in order to get to Doaksville you have to park in a graveyard and take the steps over the graveyard wall and walk into the woods. JoeJoe's pictures show a lot of what we did to include the Graveyard and our "over the Wall" experience.

While in Hot Springs we invented a new Cocktail. It's called "The Catherine" named after our waitress at the roof top restaurant we had dinner at.

Its Raspberry Liquor, Peach Liquor, Vodka and grenadine. Yep, a truly original Sandie creation. I might change the name to "The Sandie" now we have a Sandie cocktail.

From Hot Springs it was on to Turpentine Creek Refuge to spend the night. Turpentine Creek is a refuge for Big Cats from abusive situations. People buy big cats as kittens forgetting they grow up to very fearsome predators. A full-size Tiger can weigh 1,000 lbs. and run 40 mph. Turpentine Creek has over 190 of these Big Cats. We spent the night at The Safari Huts, Tommy and Sandie enjoyed the Hot Tub we enjoyed the Fire Pit. Went to sleep listening to the Big Cats.

Our most harrowing adventure was on our way from Hot Springs to Turpentine Creek. As we left Hot Springs it had been threatening rain all day. The Route I had left up to Garmin set on fastest not curvy roads. Well unbeknownst to us "The Ghetto Garmin" struck again. I picked that nickname up because it can route you into some very sketchy neighborhoods. As we headed west it looked like rain was on our route, stopped and geared up. We turned north on Ark. 23 little did we know what was about to happen. Up until now I had no idea this portion of 23 from Ozark to Brashears was known as "The Pig Trail". Well until we saw the yellow sign that read "Warning steep grades, sharp curves and switchbacks next 19 miles. No through trucks". Just as we saw it the rain came harder and visibility dropped. Uh-Oh. We tried to find a place to turn back, none, so we slogged on.

Imagine driving Deals Gap in a driving rain storm only you have a lot more miles of that type of road ahead of you. So, for miles of this the rain kept pouring, getting heavier then letting off then back again. Suddenly at about the 800-foot altitude it got really cold and the visibility dropped to about 12 feet and the rain was a windy cold driving

rain, we were in a freaking rain cloud. We have flown through rain clouds, skydived through rain clouds but never driven through rain clouds, especially on a Motorcycle. For Sam and Sandy driving a Spyder through a rain cloud was a brand-new experience. Tommy pulling his one-wheel trailer and JoeJoe both acknowledged it was a first for them. Below is the description of the Pig Trail

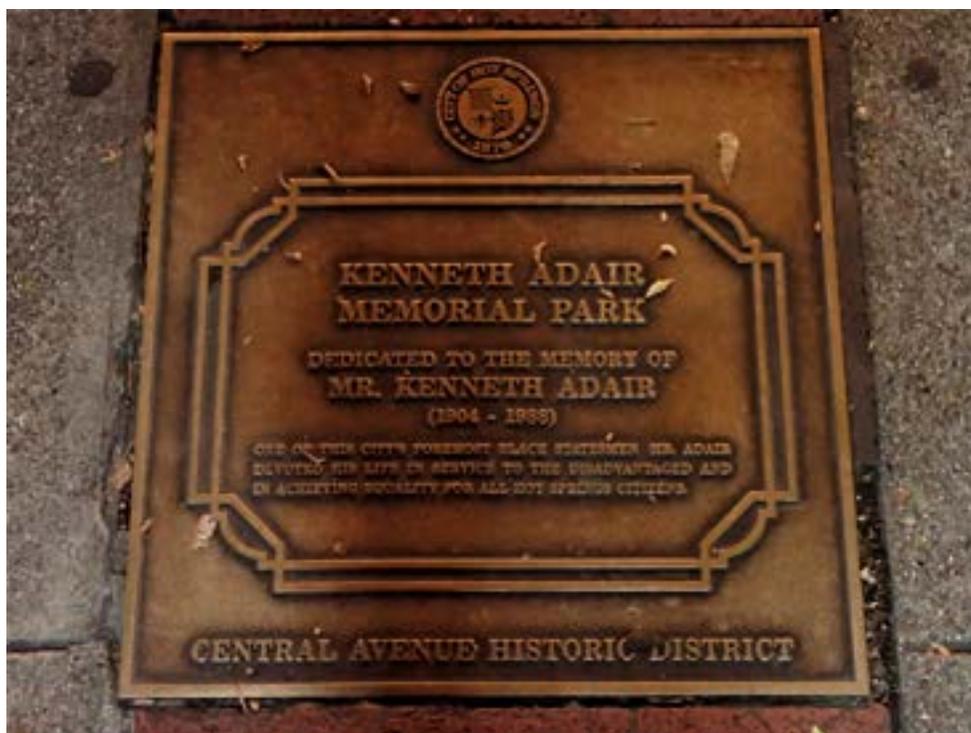
“Ark. 23 from the south boundary of the Ozark National Forest to its intersection with Ark. 16 at Brashears. 19 miles of Hair-raising hairpin turns, switchbacks, curves, curves, hills, curves and more curves! Not for the faint of heart”. From “Motorcycle Roads”.

It rained till we reached Turpentine Creek. If you’re ever in Arkansas take Ark 23 from Ozark to Eureka Springs it’s fantastic, just not in a rain storm.

Going to bring this to a close but we had many more adventures, visited the Daisey Air Rifle Museum. Visited one of Americas premier Art Museums: Crystal Bridges. It was started by the wife of Sam Walton of Wal-Mart fame. I have never seen up close and real so much art that I have only seen in books. A John James Audubon picture I mean I’m a half a foot from it. The place has no barriers to keep you away from the art. A Remington Statue I could reach out and touch it. It represents only American artists to include Native American art and pottery. I saw stuff you only see on Antiques Roadshow and the appraiser says it’s worth \$400,00 dollars. This collection is one of the finest in the world. Here’s the kicker, the Walton family made sure it was free to everyone.

I have included just some of JoeJoe’s fantastic pictures. Also, some of Sandy’s great pictures.

It was a real adventure spent it with some great Riders and good friends. Already planning a fall Adventure.





## **A Meeting, A Ride and A Lunch, What could be better**

First, It's great to be back, 2300 miles with lots of adventures, it's still great to be back. Already planning an overnighter to Barbers more on that later. 17 of you Sandies made the meeting today. 8 of you Sandies then made it 150 miles to do lunch. One of the things we discussed at the meeting was that Tickets for Barbers go on sale June the 8th at 10 am. Oct 2nd is the Santa Rosa Triathlon need a good turnout of you Sandies to Draft Bust. Yes Rosie, The Sandies are back in business! We have other Tri's coming up, we do these because the promotors donate a nice amount to our Charity, Elders at Christmas.

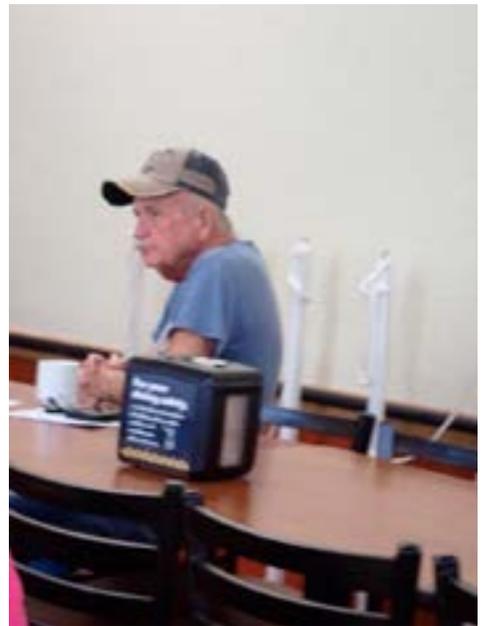
In spite of a very cloudy, icky looking day. Like that truly descriptive word icky, it conveys so much just by how you say it. The other word that can mean so much just by inflection is "Dumbass". Ah the English language none better to confuse the crap out of folks. Okay, okay got sidetracked there how the heck did we get here from there, well only a Sandie would understand.

Back to an icky day. Most folks would have just gone home. But to a Sandie, food and a Ride is just the ticket. So, 6 stalwart Sandies headed out to find food and adventures. We didn't find hair raising adventures but the next best thing, a newly paved former clay road. This treasure of a road anchors two paved roads to make a nice addition to a route. Along said route is a farm selling blueberries, two bucks a pound or you pick your own. Since this was formerly clay route, I happened to say on the radio "I sure hope this road is paved" Jim W comes back with "It doesn't make any difference to me, paved or not. Please add to my statement about expressive English "Smartass". Personally, I feel Annie is the nice one on that Harley Tri. Speaking of Harley Tri's, Jim is trading both Harleys on a 2022 CVO Tri-glide. Talk about stepp'n out in style.

Making the ride to lunch with us was Munchkin, sans Helen which is a situation fraught with multiple chances for Armageddon. Fortunately, humanity survived for another day.

Frank W and Steven G both met us at The Grill, in Laurel Hill. It was really great seeing Steven on his Ride. Steven recently had Cataract surgery so it's great to see Steven out and riding. Now Frank, what can I say, Frank & Marie just got back from a vacation in Aruba. Frank mentioned, as a true Sandie would Aruba, population 106,000 and only one stoplight. Food was good, service great, company a bit sketchy. Great day to be riding and sharing a table with good friends.

Just a Reminder, It's Dues Time. We do have a PayPal on The Sandie Website to pay your paltry yearly dues.



## **Best Bad Shirt and No Nutz Ride George Engler**

Ya know, being nuts makes being a Sandie way easier. 12 Sandies did 140 miles AND rode underwater for part of it. We also got to ride one incredible new paved road (Thank you, for the tip, Tim W).

We had so much rain Today. "How much rain Johnny?" Well, there was so much rain that some of the school crossings were for fish. That's how much rain we got today. We rode so much in the rain today we could have passed our submariners quals.

Thank you, Bobby the B for Table Rustling. We got there early enough but Bobby did find us tables on relatively dry ground. We pull up to the Gate and JoeJoe paid for all of us, except for The B cause Bobby was there already. Notice my subtle way of sliding in the fact that Bobby had to pay four bucks and we didn't? Also waiting for us was Jim M sans the Electro Bike.

My CB was on the fritz, that's a technical term that laymen wouldn't understand. Tommy N took the RTO (Radio Operator) job, thanks Tommy. Jim W and Sandy S split Sheepdog duties, thank you both. We had no rain going to Ponce Deleon State Park. But brother did we make up for it heading home. What was so frustrating was it would downpour, then stop, then start all over again. We'd even started to dry out a bit then it was Maytag time again. At least I have some experience riding in deep water. Sorry couldn't help it, 'sides I beat all you comedians to it.

We stopped in Niceville under the canopy at the CEFCO. Munchkin's shoes were literally leaking water in little streams and Helen was looking like a very wet cat. At least we can laugh at this kinda thing. Well maybe Helen wasn't exactly amused, please see wet cat comment above. Munchkin made a reference about the Road Gods. If you're a Sandie you know we solely exist to provide Amusement for The Road Gods.

You know I can hear them now, "Hey Burt! Burt!! Watch me pour water out of my boot all over The Sandies. Hand me that pitcher - I'm gonna empty this pitcher of water all over The Sandies too. Dang this is a hoot, hey let's let them dry out a bit while we go get even more water. Man, please stop, my sides are hurting from laughing". Road Gods are like that when it comes to The Sandies.

Since the subject of water has come up let's bring up Cold Water. Not just any cold but Butt numbing cold, colder than normal underground springs cold. "How cold was it, Johnny?" it was so cold that folks on floaties were shivering, lips turning blue and everything. "No Nutz", the namesake of the ride originally, was a given. Why do we do this? I asked one gal, "cause it's fun" shiver-shiver.

Bobby The B said it well, "After five minutes you're too numb to feel the cold." I noticed Jim W and Annie never ventured too close when Sandies were around. I even offered to hold Jim's phone if he wanted to take a dip, nope, nada, not happening.

One of the things we did was select the best Shirtz. Mark S was gracious enough to donate two first place prizes. Munchkin had his famous Lizard shirt, part of a matched pair with pants - yes, I said Lizards. But not today, Lizard Man, Bobby the B won with a pink shirt with - ready for this? - Camelias and Gunships. That was just a weird combination, it had to win. Sam won with a Jungle Chopper (motorcycle) motif. It was a lot of fun a whole day devoted to water, some involuntary. It came on so fast we didn't even have time for rain suits. That picture JoeJoe took of Sandy in the rain was all of us. It was still a blast - nice roads, good friends - what's not to like. Hope to see you soon.

Oh yeah, Dues are due this month.



Robert McLondon  
Julia McLondon



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# July 2021



Calendars are Subject to Change  
Please check your Email Regularly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b>
<b>4</b> <b>Have a safe Fourth</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> Breakfast Ride 7 am GTD
<b>11</b> Business Meeting 9 am GoldenCorral Lunch ride	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b> Breakfast Ride 7 am GTD	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b> Swim & Picnic GTD 9 am	<b>26</b>	<b>27</b> Reminder Dues are Due You will be delinquent come August	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

GTD = Good Things Donuts

# August 2021



Calendars are Subject to Change  
Please check your Email Regularly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Business Meeting 9 am Golden Corral Lunch ride	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b> Breakfast Ride 7 am GTD	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b> Picnic and Swim 8 am GTD Blackwater state Park	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b> Classroom Skills OCSO Training Room Shalimar 9 am, Classroom part of Mentoring Ride	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> Sandie Saturday Adventure 8 am
<b>29</b> Open	<b>30</b>	<b>31</b>				

GTD = Good Things Donuts