

**BACK COUNTRY ATV/UTV ASSOCIATION
THE OLDEST AND FINEST CLUB IN CDA, ID. – WE DO IT RIGHT!**

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NEWSLETTER

LINDA MECKLE

P.O. Box 595-Hayden, Id. 83835

www.backcountryatv.org



On the road to Monument Mountain. A place I've never been before.

“Take nothing but memories, leave nothing but footprints!” – Chief Seattle

“...the care of the earth is our most ancient and most worthy and, after all, our most pleasing responsibility. To cherish what remains of it, and to foster its renewal, is our only legitimate hope.” – Wendell Berry

IDAHO FACTS AND TRIVIA

- The name Idaho was suggested by George Willing. It was derived from the Shoshone language meaning “gem of the mountains.”
- Lake Pend Oreille is the largest lake in Idaho at 43 miles long, and 1,150 feet deep. It is the 5th deepest lake in the United States. Of course, we have lots of other lakes and rivers in Idaho too.
- Idaho has 83,569 square miles of water. This is about 1.1% of the state according to the USGS.
- Borah Peak is the tallest point in Idaho at 12,668 ft (3,861 m). Interestingly it grew 7 ft during an earthquake in 1983.
- Idaho has 3,100 miles of rivers – more than any other state.

Choosing the Right Motorcycle Helmet

By Allan Karl

Submitted by Mike Sheneman

The single most important piece of safety gear you can buy is a motorcycle helmet. It seems silly to write this, but facts sink in when repeated: statistics prove that by wearing a motorcycle helmet, a rider will greatly reduce the risk of death or traumatic brain injury in the event of an accident.

Of course, the purpose of a helmet is to protect the rider in the case of a crash or accident. However, helmets also protect

riders eyes and face from debris-and yes-bugs, and provide protection from other environmental elements such as weather and wind.

Beyond safety and protection, there are several other factors to consider when choosing a helmet. So let's explore various types of helmets available and the steps you should take in choosing the ideal one for you.

Styles of Motorcycle Helmets

Full Face-A full face helmet covers and protects your entire head and provides the best overall protection over any other. They are also the quietest because they reduce wind and road noise. Plus, many offer advanced features as an internal sun visor that can be flipped down in the glaring sun. Because full-face helmets can get hot, causing riders to sweat, many manufacturers offer varying levels of ventilation and removable and washable liners.

Open Face-An open face helmet protects a riders head and ears. But because there is no chin bar, open face helmets do not protect the face. They look cool though, even retro or vintage. Think of Erik Estrada as “Ponch” in the 70’s and 80’s on the NBC series Chips. Some argue that open face helmets provide more visibility, ventilation and because nothing covers the mouth, they are more suitable for drinking water or getting a bite to eat without taking off the helmet.

Modular-Modular helmets are like a hybrid between a full-face and open-face helmet. The chin bar is hinged so that when a rider wants to stop to eat or drink, read a map, or check their smartphone, it can be flipped up and raised out of the way. However, most modular helmets are not designed to be ridden in the flipped up position. While convenient, the hinge compromises the integrity of the helmet and makes for a weak spot in case of impact. Still, modular helmets are safer than a full-face or half helmet and some include an internal flip-down sun visor, vents and removable liners.

Half-A half-size helmet simply covers and protects the top of a riders head. Also known as brain-buckets, half helmets don't protect faces and eyes from debris. They are lighter and provide more airflow than any other helmet but lack serious protection. For those more interested in fashion, a half-helmet does project the ultimate 'bad boy' or 'outlaw' image of motorcycle freedom. They are especially popular with cruiser and Harley-Davidson riders.

What about face shields? Full-face and modular helmets are fitted with removable and ratcheted face-shields that can be positioned from fully closed to open. And some open-face helmets may offer a shield that can be snapped onto the exterior.

Choosing the right face-shield becomes an important consideration when purchasing a new helmet. In some cases you may wish to buy several. Available in multiple colors and

with varying levels of UV protection, mirrored or dark face-shields protect from glare and are best in very bright conditions. While rose or yellow tinted face-shields can enhance contrast and definition in grey, overcast or dark conditions.

GETTING THE RIGHT FIT

3 steps to choosing the right size helmet.

Regardless of the helmet style you choose, if you haven't properly sized and fit the helmet all bets for comfort, safety and fashion are off.

1. The first step is determining the shape of your head. Typically, riders will have one of three common head shapes. The first shape is a long oval shape and where the riders head is significantly longer front-to-back than it is side-to-side. Second is an intermediate oval where the riders head is just slightly longer front-to-back than side-to-side. Finally a round oval shape is where a riders head is more or less the same dimension side-to-side as it is front to back.

Since some brands of helmets may be better suited to a certain head shape, consult with a reputable and knowledgeable dealer or retailer that can guide you to brands that fit better for the shape of your head.

2. The second step is measuring your head for helmet size. Using a cloth tape measure, measure from about an inch above your eyebrows and circle it around the largest part of your head. Cross-reference your head size with sizing charts provided by manufacturers to determine the correct helmet size.
3. Finally and perhaps the most important step in choosing your helmet is trying them on. Your helmet should fit snug, have no hot-spots or pressure points, and be fastened at the chin with no play. With a properly fit helmet, you should not be able to slide your fingers between your forehead and the helmet padding. Plus, you should not be able to move the helmet by lifting the back of the helmet from your neckline, forward over your head. If the helmet moves and your head doesn't, the helmet is too small.

Checking the Certifications

Any helmet sold in the United States must be DOT approved. However, DOT approved helmets are not all tested. They are simply manufactured according to safety levels and guidelines mandated by the U.S. Department of Transportation. Other private treating and certification organizations such as Snell and Sharp publish its own guidelines and test helmets independently.

So when budgeting for your next motorcycle helmet, remember that while a pricier model doesn't always correlate to a safer helmet. However, choosing a major and well-known brand is always a safer bet.

A JOKE FOR YOU

A frog goes into a bank and approaches the teller. He can see from her nameplate that her name is Patty Whack.

“Miss Whack, I’d like to get a \$30,000 loan to take a holiday.”

Patty looks at the frog in disbelief and asks his name. The frog says his name is Kermit Jagger, his dad is Mick Jagger and that its okay, he knows the bank manager.

Patty explains that he will need to secure the loan with some collateral.

The frog says, “Sure. I have this.” And produces a tiny porcelain elephant about an inch tall, bright pink and perfectly formed.

Very confused, Patty explains that she'll have to consult with the bank manager and disappears into a back office.

She finds the manager and says, “There's a frog called Kermit Jagger out there who claims to know you and wants to borrow

\$30,000 and he wants to use this as collateral.” She holds up the tiny pink elephant “I mean, what in the world is this?”

(You're gonna love this.)

The bank manager looks back at her and says, “It's a knickknack Patty Whack. Give the frog a loan. His old man’s a Rolling Stone.”

(You sang it, didn't you? Yeah, I know you did.)

Never take life too seriously.

HAPPY BIRTHDAY!

Jill Brockus – August 11th

BACK COUNTRY KITCHEN VITTLES

Mikes Broccoli Pie

2 10 oz pkg chopped broccoli

3 c shredded cheddar cheese

2/3 c chopped onion

1 1/3 c milk

3 eggs

$\frac{3}{4}$ c Bisquick

$\frac{3}{4}$ tsp salt

$\frac{1}{4}$ tsp white pepper

Mix broccoli, 2 c cheese and onion in Dutch oven.

Beat eggs, milk, Bisquick, salt and pepper until smooth. Bake at 400 degrees for 25-30 minutes or until toothpick comes out clean. Top with remaining cheese and melt 1-2 minutes longer.

Serve.

SPONSOR OF THE MONTH

Odyssey Sports NW

Serving the greater North West with friendly staff and service since 1998.

Since 1998 Odyssey Sports Northwest was established with the desire to serve those in pursuit of vehicles for outdoor excursions. This was all envisioned by Tom and Carol Zenahlik. Their original vision for Odyssey Sports Northwest

has taken full shape, and now the tradition is being carried on by Kirk and Sharon Nelson.

Kirk and Sharon Nelson, along with their family, live locally and look to serve those in pursuit of a variety of vehicles. They are uniquely suited to find solutions for people due to their backgrounds. As a long time member of the local golf community, Kirk knows exactly what golf cart suits your needs to improve your handicap. In addition, Sharon has been professionally involved with the equine industry for over 27 years and truly understands what it takes to manage a large property through the use of ATVs and UTVs. Therefore, she will listen, understand and recommend the right solution for managing large properties, farms and other various outdoor excursions.

Whether it's a cart for enjoying the summer breeze while golfing or plowing the snow off your driveway in the winter, Odyssey Sports Northwest desires the opportunity to help you and your family make priceless memories for years to come.

TIDBITS FROM YOUR EDITOR

Let me start by apologizing for my absence this past two months. Now that I'm back I'm hoping to have nothing but good things, fun rides and events to write about. The picture I posted at the beginning of the newsletter was from June led by Joe. We just rode to Monument Mountain again this past Saturday and it was a very nice ride with decent, comfortable temps albeit a little dusty in some areas. What's a ride without some dust? Some people were even privileged enough to see a bull elk cross the trail right in front of them. Those kind of sightings are not that common and I was jealous. We are looking forward to our ride this coming Saturday to Marble Mountain. We were planning to do some camping this week at Huckleberry campground in anticipation for this ride but with the higher than normal temps I believe we will stay home and head out early Saturday morning for the Marble Creek Information Center just a few miles east of Calder. We hope to see you there at 8:30a.m.. Camping at Huckleberry will have to happen when the weather cools some. Camping comes in second to our ATV/UTV rides on the weekends and most of the time we can camp during the week and save our Saturday's for riding and exploring. That can easily happen while we're camping too. Well that's it for this month. Until then;

**HAVE FUN IN ALL YOU DO AND DO ALL YOU CAN
DO!**



From the top of Monument Mountain back in June.