

GWRR



August 2009

Gold Wing Road Riders Association:
Big Sky, Region I & WA District



*"Friends for Fun,
Safety and Knowledge"*

Message from our Chapter Directors

Welcome new CD's John & Barb



Wow, what a month July has been!! Talk about busy!! We have really had a good time over the last month, with the Gustin Picnic (hope you all enjoyed the steak and salmon), the District Rally (oh, what a party!!) and the migration to Montana, it has really been a busy month. Barb and I are settling into our new role as your Chapter Directors, after Dave and Sheila passed the torch and are moving into the District Educator role. Both Barb and I personally want to thank both Dave and Sheila for their hard work as our previous Chapter Directors and wish them success in their new role. August is going to be a busy month as well within our chapter. We are looking to make our Thursday socials at 6PM, every Thursday but also want to bring some new places into our mix. While we all like Pete's and 'XXX', I think we need to pick some new places (we don't do the dinner socials at the same place, thank god!!) and give that a try, so keep your eye on the Monday 'What's on the Calendar' message for the location of our Thursday Socials. Nothing ventured, nothing gained. As I write this article for the newsletter, it is SeaFair weekend in Seattle. The 'Blue Angels' are flying about making noise and generally irritating some of the Lake Washington residents in this once a year festival of hydros and airplanes. I like to call it the 'Sound of Freedom' and what many people don't know that the 'Blue Angels' are the US Navy's biggest recruiting draw. When people see those blue planes, it often tells people that you can truly do what you put your mind to. If you want to be a pilot and fly fast, you can do that. What a great country, state, city we live in!! Continuing on, for the month of August, there is the Region Rally in Weiser, ID, if you are itching for a long ride. We also have coming up in September, the ride to Whistler. I have previously put this information out on the weekly message you need to make reservations for by Aug 10th if you plan on joining us. Go ahead and make the reservation, you will not be sorry!! Well, that is enough rambling for this month, but let me leave you with this parting thought, we all want to have fun, we all want to enjoy ourselves, so if you see something that you think the Chapter would like to do and/or see, please feel free to let us know. I will be happy to take any and all ideas and suggestions to 'our' chapter membership, to see if this is something we can all do as a group. We are Chapter 'E' and there is none better!!

Till next month—Let's Ride!!

John & Barb

NEXT CHAPTER

MEETING

Saturday

August 22 , 2009

At

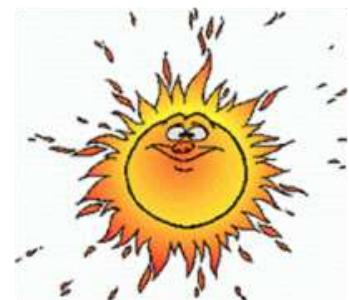
Denny's Diner

2233 148th Ave NE

Bellevue, WA

Breakfast: 8:00 AM

Meeting: 8:30 AM



"Stay Cool everyone!"



GWRRRA
NEWS PAGE (REGION I)



RIDIN' TO REGION (copied from August WA District Newsletter)

Most of you have heard by now of the Montana Migration that linked the Washington Rally to the Montana Rally. Well, sitting out there by itself is the Region Rally in Weiser, Idaho. So how about a Ride to the Region Rally where you choose the route, collect three receipts along the way and **when you arrive register for the Ridin' to Region poker run and stand a chance to win the** registration fees. Sound good? If all who attend the rally choose to play along, there could be some pretty happy people.

Normally this would have been done by pre-registration, but I wasn't on Region staff where I could dream things up just to make our Director Steve nervous. So here is how it's done: When you get to the Rally, give us your receipts and show us on the maps how you got to the Rally. Sign up at a fee of ten dollars (\$10.00) and we enter your name on a ticket for the drawing. At closing ceremonies, we'll draw a name or two and some lucky people will likely have gas money for going home. You also get the chance to share a little of your ride there with everyone else when you get some money. Now how sweet is that?

Between August 7th and the start of the rally, August 13th, collect three receipts from your trip and join in. I know it'll be a lot of fun.

Mike Hudnell

Assistant Region Director

Go to Region I webpage for more information on the Rally this month.

<http://www.bigskyregioni.org/>





GWRRA



News in the State (Changing of the guard for WA. District)



Introduction to the Washington District Rally started with a dance and song by the "Blues Brothers"(also known as Mike Hudnell and Bob Spencer). Lots of fun!

Thank you Mike & Peggy Hudnell for a wonderful job as Washington State District Directors.

Changes for GWRRA Washington District:

Directors— Bob & Patty Spencer

Assistant Directors— John & Barb Smith

Assistant Director— Gary & Diana Domas

Educators— Dave & Sheila Chavez

Treasurer— Dev & Chuck Buell

Trainer— Mike & Lynn Briggs

Newsletter Editor— Shirley & Dale Dufner

Membership Enhancement— Carmen & Dan Weakland

Vendor Coordinator— Peggy & Mike Hudnell

Webmaster— John & Barb Smith



Washington State Montana Migration



Heat stroke and what to do about it

By Ron Peck, Chapter Educator

Heat stroke is a form of hyperthermia, an abnormally elevated body temperature with accompanying physical and neurological symptoms. Unlike heat cramps and heat exhaustion, two forms of hyperthermia that are less severe, heat stroke is a true medical emergency that can be fatal if not properly and promptly treated.

The body normally generates heat as a result of metabolism, and is usually able to dissipate the heat by either radiation of heat through the skin or by evaporation of sweat. However, in extreme heat, high humidity, or vigorous exertion under the sun, the body may not be able to dissipate the heat and the body temperature rises, sometimes up to 106°F (41.1°C) or higher. Another cause of heat stroke is dehydration. A dehydrated person may not be able to sweat fast enough to dissipate heat, which causes the body temperature to rise.

Symptoms of heat stroke can sometimes mimic those of heart attack or other conditions. Sometimes a person experiences symptoms of heat exhaustion before progressing to heat strokes.

Symptoms of heat exhaustion include:

- Nausea
- vomiting
- fatigue
- weakness
- headache
- muscle cramps and aches
- dizziness

However, some individuals can develop symptoms of heat stroke suddenly and rapidly without warning.

Different people may have different symptoms and signs of heat stroke. But common symptoms and signs of heat stroke include:

- high body temperature
- the absence of sweating, with hot red or flushed dry skin
- rapid pulse
- difficulty breathing
- strange behavior (harder to notice on GWRRA members)
- hallucinations
- confusion
- agitation
- disorientation
- seizure
- coma



Rider Education *CONTINUED*

Victims of heat stroke must receive immediate treatment to avoid permanent organ damage. First and foremost, cool the victim.

Get the victim to a shady area, remove clothing, apply cool or tepid water to the skin (for example you may spray the victim with cool water from a garden hose), fan the victim to promote sweating and evaporation, and place ice packs under armpits and groin.

Monitor body temperature with a thermometer and continue cooling efforts until the body temperature drops to 101-102°F (38.3-38.8°C).

Always notify emergency services (911) immediately. If their arrival is delayed, they can give you further instructions for treatment of the victim.

The most important measures to prevent heat strokes are to avoid becoming dehydrated and to avoid vigorous physical activities in hot and humid weather.

If you have to perform physical activities in hot weather, drink plenty of fluids (such as water and sports drinks), but avoid alcohol, caffeine, and tea which may lead to dehydration.

Your body will need replenishment of electrolytes (such as sodium) as well as fluids if you sweat excessively or perform vigorous activity in the sunlight for prolonged periods.

Take frequent breaks to hydrate yourself. Wear hats and light-colored, lightweight, loose clothes.

Bike Tips

- Take water with you and drink it often. You need to replace all of the fluids you are losing. Stop often if you need to.
- Cool ties around the neck. As the water evaporates, it absorbs heat creating a cooling effect.
- Cool vests under your jacket. They work the same way, but cool a greater area,
- Soak a long sleeve shirt in water and wear it under your jacket. This works really well and can keep you cool for a long time. And, all you need is water.
- Hose yourself down when you stop for gas. Most stations usually have a water hose somewhere. You might even start to freeze if you use too much water.
- **Don't ride in the extreme heat of the day. Leave early or ride late if you have to.**
- Take plenty of breaks in the shade. Drink something cold. Eat ice cream. You can locate all DQs on their website in advance.
- Keep your skin covered. The sun makes it worse by drying it out and turning it into leather. Use sunblock on your face, but not over your eyes. Sweat can make it run into your eyes blinding you. This is not a fun experience.
- Carry a spray bottle of water to keep your clothing wet.

If all else fails, find a sympathetic grocer that will let you spend a few minutes in their walk in freezer.



Rider Education

Chapter E Library

- ◆ Book: Street Strategies by David L. Hough
- ◆ VHS: Co-Rider from GWRRA (2002)
- ◆ VHS: Part 1: Helmet Effectiveness (Hurt Report)
- ◆ VHS: GWRRA & Safeco present Touring & Braking / Trailering (1996)
- ◆ VHS: Basic Maintenance of the 1500 Goldwing with Andy MacDonald
- ◆ VHS: Advanced Maintenance for the 1500 Goldwing with Andrew MacDonald
- ◆ Report: Impaired Motorcycle Riding: What Motorcyclists Think About Alcohol and Motorcycling, February 2001
- ◆ Book: Proficient Motorcycling by David L. Hough
- ◆ VHS: Gary Sanford's Slow Speed Cycling Seminar
- ◆ Part 2: Co-Rider from GWRRA (Pre-2002)
- ◆ VHS: Buying Motorcycle Helmets (Snell Memorial Foundation)
- ◆ Report: Fatal Single Vehicle Motorcycle Crashes, October 2001
- ◆ Report: Drowsy Driving and Automobile Crashes



Special thanks to those who went above and beyond.

- 😊 Thank you Lana Jo Peck for the great breakfast at the Washington Rally. It was delicious as usual.
- 😊 Thank you Ron Peck for bringing your fantastic popcorn maker and standing all night popping the popcorn. It was huge success and made our site the envy of all.
- 😊 Thank you Patty for giving us our java juice every morning, it was always nice to have our first thing in the morning.
- 😊 Thank you Barb Smith for your enthusiasm, skills and patience with all us in organizing the "Bike Wash". **We think you are the best choreographer of the District.**
- 😊 Thank you also to Karla & Scott for the extremely large wine bottle at the camp compound.





The Blue Angels

By Dave Chavez

Eleven Chapter E members met for breakfast last Saturday at the Brief Encounter Café in Bellevue. The weather was beautiful, the sidewalk accommodations were excellent and the food was, by all accounts, very good. The impromptu ride event of an afternoon watching the Blue Angels perform over Lake Washington essentially began with breakfast at 8:30 AM in Bellevue. Perhaps based more on proximity to the Mercer Island side of the I-90 Bridge than anything else, we had decided to have breakfast at the Brief Encounter Café on a personal endorsement of the excellent food and great location of the restaurant. Just a little too small for any major Chapter events, the restaurant may just come in handy for future Chapter ride events.

Attending the breakfast and joining Sheila and I, were John and Barb, Bob and Patty, Jim and Christy Pelican, Bob Watson and Sue Howe and Ron Peck. Good conversation is always better with good food and we had both on **Saturday. The restaurant had set up a great table setting just for us and it worked out great...giving the** breakfast a very pleasant picnic feel in the cool of the morning.

After breakfast, John led Barb, Sheila and I and Ron for the Blue Angels event to some excellent parking just adjacent to the local park on the west side of Mercer Island. John and Barb's past experience watching the 'Angels from this vantage point of the East high rise of the bridge proved absolutely excellent. Not necessarily a secret area, John's knowledge of the just the right spot to look for parking and just the right time of day makes this ride activity something to look forward to for next year.

We each packed lawn chairs and plenty of drinks and so we were ready for the heat and crowds that eventually made their way toward us. Oh and did I mention the crowds! Poised like a swarm of ants ready for a picnic raid, we all patiently waited until given the go-ahead at just after 1:15 PM to make our way down the westbound entry lane of I-90 to the edge of the east high-rise. Except for the sunshine ricocheting off of the concrete making it nice and toasty, we had excellent seats for the show. The Blue Angels always put on a great show and viewing them from the bridge was worth braving the crowds and the heat of the day.

We were treated with the usual opening performance of the 'Angels support craft the Lockheed-Martin C-130T "Hercules", i.e., "Fat Albert". The big plane is pretty awesome and especially so performing its sweeping 60° turns and steep climbs!

After an initial 15 minutes or so of "Fat Albert", the main Blue Angels performance began. No matter how many times you have watched these pilots perform their aerial acrobatics, watching the six Boeing F/A –18 "Hornets" flying in absolute precision formation is always pretty awesome. Watching these planes fly in formation as if tethered together was a special treat and well worth the time involved for parking and waiting. Next year, we need to put this onto the Ride Calendar for other members to enjoy. As for us, count us in!



Shady Cove Adventure

By Leah Gray

Our Chapter E adventure started out as an invitation from Ron and Lana Jo Peck to meet in Shady Cove, Oregon. To river raft on the Rogue River, meet some of his friends from his former chapter in San Jose, California and to see his old stomping grounds. Sounds simple enough, doesn't it??? Well, multiple e-mails back and forth, talks about how fun it would be and the final reservations were made.

Dave and Sheila, Bob and Patty, John and Barb, Scott and Karla, and David and Leah all met at RMC in Renton on Thursday July 2nd to start our adventure. The day was hot, so instead of leaving RMC at 5pm, we had dinner at the Full Throttle Café (hoping the holiday weekend traffic would die down...yeah right!)

By 7pm we were off, traveling down WA-167 to I-5 before colliding with the stop and go traffic at Fort Lewis. The shade on the stopped freeway was provided by the 18 wheelers, whenever we moved we tried to be alongside of them!

Following behind Leader Bob (and we were 4-5 bikes back) I sure appreciated the amount of lights on the back of "Wings" when we are riding after dark! (Of course, if he drove off a bridge, we would have followed!!) Arriving in Salem, Oregon at 11pm-ish several of the "hearty souls" went in search of liquid refreshment. What they got was a drink and a show! "Dirty Dancing" Salem style!

Up early Friday morning, we parted ways with Scott and Karla, who were off on there own adventure; we headed south on I-5 to the nearest Starbucks! Off onto OR-227, which is a "must ride" for anyone going to Oregon! What a fun and beautiful road! The twisties with the required "wake up" curve were phenomenal! We made the trip legal with a "U" turn and arrived in the cute town of Shady Cove at 12:30. Dave and Sheila along with David and I had **reservations at the hotel, footsteps from the Rogue, while the Spencer's and Smith's had a cabin at the RV park "across the road". Ron and Lana Jo along with Bob and Thess Thurgood were parked nearby in their "home away from home" RV's.**

A very quick 20 minute stop in our rooms and we met up at the River Rafting place. **Meeting the Peck's friends, taking pictures and cramming about 16 "full sized" people into a 9 passenger van, we headed up river. We divided up into 3 rafts and onto the river we went! John and Barb, Spencer, David and I were in our raft where we quickly made a rule....no water fights until after we eat! Now to most people that would seem like a reasonable request right? We were hungry, it was hot....etc. But, they gave each boat water guns!!!! Yep, you guessed it! The kids in our boat just could not resist! (John and Bob....as if you couldn't guess) The water was frigid, but once you said your "bad words" and the water stopped running down your back (and other places) it actually felt good.**

The 3 hour lazy ride on the river was just what was needed to feel relaxed and on vacation! We saw deer and amazing homes along the way. Over and over John said "let's do this again...when we get to the end let's start over again". In fact he did, but not until the next afternoon! A quick dry out in our rooms, then to a Mexican restaurant across the river to end a perfect day!

Saturday, we met to ride to Eagle Point for a pancake breakfast and staging for the July 4th parade. Ron had arranged for his California chapter and our chapter to participate in the parade. A great turnout in the parade, especially when the temperatures reach 103 degrees! Lana Jo and I waved from the sidelines, along with Joe and Syd from the California chapter. It was impressive! I believe everyone from miles around came to the parade!

Patty & Dave relaxing by the Rogue River



Shady Cove, Continued

After a short walk around town, some of us gathered ourselves, and followed Ron's lead to Lake of the Woods for lunch, and cooler air. Others went back to the river for another "three hour tour". With all the relaxing going on, we seemed to have missed out on the barbecue the people at Shady Cove put on for their guests. Knowing we would miss most people pulling up stakes in the morning, we said our "good-byes", and took a short walk to the local dive bar, karaoke lounge. Bob, Patty, John, Barb, Dave, Sheila, David and I dined while Mona destroyed the tunes and the regulars showed that Salem had nothing on them!

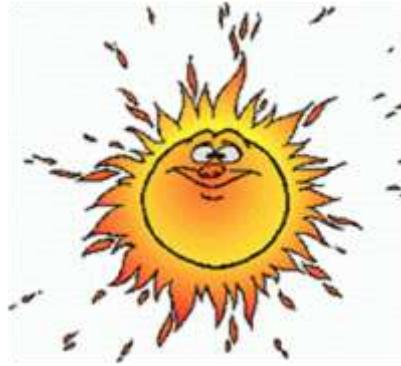


Sunday morning, this same group headed for the coast and cooler temperatures. David and I stopped in Bandon, and the rest went north and back inland to find air above 55*. hear OR-34 from the coast to Corvallis rocks!

We want to thank Ron and Lana Jo for putting together a great trip! The "stomping grounds" where Ron grew up were wonderful and we appreciate all the "local color" you added to help us see the area through your eyes. We all left promising ourselves that this could be a yearly adventure!

Oh and anybody missing their laundry is to contact Ron Peck.

Thank you Ron & Lana Jo for inviting us, it was a lot of fun!



Washington State District Rally 2009

By Caryl Estes

Last year Bill and I attended the District Rally in Lynden, and since we aren't campers, we opted to stay at the Homestead Hotel. We had the advantages of air conditioning, a nice clean bed, a bathroom with a warm shower, a television and a restaurant that had very good food. Bill and I have been married for 37 years and never felt the need to go camping. The last time either one of us had 'camped' is when we were in the 'scouts' (you can figure out how long ago that was). Our daughter and her family are campers and our granddaughter Alex has asked us many times to go camping with them. I emphatically tell her that 'only homeless people go camping'.

So, why did we decide to join the rest of Chapter E at the campsite in Lynden this year? Part of it was that I was too cheap to pay the almost \$400.00 for the hotel and the other is that we were told that we missed so much not being at the campground. Everyone was happy to help us gather (borrow) the things that we needed. Karla & Scott loaned us their tent, our daughter loaned us sleeping bags, chairs, queen size air mattress (more about that later) and ice chest. Patty gave me a list of things we would need to bring (thanks for the advise to bring towels...after all they are always provided for us at a hotel).

We arrived around on Friday around noon and got ready to set up the tent. John & Bob smiled as they left to go to the store knowing that the tent probably would not be set up by the time they got back. We took this as a dare, and proceeded to assemble the tent. Thankfully, it wasn't too hard, and with a little help from Bob Thurgood, the tent was up by the time they got back. All we had to do now was to pump up the air mattress. My daughter told me it was a 'high' mattress, but we didn't realize until it was fully inflated exactly how high it was. It was like an 'Aerobed' double thick and 18 inches off the ground. It filled up the entire width of the tent.

We spent the rest of the day welcoming new arrivals to the campsite. Chapter E had quite a few attendees which included Barb & John Smith, Bob & Patty Spencer, Bob & Thess Thurgood, Ron & Lana Peck, Scott & Karla Edwards, Penny & Will Rosenow, Dave & Sheila Chavez, Bob & Carolyn Reagle, Doug & Sandy Newbury, Leah Gray and David Stikes, Rick Dewitt, Russ & Leann Greaby, Ernie & Sue Sigyarto, Jim Vey, and Wiel Penders (a newly acquired member to GWRRA).

In the evening we had hot dogs and chips provided by the district and after dark we had the "light parade" which started at the Fairgrounds and went around 8 miles through the town of Lynden. Several Chapter E members participated in the light show and Ron Peck won First Place for best use of lights.

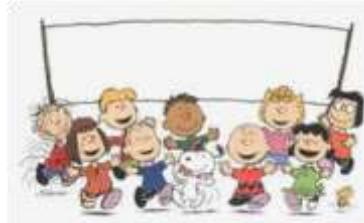
Most of us were tired and headed back to our respective campsites, where lo and behold, Chapter E had the largest bottle of wine I had ever seen placed on the picnic table. It was at least 3 ft. tall. There were numerous coolers filled with other alcoholic beverages and we stayed up late enjoying the beverages, snacks, pop corn (thanks to Ron Peck) and each other's company. Around midnight we decided we had better turn-in, so most said good night and went to our respective tent, motor home or camper.

I went in our tent first before Bill, and made sure that the sleeping bags were all straightened out. We had decided earlier that we wouldn't zip them together, as our daughter had suggested. We thought it would be too cramped. Since the tent had one side shorter than the other, we put the foot of the mattress at the 'short' side and the pillows towards the higher side. I sat down on the pillow, and then turned around to try to fling my legs towards the back of the tent. So far I was pretty much situated until Bill sat down and I was launched onto the ground and on our duffel bags. I started laughing and Bill held out his hand to try to help me up and promptly lost his balance and fell on the ground next to me. We both have bad knees and couldn't get up because we were laughing so hard. The more we laughed the harder it was to get up. What made it even worse were the 'suggestive' comments being made outside our tent by John and Bob about what they thought was going on in the tent.

Washington State District Rally 2009, continued

Eventually we managed to get on to the mattress. By that time the sleeping bags had fallen on the ground. As I grabbed the sleeping bags to just cover us like blankets, I realized that I hadn't changed my clothes. I was still wearing my jeans and sweater. There was no way that I was going to get off of the mattress and try to change, so I slept in my jeans and sweater. We tossed and turned most of the night but made it through our first night of camping.

On Saturday morning after having some great coffee provided by Patty, we went to the Café across the street and had breakfast. The rest of the day was spent in Lynden at the Raspberry Festival, window shopping, admiring the beautiful cars displayed at the car show and checked out the bikes entered at the District Bike Show.



The annual Talent Show was later in the afternoon, and Chapter E had been feverishly practicing our "Scooter Girls Bike Wash" skit for several weeks. The guys had their 'muscle shirts' and the girls had their bikini shirts with belly rings. We were the first group up, and we did a great job, Barb & Leah with microphones that they didn't know they would be using until a few minutes before getting up on the stage. We sang and danced and cleaned those bikes! Chapter I was next and they did a medley of Abba songs from the movie

"Mama Mia" which was very entertaining. When the votes were in later in, Chapter E came in 2nd place...we chose to call it 2nd place instead of last place since there were only two chapters who entered!

Dinner was provided by the District with the Chapters bringing salads, desserts and other side dishes. After dinner we went to the exhibition hall for awards and the installation of new District and Regional Officers. Bob Spencer the new District Director announced the 2010 Washington District Rally will be in Port Townsend. The theme will be Cruise theme with Captain Bob Spencer at the helm.

Back to the campsite where ...amazingly there was another 3 ft. tall bottle of wine, (thank you Karla & Scott). In addition, Leah had made Jell-O shooters for our last night. Since our campsite had a fire pit and the pop corn machine (the smell of the fresh popcorn spread to other campsites), our circle of chairs kept expanding with the addition of people from other chapters. At one point we must have had 40 people sitting around the campsite talking and singing. All of the other campsites were quiet, but we were rockin! Eventually, we all ran out of steam and decided it was time to get some sleep since we had to pack and head home in the morning.

Earlier in the day, Bill and I zipped the sleeping bags together, so we wouldn't have to endure another night of the sleeping bags sliding off of us an onto the ground. I changed into my sweats in the bathroom before I went into the tent and pushed my way onto the side of the tent and sat down, slid my legs into the sleeping bag, which seemed to work well. Bill came in a few minutes later and I instructed him how to sit down from the side, which he did. The sleeping bags stayed intact and we actually fell asleep (could have been the alcohol...) and woke up to a saxophone playing Revile early Sunday morning. Where did that come from????

Bill got out of the tent a little bit before I did and got his coffee and was talking with some of the guys. When I got up and went to get some coffee, Bob gave me a compliment...sort of, he said "did you just get up? You don't look bad for an old lady". Since it started as a compliment, I decided not to smack him for the 'old lady' part and just thanked him for the compliment. When I walked away he told Bill that I must have not heard the 'old lady' part. Yes, Bob, I DID hear that.

So will we be camping in Port Townsend next year? I'm not sure but we have a year to decide.



Washington District 2009 Calendar of Events

Check the Washington GWRRA web site for flyers and contact information at www.gwrra-wa.org for any events you wish to participate with. 2009 will be another great year with great memories made.

2009

JAN 24	Casino Night	WA-I	AUG 8	Picnic in the park	WA-O
FEB 27-MAR 1	Three Rivers Mall Show	WA-P	AUG 13-15	REGION I RALLY, Weiser, ID	
MAR 6-8	D Mall Show	WA-D	AUG 16	Roger HS Show	WA-Q
MAR 6-8	Surf Watch	WA-E	AUG 22-23	Campout	WA-Z
MAR 28	Bowling Challenge	WA-O	★ AUG 29(CANCELLED)Poker Run WA-X		
APR 3	Q Auction	WA-Q	SEPT 4-6	IDAHO DISTRICT RALLY, Kamiah, Idaho	
APR 4	Prosser Breakfast Mtg	WA-M & R	SEPT 4-7	Campout at the ocean	WA-B
APR 18	Early Spring Fun Run	WA-C	SEPT 12-13	Veterans Museum Poker Ride	
APR 19	Brown Bag Auction	WA-N	SEPT 18-20	Oyster Feed	WA-P
MAY 2-3	Fun Run	WA-M	OCT 10	DISTRICT LEADERSHIP CONFERENCE (in Buckley)	
MAY 22-25	Desert Spring Fling	WA-L	OCT 23-25	Motorcycle Mall Show 23-25	
JUN 6	Farmers Parade, Lynden	WA-H	OCT 24	Halloween Dance	WA-Q
JUN 13	Duck Hunt	WA-D	NOV 11	Veterans Day	WA-B
JUN 18-20	OREGON DISTRICT RALLY, PRINEVILLE		DEC 12	Festival of Lights	WA-D
JUN 20	Disabled Veteran's Ride	WA-X	*This calendar is subject to change.		
JUN 25-27	WYOMING DISTRICT RALLY, CHEYENNE				
JUL 1	International Couple Selection at Wing Ding (Shirley and Dale Dufner competing)				
JUL 2-5	WING DING NATIONAL				
JUL 11	Mystery Ride	WA-A			
JUL 16-19	WASHINGTON DISTRICT RALLY, <u>LYNDEN</u>				
JUL 25	Here's Your Sign Run	WA-Q			
JUL 23-25	MONTANA DISTRICT RALLY				
JUL 31-AUG 1	REGION J RALLY				
AUG 1	Harvest Run	WA-B			

Chapter

E

Staff

Chapter Directors	Assistant Chapter Directors	Newsletter Editor
John & Barb Smith	Bob & Carolyn Reagle	Sheila Chavez
Store Managers	Chapter E Educator	Membership Coordinator
Ron & Kathy Johnson	Ron & Lana Jo Peck	Barb Smith
Treasurers	Historians/Photographers	Web Designer
Jim & Karen Robeson	Ron & Lana Jo Peck	John Smith
Ride Director	Chapter Greeter	Cares & Concerns
Bob Spencer	Bob & Thess Thurgood	Ernie & Sue Sigayarto
Mileage Coordinators	Lighthouse Photo Tours	Dinner Socials Coordinators
Karla & Scott Edwards	Bob & Thess Thurgood	Leah Gray
		Karla Edwards



Together, we
can make
a difference!



National, Region I & District Staff



National Executive Director	Region I Directors	Region I Leadership Trainers	WA District Educators
Melissa Eason	Steve & Sandy Henicksman	Jim & Joy Fleming	Dave & Sheila Chavez
meason@gwrra.org	208.523.9813	flemster@q.com	425.277.3373
GWRRRA International Operations Directors	ssheni@cableone.net	WA District Directors	educator@gwrra-wa.org
Jim & Margie Hodge	Assistant Region I Directors	Bob & Patty Spencer	
rallybum@cableone.net	Mike & Peggy Hudnell	425.489.9786	
GWRRRA International Headquarters	360.426.0213	DD@gwrra-wa.org	
21423 N 11th Ave. Phoenix, AZ 85027 800.843.9460	WNWLKER@MSN.Com	WA Assistant Directors	
	Assistant Region I Directors	John & Barb Smith	
	Hank & Marilyn Smith	360.794.0805	
	509.585.6100	add@gwrra-wa.org	
	Hank99301.charter.net	WA Assistant Directors	
	Region I Educators	Gary & Diana Domas	
	Lee & Anna Nelson	509.924.3698	
	jetone@cableone.net	add@gwrra-wa.org	



Web Sites:

WA-District:

<http://www.gwrra-wa.org>

Region I:

<http://www.bigskyregioni.org>



August Birthday's

Marjorie Sarver	6
Russ Hall	11
Rick Myers	25
Ginny Stryker	26
Sue Sigyarto	27
Bob Spencer	28

August Anniversaries



Carl & Kathy Leon	14
Jerry & Kathy Jones	21
Don & Phyllis Hopkins	31

Note from the Newsletter Editor, *Sheila Chavez*

Please contact me with information, articles and/or pictures you would like to share with Chapter E members in our newsletter.

Congratulations Rick Gustin for finding your member number in June Newsletter and winning \$5.00.



Special Reminder: Don't forget to look for your membership number hidden somewhere in our newsletter. If you find your number, this could mean \$ for you if you tell us at the Chapter E meeting of the month of the newsletter. We encourage you to identify yourself at the meeting.

If I have missed any announcement, birthday or anniversary please email me with dates, names and information. If you have pictures and/or stories, please attach them to your email.

Email Sheila @ dashwae@comcast.net

If you have pictures to add to the Chapter E Website please email John Smith, Chapter E Chapter Director, Assistant District Director & Webmaster @: allabout@verizon.net

August 6th --> Chapter E Thursday Social 6:00PM. Location is TechCity Bowl in Kirkland, 13033 NE 70th Place, Kirkland, WA 98033 (425) 827-0785. Chapter E has 2 lanes reserved starting at 6PM for 2-3 hours. The Chapter will pick up the cost of the lane rental, but you need to pay for your rental shoes, which is \$4 per person. **They offer great food at Jimmy G's and you can order** when you get there or after the bowling, sorry you are on your own for food. Here is the website, in case you want to start looking at the menu today.. (<http://www.techcitybowl.com/>) **Let's have** some fun and get some strikes and spares..

 August 13th --> Chapter E Thursday Social 6:00PM. Location is Bridal Trails Dairy Queen, located at 6811 132nd Ave NE, Kirkland, WA 98033. Did someone say Ice Cream or did I hear Blizzard..or maybe Peanut Buster Parfait??

 August 20th --> Chapter E Thursday Social 6:00PM. Location is Willows Run Golf Course located at 10402 Willows Road NE, Redmond, WA 98052. The course is called Rainbows Run, and it is a putting course (miniature golf). The Cost is \$9 per person, with a 20 person minimum. They have a snack bar, with Pop, adult beverages, Gatorade, ice cream, chips, etc. I am going to go ahead and sign us up for this as it looks to be a really fun time. Website information if you would like to look is <http://www.willowsrun.com> Would like to see at least 20 chapter E members there, so we can have some fun together..Do we have a Tiger Woods in our midst??

August 22nd --> **Chapter 'E' Breakfast/Chapter Meeting at Denny's.** We are on for this meeting, checked with Denny's and they can accommodate us so I would like to go ahead and have the meeting, this is actually one week later than our normal meeting weekend, but would like to have our first meeting as your new chapter directors and also give the oath of office to our new ACD (Bob and Carolyn Reagle). Looks like Ron will be out of town, so we will get Dave to do his oath of office (Rider Ed) at the September meeting. Am going to try to put together a picnic ride after the meeting, more details to follow on this in the coming weeks..

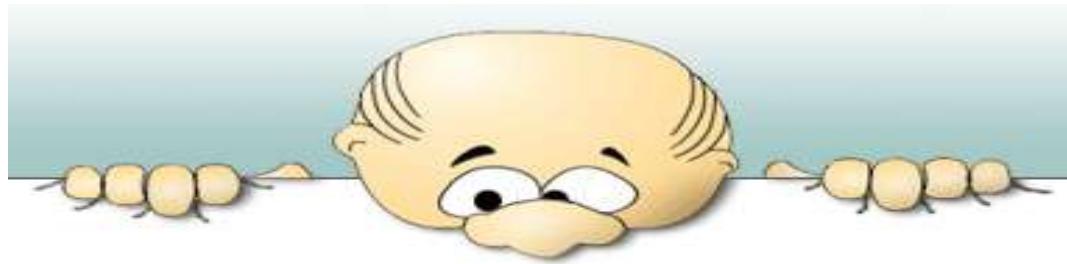
Sept 11-14 --> **Chapter 'E' Whistler BC Ride –** Just want to make sure people make reservations at the Listel Hotel for this event in Whistler, BC. Here is the info you need to make your reservations. Call 1-800-663-5472, mention Gold Wing Motorcycle Group Chapter E. Rooms need to be booked by 8/10/2009 or they will be released by to the hotel. Cost is 109.00 per night (CAD). This will be a ride and event you don't want to miss!!.. More info to follow, as there are many fun things to do in the Whistler Village.



GWRRA Washington District Chapter Gathering Sites

4th Saturday	9:00AM	A-Seattle	★ New location Old Country Buffet, 25630 104th Ave. SE, Kent, WA
1st Sunday	9:00 AM	B-Bremerton	Bremerton Eagles, 205 6th St., Bremerton, WA
2nd Saturday	8:00 AM	C-Everett	Petosa's Restaurant, 1216 Broadway, Everett, WA
2nd Sunday	8:30 AM	D-Aberdeen	Duffy's Restaurant, 1605 Simpson Ave, Aberdeen, WA
4th Sunday	8:30 AM	F-Tacoma	Eagles#3563, 22316 Mountain Hwy E, Spanaway, WA
2nd Tuesday	6:30 PM	H-Lynden	Fairway Restaurant, 1726 Front St, Lynden, WA
3rd Sunday	8:30 AM	I-Olympia	★ Olympia VFW Hall, Olympia, WA
2nd Saturday	8:00 AM	L-Kennewick	Cousin's Restaurant, 4605 N 68, Pasco, WA
1st Saturday	8:00 AM	M-Yakima	The Branding Iron Restaurant, 61311 Hwy 97, Toppenish, WA
3rd Sunday	8:30 AM	N-Spokane	Golden Corral Restaurant, 7117 N Division, Spokane, Wa
4th Saturday	8:00 AM	O-Port Orchard	Airport Diner, 8803 State Hwy 3 SW, Bremerton National Airport
3rd Saturday	8:00 AM	P-Longview	Izzy's Pizza Bar Three Rivers Mall Complex, Longview, WA
1st Friday	7:00 PM	Q-Puyallup	Hangar Inn, 16919 A Meridian E, Puyallup, WA
1st Saturday	8:00 AM	R-Walla Walla	★ Oasis Restaurant. Milton-Freewater
1st Saturday	8:30 AM	V-Auburn	Old Country Buffet, 1816 S. 320th St. Federal Way, WA.
1st Saturday	8:30 AM	X-Vancouver	Billygan's Roadhouse, 13200 NE Hwy 99, Vancouver, WA
2nd Friday	6:30 PM	Y-Enumclaw	Krain Corner Restaurant, 39929 264th SE, Enumclaw, WA
2nd Saturday	5:30 PM	Z-Centralia	Kickstand Restaurant, in Napavine at Exit 71 off I-5, Napavine, WA

Some Useful Gold Wing Links



<http://www.goldwingfacts.com/>

<http://www.aboutmotorcycle.com/>

<http://www.tourkingcovers.com/shop/>

<http://www.msf-usa.org/>

<http://soundrider.com/>

<http://www.wingstuff.com/index.php>

[http://www.goldwing-world.com/
GL1800.htm](http://www.goldwing-world.com/GL1800.htm)

<http://www.gl1800riders.com/>

<http://www.hondadirectlineusa.com/stores/index.asp?str=4>

http://www.motorbikestoday.com/reviews/Articles/hon_goldwing_04.htm

http://en.wikipedia.org/wiki/Motorcycle_safety





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Rates above are per quarter. All interested companies should inquire with John Smith or Bob Reagle.



Do you need patches sewn on your vest, shirt or jacket?

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