

The Eagle News

- November 2012 -

GWRRA



WA-E

Bellevue, WA



"Friends for Fun, Safety and Knowledge"

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Chapter Staff

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Assistant Chapter Directors: Bill & Caryl Estes
Chapter E Educators: Mike & Lynn Briggs
Ride Director: Bob Spencer
Treasurer: Charlene Lee
Cares & Concerns: Leah Gray
Dinner Socials Coordinators: Bill & Caryl Estes
Membership Coordinator: Violet Urquhart
Mileage Coordinators: Karla & Scott Edwards
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Historian/photographer: Ron & Kathy Johnson
Chapter Greeters: Ron & Violet Urquhart



GWRRA



WA-E

November, 2012 Gold Wing Road Riders Association Region I - WA District



"Friends for Fun, Safety and Knowledge"



Next Meeting: November 17, 2012

Crystal Creek Café

22620 Bothell-Everett Hwy.

Bothell, WA. 98021



Here we are in November already. Where does the time go? Our long wet spring gave way to a beautiful summer and an extended riding season with a fairly dry fall this year, but it appears to have come to an abrupt end with the rain and wind ushering in November. Some of you may be putting the bike away for the winter, but don't bury it in the back of the garage. If the weather gods are good to us this winter, we just might squeak out a day ride now and then. Also don't you hibernate for the winter because we have a lot on the calendar for you to get out and enjoy.

The first thing coming up this month is our dinner social on the 15th at the "Claim Jumper" in Redmond and then our chapter meeting on the 17th where in addition to the usual fun stuff we will be working out the details for our Christmas party. After the meeting we will move up to Sue and Ernie Sigyarto's for our "2013 Ride Planning" meeting. Bring your suggestions and ideas. This is your chance to give your input on what rides and activities you would like to see our chapter do next year.

In addition to our own chapter activities that include dinner socials, game nights, movie nights and chapter visitations, there are a lot of activities to participate in from other chapters in our area. December 8th is the "Christmas Light Parade" in Montesano, where we can participate with chapter D who also includes a chili feed in the afternoon and a potluck dinner and silent auction that evening, after the parade. We are welcome to participate in the parade with decorated bikes, or just go down and enjoy the festivities. It's a great way to get into the Christmas spirit!

In January Chapter X has their annual "Motorcycle Parts Swap Meet" and Chapter I puts on their "Casino Night" with it being a "Hawaiian" theme this year. February brings the annual "District Rider Education" workshop in Buckley and the Chapter P "Motorcycle Mall Show" in Longview. March of course is our own "Surf Watch" on the 16th and 17th and April brings chapter C's "Early Spring Fun Run".

So there you go! We will get through the long winter and it will be time to ride again!! Sounds easy on paper, doesn't it? Now it's up to you to get involved this winter. Get out and enjoy some of these activities with us. We don't like doing them alone. This is your chapter and it's up to all of you to keep it alive and active. You know what they say, "Time fly's when you're having fun! Get involved this winter!"

Last, but not least. Remember to give thanks this month and don't forget to thank a vet for his, or her service. Better yet, buy them a cup of coffee, or their meal.

Happy Thanksgiving to all of you!

Bob and Patty





November Birthdays

November Anniversaries

Phyllis Hopkins	2
Ron Johnson	7
Sue Howe	13
Karla Edwards	16
Scott Edwards	22
Garney Arcand	24

Scott & Karla Edwards	6
Ron & Kathy Johnson	12



Birthday folks at the October chapter Meeting
Kathy, Karen, Lana Jo, and Jim



If we have missed any announcement, birthday or anniversary please email Leah Gray or Bob & Patty Spencer with dates, names and information. If you have pictures and/or stories, please attach them to your email.

©Cares & Concerns: Please remember to inform Leah Gray of any cares or concerns you may have or if you are aware of other members in need of support. If someone is ill or incapacitated or simply is in need of a friendly hug or support, please let us know. We really do want to know if you are OK or in need of anything.

Bob & Patty Spencer - bspwae@frontier.com
 Leah Gray - lsfvr57@aol.com

THE EAGLE OOPS AWARD



Failure to Launch

The latest recipient of the Eagle Oops award is Gordon Bousman. This incident again involves a Washington State Ferry as was the case with our previous recipient. It seems that in a group after-meeting ride while trying to board a ferry, Gordon could not get his bike to move and it certainly appeared as if the transmission had failed. Further investigation by an astute fellow chapter member discovered that Gordon's big fat riding boot was touching the foot brake thus preventing the bike from moving in spite of heroic efforts with the clutch and throttle. The positive note is that Gordon's trike certainly has good brakes!



Gordon Bousman receiving the Ooops award from Bob Spencer



A man is stranded on a desert island, all alone for ten years. One day, he sees a speck in the horizon. He thinks to himself, "It's not a ship". The speck gets a little closer and he thinks, "It's not a boat". The speck gets even closer and he thinks, "It's not a raft". Then, out of the surf comes this gorgeous blonde woman, wearing a wet suit and scuba gear. She comes up to the guy and she says, "How long has it been since you've had a cigarette?" "Ten years!" he says. She reaches over, unzips a waterproof pocket on her left sleeve and pulls out a pack of fresh cigarettes. He takes one, lights it, takes a long drag and says, "Man, oh man! Is that good!" Then she asks, "How long has it been since you've had a drink of whiskey?" He replies, "Ten years!" She reaches over, unzips her waterproof pocket on the right, pulls out a flask and gives it to him. He takes a long swig and says, "Wow, that's fantastic!" Then she starts unzipping this long zipper that runs down the front of her wet suit and she says to him, "And how long has it been since you've had some REAL fun?" And the man replies, "My God! Don't tell me you've got a motorcycle in there!"

Captain Ron and Violet Urquhart have started a business to provide embroidery for the chapter shirts. If you are interested in getting that done, please bring the article of clothing that you want the work done on to a chapter meeting and provide that to them. You can contact them by email (highlandembroidery@gmail.com) for pricing and availability or call 425-512-9498

Ron & Violet Urquhart
Quality Embroidery of "Textile" products

Highland Embroidery

Email: highlandembroidery@gmail.com
Phone: 425-512-9498
Lake Stevens, WA



Winter Riding

Rider Education by Mike Briggs



As I sit here at my computer, listening to the rain pound down outside, I am going to write about something even I may think is a bit crazy! Usually this time of year, a quick perusal of Rider Education articles finds **many great tips and ideas about storing your Gold Wing for the winter. I'm going to go the other way this month.** Most of you know that I will ride most any time of the year and while I do enjoy a warm sunny **summer day, there is something about being out and about when the weather is at its northwest "finest".** Of course your risk level is higher; slippery road surfaces, fewer hours of daylight, in some cases less visibility. But, you can manage the risk and have a great ride as well.

So how do you go about riding in bad weather? Well, you need to stay warm and dry. Let's talk warm first. If you are cold and I mean teeth chattering cold you are not going to be making good decisions on the bike because your body is focused on trying to get warm. Good riding gear is essential to winter riding. If you **don't have heated gear, you might consider it. Yes, it's spendy but to be warm on a bike at 40 degrees,** wow! As you probably know, you can buy heated riding jackets, pants, socks, insoles, gloves, liners, probably **things I haven't even thought about. For me, I use a modified jacket liner that I have sewn into my riding jacket and it keeps my torso quite warm.** I used to use heated gloves but have gone to heated grips. **They're not for everyone, but I like them because they are always there. There are times when I am wear** light gloves and it gets a little cool, the grips do their job and my fingers are warm. One more interesting thing about my grip heaters is that they are actually on thin plastic and go underneath my grips. That way I am able to use my favorite type of grips. The rubber actually gets quite warm on the low setting. They get so hot on the high setting that I turn them off pretty quickly.



Okay, now that we are warm, how do we stay dry? For some, it's time for rain gear and that works and does add an extra layer. For me my riding jacket and pants just don't leak. Several years ago, I refurbished the jacket. I pulled off the seam sealing tape and methodically used seam seal on all of the seams and treated the jacket with a waterproofing product that works. I think that it took most of a weekend to go through the process and voilà, my jacket doesn't leak, even after many hours of riding in the rain. Winner, winner chicken dinner! The last thing that makes riding in the rain easier for me is to wear a flip face helmet. I really like the feeling I get when the shield goes down and rain can't get in. I treat the face shield with an anti-fogging compound and I see without it fogging up. When it's coming down hard, the rain drops can feel like needles on your face. One last thing, make sure your boots are water proof or lined with a Gore-Tex™ type material. There's nothing worse than cold wet feet.

So with my setup; I stay warm, I stay dry and I have a remarkably good ride. One more thing, think about your choice of roads, main roads will tend to have less standing water and debris, but will have more road spray from cars. Back roads are slower and generally have less traffic so you can ride at a lower speed and not feel pressured. It's up to you.

If you don't ride in the winter, that's great. If you want to ride in winter, give it a try, you might just like it! You will save all that time on winterizing too!!!



Mike and Lynn Briggs were installed as our new Chapter-E Educators by Region Educator Bob Minor at our October Chapter meeting. Ironically, Mike will also become the Washington District Educator taking over Bob's previous educator position for the District.

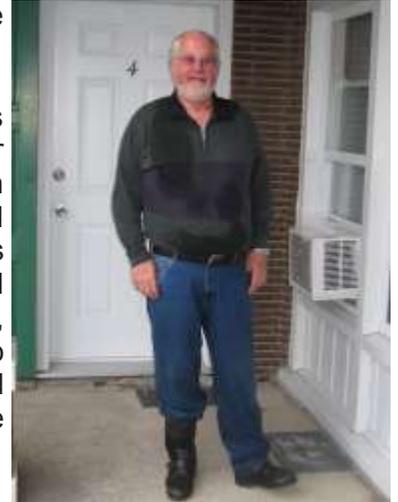


TRIP REPORT: Seattle to Newfoundland— nearly 9,000 Miles

By: Sue Howe

Our trip began Sept. 5th on a beautiful sunny day and ended 8,829 miles later on Oct. 2nd also on a beautiful sunny day. We rode across British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Quebec, New Brunswick, Nova Scotia, Prince Edward Island and finally to Newfoundland before heading back to the states and home. Out of the 28 days we only had three days of heavy rain (mini spits of rain don't count) and two of rain days were in Newfoundland. We had taken the 6 hour ferry ride to get there and we were determined to see some of it so we put on our rain gear and headed out hoping to go to the most northern point and see some moose. Thirty miles up the road we were drenched and both agreed to head back to our hotel.

The pic shows that the only thing dry on Bob is the top of his pants pocket, this was before he bought new rain gear. I had already bought new rain gear because my rain gear on the back of the bike had fallen off (I won't mention any names as who had secured it ?? Bob). There is only one ferry a day and the town is very small. We were lucky that it had laundry facilities so guess who did our big load of clothes? As all of you are aware, we travel light and all of our clothes together just make up one load, there is no sorting of lights, darks, delicate or normal. It all goes in together. This hotel also happened to have slot machines. Bob managed to turn \$20.00 into \$300.00 and I managed to walk away \$35.00 ahead; I only bet \$.05 at a time which helped pass the time.



Bee Sting !

Canada is a beautiful country and there is NO traffic. I used my full face shield, Bob likes the wind in his face but I'm sure he wished he had his face shield on the day a bee came over the windshield and became trapped behind his glasses. Should this ever happen to us again or to any of you, the first thing you want to do is pull off the road and the sooner you can get the stinger out the better. We were told by the doctor that we saw the next day that the venom goes in within the first ten seconds. I managed to pull out the stinger but it was probably ten minutes after the sting. Riding with one eye is never a good idea. Wouldn't you know that the place we stopped the next night was in Blind River, Ontario!

The next morning we headed out and saw a sign, DO NOT FEED THE BEARS. Not even two miles later Bob brakes hard and there in front of us is a black bear crossing the highway. We saw many signs to watch for moose but never did see any. Thank goodness that was our only catastrophe.



Color-coded facilities!

As many of you know, Bob and I love our food. My favorite of our entire trip was Prince Edward Island (P.E.I.). There are a number of places that offer the all you can eat lobster dinners, churches, halls etc. You order the size lobster you want, 1lb-4lb. Well, just guess which size Bob ordered - you got it, 4lb. I had a 2lb. The all you can eat does not pertain to the lobster, OH DARN, but to the clam chowder, mussels, bread, salad and dessert. Wow, it was fun. Their lobster are different than the ones we have at home. The big section of meat is in the claws where as ours is more in the tails.

This was a wonderful trip and for those of you with the time, we highly recommend traveling across Canada.



The picture of the huge truck above with Bob standing beside it was taken in Sparwood, BC. They state that it is the largest truck in the world.

Short Takes

Ethanol Free Gas Stations



ETHANOL



We talked about Ethanol fuel (gasohol) in a previous newsletter but it's always good to remember that the 10% ethanol found in most of our fuel provides no real benefit to a motorcycle's operation. The alcohol has an affinity for water which can accumulate in your fuel tank especially if your tank is less than full—coupled with the fact that our bikes may see reduced use at this time of the year. The alcohol can also separate from the gasoline (called "phase separation) especially when it has pulled in enough moisture to cause it to settle to the bottom of the tank. Further, ethanol alcohol is somewhat corrosive to metal, rubber, and plastics (including fiberglass fuel tanks) and thus can negatively impact your fuel and engine systems.

Mitigation of the above issues can include keeping your tank full (especially if you are going to store your bike for an extended period of time), putting a fuel stabilizer additive into your tank such as Sta-Bil, and purchasing alcohol-free gas as much as possible. Gas stations which sell such alcohol-free fuel can be found at www.Pure-gas.org (which also has an app for the iPhone/iPad). While such no-alcohol stations are not plentiful, we know of two stations alone in Snohomish where we try to refuel when out for a ride, others can be found in Seattle, Everett, Tacoma, Issaquah, etc.



A cop is staking out the Biker's Pub & Cafe for bikers riding drunk. At closing time, he sees a biker stumble out of the bar, trip on the curb, and fumble for his keys for five minutes. When he finally gets on the bike, it takes him another five minutes to get the key in the ignition. Meanwhile, everybody else leaves the bar and rides off. When he finally pulls away, the cop is waiting for him, pulls him over, and gives him a Breathalyzer test. The test shows he has a blood alcohol level of 0.0. The cop says, "How is this possible?" The guy laughs and says, "Tonight I'm the designated decoy."

Visiting the Big Blue Boat!

By Bill Estes

It started off as a kind of "Dark and Stormy" day. Several of us met at Bob & Patty Spencer's home at 6:00AM to go visit Chapter "B" in Bremerton. John and Barb Smith, Caryl and I as well as Mike Keefe rode with Bob Spencer. Ron Peck and Ron Urqhart rode with Steve Lee. Most of the others met us at the Edmonds Ferry to catch the 7:10 to Kingston. Eleven of our Chapter "E" members were visiting and hoping to win at "Marbles". Sadly, no one won the \$1,600.00 in prize money. Oh well! It was still a great visitation.

After the visitation the plan was to go to Port Angeles to visit Steve Lee's ship that he works on six months a year. Since it was raining a bit, a couple of chapter members who rode their Wings to Bremerton decided to go home instead of Port Angeles. A few hours later we met up with the Sigarto's and Roberson's at the Hood Canal Bridge. Now, As we went on our merry way onward toward Port Angeles, the weather got better, almost sunny occasionally.



When we arrived at the dock, we were impressed with the size of the Polar Endeavour. Steve told us it is 900 feet long and 152 feet wide. This is equivalent to three football fields and is really impressive! It sure is a big ship. Now for our first challenge! We have to climb up the ladder (stairway up the side of the ship). Several of our members seem to have some height issues and it is about fifty feet that we have climb the ladder to reach the top to board the ship. After jockeying us up this ladder, three at a time, we all finally made it. Whew...

Now comes the fun stuff, going up and down about 30 flights of stairs to visit each deck and tour the ship. Steve led us to the main tower at the back of the ship where the living quarters and bridge of the ship are. We met a number of the ship's captain and crew who were all very nice and gracious. We started off touring the area that controls how the oil is loaded and unloaded. Very interesting! Next we took a tour of the bridge and the Chief explained the loading and unloading the oil and explained how the Captain and crew chart course's and control the ship. From the Bridge at the top of the ship we have a great view of the harbor and most of Port Angeles. It was amazing. John Smith found a pair of high quality binoculars that the crew uses and now wants a pair.



Continuing on, we went down to the crew's lounge where during their free time, they can watch movies on their Big Screen TV, play video games, ping pong, cards or just relax. Onward to the galley and mess hall where we had sodas and water before going down into the "BOWELS" of the ship to see the engines and shops. Since they can't leave the ship for parts if they break down Steve showed us the area where they store replacement parts (at least two of everything) and it was a massive display of parts and tools.

After almost three hours of touring the ship, it was time to depart the Polar Endeavour. Before we can do that, we have to climb down the gangway ladder again. Fortunately, this **was easier than going up. Whew, made it again... Didn't lose anyone! We headed for home and stopped for dinner since we hadn't eaten since breakfast and it was now 4:00PM. You know Chapter E, we gotta eat.**



We decided to head to Port Gamble and have dinner at "Mikes 4 Star BBQ" Great food and beverages were enjoyed by all. We headed back to Kingston to the ferry and luckily for us we arrived just as the ferry was unloading. A short ride back to Edmonds and we are almost home. A great time was had by all and we are looking forward to our next visitation with other chapters and more good adventures.

I would like to give a big thanks to Steve Lee for arranging this tour. We are very grateful and enjoyed it very much.

2012 Post Office Tour Contest Results

Thank you all for participating in the 2012 Postie Tour. A special thank you to everyone who took a few pictures of post offices, shared some stories, and ventured out of their neighborhood to visit a new city. Everyone who played was a big winner weather or not pictures were submitted just by the nature of the tour. A special thank you to the effort Mike McDonald made with over 14,000 miles of riding this summer to his 369 post offices including all four corners, all of the bonus points and not to mention his impressive entry book binder! Official entrants and statistics included:

Sue Howe and Bob Watson with 1 point and 1 post office

Rick and Sue Gustin with 4 points and 4 post offices

Leah Gray with 6 points and 6 post offices

David Steik with 6 points and 6 post offices

Charlene Lee with 21 points and 21 post offices

Kathy and Gordon Bousman with 32 points and 32 post offices

Steve Lee with 39 points and 24 post offices

Caryl and Bill Estes with 49 points and 34 post offices

Christie and Jim Pelican with 69 points and 19 post offices

Karla Edwards with 208 points and 81 post offices

Scott Edwards with 208 points and 81 post offices

Mike McDonald with 529 points and 369 post offices

Congrats to the 2012 big money winners including Bob Watson & Sue Howe, Gordon & Kathy Bousman, and Karla Edwards! Stay tuned for details outlining the 2013 Tour! Ride Safe and Ride Far!

Karla and Scott Edwards



INDUSTRY NEWS FROM EVERETT POWERSPORTS

I've always been enthused about things with wheels which help us get around and now that Honda is even building and selling a jet airplane, I need to tell you the web site which spills the beans quite well: Its [HONDA WORLDWIDE](http://world.honda.com) [<http://world.honda.com>] and as far as I can tell, you can subscribe to it at no cost and stay up with their newest stuff.

In the area of motorcycles, we still have the Gold Wing as we know it in the current 2013 line-up, to include the availability of solid color in Red and all the fine standard accouterments. It's a wonderful motorcycle and it will be accompanied in the 2013 line-up by several new Honda models, some of which have the electronic transmissions. No, the automatic type transmissions do not show up on the Gold Wing for 2013. . . .

Other exciting new models which will show their face by spring are a couple of new side-by-sides; the ones which I refer to as community vehicles or mini-jeeps. These are becoming popular in many American communities due to their soft tires with excellent traction, and their all-wheel drive.

Take a look at Honda Worldwide to see their new N-One mini automobile; its based on the original N360 mini which they produced as their original automobile. Its available in an economy model and a Premium Tourer model which has all the goodies.

Does your Gold Wing need a little TLC, new brake fluid, or, perhaps, some new hide on the back end? You will be happy to know all labor is discounted 15% between now and February.. .. Another tidbit is it appears two or three of Cedric's custom built motorcycles will be at the Dec 14 - 16 motorcycle show; real crowd pleasers! Two-dollar discount show tickets can now be picked up when you're at the store!

Coffee pot is always one,
Ride safe !

Mike



Motorcycle Trivia Quiz 1

Contributed by Terry Schock

1. The first motorcycle was created by?
 - a. Gottlieb Daimler in 1885
 - b. Thomas Edison in 1881
 - c. Michel Eugene Werner in 1897
 - d. Leonardo Da Vinci in 1503
2. What kind of motorcycle did Arnold Schwarzenegger ride in the movie Terminator-2?
 - a. Kawasaki Ninja
 - b. Honda Valkyrie
 - c. Harley Davidson Fat Boy
 - d. Ducati Monster
3. Honda's first true motorcycle was built in 1950. what was it called?
 - a. Helix
 - b. Elsinore
 - c. Monkey
 - d. Dream
4. What is the name of the motorcycle gang in the 1953 film: "The Wild One" starring Marlon Brando?
 - a. Black Rebels Motorcycle Club
 - b. The Polecats
 - c. Sage Valley Motorcycle Racers
 - d. The Rottwheelers
5. Who makes the Royal Star Venture?
 - a. Yamaha
 - b. Aprilia
 - c. Suzuki
 - d. Vespa
6. Stelvio STX is associated with what brand name?
 - a. BMW
 - b. Honda
 - c. Moto Guzzi
 - d. Kawasaki
7. Which of these is not a type of motorcycle?
 - a. Bobber
 - b. Chopper
 - c. Dipper
 - d. Springer
8. What kind of motorcycle did both Ponch and Jon ride in the TV show "CHiPs"?
 - a. Kawasaki 1000 P
 - b. Harley Davidson FLHPI Road King
 - c. BMW R 1100 RT-P
 - d. Harley Davidson Servi-Car
9. In the 1969 Easy Rider, the character played by Peter Fonda is called:
 - a. Bucky
 - b. Captain America
 - c. Ghost Rider
 - d. Billy

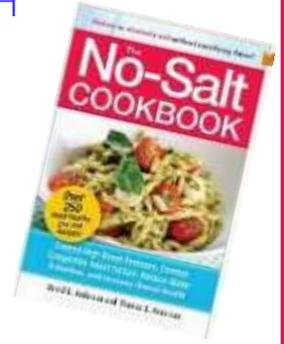
10. The famous T. E. Lawrence, "Lawrence of Arabia" was killed in 1935 while riding what make of motorcycle?
 - a. BSA
 - b. Brough Superior
 - c. Norton
 - d. James
11. What movie star did most of his own motorcycle stunts in the movie The Great Escape?
 - a. James Garner
 - b. Steve McQueen
 - c. James Coburn
 - d. Lee Marvin
12. Jawa motorcycles are made in what country?
 - a. Czechoslovakia
 - b. France
 - c. Spain
 - d. Switzerland
13. In 2003 what did Harley Davidson celebrate?
 - a. Launch of new logo
 - b. Willie G. Davidson's 65th Birthday
 - c. 100th Anniversary of the company
 - d. The first Dyna Wide Glide
14. What band released the biker anthem, "Born to be Wild" in 1968?
 - a. Cream
 - b. Credence Clearwater Revival
 - c. Steppenwolf
 - d. The Who
15. What is the name of London's famous classic biker hangout?
 - a. The Ace Cafe
 - b. The Kick Stand
 - c. The Iron Horse Saloon
 - d. The Holiday House

Answers:

1. (a) Gottlieb Daimler in 1885
2. (c) Harley Davidson Fat Boy
3. (d) Dream
4. (a) Black Rebels Motorcycle Club
5. (a) Yamaha
6. (c) Moto Guzzi
7. (c) Dipper
8. (a) Kawasaki 1000 P
9. (b) Captain America
10. (b) Brough Superior
11. (b) Steve McQueen
12. (a) Czechoslovakia
13. (c) 100th Anniversary of the company
14. (c) Steppenwolf
15. (a) The Ace Cafe

EAT LESS SALT, IMPROVE YOUR HEALTH

By: Gordon Bousman



In the interest of helping our chapter membership maintain good health, I decided to share the essence of a recent article in the Seattle-Times concerning salt intake. The article's author, Katy G. Wilkins, a registered dietitian at the Northwest Kidney Centers, wrote that increased demand for bottled water can be attributed to excessive salt intake. Americans consume about double the amount of salt that they did 30 to 40 years ago and much of this increase can be attributed to so many packaged and processed foods used today in the home and in restaurants. When one has excessive salt intake, the thirst level increases and thus the body's amount of water increases. This results in increased blood pressure (hypertension) which we know is unhealthy and is a significant contributor to strokes and heart attacks – basically your heart has to work harder to pump the excessive fluids around in your body.

The recommended daily limit of salt intake is 1,500 to 2,000 mg (2 grams) of sodium; higher amounts of salt will drive higher amounts of fluid intake to satisfy the increased thirst. When you consume the current average U.S salt intake of 4,000 mg/day, the fluid intake zooms up from 3-4 cups/day to about 8-10 cups/day.

It's very challenging to limit your salt intake but you should make a concentrated effort to monitor this as much as is feasible. Reading package labels can help and using a salt substitute at the dining table is beneficial. When one cup of packaged mac & cheese contains 1000 mg of sodium or cottage cheese has more salt than an equivalent serving of pretzels, it pays to read packaging labels for salt content.

One method by which physicians treat high blood pressure is to prescribe a diuretic in order to reduce the quantity of body fluids. Unfortunately for those who suffer from gout (such as this author), the diuretic component of certain hypertension drugs can contribute to increased gout attacks.

I consulted with our resident chapter medical expert, nurse Leah about this issue and she commented: "There are other reasons why people drink a lot of water. It is one of the first symptoms of diabetes for instance. Caffeine also is a diuretic that makes you go to the bathroom more often. I have been told that you need to drink 8 ounces of water for every 8 ounces of caffeinated beverages. The rule of thumb is 64 ounces of water/liquids per day. Most doctors also dose the blood pressure medications based on what you are currently doing, so if you reduce your sodium intake and then decrease drinking water, you would need to have your blood pressure checked to make sure it is not too low."

Ms. Wilkins in her article was also quite concerned about the very significant increase in the consumption of water via plastic water bottles. 1.5 million tons of annual plastic waste comes from plastic water bottles of which 80% ends up in landfills. Manufacturing plastic bottles consumes enough oil to fuel 100,000 cars per year. Certainly as we ride our motorcycles, we need to carry drinking water but maybe we should consider using re-usable water bottles rather than the disposable water bottles. Almost all tap water in the USA is safe to drink and you can consider getting a water filter for your home or travel water tap if you don't like the taste.

This article by no means implies that you should reduce fluid intake if you have a medical condition that requires sufficient fluids. However, do your body a favor and be cognizant of your salt and related water intake. Your heart and kidneys will thank you.

Only Italians are able to do this!!!

Andrea Dovizioso



Marco Biaggi



Valentino Rossi



Francesco Schettino



Laughter



A guy is riding along a country lane, when a sparrow flies up in front of him. The biker can't do anything and hits the sparrow. As he looks in his rear view mirror, he sees the sparrow lying in the road. Being the kind of guy he is, he stops, picks up the sparrow and takes it home and puts it in a cage, still in a coma. When the sparrow wakes up the following morning, he looks through the bars of the cage and says, "Crap, I must have killed the biker"



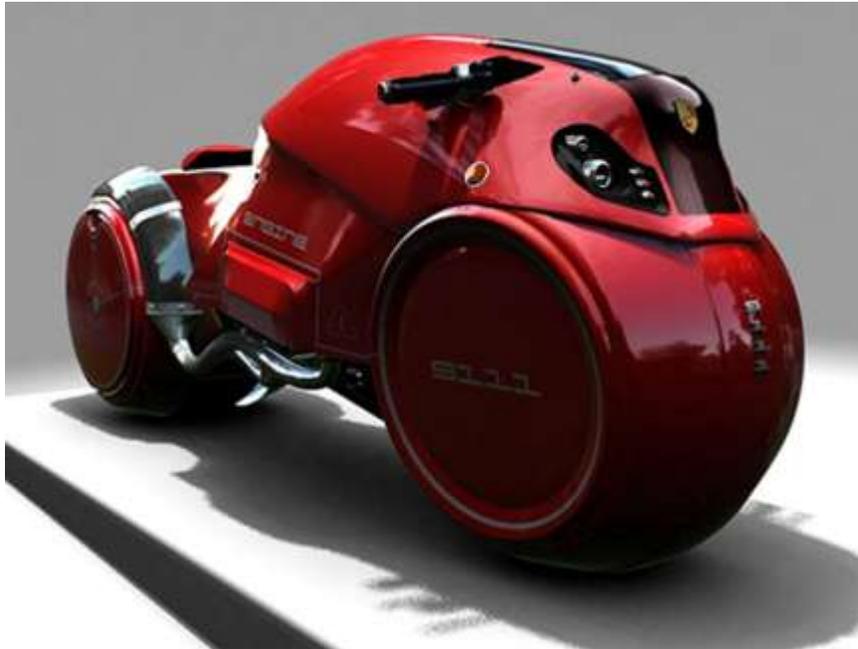
Top 10 Futuristic Concept Bike Designs

Contributed by Terry Schock

These are the most amazing innovative bikes, here we step into future with those who love blending style and functionality with pioneering design and technology. They are designed from scratch to inspire awe, keeping production feasibility. Some of them may even hit the roads of reality in coming future.

1. Icare Motorbike

Now be a style icon with the Icare high-end futuristic bike. With its unconventional looks, breathtaking design it surely is a dream come true for all the bike lovers. The Honda Icare motorcycle concept is powered by a 6 cylinder 1800cc engine and designed by Enzyme in Paris. The I.Care motorcycle is meant to be the Aston Martin of the two-wheeled world with speed. The good news is that Enzyme's last concept actually went into production (the Atomo V1000), so the Icare has a shot of making it to the marketplace.



2. Peraves Monotracer Jet Bike

Peraves MonoTracer Jet Bike is a vehicle straight out of the future. The aerodynamic design helps this bike top off at 155 miles per hour. The controls for this bike are similar to a car, with pedal operated accelerator and a steering wheel. It even has two doors and two seats. The Peraves Monotracer is a new, updated and more attractive version of the Swiss-made Ecomobile. The MonoTracer Jet Bike is truly a millionaire boy's coolest toy.



3. The Wind–Solar Energy Bike

The eco-friendly wind-solar new concept bike is an answer to the uphill riding problem faced by most bikers where pedaling up a steep slope can knock the wind out the healthiest of us all. That's why we need hybrid bikes like the Wind-Solar Energy Bike. Covered with solar panels while having a spoiler fixed below the handles to help provide lift force for lightening the weight of the bike as you cycle. A motor and electricity coils setting is designed at the Front and back wheel. It can produce electric energy while rotating at ordinary times. When the Winsolar is climbing a slope and the biker too tired to pedal, he can switch over to the automatic motor, to make the ascend.



4. Harley Davidson 2020

The Harley Davidson model of motorcycle is a one of a kind — instantly recognizable on the road but is perhaps a bit too Tron-like for most Harley riders, he has been sure to keep intact the company's iconic air-cooled v-twin power-plant. It features big wheels with bearings and a powerful 883cc engine. The rest of the design elements are new though, with a hubless drive system being the centerpiece of the design.



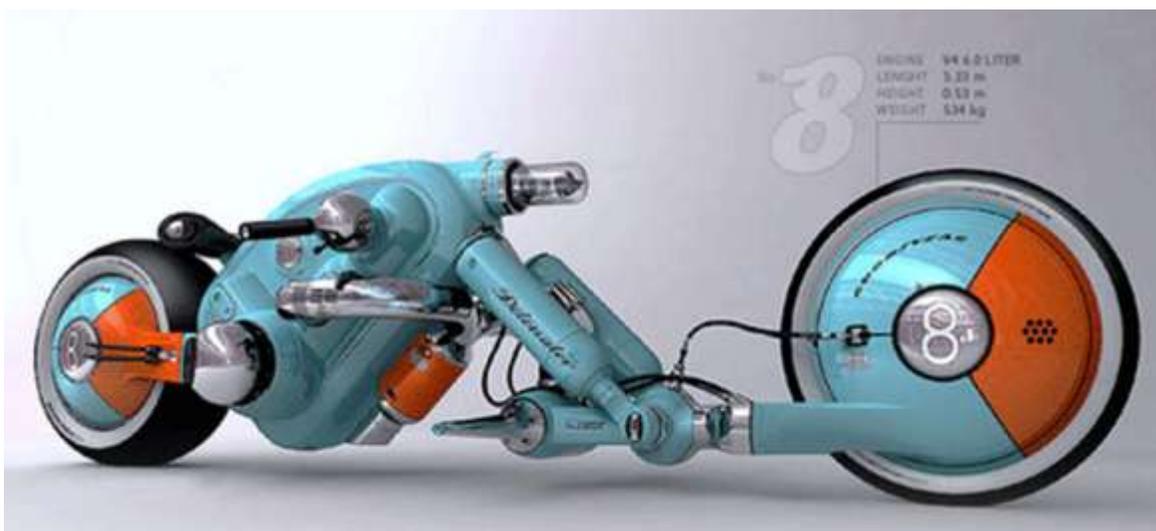
5. Bombadier Embrio

The Bombadier Embrio is powered by a hydrogen fuel cell emitting only water as a by product driving an electric motor powering the main wheel, it is gyroscopically balanced, one-wheeled recreational and commuting vehicle provides an extraordinary vision of the kind of personal transport we could be using in near future. The riding position will be similar to a motorcycle with a complex series of sensors and gyroscopes balancing passengers on the single wheel. The rider activates a trigger on the left handlebar to accelerate and turns are made by shifting body-weight rather than actually steering. This robotic unicycle is capable of reaching highway speeds.



6. Detonator V4 6.0

This new bike has taken the biking world a step further as this monster bears no semblance to any existing concepts. Instead of the conventional ways of steering, the monster has an electromagnetic sled located behind the front wheel and the rider has to control the impulse with two independent handlebars where the front light is mounted. This machine looks like a crossover between a chopper and an automotive soldered android. The bike also has a glass tube radar system, which helps in navigating the giant.



7. Victory Vision 800

Victory Motorcycles have traditionally crafted motorcycles of the big V-twin cruiser, Harleysque genre, but the signs are beginning to point to a more diverse product range in the not-too-distant future. The Victory Vision 800 is a true concept bike, designed to show just how radical Victory can think. It uses a 800cc, parallel-twin engine with a Continuously Variable Transmission. With the absence of clutch and gear, all the foot controls are shifted to the handle bars



8. The Hyanide

This motorcycle is equipped with tank-esque treads to turn it into an all-terrain mobile. The Hyanide is also capable of making sharp and fast turns with a advanced turning system that bends the entire frame of the bike to properly make turns. Powering the concept is a 500cc engine derived from a snow mobile. This single cylinder, oil cooled engine is capable of producing 60 horsepower that could product a top speed upwards of 85 mph.



9. Batpod

The Batpod made its appearance for the first time in the last Batman movie, The Dark Knights. The Batpod was designed for the movie by Nathan Crowley and is powered by a high-performance, water-cooled, single-cylinder engine – geared toward the lower end for phenomenal acceleration and lack of exhaust pipes.



10.” One” folding Bike

Sometimes you really wish it were easier to keep your bicycle with you throughout the day, through bus rides, at the store or at the office. ‘One’ provides a real solution to the problems involved with urban transport. With congestion rapidly clogging up the roads the need for products that can free individuals from their car are in real demand. This folding bicycle by Thomas Owen has a futuristic-looking design that compacts into an incredibly small super-portable package. A prototype ‘One’ bicycle was made, but it doesn’t look like it is quite road-ready yet but it will be soon on roads in near future.



Thanksgiving Recipe

By: Kathy Bousman

CRANBERRY RELISH IN ORANGE CUPS

PREPARATION TIME: 30 Minutes

5 Whole Oranges

1 pound fresh cranberries [4 cups]

1 cup walnuts

2 cups sugar



- 1) To make orange cup with jagged edge, make a pencil guide line around center of orange. Insert small bladed knife into center of orange. Insert small-bladed knife into center of orange at an angle to make one side of point, continuing around orange. Pull halves apart.
- 2) Remove pulp, using curved grapefruit knife. Preserve the pulp of 1 orange [use remaining pulp for other purposes]. Repeat with 4 oranges making 8 cups. Refrigerate orange cups, covered.
- 3) Cut up the 5th unpeeled orange. Cut up reserved pulp from 1 of the orange cups. Remove seeds. Put into food processor or blender. Add cranberries and nuts. Process with on/off turns until coarsely chopped.
- 4) Add sugar to cranberry mixture in non-aluminum bowl. Chill for several hours. Serve in orange cups.

Thanksgiving Recipe

By: Kathy Bousman

Turkey Dressing

4-Cups crushed crackers

1 lb. butter

1 cup popcorn

1 tsp. salt

1 tsp. pepper

1 cup skim milk



Mix well and stuff 10 pound turkey.

Place in oven at 350 degrees. Turkey will be done with corn pops and blows the ass off the turkey.

The Annual Halloween Party was a Blast !



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We are always in need of contributions to your newsletter. Ride reports, technical stuff, recipes, jokes, etc. are always welcome and appreciated.

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NYSE - PPD



November



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Topez				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 <i>Dinner Social</i> <i>Claim Jumper</i> <i>restaurant</i> <i>Redmond Town</i> <i>Center</i>	16	17 Chapter E Breakfast Meeting & Annual planning session after meeting
18	19	20	21	22 Happy Thanksgiving!	23	24
25	26	27	28	29	30	



GWRRRA Happenings



Nov & Dec 2012 Calendar of Events

November 15th: Dinner Social—Claim Jumpers,
Redmond Town Center

November 17th — Chapter E monthly meeting
Annual planning meeting following the
Chapter meeting at the Sigyarito's home

December 8th **“Festival of Lights Parade”**- Montesano

December 15th—Chapter E monthly Meeting

December 15th—Chapter E Christmas Party
Kenmore Community Center



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4th Saturday	8:30AM	A-Seattle	Old Country Buffet, 25630 104th Ave. SE, Kent, WA 98030
1st Sunday	8:30 AM	B-Bremerton	NEW Arena Sports Bar & Grille, 4111 Wheaton Way Bremerton, WA 98310
2nd Saturday	8:00 AM	C-Everett	Denny's, 132 128TH St. SW, Everett, WA 98204
2nd Sunday	8:30 AM	D-Aberdeen	Duffy's Restaurant, 1605 Simpson Ave, Aberdeen, WA 98520
3rd Saturday	08:30AM	E- Bellevue	Crystal Creek Café, 22620 Bothell-Everett Hwy. Bothell, WA. 98021
2nd Tuesday	6:30 PM	H-Lynden	Fairway Restaurant, 1726 Front St, Lynden, WA 98264
3rd Sunday	8:30 AM	I -Olympia	Fatsos Bar and Grill 3205 Martin Way E. , Olympia, WA
2nd Saturday	9:00 AM	L-Kennewick	Sandstone Café 104 W. 1st. Kennewick, WA 99336
1st Saturday	12:00 PM	M-Yakima	Legends Casino 580 Fort Road Toppenish, WA
3rd Sunday	8:30 AM	N-Spokane	Golden Corral Restaurant, 7117 N Division, Spokane, WA 99208
4th Saturday	8:00 AM	O-Port Orchard	Airport Diner, 8803 State Hwy 3 SW, Port Orchard, WA 98367
3rd Saturday	1:00 PM	P-Longview	Sizzler, 936 Ocean Beach Hwy., Longview, WA. 98632
1st Friday	7:00 PM	Q-Puyallup	Hangar Inn, 16919 A Meridian E, Puyallup, WA 98372
1st Saturday	9:00 AM	R-Walla Walla	Oasis Restaurant. Old Milton-Freewater, OR 97862
1st Thursday	6:00PM	V-Auburn	The Station Bistro, 110 2nd St SW, Auburn, WA
1st Saturday	8:30 AM	X-Vancouver	Hometown Buffet, 7809 B NE, Vancouver, WA 98686
2nd Friday	6:30 PM	Y-Enumclaw	Krain Corner Restaurant, 39929 264th SE, Enumclaw, WA 98022
2nd Saturday	1:00 PM	Z-Centralia	PJ's Pizza, 1232 Alder St. Centralia, WA 98531

GWRRRA DISTRICT & REGION I INFO



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

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