



Friends for fun, safety and knowledge



## Chapter "E" Bellevue

Chapter WA-E Web Address: <http://www.gwrra-wae.org>



### Message from your Chapter Directors:

Bob & Patty Spencer

As most assuredly October brings the rain and fall colors, so does it bring the Washington District "Leadership training workshop". This year was no different in that it was once again held in October. In past years Ernie and Sue had gently coerced Patty and me to attend this workshop. I thought they just wanted us along for the fun. Now I look back and realize that I should have paid closer attention to the seminars as well as to Ernie's ulterior motives. Being that I got absolutely nothing out of the past years attendance other than some great socializing, I realized that I would actually have to pay attention and learn something this year. And learn I did!

The phrase "no job is complete until the paperwork is done" comes to mind when I think of what we learned at this year's workshop. With our associations "not for profit" designation, comes a lot of year end documentation. Besides the paperwork issues there were many other subjects that we took in, but the one thing that impressed me the most this year was the realization of what a large family we belong to. As you all know, Louisiana, Mississippi and Alabama were hit hard by hurricanes Katrina and Rita. We have many GWRRRA families that have lost everything they own including their homes. The cleanup and recovery process for these families is just beginning and it will take a long time to get back to some resemblance of normal.

At this years "Leadership Training Workshop" Roy McKenzie announced that the Washington District was donating \$1000.00 toward the "GWRRRA Katrina Fund" and asked for each individual Washington chapter to consider adding to that amount by donating whatever they felt they could afford. By the end of the closing ceremony on Saturday the \$1000.00 had grown to over \$7000.00 in donations from various Washington chapters and individuals. The call for help and the overwhelming response was an emotional revelation for me in that I realized that we truly belonged to a much larger family than our own individual chapter.

While we realize that many of you, as Patty and I, have already given to other charities in response to this disaster, we would also like to help our own. If you feel compelled to help once more, please bring cash or a check to our meeting on Saturday. We will forward whatever we collect on to district, along with a check from Chapter "E". Please donate what you can. Make checks out to the "GWRRRA Katrina Fund". FYI, this fund has been set up at the First Metro Bank in Lexington, Alabama and is being managed by the three District Directors of the affected states. Two signatures will be required for all dispersed funds and all monies will go directly to qualifying GWRRRA families in need. If you would like more information, please let us know.

### Bellevue Chapter WA-E Breakfast

Our next meeting is:

**Saturday, October 15th**

We meet at the Paragon Hotel (old Ramada Inn) on the corner of 112th Ave NE and NE 8th just off 405 in Bellevue

**Breakfast/Meeting Hours:**

**Winter (October – April) 9 am**

### Dinner Social

Thursday,  
October 27th  
6:30PM

(Please do not come earlier)

### Tantalus

317 Gilman Blvd #37 (Gilman Village) in Issaquah  
[www.tantalusrestaurant.com](http://www.tantalusrestaurant.com)



# Chapter E Couple Spotlight

## **La Conner Getaway**

By Ernie and Sue

After our September Meeting, Sue and I headed for La Conner to use our Channel Lodge two night certificate and our massages. Several of you met us and some ate lunch at Kristin's, which actually was quite good. After that, we all went to the Car and Boat Show. They were small but also very nice. It was fun talking to the car and boat owners. After everyone left, we settled in to our room, which overlooked the channel. It was a very nice room with a small balcony and even had a fireplace. They had a wine tasting which we enjoyed before heading for dinner. We chose the La Conner Pub thinking that if they didn't have any music, perhaps the locals would provide some entertainment. Not the case however. We searched high and low for the Parties but there were none to be found.

Just a note to mention, while we were waiting for everyone to arrive after the meeting, Sue and I sat in front of Kirstin's for a while and decided to walk around the town keeping an eye out for everyone. We were gone for 30 to 45 minutes and headed back to the restaurant. As we arrived, someone from the restaurant came out and asked us if we were the ones sitting outside to which our reply was "yes". Apparently someone noticed my new camera (several hundreds of dollars worth) on the bench and took it into the restaurant. Now that will put a chill up your spine. But, I shouldn't have been surprised; I had my address card inside.

The Lodge provided an expanded continental breakfast, which was perfect for us. Their almond pastries were excellent. However, the decaf pump didn't work too well; it took about 30 pumps to get a cup of coffee. Yes. It was full. We checked out the town again and finished the Car and Boat Show. We had lunch at the fruit stand and discovered fresh corn which we picked up the next day to take home. Then it was time for the massages. We each had a full hour full body massage. WOW! We had dinner at Seeds. If you get there before 6, their appetizers are \$5. Their calamari was good. The dinner was good as well.

All in all, we had a great weekend and thank you all for being so thoughtful.

## **"Exercise For Those over Fifty"**

By Nurse Leah

This exercise is suggested for seniors who want to build muscle strength in their arms and shoulders. It is suggested for maximum results doing it three days a week. Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute and then relax. Each day, you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato sacks. Then 50-lb potatoes sacks and then eventually try to get to where you can lift a 100-lb potato sacks in each hand and hold your arms straight for more that a full minute. Once you feel confident at that level, put a potato in each of the sacks.

# After Meeting Rides

## October

Our after meeting ride for October will be a "FALL COLORS TOUR" either to Leavenworth or we'll do the mountain loop highway if the high mountain weather looks questionable. We'll have lunch in either Leavenworth or Concrete.

## September

By Jim Roberson

The ride was supposed to go to Black Diamond Bakery where we would pickup supplies for the day's trip to Mount Rainier. But, like a lot of mid September days, this one did not look promising for a trip into the mountains. It was a bit cool and the rain was threatening. So what to do? Make an itinerary change; and that's what we did.

Ernie and Sue Sigyarto were going to use the gift certificate our chapter gave them, to spend the weekend in La Conner, so the decision was made to meet them for a late lunch and then go to the antique boat and car show in La Conner that weekend.

We left the meeting and headed north to Mukilteo where we caught the ferry to Whidbey Island. Bob Spencer checked his map and found a road that would take us around the west edge of the island, by-passing Oak Harbor. The road was very scenic and took us by the Naval Air Station at Whidbey Island. We then crossed Deception Pass and headed east on Highway 20 to La Conner. We met up with Ernie and Sue and the group split up for lunch. After lunch we toured the car show which featured everything from 30's style street rods to an antique Rolls Royce and Bentley. Also, part of the group toured the in-water boat show while Bob Spencer visited with some high school friends from Kodiak, Alaska that he ran into. He had not seen them for over 30 years so there was a lot of catching up to do.

Everyone seemed to leave La Conner at different times throughout the afternoon and for various reasons but Bob, Patty, Karen and Jim stayed and visited with Ernie and Sue until 6:00 p.m. when they made their way to a wine tasting at their hotel. As always, we had an excellent ride with good food and great camaraderie.



# What's on the Calendar?



## October

|                     |                                                                                                             |
|---------------------|-------------------------------------------------------------------------------------------------------------|
| 8 <sup>th</sup>     | Wash. Dist. Leadership training in Moses Lake.                                                              |
| 13 <sup>th</sup>    | Chapter E Staff Meeting                                                                                     |
| 15 <sup>th</sup>    | Breakfast Meeting 9 am. (begin winter hours)<br>After chapter meeting ride to Leavenworth or Cascade Loop   |
| 22 <sup>nd</sup>    | WA-Q Halloween Dance                                                                                        |
| 22 <sup>nd</sup>    | <b>"Music in the mountains"</b> <a href="http://musicinthemountains.net">http://musicinthemountains.net</a> |
| 21-23 <sup>rd</sup> | WA-F South Hill Mall Show                                                                                   |
| 27 <sup>th</sup>    | Dinner Social "Tantalus" <a href="http://www.tantalusrestaurant.com">www.tantalusrestaurant.com</a>         |
| 29 <sup>th</sup>    | Game Night-John & Barb Smith's Home (more details to come)                                                  |

## November

|                   |                                                          |
|-------------------|----------------------------------------------------------|
| 4-7 <sup>th</sup> | Rest Stop South Bound Smokey Point. (Chapter fundraiser) |
| 5 <sup>th</sup>   | LaConor Art Fair 10 am.                                  |
| 11 <sup>th</sup>  | WA-M Veteran's Day Parade                                |
| 13 <sup>th</sup>  | Chapter E Brunch                                         |
| 17 <sup>th</sup>  | Dinner Social                                            |
| 19 <sup>th</sup>  | Breakfast Meeting 9 am. 2006 Calendar Planning Meeting   |

## December

|                  |                                                  |
|------------------|--------------------------------------------------|
| 3 <sup>rd</sup>  | WA-Q Santa Parade                                |
| 10 <sup>th</sup> | WA-M Christmas Party, Zilla                      |
| 10 <sup>th</sup> | WA-D Festival of Lights (tentative)              |
| 17 <sup>th</sup> | Breakfast Meeting 9 am. Christmas Party at 6 pm. |

# Chapter E Business

## DISAPPEARING MOTORCYCLES

### Birthdays & Anniversaries October



|                 |    |
|-----------------|----|
| Dick Stryker    | 5  |
| Karen Roberson  | 10 |
| Don Hopkins     | 13 |
| Kathryn Johnson | 15 |
| Willy Rosenow   | 17 |
| Jim Pelican     | 25 |

Bob and Patty Spencer 4<sup>th</sup>  
Russ Greaby & LeeAnn Kelly 21<sup>st</sup>  
John & Barb Smith 22<sup>nd</sup>



### WANTED

Used tent trailer.

Contact Neal Gutekunst at [cgp5x@allstate.com](mailto:cgp5x@allstate.com)

## Chapter E Library

Please contact Mark Caldwell if you are interested in borrowing something for your reading or viewing pleasures.

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

Here's an interesting fact. While Jim Cox, former International Assistant Director Rider Education, was studying the Systems Architecture text he came across the following:

"They referred to an experiment that was done with the human eye. The human eye was presented with an image that was always exactly in front of the eye, regardless of where the eye moved, the image remained in front. In effect, the eye was immobilized with respect to the image.

Within a very short time, **the individual saw virtually nothing**.... To see an image the human eye must scan. It does this by keeping in constant motion, a phenomenon that as "rapid eye movement" (REM) and occurs during dreaming as well. The eye combines array sensing with motion scanning! The eye may also increase spatial resolution and minimize the effects of gaps between the individual sensors in the fovea (high-resolution region)."

Maybe this is why motorcycles seem disappear for car drivers. Our profile is so small that we do not cause an interrupt from the background to the scanning cycle of the eye; therefore we just "disappear".

Moving the motorcycle back and forth (like a weave) or have a pulsing headlight installed, creates motion that the eye and brain can therefore detect.

Stay visible. Safety is for life.

### 2006 Entertainment Books

\$30.00

Save money on chapter dinner socials, travel, and much more.

If you would like to purchase one or have questions contact

Charlene or Steve Lee (425) 483-6212 or [dbleshoot1@comcast.net](mailto:dbleshoot1@comcast.net)

Benefits Eastside Mothers of Multiples  
Convention Committee

I'm off to Spokane this spring!

# **Rider Education**

By Jim Roberson

October, start of fall, start of the rainy season; two of the many reasons to get yourself and your motorcycle well prepared if you do choose to ride.

One of the blessings of living in the Northwest is the ability to ride year round. With fall upon us you need to prepare yourself by dressing for the current weather as well as for the possible change in weather later in the day. You also need to make sure that you have water and a snack to replenish the energy that the cooler weather saps from your body. Evaluate your mental attitude for the ride and cut the length of your ride back. With daylight getting shorter, squeezing in a few more miles may result in a daylight ride turning into a dark night return. Not a good idea this time of year.

Your motorcycle needs extra attention as well. It has served you well during the summer and now it's being called upon to serve in a potentially more hostile environment. While performing your usual "T-Clock" check, make sure that you pay particular attention to your tires and brakes. Also, ensure that you let the engine warm up before heading out.

With the rain, the roads become more treacherous and those lovely leaves turn into highly polished slick spots on the wet roads. They also tend to pile up and become small mounds of slickness waiting for the inattentive rider.

The wind can also be a factor as it begins to pick up at this time of year. With the wind, the temperature may also drop. If your ride takes you to higher altitudes, you may run into roads with frost on them and possibly an early snowfall. More reasons to be at the top of your game and be even more vigilant to everything around you. While the changing leaves may be tempting, the roads and weather might combine to ruin your whole day in an instant.

Not that this cannot be a great time of year to get out and ride. A motorcycle ride almost always is preferable to riding in a car. But the key thing to remember is to be prepared and don't try to be "super macho". If it looks bad, don't do it and live to ride another day. Above all, if you do choose to ride, ride safe!

## **Touring's Mistakes:**

From District newsletter

Tourer's are by nature travelers, and for us travel involves a motorcycle, some gear, perhaps a willing companion and a finite amount of time into which to stuff everything. When any of these time, distance, motorcycle, or equipment factors gets out of whack, there's sure to be trouble. Here are a couple of common mistakes touring riders make, and how to avoid them.

### **Going when you should stop:**

When motorcycles run out of gas, they stop. When riders run out of energy (gas), they all too often keep going.

We have all been there. We've ridden much of the day, are tired and hungry, but still want to make the night's destination. Can't get behind schedule, you know.

Solution: Just what do you suppose an ambulance ride would do to your schedule? Your reactions are slower and your judgment becomes impaired when you are fatigued. You need gas. Stop immediately to rest and have a light meal.

Avoid heavy foods that can make you drowsy and absolutely avoid alcohol that can further increase drowsiness, not to mention the physical and emotional impairment. While you're eating, reassess your timetable and consider packing it in for the night. Do not resume riding unless you feel refreshed.

### **Taking too much "stuff:"**

Normally I call it luggage, but I don't even want to legitimize it that much. We have all seen it, and we have done it -- motorcycles piled high, hauling so much that the motorcycle becomes overloaded and unstable. When we reach the point that what we take begins to intrude upon the joys of our trip, it is time to "Simplify, simplify, simplify."

Solution: Make an "A" list and a "B" list when you pack. On the A list goes only essentials, the things you simply could not go touring without: Helmet, rain suit, boots and change of clothing for instance. The B list contains the non-essentials you would like to take: Hair dryer, CD player, and camping chairs.

Gather all the A-list items first, distribute them on the motorcycle, and then evaluate what's left of the B-list items. The A-list is luggage. The B-list is Stuff. Be ruthless. The success of a trip hinges more on how little you take than on how much.

Leave the "stuff" home.

## **Special Invitation for Chapter E Members**

### **Wine/Chef Tasting at the Space Needle**

Toast the View

October 6-30, 2005

Celebrate Pacific Northwest Wines at the Space Needle!

Join us on the Space Needle Observation Deck and taste for yourself why Northwest wines are recognized around the world for their quality and variety.

Wine Tasting

Thursday - Sunday 4:00 - 8:00pm

Cost: \$5.00 per person includes a souvenir glass and sampling of featured wines.

October 6-9: Maryhill Winery

October 13-16: Chateau Ste. Michelle

October 20-23: Bookwalter

October 27-30: Northstar

Weekly Offerings:

Chef Demo Tasting Series

Thursdays - 5:30pm

Join our own SkyCity Chefs as they team up with chefs from other local restaurants to share secrets and samples from their kitchens.

October 6: Don Curtiss, Volterra

October 13: Jeremy Bund, Chez Shea

October 20: Bill Beck, Golf Club at Newcastle

October 27: Steve Cain, Waterfront Seafood Grill

Wine and Jazz

Sundays 4:00 - 7:00pm

Enjoy some of Seattle's finest jazz musicians along with some of Washington's best wines.

October 9: Milo Peterson

October 16: Jim Day

October 23: Primo Kim

October 30: Pearl Django

For more information call 206.905.2100 or 800.937.9582

Please visit the website to download your complementary "Observation Deck Ticket" for all Wine Tasting Events

[http://www.spaceneedle.com/toast-the-view\\_fall-2005.htm](http://www.spaceneedle.com/toast-the-view_fall-2005.htm)



## Food for Thought

### 10 Ways to Confuse Trick-Or-Treaters on Halloween

1. Give away something other than candy. (Toothpicks, golf balls, bags of sand, etc.)
2. Wait behind the door until some people come.  
When they get near the door, jump out, wearing a costume, and holding a bag, and yell, "Trick or Treat!" Look at them; scratch your head and act confused.
3. Fill a briefcase with marbles and crackers.  
Write on it, "Top Secret" in big letters. When trick-or-treaters come, look around suspiciously, say, "It's about time you got here," give them the briefcase, and quickly shut the door.
4. Get about 30 people to wait in your living room.  
When trick-or-treaters come to the door, say, "Come in." When they do, have everyone yell, "Surprise!!!" Act like it's a surprise party.
5. Get everyone who comes to the door to come in and see if they can figure out what's wrong with your dishwasher. Insist that it makes an unnatural "whirring" sound.
6. After you give them candy, hand the trick-or-treaters a bill.
7. Open the door dressed as a giant fish. Immediately collapse, and don't move or say anything until the trick-or-treaters go away.
8. When you answer the door, hold up one candy bar, throw it out into the street, and yell, "Crawl for it!"
9. When you answer the door, look at the trick-or-treaters, act shocked and scared, and start screaming your head off. Slam the door and run around the house, screaming until they go away.
10. Insist that the trick-or-treaters each do ten push-ups before you give them any candy