

GWRRA Chapter "E" WA

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

Friends for fun, safety and knowledge



January, 2007
Volume 1, Issue 1

Message from our Chapter Directors: Bob & Patty Spencer



Happy New Year to all of you and here's wishing you success in achieving your new year's resolutions and goals. I've already broken mine, but I'll keep trying. My new year's resolution was to get out and walk everyday, but the weather has kept me indoors since the first of the year. Patty convinced me to go walk the mall a couple of times, but guess where I ended up? You got it! THE FOOD COURT!!

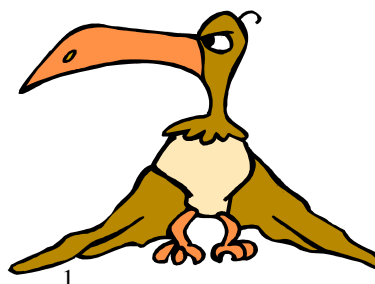
I always get a little nervous this time of year. I feel like I lose touch with all of you as we all seem to go into hibernation and probably more so this year due to the crazy weather we've had. But it doesn't have to be that way. This is a great time of year to get together and go visit other chapters. Several of us visited chapter "C" on Saturday the 13th and we will be visiting chapter "A" on the 27th to talk about Surf Watch. Keep an eye on my Tuesday e-mails and come join us on other visitations over the next couple months. It's actually kind of fun to see how other chapters operate and it also gives us the opportunity to steal any good ideas that they may have! Also don't forget we have our January "dinner social" coming up on Thursday the 27th at the Coho Café in Redmond. Then put on your old stand by slippers or find something really crazy and wild and come to "slipper night" at the Agachinsky's on Saturday the 27th. Of course there's always domino's, plus we've got a couple of new group participation games to play this time. Come and join us. We miss you when you're not there.

I hope everyone is planning on coming to Surf Watch this year. This is a great winter get away! It's going to be bigger and better than ever before, with it being held at a new location that's on the beach this year. Friday night we will host a game night and on Saturday we will have the "mini golf" tournament, "go-cart" races and the "motor scooter obstacle course" on the beach. We will wrap things up with the dinner social, 50/50 and silent auction on Saturday evening. Several of you have already offered to help out, but we will need many more of you to make this a successful event. The more members we have signed up to help, the less each will have to do. This will allow everyone to enjoy the event. We will have a sign up sheet at the next two meetings. Please consider helping out.

Name the Buzzard Contest

As many of you know, Ernie was awarded the buzzard hat to wear until someone catches his eye doing something interesting enough to earn the honor of wearing the hat. So now it's time to name our new Buzzard friend. Please e-mail me your

ideas for his new name and we will vote on a winner at our next chapter meeting in February. Lets get creative and have some fun.....



Inside this issue:

What's on our Calendar	2
Birthdays & Anniversaries	2
Rider Education	3
Chapter E Library	3
Chapter E Fun Page	4
Our Ride Calendar	5
Staff & Members	6

Our next meeting is:
Saturday, February 17th

Denny's
at
Canyon Park
22833 Bothell Everett Highway

Breakfast/Meeting Hours:

Breakfast at 8:00
Meeting at 8:30

Dinner Social

Coho Restaurant
8976 161st Ave
N.E. Redmond Wa.
425-885-2646
www.cohocafe.com

Thursday, January 25th
6:30 PM



What's on the calendar?

January 20th - Chapter meeting - Denny's at Canyon Park. 8:00 a.m. breakfast and meeting at 8:30 - John Smith has contacted the LeMay Car Museum (one of the largest in the nation) and they are expecting us around 10:30. They are even going to open the motorcycle section just for us, which is rarely done! You don't want to miss this opportunity. After the meeting we will car pool down to the Museum in South Tacoma and maybe grab lunch afterwards. Check out their web site at www.lemaymuseum.org

January 25th - Chapter "E" Dinner Social. 6:30 at the Coho restaurant, 8976 161st Ave N.E. Redmond WA. 425-885-2646. Another great choice by Karla and Leah! Check out their website for menus and directions to the Redmond location. www.cohocafe.com

January 27th - Chapter "A" visitation - Chapter "A" meets in the Full Throttle Cafe at "RMC" (Renton Motorcycle). We are going down to talk about Surf Watch. Let's get a group together and go down for breakfast at 9:00 A.M. and meeting at 9:30.

January 27th - Game Night - Hosted by the Agachinsky's. Games and eats begin around 6:00 p.m. . Theme is "Slipper night" so dig out that old pair of "Deputy Dog" or "Barbie" slippers and head out to the Agachinsky's. More info later. Karen would like a head count, so when you decide if you are going let us know.

February 3rd - District Rider Ed - Get signed up now.

Pre-registration is only \$15.00 per person and includes lunch. The chapter will reimburse your "pre-registration" fee at the workshop. There are lots of new subjects this year and will be a full day. We want to make a good showing at this important district function.

JANUARY 2007



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20 Chapter Meeting
21	22	23	24	25 Dinner Social	26	27 Chapter "A" Visit Game Night
28	29	30	31	1	2	3 District Rider Ed

Lets Celebrate - Birthdays & Anniversaries

Birthdays

Leah Gray	2
Carolyn Reagle	4
Pete Croot	6
Steve Lee	22
Darrel Kruize	24
Jim Roberson	24
Sheila Chavez	25
Jo Croot	26
Jim Kuper	29

Anniversaries

None this Month



Rider Education

Drowsy Driving

By Jim Roberson

Did you know that driving with sleep deprivation is almost as bad as driving while intoxicated? It's a fact! Although most traffic incident reports do not have a category for the cause of an accident as being drowsy, it is known to be a factor in 1 – 3 % of all police reported crashes and 4% of fatalities.

The body requires three things; food, water and sleep. You can starve yourself to death and can voluntarily dehydrate yourself, but you cannot overcome the need for sleep. The need for sleep is so powerful that the brain will eventually make you sleep. This is the problem. It creeps up on you; most people do not realize that they are falling asleep while driving. They drift in traffic, yawn constantly, squirm about and make up excuses for why these things are happening. In fact they do become more alert after the accident if it is not fatal. That is not a good risk for you.

The body clock signals you to be sleepy twice a day; first at bedtime and then 12 hours later at “siesta time”. The amount of daylight and darkness controls the setting of the internal body clock also known as the circadian rhythm. Here in the Northwest we have a problem with the daylight/darkness cycle. We have too much daylight in the summer and too little in the winter. But that is for another time to discuss SAD or Seasonal Affective Disorder.

What can you do? Start by recognizing the signs of drowsiness. Realize that drowsy driving can be just as dangerous as driving intoxicated. If you are sleep deprived one beer can have the same effect as a six-pack on a well rested person. Allow yourself to get enough rest daily. Don't think that you can “make up” for lost sleep. It doesn't work that way. You cannot build up an “account” of sleep hours and draw on it when necessary.

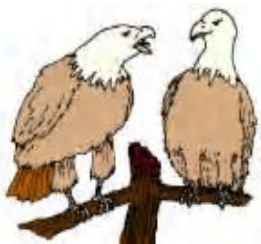
Keeping to a regular schedule even on weekends and holidays is one suggestion, others are

- avoid naps during the daytime,
- limit intake of caffeine during the evening,
- exercise regularly,

Don't drink alcohol when sleepy.

The statistics in this article were from *Drowsy Driving a wellness booklet from the American Academy of Sleep Medicine*. More information is available from www.aasmnet.org.

Do your best and most of all Ride Safe!!!



Early announcements:

Don't forget the Rider Ed Seminar in February.

Sign up now!

Don't forget if you need First Aid/CPR certification, we will have a course available in conjunction with Surf Watch '07

Chapter E Library

Please contact Jim & Karen Roberson 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 / Trailering (1996) | • VHS: Buying Motorcycle Helmets (Snell Memorial Foundation) |
| • VHS: Basic Maintenance of the 1500 Goldwing with Andy MacDonald | • Report: Fatal Single Vehicle Motorcycle Crashes, October 2001 |
| • VHS: Advanced Maintenance for the 1500 Goldwing with Andrew MacDonald | • Report: Drowsy Driving and Automobile Crashes |
| • Report: Impaired Motorcycle Riding: What Motorcyclists Think About Alcohol and Motorcycling, February 2001 | |



Chapter E Fun Page

SUMMARY OF THE PAST YEAR ON MY COMPUTER

I must send my thanks to whoever sent me the one about rat poop in the glue on envelopes because I now use a wet towel with every envelope that needs sealing. Also, now I scrub the top of every can I open for the same reason. I no longer have any savings because I gave it to a sick girl (Penny Brown) who is about to die in the hospital for the 1,387,258th time.

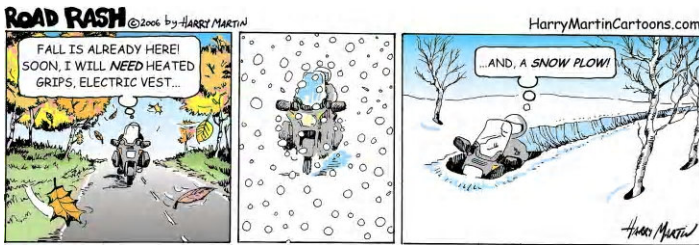
I no longer have any money at all, but that will change once I receive the \$15,000 that Bill Gates/Microsoft and AOL are sending me for participating in their special e-mail program.

I no longer worry about my soul because I have 363,214 angels looking out for me, and St. Theresa's novena has granted my every wish. I no longer eat KFC because their chickens are actually horrible mutant freaks with no eyes or feathers. I no longer use cancer-causing deodorants even though I smell like a water buffalo on a hot day. I have learned that my prayers only get answered if I forward an email to seven of my friends and make a wish within five minutes. I no longer drink Coca Cola because I've learned that it can remove toilet stains. I no longer buy gasoline without a serial killer won't crawl in my back seat when I'm pumping gas. I no longer drink Pepsi or Dr. Pepper since the people who make these products are atheists who refuse to put "Under God" on their cans. I no longer use Saran wrap in the microwave because it causes cancer.

A HAPPY
NEW YEAR

I now know that I can't boil a cup water in the microwave anymore because it will blow up in my face...disfiguring me for life. I no longer check the coin return on pay phones because I could be pricked with a needle infected with AIDS. I no longer go to shopping malls because someone will drug me with a perfume sample and rob me. I no longer receive packages from UPS or FedEx since they are actually Al Qaeda in disguise. I no longer shop at Target since they are French and don't support our American troops or the Salvation Army. I no longer answer the phone because someone will ask me to dial a number for which I will get a phone bill with calls to Jamaica , Uganda , Singapore , and Uzbekistan. I no longer have any sneakers -- but that will change once I receive my free replacement pair from Nike. I no longer buy expensive cookies from Neiman Marcus since I now have their recipe.

Thanks to my many internet friends, I can't use anyone's toilet but mine because a big brown African spider is lurking under the seat to cause me instant death when it bites my butt. And thanks to the great advice, I will never pick up \$5.00 I dropped in the parking lot because it probably was placed there by a sex molester waiting underneath my car to grab my leg. If you don't send this e-mail to at least 144,000 people in the next 70 minutes, a large dove with diarrhea will land on your head at 5:00 PM this afternoon and the fleas from 12 camels will infest your back, causing you to grow a hairy hump. I know this will occur because it actually happened to a friend.



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Winter

Find and circle all of the words that are hidden in the grid.
The words may be hidden in any direction.

```

R R L S E V O L G R L L O
T S K N I T C A P S R W S
I N D S T D L O C S S N E
E A S T M E R F C E O P S
O G K O E I R A L W T A S
T G N O I E T C Z C S R L
B O K B E T I T F Z L K E
S B D Z E C S S E R I A C
P O E E I D K T E N O L I
O T L I L N I E O T S S B
C S A M T S I R H C A G T
S O T C O N N O F T Z K C
S C A R F I G E L I A T S
    
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BLIZZARD	ICE	SKATES
BOOTS	ICICLES	SKIING
CHRISTMAS	KNIT CAP	SLED
COLD	MITTENS	SLEET
FREEZE	PARKA	SNOW
FROST	SCARF	TOBOGGAN



Lesson to be learned from typing the wrong email address:

A Minneapolis couple decided to go to Florida to thaw out during a particularly icy winter. They planned to stay at the same hotel where they spent their honeymoon 20 years before. Because of hectic schedules, it was difficult to coordinate their travel schedules. So, the husband left Minneapolis and flew to Florida on Thursday, with his wife flying down the following day. The husband checked into the hotel, and unlike years ago, there was a computer in his room, so he decided to send an email to his wife. However, he accidentally left out one letter in her email address, and without noticing his error, sent the email. Meanwhile...somewhere in Houston, a widow had just returned home from her husband's funeral. He was a minister who was called home to glory after suffering a heart attack. The widow decided to check her email, expecting messages from relatives and friends. After reading the first message, she screamed and fainted. The widow's son rushed into the room, found his mother on the floor, he glanced up and saw the computer screen which read:

To: My Loving Wife
Date: Thursday, October 13, 2004
Subject: I have Arrived!

Dearest Love:

I know you are surprised to hear from me. They have computers here now, and you are allowed to send email to your loved ones.

I have just arrived and have been checked in. I see that everything has been prepared for your arrival tomorrow, and look forward to seeing you then.

Hope your journey is as uneventful as mine was.

PS Sure is hot down here!



Year of the BOAR (PIG)

Year: 1911, 1923, 1935, 1947, 1959,
1971, 1983, 1995, 2007,
2019, and 2031

Greatest Affinity: [Rabbit](#), [Sheep](#)
Greatest Enmity: [Snake](#)

Diligent, courageous and hates quarrels. Sensitive, indulgent and cultured with a streak of earthliness. Can be self-indulgent to the point of gluttony. Can also be insecure. The Pig is also a perfect friend although not a deep thinker and rather materialistic, not good at handling money but fortune is always around her.

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

Dave and Sheila Chavez's daughter in law can do it! She will sew on both denim and leather at very reasonable prices.

\$3.00 for small patches

\$5.00 for large patches.

Call Carey Chavez at 425-227-0775

Chapter "E" 2007 Ride Calendar

January

13 WA-I Casino Night - Camp Murray, S. Tacoma
 20 WA-E Chapter Meeting 8:00 (Lemay Car Museum)
 25 Dinner Social - Coho Restaurant, Redmond - 6:30
 27 Game Night - At the Agachinsky's

March

3 - 4 Surf Watch 2007 - Ocean Shores
 17 WA-E Chapter Meeting 8:00 (Museum of Flight)
 22 Dinner Social - Irish Pub, Kirkland - 6:30

May

5 - 6 Governor's Run - Bremerton
 5 - 6 WA-M Fun Run - Yakima
 17-20 WA-S Victoria Days - Moses Lake
 19 WA-E Chapter Meeting 8:00 (Ride and Picnic)
 25-27 WA-L Desert Spring Fling

July

4 - 8 Wing Ding - Billings
 14 Gustin Picnic
 19-22 Washington District Rally - Okanogan
 21 WA-E Chapter Meeting (TBA)
 27-29 WA-P Oyster Feed - Long Beach

September

2 Labor Day Picnic
 9 Ride for Kids
 15 WA-E Chapter Meeting 8:00 (NW Trek)
 22-23 Whistler Ride (BC Canada)
 27 Dinner Social - TBA - 6:30
 30 Oyster Run - Anacortes

November

15 Dinner Social - TBA - 6:30
 17 WA-E Chapter Meeting 8:00 (Planning Meeting)

February

3 District Rider-Ed Workshop - Buckley, WA
 17 WA-E Chapter Meeting 8:00 (Museum of Natural History)
 22 Dinner Social - TBA - 6:30
 24 Bowling Challenge - Hosted by WA-O (Port Orchard)

April

14 WA-C Early Spring Fun Run
 21 WA-E Chapter Meeting 8:00 (Radio Museum)
 26 Dinner Social - Olive Garden, Totem Lake - 6:30

June

2 WA-D Duck Hunt
 7 - 10 Region I/Oregon District Rally
 9 - 10 Bob's Loop Ride - Columbia Gorge
 16 WA-E Chapter Meeting 8:00 (Hurricane Ridge)

August

4 WA-F&G Mountain Run
 5 WA-A Mystery Ride
 11 WA-Y Riddler Run
 18 WA-E Chapter Meeting 8:00 (Music in the Mtns & Burk's BBQ)
 25-26 Oregon Coast Weekend "Tillamook Cheese Factory Tour"

October

6 Washington District Leadership Workshop - Moses Lake
 20 WA-E Chapter Meeting 8:00 (Fall Colors Ride)
 25 Dinner Social - TBA - 6:30
 27 South Hill Mall Show
 27 Smith's Halloween Party

December

2 WA-E Christmas Party
 8 WA-D Festival of Lights - Montesano
 9 Jingle Bell Run
 15 WA-E Chapter Meeting 8:00

IMPROMPTU RIDE IDEAS

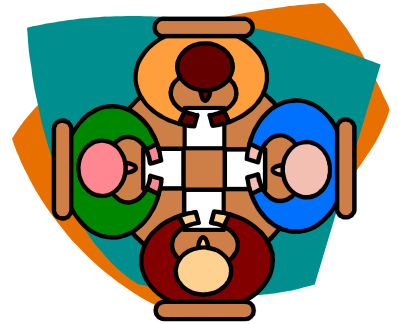
(Let us know if you have something to add)

- * Light House Tour
- * Boulder Caves - East Side Mt Rainier
- * Mt. St Helen's Ride
- * Wacky Tour
- * Three Pass Loop
- * "Apple " Tour by WA-V
- * Hood Canal Loop
- * Mount Baker
- * Lake Chelan Loop



Chapter E Staff

Chapter Director	Bob & Patty Spencer	425-489-9786	(Cell) 206-795-5227
Asst. Chapter Director	Barb & John Smith	360-794-0805	
Chapter Educator	Jim & Karen Roberson	425-522-4045	
Newsletter Editor	Laurie Slavin	425-444-1858	
Treasurer	Charlene Lee	425-483-6212	
Membership Coordinator	Patty Spencer	425-489-9786	
Ride Coordinators	Jimm Burk	425-434-7040	
	Jim Pelican	425-348-6640	(Cell) 206-280-6322
Store Managers	Mark & Laurie Slavin	425-444-1858	
Historians	Rick & Sue Gustin	425-880-4171	
COY	Jim & Karen Roberson	425-522-4045	
Web Page	Mark Caldwell	425-793-0046	
Dinner Socials	Leah Gray	425-882-3538	
	Karla Edwards	425-641-5135	
Designer	Penny Rosenow	425-222-5910	
Caring Concerns	Ernie & Sue Sigyarto	425-481-1458	
Visitations	Mark Caldwell	425-793-0046	
Camp Host	Jim Vey	425-883-2523	
Lighthouse Photo Tour	Bob & Thess Thurgood	425-485-4416	



Region "I" Staff

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Lou Murkowski & Nai-Jeannie Busick
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WA Asst. District Director

Lloyd & Georgia Finley

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

WA-District:

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

Region I:

<http://www.BigSkyRegionI.org>



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www.wfpgr@comcast.net

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