

GWRRA Chapter "E" WA

Friends for fun, safety and knowledge

Message from our Chapter Directors:

Happy New Year everyone! As far as I know, most of us made it through and into the New Year relatively unscathed...now what do we do? The year (2008 version) just kind of sneaked up on us real quick like...seemingly without warning! Ready or not though, its here and we need to move forward and get ready for, what I hope will be, a banner year for the Eagles of Chapter E!

Let's go over some things we can do together to make this year an even better one for us, both as fellow motorcycle riders, and as part of the Chapter WA-E family:

- ◆ One; we can begin the process of getting ourselves mentally and physically ride-worthy. This means not taking your physical conditioning for granted as being absolutely ready to climb back on that bike and get rolling. Many of us, if not all, have not had the opportunity to ride much over the winter, with the bike under wraps. And we still won't...it's still cold out there! What we can do though, is get out and do some walking or other form of active exercise to start getting your "ride legs", shoulders and back ready for the road. Bob Reagle has put together a wonderful article in his Rider Educator Section of this newsletter with some great ideas for "gearing up" your physical fitness. It just might make for a safer, if not an easier transition to our ride season.
- ◆ Two; last month, I reminded you of that bike tune-up or oil change you've been putting off and just never got around to doing, or maybe that set of tires you've been thinking about getting and know you need. Point is, start thinking about the "health and conditioning" of your iron horse as well. Take nothing for granted; start thinking about what your bike will need to enable you to continue to ride safely, for both your sake and for the sake of your co-rider.
- ◆ Three; check your ride credentials and make sure a rider skills refresher course wouldn't be a bad idea, or maybe even necessary to maintain your GWRRA rider level qualifications. Bob Reagle can help you with information in this area if you're not sure what you may need.
- ◆ Four; last month I also suggested that you catch up on that First Aid/CPR-AED certification or re-certification you may need, but just never got around to scheduling. Again, Bob R. can help in this area and is currently overseeing a session this month that was originally arranged through Jim Roberson's efforts. It may be too late for this session, but maybe he can help with this type of certification in the relative near term to get you ready for the ride season.

Okay, okay, enough already! The point is, as your Chapter Directors, Sheila and I are committed to keeping the Chapter a fun, but safety minded, GWRRA motorcycle riding organization for the good of the whole. The 2008 Ride Calendar is now published on the Chapter website for your review and reference. Look it over and start thinking about which activities you would like to be a part of and how our suggestions above might make the experience just a little more fun, as well as safe! Sheila and I thank you for your support and continued participation in Chapter WA-E.

"Ride Often - Ride Safe",

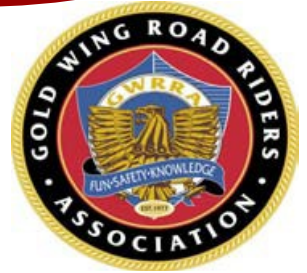
Dave & Sheila



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



January 2008



Our next meeting is:

Saturday, January 19, 2008

Denny's

at

Canyon Park

22833 Bothell Everett Highway

Breakfast

Meeting Hours:

Breakfast at 8:00

Meeting at 8:30





GWRRR NEWS



The Difference Between Participating or Joining GWRRR

ALL FOR JUST ABOUT A DOLLAR A WEEK.....

We have all heard the comment that this Association is "All about the money", and this prevents some folks from joining the Association. They may participate with their local Chapter but won't take the next step in joining GWRRR. I won't deny that it takes money to run this GREAT Association, but let's look at it a little closer...

How much does it REALLY cost to belong to GWRRR? Let's break it down, looking at a Family membership for just one year. If you own a Gold Wing, that is the most expensive option....\$55 for one year for you and your entire family. Let's break that cost down:

Cost of Membership

Per Month: \$4.58 ~ Per Week: \$1.15 ~ Per Day: \$0.16

So your membership cost is only a little over a dollar a week. This is less than the cost of one soda at your local Quick Stop! Here is what you miss if you are only participating:

GWRRR Platinum Plus® Visa® Credit Card

The most rewarding card of all !!

No Annual Fee GWRRR Platinum Plus® Visa® credit card—now with WorldPoints® rewards.

Check out the low Annual Percentage Rate (APR)† on Cash Advance and Balance Transfers.

Secure online access, zero liability for fraudulent charges, and Common Carrier Travel

Absolute fraud protection against unauthorized use, online and offline.

Credit line up to \$100,000 with the Platinum Plus® card.

Accident Insurance coverage and more.....

Rescue Emergency Roadside Assistance Program

As a paid Member, coverage while on any motorcycle is included in your membership.(Note: The standard Rescue Program does not include coverage for motorcycle trailers.)

JC Motors Transport

JC Motors Transport offers Members of GWRRR a discount and has the best motorcycle shipping package on the market

Credit Union

for a No-Monthly-Fee GWRRR Checking Account, featuring the GWRRR Visa®Check Card

In addition, GWRRR furnishes *Wing World* magazine, the *Gold Book*, Rider Education, Leadership Training, Membership Materials, Chapter Life, Find-A-Friend Council, Couple Of the Year (COY) Program, GWRRR Official Products, Website featuring a live Message Board, Discount Custom Pin and Patch Program, GWRRR Special Interest Groups, Professional, full time Home Office staff.

GWRRRA NEWS CONTINUED

With all of this, there is STILL more to tell, and it is probably as important as all the items listed above. As we are probably all aware, just a month or so ago fires were ravaging southern California. Countless people were driven from their homes and businesses as the fires continued to spread. The following was written by the California District Director's, Anita & JR Alkire, regarding the ordeal.....

...I know that we hear about this great big family, and I got to experience it right close and personal this week. It was absolutely incredible to know that we were all in so many folks prayers and thoughts, and we will continue to need them as we start to rebuild... When someone comes to you and asks what you get for your GWRRRA dues, start with this, the intangible until something happens, and it becomes tangible to you. We may offer many tangible items that GWRRRA lists on their website, but none of them can compare to the family you get who is there for you before you even know you need them! Some folks think it's okay to "hitchhike" along with us, coming to gatherings, some even wearing our "colors". They don't want to make that nominal financial commitment that allows them to stand with this motto, and be in the family that will stand beside you, who sometimes takes the lead and who sometimes follow up the rear to take care of you, and share with you all the love, kindness and caring that comes from being a family member in GWRRRA...

We have a marvelous Association comprised of friends from all over the world. Friends you would never have met without GWRRRA. You have the opportunity to use the free classified ads in *Wing World* magazine, along with Technical Tips for the infrequent repairs needed for your Wing. You get discounted prices on all District, Region and National Rallies and events. I believe the question really comes down to.... why you WOULDN'T want to join. Where else can you do all this for just 16 cents a day?

Recruiting and Retention

In the past we have been focusing on recruiting new members. You have all done a good job at that. Now, I think we need to focus on keeping the members we have. MED has written an article about the cost of membership and its benefits. We have posted the article this month to be able to help you. We are working on new benefits everyday to help make it easier for you to help us retain the members we have and recruit new ones.

It is very important that we look at what the Member wants. I have heard from many Members and one thing I have heard is that they want more riding and less fundraising. We need to give them what they want. We can do this by offering many different activities that may apply to different people. I know we can't make everybody happy but we can certainly try, especially if it's as easy as planning more rides and different rides. Some short, some long, and maybe even some over night. Maybe you want a different Ride Coordinator every month just to get some new ideas. I know you have heard many of the nick names GWRRRA has received over the years but the one that bothers me the most is "Gold Wing Restaurant Riders Association." It is time to change this perception of us.

I know this doesn't apply to all of us, but we can all help to change what others think.

Rider Education

When Will Riding Season Ever Get Here? Am I ready For It When It Does?

By Bob Reagle

As I write this, it is 42 degrees and raining and it seems like the riding season will never come. Of course it will be here before we know it, so what a perfect time to get ready for it now. Remember our first ride will take place in early April.

As I think about getting ready to ride safely, I think of three things that are crucial: fitness in body, fitness in mind and fitness of the bike. Therefore, this article and the next two articles will cover these aspects so you may have an enjoyable and safer riding season.

This month I am focusing on "Fitness in Body". If you don't think you need to be strong to ride a motorcycle, consider this. When I am on my Wing with my beautiful co-rider and our gear for a weekend, the whole deal weighs in at nearly 1,200 pounds. I need to be certain you have the strength to handle the bike and its weight in a coordinated way and so should you. You may argue that when you are at speed, physics takes over and you are pretty much okay. Well my answer to that is you are right in some ways, but wrong in others. Think about the sore back and wrists you have suffered through after a particularly long ride. And what about the slow speed maneuvers you need to make?

If I have your attention, perhaps you will read on. My first recommendation probably the easiest thing you can do right now. Get enough sleep regularly. Researchers have shown those who sleep at least seven hours a night are healthier and stronger than those who don't. Riding well rested is one of the best ways to help you have a safer ride.

Now for the more complicated stuff. Start exercising using motorcycle specific exercises today. If you do and keep it up until riding season, you will find your rides more enjoyable and will be a better and safer rider.

The typical touring motorcyclist uses his core, arms and shoulders most when riding. Therefore, to help you focus on those areas, I have provided you with some exercises I found on the website MotorcycleLarry.com. (http://www.motorcyclelarry.com/index.php?main_page=page&id=6&chapter=0) (If you decide to do some of these exercises, please remember that it is good to go slow and warm up for a few minutes before you start.)

Motorcycle Larry's website provides an assortment of exercises that will help you focus on flexibility, core strength and shoulders and there is enough here for you to vary the exercises so you won't get bored. I think one of the best parts is that you don't have to belong to a gym to do these, you can do them right at home. Although joining fitness center and going to work out regularly would be good too. If you do these exercises three times a week, I will almost guarantee you will feel better and ride better during the season. *(continued over the next few pages)*



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 Foundation)
- ◆ VHS: Basic Maintenance of the 1500 Goldwing with Andy MacDonald October 2001
- ◆ 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,
- ◆ Report: Drowsy Driving and Automobile Crashes





Knee and Wrist Openers (to keep from getting wrist sore on a long ride)

Kneel on the floor and take the hips back to the heels. Place your forearms on the floor a shoulders distance apart. Align the wrists with the elbows so the forearms look like two parallel train tracks.



Keeping the alignment of the arms turn the palms up and attempt to get both the little fingers and thumbs on the floor simultaneously. (Keep trying for 2 minutes.) This exercise will help strengthen and make your wrists more flexible. The trick here is to try and rotate your wrists until your thumbs touch the ground, BUT not until it causes excruciating pain, no macho stuff here,



Shoulder Openers

You will need a strap or a towel. Sit on a chair and place the strap or towel over one shoulder. Reach up and back with your right hand and take the top of the strap at your shoulder. Reach down and back with your left hand and hold the bottom of the strap. Gradually walk the hands together using the strap or towel as your guide. Eventually the hands may touch.

If you have sore shoulders at after a ride this will help.



Hamstring Exercise

You will need a strap or a towel. Lay on your back with both knees bent. Take a towel or strap over the right foot and straighten the leg. It is very important to get the leg absolutely straight so use as much strap as you need to accommodate for tightness in the back of the leg. Tighten the front of the thigh as much as you can and receive a stretch to the back of the leg. Hold for 2 to 3 mins and change legs.

This exercise will help on those long rides. Do these and after a while you won't be standing on your pegs or using those highway bars as much.



Jeni, has been at this for a while. Woman normally are much more flexible than men, don't get discouraged, ANYTHING you do will help. Even if you hate doing these exercises, I promise, do them for a month and you will be more flexible and hurt less after a ride than before you started. You don't have to like it to feel better.



Forearm Plank

(More advances but a great core exercise)

This is a strengthening exercise for the shoulders. Kneel on the floor and align the forearms as in the wrist exercise but face the palms down. Press the forearms into the floor and move the legs back into a push up position. Hold the position with no movement for 3 to 9 steady breaths. Repeat 3 times. This will help your leg, shoulder, back and wrists all at the same time. The hard thing about this one is to try and keep those forearms parallel, go ahead and give it a try.



Lunge (more advanced)

With this exercise that can be done with a chair or coffee table the exercise is to lean forward as shown.

You will feel this in your hamstrings, hips and your lower back. I find this position if held for a while stretches out my hip sockets and back prior to a ride.

You will need a chair. Kneel in front of the chair, step forward with your right foot and place a folded blanket under the back knee for comfort. The front shin should be vertical keeping the front knee over the ankle and behind the toes. Place your hands on the chair for balance and stability. Move the hips forward towards the chair receiving a stretch in the back hip and thigh. Hold the stretch for 2 to 3 mins. Change legs.



Hip Openers Step 1

This exercise is one that will really help open up your hips for the long ride. It can be done anywhere even in your camp grounds at night if you are on a camping/ bike trip. Again this exercise will help stretch several muscle groups at the same time. You will notice reduced lower back, knee, and leg fatigue if you practice this one on a regular basis.



Step 2

If you are limber enough try and bring your hands, then forearms then chest down towards the ground. If this is way too much as it is for myself (MCL) put a rolled up blanket, or thick pillow in front of you like shown in step 3.



Hips. (more advanced)

People who spend a lot of time sitting in one position can experience tightness in the hips and groins the following stretches will help to relieve that tightness

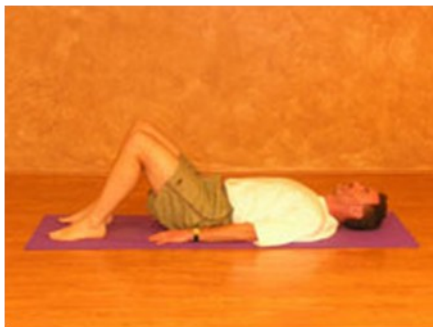
Moving the right leg and bending more at the knee place the foot on the center of the right thigh. The right knee will stick out to the right. If you are very tight you will experience a buttock muscle stretch right here. To get more intensity slowly draw the left leg (the leg still on the chair) toward you. Use the chair for support so that you don't have to strain to hold the position.

Hold for 3 to 5 mins. Come out of the stretch and repeat to the other side. This stretch has helped several students that complain of sciatic pain.



Step 3

This doesn't hurt as much as you might think the first time you do this exercise. Once you are down relaxing on your arms, chest or pillow take a deep breath, let it out, close your eyes, divorce the thoughts, problems and stress of the day and ENJOY the peace of mind you have knowing you are not only relaxing, lowering your blood pressure but getting your butt in shape for BIKING.



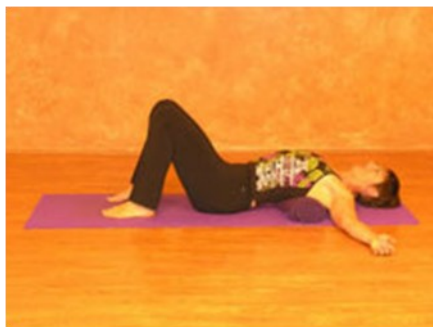
Bridge

Lay on your back with knees bent. Position feet hip distance apart and align the ankles under the knees as much as is reasonable. Arms by your side.

Push feet into the floor and lift the hips toward the ceiling. Use the back of your legs more than your buttock muscles.

Press the arms into the floor and allow the shoulder blades to move together as they did in the last pose. To avoid overstretching the back of your neck, move the chin a little away from the chest. Hold for 3 to 9 steady breaths. If you feel pain, come out of the stretch.

This is a more advanced versions of bridge. Clasp the hands together and use more lift from the arms as the chest opens. Hold for 3 to 9 steady breaths.



Chest Opener 1

You will need a folded blanket. Place the blanket at the bottom edge of the shoulder blades so that it sticks out either side of the armpits. Lay with knees bent or legs straight. Hold for 3 to 5 mins. If your lower back is uncomfortable place another blanket of similar height under your hips

Chest Opener 2a

Sit with legs straight out in front of you and hands behind you. Fingers may point in any direction, but straight back if possible.

2b

Keep the hips and legs in the same place but gradually walk the hands back increasing the chest stretch. Hold for 1 to 2 mins. If hands begin to get pins and needles come out of the stretch and rest.

Now that you have some exercises to try, start today and after just a few weeks, you will be stronger safer rider with more endurance. . . .

Next month I will add to this discussion by talking about "Fitness of the Mind" where I will talk about how important it is to have the right "mindset" while riding.

Ride safe and ride well.

FACTOIDS & FUNNIES



"A Compendium of Facts & Information That Will Astound and Amaze You"
(or at least some miscellaneous stuff that might fun to know or get you to laugh)

Contributed by Leah Gray

'Twas the week after Christmas, and all through the house
Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste
At the holiday parties had gone to my waist.

When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber).

I'd remember the marvelous meals I'd prepared;
The gravies and sauces and beef nicely rared,

The wine and the rum balls, the bread and the cheese
And the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt

I said to myself, as I only can
"You can't spend a winter disguised as a man!"

So away with the last of the sour cream dip,
Get rid of the fruit cake, every cracker and chip

Every last bit of food that I like must be banished
"Till all the additional ounces have vanished.

I won't have a cookie - not even a lick.
I'll want only to chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie,
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore
But isn't that what January is for?

Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet!

Things to Ponder

Can you cry under water?

How important does a person have to be before they are considered assassinated instead of just murdered?

Why do you have to 'put your two cents in'.. But you only get a 'Penny for your thoughts'? Where's that extra penny going to?

Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?

Why does a round pizza come in a square box?

What disease did cured ham actually have?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why is it that people say they 'slept like a baby' when babies wake up like every two hours?

If a deaf person has to go to court, is it still called a hearing?

Why are you IN a movie, but you're ON TV?

Why do doctors leave the room while you change? They're going to see you naked anyway.

If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?

If electricity comes from electrons, does morality come from morons?

Chapter E Ride/Activities Calendar

January

- 19 WA-E Chapter Meeting & Bowling
- 20 First-Aid CPR Training—Marysville
- 24 WA-E Chapter - Dinner Social
@ Big Daddy's Bar & Grill (Woodinville)
- 26 Chapter I—Casino Night- Camp Murray

February

- 2 District Rider Education-Buckley
- 9 WA-L Chapter Bowling Challenge (Yakima)
- 16 WA-E Chapter Meeting & "Museum of Flight"
- 28 WA-E Chapter Dinner Social @ The Matador (Redmond)

IMPROMPTU RIDE IDEAS

- ♦ Light House Tour
- ♦ Mt. St Helen's Ride
- ♦ Wacky Tour
- ♦ Three Mt. Pass Loop
- ♦ "Apple" Tour by WA-V
- ♦ Hood Canal Loop
- ♦ Mount Baker
- ♦ Lake Chelan Loop
- ♦ Hurricane Ridge



GWRRR Washington District Chapter Gathering Sites

<u>Day</u>	<u>Time</u>	<u>Chapter</u>	<u>Location</u>
4th Saturday	9:00AM	A-Seattle	RMC- Full Throttle Café, 3701 E. Valley RD, Renton 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, 2121 Broadway, Everett, WA
2nd Sunday	8:30 AM	D-Aberdeen	1605 Simpson Ave, Aberdeen, WA
4th Sunday	8:30 AM	F-Tacoma	Eagles#3563, 22316 Mountain Hwy E, Spanaway, WA
3rd Saturday	8:30 AM	G-Gig Harbor	Cottesmore Café, 2909 14th Ave NW, Gig Harbor, WA
2nd Tuesday	6:30 PM	H-Lynden	Fairway Restaurant, 1726 Front St, Lynden, WA
3rd Sunday	8:30 AM	I-Olympia	JJ's North's Grand Buffet, 2915 Harrison Ave NW Ste 255, Olympia, WA
3rd Saturday	8:30 AM	K-White Salmon	The Charburger, 4100 W Cliff Dr, Hood River, 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	Monticello Hotel, 1405 17th Ave, Longview, WA
1st Friday	7:00 PM	Q-Puyallup	Main Garden Chinese Restaurant, 1106 East Main, Puyallup, WA
1st Saturday	8:00 AM	R-Walla Walla	Fountain Restaurant, 190 S Main St, Milton Freewater, OR
3rd Thursday	6:30 PM	S-Ephrata	Golden Corral Restaurant, 930 N Stratford Rd, Moses Lake, WA
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, 28818 264th SE, Enumclaw, WA
2nd Saturday	5:30 PM	Z-Centralia	Denny's Restaurant, I-5 Exit 82, Harrison Ave, Centralia, 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>

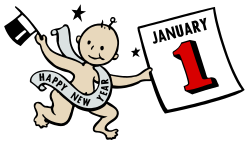
<http://www.gl1800riders.com/>

<http://www.tulsaenterprises.com/1800.html>

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

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

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



What's on the Calendar

2008

January

January 19th Chapter "E" Breakfast Meeting: Breakfast @ 8:00AM Meeting @8:30 AM. After meeting bowling/Pizza. TechCity Bowl, Kirkland, WA. at 1100.

January 20th First Aid and CPR Training: Scheduled for Sunday January 20th in Marysville. Cost is \$30 (includes all materials). Rob Reagle (bob.reagle@microsoft.com) is sending out reminder notices to those of us that will need to renew our certifications in the relative near term. Need further information please contact Rob and make your reservations by December 15th (There are some of you who are overdue for your First Aid & CPR class and this is a great opportunity to get current).

January 24th Chapter "E" Dinner Social: "Big Daddy's Bar & Grill in Woodinville. Darts and Pool tables available if anyone wants to challenge anyone else!

Website: www.bigdaddysplace.com

Address: 17626 140th Ave NE, Woodinville, WA 98072

Telephone: 425.402.4887

January 26th Chapter I Casino Night @ Camp Murray Washington. Many of you participate in this event every year and Bob and Patty heartily recommend it for lots of fun. Sheila and I haven't done this event yet and we are looking forward to it this year. Let's get a group together and really support our friends at Chapter I. Registration is \$12.50 each plus a non-perishable food item for the Thurston County Food Bank (includes entrance to Camp Murray and all you can eat and drink). The Chapter bringing in the largest number of food items will receive an additional \$1,000,000 in Bull Bucks! Yup, you heard me right, \$1M in Bull Bucks! Register early before January 2, 2008 and receive an extra \$10,000 in Bull Bucks from the \$C.O.W. Bank of WA. I'll be sending out a registration form in the next few days to make it easier for you to register. **Important: to enter Camp Murray you must have a photo ID, a signed vehicle registration, proof of insurance and a valid driver's license.**

February

February 2nd: District Rider Education-Buckley (all day)

February 9th: Chapter L Bowling Challenge- Yakima

February 16th: Chapter E Meeting: After meeting activity "Museum of Flight"

February 28th Chapter E Dinner Social: "The Matador Restaurant" in Redmond

Website: www.matadorseattle.com

Address: 7824 Leary Way NE, Redmond, WA 98052

Telephone: 425.883.2855

**Chapter Director**

Dave & Sheila Chavez

Store Managers

Rick & Dori Myers

Treasurer

Jim & Karen Roberson

Ride Director

Bob Spencer

Ride Coordinators

Jimm Burke—Jim Pelican

Mileage Coordinators

Karla & Scott Edwards

Asst. Chapter Director

John & Barb Smith

Chapter Educator

Bob Reagle

Historians/Photographer

Ron & Lana Jo Peck

Ways & Means

Ernie & Sue Sigarto

Designer

Penny Rosenow

Lighthouse Photo Tours

Bob & Thess Thurgood

Newsletter Editor

Sheila Chavez

Membership Coordinator

Sheila Chavez

Web Page

John Smith

Cares & Concerns

Patty Spencer

Dinner Socials

Leah Gray

Karla Edwards

PLP Coordinator

Ron Peck



Together, we
can make
a difference!



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Jim & Pam Swart

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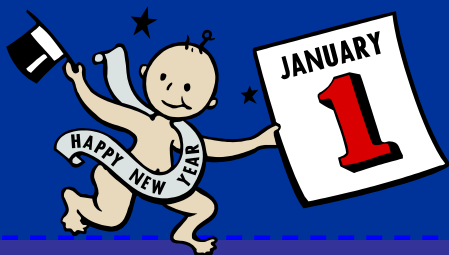
Web Sites:**WA-District:**

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

Region I:

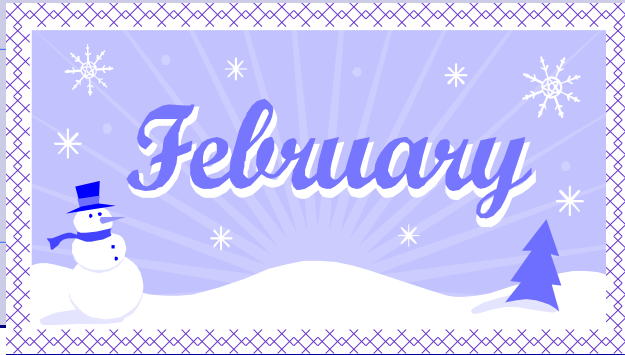
<http://www.bigskyregioni.org>



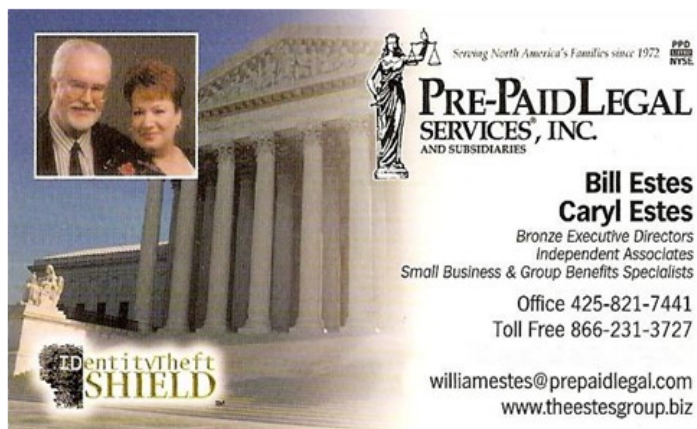


January 2008

SUN	MON	TUE	WED	THU	FRI	SAT
		1 	2 "Happy Birthday Leah Gray" 	3	4 "Happy Birthday Carolyn Reagle" 	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19 "Chapter E- Breakfast Meeting" "After meeting Bowling/Pizza"
20 First Aid & CPR Training	21	22 "Happy Birthday Steve Lee" 	23	24 "Happy Birthday Jim Roberson" "Dinner Social" 	25 "Happy Birthday Sheila Chavez" 	26 Chapter I- "Casino Night"
27	28	29	30			



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 District Rider Education- Buckley
3	4 Happy Birthday "Bob Thurgood" 	5	6	7	8	9 Chapter L- Bowling Chal- lenge
10	11	12 	13	14 	15	16 Chapter E-Meeting: after meeting "Museum of Flight"
17	18	19 Happy Birthday "Ron Peck"	20	21	22	23
24	25 Happy Birthday "Rick Lawrence" 	26	27 Happy Birthday "Annette Burk" 	28 Chapter E- Dinner Social "The Matador"	29	



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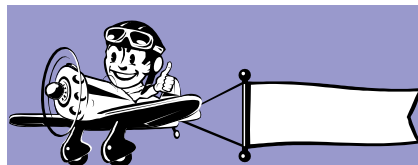
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