



## Gold Wing Road Riders Association Region I - WA District



"Friends for Fun, Safety and Knowledge"

May - Winter now in the rear view Window

### Message from our Chapter Directors

May has arrived. We can now see those winter months in the rear view mirror and as we move forward into late spring and summer, we are looking forward to the many, many rides and events that are planned for this year. We have completed the last winter dinner social and are **moving into our weekly Thursday night 'Ice Cream Socials'**. This is a really great time to spend with friends and share some camaraderie with our chapter friends. We will pick up on the new tradition of finding new and exciting places on the eastside to have our socials. We think people like to try new places and experience new adventures. So, that begin said, please keep your eyes peeled for some great places to meet in **the 'Eagle Eye' for the venue and locations.**



We are also going to start to get really busy with our ride calendar. There is the fun run for WA-M, Victoria Days with BC-A and the Desert Spring Fling over the Memorial Day holiday in the tri-cities. There are several of us from Chapter E attending this event, as they really do put on quite an event with a prime rib dinner for \$9 dollars. How can you beat that!! It is time with your friends and many of new roads to explore in Eastern Washington. **We are also setting up the infamous "Bob's Omak Loop" Saturday and Sunday June 12/13, staying at our usual location of the Rodeway Inn in Omak.** Please call and make your reservations (under Chapter E) for this annual Chapter E tradition. The phone number is 509-826-0400. You will need to use your credit card to reserve your room. Rooms need to be booked by June 1<sup>st</sup>. This should be another excellent adventure.

Many of you may not know this, but our eagle has been taken captive by the chapter out of Salem, Oregon (OR-G). We need to plan a rescue party on their meeting day. There is a little bit of a challenge, as their meeting day is the same as ours, so we need to come up with a strategy where we may do a road trip as a Chapter meeting? We are looking for other ideas from the chapter members on how to get our eagle back, so please drop us a note on your thoughts or ideas. **We need to plan this quickly so we don't interrupt our riding season or plans.**

Remember, if you see something that you think the Chapter would like to do and/or see, please feel free to let us know. **We would be happy to take any and all ideas and suggestions to 'our' chapter membership to see if this is something we can all do as a group.** This is YOUR Chapter, so please send all of your suggestions along and we will see what we can do to incorporate those into our Chapter gathering and events.

Till next month—Kickstands up, let's RIDE.

John & Barb



NEXT MEETING

May 15, 2010

8:00 AM

Family Pancake House

17621 Redmond Way  
Redmond, WA



# GWRRA HAPPENINGS



## \*\*\* WASHINGTON CHANGES \*\*\*



WA-E New meeting location and time Family Pancake House  
 17621 Redmond Way  
 Redmond, WA. 98052 8:00 AM

WA-P New meeting location and time Sizzler  
 936 Ocean Beach Hwy.  
 Longview, WA. 98632 1:00 PM

WA-D No May Meeting



## 2010 Calendar of Events

- May
- 1 & 2 Brothers Power Sports GWRRA Appreciation Event and Poker Run
  - 1 & 2 WA-M Fun Run
  - 8 WA-Q Crazy Ride
  - 15 & 16 Officer Certification Program Tri Cities
  - 21 & 22 BC-A Victoria Days
  - 28, 29, 30 WA-L Spring Fling

- June
- 5 WA-B Harvest Run
  - 12 WA-D Duck Hunt
  - 12-13 **Bob's Omak Loop Ride**
  - 18-20 Oregon District Rally
  - 18-20 Wyoming District Rally



# Rider Education

By Ron Peck WA-E Rider Educator

## Be Prepared

Being prepared is particularly important to us as riders/co-riders. What do I mean by being prepared?

First, is your motorcycle prepared? Tires properly inflated and with sufficient tread? Brakes in good working order? How about the lights? Brake lights? Turn signals? All these are critical to the safe operation of the motorcycle.

Next, how about you? Are you well rested? Do you have the right frame of mind or is something weighing on you? Are you taking any medications that might make you drowsy? Haven't been drinking, have you? Riding requires your FULL attention so anything that diminishes your ability to pay attention to the task limits your ability to safely operate your bike/trike.

Then there's your emergency skills. When is the last time that you PRACTICED emergency maneuvers? You know, things like swerving to avoid an obstacle in your path of travel. Emergency stopping, practiced that lately? In about 13% of motorcycle crashes, the rider made NO attempt to avoid the crash; no swerving, no braking, just rode right into the collision. Unfortunately, most riders NEVER practice emergency maneuvers.

Do you consciously practice your other riding skills? You know, things like your scanning for hazards, looking through turns, covering your controls as you approach congested areas, positioning yourself so you are as visible as possible, etc. While all these things (and more) should be "second nature" focusing on them while you're riding reinforces the action.

An excellent way to prepare is to take the GWRRA Advanced Rider Course. Over the last two weekends eight chapter members took either the ARC or the Trike Rider Course. All of the feedback that I have heard has been positive and, being one of those that took the ARC, I can personally attest to the great experience. For best results, it should be repeated every three years. Remember – everyone needs to take the course, they just don't always admit it to themselves...

How prepared are you?



And remember: Drive on the right except to pass...



## What is SmartGig and Why do you need one?

SmartGig is the next generation of Medical Alert, developed by healthcare professionals and first responders who work in the field every day. If you are found unconscious and unable to communicate your wishes, SmartGig will enable first responders to aid in your emergent medical care both in the field as well as in the hospital through uploading SmartGig information that you have provided. Most first responders are equipped with computers in their vehicles in which SmartGig can quickly be accessed when time is of the essence. Your information provided will further facilitate contacting your legal next of kin as well as making your healthcare wishes known. SmartGig contains commonly referred to forms in the healthcare industry including a Face Sheet, Medical History, Home Medication List, and End of Life Care. In the section of Frequently Asked Questions there is a list of suggested documents to scan into your SmartGig. In addition to the benefits in the field, SmartGig is a 4-Gig thumb-drive with the ability to self manage your medical records as well as other important documents and computer files. The cost of SmartGig is \$45.00 +tax and if you are interested in finding out more, please contact Karla Edwards at [Karla\\_lee\\_Edwards@hotmail.com](mailto:Karla_lee_Edwards@hotmail.com) or by phone 425-941-5267.





## 2010 Surf Watch Winning Recipe

### Baked Potato Soup

½ yellow onion (about ¾ cup), chopped  
¼ cup butter, plus 1 tbsp butter, reserved

1/3 cup flour

1 quart (4 cups) chicken broth

2 cups half-and-half (can use fat free half-and-half)

7-8 medium potatoes, baked until tender, peeled and cut into cubes

1-1/2 cups shredded cheddar cheese

1-1/2 cups crumbled cooked bacon

½ cup finely chopped green onions

2 cups sour cream (reserve 1 cup for garnish)

Seasoned salt, Tabasco and garlic pepper to taste

**\*\*J.D's Bacon Flavored Salt (optional, if using, decrease amount of seasoned salt)**

In a large soup pot, cook onions in ¼ cup butter over medium heat until tender. Blend in flour until smooth, cook 1 minute, stirring constantly. With a wire whisk, slowly add the chicken broth and half-and-half, cook, whisking until smooth over medium heat until mixture starts to boil., Reduce heat to low.

Add potatoes. Season to taste with seasoned salt, tabasco, bacon salt and garlic pepper. Heat on low for about 20 minutes, stirring constantly. Right before serving add 1 cup of sour cream, ½ cup bacon bits, 1 tbsp butter and ½ cup shredded cheese. Mix well until all ingredients are incorporated.

Pour into bowls, topping with a dollop of sour cream, cheddar cheese, bacon and green onions.

**\*\* J.D's Bacon Salt can be found at Fred Meyer, QFC, Safeway, etc. It has zero calories, fat or real bacon, but adds great bacon flavor.**



Found at Surf Watch on the food table:  
Dime not included





Barb Smith	1
Caryl Estes	1
Dori Myers	2
Bill Estes	4
Penny Rosenow	10
Carolyn Wartchow	31



Jim & Jean Kuper	14
George & Vicki Rinehart	22
Ernie & Sue Sigarto	29

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If we have missed any announcement, birthday or anniversary please email Ernie Sigarto or Barb & John with dates, names and information. If you have pictures and/or stories, please attach them to your email.

© Cares & Concerns: Please remember to inform Ernie & Sue Sigarto 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.

John & Barb Smith @ [allabout@verizon.net](mailto:allabout@verizon.net)

Ernie & Sue Sigarto @ [enssigarto@verizon.net](mailto:enssigarto@verizon.net)

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



If you have pictures to add to the Chapter E Website please email Ron Peck, Chapter E Webmaster@:  
[ron@peckmanor.com](mailto:ron@peckmanor.com)

# THE NORTH STAR CHAPTER

Chapter Directors

John & Barb Smith

Store Managers

Ron & Kathy Johnson

Treasurers

Jim & Karen Roberson

Ride Director

Bob Spencer

Mileage Coordinators

Karla & Scott Edwards

Assistant Chapter Directors

Bob & Carolyn Reagle

Chapter E Educator

Ron & Lana Jo Peck

Historians/Photographers

Ron & Lana Jo Peck

Chapter Greeter

Bob & Thess Thurgood

Lighthouse Photo Tours

Bob & Thess Thurgood

Newsletter Editor

Zorro

Membership Coordinator

Barb Smith

Web Designer

Ron Peck

Cares & Concerns

Ernie & Sue Sigyarito

Dinner Socials Coordinators

Leah Gray/ Karla Edwards



## Together, we can make a difference!



Gold Wing Road Riders Association  
[www.gwrra.org/](http://www.gwrra.org/)  
 Melissa Eason  
 Executive Director



Region I Staff

<http://www.bigskyregioni.org/>  
 Region Directors Steve and Sandy Henicksman  
 Assistant Directors Mike & Peggy Hudnell  
 Assistant Directors Hank & Marilyn Smith  
 Rider Educators Lee and Anna Nelson  
 Assistant Rider Educators Eric and Mona Carlson  
 Region I Ambassadors Ed & Mozelle Edwards  
 Membership Enhancement Donna and Doug Deskin  
 Leadership Trainers John & Dianne Kester  
 Treasurer Diane Covert  
 Webmaster Dave Covert  
 COY Coordinators Dale & Shirley Dufner  
 Couple of the Year Bud & Peggy Nading  
 Individual of the Year Ken Harvey  
 Newsletter Editor Dianne Kester



Washington District Staff

<http://www.gwrra-wa.org/>  
 WA District Directors Bob & Patty Spencer  
 Asst. District Directors John & Barb Smith  
 Asst. District Directors Gary & Diana Domas  
 District Trainer Mike & Lynn Briggs  
 District Treasurer Deb & Chuck Buell  
 Membership Coordinator Carmen & Dan Weakland  
 District Rider Educators Eric Carlson  
 District Stores Lynn Briggs  
 District Webmaster John & Barb Smith  
 District Couple of the Year OPEN  
 District IOY/COY Coord. Dan & Carmen Weakland  
 Vendor Coordinators Peggy & Mike Hudnell  
 District Newsletter Editor Shirley & Dale Dufner



# May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>Brother's Poker Run</i> <i>WA-M Fun Run</i>
2 <i>Brother's Poker Run</i> <i>248595</i> <i>WA-M Fun Run</i>	3	4	5  <i>Cinco de Mayo</i>	6 <i>WA-E</i> <i>Dinner Social</i> <i>Burger Master</i> <i>Bellevue 6PM</i>	7	8 <i>WA-Q</i> <i>Crazy Ride</i>
9 	10	11	12	13	14	15 <i>WA-E</i> <i>Meeting</i> <i>FPH 8 AM</i> <i>Ride to NW Trek</i>
16	17	18	19	20	21	22 <i>WA-E</i> <i>Ride to Whidbey Isl. &amp; La Conner</i>
23 <i>30 WA-L</i> <i>Spring Fling</i>	24 <i>31</i>  <i>Memorial Day</i>	25	26	27	28 <i>WA-L</i> <i>Spring Fling</i> <i>Kennewick</i>	29 <i>WA-L</i> <i>Spring Fling</i> <i>Kennewick,</i>

May Birthstone: Emerald



May Flower: Lilly of the valley



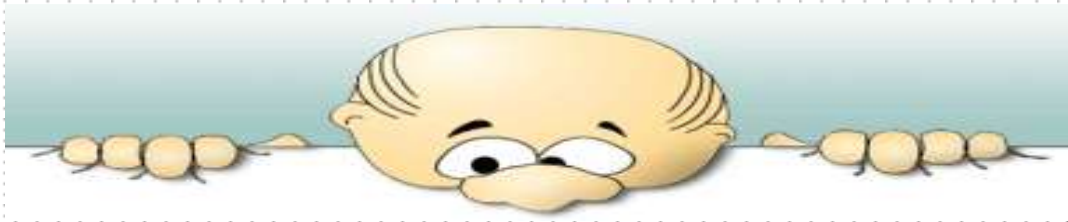




GWRR Washington District Chapter Gathering Sites

4th Saturday	8:30AM	A-Seattle	Old Country Buffet, 25630 104th Ave. SE, Kent, WA 98030
1st Sunday	8:30 AM	B-Bremerton	Bremerton Eagles, 205 6th St., Bremerton, WA 98337
2nd Saturday	8:00 AM	C-Everett	132 128TH St. SW, Everett, WA 98204
2nd Sunday	8:30 AM	D-Aberdeen	<b>Duffy's Restaurant, 1605 Simpson Ave, Aberdeen, WA 98520</b>
3rd Saturday	 08:00AM	E- Bellevue	Family Pancake House, 17621 Redmond Way, Redmond, WA. 98052-4913 
2nd Tuesday	6:30 PM	H-Lynden	Fairway Restaurant, 1726 Front St, Lynden, WA 98264
3rd Sunday	8:30 AM	I -Olympia	Olympia VFW Hall, 2902 1/2 Martin Way East, Olympia, WA 98502
2nd Saturday	9:00 AM	L-Kennewick	Cousin's Restaurant, 4605 N 68, Pasco, WA 99031
1st Saturday	8:00 AM	M-Yakima	The Branding Iron Restaurant, 61311 Hwy 97, Toppenish, WA 98948
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 Performance Grill, 1525 A Street, Auburn, WA 98002
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	5:30 PM	Z-Centralia	<b>PJ's Pizza, 1232 Alder St. Centralia, WA 98531</b>

## Some Useful Gold Wing Links



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

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

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

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

<http://www.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.motorbikes.today.com/reviews/Articles/hon\\_goldwing\\_04.htm](http://www.motorbikes.today.com/reviews/Articles/hon_goldwing_04.htm)

[http://en.wikipedia.org/wiki/Motorcycle\\_safety](http://en.wikipedia.org/wiki/Motorcycle_safety)



## 2010 RALLIES

Oregon—June 17-19 Warm Springs, OR <http://www.gwrroregondistrict.com/OR04/DR10.pdf>

Wyoming—June 17-19 Rock Springs, WY <http://kennharvey.tripod.com/District/Images/RallyPDF//WYDistrictRallyFlyer2010.pdf>

Wing Ding—June 30-July 3 Des Moines, IA <http://www.wing-ding.org/>

Washington—July 16-18 Port Townsend, WA [http://www.gwrro-wa.org/Flyers/2010\\_District\\_Rally\\_Registration.pdf](http://www.gwrro-wa.org/Flyers/2010_District_Rally_Registration.pdf)

Montana—July 23-25 Location TBA

Region I—August 26, 27, 28 Tillamook, OR <http://www.bigskyregioni.org/images/Rally.pdf>

Idaho—September 3-5 Kellogg, ID <http://gwrro-id.us/images/rally.pdf>

# Where is Ernie Bird?



Proud new recipient of the Ernie Bird Award is Bob Reagle.



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