

GWRRA

JANUARY 2011



Gold Wing Road Riders Association Region I - WA District

WA-E "Friends for Fun, Safety and Knowledge"



Happy New Year!! Hard to believe that 2010 is now behind us and boy are we happy about that. 2010 was a very tough year for many folks, with the economy rapidly declining and the loss of jobs and income, this has had a very real impact on our chapter family. Our hope and prayers are for 2011 to be the year of recovery and success for every single chapter member and their family members. It is time to be positive and successful in all of our endeavors. A New Year brings a fresh start.

Next Meeting

January 15

Family Pancake House

17621 Redmond Way

Redmond, WA.

This year Barb and I are starting our 2nd Full year as your chapter directors and it has been an amazing ride so far. It is hard to believe that it has been that long already. All of the events and things that we do as a chapter would not be possible without the direct support of your **chapter 'E' staff and you, the members. We both feel very fortunate to have the greatest chapter in the state and some of the greatest people in the chapter we call 'Home'.** Barb and I personally want to thank you all for your love, support and honest to goodness hard work and for all you do for our chapter. I know, it seems a little mushy, but it is very important to recognize the contributions and the folks that make this stuff happen as we could not do this without YOU.

So, for the month of January, we will have our Chapter Meeting on the 15th, and then our dinner social on the 27th at the Crossroads Bar and Grill in Bellevue. Then on the 29th, **the Sigyar to's will be hosting a game night. For the winter months,** sure seems that we will be busy with lots to do and plan for. In February, we have the District Riders Education in Buckley on the 12th. This is a great event, as you may actually learn something that will save your life. We all know riding a motorcycle is a risk and we are all willing to take the risk, but there are some things you can do to reduce the risks in general. Much of this is educational in nature, so by attending the workshops, you can learn from people with a great deal of riding and safe motorcycling skill. It never hurts (pardon the pun) to keep learning. The chapter will cover the costs of the registration, so please just send in your paperwork and we will give you a refund on the day of the event, so there is no excuse for you not to go to this free seminar.

In closing for the month, please check out the website (www.gwrra-wae.org), Ron Peck has done a great job updating the calendar with all of the chapter events and district events. There is even a flyer for Surf Watch 2011 located, so you can register for our annual fundraiser, to be held March 18-20 at the Polynesian Hotel in Ocean Shores. Make sure you get your room reserved as soon as possible for a really fun event, including the Moped Poker Run, silent and live auction and Crockpot Mania (anything goes in the crockpot).

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—Live, Laugh and Love..

John & Barb





*** WASHINGTON CHANGES ***

WA-M New Meeting Place and Time:
11:00 AM Buffet Lunch 12 Noon Meeting
Legends Casino
580 Fort Road
Toppenish, WA

2011 Calendar of Events

- Jan. 1 Happy New Year
- Jan. 1 WA-E Polar Bear Ride
- Jan. 8 WA-X Motorcycle Swap Meet
- Jan. 14-15 WA-P Winter Retreat
- Jan. 22 WA-I Casino Night
- Jan. 27 WA-E Dinner Social
- Jan. 29 WA-E Game Night @ Sigyartos

- Feb. 12 WA District Rider Ed Presentation
- Feb. 26 WA-A Bowling Challenge

- March 18 WA-E Surfwatch @ Polynesian Hotel



Rider Education

By Ron Peck WA-E Rider Educator



Because this is important information and because people started falling asleep at the chapter meeting **while listening, I decided to put this in the newsletter...**

Effects of alcohol on the body

The affects that alcohol has on the body are consistently predictable regardless of the use pattern. Alcohol is a mood altering depressant drug. The reason that alcohol can cause such extensive damage to the body is because it can travel everywhere. There is no body cell resistant to alcohol. The first stop is the stomach, where alcohol is absorbed directly into the blood stream. Food will slow the absorption of alcohol **as will fruit juice and water. Vomiting is one of the body's defenses against an alcohol overdose, and is** caused when you drink too much.

Alcohol moves quickly to the brain and passes the blood-brain barrier, which normally keeps harmful substances away from the brain. In the brain, alcohol affects the neurons, causing judgment problems, coordination problems, and a host of other problem.

Once in the blood stream, alcohol goes to the liver for detoxification, or breaking down, by the alcohol-attacking enzyme alcohol dehydrogenase. Eventually, the alcohol is broken down and excreted from the body.

Side Effects

Your Appearance - **If you want to have clear skin and bright eyes, don't drink alcohol. According to researchers, more than one or two drinks a week promote aging. Alcohol is considered a food with non-nutritional calories that quickly add up. When you abuse alcohol, you tend to be undernourished, making your hair dry, giving you cracked lips, aggravating acne, making your eyes look glassy, and giving your skin a puffy, broken vein look. (WC Field's nose)**

Your Brain - Alcohol is a depressant that slows down brain activity. While one or two drinks makes most **people feel relaxed, more alcohol may cause feelings of anxiety, depression, and often aggression. Alcohol's** first effect as it reaches the outer brain is to distort your judgment and lower your inhibition, while producing euphoria (a sense of pleasure). As you consume more alcohol, and it reaches the cerebellum, your coordination and perception are affected, and you can have memory blackouts. As the alcohol reaches your mid-brain, reflexes diminish, you experience confusion, stupor, and may lapse into a coma. Once the alcohol finally reaches the medulla, or inner core of the brain, your heart rate drops and breathing ceases, resulting in death. Research suggests that continued alcohol use can cause depression. Alcohol robs brain cells of **water and glucose, the brain's food, contributing to a hangover the next day.**

Your Gastrointestinal Tract - The stomach is irritated by alcohol, causing increased stomach acid production, causing heartburn and eventually ulcers. Alcohol use is linked to cancer of the mouth, esophagus, stomach, and intestines. The liver, due to its role in breaking down alcohol, suffers the most damage. Alcohol use leads to destruction of liver cells, fat accumulation around the liver, and cirrhosis which can be fatal. Alcohol is also a diuretic, which causes the kidneys to increase urinary output, contributing to dehydration and your hangover.

Other - **Alcohol depresses the body's immune system making it easier to get sick. It also disrupts your sleep patterns,** further depressing the immune system. Alcohol has been linked to an increased risk of breast cancer, high blood pressure, diabetes, kidney disease, heart disease, constipation, and strokes. Alcohol is toxic to unborn children causing permanent tissue and organ damage.

General: Alcohol tolerance varies to some degree among individuals. For instance, heavy drinkers or alcoholics have higher tolerances than first-time or infrequent drinkers. In general, males have higher tolerances than females because they typically weigh more and have more water in their bodies. Unless an individual has an exceptionally high tolerance, a blood alcohol content (BAC) rating of 0.20 reflects serious intoxication. As an example, if an individual's BAC is 0.10%, it means that there is one gram of alcohol per 1,000 grams or 1,000 milliliters of blood.

0.01-0.06 BAC levels: Individuals with a BAC of 0.01-0.06 typically feel relaxed and less inhibited. Many people start to feel happy and experience a general sense of wellbeing. Individuals typically have impaired judgment, coordination, concentration, and alertness.

0.06-0.1 BAC levels: Individuals with a BAC level of 0.06-0.1 typically feel uninhibited and exhibit extroverted behavior. Individuals are less sensitive to touch. For instance, an individual may fall down and feel much less pain than he/she normally would. Individuals typically experience blurred vision, as well as impaired reasoning, depth perception, reflexes, peripheral vision, and glare recovery (how quickly an individual's visual functioning returns after a glare was encountered).

0.11-0.20 BAC levels: Individuals with BAC levels of 0.11-0.20 often experience mood swings or feel angry or sad. People typically have impaired reactions times, decreased motor control (e.g., they may be staggering or have difficulty walking a straight line), and slurred speech.

0.21-0.29 BAC levels: Individuals with 0.21-0.29 are extremely intoxicated. They are unable to comprehend others or speak coherently. They may have impaired sensations, severe motor control impairment, and loss of consciousness. Often, individuals who become this intoxicated will experience a memory blackout. In other words, the person will be unable to remember certain things that happened when they were intoxicated.

0.30-0.39 BAC levels: Individuals with BAC levels of 0.2-0.39 may become unconscious and death is possible. They typically have impaired bladder function, slowed breathing, and a decreased or faint heartbeat. An individual who shows these signs should immediately be taken to the nearest hospital because these are signs of alcohol poisoning. Alcohol depresses nerves that control involuntary actions such as breathing and the gag reflex. A fatal dose of alcohol will eventually stop these functions.

0.4 BAC levels and above: Individuals with BAC levels of 0.4 and above will become unconscious. Breathing will become very slow and the individual's heartbeat will be slow and faint. Patients should be taken to the hospital immediately in order to prevent death. In rare and extreme cases, some individuals have survived after having BAC levels as high as 0.9.

Myths about sobering up: Individuals cannot speed up the time it takes to become sober. It is commonly believed that drinking coffee, taking a cold shower, or sleeping it off helps individuals become sober after drinking. However, these methods do not decrease BAC or increase the metabolism of alcohol.

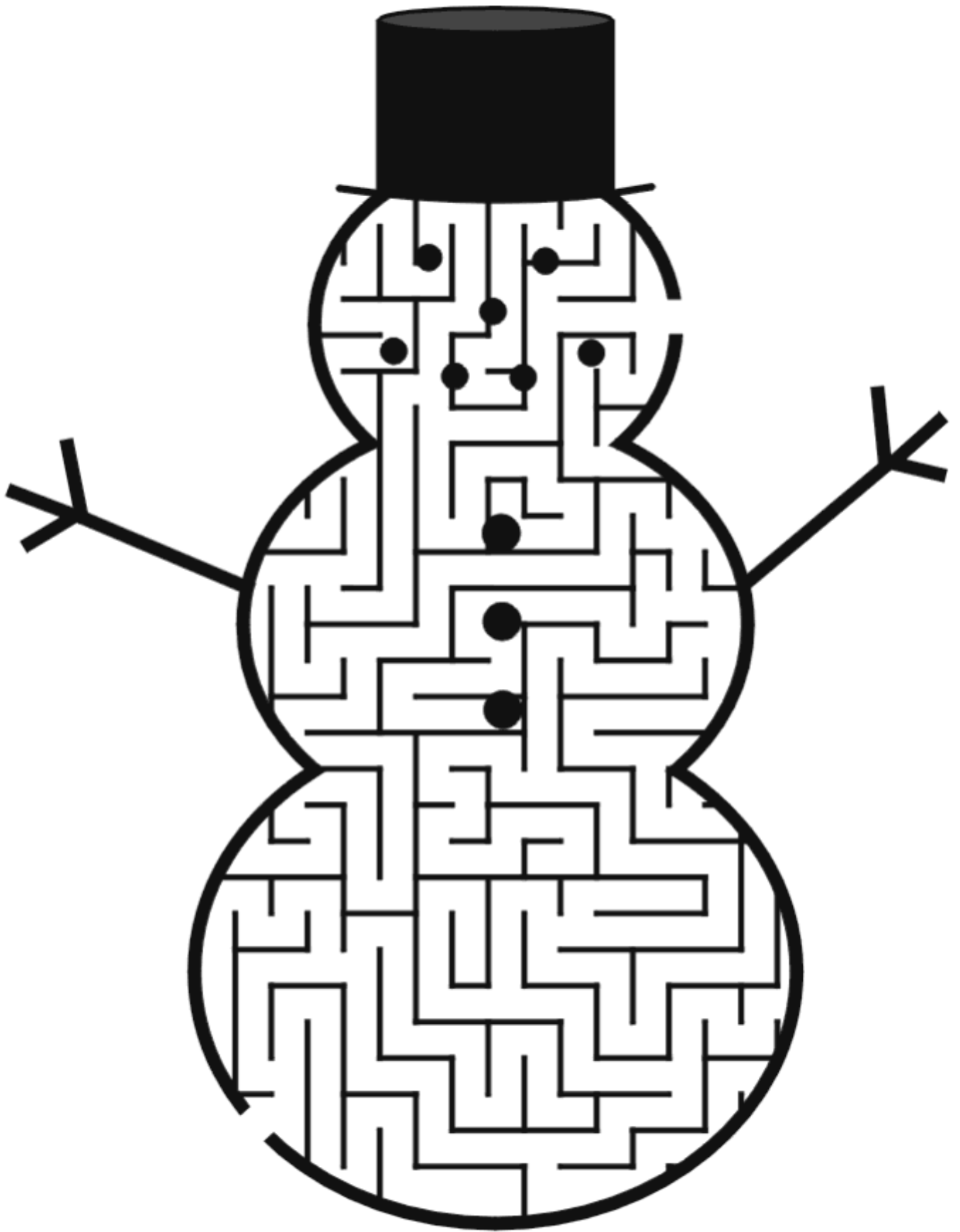
What is Cirrhosis of the liver?

Cirrhosis is a slowly progressing disease in which healthy liver tissue is replaced with scar tissue, eventually preventing the liver from functioning properly. The scar tissue blocks the flow of blood through the liver and slows the processing of nutrients, hormones, drugs, and naturally produced toxins. It also slows the production of proteins and other substances made by the liver.

According to the National Institutes of Health, cirrhosis is the 12th leading cause of death by disease.



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





Sandy Newbury	1
Leah Gray	2
Carolyn Reagle	4
George Rinehart	5
Marilyn Branthwaite	21
Steve Lee	22
Jim Roberson	24
Sheila Chavez	25
Jim Kuper	25
Vicki Rinehart	29

Jim & Christie Pelican 5



December Birthdays

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@frontier.com

Ernie & Sue Sigarto @ enssigarto@frontier.com



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



Chapter E Staff

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!**



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 Tom & Mozelle Edwards
- Membership Enhancement Donna and Doug Deskin
- Leadership Trainers John & Dianne Kester
- Treasurer Diane Covert
- Webmaster Dave Covert
- COY Co-ordinators Dale & Shirley Dufner
- Couple of the Year Larry & Barbara Kuzma
- 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 Patty Spencer
- District Rider Educator Bob & Becky Minor
- Assist. Rider Educator Randy & Debbie Reid
- District Ambassadors Garry & Judy Calman
- District Stores Lynn Briggs
- District Webmaster John & Barb Smith
- District Couple of the Year Dee & Mike Blangy
- District I OY/COY Coord. OPEN
- District Newsletter Editor

Gold Wing
Road Riders
Association
www.gwrra.org/
Mike Stiger
Director





JANUARY 2011



Sun

Mon

Tue

Wed

Thu

Fri

Sat

						<p>1 E Polar Bear Ride</p> 
2	3	4	5	6	7	<p>8 X Motorcycle Swap Meet</p>
9	10	11	12	13	14	<p>15 E Meeting</p>
16	<p>17 Martin Luther King Jr. Day</p>	18	19	20	21	<p>22 I Casino Night</p>
23	24	25	26	<p>27 E Dinner Social</p>	28	<p>29 E Game Night</p>
30	31					

GWRRA WASHINGTON MEETINGS

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	Duffy's Restaurant, 1605 Simpson Ave, Aberdeen, WA 98520
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	Sandstone Café 104 W. 1st. Kennewick, WA 99336
1st Saturday	11:00 AM	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 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	PJ's Pizza, 1232 Alder St. Centralia, WA 98531

Where is Ernie Bird?



Eagle Snow Sculpture!



Anyone seen Buddha lately?



Any new nominations?

Bob is still?????? holding the honors with his watch upside down and snap on backwards!

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