

GWRRA

FEBRUARY 2011



Gold Wing Road Riders Association Region I - WA District

"Friends for Fun, Safety and Knowledge"



Next Meeting
February 19
NEW PLACE, NEW TIME
Crystal Creek Café
22620 Bothell-Everett Hwy.
Bothell, WA
Breakfast 8 AM Meeting 8:30 AM



Hard to believe it is February, where does the time go? We are getting closer and closer to the riding season, with each and every passing day. This month, we have the annual Rider Education workshop at the Christian Fellowship Church in Buckley. Mark the date (February 12th). There are many good things to say about a rider workshop and this year is no exception. There are plenty of classes and discussions on safe motorcycling. This year our District Educator has a full schedule (which you can find on the District Website <http://www.gwrra-wa.org>). There are classes for CPR, Crash Scene investigations, a discussion with the Washington State Patrol as well as someone from the Department of Licensing. There are lots of great and informative classes. There is something here for everyone. The chapter will pick up the cost of the Rider Education Workshop, all you have to do is attend. As we are focusing on Rider Education, I wanted to also let you know that there will be some upcoming classes for ARC (Advanced Rider Courses) and ERC (Experienced Rider Courses), that I would like to get setup for our chapter. **The value of these classes is enormous to you as a rider. Many people don't take the classes, either because they feel they don't need it or may be embarrassed by having to do slow maneuvers with a group of fellow bikers watching. It can be a little intimidating, but let me assure you there is nothing at all to be embarrassed about. This is something you should want to do to become a better rider and to hone your skills as a rider/co-rider. Once we can get the classes setup and ready, I will let the chapter know the dates. If you are interested in doing this, please contact me or Ron Peck, our Chapter Educator. The more people we can get signed up, the easier it will be to have the class. The chapter will pay for anyone that wants to take a class, whether to keep your certification as a Level Rider or if you just need a little help on the slow turns and braking, etc. We would like to see every member of our chapter take a motorcycle class. It is that important!**

This month there are a couple of upcoming event that I know you don't want to miss. We have the Progressive Dinner on the 13th with an Italian theme followed by the Chapter Meeting on the 19th, followed by Bowling Practice, then our Dinner Social on the 24th, at Mi Terra's in Woodinville and the actual bowling Challenge in Federal Way on the 26th. There are lots of fun and exciting events for the month of February. We look forward to seeing you at these events and do hope you will come and join in the FUN.

We are getting closer to our annual fundraiser event for the chapter and I hope you have all signed up for Surf Watch 2011, to be held March 18-20 at the Polynesian Hotel in Ocean Shores. The registration is on our website, so please go ahead and fill it out and mail it in and 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). You know it is going to be FUN.

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—Ride safe.

John & Barb





GWRRRA HAPPENINGS



*** WASHINGTON CHANGES ***



WA-E NEW Meeting place and Time:

Effective February Meeting 2/19/2011

Breakfast 8 AM Meeting 8:30 AM

Crystal Creek Café

2620 Bothell-Everett Hwy.

Bothell, WA 98021

WA-V NEW Meeting place:

Eagles Lodge

702 M St. S.E.

Auburn, WA 98002

2011 Calendar of Events

February 12 WA District Rider Ed Presentation

February 13 WA-E Progressive Dinner

February 24 WA-E Dinner Social

February 26 WA-A Bowling Challenge

March 11-13 WA-D Mall Show Aberdeen

March 18 WA-E Surfwatch @ Polynesian Hotel





Rider Education

By Ron Peck WA-E Rider Educator



First Aid Kits

Does yours need a check-up?

By: Cash Anthony

Do you carry a First Aid kit on your bike? If so, when is the last time you took a look inside? Many riders probably carry kits which were purchased to meet a perceived safety requirement (or to qualify for a safe-riding badge), but if you don't know what your First Aid kit contains, you may be unpleasantly surprised if you ever need to use it.

What passes for a First Aid kit from sources such as discount stores and auto supply shops (and sometimes given away as Poker Run prizes) may be woefully short of what is needed for our sport. In case of a motorcycle accident, I dislike to say it, but band-aids ain't gonna help much, folks.

I was lucky enough to take a First Aid course a couple of years ago with some of the best EMS people I've ever met, at the home of our Assistant CDs for GWTA Chapter "1", Kathy and John Holly. The team who taught the course had handled serious accidents on a daily basis -- in fact, the woman in charge told me it was rare for them to be on the job for a shift without having to perform CPR at least once -- and they had come upon a number of accidents involving motorcyclists. They stressed several things that have really stuck in my mind.

Your First Aid kit needs to have a really good pair of scissors in it, to cut away (thick) clothing. If you can't see the injured area, it's hard to figure out what is best to do. You may find it worthwhile to invest in a heavy-duty shears which can handle thick material.

Every rider should carry a pair (several pairs is best) of latex gloves to be used in case of an accident where blood is spilled. Having them on your bike may allow persons who want to assist you to make that decision without fear of contamination, as well as being available to you to help someone else.

A good First Aid kit should have a number of triangle bandages in it, which can be easily made from inexpensive muslin purchased at any fabric or discount department store -- I got mine for about .99 a yard. These pieces should be large enough that you can make a sling from them, or fold them to use as a pressure-point type bandage, or put them on a head injury to hold other bandages into place. Mine are about 30" by 30" and are cut on the diagonal. These are just unbleached muslin, but they are clean and strong and BIG. I've NEVER seen a commercially purchased First Aid kit with these supplied. If you need more than one (for example, after making a sling for an arm, it's a good idea to immobilize that arm by binding it to the upper body), you can tie several of these together if the patient is a large individual. Carrying a minimum of three triangle bandages would be a good idea.

I've also seen very few kits that have anything like enough sterile gauze pads. If you need to put pressure on a bleeding wound, you'll go through these items fast and will want enough to add another clean one often. NOTE: Place a new gauze patch on top of an existing blood soaked patch in order to prevent tearing any existing clotting that has begun and reopening a wound.

It is helpful to have a bottle of filtered or distilled water in your kit. This can be useful in case of broken bones, eye injuries, cleaning out other minor injuries, and for dehydration. If you've got a compound fracture, it may be helpful to put a muslin bandage over a damp gauze bandage on the end of the exposed bone, to keep it from drying out, though an experienced EMS person has advised to simply use a clean (sterile), dry, dressing as you would any other open wound. Many minor problems can be dealt with initially by washing them with clean water, and debris in the eye can often be relieved by this, with nothing else required. (Even if the water isn't distilled or filtered, it can still be used if it's of potable quality.)

In the case of very bad head injuries, it's not unusual to have substantial eye injuries. Unfortunately, eyes can come out of place on impact. The recommended First Aid in this situation is to have a cup (like a clean Styrofoam cup) available to contain the damaged and displaced eye, and to strap that cup onto the face with a triangle bandage or use a roll of gauze. The medical folks today can do amazing things to put an eye back into place, but it's a good idea to bandage both eyes to keep the person from panicking (and to slow the 'eye-matching' reflexes, which try to make our eyes work together), while touching and reassuring the injured party. Having a clean cup in your kit may permit you to do someone an invaluable service by helping to save their sight.

Those who haven't taken a CPR or First Aid class in a while might be interested to know that the American Heart Association guidelines on CPR have been changing gradually. The last time I took one (about 14 months ago), I found that the procedure was not exactly the same as what I'd been taught in my previous courses. But all these courses do strongly recommend that a person who is going to administer CPR have a barrier available to protect them from the bodily fluids of the injured party. This may be a plastic gadget that looks like a kitchen gripper, with a hole in it for a breathing tube, or a more sophisticated mask that can keep a rescuer's face and lips away from the injured party while he or she breathes for the person who's down. These items are inexpensive and are available at medical supply shops, but I've yet to see a commercial

First Aid kit that comes with one.

First Most simple First Aid kits contain some kind of antiseptic ointment or cream. These can be useful for minor sunburns or insect bites, but they should usually NOT be used on an serious injury. When the medical folks start working on a wound, they don't want to wonder what has already been applied to it. When in doubt, throw it out.

In case of an accident, the first response these days is to call 911. In most regions of the country, even in rural areas, emergency assistance can be sent out right away. However, if you ever become a witness to a bad accident, you'll discover how important it is to have current information and adequate First Aid gear, even if you can't really do very much at the scene. It may save a life to know what NOT to do.

When you reach for that First Aid kit, you'll be better prepared if you know what's in it and how to use it. Take some time to look at what you're carrying on your bike, to see if it's what you really need.

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<http://www.msgroup.or>



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



Time for the Exotic Eagles to find a new nest.

As many of you know we have been holding our monthly gatherings at the Family Pancake House in Redmond. While this has been a very nice venue, it has become increasingly busy on our meeting day and there are many people that end up getting seated in the restaurant as we are holding our meeting, which ends up being a distraction for both us as a Chapter **trying to have our gathering and the customer, who get's seated in the middle of our meeting and has to listen to our go-**ings on. To that end, with a lot of luck and some hard nose determination, we have found a new gathering location for our meetings.

Effective with our February 19th gathering we will be changing our meeting location to the following:

Crystal Creek Cafe
22620 Bothell-Everett Hwy.
Bothell, WA 98021
425-486-7781

www.cafesinc.com (Click to view the menu online).



This is located very near our ride meeting location of Starbucks in Canyon Park and is kitty corner over by the Outback Steakhouse and Bone Fish Grill. We will have our own private room (Hanger Inn Room) and this room can be sealed off for our meetings. Several of us went this weekend to try the food (which is important) and were very satisfied with the overall food, price, offerings and service. We will also be changing the time during this transition. Breakfast will be at 8:00AM, with the meeting starting promptly at 8:30.

We will be changing the website to show the new meeting location.

We hope to see you all at our new location.

John & Barb

SPOTLIGHT ON...



Barb Smith



Congratulations Barb!
She received her Level 4 Master Tour Rider Patch
from District Educator Bob Minor.



Happy Friday everyone.....

A Friend of Our youngest son works at Canine Experience Inc. Her Grandparents own Canine Experience Inc. and run "Love-A-Mutt Rescue". They foster unwanted and rescued dogs. (*Love A Mutt Pet Rescue is dedicated to providing a future for abandoned pets by placing them in our rehoming program*) <http://loveamutt.org/>

They have a Fund Raiser & Social Event March 12, 2011 from 5:30 Pm to 8:30 pm at A Canine Experience Inc. 17125 SR9 SE Snohomish, WA 98296 360-668-0350.

**** Business networking Opportunity :** They also have a few spaces left to set up a display table. The cost is \$30.00 (To be donated to Love -a-Mutt) and a door prize. Door prizes will be given out throughout the event. Donor will have an opportunity to announce their prize and give a short description of their business.

Lana Jo




Wine Tasting Fund Raiser & Social To Benefit Dog Rescue

Event will be held
March 12th from 5:30pm-8:30pm
at A Canine Experience Inc.
17125 SR9 SE Snohomish, WA 98296
(360)668-0350

\$20 pre-purchased tickets include six tastings, one glass of your favorite wine from the tasting and appetizers. Ten dollars from each ticket will be donated to Love-a-Mutt Rescue.

Wines will be poured by Eric with Marysville Winestyles. \$10 from each ticket will be donated to rescues (all \$20 will be donated if the purchaser doesn't attend). Eric will donate \$10 for each purchase of three bottles of wine or more. We will also be serving wines from Mutt Lynch Winery, who also donates a percentage of sales to rescues. Tickets are \$20 each and must be pre purchased through A Canine Experience Inc. or Love-a-Mutt. Either mail a check to 18208 67th Ave SE Snohomish, WA 98296 with your name, address, phone number or e-mail and fund raiser written in the memo box and I will call or e-mail with a confirmation. You can also stop by our office to purchase tickets: 17125 SR 9 SE Snohomish, WA 98296 or go to www.loveamutt.org and pay through paypal. Be sure to include your name and e-mail and write Wine Tasting Fund Raiser in the subject box.

Business Networking Opportunity
There are a few spaces available to set up a display table. The cost is \$30 (to be donated to Love-a-Mutt) and a door prize. Door prizes will be given out throughout the event. Donor will have an opportunity to announce their prize and give a short description of their business.





Happy Birthday

Bob Thurgood 4

Doug Newbury 6

Ron Peck 19



Dennis & Marjorie Sarver 14



January Birthdays

If we have missed any announcement, birthday or anniversary please email Ernie Sigyarto 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 Sigyarto 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 Sigyarto @ enssigyarto@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



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Ron & Kathy Johnson

Treasurers

Jim & Karen Roberson

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Chapter Greeter

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Zorro

Membership Coordinator

Barb Smith

Web Designer

Ron Peck

Cares & Concerns

Ernie & Sue Sigyarito

Dinner Socials Coordinators

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**Together, we
can make
a difference!**



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<http://www.bigskyregioni.org/>

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- District Stores Lynn Briggs
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- District Couple of the Year Dee & Mike Blangy
- District IOY/COY Coord. OPEN
- District Newsletter Editor

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





FEBRUARY



Sun

Mon








Tue

Wed

Thu

Fri

Sat

		1	2 	3	4	5
6	7	8	9	10	11	12 <i>Rider-Ed</i>  Lincoln's Birthday
13 <i>WA-E Progressive Dinner</i>	14 	15	16	17	18	19 <i>WA-E Breakfast 8 AM Meeting 8:30 AM</i>
20	21 	22  Washington's Birthday	23	24 <i>WA-E Dinner Social</i>	25	26 <i>WA-A Bowling Challenge</i> 
27	28				<i>Amethyst</i>  <i>February Birthstone</i>	

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	08:30AM	E- Bellevue	Crystal Creek Café, 22620 Bothell-Everett Hwy. Bothell, WA. 98021
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	Eagles Lodge . 702 M St. S.E. , 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?



Any new nominations?

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

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