



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



"Friends for Fun, Safety and Knowledge"

May - April Showers,  
May Flowers. .

### Message from our Chapter Directors

Hey folks, hope this newsletter finds you out and riding. We have had an incredible spring so far and the weather is getting more promising each and every day. Summer is just around the corner with even more time to ride our bikes. We have had a great couple of months with our very successful fundraising events. We want to say **"Thank you" to each and every one of you, who** worked so hard to make these events happen and make our Chapter the best in the state. Now,



that the hard part is over, it is time to relax and get out and RIDE. We have several events coming up starting on the 9th with the Chapter Q 'Crazy Ride' and then if you are interested in a fun event, the BC-G 'Victoria Days' in Salmon Arm, BC on the 15th thru the 18th. Also, the 16th is the Chapter M 'Fun Run' in Yakima, with the Chapter L (Tri Cities) 'Desert Spring Fling' on Memorial weekend, and then finally last but certainly not least is the Chapter B 'Harvest Run' on the 30th. **There are plenty of awesome events and rides, and we should get out there and enjoy as many as possible. We know how hard it is to actually put on an event and we should do all we can to help our other Chapters, so they can have as much fun as we do. For our own Chapter we have now moved the Dinner Socials back to Thursdays and I will be updating the calendar. I am sure our dinner social coordinators will have some really great places lined up, with the next one coming on the 28th. We are also planning on doing some impromptu type rides this month, so keep an eye out for the 'Eagle Alert's or Eagle Eye as we figure out new rides to take as a group. We recently did one to Deception Pass on a Sunday and the weather and the ride itself was 'EPIC'. It was absolutely perfect with 6 bikes and 7 people (you do the math). Again, lots to do and see, so get out there and enjoy!**

Next Chapter  
Meeting  
Saturday  
May 16, 2016

Kenmore Lanes  
7638 NE Bothell Way  
Kenmore, WA  
Breakfast: 8:00 AM  
Meeting: 8:30 AM



We are looking to add to our staff, we have open positions for Assistant Chapter Directors, Rider Educator and a Newsletter Editor. If you are interested in being a part of our awesome team, please let us know. We promise that you will have a great time doing it and it will 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.**

**Special Note: Don't forget Mother's Day on the 10th. Treat your mom's to a special day, they surely deserve that.**

John & Barb

## Washington District & Region 2015 Calendar of Events May & June

### MAY

- 9 - WA-Q Crazy Ride ([Flyer](#))
- 15-18 BC-G Victoria Days ([Flyer](#))
- 16 - WA-M - Fun Run ([Flyer](#))
- 22-25 — WA-L Desert Spring Fling (Tri-Cities) ([Flyer](#))
- 30 - WA-B Harvest Run ([Flyer](#))

### June

- 5-7 - WA-R Blue Mountain Rendezvous
- 13 - WA-D Duck Hunt ([Flyer](#) / [Registration](#))
- 18-20 - Reno Rendezvous ([Website](#))
- 27-28 - WA-**E Bob's Omak Loop (Overnighter)**

\* *This calendar is subject to change.*

Check the Washington GWRRA web site for flyers and contact information at [www.gwrra-wa.org](http://www.gwrra-wa.org) for any events you wish to participate with.

What is the benefit of belonging to a "Chapter?"

Many Members feel the Chapter is the single most important benefit of belonging to GWRRA and for many reasons, some of which are stated below.

- ◆ New Friends: Countless new friends are made with a common interest. It provides an opportunity to ride our Gold Wings with our friends.
- ◆ Safe Riding: Safe riding is promoted to make our riding experience even more enjoyable. Skills and safety techniques are learned.
- ◆ Friends for Fun, Safety and Knowledge: You really get an opportunity to live the motto of "Friends for Fun, Safety and Knowledge."
- ◆ When you receive your Wing World magazine, you will find an "Officers Listing" by District with contact information to locate a chapter within riding distance of where you live.
- ◆ The best advice that can be offered is to attend a Chapter meeting (sometimes referred to as a "gathering" or "get-together"). These meetings (normally monthly) basically are social events that try to offer something for everyone. New ideas are always welcome!
- ◆ **You don't "join" a Chapter; you are a Member of GWRRA and a —participant** of a Chapter or Chapters. You can participate in as many or as few activities and meetings as you wish! There are no applications or fees **needed to participate in a GWRRA Chapter. With over 900 chapters, when you travel you're never far from "home."**



# Rider Education

By John Smith - WA-E CD

## Cooling Down In Very Hot Weather

Evaporation is everything

By: James R. Davis

Riding when the temperature is well in excess of 90 degrees can be dangerous to your health. Unless you take care to keep your body temperature under control even rides as short as an hour can result in heat-prostration or even sun-stroke.

Many riders know that if you keep your neck cool, because the large veins that feed your brain are so close to the surface, you greatly diminish these health risks. There are two very popular devices that are simple and effective in this regard.

One is called a 'cool collar' and is made from a tube of bandana material that contains some water absorbing beads sewn into it. The beads increase in size about 50 TIMES over when they are dry. Thus, when dry, these collars store easily and take up very little room. But getting them wet is not as easy as it sounds. That is, you have to take a dry collar and submerge it in water for up to 1 hour before it has absorbed all the water it can. That hour is often not available to you when you need it.

The reason the collar works to cool you off is that it takes even longer for the beads to dry out than it did to get them wet. That is, water will evaporate from them over a several hour period. Any evaporation activity cools - but only marginally so from the wearer's point of view. That is, within half an hour of putting one of these collars around your neck, even if it had been in a freezer before you put it on, the collar will be very nearly at the temperature of the air around it.

Far better than these 'cool collars', I have found, is the original design of them (sometimes called 'Kool Kollars'). These are usually made of terry-cloth sewn together in such a way as to contain a pocket into which a zip-lock bag is placed. These are filled with ice! This type of collar REALLY cools your neck as the ice melts, AND they drip cool water. That dripping leaves the front and back of your shirt sopping wet over time which provides a huge source of evaporation - i.e., it helps to COOL!

At every pit stop you make you can refill the 'Kollar' with ice (just pour in a glass of ice water, ice and all).

The bead filled collar cannot be rapidly cooled again once it has gotten warm. Thus, you usually find that people that use them have two - one of which is always sitting in an ice-chest.

One more way to handle high heat - those of you that wear skull-caps (helmet liners) can simply saturate them with water before putting them on. This works very well indeed, for about half an hour.

Further, of course, simply pouring water on your shirt helps a great deal - again, because it provides a huge area over which evaporation takes place. While on the subject let me remind you that your wet shirt is not the only large area that evaporates - all of your exposed skin does the same. Thus, you NEED to DRINK lots of fluids too!!!

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# May Celebrations



## Happy Birthday

## Happy Anniversary

Barb Smith	1
Caryl Estes	1
Bill Estes	4
Lynn Briggs	8
Lynn Daniels	17
Marla Brown	19

Ernie and Sue Sigyarito 29



If we have missed any announcement, birthday or anniversary please email Leah Gray 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 Leah Gray 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\\_98019@outlook.com](mailto:allabout_98019@outlook.com)

Leah Gray @ [lfsvr57@aol.com](mailto:lfsvr57@aol.com)

If you have pictures to add to the Chapter E Website please email John and Barb, Chapter E Webmaster@: [allabout\\_98019@outlook.com](mailto:allabout_98019@outlook.com)





# Chapter E Staff

Chapter Directors  
John & Barb Smith

Store Managers  
Christie Pelican

Treasurers  
Charlene Lee

Ride Director  
Bob Spencer

Mileage Coordinators  
Karla & Scott Edwards

Assistant Chapter Directors  
Open

Chapter E Educator  
Open Position

Historians/Photographers  
Ron Johnson

Chapter Greeter  
Ron and Violet Urquhart

Newsletter Editor  
Open

Membership Coordinator  
Ron and Violet Urquhart

Web Designer  
John Smith

Cares & Concerns  
Leah Gray

Dinner Socials Coordinators  
Bill and Caryl Estes



## Together, we can make a difference!



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



Region I Staff

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

Region Directors Terry and Cheri Huffman

Assistant Directors Open

Rider Educators Mike and Lynn Briggs

Membership Enhancement Garry and Maxine Alexander

Leadership Trainers Dave and Sheila Chavez

Treasurer Diana and Fred Bourke

Webmaster Mark Bridge

COY Coordinators Mike and Janet Turner

Couple of the Year Open

Individual of the Year Open

Newsletter Editor Maria Muirbrook

Communications Officer Donna Deskin

Vendor Coordinator Mary Hunter



Washington District Staff

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

WA District Directors Reggie and Chuck Porter

Asst. District Directors Anna and Wally Wallingford

Asst. District Directors Garry and Maxine Alexander

District Trainer Roy and Pearl McKenzie

District Treasurer Bob and Patty Spencer

Membership Coordinator Pete and Lynda Goetz

District Rider Educators Dennis and Terri Black

District Stores Open

District Webmaster John & Barb Smith





District Couple of the Year Ron and Violet Urquhart

District IOY/COY Coord. Ted and Debbie Moore

Vendor Coordinators Greg and Wanda Vancamp

District Newsletter Editor Lisa Pearson

# May 2015

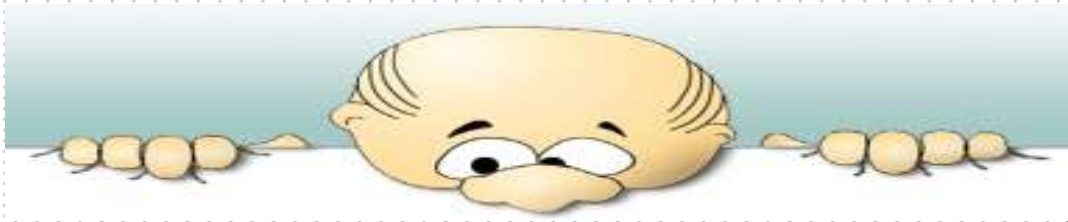
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9 WA-Q Crazy Ride
10	11	12 International Nurses Day 	13	14 Lewis and Clark Expedition began in 1804 	15	16 <i>WA-E Breakfast and Meeting—Kenmore Lanes</i> WA-M Fun Run
17	18 Mount St. Helens Erupted in 1980 	19	20	21	22 WA-L Desert Spring Fling	23 WA-L Desert Spring Fling
24 WA-L Desert Spring Fling	25 Memorial Day!  WA-L Desert Spring Fling	26	27	28 <i>WA-E Dinner Social</i>	29	30 <i>WA-B Harvest Run</i>
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**GWRRR Washington District Chapter Gathering Sites**

4th Saturday	8:30AM	A-Seattle	Old Country Buffet, 25630 104th Ave. SE, Kent, WA 98030
1st Saturday	8:00 AM	B-Bremerton	Bremerton Airport Diner, 8830 State Hwy 3, Bremerton, WA 98312
2nd Sunday	8:30 AM	D-Aberdeen	Duffy's Restaurant, 1605 Simpson Ave, Aberdeen, WA 98520
3rd Saturday	08:00AM	E- Bellevue	Kenmore Lanes, 7638 NE Bothell Way, Kenmore, WA 98018
2nd Tuesday	6:00 PM	H-Lynden	Fairway Restaurant, 1726 Front St, Lynden, WA 98264
3rd Sunday	8:30 AM	I-Olympia	Hawks Prairie Restaurant, 8306 Quinault Dr, Lacey, WA 98516
2nd Saturday	9:00 AM	L-Kennewick	Red Lion, 2525 North 20th Ave, Pasco, WA 99301
1st Saturday	9:00 AM	M-Yakima	The Branding Iron Restaurant, 61311 Hwy 97, Toppenish, WA 98948
3rd Sunday	8:00 AM	N-Spokane	Golden Corral Restaurant, 7117 N Division, Spokane, WA 99208
4th Saturday	8:00 AM	O-Port Orchard	Bremerton Airport Diner, 8830 State Hwy 3, Bremerton, WA 98312
3rd Saturday	1:00 PM	P-Longview	Sizzler Restaurant, 936 Ocean Beach Hwy, Longview, WA 98632
1st Friday	6:00 PM	Q-Puyallup	Sizzler Restaurant, 10204 S Tacoma Way, Lakewood, WA 98499
1st Saturday	9:00 AM	R-Walla Walla	Smith's Restaurant, 1425 W. Pine St, Walla Walla, WA
1st Thursday	6:00PM	V-Auburn	Trotters Restaurant, 825 Harvey Rd, Auburn, WA 98001
1st Saturday	8:00 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	6:00 PM	Z-Centralia	Country House Restaurant, 4040 Hwy 506, Toledo, WA 98591

## 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.ridelikeyapro.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)

