



Gold Wing Road Riders Association Region I - WA District



"Friends for Fun, Safety and Knowledge"

Happy 4th of July!!

Message from our Chapter Directors

Well, here we are in July, hard to believe that half of the year is already over. We still have a lot of great riding and events ahead of us this summer, so get ready to get busy!! Happy 4th of July! Starting in July we have our Annual Gustin Picnic on the 4th of July, we moved it back to 3PM, since we know it will be an awesome day on Ames Lake and since the weather is cooperating this year, this is going to be a very special year to have some fun in the sun, take a dip in the lake and to come and share some of the food, fun and friendship. Also this month, we have the Chap-



ter 'A' Mystery ride on the 12th, and we should all really go and support Chapter 'A's event, since they are a large supporter of our chapter in many of our events. Keep an 'Eagle Eye' out for the meeting times and place so we can head down. Towards the middle of the month, we have the upcoming Washington District Rally in Port Townsend on the 16th thru the 18th. Many of us are camping at the rally site, which is the Jefferson County Fairgrounds. There are lots of activities planned and with the 'Sock Hop' theme, this should be a great time for those that can attend the event. Port Townsend is always very happy to have us visit their city and there is plenty of places to go and walk downtown. The District is putting on the bike show right downtown, so we can show off our bikes to the general public. This is a great opportunity to build community and public support for the motorcycling community thru awareness and honestly, is just plain fun to show off the bike. There will also be a 'light parade' to add to the festivities. There will be an awesome movie night, ice cream social (old school style) as well as live music featuring 'Jukebox'. We will be setting up camp and just plain partying, like we always do. We hope you come and join us, whether overnight or for the day. I understand this year there are many vendors coming to show their wares so, let's support them as well, and as always, be on the lookout for 'safety chrome' or 'farkles' which we all need. There are also a lot of other events, with the Idaho, Oregon, Wyoming and Montana District Conventions during this month. Check out the 'Eagle Eye' for more details on those events. It seems like July is just an action packed month, with many, many things going on. I sure hope you get out and have some fun at some of these events.

Next Chapter Meeting
Saturday
August 15, 2016

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

No Chapter Meeting in JULY



We are looking to add to our staff, we have open positions for Assistant Chapter Directors, Rider Educator. 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.

Brake before the corner, then roll on the throttle!
John & Barb

Gold Wing Road Riders Association Upcoming Calendar of Events

July 2015

Washington District & Region 2015 Calendar of Events

July

July

- 2-4 - Idaho District Convention (Kamiah, ID). ([Link](#) / [Flyer](#))
- 4 - Chapter E - Gustin Picnic at Ames Lake. Directions and info to follow.
- 9-11 - Oregon District Convention (Hood River County Fairgrounds). ([Link](#) / [Flyer](#))
- 9-11 - Wyoming District Convention (Buffalo, Wy). ([Link](#) / [Flyer](#))
- 12 - **Chapter 'A' Mystery Ride** ([Flyer](#))
- 16-18 - Washington District Convention in Port Townsend. ([Flyer](#))
- 18 - **No Chapter Meeting, we will be at the convention**
- 22-25 - Montana District Convention in Deer Lodge MT. ([Link](#))

* *This calendar is subject to change.*

Check the Washington GWRRA web site for flyers and contact information at www.gwrra-wa.org for any events you wish to participate with.

I just love this shot below, so I left it for this month! This is Chapter WA-I out having fun!





Rider Education

By John Smith - WA-E CD

When You're Hot You're Hot

by David L. Hough (exerpted from Sound Rider)

The ride south over the Siskiyou Mountains from Oregon to California started out cool enough. Up at 4,000 feet, it was chilly enough that I was glad I had added the jacket liner and neck warmer. But a hundred miles later, as I descend down into the Sacramento Valley, the temperature begins to soar. By the time I reach Oroville, the temperature signs are flashing 118 F. It's another hundred and fifty miles to the rally site at Mariposa in triple-digit temperatures.

A rider passes by in the opposite lane, jacket bunched on the back, bare chest exposed to the hot blast. I wave, but there is no response. His exposed skin is red, and he doesn't even appear to have noticed me, a bad sign that he's on the fringe of heat exhaustion. I don't wish any problems on a fellow motorcyclist, but there are lots of riders who have to contribute to the statistics before they crack the code.

To continue the ride, I go into hot weather survival mode. Full riding gear, including riding pants, leather boots, and gloves, and a knit neck "cooler" saturated with water. As quickly as the fabric dries out in the blast-furnace wind, I flip the face shield open, squeeze a gusher of water down my chin, and slam the face shield shut again. The water dribbles down to wet the neck cooler and my shirt inside the jacket. About 10 seconds after the water penetrates the neck cooler, it cools from evaporation in the hot air, and sucks some heat out of my neck.

I stop at a fast-food outlet every few miles to replenish the water bottle with ice and water. Whether riding or stopping for water, other people stare at me in disbelief. Peering out of their air-conditioned cars, or sitting in an air-conditioned restaurant, they just can't understand how anyone could tolerate being outside during a heat wave, bundled up in heavy riding gear.

Your body has automatic "thermostats" to protect the core organs from heat stress, including sweating, vasodilation, increase in heart rate and reduction of blood pressure. If these tactics don't keep core temperature within the redline, the body gives you warnings such as heat cramps. If you don't take care of the problem, it gets more serious, including heat exhaustion and heat stroke.

Sweating

The body has sweat glands to keep the skin damp. The evaporating sweat sucks heat from the skin, and transfers it to the air. Of course sweat is primarily water, so it's critical to keep replenishing the supply. That's one reason why we need to drink about a pint of water every hour during hot, dry conditions.



Rider Education

Continued

By John Smith - WA-E CD

Vasodilatation

To help cool down the core, blood vessels enlarge to circulate more blood (and therefore body heat) towards the skin. If ambient air temperature is lower than body temperature, excess heat can be absorbed by the air. But if the air gets hotter than the skin, the increased blood flow simply soaks up more heat from the air and pumps it back to the core.

Symptoms of trouble

The human body won't take much of an increase in core temperature without complaining. The symptoms of overheating are leg cramps, tired muscles, headaches, dizziness, and even fainting. The various symptoms are trying to tell you how over-cooked you're getting.

Heat Exhaustion

Heat exhaustion occurs as the body continues to shunt blood away from the brain and muscles. Symptoms of heat exhaustion include:

- ◆ Headaches, dizziness, nausea, momentary fainting
- ◆ Cramps
- ◆ Tiredness, weakness
- ◆ Profuse sweating
- ◆ Pale, clammy skin
- ◆ Approximately normal body temperature

If you begin to feel these symptoms during a desert ride, take immediate action before you pass out.

- ◆ Get into some shade, preferably into an air-conditioned room.
- ◆ Loosen clothing and wet down skin or undershirt to increase evaporative cooling.
- ◆ Slowly sip water, or salt water solution, same dose as for heat cramps
- ◆ If you feel faint, lie down and get feet raised above head level.
- ◆ If you can't keep the salt water down, get emergency medical aid. You may need an intravenous salt solution.
- ◆ Even after you begin to feel normal again, consider staying out of the heat for a day or two. Your body needs some time to recuperate. If you are on a long trip, consider a 24 hour layover in the next air-conditioned motel.

Heat Stroke

If you experience heat exhaustion and just try to "tough out" the heat without getting cooled down and rehydrated, the body thermostats will begin to fail. Core temperature continues to rise (may go as high as 106 or 107 degrees F.), sweating stops, the heart beats even faster, and you may pass out. If you are coherent enough to recognize the symptoms, immediately get medical aid while you are still mobile. And watch your riding buddies for any of the following heat stroke symptoms. □ Victim incoherent, staring vacantly, blanking out, or unresponsive □ Skin hot, red, dry (no perspiration) □ Rapid pulse □ Body temperature elevated



Rider Education

Continued

By John Smith - WA-E CD

Heat Stroke

If you experience heat exhaustion and just try to "tough out" the heat without getting cooled down and rehydrated, the body thermostats will begin to fail. Core temperature continues to rise (may go as high as 106 or 107 degrees F.), sweating stops, the heart beats even faster, and you may pass out. If you are coherent enough to recognize the symptoms, immediately get medical aid while you are still mobile. And watch your riding buddies for any of the following heat stroke symptoms.

- ◆ Victim incoherent, staring vacantly, blanking out, or unresponsive
- ◆ Skin hot, red, dry (no perspiration)
- ◆ Rapid pulse
- ◆ Body temperature elevated

Yes, heat stroke is life threatening. It's a medical emergency. Don't be bashful about calling 911 for assistance.

In the meanwhile,

- ◆ Get the victim into some shade, out of riding gear, and cooled down by any means available. If possible, get the victim into an air-conditioned room, or use fans to help provide evaporative cooling.
- ◆ Repeatedly sponge skin with cool water or rubbing alcohol. Apply cold packs or ice cubes if you can get them. The goal is to get body temperature below 102 degrees F.
- ◆ Don't give the victim any stimulants, especially not any alcoholic beverages.
- ◆ If the victim's temperature begins to rise again, repeat the cooling process.

As soon as possible, get the victim to emergency treatment.

Avoiding the Ugliness (editor's note: this may strike you as counterintuitive)

You may think your body is hot at 99 F, but it's "cold" compared to air at 118 F. If you expose your skin to air that's hotter than you are, your body just soaks up more heat. The lesson here is that if air temperature is in the 80s or 90s, it helps to open up the jacket vents, or wear a mesh jacket. But once air temperature climbs above 99 F, the best way to keep from getting cooked is to keep your insulation on, and the vents closed. Desert nomads wear long, loose wool garments, both to keep the sweating skin in the shade, and to insulate the body from the hot air.

With the temperature in triple digits, I wear my leather gloves and insulated riding. My feet are down in the air stream that's first been heated up by the pavement, and then heated some more by the engine. Are my feet hot? Sure, but not as hot as if I were wearing thin boots or shoes that exposed my ankles.

Same for the helmet. Wouldn't it make sense to crack my visor when it's really hot, or at least open up the helmet vents?

Nope. Any hot air allowed to reach my skin will heat up the skin, not cool it down. Inside my helmet at 118F, I'm sweltering, but the temperature is probably under 100 F. That crushable helmet liner inside the shell is there to cushion my brain against impacts, but it's the same expanded polystyrene foam they use to make insulated picnic coolers. So, the helmet actually provides insulation against the hot air.



July Celebrations



Happy Birthday

Happy Anniversary

Bruce McMahill	16
Freda Downs	17
Violet Urquhart	18
LeeAnn Kelly	19
Joe Downs	21
Charlene Lee	29

Bruce and Sandy McMahill	13
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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 June 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

Leah Gray @ 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



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/



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

July 2015

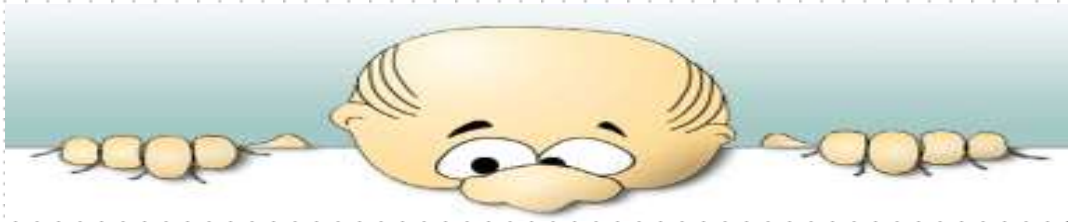
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Idaho District Con- vention	3 Idaho District Convention	4  Independence Day! Chapter E—Gustin Picnic Idaho District Con-
5	6	7	8	9 Oregon District Convention Wyoming District Convention	10 Oregon District Convention Wyoming District Convention	11 Oregon District Convention Wyoming District Convention
12 Chapter 'A' Mystery Ride	13	14 Tape Measure Day 	15	16 Washington Dis- trict Rally	17 Washington Dis- trict Rally	18 Washington Dis- trict Rally NO CHAPTER MEETING
19 Stick your tongue out day! 	20	21	22	23 Montana District Convention	24 Montana District Convention	25 Montana District Convention
26	27 Bugs Bunny Day! 	28	29	30 Chapter E—Dinner Social—TBD	31	



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.ridelikeapro.com/>

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

http://www.motorbikes.today.com/reviews/Articles/hon_goldwing_04.htm

http://en.wikipedia.org/wiki/Motorcycle_safety

