



Friends for fun, safety and knowledge



Chapter "E" Bellevue

Chapter WA-E Web Address: <http://www.gwrra-wae.org>



Message from your Chapter Directors:

Bob & Patty Spencer

Hold on to your hats and umbrellas! It appears that we have catapulted from a very short fall, into a windy, wet and wild winter. So....what are your plans for the winter? Don't go into hibernation. Besides the many fun social activities to participate in, this is a perfect time to take care of any service that's required on your bike. It is also a great time to brush up on your rider education and to update any requirements that you may need for your current or next "Rider Ed" level.

Education is a huge reason that our association exists. Not only is it the cornerstone of our associations "non profit" status, but it is also a major reason why many of us joined GWRRA in the first place. Sure, the riding and social aspects are a big part of it, but we can't forget our duty to ourselves, our loved ones and to those that we ride with. It is each of our responsibility to limit the inherent risks of riding motorcycles and to ride as safely as we can.

There will be several education opportunities for us to take advantage of this winter and spring. The district "Rider Ed" program will be held on February 4th. This is a one day event that will give you the opportunity to attend several classes throughout the day. You will receive more info on this as it draws closer. Also, your Chapter Educators, Mark Caldwell and Jim Roberson are putting together classes for "CPR" and "First Aid" training, as well as organizing a "Road Captain and Group Riding" course later in the spring.

I know most of you have attended some or all of these courses before, but I encourage you to consider taking them again. Think of them as refresher courses. They help you identify bad habits that you may have picked up during the last year and reminds you of things you may have forgotten. Your commitment to continued rider education makes you a safer rider.

Bellevue Chapter WA-E Breakfast

Our next meeting is:

Saturday, November 19th

We meet at the Paragon Hotel (old Ramada Inn) on the corner of 112th Ave NE and NE 8th just off 405 in Bellevue

Breakfast/Meeting Hours:

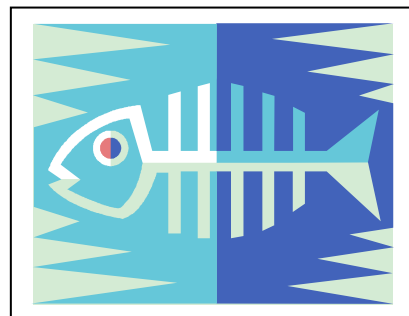
Winter (October – April) 9 am

Dinner Social

Thursday,
October 17th
6:30PM
(Please do not come earlier)

The Coho Cafe
8976 161st Ave NE in
Redmond

WWW.cohocafe.com



Chapter E Couple Spotlight

Bruce & Sandy McMahonill

Bruce retired from the United States Coast Guard as a "Chief Warrant Officer 4" in 1998, after 32 years of service. He moved to Washington State on the Day that Mt. St. Helens erupted, May 18th 1980.

Bruce joined GWRRA in 1985 as a member of WA-C and held the office of "Assistant Area Representative."

Has been very active in his relations with BC-A and helped head up BC first Wing Fling in Hope BC Canada.

Bruce and Sandy met in 1988 and Sandy has been active in GWRRA ever since. They were married in 1997 in Leavenworth Wa.

Bruce and Sandy held the Office of "ACD" of Chapter "E" under Russell Greaby. When Russell stepped down as "CD", Bruce and Sandy became CD's of Chapter "E" and held that position for 7 years.

Bruce also held the Washington District Public Relations position under Ron Wolf and also under Rick Trent. He stepped down from the position after serving under Mike White for about six months, to devote more time with Chapter "E".

Bruce now holds the Office of Washington District Rider Educator.

Sandy retired from The Valley National Bank of Arizona in 1980 and then retired again from K-Mart in 1997.

"Relaxation Exercise"

By Nurse Leah

Lie down and close your eyes.
Now breathe...slowly breathe..... in.....and out.
Feel yourself relaxing, the tension leaving your body.
Concentrate on your breathing....in.....and out.

Now I want you to picture yourself near a stream.
Birds are softly chirping. Feel the cool mountain air.
Nothing can bother you here, in your own secret place.
You are in total seclusion from the rest of the world.

The soothing sound of a gentle waterfall fills the air.
It is a cascade of serenity. The water is crystal clear.
You gaze into the water and easily make out the face
of the person whose head you are holding under water.

Look....It's the person that has caused all of your stress.
What a pleasant surprise. You let them up....but just for
a quick breath.....then ploop!....back under they go.
You allow yourself as many deep breaths as you want.

There now...feeling better?



GAME NIGHT

October 29th

What do you get when you have two orange cream cicles, three hippies, a cowboy, a Mexican, a clown, a cave man and cave woman, two producers (I think they were pimps), a fifties cheer leader, a wigged out guy in a tux, and the Red Barron?.....**A PARTY!**

Our Halloween theme game night at John and Barb's was a hit! We had so much fun that we've decided to make it an annual event, so start planning your costumes for next year. We had 18 chapter members there and enough food to feed three times that many. We had white bean chili, soups, salads, bread sticks that looked like bones and more deserts than I can remember. You will a couple recipes in the newsletter, for some of the dishes that were served.

Things kicked off around 6:30 p.m. We ate, then after playing a Mystery/Clue game we all gave up and went on to something else.....eating! Mexican Train Domino's seemed to be the game of the night. It's an easy game to play and.....eat at the same time! We had three tables, all playing Domino's. The weird thing was that none of them were playing by the same rules, so if you didn't like one table's rules, you could switch to another table. We wrapped up the evening....what else? Eating once more, before heading home at around midnight! Thanks John and Barb for hosting such a great game night. Game night? Heck! THAT WAS A PARTY! Don't miss out next year!

Welcome to the thanksgiving word puzzle. There are different words arranged in up-down and Criss - cross. Can you have to find them?

(Thanksgiving, corn, wigwam, Plymouth, Indian, autumn, turkey, fowl, pilgrim, mayflower)

T	X	K	I	J	M	C	O	R	N	W	H
B	H	A	U	T	U	M	N	I	P	I	L
C	P	A	Q	U	X	Z	I	N	L	G	M
D	X	T	N	R	P	X	L	D	Y	W	A
C	T	U	R	K	E	Y	R	I	M	A	Y
F	O	W	L	E	S	W	O	A	O	M	F
G	T	A	M	Y	Y	G	Z	N	U	P	L
H	A	R	V	E	S	T	I	U	T	Z	O
T	U	R	K	E	Y	E	Y	V	H	E	W
J	K	R	U	P	I	L	G	R	I	M	E
K	U	Y	R	F	E	A	S	T	D	N	R
T	X	X	W	A	M	P	A	N	O	A	G

After Meeting Rides

October

So....What did we do for an after meeting ride in October? NOTHING! Patty and I were quite perplexed to show up on our bike only to see that so few had actually ridden on such a fair morning. Only a couple others had ridden and were prepared to go on a ride with us after the meeting. After Patty kept reminding me that we had early dinner plans with our daughter and some badgering from a couple of others, I decided not to go on the ride. Sorry Jim and Christy and Rick. It was a perfect day for a ride to Leavenworth.

I'm quite used to Patty's gentle reminders, but it never dawned on me why so many of you didn't ride, nor why some of you kept badgering me about not going on a ride after the meeting. I soon realized why, when Patty and I, with our daughter, son-in-law and two grandchildren walked into a surprise party for our 25th wedding anniversary. We were totally surprised and shocked to see some of you there with family and other friends. We apologize to those in the chapter that were not informed of the party. Our daughter had put the list together and was limited to the amount of people. We're still not sure how she came up with some your names and other friend's names from Spokane and Alaska. We wish you all could have been there. It was very special!

Bob and Patty

November

The extended forecast looks good, with Saturday expected to be 55 and sunny. Perfect weather for a ride! Our after meeting ride will be to the new "Non Harley" Cycle Barn in Lynnwood, for a grand tour of the new facility, including their service department. We will also have a chance to meet some of their key people and to look over the 2006 Honda line up. I would like a big turnout for this, as we will be asking them to support our chapter in various ways in the future. After our tour, we will take a ride up to Granite Falls and be back before dark. Hmm, Do I smell Bodacious BBQ? If the weather turns on us, then we will four wheel it up to Cycle Barn. We will also have an alternate activity planned for after the tour.



What's on the Calendar?

November

- 4-7th Rest Stop South Bound Smokey Point. (Chapter fundraiser) **CANCELLED**
5th LaConor Art Fair 10 am.
11th WA-M Veteran's Day Parade
13th Chapter E Brunch **CANCELLED**
17th Dinner Social- The Coho Cafe - 8976 161st Ave NE in Redmond (425-885-2646)
19th Breakfast Meeting 9 am.

December

- 3rd WA-Q Santa Parade
10th WA-M Christmas Party, Zilla
10th WA-D Festival of Lights (tentative)
17th Breakfast Meeting 9 am.
17th Christmas Party at 6 pm.



Chapter E Business

Birthdays & Anniversaries November



Phyllis Hopkins	2
Karla Edwards	16
Scott Edwards	22
Garney Arcand	24

Willie & Penny Rosenow 24



White Bean-Chicken Chili Makes 5 – 6 servings

1, Tablespoon – Olive Oil
 1, Small onion – peeled and finely chopped
 2, Medium garlic cloves – peeled and minced
 1, Medium red bell pepper – finely chopped
 2, 15oz cans of white beans (un-drained)
 1, 4oz can diced green chilies
 ½, teaspoon ground cumin
 1, teaspoon chili powder
 1, 14oz can chicken broth
 1/2lb, boneless chicken breast cut into ½ pieces
 2, Tablespoons lime juice
 2, Tablespoons minced cilantro

(1) In large pot, heat olive oil and add onion, garlic and red pepper. Sauté for 5 minutes.
 (2) Stir in white beans, chilies, cumin, and chicken broth. Bring to a boil, reduce heat and simmer for 10 minutes.
 (3) Stir in chicken and simmer 5 more minutes.
 (4) Stir in lime juice and cilantro.
 Garnish each serving with a tablespoon of salsa and a dollop of sour cream.

WANTED

Used tent trailer.

Contact Neal Gutekunst at cgp5x@allstate.com

Chapter E Library

Please contact Mark Caldwell if you are interested in borrowing something for your reading or viewing pleasures.

- Book: Street Strategies by David L. Hough
- Book: Proficient Motorcycling by David L. Hough
- VHS: Co-Rider from GWRRA (2002)
- VHS: Gary Sanford's Slow Speed Cycling Seminar
- VHS: Part 1: Helmet Effectiveness (Hurt Report); Part 2: Co-Rider from GWRRA (Pre-2002)
- VHS: GWRRA & Safeco present Touring & Braking / Trailing (1996)
- VHS: Buying Motorcycle Helmets (Snell Memorial Foundation)
- VHS: Basic Maintenance of the 1500 Goldwing with Andy MacDonald
- VHS: Advanced Maintenance for the 1500 Goldwing with Andrew MacDonald
- Report: Fatal Single Vehicle Motorcycle Crashes, October 2001
- Report: Drowsy Driving and Automobile Crashes
- Report: Impaired Motorcycle Riding: What Motorcyclists Think About Alcohol and Motorcycling, February 2001

2006 Entertainment Books

\$30.00

Save money on chapter dinner socials, travel, and much more.

If you would like to purchase one or have questions contact
 Charlene or Steve Lee (425) 483-6212 or
dbleshot1@comcast.net

Benefits Eastside Mothers of Multiples
 Convention Committee
 I'm off to Spokane this spring!

Rider Education

By Jim Roberson

Managing Risk

The Merriam Webster online dictionary defines manage as “to handle or direct with a degree of skill” and risk as “someone or something that creates or suggests a hazard”. This definitely applies to motorcycle riding because if you look at our sport, it is clearly a matter of managing risk every time we ride.

I will only give three examples here; there are countless others that could be added, but that would be out of scope for this article. What I would hope that you take away from this article is the idea that everything you do while riding contains to some degree a defined level of risk management and that you should think about the ride and not what you are going to be doing at your destination or what you are going to have for dinner tonight. Those things can be dealt with more appropriately at another time.

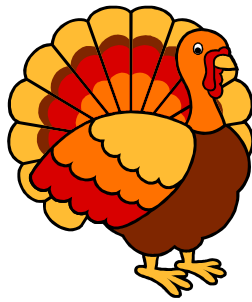
You see one of those yellow deer warning signs. You think to yourself; I have ridden through this area hundreds of times and have never seen a deer, therefore the sign must have been put here by mistake. According to the Manual on Uniform Traffic Control Devices “the use of warning signs should be kept to a minimum as the unnecessary use of warning signs tends to breed disrespect for all signs.” You have definitely mismanaged risk. According to an article on living with wildlife in Washington, more than half of all deer/vehicle collisions occur in October and November and that deer are most active at dawn and dusk. You should be especially watchful during these times. This does not mean other times are safe; it means that other times there is a lower risk. Manage Risk!

You are riding down the highway and the sky ahead looks threatening. We have all heard the sayings that if you don't like the weather wait a few minutes and it will change. Since weather prediction is at best an inexact science, we must rely on inputs from our senses and the reports from reputable sources in order to manage risk. The question is; do you stop and put on your rain gear or take a chance? This is another fine example of managing risk. A number of factors will help you make your decision such as how much further do I have to go; how familiar am I with this area; is there a safe place for me to pull off if necessary? Again, Manage Risk.

You are riding in the rain on the freeway and are approaching an interchange with large truck fuel stops on both sides of the highway. It is approaching dusk and you see several trucks on the entrance ramp. What do you do? It is not the intent of this article to tell you what to do, but to encourage you to quickly assess the situation and make the best decision that you can to ensure your own safety. In other words, Manage Risk.

Just a few situations, but they do cause you to think about using your skills effectively, that is managing, to avoid a hazardous situation; risk.

Ride Safe!



Lolo Pass Ride

By Mark Slavin

At one of our Ice Cream Socials this summer, we heard some talk about a ride that several other clubs have taken from Idaho to Montana. It is the Lolo pass run from Lewiston, ID to Missoula, MT. After hearing all the great things about this run, Laurie and I decided it warranted a road trip. It's not like we needed a reason for a road trip, but we decided the weather was still nice so let's get one last ride in. This is a 3-day trip and can easily be made into 4 days if you want to see all the sites. We left Friday about noon after taking a long lunch from work. Lewiston is about 300 miles from Bellevue. We decided to take the back roads and cut off of Interstate 90 just before George, WA. We went through the farm roads getting that old familiar country smell. The ride was very nice and we just cruised down the hwy through countryside that Laurie and I had not seen before. It was a nice trip and just as it was turning dark we made our way into Lewiston, ID to stop for the night. It is a very neat descent from a high pass, down into Lewiston. We could see the whole town and it was all lit up like it was Christmas Eve. Very cool!

The next morning, we ate our free continental breakfast we decided it was time to fill up the bike and start our run up HWY 12 to Missoula via Lolo pass. We left Lewiston heading NE on HWY 12, noticing all the nice ranches started to get higher as we we passed the last major town and nice road for a ride. Soon the road made for very fun ride. We enjoyed bridges crossing the river. But, have been on this road for over 20 single car. It's hard to believe with back home, we actually have GPS is telling me that we are on when we are off course, because on what the right road is to take. We stopped along the way to take some pictures as you can see in the article. Still no cars!! We continued on our way for about another 20 minutes and finally a car drives by. It made me feel a little at ease and that we were not heading towards a "deliverance" kind of place. We see a lot of nice B and B's along the way and the walls of the canyon continue to get higher and higher. We finally come to the pass and start our climb up the wall to the top of the pass. I am watching the gas gauge and thinking I sure hope this GPS is correct and there is a gas station at the top, or Laurie is going to be pushing the bike. Knowing how she likes to fight with the GPS, I decide not to tell her we are cutting it close and that it's too late to turn back to the last gas station we passed. Just when we come to the top of the Pass in the middle of nowhere there's a lodge and gas station. The gas price was not bad.



We noticed about a half dozen people up at the lodge and the gas station attendant tells us they have the best food around. Considering they are the only place around, I am not sure if that is a good thing or bad thing. We decide to try it next time and load up on jerky and some snacks and head on up to Missoula. We also noticed that they have a natural hot springs with pools that have different temperatures, but it was closed for the season, so we couldn't stop and enjoy. We finally made it to Missoula and found our hotel. We checked in and decided it was time to find some thing to eat. The guy at the desk tells us about this pizza place next to the hotel and I am thinking what a sweet deal because I had already covered up the bike and I don't have to mess with it. Laurie is a pizza hound anyway so what the hay, Time to eat. We find that "McKenzie River Pizza" is a build your own pizza establishment so Laurie and I made ours and I want to tell you these pizzas are really good and cheap. Our dinner was only \$20 for the both of us.



The next morning, we of course got our free continental breakfast and started back home. Our good weather luck ran out and the rain poured like crazy. When we crossed the Rockies the temperature dropped quite a bit. We stopped at the summit and shook off all the water from the rain and tried to warm up. As we neared Spokane the temp started to rise again and the rain stopped so it was more comfortable. Once we got to Spokane the rest of the trip was smooth sailing the rest of the way home.

I would highly recommend this trip in the summer, as it was one of the best trips we have been on. It was so pleasant that it did not even seem like we had gone 1200 miles. We had some great pizza and visited the Lolo Pass winery. This is a trip we will repeat again. You have to do it at least once!