



Friends for fun, safety and knowledge

August 2006

Chapter "E" Bellevue



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

Message from your Chapter Directors: Bob & Patty Spencer

Wow! Here it is the end of August already, but not to worry. It doesn't mean that our fun stops here! We have a lot of riding time left this fall. Especially this year! The weather experts are predicting warmer and dryer weather than normal through November. Plus we have lots of fun socials to look forward to this winter. Beginning in September, we have the "Ride for Kid's" on the 10th and the "three pass loop" as the after meeting ride on the 16th. Then, there's the "Oyster Run" on the 24th and our first chapter "dinner social" of the season on the 28th. And of course, don't forget our last "Ice Cream Social" on September 7th. Bring your mileage readings for the contest. Karla will be there to award a special prize to the winner!

Coming in October is a special date to put on your calendar. Every year in the fall, our district holds what used to be called a "Leadership Training Workshop". This year they have changed the focus a bit and are making it more attractive to everyone in our association. It is now called "**The Ins and Outs of GWRRA**". Their philosophy is that the more knowledge you have of GWRRA, the more fun you will have. So... we encourage any and all of you to consider coming with Patty and I, to Moses Lake on October 7th and 8th for this fun filled, educational weekend getaway. I will put out more information about this weekend in my Tuesday e-mails, as well as discuss it at our September chapter meeting.

One last thought. Begin thinking about what you liked and disliked about our rides and socials this summer and jot down a few notes. In preparation for our "2007 Ride Calendar" meeting in November, we will be putting out a questionnaire in October for you to respond to. We need your input. What you liked and what you disliked. We will use this information to help plan rides and socials next year. We want what you want. After all, this is your chapter!

Bellevue Chapter WA-E Breakfast

Our next meeting is:

Saturday, September 16th

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:

Summer May-Sept. 8:00 AM

Ice Cream Social

Join us for the last Ice Cream Social of the summer this Thursday night, September 7th at the Triple X Drive Inn, in Issaquah> Starting at 6 pm.

Hope to see you there!!!



What's on the calendar?

August 31st - "Ice Cream Social" - Triple X Drive In. Corner of Front Street and Gilman Blvd in Issaquah. 6:00 p.m. to about 7:30 p.m.

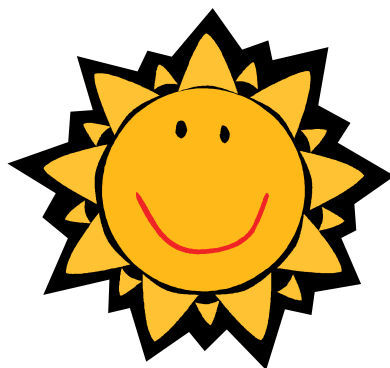
September 3rd - Chapter E "End of Summer Picnic" - This is just another example of how we Gold Wingers "Ride to Eat and Eat to ride". Tune up your arm for Frisbee golf, horseshoes, volleyball and loads of fun! Don't miss our annual Labor Day weekend picnic being held again at Joe and Freda Downs tree farm in Sultan. **Check out the separate e-mail** with directions to the Downs' and **don't forget to RSVP!**

September 7th - Last Ice Cream Social for the season - At the Issaquah Triple X Drive In. **Bring your mileage totals or speedometer readings for the mileage contest! Karla has a special gift for the winner!** Also, don't forget to wear your "XXX" tee shirt if you have one!

September 10th - "Ride For Kid's" - Let's make a big showing for this worthy cause. I know several of you are working registration for the ride, but for those of you not riding in the ride or working registration, don't forget that **I need a lot of help staging the bikes in and out.** Come on out and I'll put you to work for a couple hours. It's a lot of fun and very rewarding when you see the patient kids and families getting so excited about riding on a trike or in a sidecar! Ride starts and ends at Remlinger Farm in Carnation. Those that plan on helping me with staging, I need you at Remlinger Farm at 7:00 a.m.!

September 16th - Chapter E "Breakfast and Meeting" - 8:00 a.m. breakfast and 9:00 a.m. meeting. Our after meeting ride will be the **"Three Pass Loop"**, Snoqualmie, Blewett and Stevens.

September 28th - Our first "Dinner Social" of the season - Ixtapa Mexican restaurant at Redmond Ridge. 22350 NE Market Place Redmond, Wa 98053. Take Novelty Hill Road out of Redmond to 224th St. Ixtapa is on your right. Here's the phone number if you get lost. 425-868-8283.



Trip to Carson Hot Springs

By Jim & Karen Roberson

On Saturday morning August 5, Ernie & Sue and Jim & Karen embarked on a trip to Carson Hot Springs. The trip started with a bit of shopping for new gloves at RMC in Renton. Sue already had a pair of the First Gear Mesh Tex gloves and she really liked them. We all should have had these for the District Rally as they worked quite well for keeping our hands cool.

After the shopping we took off for Randle, which would be our first overnight stop. We took the long route via 410 down to US-12 stopping for lunch at Whistlin' Jack Lodge. There was only one full slice of the blueberry pie left and Ernie let Jim and Karen share it since they had already sampled it on an earlier ride.

We checked in to the Tall Timber Motel in Randle, a quaint old Washington establishment, then left for a ride to Windy Ridge at Mt. St. Helens. The forest service roads leave a lot to be desired in this area. They were bad on the way up and even worse on the way down. There were a couple of places of loose gravel and a lot of bad bumps that you did not see until you were on them. If you haven't been to Windy Ridge, it is aptly named. Hang on to everything because if you don't it will be gone.

The motel also had a restaurant that had excellent roasted chicken and Jo's. After dinner we were too tired to do anything else so we retired to our "non air-conditioned" rooms. The lady who owned the motel told us that if we closed the windows it would cool off. That was not a totally true statement. They did cool off a couple of degrees but it was still warm.

The next morning we had a fine breakfast at the restaurant and left for Carson and the hot springs. We chose to take the forest service roads down to Carson, which was not a real good choice. We got to experience the same bad roads with the loose gravel as the day before plus some new places. Ernie hit one bump so bad that it bent his belly pan. There was no visible indication of any bad place in the road. Aside from the roads being bad, they do take you through beautiful forests and by rivers and streams you would not see from a major highway. It's very much the good and the bad.

On arriving at Carson we saw the hotel and turns out that one of two things must have perfected the holodeck technology used in because our room was nothing like we had couple of drawbacks though. There was no there an ice machine. The first two were ok spa and you are supposed to be there to from it all. Ice was available in the main lobby. The real treat was the hot bath, massage.



wondered what we had gotten ourselves into. It happened. One would be that the owners had Star-Trek or they had invested in new buildings heard.

TV or

relax



It did have a phone nor was because this is a and get away wrap and

The first step is the bath where the water is naturally heated to 126 degrees. The old structure still houses the bathhouses and the for about 1/2 hour. The next step is a massage covers you are totally



massage rooms. You cool it to your preference, drink some of it and soak Then you are wrapped tightly in hot towels and blankets for another 1/2 hour. shower to wash off the mineral water then comes the massage. The hour you from the tips of your toes to the top of your head. When that is over relaxed.

We then went to breakfast at a nice coffee shop in Carson that had the biggest coffee mugs I had ever seen. After breakfast we started the home run. Wanting to get back in the early afternoon we headed up I-5. We did stop in Yelm at Toscano's for an excellent lunch.

dinner and after dinner played dominoes. The next morning we had

This was an excellent trip. The rooms were almost brand new and were only \$70 per night. Add in the bath and massage for another \$75 and you had an unbeatable deal. We are going to do it again!

Summer Vacation

Our Calendar of Events

August

- 5-7 Carson Hot Springs double overnighter
- 12 WA-Y Riddler Run
- 17-20 Region I Rally in Wyoming
- 18-20 WA-P Oyster Feed
- 19 Breakfast Meeting 8:00-Followed by Music in the Mountains
- 26-27 Olympia Penninsula Hoh Rainforest Overnighter

September

- 3 Labor Day Picnic
- 10 Ride for Kids
- 16 Breakfast Meeting 8:00-Followed by 3-Pass Ride
- 24 Oyster run in Anacortes
- 28 Our first dinner social of the saeson

October

- 7 Washington District Leadership Workshop-Moses Lake
- 21 Breakfast Meeting 9:00 - (Winter Hours Begin)
- 21-22 South Hill (Puyallup) Mall Show
- 28 Game Night at Smith's Home - Theme: Halloween

November

- 18 Breakfast Meeting 9:00 - Followed by 2007 Ride Calendar Planning

December

- 2 WA-E Christmas Party
- 9 WA-D Festival of Lights
- 16 Breakfast Meeting 9:00

NOTES

- (1) Rides and activities are subject to change for any number of reasons
- (2) We will continue to add items as they come up.



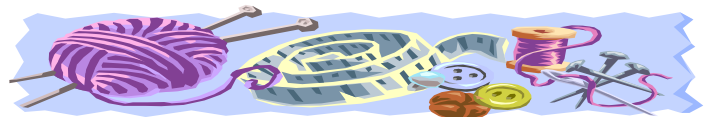
Chapter E Business

Chapter E Birthdays & Anniversaries

YEA KARLA!
Congratulations!



The Triathlon went fantastic. The water temperature was perfect and did the 1/2-mile swim in 12 minutes, don't know the exact times for the other two legs of the race however overall time for the 1/2-mile swim, 12-mile bike and 3.2 mile run was 1 hour 53 minutes! I am thrilled, as I wanted to be less than two hours. Thank you for all of your support! Karla



Sit & Stitch Quilting

August Anniversaries

Peter & Jo Croot	8
Carl & Kathy Leon	14
Jerry & Kathy Jones	21
Don & Phyllis Hopkins	31



Penny Rosenow
(425) 222-5910
WA 98024
WFPGR@AOL.COM
Classes

362545 SE 47th CT
Fall City,
Embroidery &

Penny does T-shirts, Jackets and Windshield Covers. Just send her e-mails or give her a call to

Chapter E Library

Please contact Jim & Karen Roberson 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

REMINDER

Our picnic is this Sunday, September 3rd. The fun begins at 12:00 Noon! **Please RSVP to this e-mail if you plan to attend. We need an approximate head count before we go shopping.** The chapter will be providing fresh corn on the cob, hamburgers, hot dogs, beans, chips and soft drinks. Everyone bring a salad or dessert to share. Note, this is a family picnic so bring the kids, grandma and heck...you can even bring the mother-in-law!!

Tune up that throwing arm for horseshoes and I hear Joe has been busy setting up a new course through the trees for "Frisbee Golf" (a big hit last year!). There will be lots of other games too, or you can just sit and enjoy the afternoon!

It is being held once again at Joe and Freda Downs Holiday Hill Tree Farm in Sultan. Here are the directions.

From 405 North, take Hiway 522 east to Monroe.
Go East on Hiway 2 through Sultan.
Just as you are leaving downtown Sultan look for and turn left on "Sultan Basin Road"
Go approximately 1.5 miles to 124th SE and turn left.
Go a couple blocks and look for the "Holiday Hill Tree Farm" sign and turn right up the long driveway to Joe and Freda's house.

If you need assistance, call the Downs' at 360-793-9791

If you are driving (not riding) throw in a couple extra lawn chairs. If you plan to ride, we will have a group leaving the Canyon Park QFC "Starbucks" at 11:30 a.m. This is one block South off of exit 26 from 405, on "SR-527" (the Bothell Everett Hiway). The weather is looking perfect for a fun filled day! We hope to see you there!

Rider Education

Riding Within Your Ability and Limits

By Jim Roberson

Not too long ago there was a segment on KOMO-TV news about a sport bike colliding with a skateboarder on Alki Avenue in West Seattle. It occurred at night and the newscast did not have a whole lot of available information at the time but it points out a few things we all need to think about when we are riding.

First at night you have to be more vigilant because you cannot see as far and the peripheral vision is significantly lowered because of the light situation. Secondly you have to be more aware of those things that can present harm to you when riding in traffic on city streets. The skateboarder is just one example. You have probably seen them doing their thing on the sidewalks and streets. They are concentrating on not falling down and probably not paying a whole lot of attention to the traffic situation. There are also car doors opening, cars pulling out of parking places and the myriad of other things that can pile up against you when driving at night in the city.

We all know that we should be constantly scanning to the right, left and front all while maintaining our place on the road. Here is where the abilities come in. Some of us are better scanners than others. Some of us have co-riders to help share the burden. Practice is what makes the ability improve and allows you to gain greater confidence when riding. This will have the effect of making you a better and safer rider. You should always err on the side of caution though, because no matter how big a Goldwing is, the smallest car is bigger and usually will win in a confrontation.

If you know that you have specific limitations on your abilities, recognize them and ride within them. Don't be embarrassed to ask other riders in your group to slow down if you are not comfortable with the speed or terrain. Don't be afraid to ask for a rest stop when you need it. Others probably want it as much as you do. Our motto is "Friends for Fun, Safety and Knowledge". One of the definitions of friend is "a favored companion". We like being with each other and while we are doing it we should be having fun safely!

Ride Safe!

Do you need patches sewn on your vest, shirt or jacket?

Dave and Sheila Chavez's daughter in law Carey can do it! She will sew on both denim and leather at very reasonable prices. Prices are \$3.00 for small and \$5.00 for large patches.



SUMMER