



Friends for fun, safety and knowledge

December 2006

Chapter "E" Bellevue



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

Message from your Chapter Directors: Bob & Patty Spencer

I can think of several "four letter" words that when heard, can have an impact (usually negative) on someone. None of these words however, can have the impact that ten simple "two letter" words, when strategically arranged, can have on an individual and ultimately on an organization such as ours. "IF IT IS TO BE, IT IS UP TO ME".

The strength, vitality and literally the future of our chapter depends on volunteers like yourselves and so many of you have done so much. Patty and I are very fortunate to be part of such a fun and involved group. Your involvement makes our job so much easier and yes, even fun! With the New Year just around the corner, we thought this would be an appropriate time to reinforce how important your involvement is, to us and to your chapter as a whole.

While we appreciate everything so many of you have done, we also feel that we have probably taxed some of you beyond the welcome stage. Now don't take any of this wrong. This is not a "GET OUT OF JAIL FREE" card, nor is it intended to push you out of a position that you are enjoying. It is merely intended to encourage some dialog with all of you. We have many new members with lots of new ideas and enthusiasm and their chapter involvement is important to the growth and future of our chapter as is the continued involvement of our longer term members.

So, we want to hear from all of you, especially you new members. We need to know what you are thinking. What your interests are. What you would like to be involved in and what chapter positions may interest you in the future. Be candid. We promise we won't "railroad" any one into something until you are ready. We just want to get a feel for everyone's interests and future aspirations. For you current staffers, don't get any ideas. You're not off the hook yet and we want to hear from you also. Let us know if you're ok with what you are doing, or if you would like to do something different. Ask yourself, "are you still having fun"? If not, we want to change that.

In closing, keep in mind, as with anything, "you will get out of the chapter, what you put into it". So think about those ten simple two letter words "IF IT IS TO BE, IT IS UP TO ME" then sit down and drop us a line via e-mail, or feel free to talk to us any time. Don't forget. This is your chapter. Become an active part of it.

Bob and Patty

Bellevue Chapter WA-E Breakfast

Our next meeting is:
Saturday, December 16th

New Location

Denny's
at

Canyon Park
22833 Bothell Everett Highway

Breakfast/Meeting Hours:

Winter

October-April
Breakfast at 8:00
Meeting at 8:30



NEXT Dinner Social

Coho Restaurant
8976 161st Ave
N.E. Redmond Wa.
425-885-2646
www.cohocafe.com

Thursday, January 25th
6:30 PM



What's on the calendar?

December 16th - Chapter "E" Breakfast meeting - We will be meeting again at Denny's in Canyon Park (Exit 26 off I-405). We have switched back to summer hours year round. **8:00 a.m. breakfast and meeting will begin at 8:30.** See you there! Nothing going on after the meeting. Go get your Christmas shopping done!

January 13th - Chapter "I" Casino Night - As in past years this is held at Camp Murray in South Tacoma. Early registration deadline is January 2nd and you will receive \$10,000 extra Bull Bucks. At the end of the evening we will pool all our bull bucks and bid on items for our chapter 50/50 gifts. It's a lot of fun and Patty and I would like to put a chapter E group together for this event! Click here for the flyer and more information. www.gwrrawai.org/brochure1.pdf

January 20th - Chapter "E" meeting - Remember that our new meeting time is 8:00 a.m. year round. Denny's at Canyon Park. Our after meeting ride / activity will be a trip to the LaMay Auto Museum in South Tacoma.

January 25th - Chapter "E" Dinner Social - 6:30 at the Coho restaurant 8976 161st Ave N.E. Redmond Wa. 425-885-2646. Another great choice by Karla and Leah! Check out their website for menus and directions to the Redmond location. www.cohocafe.com

January 27th - Game Night - Hosted by the Agachinsky's. Time and Theme to be announced soon.

TODAY'S INSPIRATIONAL THOUGHT **BY NURSE LEAH**

Some people are like Slinkies ... Not really good for anything.....But they still bring a smile to your face when you push them down a flight of stairs



Holiday Eating Tips

1. Avoid carrot sticks. Anyone who puts carrots on a holiday buffet table knows nothing of the Christmas spirit. In fact, if you see carrots, leave immediately. Go next door, where they're serving rum balls.
2. Drink as much eggnog as you can. And quickly. Like fine single-malt scotch, it's rare. In fact, it's even rarer than single-malt scotch. You can't find it any other time of year but now. So drink up! Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an eggnog-aholic or something. It's a treat. Enjoy it. Have one for me. Have two. It's later than you think. It's Christmas!
3. If something comes with gravy, use it. That's the whole point of gravy. Gravy does not stand alone. Pour it on. Make a volcano out of your mashed potatoes. Fill it with gravy. Eat the volcano. Repeat.
4. As for mashed potatoes, always ask if they're made with skim milk or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.
5. Do not have a snack before going to a party in an effort to control your eating. The whole point of going to a Christmas party is to eat other people's food for free. Lots of it. Hello?
6. Under no circumstances should you exercise between now and New Year's. You can do that in January when you have nothing else to do. This is the time for long naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.
7. If you come across something really good at a buffet table, like frosted Christmas cookies in the shape and size of Santa, position yourself near them and don't budge. Have as many as you can before becoming the center of attention. They're like a beautiful pair of shoes. If you leave them behind, you're never going to see them again.
8. Same for pies. Apple. Pumpkin. Mincemeat. Have a slice of each. Or, if you don't like mincemeat, have two apples and one pumpkin. Always have three. When else do you get to have more than one dessert? Labor Day?
9. Did someone mention fruitcake? Granted, it's loaded with the mandatory celebratory calories, but avoids it at all cost. I mean, have some standards.
10. One final tip: If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention. Reread tips; start over, but hurry, January is just around the corner.



Our Calendar of Events

December

- 3 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.

WOMEN IN HEAVEN

2 Women in Heaven

1st woman: Hi! My name is Wanda.

2nd woman: Hi! I'm Sylvia. How'd you die?

1st woman: I froze to death.

2nd woman: How horrible!

1st woman: It wasn't so bad. After I quit shaking from the cold, I began to get warm & sleepy, and finally died a peaceful death. What about you?

2nd woman: I died of a massive heart attack. I suspected that my husband was cheating, so I came home early to catch him, but instead, I found him all by himself in the den watching TV.

1st woman: So, what happened?

2nd woman: I was so sure there was another woman there somewhere that I started running all over the house looking. I ran up into the attic and searched, and down into the basement. Then I went through every closet and checked under all the beds. I kept this up until I had looked everywhere, and finally, I became so exhausted that I just keeled over with a heart attack and died.

1st woman: Too bad you didn't look in the freezer. We'd both still be alive.

Air Wings

By Ernie Sigyarto

As many of you know, we just returned from an "Around the World" cycle trip spanning 19 days. And, on our trip we encountered some extreme wind gusts. We had the "Air Wing" double deflectors on our bike and to the best of my knowledge, I had them adjusted correctly. They were tight enough to be able to adjust but not so lose that they would move on their own, however in extreme gusts the "Air Wings" have a tendency to turn putting them perpendicular to the bike causing severe stress. In our case, the stress was so severe that the plastic was cracked and ultimately broken. When we realized that the winds were getting bad, I adjusted them to be least affected by the winds. However, in extreme cases, even this may not be enough. If I reinstall them, I will remove them as the wind gusts increase. It's only two screws and easy to do. The panel was over \$200 and required removing several other pieces to replace it. Anyhow, it's something you might consider with the Air Wings or any other deflectors.

"Christmas gift" Suggestions:

To your enemy, forgiveness.
To an opponent, tolerance.
To a friend, your heart.
To a customer, service.
To all, charity.
To every child, a good example.
To yourself, respect."
~ Oren Arnold



Motorcycle Task Force Provides Recommendations

Olympia -State efforts to reduce motorcycle fatalities and serious injuries should focus on rider skill and behavior, according to the Department of Licensing's Motorcycle Task Force.

"I appreciate the efforts of the Department of Licensing to address many different views on motorcycle safety," said Governor Chris Gregoire. "They've presented a strong set of recommendations that will improve safety on Washington roads for motorcyclists as well as other drivers."

The task force included members of motorcycle rider groups, motorcycle dealers and representatives from the Departments of Licensing, Transportation, and Health, State Patrol, and the Traffic Safety Commission. Their recommendations included:

- Increased training opportunities for riders
- Improvements to the current curriculum, including evaluation and possible adoption of different curriculum
- Increase public awareness of the requirement for all motorcyclists to have a motorcycle endorsement
- Promote motorcycle safety statewide through public information campaigns in partnership with law enforcement and other state agencies.

"I am pleased we could get together with the motorcycle community and work toward the common goal of improving motorcycle safety," said Liz Luce, Director of the Department of Licensing. "Some of the recommendations they put forth will be included in legislative proposals next session."

The Motorcycle Task Force was created to look into the steady increase of motorcycle fatalities and injuries, and come up with recommendations on how to reduce them. After meeting for several months, the task force concluded that, while there are multiple contributions to motorcycle crashes that result in fatalities or serious injuries, it appears that the most important factors are within control of the rider. They found that:

- More than 80 percent of fatalities occur between April and September - prime months for motorcycling.
- Half of fatal crashes were single vehicle occurrences; no other vehicle was involved other than the motorcycles.
- The most common contributing factors to motorcycle fatalities, based on law enforcement on-scene reports are lane error, speeding, alcohol, and inattention.
- One third of fatalities were motorcyclists who did not have a valid motorcycle endorsement.

The Motorcycle Task Force was formed at Governor Gregoire's direction after she received information during a Government Management Accountability and Performance (GMAP) forum that motorcycle fatalities had increased significantly during a time when overall traffic deaths were declining. To view the complete report, visit the Department of Licensing's website at www.dol.wa.gov. Save Time -- Go Online. The Department of Licensing has a wide variety of consumer services available online. Please visit our website at www.dol.wa.gov

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Chapter E Business

Chapter E Birthdays & Anniversaries



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Happy Birthday

December

Sue Gustin	6
Neal Agachinsky	20
Patty Spencer	20
Dave Hersey	29
Ed Zaic	31



December Anniversaries

Jim & Karen Roberson 30



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 / Trailering (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

Rider Education

Motorcycle Safety and Awareness By Jim Roberson

This month's article deals with improving safety through the efforts of the Washington State DOL Motorcycle Task Force. Bruce McMahon, the Washington District Educator sent out a note that contained information forwarded to him by Eric Carlson, Chapter WA-I Educator. Eric is also a member of the task force. Their ideas are very good but require the assistance from not only us as riders but also motorcycle dealers. Four of their recommendations are

- *Increased training opportunities for riders*
- *Improvements to the current curriculum, including evaluation and possible adoption of different curriculum*
- *Increase public awareness of the requirement for all motorcyclists to have a motorcycle endorsement*
- *Promote motorcycle safety statewide through public information campaigns in partnership with law enforcement and other state agencies.*

I would offer the following comments on these recommendations.

1. Increased training and curriculum improvement
 - a. GWRRA provides courses for advanced riding skills, trike riding, sidecar riding and trailering. This is the only formal training agenda that I know of offered by a motorcycle club. We are truly friends for fun safety and knowledge. We also have the Rider Education Levels program that helps us tune our skills and keeps us current in our training needs not only for riding skills but also CPR and first aid.
2. Increased awareness for the requirement for an endorsement and promotion of motorcycle safety
 - a. Again GWRRA offers the items listed in 1a but we also know the value of having an endorsement. We realize that the vehicles we drive are much different from cars and trucks, (yes, even you 3-wheelers) and we ride accordingly. We do have the occasional accident or lay down but they are few and far between.

One of their findings totally amazed me; *One third of fatalities were motorcyclists who did not have a valid motorcycle endorsement.* That should not happen! A dealer should not be allowed to deliver a motorcycle to a rider without a valid endorsement. For those vehicles bought out of state, the endorsement should be a requirement before the license tag is issued. With that, I will close and remind all of you to **ride safe!**

Early announcements:

Don't forget the Rider Ed Seminar in February.
Sign up now!

Don't forget if you need First Aid/CPR certification, we will have a course
available in conjunction with Surf Watch '07

You still have till December 31, 2006 to sign up for the Rider Education Program. It doesn't cost you or the Chapter anything as the District is picking up the tab for signing up and the patches and mileage pins. You will be safer for doing it! There is absolutely no requirement to continue through the levels (although we would like you to). See Jim & Karen and the dinner socials or the chapter

Be sure to check your rider educ. Status and let Jim know if something is incorrect! The "run sheet" is available at each Chapter meeting.