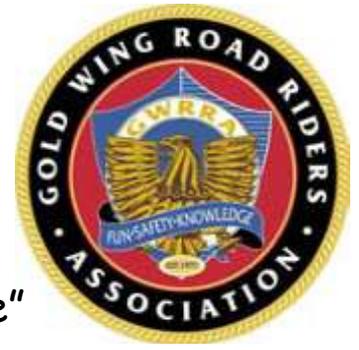




Gold Wing Road Riders Association Region I - WA District



"Friends for Fun, Safety and Knowledge"

March - Spring Fever

Message from our Chapter Directors

Here we are in March and boy oh boy, do we have a case of 'Spring Fever'. As we got out and rode a little bit over the last couple of weekends, we are reminded of why we love it so much, fresh air, the freedom of riding down a lonely road with the wind in your face, the feel of the throttle and a twisty road. We have seen so many bikes out on the road and everyone is smiling from ear to ear. With some of the warmest weather on record for February and hoping it continues in March and beyond, I am looking forward to kicking off the 2015 riding season with a bang.



We have already been out several times this year and it is an awesome feeling to get back out on the road. If we have to explain it, you would not understand. We have the Westside Rider Education workshop in Buckley at the Rainer Hill Christian Church coming on March 14th, remember the chapter pays for your registration if you attend the event. You can always learn something new here, so please sign up at the District Website. For Chapter E, March is also the time for our annual fundraising event SurfWatch in Ocean Shores. If you have not registered, please do so as soon as possible, as we really want you to attend and have some fun. The flyer/registration is on our Chapter E website, so fill it out and get it mailed in.

This year the event is being held the 20-21 March and is looking to be an excellent opportunity to spend time with your Chapter E family. Additionally, we have our Friday night bonfire on the beach, as well as the world famous 'Potato Bar' and you should be able to enjoy a high quality silent and live auction to support our chapter in the coming year with events and rider education. Barb is working diligently with the staff and Chapter E members to really put on a great event this year. If you would like to volunteer to help, please let us know. There is a lot of fun to be had in volunteering your time and skills into making this event a fun time for everyone. March 25th we will be doing the dinner social at a Chapter E favorite, the Best Wok in Bellevue. They are extending the lunch menu for us and the food is always really good here. Start thinking about other events and ideas as we start to move away from the winter months into our spring, summer as we have a lot of great rides and events planned, but are also looking for your ideas for those impromptu events and 'Ice Cream Social' events. Thinking about mini-golf, firepower night and bowling. If you have some ideas please send them along and we will try to incorporate them into our overall social schedule. We already have a few ideas, like trampoline dodgeball, roller skating, etc. We are always looking for events that our membership can come and enjoy, even if they cannot participate, but they can cheer on others in the group. If you come, you will have fun and is that not what it is all about.

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.

Till next month—Let's get out and get some!!

Next Chapter

Meeting

Saturday

April 18, 2016

No MARCH meeting, we will be at SurfWatch

partying and having FUN

Kenmore Lanes
7638 NE Bothell Way

Kenmore, WA

Breakfast: 8:00 AM

Meeting: 8:30 AM



Washington District & Region 2015 Calendar of Events March & April

MARCH

14— Washington District Rider Education in Buckley (Westside) ([Flyer](#))

21— Washington District Rider Education in Pasco (Eastside) ([Flyer](#))

20-21 WA-E SurfWatch 2015 (Ocean Shores) ([Flyer](#))

28— WA-P Swap Meet ([Flyer](#))

APRIL

4— WA-M/WA-R Multi-Chapter Meeting in Prosser, Wa ([Flyer](#))

11— WA-E Early Spring Fun Run ([Flyer](#))

* *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.

Washington District Rider Education Courses

APRIL

18 APRIL—TRC in Buckley, WA.

MAY

16 MAY —ARC in Buckley, WA.

30 MAY —Underdetermined class (more info to follow) in Buckley, WA.

* *If interested in a rider course, please contact*

Dennis Black—Washington District Rider Educator
gwrra.wa.district.edu@gmail.com



Rider Education

By Bruce McMahill - WA-E Rider Educator

Motorcyclists Attitudes:

The safety of motorcyclists is directly affected by their mental attitudes toward: risk management, skill development, peer pressure influence, protective riding apparel and riding while impaired.

Your skills are good. You ride every week when the weather is nice. You even took an Experienced Rider Course two years ago and can still turn around in the street, two-up, well almost with maybe only one backup.

But perhaps the problem is that you are so good at avoiding using emergency maneuvers identified in the Hurt Study (braking, swerving and cornering) that you're just out of practice. If you ride properly, you don't get to practice some of these skills on the street. That doesn't mean you should let them deteriorate until the next time you take a rider course.

The attitudes toward safety maneuvers vary greatly. Some motorcyclists emphasize and practice safety in their motorcycling activities while others give it little thought.

Many riders appear to believe in the efficacy of rider training programs to enhance their skill development and increase their safety while riding. The prevalent rider training program teaches skill development, risk management, the use of protective apparel and the danger of riding while impaired -- including the effects of prescription medications.

If you can't remember the last time you had to do an emergency braking or swerving maneuver, that's why they make parking lots. And you thought those painted white lines were just there to corral the cars. Their real purpose is to provide a marked area to practice so you can keep all your skills sharp -- not just the ones you use every day while riding in a straight line. The same skills which degrade in a few months can be retuned in a few minutes of practice.



Knowledge

Quick, controlled braking is easy to practice on a good parking lot surface. Bring your speed up to 15-20 mph in second gear, look (head and eyes up) at a distant object straight ahead, and squeeze the front brake while you apply the rear brake. You squeeze progressively and hard. Do not grab the front brake **as this might cause a front tire "lock-up" and skid. If you keep the speed the same for several tries** while you start braking at the same white line, you can measure your progress.

Now comes the fun part -- swerving around an object. Try swerving around the outer tips (outside then inside) of the eight-foot wide parking lots white lines at 15 mph. **Remember "head and eyes up while looking straight ahead," do not brake or downshift while swerving.**

Once you bring the quick, controlled braking and swerving skills up to par, it's time to put them together.

Quick controlled braking on a curve requires you to:

- Straighten the motorcycle up before and,
- Brake hard to stop.

Let's look at this order once again. First, press on the handlebar near the outside of the curve. (If you're turning right, press left.) Press until the bike is completely vertical and the handle bars are straightened. Once you are straight, all your traction is available for stopping. Look at a distant object straight ahead, and quickly and progressively squeeze the front brake while you press on the rear brake.

You have just put two skills (swerving and stopping) together to practice quick stops on a curve.

Now you're ready to go out and face the world again, much better prepared than when you rode into that parking lot.

As a motorcyclist, you have addressed important attitudes toward safety and the ability to recognize risk and react appropriately. You've just tuned yourself up for another few months.



Bob Reagle	20
Jim Wartchow	24
David Steik	25



Steve & Charlene Lee	11
Joe & Freda Downs	20
Ron & Violet Urqhart	24

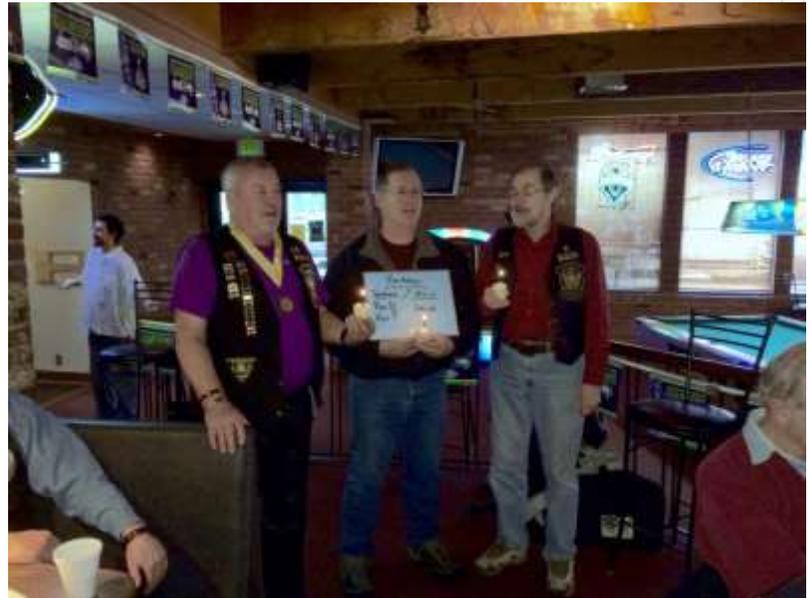
If we have missed any announcement, birthday or anniversary please email Leah Gray or Barb & John with dates, names and information. If you have pictures and/or stories, please attach them to your email.

©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

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 Hot Topics 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
Bruce and Sandra McMahill

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

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Asst. District Directors Garry and Maxine Alexander

District Trainer Roy and Pearl McKenzie

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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

MARCH 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>National Pig Day</i>	2 <i>Peanut Butter Lovers Day</i>	3 <i>National Anthem Day</i>	4 <i>Hug a GI Day</i>	5 <i>Employee Appreciation Day</i>	6 <i>National Frozen Food Day</i>	7
8 	9	10	11 <i>Johnny Appleseed Day</i>	12 <i>Girls Scout Day</i>	13 <i>Ear Muff Day</i>	14
15 <i>Ides of March</i>	16 <i>Everything You do Is Right Day</i>	17 <i>St. Patrick's Day</i> 	18	19 <i>Poultry Day</i>	20 <i>Surf Watch</i> 	21 <i>Surf Watch</i> 
22 <i>National Goof Off Day</i>	23	24	25 <i>WA-E Dinner Social</i> <i>Best Wok in Bellevue</i>	26	27	28
29	30 <i>Take A Walk In The Park Day</i>	31 <i>National Clam On The Half Shell Day</i>	31			

Did you know?

March was named for the Roman God "Mars".

Erin Go Braugh is perhaps the most common Irish term you will hear. It means "Ireland Forever"

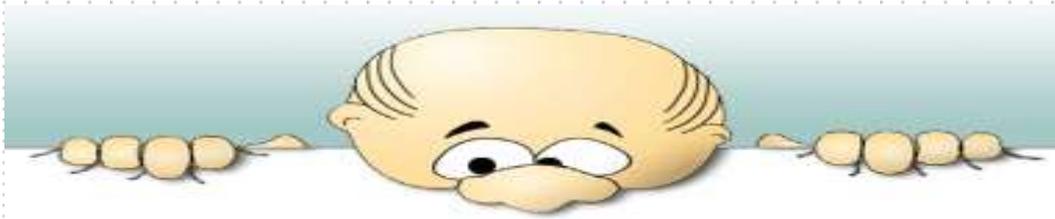
Over 34 million Americans are of Irish descent. That's almost 9 times the population of Ireland!



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



Great T-Shirt Thoughts:

