



Chapter V Valley Wings News



Chapter Directors:
Garry & Maxine Alexander
253-770-3866

Meets 1st Thursday 6:00pm
Station Bistro
110 2nd St SW Auburn



From the Chapter Directors:



Maxine and I have been riding our Winterberry Goldwing since 1990. Then in 1995, we added a sidecar for her guide dog. (Levi now takes up that position.) We enjoy riding and are grateful for the opportunity to be the 'Region "I" Membership Enhancement' coordinator. I will try to meet with as many of our chapters as possible to show each of you how to work within your chapter.

We left home early hoping to beat the warm weather of eastern Washington & then Oregon. We succeeded until we crossed the mountains, and then we knew what warm weather really was. Pendleton has changed a lot since we lived there as a newly married couple back in the late 1950's. The convention center was nice and cool and had ample space for the many persons who attended. The grandstands are right outside the door, and we found that sitting in the sun warmed us up a bit. The opening ceremony had a western feel about it. The 'colors' we presented by horseback riders and the national anthem was a violin solo. Then a move into the shady grandstand several skits were presented about how our early pioneers came west and the implements (guns) were used. A square dance done by horseback riders was also presented. There was a nice selection of vendors in the cool convention center. The 'Chamber of Commerce' sold bracelets that were filled with charms by different participants of Pendleton merchants. Trust me when I say that Maxine has many charms on her bracelet. Many are very intricate and are a great reminder of our stay in Pendleton.

Closing ceremonies were held at a dinner in the cool confines of the Convention Center. It was a great surprise to us when Garry received the award for being the oldest male rider to the convention.

Respectfully submitted,

Garry L. & Maxine Alexander

Chapter WAV CD

DID YOU KNOW? By Maxine

Last month's question: In 1930 what was redesigned into the toy that we still use today? Answer; The toy reinvented in 1930 was the yo-yo as we know it today.

The Olympics are now over. But do you know what the five colored rings represent?



FROM ASSISTANT CHAPTER DIRECTORS:



Greetings everyone!

What a busy month. I didn't even do much and I think it's me just getting older. My knee isn't getting better and the Dr. wants to do another surgery on my knee. He didn't see anything on the MRI and still wants to cut me open again. I am getting a second opinion. Hopefully the new DR. will know what is wrong with my knee!

I was sad to hear the news about Joe Johnson. He was always alot of fun and will certainly be missed.

It seems like the weather is turning just a little colder and soo the drive-in will be closing for the winter. I have confirmation that it will reopen next

year. It's a fun place to work !
See everyone at the meeting!!!!

Dennis



FROM HONORARY ASSISTANCE CHAPTER DIRECTOR:

Support Your Chapter-



It appears that we're on the down side of the summer of 2012, and of course that is when all of the hottest days of the year accrue. The district convention was quite warm, but nothing like Region Convention. Must have been 100 plus degrees out on the asphalt surface for the Calif Drill Team did their maneuvers and they were very impressive, several new maneuvers from what we've seen in past.

Pendleton is the site of famous Cowboy Roundup and at opening ceremony our colors were presented by horseback riders, neat man neat. After the opening ceremony and in true western style, they put on a great

show, horses, people, dogs and sheep.

Region members had several seminars, in fact there were so many there was not enough time for you to take them all in. Marion and I took a couple of short rides in the mornings while it was cool. We found some real nice back roads that are not on the State maps, it would have been a lot better if we could have more of our members whom don't sleep in in the mornings, not mentioning any names.

The next big ticket ride coming up is the Oyster Feed. From what I understand, we should have good percentage of our members showing. There are some good country roads down there in the southwest corner of the state and across the bridge into Oregon.

Ride with care

Ken/Marion



From the Chapter Educator:



From the desk of John Doughty GWRRA Chapter Educator Chapter V

LOOKING FOR TROUBLE

The two biggest dangers facing you as a rider are:

Oncoming cars that turn left in front of you (BMW - Motorcycles has announced new technology that is now available that will detect and will take braking action as an attempt to avoid the oncoming left hand turn scenario),

and,

Cars on side streets that pull out into your lane.

Never, never, never count on "eye contact" as a sign that a driver has seen you and will yield the right of way. All too often a driver looks right at a motorcyclist and still fails to "see."

THE ROAD AHEAD

Road Conditions - Keep checking the road surface ahead for slippery spots, bad bumps, broken pavement, loose gravel, wet leaves or objects in your path.

Traffic Conditions - When there is a car directly in front of you, look over or through the car for traffic stopping or turning further down the road; and check the roadside for cars that may pull away from the curb or cut into your lane from side streets or driveways.

Escape Routes - Always look for open space where you can leave the road in a hurry if you must. Scanning the road and roadside for escape spots is most important when you are riding in heavy traffic.

USING YOUR MIRRORS

Frequent mirror checks should be part of your normal scanning routine. Make a special point of using your mirrors in these situations:

When you are stopping at an intersection. Watch cars coming up from behind. If drivers are not paying attention, they could be right on top of you before they see you.

Anytime you plan to change lanes. Make sure no one is about to pass you.

Anytime you will slow down. It is especially important to check because the driver behind may not expect you to slow down, or they may be unsure about exactly why you are slowing down. For example, they might see you signal a turn and think you plan to slow down for a turn at a distant intersection rather than a nearby driveway.

HEAD CHECKS

Mirrors do a good job of letting you see behind, but motorcycles have "blind spots" just like other vehicles.

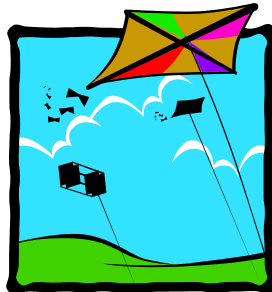
Before you change lanes, make sure to do a **head check**; turn your head to the direction of your turn and look at traffic to that side. This is the only way you can be sure of spotting a vehicle just about to pass you.

On a road with several lanes, make sure to check the far lane, as well as the one next to you. A driver in the distant lane may be headed for the same space you plan to take.

Sincerely,

GWRRR Chapter Educator –

JOHN E. DOUGHTY



Motorist Awareness Division/Program



Summer school vacation is coming to an end and students will be opening the books and learning new material as they progress through the years. Some schools provide Driver's Education while up-and-coming drivers are migrating to company sponsored driver's training. We, as Motorist Awareness Program (MAP) liaisons need to try to make as many presentations regarding motorist awareness that we are able. Some training centers gladly welcome guest speakers, while others feel there is not enough time in their curriculum for additional safety presentations.

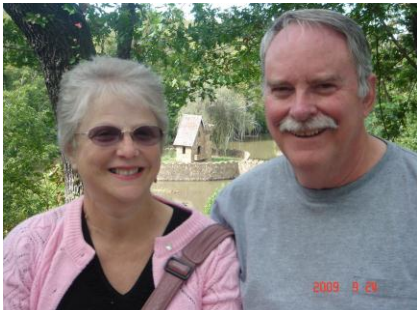
While we are cruising down the highways – whether on our bikes or in covered wagons – we must still be vigilant for that other vehicle. If they are in an adjacent lane, do we see them in our side mirrors? Are our mirrors adjusted correctly? There are several internet sites that provide good examples on the proper adjustment of our outside mirrors to help eliminate some of those “blind spots”. One that I like is at:322370 <http://www.youtube.com/watch?v=KwzUE6PHk4U>. Relying only on what we see in our mirrors is not a good choice. Many of us have heard about “head checks” – and for some military individuals it is not seeing if anyone is in the restroom. It is a simple method of looking over our shoulder to see if another vehicle is right next to us before we plan on changing lanes. With the proper adjustment of mirrors and using the head check we can minimize some of those near misses and maybe even some road rage.

Vic Parr

Motorist Awareness Program Liaison



From the chapter couple of the year:



Wow, what a riding season! We have actually had some days where the temperature was almost too hot to be comfortable riding. But, we have also enjoyed many events without the big “R” word.

We had a nice group that were rewarded with an ice cream dessert in Maltby after a great Mexican lunch in Monroe. Ken and Marion Harter acted as our guides with a well planned route. We did get lost, but had some interesting scenery on the alternate route.

Then Chapter “O” had another scenic route planned for us at their Whale of a Picnic. We could see the Olympic mountains in the distance as we rode next to the waterfront. Trees provided welcome shade as we rode up

into higher elevations. Some deer even came out to greet us as they scampered across the road between our “caravan”.

Although quite a few of us participated in these events I’m sure more would have joined us if they were able. Some people say they don’t like riding in groups and that is OK. Normally we have a destination already established and if you wish to ride by yourself, you can always join us there for some good old socializing. Remember our motto: **Friends** for Fun, Safety, and Knowledge. I, for one, am greatly blessed to have the current friends and know that more will be joining that circle in the future.

Reach out and put on a smile (along with your clothes, of course) and welcome a new friend into your life. Invite them for a ride or have them join us for a gathering, even if it is just ice cream.

Vic & Sharon
WAV Couple of the Year



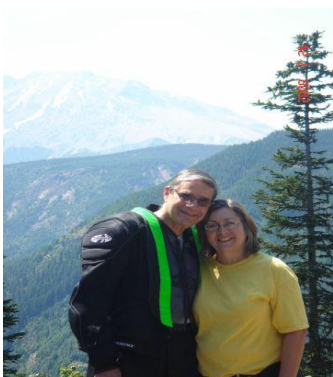
FROM THE CHAPTER TECHNICAL ADVISOR:



Dennis
Busy – Busy, run out of time



FROM THE CHAPTER SECRETARY

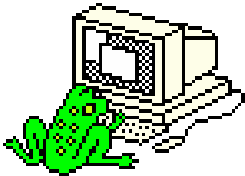


Chapter WA “V” Aug 2, 2012 Gathering

The minutes are gone into the wind when they flew off of Ken’s Bike.



FROM THE CHAPTER NEWSLETTER EDITORS



“ September”! Did any of you see what happened to the summer of 2012?

Some of you know what happened on our Ice Cream ride a couple of weeks ago, but for those of you who didn't make the ride here's the scoop. At the start of the ride Ken passed out the ride schedule to group 2 and then laid the clip board on his trunk rack. Then took off on the ride forgetting to put the clip board away. Half a dozen blocks later, the board flew off with all the papers attached. Ken thought it was just the riding

instructions that flew off, so he didn't stop. That is what happened to the minutes of the August gathering, off into the wind.

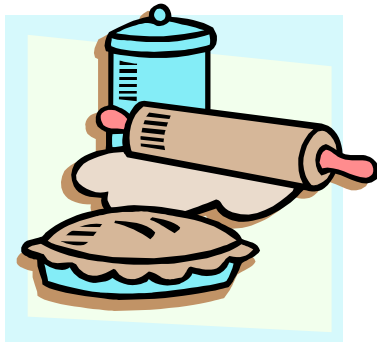
Read *all* of the newsletter to check for your membership number. It's worth a FREE, yes FREE dinner at the night of our current chapter meeting. You must claim your free dinner before 50/50 winner is awarded. Last month's winner was Sharon Murphy but she didn't show.

Keep check'en and keep the articles a come'n

We have seven less marbles in the marble bag.

Don't forget, the last Saturday of the month. (it would be a big help before the last day)

Ken/Marion



Recipe Corner:

Turkey Meat Loaf

- 1 Tablespoon canola oil**
- $\frac{3}{4}$ cup chopped onion**
- $\frac{1}{2}$ cup chopped celery**
- 1 clove garlic, minced**
- $\frac{2}{3}$ cup fat-free reduced-sodium chicken broth or water**
- $\frac{1}{2}$ cup uncooked bulgur**
- $\frac{1}{2}$ cup cholesterol-free egg substitute**
- 1 tablespoon reduced-sodium soy sauce**
- $\frac{1}{4}$ teaspoon ground cumin**
- $\frac{1}{4}$ teaspoon paprika**
- $\frac{1}{4}$ teaspoon black pepper**
- 8 tablespoons chili sauce, divided**
- 1 pound 93% lean ground turkey**

1. Heat oil in medium skillet. Add onion, celery and garlic. Cook and stir 3 minutes over low heat. Add broth and bulgur. Bring to a boil. Reduce heat to low. Cover and simmer 10 to 15 minutes or until bulgur is tender and all liquid is absorbed. Transfer to large bowl: cool to lukewarm.
2. Preheat oven to 375 deg. F. Stir egg substitute, soy sauce, cumin, paprika and pepper into bulgur. Add 6 tablespoons chili sauce and ground turkey. Stir well until blended.
3. Pat turkey mixture into 8X4 inch loaf pan coated with nonstick cooking spray. Top with remaining 2 tablespoons chili sauce.
4. Bake meat loaf about 45 minutes or until browned and juices run clear. Let stand 10 minutes. Remove from pan; cut into 10 slices. Make 5 servings (2 slices each)

CHAPTER BIRTHDAYS



John Doughty 28th
 Doug Lyon 23rd
 Marlene McCartney 28th
 Nancy Johnson 27th

CHAPTER ANNIVERSARYS



Johnny and Carol Valley

Monthly Calendar Events & Rides

[Click Here for Monthly Events](#)

Day:	Time:	Chapter:	Location:
1st Thu	6:00 PM	WA-V Auburn	The Station Bistro 110 2nd St SW, Auburn, WA
1 st Wed	6:00 PM	WA-Q Puyallup	The Sizzler Restaurant 10701 S Tacoma Way, Lakewood
1st Sat	9:00 AM	WA-M Yakima	Branding Iron Restaurant, Toppenish, WA.
1st Sat	8:30 AM	WA-X Vancouver	Hometown Buffet 7809-B NE Vancouver Plaza Vancouver,.
1st Sat	8:00 AM	WA-R Walla Walla	Smiths Family Restaurant 1425 W Pine St, WallaWalla Wa
1st Sun	8:30 AM	WA-B Bremerton	Arena Sports Bar & Grill 4111 Weaton Way Bremerton 98310
2nd Tue	6:30 PM	WA-H Lynden	Fairway Family Restaurant 1726 Front St Lynden, WA
2nd Fri	6:30 PM	WA-Y Enumclaw	Krain Corner Restaurant 39929 264 th SE Enumclaw, WA
2nd Sat	8:00 AM	WA-C Everett	Denney's Restaurant 132 128 th St SW Everett, WA.
2nd Sat	9:00 AM	WA-L Kennewick	City Grill 300 N Ely, Kennewick WA
2nd Sat	1:00 PM	WA-Z Centralia	PJ's Pizza 1232 Alder St. Centralia, off exit 81, Mellon St.
2nd Sun	8:30 AM	WA-D Aberdeen	Duffy's Restaurant 1605 Simpson Ave Aberdeen, WA
3rd Sat	8:30 AM	WA-E Bellevue	Crystal Creek Café 22620 Bothell-Everett Hwy, Bothell WA
3rd Sat	1:00 PM	WA-P Longview	Sizzler 936 Ocean Beach Hwy Longview, WA, 98632
3rd Sun	8:00 AM	WA-I Olympia	Fatso's Bar and Grill 3205 Martin Way East Olympia, WA
3rd Sun	8:30 AM	WA-N Spokane	Golden Corral Buffet & Grill 7717 N Division St Spokane, WA.
4th Sat	8:30 AM	WA-A Seattle	Old Country Buffet 25630 104 th Ave SE Kent, WA
4th Sat	8:00 AM	WA-O Port Orchard	Airport Diner 8803 Stet HYW 3 SW Port Orchard, WA

A QUICK REMINDER

CHECK TO SEE IF

YOUR MEMBERSHIP IS DUE

