

Auburn Valley Wings

Newsletter April, 2008

GWTA-Destination Friendship



Director's Chitchat



Hello Fellow Frogs,

While I (Steve) sit here pondering what I should write about this month, now that we have Green Freeze behind us and riding weather is slowly approaching, I suddenly realized that I have the perfect situation to right before me to write about.

As I was getting ready for work this evening I was amazed at the amount of SNOW that has fallen this evening. Yep, SNOW in March. This brings to mind the need to be prepared for any type of weather we may run into and can be especially true when we are out enjoying the day on our bikes. We must always be mindful that the weather in our area can change at a moments notice and go from beautiful and sunny, to rainy or to snow and ice in a matter of minutes.

Some of the things I seem to be the guilty of forgetting, or in my infinite wisdom have decided I really don't need to carry all the time, are: Rain Gear, Heated Gear, First Aid Kit, and Warm clothing, ie: neck warmer, long sleeved shirt, and heavy socks.

Also seems I always get caught in my tennis shoes when it starts to rain. Not fun.

So we all should make a concerted effort, especially this time of year and in the fall, to be prepared for any weather that may come our way. It just makes sense and certainly makes us all much safer riders.

And while we are thinking of it, it may be a good idea to make sure that we have all of the necessities we may need for any situation in the trunks of our cars. You never know when you may be stranded for several hours in your car and need some supplies to make your time there more comfortable.

As I have said, I need to be more conscious of this also, so feel free to test me when we are out on the road. Check up and see what I may be missing that would make me safer.

With that we hope that you have all had a wonderful Easter and are looking forward to some great riding weather and greater rides coming up in the near future. I know we are!

See you out there with the rubber side down!!!

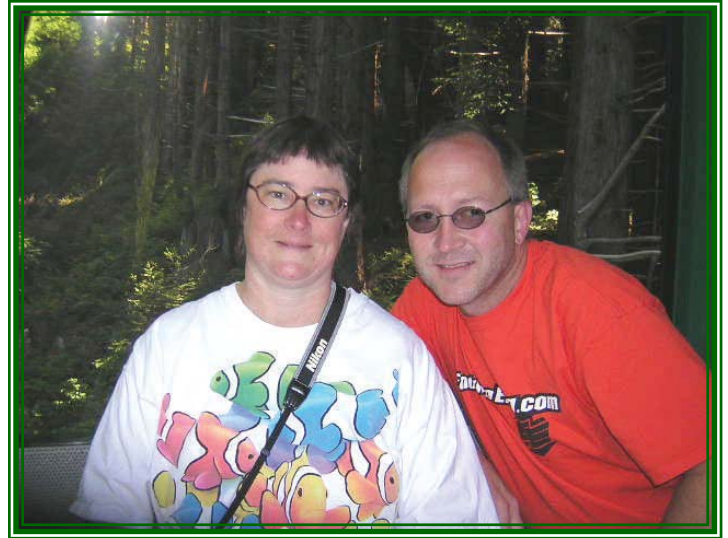
Steve and Cameron



Words from our wise Assistant Directors

Hello,

Thanks to all who participated during our 21st Green Freeze. We did not get the best weather this year but 237 of you managed to make at least one of the rides. We had GWTA members from Chapters A, B, C, D, E, H, I, Q, S, V, Y, and Z. GWRRA brought us Chapter A, F and V. Other organizations were the Alky Angels, AMA, American Legion, Blue Knights, CMA Destiny Riders and Good News Riders, MORA, Roadrunners, Stump Jumpers, Twisted Riderz, and WOW.



Thank you also to those who donated blood and money for Ride For Kids (PBTF). If you did not get a chance to give blood we will have another drive during our chili social in October.

Another big thank you to the staff at Hinshaw's Motorcycle store for giving us a warm, dry place to stage our rides. Being able to stay in the same place year after year is a big help so people know where to come. In addition to day of ride discounts, they have provided us with great prices on door prizes and with our grand prize set of tires which I did not win this year! The staff in return thanked us for another great lasagna feed. They really look forward to it every year.

Next up for us is traveling to Winter Weekend West. My brother Dan is joining Craig, Erik, and me. We will meet up with Al Holl when we get there. I wish more of you could join us but I guess we will save that party for Billings!

Lisa Alberts, ACD

Upcoming Events & Activities

Sunday, April 6, 2008 - 9:00 a.m. Chapter V Social Meeting

10:30 a.m. - Business Meeting

Join us for breakfast at 8:00 and our social meeting at 9:00.

Following the social meeting will be a business meeting starting (hopefully) before 10:30 and ending by 11:30. Let's hope for good weather so we can then take a ride to Point Defiance followed by lunch at the Ram!



Saturday, April 19, 2008 - 2:00 to 8:00 p.m. - Intermediate Rider Course

At last count there were three spots available for this course through Puget Sound Safety. If you are interested in signing up, contact Dennis Ensey at 253-752-2073 or washxtex@hotmail.com (or... he'll likely be at the Chapter Meeting)



Sunday, April 27 - Chapter S Lime Run

Registration from 8:00—10:00 a.m.; last bike out at 10:00 a.m.

BBQ available from 12:00—2:30 p.m. at Camping World in Burlington for \$7.00.

NW Wings Drill Team will be performing at 2:30 p.m.



Coming in May...

Don't forget to send in your pre-registrations for Chapter G's MAD

(Motorcycle Awareness Days) in Spokane on May 10th.



AND

The Oregon State Rally in Madras over Memorial Day weekend - if you register before 5/10 you get a free Mexican Fiesta style dinner Saturday night!



Watch your "V-Mail" for information on these and other events that are taking place in the next couple of months.

A Reminder for Passengers

Submitted by Margaret Silverman

Recently, Ron and I headed south to visit and ride with Nic and Phyllis on one of those beautiful Saturdays in February. We decided to hammer down to Chehalis on the freeway, and just south of Olympia, my antennae started quivering as I realized Ron was having a problem.

We had just passed into the 70MPH zone and he had throttled up to go the speed limit, when he suddenly started slowing down and moving to the right. We dropped from 75 to 55 and I started asking questions. “What’s wrong?” “Is there something going on that I need to be concerned about?” He said he wasn’t feeling well, he was feeling feverish and sweating, and he was feeling a little light headed. But he was going to try to make the rest area. I pointed out that the shoulder was right there and that the rest area was not that close. He finally pulled over to the shoulder, got off the bike, and proceeded to a grassy area to lay down.

Throughout the time on the back of the bike, I had visions of what I had practiced during a co-rider class at last year’s State rally. **Push him forward, grab the handlebars, hit the kill switch, and try to guide the bike to where it would go down.** Luckily, practice did not become reality. Amazingly, I was calm, didn’t panic at the prospect of guiding the bike down (I guess because I never really thought it would go that far), and didn’t yell at Ron to pull over. I was quiet but insistent.

I watched over him as he lay on the ground and continued to talk to him and ask questions. That’s when I found out the pain was down low on his right side. (On recounting Ron’s symptoms to Faye Loran, she suspects he may have passed a small kidney stone.) He eventually started feeling better, got up and started wiping the sweat off his head and neck. He felt ready to get back on the bike and head for the rest area, where he would consider calling Nic and Phyllis to let them know what was going on and to perhaps have them pick us up and have Nic ride the bike back to their house.

Continued.....

As we were standing there, a blue-light special (State patrol car) pulled up behind us, lights going. Someone traveling by on I-5 had called in to say there had been a motorcycle accident – motorcycle on the side of the road, someone lying on the ground. So Ron talked to the officer for a few minutes and assured him he was OK and that there wasn't an accident.

Then two red-light specials (fire department medic van and fire chief's vehicle) pulled up behind the blue-light special, and we had a party goin' on now! So I encouraged (?) Ron to have the medics check him out (blood pressure mainly) and that was OK and they gave him some water. Considering there were no injuries and no obvious signs of anything wrong, they suggested we to continue to Exit 88 to call Nic and Phyllis and/or stop in Centralia at the hospital for more extensive testing.

Well to make the rest of this story short, as Ron was feeling better, we continued on to Nic and Phyllis' house, had a little bite to eat, and he took a short nap. Nic and Phyllis suggested they follow us home, spend the night, and maybe the next day we could organize a ride if Ron was up for it.

We had a nice ride home, Ron was fine, and we did go on another nice ride on Sunday with Craig and Lisa, Nic and Phyllis, Ron and Joni, Larry Taft, and Dick and Bonnie. He continued to feel better and hasn't had another episode since then.

Remember fellow passengers – be in tune with your driver, know what to do in case of an emergency, and remain calm.

Margaret Silverman

Are you getting your V-Mails? No?

Well then it appears we don't have your current email address.

Please email Steve & Cameron, our Chapter Directors,

at wingthings@comcast.net.

Are Cable Ties as great as Duct Tape?

By: Jim Niswonger

This year I learned about using cable ties as snow chains. You hit bad conditions in a pass, just throw them on your back tire to get you through a rough spot. Who would of thought?

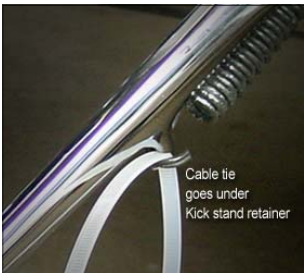
Well, I think I may of come up with another cool way to use these little indestructible pieces of plastic.

How many times have you worked with a spring on the car or bike and came away with a busted knuckle, for me more than once. I received a Kuryakyn kick stand (Fish) for xmas, that's cool. But I kept looking at that spring, I don't have the tools some guys have. Even though Dick Holdsworth, and I'm sure other people, would have come over to help. I decided to go ahead on my own and see how far I could get.

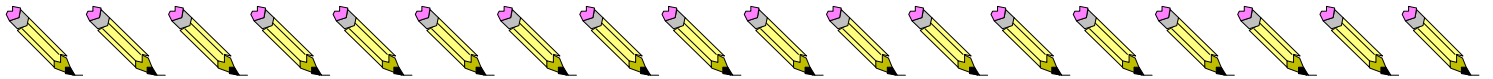
I placed the bike on the center stand, (a no brainer). I tried several approaches, which all would have end badly. I started digging around my tool box and found my little buddy, the cable tie (about a 12 inch version). I placed the end of the tie in the retainer, creating a loop. Make sure the end is locked together. Place the loop on the lower end of the spring, you will have to wiggle it to work it under the kick stand's retainer. (See Fig. #1,#2).



Then place a screwdriver or wrench at the lower end of the loop. Place both hands on each side of the tool and apply equal pressure straight down. Spring releases in very controlled easy manner.



This also works putting it back on, set it up the same with the loop on the lower end of the spring, push down and move the spring under the kick stand's retainer. Ease off the spring and there she is, right where you want it, except the cable tie is stuck under the spring. No sweat, just cut the tie and wiggle it out. Done.



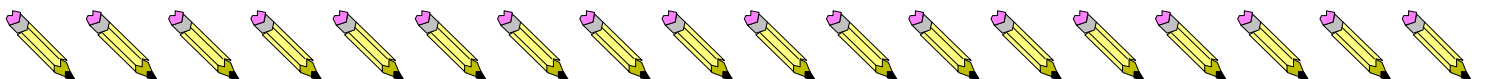
A quick word from the editor...

Thanks to all who sent articles this month!!! You know who you are and

you're the best! But please note: if your article didn't make it in this month's newsletter... be patient! We always have next month...

Loves and thanks to you all!

Faye





In Your Kitchen

Grilled Tilapia with Smoked Paprika and Parmesan Polenta

Smoked paprika, a staple spice in Spanish cuisine, adds a heady flavor to this simple dish. Creamy polenta complements the full-flavored fish. Total time: 30 minutes.

Ingredients

POLENTA:

4 cups fat-free milk
1 cup quick-cooking polenta
1/4 teaspoon salt
1/3 cup (1 1/2 ounces) grated Parmesan cheese

FISH:

1 1/2 tablespoons olive oil
1 teaspoon smoked paprika
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
4 (6-ounce) tilapia fillets
Cooking spray



Preparation

To prepare polenta, bring milk to a boil in a medium saucepan; gradually add polenta, stirring constantly with a whisk. Reduce heat, and cook 5 minutes or until thick, stirring constantly; stir in 1/4 teaspoon salt. Remove from heat. Stir in cheese; cover and keep warm.

To prepare the fish, heat a large nonstick grill pan over medium-high heat. Combine oil, paprika, garlic powder, 1/2 teaspoon salt, and pepper in a bowl, stirring well. Rub fish evenly with oil mixture. Coat pan with cooking spray. Add fish to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.

Yield

4 servings (serving size: 1 fillet and 1 cup polenta)

Nutritional Information

CALORIES 422(21% from fat); FAT 9.7g (sat 3g,mono 5.1g,poly 1.1g); PROTEIN 39.9g;
CHOLESTEROL 73mg; CALCIUM 414mg; SODIUM 751mg; FIBER 4.1g; IRON 1mg;
CARBOHYDRATE 34.2g



Didja Know?



- 🚲 Ichabod told everyone that Margaret is Ron's navigator
- 🚲 It doesn't get any bigger than this, Dick!
- 🚲 Cameron says that Steve plays with his balls...
- 🚲 ... and Bonnie saw him!
- 🚲 Larry is keeping his mouth shut!
- 🚲 Dick was pouring... Margaret was spreading...
- 🚲 Craig wanted to see Erin's ---???
- 🚲 Run, little bunny, RUN!!!
- 🚲 Bonnie got creamed...
- 🚲 Lisa doesn't need a box... she has Craig...
- 🚲 Margaret likes the PBR for their tight butts and chaps!
- 🚲 Judy asked Jim N if he got sucked up...
- 🚲 ... things went downhill from there...
- 🚲 Lisa got rear-ended... at least she was in her truck!
- 🚲 Ron S and Jim N want edible underwear???
- 🚲 Pearl has a pricey frog!



Whatcha Doing Out There?

We know you don't just sit around and let life just pass you by!

Tell us about a place you have visited, a favorite restaurant that you would love to share, a hot tip, a joke, a Didja Know, a recipe... whatever!!!

This newsletter is about you and for YOU - so share!

Please provide us with your articles and entries by the 20th of each month to fstukey@comcast.net.

Birthdays & Anniversaries



*for
April*



Dave Bartley - April 3

Jacklyn Davis - April 3

Phoebe Ensey - April 3

Ron Gerhing - April 4

Rick Thiederman - April 4

Anita Murphy - April 6

Deb Richards - April 7

Melody Thompson - April 12

Vince Ash - April 15

Erin Bryan - April 25

Mona Hall - April 27

Phyllis & Nic Nicholas celebrate

27 years on the 4th

John & Neena Stoner celebrate

19 years on the 7th

Anita & Marty Murphy celebrate

26 years on the 16th

Jim & Carol LaBonte celebrate

20 years on the 21st



Meeting Location

We meet at the Northshore Golf Course located at 4101 Northshore Blvd NE in Tacoma. A breakfast buffet (\$10.00) will start at 8:00 am with the meeting at 9:00 am.

Directions to the Northshore Golf Club are on our Chapter website... just in case you can't go there... here's the info: Take Exit 142B (Federal Way exit) onto 348th. Travel west 5.2 miles. Look for Golf Course on left at 5 mile mark. Turn left at light at top of the hill onto Nassau Ave NE. After stop sign, go left onto Oakmont Place NE. Turn left the bottom of the hill onto Northshore Blvd NE.

**So come on down and join in the... *"Sea of Green"*...
EVERYONE IS WELCOME TO JOIN US!**



Straight from the pages of the August, 2006 issue of Motorcyclist Magazine...

41 - 50 of the 50 Ways to Save Your Life!

We are what we repeatedly do. Excellence, then, is not an act, but a habit. -- Aristotle

The best bike in the world is scrap - or soon will be - unless you learn how to use it. The most powerful piece of high-performance hardware is between your ears. To help you program it with the right information, we've assembled 50 potentially lifesaving bits of street savvy. Some you'll know, some you won't. All are worth remembering, because when it comes to riding motorcycles on the street, the people over at the [Motorcycle Safety Foundation](http://www.msfsa.org) (www.msfsa.org) have the right idea with their tagline: The more you know, the better it gets.

41. Be smooth at low speeds

Take some angst out, especially of slow-speed maneuvers, with a bit of rear brake. It adds a welcome bit of stability by minimizing unwelcome weight transfer and potentially bothersome driveline lash.

42. Flashing is good for you

Turn signals get your attention by flashing, right? So a few easy taps on the pedal or lever before stopping makes your brake light more eye-catching to trailing traffic.

43. Intersections are scary, so hedge your bets

Put another vehicle between your bike and the possibility of someone running the stop sign/red light on your right and you cut your chances of getting nailed in half.

44. Tune your peripheral vision

Pick a point near the center of that wall over there. Now scan as far as you can by moving your attention, not your gaze. The more you can see without turning your head, the sooner you can react to trouble.

45. All alone at a light that won't turn green?

Put as much motorcycle as possible directly above the sensor wire--usually buried in the pavement beneath you and located by a round or square pattern behind the limit line. If the light still won't change, try putting your kickstand down, right on the wire. You should be on your way in seconds.

46. Every-thing is harder to see after dark

Adjust your headlights, Carry a clear faceshield and have your game all the way on after dark, especially during commuter hours.

47. Don't troll next to--or right behind--Mr. Peterbilt

If one of those 18 retreads blows up--which they do with some regularity--it de-treads, and that can be ugly. Unless you like dodging huge chunks of flying rubber, keep your distance.

48. Take the panic out of panic stops

Develop an intimate relationship with your front brake. Seek out some safe, open pavement. Starting slowly, find that fine line between maximum braking and a locked wheel, and then do it again, and again.

49. Make your tires right

None of this stuff matters unless your skins are right. Don't take 'em for granted. Make sure pressure is spot-on every time you ride. Check for cuts, nails and other junk they might have picked up, as well as general wear.

50. Take a deep breath

Count to 10. Visualize whirled peas. Forgetting some clown's 80-mph indiscretion beats running the risk of ruining your life, or ending it.



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Mike Doll & Faye Stukey (425) 745-1282

Sunshine Committee:

Jim & Marianne Carreno (253) 351-8913

Our Chapter "V" Supporters



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