



Chapter V Valley Wings News



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

Meets 1st Thursday 6:00pm
Auburn Eagle Lodge
702 M St SE Auburn

From the Chapter Directors:



Oh, My That Thanksgiving dinner was great! Now we must think about the month of December and all of the excitement and wonder that it brings.

At our November meeting we decided that our Christmas get-to-gather and Pot Luck gift exchange would be held at 1:00PM Sunday 11 December at our home.

Our monthly meeting would be 1 December as usual.

We are also pleased to announce that several of our members have begun to go on our visitation program to other chapter gatherings. These visits are always interesting, interesting and fun to attend. Sure, hope to see other chapter members at our first Thursday gathering.

It must also be noted that one of our members has passed. Funeral services for Mary J. Carroll will be held 3 December. Call us for further information.

Respectfully Submitted

Garry L. & Maxine Alexander
Ride Safe Have fun,

Do you know By Max

Answer to November question.

Written on the tablet Lady Liberty holds in inscribed in 'Roman Numerals' the date of our Declaration of Independence. **7/4/1776.**

Question for December.

What company first illustrated the costume that Santa now wears?



FROM ASSISTANT CHAPTER DIRECTORS:



Greeting Everyone!

Well, I think everybody got just a little heavier over Thanksgiving. I know that I ate just a little bit too much. In a couple of weeks we will be having the Christmas party at our leaders house. I for one have been looking forward to it!

I was going to drill holes and mount the Gerbing knobs on the Wing but, I decided to just buy another dual controller. Nothing to mount.

It's been very windy and rainy lately so watch out for the wet leaves and any othe debris on the roadway. Be careful out there. Before too long it will be springtime and warm. Just keep telling yourself that and

eventually it will happen. Looking forward to seeing everyone at the meeting.

Dennis



FROM HONORARY ASSISTANCE CHAPTER DIRECTOR:

Support Your Chapter



We did well at our planning meeting especially at the chow line, as usual more food than we could put away in our tummy's but we sure gave it a try. We talked about our winter midmonth potluck socials and started planning for next year. January 21st, whose house as yet TBD. February 18th at the Murphy's, and March 24th our chapter workshop and social potluck at the Harters.

For those looking for a ARC course, there will be one coming up in April 20th thru 21st being held at Bremerton. Mark that down on your calendar, and don't forget the chapter will reimburse you for the cost of the course when completed.

The Chapter Rest Area doesn't have a final date yet, the State hasn't sent out which of the three choices we picked on. We still plan on shutting down late and starting early.

One last thing, be thinking of where you would like for our weekend rides. I know I plan on at least two different routes and I will get together with Jim Johnson for planning.

The Christmas party will be held at Garry's house on Sunday the 11th and the main course will be prime rib roast and the rest of us can bring salads or something that complement's prime rib and of course desserts. Also our exchanging of gifts. Nothing extravagant just something that may be useful or decorative.

Keep the wheels rolling

Ken & Marion



From the Chapter Educator:



From the desk of John Doughty GWRRA Chapter Educator Chapter V.

HYPOTHERMIA and DEHYDRATION

As this year's riding closes down and before the new riding year comes about, a few thoughts for those not ready to give up their ride for the year. These few words of wisdom are even for those who have the warm electric suits that generally provide heat to those areas that normally feel the coolness no matter how high their thermostat is cranked up. Be aware that the electric system may break one day and you may have to ride without it. The danger lurks and is waiting for you. Bikers, **beware of dangers in cold weather riding!** Be prepared as there are still a few "gotchas" that may overcome you without giving you subtle hints that the COLD is taking control of you.

HYPOTHERMIA danger is subtle and slowly consumes you on a cold and wet ride. Being aware of and paying attention to hypothermia subtly may just warn you early enough to take preventive actions. Fast moving cold air (either naturally or throttle generated), damp or wet clothes associated with rain or high humidity, and high winds wicking away your body fluids all contribute to this dangerous condition.

The first indication that something is going wrong is that you start shivering and may begin to experience numbing or stiffness in the fingers or toes. Then you may notice a general clumsiness, stumbling, or maybe your coordination starts to deteriorate. You might even experience some slurred speech. Maybe you'll forget to put your kickstand down as you attempt to park your bike at that restaurant because you extended your ride too long. The early effects of hypothermia have crept into your body while you weren't looking. Next, as your body succumbs to further cooling of the body, your core temperature drops as the situation escalates into a dazed consciousness. Depending on how low your core temperature gets you may even feel sleepy. As the conditions continue, and the cold wind intensifies the situation, the symptoms of hypothermia begin to take control.

Lowering the body temperature to below a normal (98.6 degrees) temperature and having the body unable to produce its own heat will cause hypothermia. Most of us have experienced mild hypothermia at one time or another. Those chattering teeth, along with a slight body chill, for instance, are hypothermia indicators making their presence known. If left uncorrected, a serious bout with hypothermia can result in death. By the way, you do not have to be riding on one of those cold winter rides either. It has been shown that hypothermia can develop in temperatures as high as in the 60's and 70's. Hypothermia is especially common in cooler temperatures when there is strong wind, lack of sunshine, and your lack of drinking water to revitalize your body.

Prevention – GET OFF YOUR BIKE and into some shelter where it is warm, dry, out of the wind, and where you get can replenish fluids back into your body.

A preventive method towards the problem of hypothermia is to dress in layers to wick away moisture while retaining body heat. Silk is nature's best insulator. Pure silk traps the heat like nothing else, yet is light weight, smooth and having a "tight" interlock knit, traps the heat next to your body. Because of silk's tight interlock knit, it wicks moisture away before it can reach your skin. Silk should be the "first" layer next to your body with all other cloths layered on top. Further hypothermia prevention comes when you carry a dry change of clothes, including another set of riding gloves, dry socks, drinking more water, and having frequent snacks. Should you develop hypothermia, change into dry clothing as quickly as possible. Wear a hat to help prevent heat from escaping from your scalp. Wrap up in a coat, blanket (one of those aluminum space blankets for a couple of dollars does well), or a sleeping bag. Get into a warm, dry environment. Do not sleep until all signs of hypothermia are gone and avoid consuming anything containing caffeine or alcohol. If you are out in nowhere-land and feel its onslaught, you must do something. Pull over, stop, and utilize your engine as a source of heat while replenishing your fluids by drinking your water rations. Be careful not to burn yourself on those hot exhaust pipes or engine manifolds.

Chill factor for wind speed and temperature and having a motorcycle speed set at 60 miles per hour

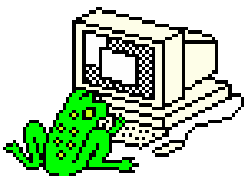
45 +35	44 +30	43 +29
42 +27	41 +26	40 +24
39 +23	38 +21	37 +20
36 +18	35 +17	34 +15
33 +14	32 +17	31 +11
30 +10	29 +13	28 +7
27 +5	26 +4	25 +2
24 -1	23 -1	22 -2

Sincerely,

GWRRR Chapter Educator –

JOHN E. DOUGHTY

FROM THE CHAPTER NEWSLETTER EDITORS





It looks like I'm talking to myself in front of a brick wall as far as anyone besides officers sending in information. Come-on youse guys and gals, break loose. This is **your** newsletter, so make it **your** newsletter by sending something in. Now that it's the rainy season you have more time to sit down and think of something that you may have read somewhere and would like to pass it along the information into **your** newsletter.

And youse guys down south, we would like to hear about your escapades.

How about your golf game? Anyone riding motorcycles down there? Just remember all letters are due the last Saturday of the month

Keep the articles coming?

Ken/Marion



FROM THE CHAPTER SECRETARY



November 3, 2011 Gathering

Chapter Director, Garry Alexander introduced his staff including Jim Johnson, who is "out of the woods" but unable to be here tonight. Steve, Nick Ferderer's Brother-in-Law, visiting from California is our visiting quest for the evening.

Events, past and future were discussed including visits to other chapters. The Chapter Christmas gathering will be on December 11, at Garry and Maxine Alexander's. This is a pot luck with Prime Rib as the main course. For those who want to participate, there will be a small gift exchange. Watch for an e-mail with all the details.

Garry reminded members to verify their information with National GWRRA and if necessary, update their information.

John Doughty, Chapter Educator, remaindered everyone to "check your tires" on both your motorcycle and your car. Wet leaves on the road make for slick conditions, especially around dark corners.

Color Drawing winner is Sharon Parr.

50/50 winner is Frank Hearron.

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Jan Ljunggren



FROM THE CHAPTER COUPLE OF THE YEAR:



Our day for celebrating Thanksgiving has come and gone for another year. I hope you awoke that morning, as you would every morning, and exclaimed “good morning God” rather than “oh God, it’s morning” and pull the covers up a little tighter. I, for one, am a very lucky person and thankful to be alive after having some heart issues. Other people have also had some large and small issues this past year and we are certainly happy that they are still here to share their times with us.

Soon we will be looking at another holiday, Christmas. Another big shopping day outside of Black Friday (or the day after Thanksgiving). Did you know that the busiest shopping day of the year is December 23rd? At least it is in my book. We enjoy giving and receiving gifts from others to show our love or appreciation for them. Let’s not forget the reason for the season.

This year our Thanksgiving will be spent out of the country in Mazatlan. Although it will not be with family, our celebration will still be meaningful. Even if it is toasted with a margarita rather than a glass of wine or cranberry juice. We have been enjoying the sunshine and walks along the beach. We have also been taking some tours of outlying towns, helping to improve their economy and learning more of their language and customs. We have made many new friends from the local area and also some from other states in the U.S. and Canada. Seems a lot of people want to escape the winter weather.

Both Sharon and I extend to each of you our wishes for a Merry Christmas and safe holidays. We hope you receive all the chrome you have been longing for all year

Smile often and ride safely.

Vic & Sharon
WAV Couple of the Year



FROM THE CHAPTER TECHNICAL ADVISOR:



This came from Chapter ‘E’ Bellevue. Thought it was worth reading and very interesting.

Caring for your Windshield

Some riders may wonder about what is the best way to care for your motorcycle plastic windshield. First, never clean your windshield with Windex™ - it was never designed to clean plastic and may result in fine scratches on your windshield. When you use Windex or other ammonia based cleaning solutions, it tends to soften the outermost layer of plastic which then promotes scratches and pitting. Most stock Goldwing windshields are made of hard coated polycarbonate and some aftermarket windshields are made of Lexan™ for which Windex promotes even more damage.

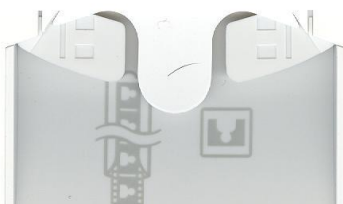
Even though you might be in a hurry when refueling your bike at a service station, never ever use one of those quick wash windshield scrubbers or squeegees. They are usually loaded with fine pieces of grit and the odds of scratching your windshield are high. The same logic applies to the paper towels found near gas pumps, they are made of recycled paper and are moderately abrasive. Household paper towels are not ideal for windshield cleaning either; they are also made from recycled paper and can be somewhat abrasive. It's best to carry your own windshield cleaning materials on your bike such as a micro-fiber cloth (preferred) or other soft cloth plus one of the cleaning solutions mentioned below.

Washing your windshield with mild soapy water while washing your bike is just fine. However between bike washes, one of the better rated windshield cleaners is **All Klear™** which has been specially formulated to clean plastic windshields on motorcycles (variations on the product are sold for aviation and boat use). All Klear leaves a thin coating on the windshield that helps repel dust and helps rain bead up (never use RainX™ on your bike windshield, it was not designed for polycarbonate plastic and will damage it). All Klear seems to fill in very fine micro scratches and make them disappear, it will also aid in the removal of grease and bugs. An 8 ounce bottle of All Klear sells for about \$8 at www.jpcycles.com or other online dealers (make sure that you order the motorcycle formula, not the aviation or boat versions). I keep a bottle in my bike at all times for windshield cleaning while on the road, it seems to last a long time. All Klear when used on helmet visors can assist in reducing fogging.



Windshield Cleaner products

Another option for windshield cleaning is Plexus™ which comes in an aerosol can and is highly rated. It's a bit pricey however; a 7 ounce can is \$15 at Amazon.com. **210 Plastic Cleaner/Polish™** (\$12 for 14 ounce bottle at Amazon) is a good alternative to using All Klear or Plexus for everyday windshield cleaning. Still another windshield cleaning product is Plas-Tec cleaner which comes in a pump spray bottle. A 16 oz. bottle is about \$10 from www.aircraftspruce.com or various motorcycle online dealers. It is rated as safe for polycarbonate and Lexan. You can also clean your helmet face-shield with the above products as well.



RECIPE CORNER:

CRUSTLESS SUGAR-FREE PUMPKIN PIE DIABETIC

And it good!

- 1 (15 ounce) can pumpkin
- 1 (12 ounce) can evaporated skim milk
- ½ cup egg substitute (equivalent to 2 eggs)
- 2 eggs whites
- ¾ cup artificial sweetener (equivalent to ¾ cup sugar)
- 1 teaspoon cinnamon, ground
- ¼ teaspoon allspice, ground
- ¼ teaspoon ginger, ground
- 1/8 teaspoon salt
- ½ cup reduced-fat graham cracker crumbs
- light whipped topping (optional)
- cinnamon (optional)

Directions

1. In a mixing bowl, combine the pumpkin, milk, egg substitute, egg white and sweetener, beat until smooth.
2. Add the spices and salt, beat until well mixed.
3. Stir in graham cracker crumbs.
4. Pour into a 9-in. pie plate that has been coated with nonstick cooking spray.
5. Bake at 325 deg F for 50-55 minutes or until a knife inserted comes out clean.
6. Cool.
7. If desired, garnish with a dollop of whipped topping and sprinkling of cinnamon.
8. Store in refrigerator.
9. Sweet 'N low or Sweet One are recommended for baking.

CHAPTER BIRTHDAYS:



CHAPTER ANNIVERSARYS



Harold Compau
Dwight Grosvenor
Dan Landis
Sharon Murphy
Leslie Mead

Dick & Myra Getchell

Quick Quiz - - - Brain Teaser

Solve the following in 10 seconds without a calculator and without multiplying.

Which is greater ---- 35×65 or 34×66 ?

Answer below

Did You Know

State Amphibian

Pseudacris regilla

In 2007, the Pacific chorus frog was designated as the official amphibian of the State of Washington.

Because Pacific chorus frogs live in every county in the state and on both sides of the Cascades, they are an excellent choice as an emblem for the whole state. The Pacific chorus frog is charming and makes beautiful sounds. Less than two inches long, they swell their throat sacs to three times the size of their heads to send their calls into the night. This amphibian is useful because it eats insects, including mosquitoes. It is recognizable by the black stripe through the eye to the shoulder, and can be brown, tan, grey or green. A native amphibian, it is preyed upon by bullfrogs, snakes, raccoons, shorebirds, hawks and ducks.

A third grade class at Boston Harbor Grade School in north Olympia, demonstrated excellent knowledge about the political process in making this proposal to the Legislature as the project involved science, research, art, and persuasive writing.



Answer to Quick Quiz: 35×65 is greater

You, the reader, Johnny Valley must have something Old, something New? send to your Editor

