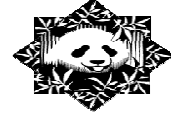


Goldwing Road Riders Association



Chapter WA-P "The Pandas", December 2010



*Chapter Directors
Chuck & Reggie*

Chapter Director's Corner

Hi All,

I am sad to have to say, we have lost two of our friend this very day. Calvin & Evelyn Carroll they were the Chapter Directors of L here in Longview with GWTA. Calvin had been fighting a long battle of cancer and he was losing. They had been married for 52 years and Evelyn did not want to live with out him, so they pass away together. They will be missed by all. Our prayers and thought go out to all the Family and Chapter L.

I hope this finds everyone in good health after getting stuffed at Thanksgiving, Reggie and I had a house full. Well it's begging to look a lot like Christmas, I hope you all have your trees and lights up, but if you don't you better call for sum help. It is getting close.

I know at this time of the year, we don't get to ride as much, but if you can sneak in a short ride make sure you dress warm and have some extra clothing with you, and an extra pair of gloves. I grow up in Michigan, where we always had an energy box in our Bikes, Cars and Trucks. When you travel in the winter you never know what can happen, so be prepared for anything.

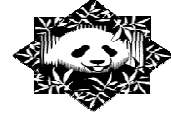
I hope we see you all at our gathering this month; we have a few things to go over and talk about, for the

coming year. Cuddle up and keep warm, see you out and about.

You're C. Ds
Chuck & Reggie



Goldwing Road Riders Association



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*Assistant Chapter
Directors
Rick & Marilyn Cade*

Hello all.

Even though I received a reminder to send in an article I almost forgot it. Not much has been going on with the riding season for me.

I did take my bike out to a new motorcycle shop in Scappoose, Oregon and had some new tires installed. It is being run by the person who used to run Columbia River Honda/Suzuki. I don't know why he is no longer there but at least he is still around.

The tires were a little cheaper than I could find anywhere else and his shop time is lower too. You know how they are when just starting out, lower prices. Hopefully they will stay that way.

He can get most anything he says but does not have much road gear in stock yet. His inventory in parts and accessories is mostly for the off-roader.

I received my new coat, the one that I ordered from GWRRA and so far am pleased with it. I went for a ride on a cool day and stayed quite warm in it. I like the way it looks and the price was not bad, as the shipping is included in the price. Just look in the Wing World magazine if you don't know which one I am talking about. It is red and black, the only color, but not a big deal to me. Any color but white would probably have been good.

I look forward to seeing you at the next meeting. Until then stay safe.

Rick
One of your Assistant Chapter Directors

Chapter WA-P Information

The Panda's Gathering Place: The Sizzler

**936 Ocean Beach Highway
Longview, WA 98632**

1:00PM for Lunch

2:00PM for Sharing

Next Gathering: November 20th

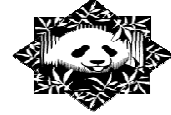
January(2011) Events:

WA-X Swap Meet	Jan. 8
WA-I Casino Night*	Jan. 22

Note: The rallies listed for WA-P (*) are the ones that the chapter is hoping to make. Most of the rallies have already got someone registered to go. All rides leave from Highlander/Splits parking lot. Watch for e-mails from our Chapter Directors, or getting a phone call from the phone tree person, or contact Chuck or Reggie at 360-636-0519 for the times we are leaving.

Chapter WA-P WEB site address is:
<http://www.gwrrawa-p.org>

Goldwing Road Riders Association



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RIDER ED AND SAFETY

Heart Attack Symptoms and Warning Signs

If you think you're having a heart attack, call 9-1-1 or your emergency medical system immediately.

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. No matter what your age or sex is. As a Paramedic my youngest Heart Attack patient was a 20 year old male. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** May occur with or without chest discomfort.
- **Other signs:** These may include breaking out in a cold sweat, nausea or lightheadedness

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than a few minutes (no more than 5) before calling for help. Call 9-1-1... Get to a hospital right away.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical

services staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. The staff are also trained to revive someone whose heart has stopped. You'll also get treated faster in the hospital if you come by ambulance.

If you can't access the emergency medical services (EMS), have someone drive you to the hospital right away. If you're the one having symptoms, don't drive yourself, unless you have absolutely no other option.

How do I know if a heart attack has occurred?

A doctor who's studied the results of several tests must diagnose a heart attack. The doctor will

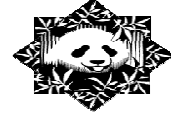
- Review the patient's complete medical history.
- Give a physical examination.
- Use an electrocardiogram (e-lek"tro-KAR'de-o-gram) (ECG or EKG) to discover any abnormalities caused by damage to the heart. An ECG is a medical device that makes a graphical record of the heart's electrical activity.
- Sometimes use a blood test to detect abnormal levels of certain enzymes in the bloodstream.

Blood tests confirm (or refute) suspicions raised in the early stages of evaluation that may occur in an emergency room, intensive care unit or urgent care setting. These tests are sometimes called heart damage markers or cardiac enzymes.

I hope no one has to go through this but knowing the warning signs may help. Usually the earlier the treatment the better the outcome.

**Scott Peabody,
Assistant Chapter Director
Washington Chapter P**

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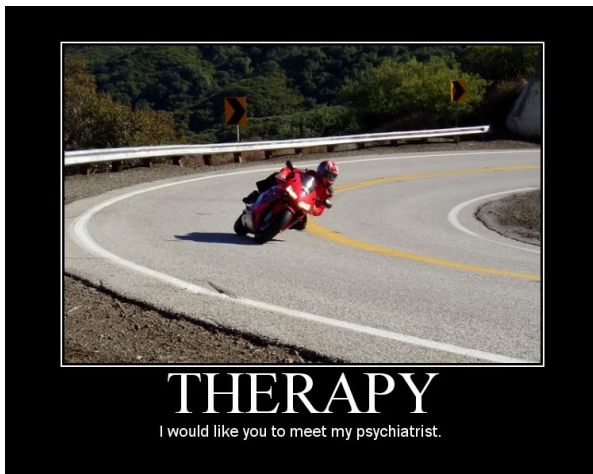


*Newsletter Editor
Reggie Baumer*

Marry Christmas to all,

Well it is hard to believe that in less than one week, that Christmas will be here and gone, will does time go? Here is the Winter retreat information. Please let me know if you can make it this year we are asking that you pay for one night and the chapter will pay the other one and the chapter will feed you Friday night we will behaving pizza as u get there and get settled in. Then Saturday night we will be going to the moose and or the elks lodge for a sit down dinner, where you will pay for your own. If you are interested call Reggie 360-636-0519. Here is hopping you and yours have a very Merry Christmas and a Happy New Years.

Reggie



Dr John's Corner
KEEPING UP WITH CHRONIC HEALTH
CHALLENGES
NOVEMBER 1, 2010

Naturopathic Fundamentals on sleep.

The importance of getting a good night's sleep was very much on the minds of early naturopaths. In the old herbal and homeopathic texts, sleep is one area which was heavily addressed. The causes seen in those days were as diverse then as they are today. The issues of today can appear increasingly more stressful than in the past. To overcome, we need to get free of the many things that stress our generation.

Except the Lord build the house, they labour in vain that build it: Except the Lord keep the city, the watchman waketh but in vain. It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.

Psalm 127:1-2

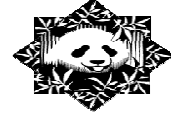
When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet

Sleep Deprivation & Health

Sleep is one of the primary pillars of maintaining optimum health.

Anyone who's suffered insomnia is very aware that one of the most valuable treasures of good health is the ability to enjoy a good nights sleep. If I can think of just one form of torture capable of destroying someone, sleep deprivation would rank right up there at

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the top.

Today's modern society has become a 24 hour culture. With so much of today's activity accessible at all hours, 20% of working Americans are involved in shift work. Having been there in the past myself, I'm acutely aware of the disruptive toll sleep deprivation can create both psychologically and physically.

Shift workers are more likely to experience sleep apnea get less than six hours sleep a night, and to drive drowsy. Recent research has shown an increased risk of breast cancer in those working the graveyard shift. This risk tends to increase with an increase in the hours worked.

An increase in cardiovascular disease, with hypertension and congestive heart disease has been linked to increased shift work.

When observing levels of the stress hormones; epinephrine, norepinephrine, and dopamine in shift workers who've performed shift work for greater than five years compared to those who've done less than five years of shift work, these show an increase with increased time on the job. Excessive secretion of these stress hormones tends to have an effect of reducing immune function.

Performance and safety can be severely affected by sleep deprivation. Highway 30 has long been known as one of the most dangerous roads in Oregon. Contributing to this statistic is the number of tired shift workers from the Wauna paper mill driving to and from home in a fatigued condition. I know that if I don't get a good night's sleep, my performance is affected. Would you want a physically tired, sleep deprived cardiac surgeon operating on you? I bet not.

Family life can be negatively affected through the dynamics of shift work. Inadequate time with family can lead to

social-emotional conflicts. One of the healthiest and most important decisions the shift worker can make is to develop a schedule or lifestyle providing adequate sleep and meaningful time with their loved ones.

I frequently see those who set their own hours, and don't do a very good job of it. In medical school, I found that if I didn't get all my studies completed by a certain time, I was better off just turning in and getting a good night's sleep. My brain would work better and I would retain more of what I learned if I slept well, than if I just pushed through and studied all night.

When considering sleep apnea, not only do I look at issues of the acidic system attempting to regulate pH by stopping respiration, but also as a response to stress loads not being resolved. Stress actually sets up and maintains an acidic pH in the body.

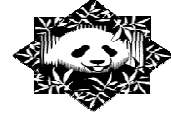
During sleep, sensory and motor activity is relatively suspended. This allows the brain to be more tuned in to internal stimuli and repair. When there's conflict in the mind, sleep only serves to quiet the issues of the day, allowing the greater concerns to take over, in essence, opening the tigers cage, creating more stress, and preventing restful sleep.

Modifying lifestyle is critical to good sleep. After dealing with the psychological stress, it's critical to restore the depleted nutrients, required for calming the brain and nerves. When this is accomplished, you can regain that youthful, healthy, peaceful sleep, which actually assists in healing the body..

Stop any stimulants that may be preventing sleep. Caffeine and sugar are major triggers for insomnia. Contrary to popular belief, alcohol is a cardiac stimulant and can be a contributing factor in sleep deprivation.

Herbal preparations can soothe the nerves and allow for sleep. Valerian root, Passion flower, Hops, Skullcap, and St

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John's wort are just a few excellent choices. When calming minerals are missing, the correct choice of these elements can dynamically improve function. As always, when in doubt, I'm here to iron out the problems and make sense of the issues.

Sleep tight!

Dr Briggs is a 1980 graduate of the National College of Naturopathic Medicine, and has been practicing naturopathic medicine in the northwest corner of Oregon since his graduation. His practice involves diagnostic and therapeutic modalities which have stood the test of time and the challenges of diverse disease. We believe that each person exists dynamically as a spirit being, possessing a soul made up of their mind, will, and emotions, living in a body which requires specific care and nutrition. To address only the physical needs is to ignore the real person, and frequently, the real issues. We strive to address all your issues (spiritual, mental, emotional, and physical), with compassion and wisdom.

Dr John A. Briggs ND
20 N.E. Lillich St.
Clatskanie, Oregon 97016
503-728-4732
jbriggs4732@charter.net



Our Store
Judy Thompson

Item	Cost
GWRRA Earrings	\$7.50
GWRRA Patch (Large)	\$12.00
GWRRA Patch (Small)	\$9.00
Neck Scarf (Bear Paws)	\$10.00
Net Headband	\$10.00
Saddlebag Liners	\$19.99

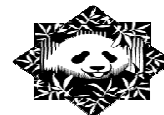


John Briggs	Nov. 17th
David VanSike	Dec. 3rd
Jerry Thompson	Dec. 19th



Ray & Bonnie Tompkins Dec. 24th

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Washington District Staff

District Directors	Bob & Patty Spencer
Assistant District Directors	John & Barb Smith
Assistant District Directors	Gray & Diana Domas
Educators	Eric Carlson
Leadership Trainers	Mike & Lynn Briggs
Treasurers	Chuck & Deb Buell
Membership Coordinators	Carmen & Dan Weakland
Stores	Lynn Briggs
WEB Master	John & Barb Smith
Couple of the Year	Open
IOY/COY	Dan & Carmen Weakland
Vendor Coordinators	Peggy & Mike Hudnell
Newsletter Editor	Shirley & Dale Dufner

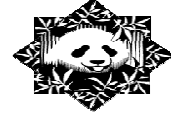
The WEB site has more information: <http://www.gwrra-wa.org>

Chapter WA-P Staff

Chapter Directors	Chuck Porter & Reggie	chapterp@comcast.com
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50/50	Mel Neighbors	brother.mel@hotmail.com
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Newsletter Editors	Reggie & Dee	chapterp@comcast.com
Membership Coordinator	Open	
Chapter Historians	Jim & Ninelle Brunelle	mijbru@msn.com
Couple of the Year	Open	
Individual of the Year	Open	
Vendor Coordinators	Open	

The WEB site has more information: <http://www.gwrrawa-p.org>

Goldwing Road Riders Association



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Washington District Chapter's Gathering Information

Wk	Day	Time	Town	Chapter	Contact	Phone
4th	Saturday	8:30AM	Kent	A	Sam & Doreen Grubbs	206-718-6814
1st	Sunday	8:30AM	Bremerton	B	Jim & June Dutton	360-551-2236
2nd	Saturday	8:00AM	Everett	C	Bob & Thess Thurgood	425-486-4416
2nd	Sunday	8:30AM	Aberdeen	D	Erv & Phyllis Granahan	360-249-3463
3rd	Saturday	8:00AM	Redmond	E	John & Barb Smith	206-391-6343
2nd	Tuesday	6:30PM	Lynden	H	Chet & Kathy Renskers	360-332-4765
3rd	Sunday	8:00AM	Olympia	I	Ray Abitz	360-790-2832
2nd	Saturday	9:00AM	Kennewick	L	Alex Piper	509-546-0846
1st	Saturday	8:00AM	Toppenish	M	Ron Hafsos	509-697-4415
3rd	Sunday	8:30AM	Spokane	N	Dale & Shirley Dufner	509-924-3698
4th	Saturday	8:00AM	Port Orchard	O	Ken Smith	360-876-6737
3rd	Saturday	1:00PM	Longview	P	Chuck Porter & Reggie	360-636-0519
1st	Friday	7:00PM	Puyallup	Q	Dean & Christie Kalles	253-845-7177
1st	Saturday	9:00AM	Milton-Freewater	R	Jim Corn	509-525-1304
1st	Thursday	6:00PM	Auburn	V	Garry & Maxine Alexander	253-770-3866
1st	Saturday	8:30AM	Vancouver	X	Dee Hall & Vanora Volk	360-254-2343
2nd	Friday	6:30PM	Enumclaw	Y	Roy & Pearl McKenzie	253-862-0220
2nd	Saturday	5:30PM	Centralia	Z	Jesse & Eva Valentine	360-888-0546

Call the contact and make sure the chapter is holding their gathering before heading out. Check the Washington district WEB site as well for the latest gathering information.

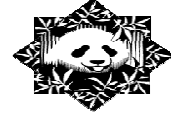
Notes:

Oregon District Chapter's Gathering Information

Wk	Day	Time	Town	Chapter	Contact	Phone
3rd	Saturday	8:00AM	Salem	G	Barb Choate	503-932-0206
3rd	Saturday	9:00AM	Hermiston	H	Mark & Sheri Bridge	541-449-1451
2nd	Saturday	8:00AM	Portland	I	Rick & Kathy Mashek	503-650-6172
4th	Saturday	8:00AM	Albany	J	Del & Sandy Schaeffer	541-967-7953

Call the contact and make sure the chapter is holding their gathering before heading out. Check the Oregon district WEB site as well for the latest gathering information.

Goldwing Road Riders Association



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Washington District 2011 Calendar of Events

January:

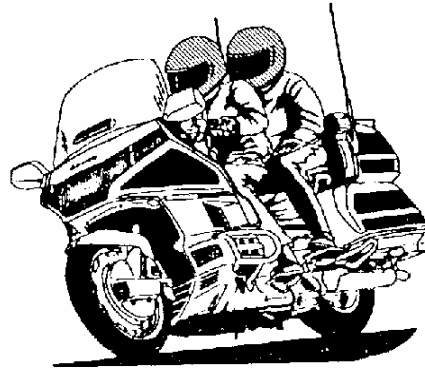
8 WA-X Swap Meet
15 WA-P Winter Retreat
22 WA-I Casino Night

Oregon District 2011 Calendar of Events

March:

13 OR-I Blarney Run

Please make sure you check the respective WEB sites to be sure that the rally information is correct.



Get Out and Ride