

# Washington Wing News

Washington District Newsletter

WWW.GWRRR-WA.ORG

January 2009



## Around the District

### \*\*\* CHANGES \*\*\*

Chapter WA-A will meet for breakfast at the Old Country Buffet - 25630 104th Ave SE in Kent - until further notice.

### ~~~ New CDs ~~~

Chapter WA-B - Sun, Jan. 4<sup>th</sup>  
Mike and Bijou White

Chapter WA-Z - Sat, Jan 10<sup>th</sup>  
Jesse and Eva Valentine

Chapter WA-D - Sun, Jan. 11<sup>th</sup>  
Erv and Phyllis Granahan

Chapter WA-I - Sun, Jan. 18<sup>th</sup>  
Doug and Donna Deskin

Chapter WA-N - Sun, Jan 18<sup>th</sup>  
Dale and Shirley Dufner

Chapter WA-O - Sat, Jan 24<sup>th</sup>  
Ken and Sandi Smith

Chapter WA-F - Sun, Jan 25<sup>th</sup>  
Bob and Patty Spencer (acting)

### \*\*\* EVENTS \*\*\*

Jan. 24<sup>th</sup> Chapter WA-I will host their Casino Night in the Camp Murray Armory starting at 4PM, with the auction at 9PM.

## Under Construction

Rider Ed Workshop - West  
March 21<sup>st</sup> in Buckley

Rider Ed Workshop - East  
May 9<sup>th</sup> in Pasco

2009 District Rally in  
Lynden July 16<sup>th</sup> - 19<sup>th</sup>

## Mike and Peggy Hudnell District Directors



## THE FIRST DECADE

Does it seem possible that the first decade of the 21st century is close to an end? It seems yesterday the buzz was all about Y2K and would these things called computers even work. Well they do, and have been a valuable tool for us to communicate, to learn and to entertain ourselves.

One thing the computer cannot do, however, is replace good old fashion person-to-person contact. Sometimes in an effort to communicate we forget how to communicate. We forget the personal touch of receiving a voice communication like the telephone. We forget the look on people's faces when they hear good news for the first time, in person. Their immediate step into action when bad news arrives and one of our own needs us. I have always been amazed by the quality of people that are attracted to our family of motorcycling.

Part of my morning I spent doing some light reading. I reviewed an article written about a billionaire. A caption from the article read, "If your staff is inspired and enjoying their work, they'll do what it takes to make the company succeed."

When I read this I thought about all of us that are operations directors. Our success is directly linked to that of our staff and how well they perform at their positions. Whether it is at chapter, district, region or national level we cannot succeed without the help of those around us.

Then I thought more about the chapters, districts and regions where we spend our time riding, camping, eating, sightseeing, eating, riding and just having a great time. The people that make up these groups also have to be inspired and enjoying themselves for the company (Association) to succeed. The only thing we need to do, as directors, is our best to inspire them and make things as enjoyable as we can. The rest will be taken care of by the people who make up the chapters, districts, and regions.

In a past article I wrote about expectation and responsibility and how it relates to us. The important thing is to remember to show appreciation for our participants. Make sure they get paid. How we pay them is recognition and awards for doing good things to help us succeed. Which needs to be done with person-to-person contact. The computer will aid us, but it cannot get the result that in-person contact will accomplish.

So here is my resolution for 2009. Do the best job I can of recognizing everyone that helps bring success to our family. Which leads me to talk about staff. I know without a doubt the staff is inspired and they are having fun. I know without a doubt they are the best in their respective areas and they do what it takes to make the chapters, districts and regions succeed. For my staff, including all the Chapter Directors, you are phenomenal. There is no other way to say it. For the chapter staffs, you are phenomenal. There is no other way to say it. You give freely of your talents, time and caring to make all that we do a good time. If that isn't being inspired, I'm not sure what is.

We begin this year with changes in leadership at chapters across our state. New inspiration will come from the new directors and happy faces will be all around them. Happy faces will also be around the Chapter Directors who get to reenergize and take in the fun of an event-filled year. What we need to do is see that they get paid. We do this by donning our chapter colors, showing up as a

chapter family to say Thanks. Thanks for being our inspiration and making us happy. Thanks for becoming the inspiration and making us happy. Thanks with a warm hug and firm handshake. Thanks.

2008 was a great year for our District, but 2009 will be just as great, if not better. Because you will be there to share it with Peggy and I. Happy New Year!

Mike Hudnell  
District Director

**Hank and Marilyn Smith**  
Assistant District Directors



### NEW YEAR

January 2009, how did that get here so fast? Got my new Gold Wing Road Riders Association calendar for 2009 and started filling in dates for the year. Gad! A lot of stuff to do again this year. There have been some changes in some Chapters' CD positions, and if your chapter is one of these, remember they are new at this (even if they've done it before) and I'm sure they can use all the help they can get... so jump in with them.

Christmas was very good for DD Mike as Santa brought him a 2009 Wing. He must have been VERY good all year, which I find hard to believe. For the rest of us that didn't get a new wing, I hope there was more than coal in the sock.

I see in some chapter newsletters (which you can get to on the District Web Page) that there are registration forms for their upcoming rides. Start filling them out and get them sent in.

Well, I hope everyone has recovered from all the holidays and now it's time to start thinking about the riding season. Let's have fun.

Hank and Marilyn Smith  
Assistant District Directors

*Don't you hate it when you know the answers, but nobody bothers to ask you the questions?*



**Bob and Patty Spencer**  
Assistant District Directors

### CABIN FEVER

Wikipedia defines "Cabin Fever" as a claustrophobic reaction when a person is isolated for an extended period. Symptoms include restlessness, irritability and excessive sleep. So let's see. I'm definitely restless. Patty says I'm irritable and I'm definitely spending a lot of time in the recliner looking at the back side of my eyelids. Like many of you, I must be experiencing "Cabin Fever". With the weather we've had over the last three weeks, who wouldn't have cabin fever?

Ahh, but I have a cure! I've counted at least 25 "GWRRA" gatherings or activities throughout our district in the month of January alone, seven of them being new "CD" installations. Get out and show your support for these chapters and more importantly for the individuals taking on their new positions. Put together a group from your chapter and go visiting. It gets you out of the house for a while, gives you a chance to make new friends and maybe even an opportunity to steal an idea or two from other chapters gatherings. Visit our District Website [www.gwrra-wa.org](http://www.gwrra-wa.org) for the information on all the gathering places, dates and times.

Here's another thought to help you fight off "Cabin Fever": The days are now actually getting longer! I literally count the additional minutes every day as we get closer to spring. I know, I'm a sick individual, but at least I don't wear those fancy pants and walk around blowing on a kazoo yelling "LAST CALL" like someone else I know. He must have "ADD". In his defense, I've got to say, at least he's out having fun and that's what it's all about, "Friends for Fun, Safety and Knowledge".

In closing, Patty and I want to wish all of you a fun, safe and Happy New Year and we look forward to seeing all of you throughout 2009. Ride safe and count those extra minutes of daylight every day. Spring is just around the corner, albeit a long sweeping corner.

Bob and Patty Spencer  
Assistant District Directors



**Bill and Barbara Ellis**  
**District Trainers**

**DISTRICT LEADERSHIP TRAINING**

As you may know Barbara and I are stepping down as Directors of Leadership Training. We are passing the office into the capable hands of Mike Briggs.

We've been completing the seminar records of who has taken which classes and when, and we're amazed at the numbers of all the chapter members who believe in the importance

of knowledge. Keep it up.

People outside of motorcycling have asked me "Why does a motorcycle club need training in leadership?" I think they're imagining the 'Wild Bunch'. My reply is something like "We believe in Friends for Fun, Safety and Knowledge". We need to have strong Chapters to encourage members to take advantage of the safe riding courses that we offer. To have strong Chapters we need to have members who have a good knowledge of the fundamentals of how to lead volunteers.

I have enjoyed signing your LTD Personal Training Record cards. The news is that they are to be replaced with a new card that shows six, rather than five, seminar programs. Save your cards until the transition is complete.

I want to thank all those presenters who gave selflessly of their time to share their knowledge and expertise with all of us. They know the value of a good education. I'm sure you will see them again at future District events.

Let me conclude with a big thank you for spending your free time seeking knowledge at our seminars.

Bill and Barbara Ellis  
District Leadership Trainers

*OUR THANKS* to Bill and Barbara Ellis for the time, effort, energy and dedication they've devoted to our District Leadership Training Program. They've made it an active and effective tool for all our members.

*OUR WELCOME* to Mike and Lynn Briggs, who just retired from the Region I staff and are joining us as the new District Leadership Trainers. We count ourselves lucky to have them with us.

The Washington District Staff

**Jim and Pam Swart**  
**District Educator**



**HAPPY HOLIDAYS!!**

Pam and I wish a VERY MERRY CHRISTMAS AND HAPPY NEW YEAR to our fellow GWRRA Family members.

December has decided to give us all a white Christmas this year, from the looks of things. Which I am sure you all know means icy roads, freezing cold, and the "not so smart drivers" who still haven't learned how to drive in the snow. Please take your time driving out there, and give those around you plenty of room to slip and slide and avoid hitting you.

This has been a "different " year all around. A lot of new experiences explored, and a lot of old friends visited.

As we welcome in the new year, remember to write down the mileage on your favorite two wheeled steeds, and give that information to your Chapter Rider Educator. It'll be interesting to see how many safe miles Washington District accumulates in just six months.

With the weather not conducive to two-wheeled riding, make sure your trusty steed is prepared for a long stay in the stable - the ol' battery tender dusted off and plugged in, the bike set up on its center stand so the oil doesn't fill the low side cylinders, and it doesn't hurt to fire it up once a week to keep all the seals well lubricated. Besides, while it's warming up, you can sit on it and reminisce about all the rides you did this last year and all the great times you had on it.

You all be safe and we'll see ya next year.

Jim and Pam Swart  
District Rider Educator



**Dan and Carmen Weakland  
District Membership Coordinators and Couple of the Year**

**EMAILS FROM OUR BROKEN WINGERS**

*(Editor's Note: On December 6<sup>th</sup>, Dan and Carmen were in a motorcycle crash. Thankfully, their safety gear saved them from major injury and road-rash. The following are Carmen's emails to Mike and the District staff.)*

Sent: Saturday, December 6, 2008

Subject: Accident today

Dan and I are in the hospital tonite at OHSU in Portland. On toy run to marshalling area this AM when a car hit the brakes next lane over and looked to cut in between bikes right in front of us. Dan locked up front brake and all I recall is sliding down road on my left side with face shield heating me up and blood dripping in my eye. Hear we slid 200 feet. Dan has 5-6 broken ribs and a broken collar bone. I have a broken ankle, a broken rib, six stitches over my eyebrow, and facial burns. Dan is in ICU and I am in observation tonite. Dan's bike has cosmetic damage, and the guys came and got it and locked it up at Latus Motors. We will be OK. Just wanted you to know. Would you mind sharing with our pals as we could both use a little cheering up.

Sent: Tuesday, December 09, 2008

Subject: Surgery tomorrow

At surgeon's office now. Surgery on broken ankle tomorrow. More from me later today.

Sent: Tuesday, December 09, 2008

Subject: Re: Surgery tomorrow

Dan is still in the hospital for at least one more day. He is doing better. Will know later today what time my day surgery is tomorrow. Should be able to work some at home but be able to roll in to work on Monday with a walker.

Sent: Thursday, December 11, 2008

Subject: Home last night

We are home together at last!

Dan got to come yesterday. He is quite sore and bruised and when we can laugh we say he walks like an Arte Johnson character from Laugh In days! Dan may be six weeks before he can go back to bus driving.

I had surgery yesterday afternoon, with a plate and screws affixed to the ankle. A pain pump fed thru my sciatic nerve. A huge soft cast. If I am really good and stay off it for two weeks, with no weight on it and keep it elevated, I can go to a walking cast on the 23rd just in time for Christmas!

Jeannie and Mel Davidson (former GWRRA members who are HOG members) gave us their whole weekend and took three days off work to care for us and run us around. There just aren't words for that kind of wonderful.

Mike and Terry Frerichs have been with us all weekend and check in constantly.

Both the Harley group and GWRRA Oregon Chapter I call daily and send cards and emails.

Our family in Denver and NY have been with us via phone all the way, as have our local family members.

There are no words for the kindness of our District Staff. Mike and Peggy, dang you assembled a FINE group! Dale and Shirley's visit just blows us away!

OK, time to roll out of bed and call New York to get my computer decked out so I can have remote access.

More updates as we go! Thank you so much.

Big hugs from Carmen and Dan

Very hard to get around so thank God for our son Mitch living with us and being on school break. We tell him it's a warm up for when we are 90 year old grumbles!

Just thought we would share the morning update. Thank you so much for everything.

Sent: Friday, December 12, 2008

Subject: Thank you all

Thank you so much for the gorgeous flowers. I bawled and Dan brought the Kleenex! Talk to you all soon.

Sent: Tuesday, December 23, 2008

Subject: Dan and Carmen Update

Happy holidays. We just wanted to thank you for all your well wishes, caring and support as we go thru the healing process from the motorcycle accident of December 6th. We are counting our blessings and thanking all who said prayers for us as today was a miracle for one of us and we hope for another answered prayer tomorrow for the other one of us.

We just got home -- after a big day with nasty weather-related traffic -- we have about three feet of snow at the house and the prediction of more to come for the area. Guess it's a good time to be snowed in if one has to impaired! Our

friends, Jeannie and Mel came with their four wheel drive with studded tires and took us 40 miles into town to the orthopedist this morning. The medical staff removed my cast and took x-rays and found NO evidence of the break. The plate and screws are internal and the ankle has about a six inch incision, which they say looks stellar. They removed the stitches, re-dressed the wound and put me into a big black soft cast with a hard plastic velcro exterior walking cast that I'm supposed to wear to walk and don't need to wear to sleep. I need to keep it elevated and start to exercise it by pretending I'm shifting. If I do all that, I don't have to start physical therapy when I go back to the doctor in four weeks. My 14 stitches in my eyebrow came out last week and I now have a rakish appearance! The broken rib is getting better, but still acts up if I laugh too much or try to lift. I'm having mind-over-matter issues, as I cannot make my feet "walk" without using my walker, but the word is that my brain will catch up soon and realize I can put full weight on the ankle as long as it's braced.

Dan is feeling much better and goes in for a check-up tomorrow for his six broken ribs and broken collarbone, if we can get out to the doctor in the AM. Our cars are buried in snow (seems the motorcycles get preferential berth and have taken over the garage), and between the two of us, we aren't equipped to dig the cars out so thank goodness for wonderful neighbors! Our son Mitch is stuck in a snow bank about 20 miles away and staying with his friends [who] will have to help him with his problem when they can get out of the house...

All the Christmas plans cancelled here with family and friends due to weather so it shall be a very quiet holiday.

We are very, very thankful as this could have all been so much worse.

We hope you are doing well and that you have a very blessed holiday with family and friends.

I hope to be back to working in the office on Monday. I've been able to work part-time from home, thankfully. Dan hopes to go back to work driving bus when school begins again January 5th.

Take care and happy holidays.

Dan and Carmen

Happy January Birthdays to Chapters B and Y!!

### RALLY DESIGN CONTEST

Designs are needed for the 29<sup>th</sup> Annual Washington District Rally t-shirt and pin. Do you have hidden talents in graphic design? We also need a design for the Migration to Montana poker run shirt. Can you meet the challenge and present a design that a lot of people will be wearing?

For the rally pin and t-shirt design, we're offering two free registrations to the artist whose submission is selected by the District staff for the 29<sup>th</sup> Annual Washington District Rally, Lynden II - It's a Family Affair.

For the Migration to Montana poker run, we'll offer yet another two free registrations.

Please forward your submissions by e-mail to [DD@qwrra-wa.org](mailto:DD@qwrra-wa.org). or via snail mail to 211 SE Shadowood Dr., Shelton, WA 98584. Deadline for submission is February 15, 2009.

The District staff is looking forward to seeing your designs. Even if your design is not chosen we'll buy you dinner at the rally on Saturday night. Come to think of it, how about dinner on Friday night as well. How could you refuse such an offer?

The Washington District Staff

### SAD NEWS ABOUT AN OLD FRIEND

We've lost a former member of our GWRRA family. Art Brossoit passed away Thursday, December 18th in Hawaii.

He and his wife, Shirley, were long time members of Chapter S. They were Washington District Couple of the Year for 1995-1996. They were also Region I Couple of the Year and represented the Region at the 1997 Wing Ding in Billings, Montana.

Please keep Shirley and the rest of Art's family in your thoughts and prayers.

## LYNDEN II, IT'S A FAMILY AFFAIR

This is the theme for the 2009 rally of Washington District. We had such a good time last year enjoying our "Family Reunion" that my staff came up with this theme from all the suggestions we received. The tempo of the rally didn't stop in Lynden. It showed up in all the chapter events and around the region. People were focused on the best thing we could have... friends and family and fun while riding our Gold Wings! It just doesn't get any better.

So what could be better? How about money to go along with the fun? In a search for a Grand Prize, I learned something from my Assistant Hank. He said "money goes good on a motorcycle." Well it does! It goes good in a variety of ways. Maybe for some upcoming repairs, or some chrome or some custom paint, or just as good in your pocket after having a great time at the rally.

Well here it is! How about a stack of 100-dollar bills as the Grand Prize! Fifteen to be exact! Then you can decide where it will be best spent. How about five hundred dollars for second place and two hundred fifty dollars for third? I don't know about you, but I am buying some of those tickets!

Just to make sure you're taking advantage of the Safe Miles challenge, how about we add some money to that as well. I'm seeking sponsorship of this portion of the rally and will announce later the amounts to be given away to the chapter and the individual high Safe Miles winners.

We were so strongly supported last year by Larry and Paula Gay, Crazy Larry's Accessories, they remain as our sponsor this year and we don't want anything from them. They've done so much to help all of us over the years that asking for more just doesn't seem right to me from a District standpoint. They are the best friends any organization could ask for on a local and regional level.

So, do I have your interest for 2009 rally? How about one more thing - how about a migration of Gold Wings from Washington District Rally to the Montana District Rally, where all poker run monies will be given back to those that take part in it? How large will the pot be? Depends on how many take the ride. I hope to see all of you along the way. I can assure you the roads taken will be worth the ride! The Montana Rally weekend follows our rally weekend and what better way to spend that week in between. Did someone say campout on the way?

Mike Hudnell  
District Director

## THE GREAT WASHINGTON DISTRICT SAFE MILES CHALLENGE

There have been questions about the Washington District Safe Miles contest... particularly what the miles are and what happens if you are a member of a small chapter. We think the following will address the questions and provide a bit more clarity about the contest:

### **Q: What are safe miles?**

**A:** Any miles a RIDER accumulates on a licensed motorcycle, trike or scooter, beginning on January 1, 2009 and ending on June 30, 2009. The chapters are responsible to show proof of their process for collecting the miles. We will not audit the miles, but we should have some way to track them. Chapter E would be happy to provide you with a sample that you may want to use. Please let me know if you would like to get a sample.

### **Q: What are the prize categories?**

**A:** 1) Absolute number of miles - the chapter with the largest gross number of safe miles ridden.  
2) Average number of miles per member - the chapter with the largest average number of safe miles ridden (calculated as the number of members on the run list at June 30, 2009 divided into the chapter's absolute miles).

Mike Hudnell will fill you in on what the prizes will be. And to keep the fun going, we're going to ask you to continue to record the miles through the riding season. Who knows, maybe we can challenge other Districts too?

We hope this helps clear up the contest rules and will give the chapters with smaller membership a shot at a prize too. Ride safe and ride well.

Bob Reagle  
Chapter WA-E Rider Educator

*(Editor's Note: Check out Chapter WA-E's excellent Rider Ed articles and videos: [www.gwrra-wae.org/EducatorsCorner.html](http://www.gwrra-wae.org/EducatorsCorner.html).)*

## 2009 EVENT SCHEDULE

### JANUARY

24 WA-I Casino Night at Camp Murray

### FEBRUARY

21 Region Rider Instructor Candidate Training  
27-28 WA-P Three Rivers Mall Show

### MARCH

6-8 WA-E Surf Watch at Ocean Shores  
6-8 WA-D Mall Show  
18-22 Region Rider Instructor Training  
21 District Rider Ed Workshop (West) in Buckley  
28 WA-O Bowling Challenge

### APRIL

3 WA-Q Auction and Dinner in Puyallup  
4 WA-M & R Joint Breakfast in Prosser  
10-12 Region Rider Instructor Training  
18 WA-C Early Spring Fun Run in Everett  
19 WA-N Brown Bag Auction in Spokane  
25-26 Region Rider Instructor Training

### MAY

2-3 WA-M Fun Run and Campout in Yakima  
9 District Rider Ed Workshop (East) in Pasco  
15-18 BC-G & K Victoria Days in Winfield, BC  
22-24 WA-L Desert Spring Fling in Kennewick

### JUNE

6 WA-H Farmer's Parade in Lynden  
13 WA-D Duck Hunt in Aberdeen  
18-20 OR District Rally in Prineville  
20 WA-X DAV Ride from Portland  
25-27 WY District Rally in Cheyenne

### JULY

1 Wing Ding Couple of the Year Selection  
2-5 Wing Ding 31 in Tulsa, OK  
11 WA-A Mystery Ride from Renton  
16-19 WA District Rally in Lynden  
23-25 MT District Rally in Hamilton  
25 WA-Q Here's Your Sign Ride from Puyallup  
31-2Aug Region J Rally in Maple Ridge, BC

### AUGUST

1 WA-B Harvest Run from Bremerton  
8-9 WA-O Whale of a Picnic  
13-15 Region I Rally in Weiser, ID  
16 WA-Q Rogers HS Show at Puyallup  
22-23 WA-Z Poker Run and Campout in Centralia  
29 WA-X Poker Run from Vancouver

### SEPTEMBER

3-6 ID District Rally in Kamiah  
4-7 WA-A Campout at the Ocean  
18-20 WA-P Oyster Feed at Long Beach

### OCTOBER

10 District Leadership Conference in Buckley  
24 WA-Q Halloween Dance in Puyallup

### NOVEMBER

11 WA-B Veterans' Day

### DECEMBER

12 WA-D Festival of Lights in Montesano

*(This schedule is subject to change, so please check on the websites for current information.)*

These businesses provide much appreciated support to our organization. Please return the favor!!

#### American Laser Works

Custom Laser Engraving  
1860 California AV SE  
Port Orchard, WA. 98366  
(360) 871-3738

Nwagner@americanlaserworks.com

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## Hydrogen Peroxide For Colds and Flu...

(From the December 2008 GWRRA Rider Education Newsletter at [www.gwrro.org/regional/ridered/newsletter.html](http://www.gwrro.org/regional/ridered/newsletter.html))

Hydrogen peroxide seems to work quite well and is supposed to be effective 80% of the time, especially if done when the symptoms first appear. While it seems contrary to what we have been taught about colds and flu we know quite a few people who have tried it with great success.

In 1928 Richard Simmons, MD hypothesized that colds and flu virus enter through the ear canal. His findings were dismissed by the medical community. According to Dr. Simmons, contrary to what you may think or have been taught about how you catch the flu or the cold there is only one way that you can catch the two, and that's via the ear canal, not through the eyes or nose or mouth as most have believed.

Keeping your fingers out of your ears will greatly reduce your chances of catching them, but then again these two are microscopic and can be air-borne and may land on or even in your ear. Once they have entered the inner-ear (middle-ear) there they begin their breeding process, and from there they have access to every avenue throughout our body to travel to and to infect and make us sick.

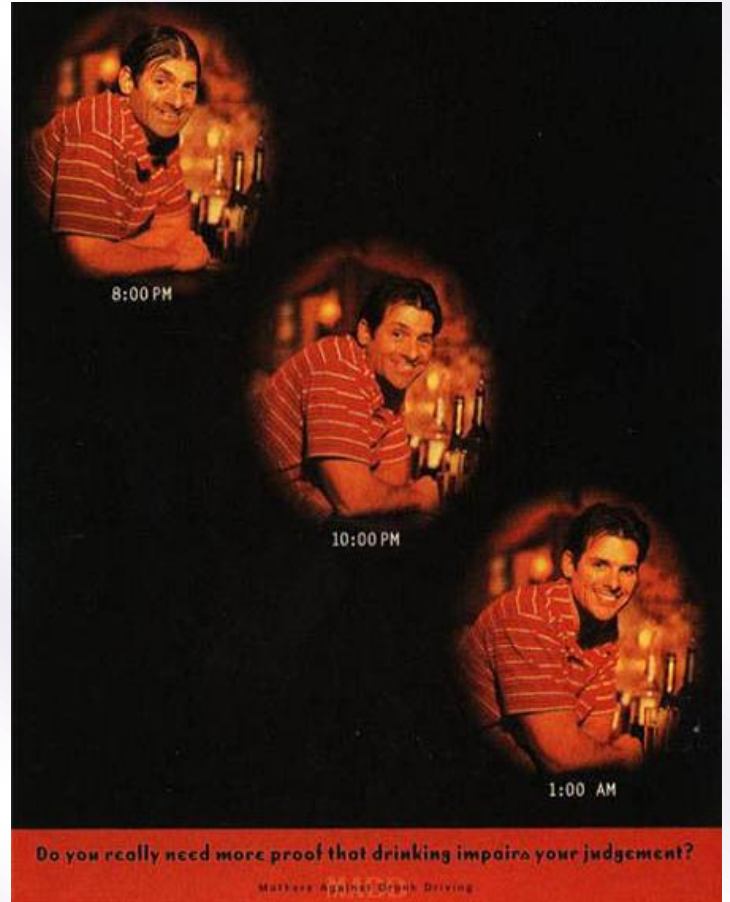
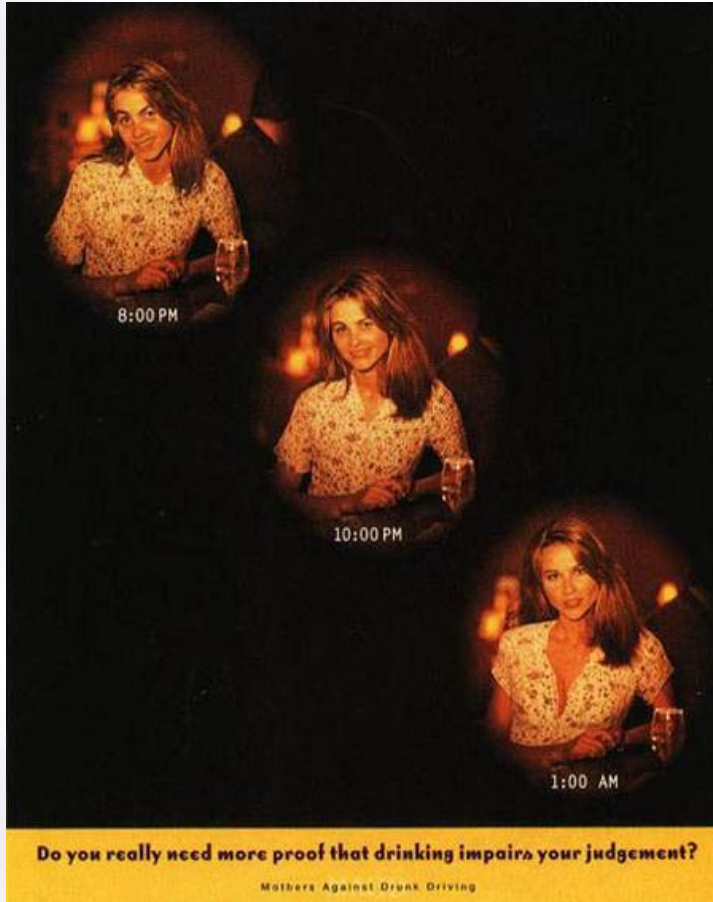
In 1938 German researchers had great success using hydrogen peroxide in dealing with colds and the flu. Their data has been ignored for over 60 years. It is important to begin treatment as soon as symptoms appear. If treatment is started promptly, effectiveness seems to be in the 80% range.

We have found remarkable results in curing the flu & cold within 12 to 14 hours when administering a few drops of 3% Hydrogen Peroxide (H<sub>2</sub>O<sub>2</sub>) into each infected ear, (sometimes only one ear is infected) The H<sub>2</sub>O<sub>2</sub> starts working within 2 to 3 minutes in killing the flu or cold; there will be some bubbling and in some cases mild stinging occurs. Wait until the bubbling & stinging subside (usually 5 to 10 min) then drain onto tissue and repeat other ear. A bottle of Hydrogen Peroxide in 3% solution is available at any drug store for a couple of dollars.

Although this method is perfectly safe for infant/children to use, the loud bubbling and stinging frightens them; they'll need someone they trust to put the HP in their ears. (DO NOT get H<sub>2</sub>O<sub>2</sub> in the eyes. If you do, flush with water.) An Audiologist has confirmed that if the infection is inside of the ear canal then this may not work, but if the infection is indeed inside of the ear this will work in most cases.

Research done by Dr. Rutkowski  
Family & Sports Chiropractic  
Swansea, MA

### A PICTURE IS WORTH A THOUSAND WORDS:





## AAADD: KNOW THE SYMPTOMS!

*(Don't laugh -- if this isn't you yet, your day is coming!!!)*

Recently, I was diagnosed with AAADD - Age Activated Attention Deficit Disorder. Thank goodness there's a name for this disorder. Somehow I feel better, even though I have it!!

This is how it manifests:

I decide to water my garden.

As I turn on the hose in the driveway, I look over at my car and decide it needs washing.

As I start toward the garage, I notice mail on the porch table that I brought up from the mail box earlier. I decide to go through the mail before I wash the car.

I lay my car keys on the table, put the junk mail in the garbage can under the table, and notice that the can is full. So, I decide to put the bills back on the table and take out the garbage first.

But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first.

I take my check book off the table, and see that there is only one check left. My extra checks are in my desk in the study, so I go inside the house to my desk where I find the can of Pepsi I'd been drinking earlier.

I'm going to look for my checks, but first I need to push the Pepsi aside so that I don't accidentally knock it over.

The Pepsi is getting warm, and I decide to put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Pepsi, a vase of flowers on the counter catches my eye--they need water.

I put the Pepsi on the counter and discover my reading glasses that I've been searching for all morning.

I decide I better put them back on my desk, but first I'm going to water the flowers.

I set the glasses back down on the counter, fill a container with water and suddenly spot the TV remote -- someone left it on the kitchen table.

I realize that tonight when we want to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers.

I pour some water in the flowers, but quite a bit of it spills on the floor.

So, I set the remote back on the table, get some towels and wipe up the spill.

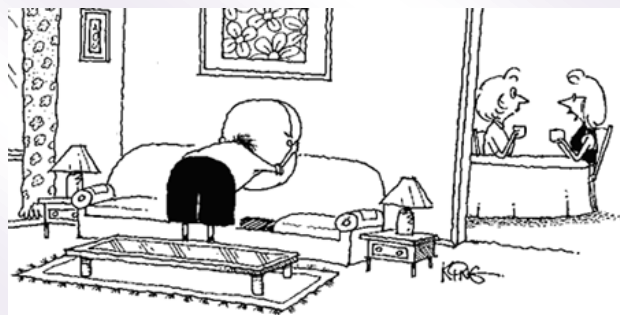
Then, I head down the hall trying to remember what I was planning to do.

At the end of the day:

- the car isn't washed
- the bills aren't paid
- there is a warm can of Pepsi sitting on the counter
- the flowers don't have enough water,
- there is still only 1 check in my check book,
- I can't find the remote,
- I can't find my glasses, and
- I don't remember what I did with the car keys.

Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day, and I'm really tired.

I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail....



The doctor said he needed more activity. So I hide his T.V. remote three times a week.



## WASHINGTON DISTRICT STAFF

<b>District Directors</b>	Mike and Peggy Hudnell
<b>Asst District Directors</b>	Hank and Marilyn Smith
<b>Asst District Directors</b>	Bob and Patty Spencer
<b>Educators</b>	Jim and Pam Swart
<b>Leadership Trainers</b>	Mike and Lynn Briggs
<b>Treasurers</b>	Erv and Phyllis Granahan
<b>Membership Coordinator</b>	Carmen and Dan Weakland
<b>Stores</b>	Greg and Janet Beck
<b>Webmaster</b>	John and Barb Smith
<b>Couple of the Year</b>	Carmen and Dan Weakland
<b>Individual of the Year</b>	OPEN
<b>Vendor Coordinators</b>	Dave and Terri McCullough
<b>Newsletter Editor</b>	Shirley and Dale Dufner

The website has contact information: [www.gwrra-wa.org](http://www.gwrra-wa.org)

## REGION I STAFF

<b>Region Directors</b>	Steve & Sandra Henicksman
<b>Assistant Directors</b>	TBA
<b>Rider Educators</b>	Lee and Anna Nelson
<b>Instructor Coordinators</b>	Eric & Mona Carlson
<b>Leadership Trainers</b>	Jim and Joy Fleming
<b>Treasurer</b>	Diane Covert
<b>Member Enhancement Coordinator</b>	Donna and Doug Deskin
<b>Newsletter Editor</b>	Dianne Kester
<b>Webmaster</b>	Dave Covert
<b>COY Coordinators</b>	Dave & Dawna Hill
<b>Couple of the Year</b>	Dale & Shirley Dufner

The website has contact information: [www.bigskyregioni.org](http://www.bigskyregioni.org)

**GWRRRA Exec. Director** Melissa Eason

The website has contact information: [www.gwrra.org](http://www.gwrra.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 First Day of Kwanzaa	29 Last day of Chanukah	30	31 Last day of Kwanzaa	<b>JANUARY 1</b> <b>HAPPY NEW YEAR</b>	2	3 Bank Holiday (UK)
4 Trivia Day	5 Twelfth Night	6	7	8 World Literary Day	9 Balloon Ascension Day	10
11 International Thank-You Day	12 Stephen Foster Memorial Day	13	14 Ratification Day	15	16 Prohibition Remembrance Day	17
18 National Maintenance Day	<b>MARTIN LUTHER KING JR DAY</b>	20 Inauguration Day	21	22	23	<b>24</b> <b>WA-I Casino Night at Camp Murray</b>
25 Burns Night (Scotland)	26 Australia Day	27 National Activity Professionals Day	28	29	30	31 Call your family today - just because!!



Never do anything that you wouldn't want to explain to the paramedics.