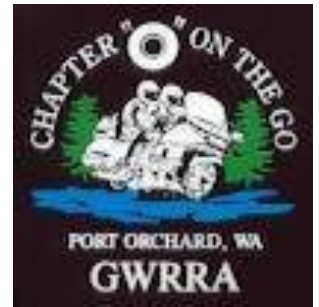




# The Pod Publisher



**GWRRRA - REGION I - WASHINGTON DISTRICT - CHAPTER 0**

**May 1st, 2008**

**Volume 18, Issue #5**

## Thoughts from your Chapter Director

Hello to the Pod

Well when they talked about April showers bring May flowers, I don't believe they were talking about snow showers. What a bunch of crazy weather we have been having. I say forget about Global Warming just give us some Kitsap County warming. I don't think that is asking to much do you?

We did have one good day, Sat the 12th of April and as luck would have it we had a ride on the calendar. Seven bikes met at the Tremont 76 in Port Orchard for a ride to Everett to support Chapter WA C's Spring Fever Run. What a day it turned out to be. We had a great ride, Chapter C laid out a great Poker Run.

Kudos to the C-Cats. We started in Everett and ended up in Marysville. (Smokey Point) Would you believe that when we headed home it was 84 Degrees? Boy talk about Spring Fever. For those of you who could not make it, you missed a good one.

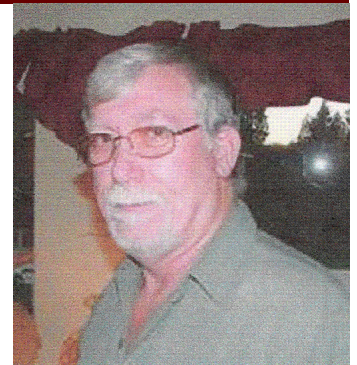
I would also like to thank all of you who turned out to take the CPR/ First Aid class at Bill & Lori's. When Bill said he had a great Instructor lined up for us he was not joking. A big Thank You to David Tate.

Ken Smith ,Jack Davies, Colleen Powell and I went to Chapter WA Q's Gathering & Auction, on April 4th. The April Dinner Social was at the Red Lobster. This was suggested by Debbie Holmes. Good idea Debbie. We had 19 hungry Orcas turn out, (after all it is a seafood restaurant ).

I would also like to remind everyone of the ARC Training on the 10th of May. If you have not signed up yet and would like to take it let Bill know. The class size is limited to the first 12 who sign up.

Well that is about all I have for now so dust those Bikes off and come out and join the fun.

John



## Chapter Educators

Greetings from Bill and Lori, your chapter Educators:

I'm sorry if you missed our First Aid/ CPR class. We had a great time and I think everyone learned something and had fun doing it.

We had John Scrivener, John Seifert, Sandy Smith, Vern and Rita Walker, Mike Berreman, JK Laird, Jack Davies, Donna Dodge, Nelson and Renee Wagoner, Phil Kirbow and myself in attendance.

Our Instructor was a paramedic from Bellevue Fire Department. He kept the class interesting with real life scenarios and a good sense of humor. Of course we had plenty of food to keep us in a cheerful mood.



## Your ACDs Ken & Sandi Smith

Greeting Fellow Pod Members

We had a reasonably busy month with going to an excellent leadership training seminar called Horizons. I would highly recommend it for anyone interested in moving up in the staffing position of either the chapter district or region or what ever. The training was very informative and fun.

It's interactive training working with other chapters, which you are not in your chapter but form a training chapter. You learn more ways on how GWRRA works and how to be a bit more organized and most of all you meet new people and build new relationship out side of your normal every day work.

We weren't able to get to the dinner social but we were able to go visit Chapter Q's auction and we went on the Chapter C's Spring ride last week, boy what a difference a week can make with the weather. Don't forget the up coming ARC, Bill has organized. I'm going to do it again even though I did a couple years ago. With a new bike I found when I went though it on the 1500 I learned the bike a lot faster.

See you in the near future on a ride or a our gatherings

A/CD Ken & Sandi

## Chapter Gatherings

WA-V	Auburn	1st Thu	WA-Q	Puyallup	1st Fri
WA-M	Yakima	1st Sat	WA-R	Walla Walla	1st Sat
WA-B	Bremerton	1st Sun	WA-H	Lynden	2nd Tue
WA-W	Wenatchee	2nd Tue	WA-Y	Enumclaw	2nd Fri
WA-C	Everett	2nd Sat	WA-L	Kennewick	2nd Sat
WA-Z	Centralia	2nd Sat	WA-D	Aberdeen	2nd Sun
WA-S	Ephrata	3rd Thu	WA-E	Bellevue	3rd Sat
WA-G	Gig Harbor	3rd Sat	WA-K	White Salmon	3rd Sat
WA-P	Longview	3rd Sat	WA-I	Olympia	3rd Sun
WA-N	Spokane	3rd Sun	WA-A	Seattle	4th Sat
WA-O	Port Orchard	4th Sat	WA-F	Tacoma	4th Sun

Chapter O hosts a gathering the 4th Saturday of each month at the Airport Diner, located at the Bremerton Municipal Airport on State Route 3. Breakfast starts at 8:00 AM followed by the gathering at 9:00 AM. See WWW.GWRRA.ORG for other chapters meeting locations and times.

## Earth Day 2008

April 22nd was the 38th annual Earth Day. In celebration of this, I have put together some conservation tips that I believe everyone can use. I picked these specific tips because they are inexpensive and easy to do. While most of us can't afford to retrofit our homes with solar panels or wind powered generators, there are a lot of things that we can do every day to better use our resources. You don't have to be a crazed environmentalist or even believe in global warming. These will save you money in the end. There are volumes of books out on this subject and it is not my attempt to replace these. My intention is to provide some easy to implement tips that you can do NOW!

1. Buy reusable grocery bags and take them with you when you go shopping. The Sierra Club estimates that "In New York City alone, one less grocery bag per person per year would reduce waste by 109 tons and save \$11,000 in disposal costs." That is huge!
2. Replace your regular light bulbs with Compact Fluorescent Lamps (CFL's). A 12 pack of 13 Watt bulbs is \$26.98 at Lowes. That is about \$2.25 each. These lamps have the same light output as does a 60 watt incandescent bulb and have an operating life of 10,000 hours.  
An incandescent 60 watt bulb cost \$0.62 if you buy the 8 pack at Lowes. However the operating life of these bulbs is only 1000 hours. So you would go through 10 bulbs at a cost of \$6.20 over the same period. So, just in the cost of bulbs you save \$3.95 each.  
Based on the average annual usage of a light bulb and out power rates, you will also save \$3.95 per bulb replaced in electricity charges per year.  
What about bulbs on dimmers? Use the smallest wattage that gives you the amount of light you need. If you don't need the full light, use the dimmer and bring down the brightness a little.
3. Look at your furnace and air conditioners. Filters should be replaced when recommended by the manufacturer. Dirty filters waste power trying to force the air through. Set your thermostat as low as is comfortable during the winter and as high as comfortable in the summer if you use air conditioning. Consider installing a setback thermostat. These units cost as little as \$29.00 at Lowes. The Consumer Energy Center estimates that for every degree you reduce your thermostat in the 60 - 70 degree range you will save up to 5% on your heating bill. I have my thermostat set to 55 degrees during the day when I am not home. The thermostat automatically increases to a comfortable setting before I get home and the cats don't care.
4. During the heating season, keep the draperies and shades on your south facing windows open during the day to allow the sunlight to enter your home and closed at night to reduce the chill you may feel from cold windows. During the cooling season, keep the window coverings closed during the day to prevent solar gain.
5. Look at your water heater and water usage. Reduce the thermostat on your water heater to 120 degrees. Wrap the water heater in an insulation blanket. These can be found at Lowes for less than \$20. Insulate the pipes going to and from the water heater. Insulate at least the first 6 feet of pipe or the entire pipe from the water heater to the wall if the pipes are less than 6 feet long. Pipe insulation ranges from \$0.16 to \$1.00 per foot. These are really simple projects and need no more tools than a knife or pair of heavy duty scissors and can be done in minutes.
6. Fix or replace leaky faucets promptly. A leaky faucet wastes gallons of water in a short period of time. According to the U.S. Geological Survey, if you have one faucet that is dripping only 10 times a minute, you are wasting 347 gallons of water a year. If the drip is hot water, you are heating that water as well.
7. Don't run partial loads of dishes or laundry. While some washing machines can be set to use less water when washing smaller loads, dishwasher can't. Additionally, they draw nearly the same amount of power regardless if the washer is at capacity or running nearly empty. Instead of using the heated drying cycle on your dishwasher, let your dishes air dry.
8. Reduce, Reuse, Recycle. Look for ways in your everyday life to avoid generating waste. Find ways to reuse old items. Donate old clothes instead of throwing them away. Most garbage companies charge for recycling regardless if you use it or not. Take a few minute and separate out the recyclables. If you take your trash to the dump, they have bins where you can place your recyclables for free.

*(Continued on page 4)*

# Earth Day 2008

(Continued from page 3)

9. Here are a couple ideas on saving gas from the US Department of Energy:

- Idling gets you 0 miles per gallon. The best way to warm up a vehicle is to drive it. No more than 30 seconds of idling on winter days is needed. Anything more simply wastes fuel and increases emissions.
- Aggressive driving (speeding, rapid acceleration, and hard braking) wastes gas. It can lower your highway gas mileage 33% and city mileage 5%.
- Avoid high speeds. Above 60 mph, gas mileage drops rapidly. The fueleconomy.gov Web site shows how driving speed affects gas mileage.
- When you use overdrive gearing, your car's engine speed goes down. This saves gas and reduces wear.
- Using cruise control on the highway helps you maintain a constant speed and, in most cases, will save gas.
- Use air conditioning only when necessary.
- Clear out your car; extra weight decreases gas mileage.
- Reduce drag by placing items inside the car or trunk rather than on roof racks. A roof rack or carrier provides additional cargo space and may allow you to buy a smaller car. However, a loaded roof rack can decrease your fuel economy by 5%.
- Check into telecommuting, carpooling and public transit to cut mileage and car maintenance costs.

It does not take much to make a big difference. I compiled the information in this article from many websites. These are:

<http://www.sierraclub.org/bags/>

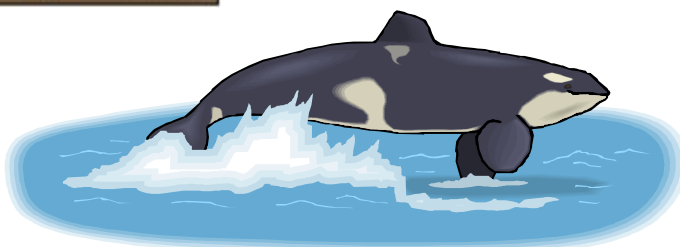
<http://www.lowes.com>

<http://www.consumerenergycenter.org/tips/winter.html>

<http://ga.water.usgs.gov/edu/sc4.html>

<http://www1.eere.energy.gov/consumer/tips/index.html>

<http://www.50waystohelp.com/>



## Chapter O Calendar and Schedule of Events

# May 2008

- 4th—WA-B Gathering— meet there
- 9 & 10th—ARC—Class & Training—  
Contact Bill Biltoft for more information
- 10th—Find A Fort ride - Leave 76 8 am
- 13th—Dinner Social at Puerto Valarta, Port Orchard 6:30 pm. Jim Olmsted's suggestion
- 17th—Armed Forces Parade—More info to come
- 18th—WA-I Gathering - Leave Safe-way 7 am
- 20th—Planning Meeting at Rick & Sharon Williams, 6:30 pm
- 24th—WA-O Gathering. Ride to Port Townsend after meeting
- 23-26th—WA-L Desert Spring Fling - FYI

Sun	Mon	Tues	Wed	Thur	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Birthdays and Anniversaries

### Birthdays

- 5/01 - Tom Curley  
5/30 - Dave Miller

### Anniversaries

- 5/02 - Gerald & Lori Biltoft - 28th  
5/22 - Rita & Vernon Walker - 25th



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Special Events Coordinator	Vacant		
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Region Store Keepers	OPEN	

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