

ROGUE VALLEY WINGS

NEWS LETTER

NOVEMBER 1, 2008



HAPPY TURKEY DAY TO ALL OF YOU !



Saturday 18 October 2008

NOVEMBER BIRTHDAYS:

Don Coons -- Nov.15

Barb Lebow -- Nov.16



ANNIVERSARIES:

Coleman & Lucy Lafon -- Nov. 17

Johnny & Lou Collins -- Nov., 25



UPCOMING EVENTS:

Nov. 1 -- 1st Aid/CPR -- 10 AM

at Marty Terrels - Central Point

Nov. 2 -- Daylight savings ends
clocks back 1 hour

Nov. 15 -- Rogue Valley Wings Meeting : 8:30 -
Breakfast-9:30 Meeting

Red Oak Grill (formerly Hart's)

Nov. 27 -- Thanksgiving Day

Dec. 14 -- Chapter A- Christmas party. 5PM-? -

The Brewery

We had a great meeting at the Red Oak Grill, formally Hearts Cafe, and without any undo process Ken, our fearless leader, was voted in as our leader for another year. The process was quick, easy, unanimous and far from Roberts Rules. But, for us, it worked. Ken opened the discussion for nominations and before he knew what happened a vote was held and he was it. I believe that was the fastest this chapter has ever come to a decision on any subject in the past.

Our 50/50 redhead, Donna, won the 50/50 pot (\$33.50) and we donated \$400 each to Grants Pass Women's crisis support team and Illinois Valley Women's shelter.

It rained during the meeting but cleared up before we were through and turned out to be a great day. Some of us rode out to Sunny Valley and visited the Applegate Trail Interpretive Center (Museum) and then over to the Grave Creek Covered bridge and the grave site of Martha Crowley (a 16 year old girl that died from Typhoid Fever while crossing trail to Sunny Valley).

Someone mentioned food and like all good Gold Wingers we were off to DQ for lunch. It was a great day and as always lots of fun to spend it with friends.

Don Coons

TIP FOR THE MONTH

Peroxide, who knew?

>

> (Safer and Healthier than Bleach)

>

> This was written by Becky Ransey of Indiana (a doctor's wife), and I

> want to share it with you. She was over recently for coffee and smelled

> the bleach I was using to clean my toilet and countertops. This is what

> she told me...

>

> I would like to tell you of the benefits of that plain little old bottle

> of 3% peroxide you can get for under \$1.00 at any drug store. What does

> bleach cost?

>

> My husband has been in the medical field for over 36 years, and most

> doctors don't tell you about peroxide. Have you ever smelled bleach in a

> doctor's office? NO!!! Why? Because it smells, and it is not healthy!

> Ask the nurses who work in the doctor's offices, and ask them if they

> use bleach at home. They are wiser and know better!

>

> Did you also know bleach was invented in the late 40's? It's chlorine,

> Folks! And it was used to kill our troops.

Peroxide was invented during

> WWI in the 20's. It was used to save and help cleanse the needs of our

> troops and hospitals. Please think about this.

>

> 1. Take one capful (the little white cap that comes with the bottle) and

> hold in your mouth for 10 minutes daily, then spit it out. (I do it when

> I bathe.) No more canker sores, and your teeth will be whiter without

> expensive pastes. Use it instead of mouthwash.

>

> 2. Let your toothbrushes soak in a cup of peroxide to keep them free of

> germs.

>

> 3. Clean your counters and table tops with peroxide to kill germs and

> leave a fresh smell. Simply put a little on your dishrag when you wipe,

> or spray it on the counters.

>

> 4. After rinsing off your wooden cutting board, pour peroxide on it to

> kill salmonella and other bacteria.

>

> 5. I had fungus on my feet for years until I sprayed a 50/50 mixture of

> peroxide and water on them (especially the toes) every night and let

> dry.

>

> 6. Soak any infections or cuts in 3% peroxide for five to ten minutes

> several times a day. My husband has seen gangrene that would not heal

> with any medicine but was healed by soaking in peroxide.

>

> 7. Fill a spray bottle with a 50/50 mixture of peroxide and water and

> keep it in every bathroom to disinfect without harming your septic

> system like bleach or most other disinfectants will..

- >
- > 8. Tilt your head back and spray into nostrils with your 50/50 mixture
- > whenever you have a cold, plugged sinus. It will bubble and help to kill
- > the bacteria. Hold for a few minutes, and then blow your nose into a
- > tissue.
- >
- > 9 If you have a terrible toothache and cannot get to a dentist right
- > away, put a capful of 3% peroxide into your mouth and hold it for ten
- > minutes several times a day. The pain will lessen greatly.
- >
- > 10. And of course, if you like a natural look to your hair, spray the
- > 50/50 solution on your wet hair after a shower and comb it through You
- > will not have the peroxide-burnt blonde hair like the hair dye packages
- > but more natural highlights if your hair is a light brown, reddish, or
- > dirty blonde. It also lightens gradually, so it's not a drastic change.
- >
- > 11. Put half of a bottle of peroxide in your bath to help rid boils,
- > fungus, or other skin infections.
- >
- > 12. You can also add a cup of peroxide instead of bleach to a load of
- > whites in your laundry to whiten them. If there is blood on clothing,
- > pour it directly on the soiled spot. Let it sit for a minute, then rub
- > it and rinse with cold water. Repeat if necessary.
- >

- > 13. I use peroxide to clean my mirrors. There is no smearing, which is
- > why I love it so much for this.
- >
- >
- > I could go on and on. It is a little brown bottle no home should be
- > without! With prices of most necessities rising, I'm glad there's a way
- > to save tons of money in such a simple, healthy manner!
- >
- > This information really woke me up. I hope you gain something from it,
- > too..
- > Pass it on!

Submitted by Angelia Krois

Rogue Valley Wings General Meeting October 18, 2008

This meeting was held at the Red Oak Grill formerly named Harts. There were 22 members and 2 guests in attendance when Ken opened the meeting at 9:15. We all voted to start our meetings at 9:30 a.m. for the winter months.

Ken asked us to walk by the pool table and vote for our favorite of the state logos submitted. We stopped the meeting so that could happen.

Krisanna Albrecht is here representing the Grants Pass safe house. We presented her the check for \$400 to help with the operation of the safe house. She gave a heartfelt thank you for the donation.

We had the 50/50 draw early so she could see if she won before she left for her next meeting of the day. Donna May won \$33.50. Good going Donna !!

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Birthdays and anniversaries were announced.

We were supposed to see the Wild Life Images today but they couldn't take all of us. We decided to reschedule for a later date when we all could go. We will be going to the Applegate Museum in Sunny Valley today instead.

Oct. 31st is the Halloween party at the Warren's starting at 6:30pm. Blood and Guts will be the entrée. Salads, rolls and desserts are the potluck items you can bring.

Don talked about safety. He addressed these little scooters that are all over town. They are dangerous on county roads. If you can pass safely, do it. Remember, they are motor vehicles and must be passed in accordance with existing state laws.

According to GWTA data, region A is doing the best in the nation at getting riders to complete to rider safety course. Oregon played a big part in this. Pat yourselves on the back.

Betty would like a monthly function planned between Jan and April so we can look forward to a social. The Starke's will do a super bowl party and the Armstead's will do a cinnamon roll breakfast potluck again. If you would like to do a function or set up a place to eat and visit over these months please talk to Betty and get it on the calendar.

Ken wanted us to think about nominations for C.D. for the next year. Carmen nominated him right then. Three other people seconded the nomination. Larry closed the nominations. The vote for Ken was unanimous. I'm sure Ken didn't expect this to happen but it is done.

Susie Ellwood came in to represent the Illinois Valley safe house and was awarded a check for their safe house operations. She

informed us that they have the good fortune to have our donation matched by the Collins Foundation. That is super! She also gave a wonderful thank you.

Ken presented a certificate of thanks to Bonnie and Joyce for all their hard work on the poker run. Larry stood in for Bonnie because she was home sick.

Don and Judy raffled off two leather jackets and one Club Northwest gift certificate using 1 ticket passed out to everyone.

Meeting adjourned at 10:00 a.m.

Carmen Warren
Secretary

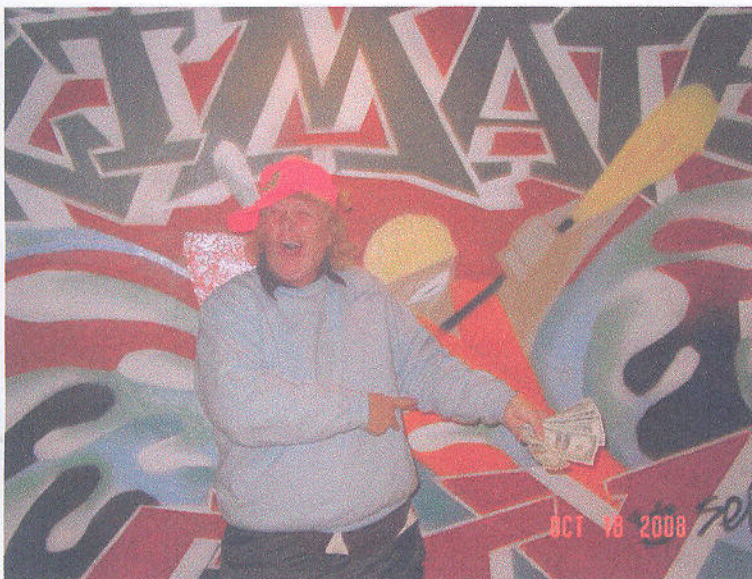


Don trying to convince the horse he is really a nice guy.

Have a safe Halloween and any idea's for November would be appreciated. Hopefully we will have a few day's of nice weather so we can all enjoy the fall color's as we fit in that last bike ride before the snow falls.

STATE STAFF MEETING

As you all know we are now doing tele-conferencing for our state meetings. To keep you updated here is what came out last night. Two designs were picked for the T-shirts and pins. Finally decision to be made next month. Lillian is vendor chairman for the rally. It will be at Valley of The Rogue State Park outside of Rogue River. Rides, Safety and maybe a poker run entwined into a ride are what was voted on. The colors for the T-shirts are either gray or beige and maybe 3/4 in. sleeves. If anyone has any suggestions for the state rally that they would like presented at the next meeting please let Ken know. It will be Nov. 14 so get your say in if you want.



LOOK AT WHO WON THE MONEY AGAIN!!!!
DONNA MAY

Anyone planning on going to the Christmas party will need to get there money into Carmen and Marty by the next meeting. It is \$20.00 a person and we will be discussing whether to have a gift exchange or not. If you can not attend the meeting please call and let us know what you would like to do on the gift exchange. Thank you.

Halloween Party time at the Warren's, Friday October 31-Potluck and lot's of fun. Hope to see you all there.



SUNNY VALLEY MUSEUM

There are alot of pictures on our web site to view and enjoy. Don't forget to check them out when you our looking at the calendar. Our thank's to Judy for doing such a great job and keeping it updated for us. We really do appreciate it.



HAPPY PUMKIN DAY !



Please be careful when riding over wet leaves and pine needles during this time of year as they are very slippery when wet.

Ken Krois