

Zoo Group Gazette

VOLUME 14 ISSUE 09

TEXAS CHAPTER Z

SEPTEMBER, 2009

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Join Us at our next meetings:

09/09— Chapter Meeting
 09/28— Planning Meeting
 10/14— Chapter Meeting



The Tour's one-man biker club

From: Golfweek – Article written by
 Jeff Rude - Fort Worth, Texas
 (Submitted by Gene Tice)



◀Davis Love III prepared for the PGA Tour's fortnight in Dallas-Fort Worth by riding his motorcycle 3,285 miles cross-country mostly on curvy back roads, from Idaho to North Carolina. The eight-day warm-up raised some golf eyebrows and prompted a question: "Is he nuts?"

Justin Leonard, his pal, had another concern. "I hope he made a dentist appointment," Leonard said, "because when you go that far, you've got to catch a few bugs on your teeth."

Most touring pros can't afford to ride a Harley-Davidson Screaming Eagle Ultra touring bike around the corner, much less nearly coast to coast, for reasons other than oral hygiene. Golf's only guarantee is you get paid if you play well, and it's hard to get paid from a hospital bed. In Love's case, if you had to walk down the practice range and identify the Tour's foremost biker, he might be the last choice. He's a gangly and genteel sort, the Southern gentleman from Sea Island, Ga., the man from Polo, the straight-laced Tour spokesman. On top of that, he's 45.

"Who'd be the first pick? Frank?" Geoff Ogilvy asked. Yes, that would be a reference to Frankie (The Blade) Licklitter. "Frank:" Ogilvy continued, "looks like a Japanese road biker." But don't let Love's seersucker pants fool you. An adventurer's spirit runs deep. He's into speed, whether on snowboard or cycle. So focus on this: DL3 in jeans, T-shirt, leather jacket, helmet and gloves, pushing 90 mph.

"My wife (Robin) was on the back and said, 'We're running 85 mph,' " Love said of the latest journey. "I said, 'We're only 10 (mph) over: She said, 'The speed limit is 75?' I said, 'That's if they care. There's nobody on the road:

"Some day, the 20-time Tour winner and 1997 PGA champion will rev his Harley into the World Golf Hall of Fame. On this trip, the purpose was charity – and being one with the universe. "It's the thrill and the freedom," Love said.

This was the fifth consecutive year he participated in the Chick-fil-A Kyle Petty Charity Ride Across America right before or after a tournament. He was among the 150-plus who paid the \$12,000 to ride in the 15th annual event May 8-17 and raise awareness and money for the

See Tour...Continued On Page 5

Texas Chapter Z Officers and Staffwww.zoogroup.org**Chapter Directors**Ted & Carrie Geier
713-473-5693cgeier1@sbcglobal.net**Asst. Chapter Directors**Vern & Phyllis Hall
281-334-1217vfhall@comcast.net**Asst. Chapter Directors**Lonnie & Deanna Hebert
281-331-1348lhebert@earthlink.net**Asst. Chapter Directors**Joe & Denise Hile
713-857-9511gczshark@yahoo.com**Chapter Educators**Gene & Carolyn Tice
281-471-9544bubba@ticetrikes.com**Treasurer**Fay Eger & Everett Hunt
(409) 925-5672egerfn@earthlink.net**Communications Coordinator**Mike & Patrice Fogarty
281-337-4015pfogarty@missouricitytx.gov**Membership Enhancement****Coordinator**Gene & Carolyn Tice
281-471-9544bubba@ticetrikes.com**Asst. Membership Enhancement Coord.**Ken Robins
713-944-7501membership@zoogroup.org**Ride Coordinator**Mike & Patrice Fogarty
281-337-4015pfogarty@missouricitytx.gov**Motorist Awareness Division**Bob Curtis & Debbie Hanlin
281-838-8150eaglequest55@yahoo.com**Newsletter Editor**Butch & Bobbie Haines
281-476-0138bobbie.haines@earthlink.net**Merchandising Coordinator**Pat & Joyce McTigue
281-481-3078pmctigue@sbcglobal.net**Webmaster**Gene & Carolyn Tice
281-471-9544red-trike@att.net**Technical Coordinator**Lonnie Hebert
281-331-1348lhebert@earthlink.net**Couple of the Year 2009**Butch & Bobbie Haines
281-476-0138bobbie.haines@earthlink.net**Texas District Staff**www.gwrri-tx.org**District Director**Ken & Barbie Peterson
817-791-6685TexasDD@gwrri-tx.org**Asst. District Director**Fred & Mandy Mew
972-425-3077TexasADD@gwrri-tx.org**District Educators**Michael & Suzanne Elrod
281-987-3302TxED@gwrri-tx.org**Asst. District Educator**Collen Campbell
713-907-8700 cellAsstED@gwrri-tx.org**Treasurer, Newsletter Editor & Patch Diva**Pamela Meyer
281-578-8371 home

713-823-4053 cell

treasurer@gwrri-tx.org**Membership Enhancement Division-Activities Coordinator**Carolyn Barton
254-578-3353 home

903-879-4188 cell

txmedac@gwrri-tx.org**District Webmaster**Mark Heene
512-288-4152 home

512-694-3064 cell

webmaster@gwrri-tx.org**Membership Enhancement Division-COY Coordinators**John & Lena Bryant
817-741-5216txmedcoy@gwrri-tx.org**Asst. Membership Enhancement Division**Donna Holley
940-231-4026 cellasstmec@gwrri-tx.org**District Trainers**Lynn Heene
512-288-4152 home

512-694-3064 cell

TxTrainer@gwrri-tx.org**Vendor Coordinators**Jim & Ruby Seale
903-856-5153 home

903-767-1022 cell

TxVendor@gwrri-tx.org**Membership enhancement Division—COY Coordinators**John & Lena Bryant
817-741-5216 home

817-791-8918 cell

txmedcoy@gwrri-tx.org**Texas District Couple of the Year 2009**Don & Linda Holley
940-390-0873TxCOY@gwrri-tx.org**Chapter Z Monthly Meeting**
(Second Wednesday of the month)Meets at the Golden Corral 4021 Spencer in
Pasadena at 7:30PM

Come early and eat with us

Chapter Z Planning Meeting

(Last Monday of the month)

Meets at 7:15 PM at Pepper's Grill located at
3604 Fairmont Pkwy., Pasadena, TX

*Unless otherwise stated, ALL RIDES depart from
Z's North Jump Off at the southwest corner of the
Summit Parking lot on Beltway 8 between Red
Bluff and Pasadena Blvd. behind the Exxon Station*

Director's Corner

Director's Corner

Do You Represent?

This article may upset a few folks, but it's really meant as a gentle reminder of those things we sometimes forget.

As just a member of GWRRA we represent the pinnacle of motorcycling. We ride the best, sharpest, most awesome touring bike in the world! Am I biased? Well duh..... As such we get noticed when we are on the road (and after we dismount). Our behavior reflects our organization.

The National Safety Council is looking in to why it is our members have such a low accident rate when compared with other groups across the country. We are noticed!

The answer to the question is our Rider Education Division. GWRRA is safety driven. You can't go to a GWRRA Chapter Gathering anywhere in the world and not here some safety-talk from the Rider Ed. folks. Our rider levels program helps us stay on track and constantly seek to improve our rider skills, knowledge and safety. Our goal is always to have 100% participation in our rider levels program. Uh-oh.....can you see where I'm going with this yet? I'm getting out my soap box.....

Here it is.....If you are involved in the levels program or are a GWRRA officer you have made certain commitments to the organization (and to yourself). The biggest commitment in my opinion is ATGATT (All The Gear All The Time). If you are an officer or a level IV you signed an MOU (Memorandum of Understanding) that you WILL be ATGATT anytime you are on your motorcycle. You are expected to be an example for others to look up to as to how it's done. You are expected to hold yourself to a higher standard than members of other motorcycle groups. The person that benefits the most from you being an example is.....you! If you are ATGATT, you have prepared yourself as much as possible for that ever present danger that we all face. What if it's hot outside? Then you will be a little hot, but safe. What if you are only going down the road to the corner store? Put your gear on.

Just to review, proper gear is defined as: helmet, eyewear, long fingered



SAA – SEEK – ANTICIPATE – ACT – for SAFE RIDING

By Bruce & Sandra McMahill

(Excerpted from the GWRRA International Rider Education Newsletter)

SAA is a three-step, continuous process as we ride, in making appropriate judgments and applying them correctly in different traffic situations. It never ends and cycles over and over. As riders and co-riders, we should always assume that everything and everyone on the road intends to do you harm.

SEEK: --What kinds of information should we be looking for? You must seek or observe everything that is in or about to enter your path of travel -- other riders, drivers, curbs, road surfaces, signs, traffic lights, road markings, pedestrians, animals and so forth. Since 90% of all accidents occur in an arc of 120 degrees to the front of the bike, the majority of your attention should be directed to the front and sides of your motorcycle. Whether the other vehicle is coming towards you, going in the same direction as you, or entering your path of travel from the side you must watch all of them closely and run the “what if’s” through your mind. You should always shift your seeking or observing between other users and your riding environment in order to observe any changes in movement or potential dangers.

ANTICIPATE: --What kinds of information should you be processing? Closely watch what the other vehicles are doing or objects in your path of travel and anticipate a range of potential consequences “the what if’s” beginning with the worst case scenario while taking advantage of the best alternatives. The quickest way to spot movement of a motor vehicle is to observe the front wheels position in question.

- Are the wheels starting to revolve –parked or stopped car?
- Are they beginning to turn (as in a left turn)?
- Watch for the door to begin to open.
- Is there a child or a dog playing close to the street? Anticipate either of them darting out into traffic.
- Is that truck that’s next to you creeping into your lane? Be prepared to take immediate evasive action.
- Do you have eye contact with the driver who is stopped at a stop sign? If you do, they are less likely to pull out in front of you, but not always. Give them a short blast of your horns to get their attention and move to the opposite side of your lane

ACT: -- When it is time to “act,” what primary actions should we practice? Keep as many options or alternatives open for as long as possible. We should allow for sufficient time and space to make the optimum decision and to take the optimum action. This is where your GWRRA Rider Course Training Program comes into play. Your three main evasive actions as identified in the Hurt Study in 1981 are:

- Apply **braking** (possibly maximum), **swerving** out of danger, or **cornering** if you have the room.
- Always have an escape route -- always. Look for wide paved shoulder areas of the road.
- Maximum straight-line braking will often help. Motorcycles can stop in an amazingly short distance if you know how to do it. But in order to be able to act properly you must first take Rider Course training.
- Take a MSF Experienced Rider Course (ERC); GWRRA Advanced Rider Course (ARC), Trike Rider Course (TRC) or Sidecar Rider Course (SRC). Don’t just take it once and practice what you are taught. It just might save your Co-Riders and your life one day. There are literally thousands of possible situations you may encounter on the highway.

The most important thing is to continuously *seek* information, *anticipate* what that hazard could do to harm you and be ready to *act*.

As always, we welcome and encourage your questions and comments. Please don’t ever hesitate to contact us.

Ride safe, have fun and always take the long way home.

Gene and Carolyn Tice

ATGATT Master Tour Riders #5088 & #5089



Tour...Continued From Page 1

Victory Junction Camp in Randleman, N.C., and other causes for ill children.

Herschel Walker, Harry Gant and Billy Graham's son Franklin joined in to pad the \$12 million raised in previous years. (As a divine aside, after Graham left the group in Nashville, it rained for the first time.) Supermodel Niki Taylor also has ridden, including last year when her father wrecked and his bike went flying.

Said Love: "When organizers said they need to get more golfers to come on the ride, I said, 'There's nobody. Some guys (such as Brett Quigley, Corey Pavin and Kenny Perry) have motorcycles, but nobody's going to want to try this!' Love had placed 28th or better in six of his past eight events entering early May. Then he was "mentally drained" upon completing the ride on the eve of the HP Byron Nelson Championship week. He tied for 52nd there, then missed the cut at last week's Crowne Plaza Invitational at Colonial.

"When other players ask what you did last week and I say I rode a motorcycle, you can't really explain it," said Love, who drove up to 550 miles per day during the ride "You show them a picture of the odometer and they don't understand." But to hear him, they're missing out "I would do this all the time if I didn't have a day job," Love said. "You can see how people get addicted. It's the thrill of being on a motorcycle. And you can really see the country and how big it is while on a motorcycle. My wife will hit me and say, 'There's an antelope right there! I'll go, 'There's a bear over there!'"

Their daughter, Alexi, 21, also rode much of the way for the second year in a row. Love says the trip is safe because it is done during daylight hours and riders have police escorts and medical personnel. But that doesn't mean he wasn't worried watching Alexi bomb into turns on curvy Arkansas roads." After all, one rider almost wrecked on wet pavement coming out of a tunnel in North Carolina, a woman suffered a wrist injury and another hit gravel helmet first. Then there was the policeman who suffered brain damage after being hit on a past ride. "If you ride responsibly on a motorcycle, you can still get killed if somebody else screws up," Love said,

Trying to beat Tiger Woods doesn't look so daunting after all. ►



It's HOT!

While the temperature and humidity continue to be extremely high, it is important to drink copious amounts of water and to avoid overexertion when working outdoors or in inside hot areas.

Careful planning of jobs to account for heat stress can include:

- distributing workload over a longer period of time
- restrict hot jobs to cooler parts of the day, such as evening or early morning
- reschedule non-critical tasks when temperatures are high
- take periodic breaks

Be alert to the signs of heat stress in others - watch out for your fellow friends and riders by warning them if they appear flushed or if they are not perspiring. Signs of Dehydration

- dry lips and mouth
- decreased urination
- decreased tears
- wrinkled skin

Signs of Heat Exhaustion:

- Headache
- Dizziness or giddiness



See Hot...Continued On Page 6

District Coming Events

Date	Chapter	Event	Location	Contact/E-Mail
Sept. 12, 2009	R	Chapter R 12th Annual Rally		
Oct. 3, 2009	T	T-fest Rally	Killeen, TX	www.centexwings.org/rally
Oct. 12, 2009	W	Colorado River Rally	Smithville Riverbend Pk. Pavilion	
Oct. 17, 2009	U	U-Rally		Steve Ochs
Oct. 17-18, 2009	✓	Rider Education Weekend	Marshall, TX	
Oct. 23-24, 2009	★	Oklahoma Distrit Rallyt	Muskogee, OK	
Jan. 09, 2010	★	Texas Mid-Winter Round UP	killeen, TX	
Feb. 6-7, 2010	C	Horizon TX-C	Deer Park Masonic Lodge #1362 2809 Center St. Deer Park, TX	Contact: Lynn Heene TX Dist Trainer 512-694-3064
Mar. 25-27, 2009	★	Region-H "Be A Sport In Marshall"	Montgomery Comm. Ctr Montgomery, TX	
April 3, 2010	J	24th Annual Fool's Run Rally	Cowboy Honda, Beaumont, TX	
April 8-10, 2010	★	Louisiana District Madigras Madness	Holiday Inn, Lafayette, LA	Gene & Nelda Stanley dgstanley1@suddenlink.net 337-478-1670
May 6-8, 2009	★	Texas District Rally "Let's Rally The Troops"	Marshall, TX	Ken & Babie Peterson 817-293-4667 kenandbarbie@att.net
May 27-29, 2010	★	Arkansas Distraict Rally		
June 30-July 3, 2010		Wing Ding 32	Iowa Events Center Des Moines, Iowa	

This information is provided for the convenience of Chapter Z members. Information is obtained from the Texas District web page and various sources. No warrantee is made with respect to the accuracy of any information on this page or any other page in this newsletter, and the staff of Chapter Z shall not be liable if any information is incorrect. You are advised to verify the accuracy of this information prior to attending any listed event. This information contained herein is subject to change without notice.

Hot...Continued From Page 5

- Nausea
- Muscle cramps
- Fever
- Fast pulse
- No sweat
- Skin is hot and dry
- Chills

Signs of Heat Stroke:

- Fainting
- Confusion
- Strange or angry behavior
- Very high temperature

Remember to Stay Heat Smart

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Chapter Polo Shirts \$ 25

Chapter Long-Sleeve T-Shirt \$25

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Staying Slim and Regular With H₂O



(Article submitted by Charles Wesley)

If you've ever tried to lose weight, you've probably heard a lot about water and weight loss. Can drinking more water really help you lose weight? The short answer is yes -- and no. If you're already well hydrated and getting plenty of water, getting *more* water into your diet probably won't make a lot of difference. But if you're going through your days a little -- or a lot -- dehydrated, as many people are, getting enough water could help.

"In my experience, most people are not aware of how much they're drinking and are not drinking enough -- many, as little as half of what they need," says Amanda Carlson, RD, director of performance nutrition at Athletes' Performance, which trains many world-class athletes.

How Water Boosts Metabolism

"Water's involved in every type of cellular process in your body, and when you're dehydrated, they all run less efficiently -- and that includes your metabolism. Think of it like your car: if you have enough oil and gas, it will run more efficiently. It's the same with your body."

"Your metabolism is basically a series of chemical reactions that take place in your body," says Trent Nessler, PT, DPT, MPT, managing director of Baptist Sports Medicine in Nashville. "Staying hydrated keeps those chemical reactions moving smoothly." Being even 1% dehydrated can cause a significant drop in metabolism.

Hungry or Thirsty? How Water Helps a Diet

It's also very difficult for the body to tell the difference between hunger and thirst. So if you're walking around feeling a gnawing sense of hunger, you might just be dehydrated. Try drinking a glass of water instead of grabbing a snack.

Research has also shown that drinking a glass of water right before a meal helps you to feel more full and eat less. "Many people do find that if they have water before a meal, it's easier to eat more carefully," says Renee Melton, MS, RD, LD, director of nutrition for Sensei, a developer of online and mobile weight loss and nutrition programs.

One study, for example, found that people who drank water before meals ate an average of 75 fewer calories at each meal. That doesn't sound like a lot -- but multiply 75 calories by 365 days a year. Even if you only drink water before dinner every day, you'd consume 27,000 fewer calories over the course of the year. That's almost an eight-pound weight loss.

The Digestive Health Benefits of Water

But getting enough water doesn't just help you regulate how much you eat -- it helps you digest it properly, as well. "Water allows your kidneys to function properly and filter everything they need to, and allows us to eliminate effectively and not be constipated," Melton says. "People who don't get enough fluids in their diet tend to be constipated."

And that's not all. The single biggest cause of painful kidney stones is chronic dehydration. When you don't get enough water, calcium and other minerals build up in your urine and are harder for your body to filter out. They can form the crystals that make up kidney and urinary stones.

Doctors who specialize in pediatric kidney problems report seeing more kidney stones in children in recent years, and they believe it's because of a combination of factors. Many kids aren't drinking enough water. Also, many kids are overweight and eat a poor diet.

"I've been in this field for over 30 years, and I'd say that until about the last 10 to 15 years, you almost

See Stay...Continued On Page 10

Represent...Continued From Page 3

gloves, long sleeved shirt (a mesh jacket is cooler in the summer with a tank shirt underneath), long pants (at a minimum jeans, mesh pants are VERY cool in the summer), and leather boots that cover the ankle (some ventilation here helps too).

Okay I'm done. If the shoe fits.....

Please guys and gals, wear your gear for yourself but also wear it to REPRESENT. We are fortunate to be members of the top motorcycle organization in the world (my opinion). The rest of them are watching us. Let's show them how it's done!

Friends for Fun, Safety and Knowledge.



Ted & Carrie Geier Chapter Directors Chapter Z
Master Tour Riders 7127 & 7126 Always ATGATT

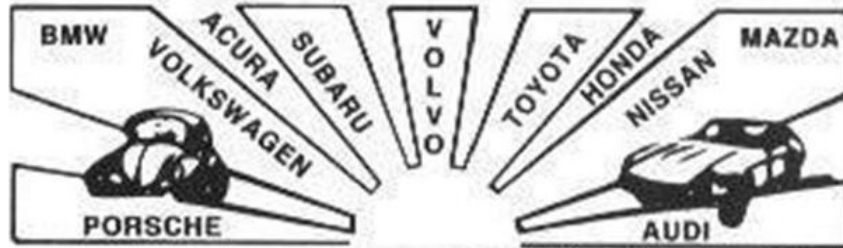
Trivia

1. How many sides to a trapezium?
2. Which word describes a quantity of bread or can mean to laze around?
3. In Australia, what animal is a jumbuck?
4. What is the boiling point of water on the Fahrenheit scale?
5. Which word goes after lime and before house to make new words?

(See bottom of page 14 for answers)

Did You Know.....

- A diamond is the hardest natural substance on earth, but if placed in an oven at 1405 Fahrenheit, it will vanish with out even ash remaining. Only a little carbon will have been released.
- To determine if an egg is hardboiled or raw, spin it. If it wobbles it is raw. If it spins easily it is hard-boiled. When put in a water, a fresh egg will sink, but a stale egg will not sink.
- In 1950 Diners Club and American Express launched their charge cards. The first plastic money" in the U.S. In 1951 Diners Club issued the first credit card to 200 customers to be used at 27 restaurants in New York. *****



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Stay...Continued From Page 8

never saw stones in kids," says Andrew Weiss, M.D., chief of pediatric nephrology at Maria Fareri Children's Hospital of the Westchester Medical Center in New York. "Lately, the frequency is increasing dramatically."

How Much Water Do You Need?

How can you know if you're getting enough water to keep your metabolism cranking at peak efficiency and your digestive system functioning? The formula used to be "one size fits all" -- eight 8-ounce glasses of water a day. But that's changed, experts say.

"It depends on your size and weight, and also on your activity level and where you live," Nessler says. "In general, you should try to drink between half an ounce and an ounce of water for each pound you weigh, every day." For example, if you weigh 150 pounds, that would be 75 to 150 ounces of water a day. If you're living in a hot climate and exercising a lot, you'd be on the higher end of that range; if you're in a cooler climate and mostly sedentary, you'd need less.

Another quick way to check: look in the bowl after you've gone to the bathroom. If your urine is clear or very light yellow and has little odor, you're well hydrated. The darker and more aromatic your urine, the more dehydrated you are.

How can you build more water consumption into your day? Try these tips:

- Carry an insulated sports bottle with you and fill it up periodically.
- Keep a glass of water on your desk at work.
- Keep another glass next to your bed. Many of us wake up dehydrated first thing in the morning.
- Switch one glass of soda or cup of coffee for a glass of water.
- Drink small amounts of water throughout the day. Six glasses all at once isn't good for you!

Membership Enhancement Coordinator's August 2009 Chapter Z Participation Report

Attendance Report:

<u>Date</u>	<u>Event</u>	<u>Participants</u>	<u>Visitors</u>	<u>Total</u>
8/1/2009	Movie	14	2	16
8/2/2009	Breakfast @ Frank's	8	0	8
8/8/2009	Full Moon Ride	13	2	15
8/9/2009	Breakfast @ Frank's	9	1	10
8/12/2009	Chapter Gathering	27	7	34
8/14/2009	Sonic Ride	15	2	17
8/15/2009	WII Bowling	13	2	15
8/16/2009	Breakfast @ Joe's	11	2	13
8/22/2009	Afternoon at the Dog Races	7	0	7
8/23/2009	Breakfast @ Frank's	9	3	12
8/30/2009	Breakfast @ Frank's	9	1	10
8/31/2009	Chapter Planning Meeting	20	0	20
	Total			161

SEPTEMBER 2009

Chapter Z GWRRA

Pasadena, Texas

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2	3	4	5
6 Pelican Ride to Pelican Grill KSU 8AM at the North J O	7 LABOR DAY	8	9 Z Monthly Mtg. 7:30 PM at Golden Corral on Spencer	10	11	12 Fertle Family Comedy Res. 713-522-7722 for 8 PM -Dinner at 6PM Little Papisito's
13	14	15	16	17	18	19 Texas Honor Ride- www.texashonorride.org
20 Meet at 8: AM for Breakfast at Joe's in Alvin 1400 E Hwy 6 near the 35 Bypass	21	22	23 Vietnam Moving Wall escort www.setexaspgr.org	24	25	26 2nd Wii Game Night 6:00 Meet 1406 Orrel Pasadena
27	28 Z Planning Mtg. 7:15 PM at Pepper's Grill on Fairmont	29	30	Have BREAKFAST with the ZOO GROUP ...Every Sunday morning at Frank's Grill 3807 Spencer Hwy in Pasadena 8:00AM Please check individual dates for possible changes		

OCTOBER 2009

Chapter Z GWRRA

Pasadena, Texas

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1	2	3 Lunch ride to Catfish Village KSU 9:30 AM North J O
<p>Have BREAKFAST with the ZOO GROUP ...Every Sunday morning at Frank's Grill 3807 Spencer Hwy in Pasadena 8:00AM</p> <p>Please check individual dates for possible changes in the location of our Breakfast meeting</p>						
4	5	6	7	8	9 Ride to Sonic on Space Center Blvd. KSU at 6:45 PM from North JO	10 Chappel Hill Scarecrow Festival DTBA
11	12	13	14 Z Monthly Mtg. 7:30 PM at Golden Corral on Spencer	15	16	17 Nun Run DTBA TX Dist Ed. Weekend in Marshall
				← Mississippi District Rally →		
18 6th annual - Blue Santa Ride -8 AM Nat'l Oak Park , 105 S Gordon, Alvin	19	20	21	22	23	24 Ride to-Sunflower Bakery KSU 7:30 AM South JO
				← Oklahoma District Rally Muskogee, OK →		
25 3 rd annual Golf Tournament 1:00 Chaparral Golf Club, contact Mike Fогarty	26 Z Planning Mtg. 7:15 PM at Pepper's Grill on Fairmont	27	28	29	30	31 Halloween Lone Star Rally in Galveston Oct. 30—Nov. 1

IF MY BODY WERE A CAR...

If my body were a car, this is the time I would be thinking about trading it in for a newer model. I've got bumps and dents and scratches in my finish, and my paint job is getting a little dull. But that's not the worst of it. My headlights are out of focus, and it's especially hard to see things up close.

My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather.

My whitewalls are stained with varicose veins. It takes me hours to reach my maximum speed. My fuel rate burns inefficiently.

But here's the worst of it --



Almost every time I sneeze, cough or laugh, **either my radiator leaks or my exhaust backfires.**

CASH FOR CLUNKERS.....I QUALIFY - How about You?



Trivia answers: 1. Four 2. Loaf 3. Sheep 4. 212 degrees 5. Light

**GWRRA Texas Chapter Z
Meets the 2nd
Wednesday of each month at
Golden Corral
4021 Spencer Hwy.
7:30 pm**

**Z's Planning Mtg. is at 7:15 pm
on the last Monday of the
month at Pepper's Grill at 3604
Fairmont Pkwy.**

**Z's North Jump Off:
All rides depart from the
parking lot on the
southwest corner of
Beltway 8 @ Red Bluff
behind the Exxon station**

**Z's SOUTH Jump Off:
Kroger on I-45 @ FM 517 in
Dickinson**

**Z's MID Jump Off:
AMC Gulf Pointe Parking Lot
I-45 & Beltway 8**

**Chapter Z meets every
Sunday for breakfast at
Frank's Grill
3807 Spencer Hwy. 8:00AM
CHECK CALENDAR FOR CHANGES IN
LOCATION**

Reminder

This is your newsletter, please feel free to write an article about a ride, a rally or other pertinent matter and submit it for publication on or before the next planning meeting.

Ya'll come back!

Zoo Group Celebrations



HAPPY BIRTHDAY

SEPTEMBER

- 10—Julie Bryson
- 05—Phyllis McCormick
- 08—Alan Woodall
- 08—Jennifer Woodall
- 08—Danette Yoakum
- 12—Monty Montgomery
- 23—Linda Hickman
- 28—Ron Martin
- 29—Mike Fogarty
- 30—David Lebanowski
- 30—Juanita Wesley

Happy Anniversary

SEPTEMBER

- 13—Charles & Juanita Wesley
- 16—Joe & Denise Hile

Find your Number!

Each month there will be a GWRRA member number embedded somewhere within the newsletter. It could be yours. There will be a prize waiting for you at the next meeting if you find your number. Good Luck!



WE'RE ON THE WEB!
WWW.ZOOGROUP.ORG



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