

Gold Wing Road Riders Association

FRIENDS FOR FUN, SAFETY, AND KNOWLEDGE



**Texas District
Chapter N2
Humble, Texas**

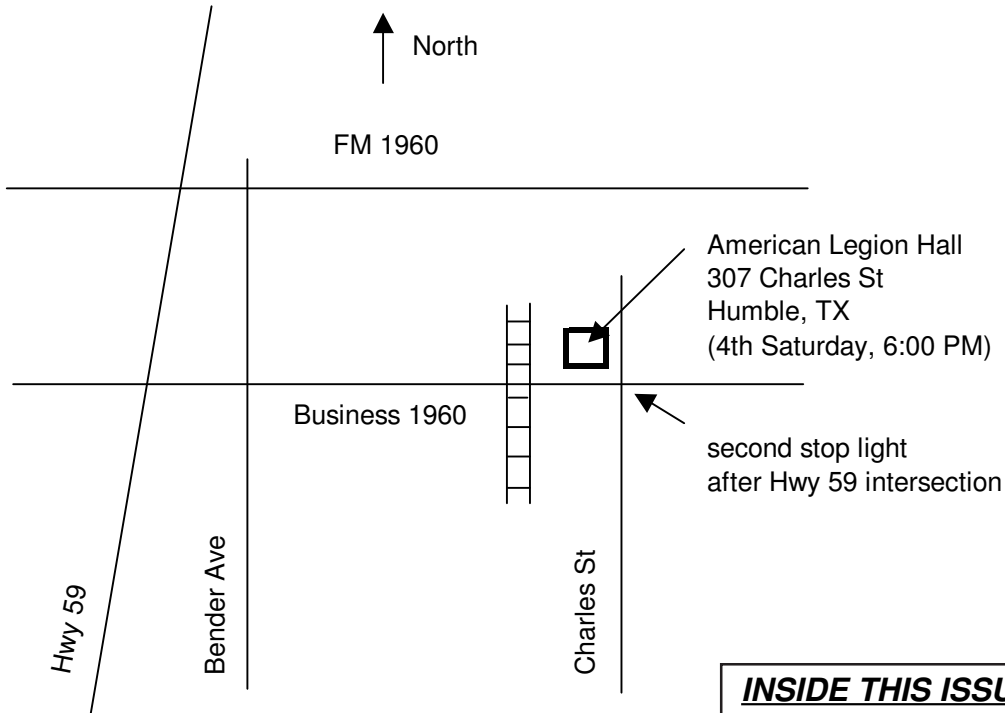
South Central Region H

The N2 Buzz

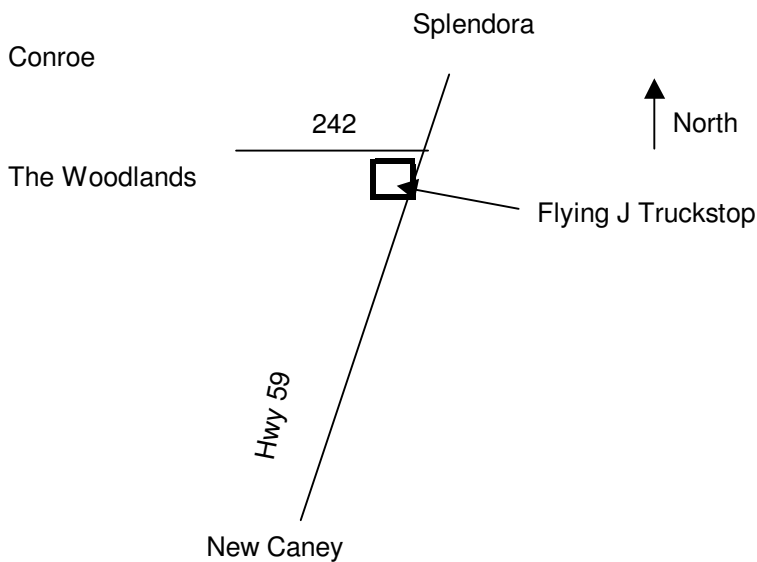


January 2011

MONTHLY MEETING PLACE



RIDE MEETING PLACE



INSIDE THIS ISSUE...

- Monthly Meeting/Ride Location Maps
- Chapter N-2 Staff
- Texas District Staff
- News from the Chapter Directors
- Passing of the Torch for COY
- Rider Education
- GROUPON.COM
- Trunk Lighting
- Social Dinner Calendar for 2011
- Polar Bear Ride 2011
- Dates to Remember
- December Participation Report
- 6 Cancer-Fighting Superfoods
- 5 Healthy Ways to Post-Holiday Detox
- Kudos to...
- Recipes
- January 2011 Bizarre & Unique Holidays
- 5 Ways to Make Your Dishwasher Last Longer
- MYDAILYDEALS.COM
- This & That
- Chapter Calendar
- Newsletter Sponsors



Chapter N2 Staff - 2010

Chapter Directors

Steve & Linda Seligman
713-305-0225
swselig@gmail.com

Treasurer

Robin Smith
832-434-2991
fordfanatics@gmail.com

Ride Coordinators

Randy Rainwater 281-360-4577
Mark Smith 713-291-6118
Mike Thacker 281-686-8892
Ricky Frazier 281-615-4386

Scrapbook Coordinators

Ricky & Karen Frazier
281-615-4386
karenf@nctv.com

Website

www.gwrri-n2-humbletx.com

Chapter N2 Email Address

humblechaptern2@gmail.com

Advisor

Carolyn Thomsen
281-540-2454
Wngldr98@yahoo.com

Newsletter Editor

Sharon Rainwater
281-360-4577
rainwatersharon@yahoo.com

Sunshine Couple

Mike & Nancy Morgan
c# 832-579-6334

Camping Coordinators

Rex & Ann Nix
713-697-7692
rexnix@hotmail.com

MEC

Ricky & Karen Frazier
281-615-4386
karenf@nctv.com

Chapter Educator/MAD Coord.

Mark Smith
713-291-6118
fordfanatics@gmail.com

Phone Tree Coordinator

Shirley Rodger
281-441-7084
shirleyrodger@comcast.net

Ways N Means

Randy Rainwater
281-360-4577
rrainwater@embarqmail.com

Web Master

Brad Rodger
713-865-1353
bradrodger@comcast.net

Couple of the Year

Mike & Robin Thacker
M c#281-686-8892
R c#281-687-8548
rmwerone@yahoo.com

Texas District Staff - 2010

District Directors

Fred & Mandy Mew
817-707-3568
txdd@gwrri-tx.org

TX District COY 2010

Dave & Jean Simmons
325-382-4469
txcoy@gwrri-tx.org

Newsletter Editor

Mandy Mew
817-939-3568
nle@gwrri-tx.org

Vendor Coordinators

Don & Linda Holley
940-390-0873
txvc@gwrri-tx.org

Assistant District Directors

Mark & Lynn Heene
512-288-4152
txadd@gwrri-tx.org

District Educators

Chet Roby & Maria Collins
254-718-3977
txed@gwrri-tx.org

District Trainer

Lynn Heene
512-288-4152 (h)
txtrainer@gwrri-tx.org

Dist. Admin. Support & Security

Terry McDade
817-491-2881
adminss@gwrri-tx.org

Texas District Website

www.gwrri-tx.org

Membership Enhancement Coord.

Carolyn Barton
254-578-3353 (h)
txmec@gwrri-tx.org

Asst. Membr. Enhancement Coord.

Donna Holley
940-231-4026 (c)
asstmec@gwrri-tx.org

Dist. Treasurer

Leona McDade
817-491-2881
txtreasurer@gwrri-tx.org

Webmaster

Mark Heene
512-694-3063
webmaster@gwrri-tx.org

NEWS FROM THE CHAPTER DIRECTORS

Steve & Linda Seligman
Master Tour Rider 6748 & 6747
Chapter N2 - Humble, TX



Happy New Year to everyone! It is hard to believe that 2010 has come and gone. Linda and I were

talking the other day and are so surprised how quickly our first year as Chapter Directors went by us. We enjoyed so many activities. Our first event as Chapter Directors was the 2010 Polar Bear ride and gumbo lunch at the Hartley's house. It is funny--you go to bed as Assistance Chapter Directors and then wake up as Chapter Directors (no pressure--HUH!!). We counted the number of events we had in 2010 and came up with 72 (I am sure we missed a few). The events ranged from game nights, chapter breakfasts, Region H convention, Texas District convention, Louisiana District Convention, other chapter's conventions, the pig roast, lunch rides, breakfast rides, dinner rides, progressive dinner ride, Texas Honor ride, maintenance days, fruitcake ride, Christmas Party plus many others I know I missed. 2010 was also had an accident free

year--great job!! Your chapter team will be soliciting suggestions from you for rides, events and places to go. We want to make sure that all members have input into our rides and events. So, please feel free to send an email to the chapter email address or just pass on your ideas to the chapter team. Remember this is your chapter!!

Linda and I would like to take this time to thank a few team members who will be stepping down in 2011. Steve and Billie Fleming were our Membership Enhancement Coordinators. Steve and Billie diligently worked the Area Run List which contains new GWRRA members, prospective members and members whose dues were expiring. Steve and Billie took the time to contact each member on the list and invited them to attend our rides and gatherings. Thank you Steve and Billie for a job well done.

Finally, we would like to thank all of the members for their support, membership, attendance and fun they gave to us in 2010. We are looking forward to an active and exciting 2011.

COUPLE OF THE YEAR FOR 2011

At this time, we would like to take the opportunity to thank *Rex & Ann Nix* for serving as our 2010 Couple of the Year. They were a little apprehensive to accept the role, but they did an awesome job. Rex and Ann put together the Couple of the Year basket for the Texas District Convention and the basket placed in the top three grossing baskets (2nd year in a row). Rex also was responsible for the number 1 decorated jeep at the Texas District Convention. They were always the bright spots at the chapter gatherings--making everyone feel welcome and special. Rex and Ann--thank you

for being a great Couple of the Year and making the year memorable.

At our chapter Christmas party for 2010, our incoming Couple of the Year for 2011 was announced--*Mike & Robin Thacker*. This couple is well known in the chapter having served as our Chapter Directors from 2006 - 2009. We look forward to the activities they have planned and know they will take on their responsibilities with enthusiasm and gusto! Beeeeeeeee prepared!



RIDER EDUCATOR
 Mark Smith
 Master Tour Rider 7153

Wow, another year gone, but not forgotten. 2010 was a great year for N2. As a group, we had 47,713 safe miles; that's right, safe miles! We didn't have any recordable incidents throughout the year. Way to ride! CONGRATS to everyone. In the year 2010, we had six members get certified to be Parking Lot Practice facilitators.

We are hoping to be setting up a practice in the near future for our new members and regular members to brush up on their riding skills. In fact, we hope to set up a couple throughout the coming year. I will be putting together a couple of Road Captain Courses and Co-Rider Seminars very soon also. I encourage everyone to please join me and let's make it fun. Hopefully, the weather will be better this year, so we can rack up some more miles. I am hoping for a not so hot summer, so everyone can get in a little more riding.

If there is anything that someone wants to discuss as far as education, please don't hesitate to give me a holler and we will work it out. I hope we can make 2011 an even better year than 2010. So remember...ride safe, ride smart, but most of all have fun!

See if you can find your GWRRA number in the newsletter. Let *Steve Seligman* know before the next chapter meeting and win a little something!

GROUPON.COM

Groupon is a deal-of-the-day website that is localized to major markets in the United States. The first market for Groupon was Chicago, followed soon thereafter by Boston and New York City. Groupon serves more than 40 markets.

How Groupon Works

1. Get It

Check your email, Facebook or Twitter feeds for daily deals on cool local businesses.

2. Share It

Groupons are more fun when used with friends. Pass along deals by email or broadcast them to your social networks.

3. Enjoy It

Print the voucher or bring it up on your mobile device, then present it at the business to get your deal.



Groupon negotiates huge discounts—usually 50-90% off—with popular businesses. We send the deals to thousands of subscribers in our free daily email, and we send the businesses a ton of new customers. That's the Groupon magic.

TRUNK LIGHTING

By Steve Fleming

Master Tour Rider #8140

I have been frustrated many times looking for something in my trunk after dark. Even in a well lighted parking lot it can be hard to find something in your trunk. I have tried a couple of battery operated lights only to have the batteries go when I needed the light the most. I was walking through Auto Zone while in Albuquerque over the Thanksgiving holiday and found that they carried a pretty good assortment of LED light strips; 4", 8", 12" and some even longer. They were reasonably priced as well but I didn't pick up any being that far from home in case they would not fit my needs.



Well, last weekend while at game night, I had the brain storm to put some LED lights in my trunk to end the frustration of not being able to see in the trunk at night. I went to Auto Zone near my house in Katy and spent over an hour perusing the variety of LED lighting products they carried. I settled on the package with two 4" strips which had 6 LEDs on each strip. I bought all the associated parts, including a switch and a mount, not knowing where I would actually mount the switch to keep it from being accidentally turned on. That would present a problem because I had wanted to wire the lights to a direct feed that would not depend upon the

key being in the on or auxiliary position. Saturday evening I was playing around with the idea and trying different places to mount the lights for best effect. I found that placing them just under the rim of the sides of the trunk gave even lighting for the whole trunk (see photos). I used aluminum duct tape as the backing to add to the reflection and distribution of the light output. It works really well as you can see.



Figure 1 - left side of trunk

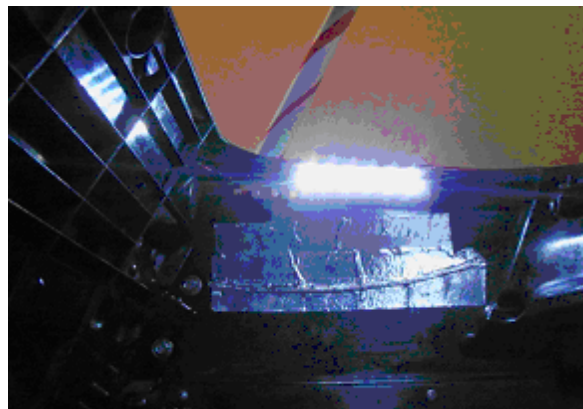


Figure 2 - right side of trunk

(Trunk Lighting, cont.)

I was amazed at the way this actually put such even lighting in the whole trunk. I was so excited about the little project that I took a picture of my trunk with the lights working on the demonstration batteries to show the effect and brought the pictures to the Chapter breakfast at Mamacitas. It was there that Rex Nix suggested that I use a mercury switch

in the trunk lid to turn it on when the lid was raised. Dah! I never thought of that. He said that he had several spares and offered to give me one. Not only smart but generous and kind too! We stopped by his house on the way home for a short visit and he gave me the switch for my little project.

Do we have your current information? Please forward updates or changes to *Steve & Linda*.

Name:
Address:
Home phone #:
Cell phone #:
Email:
Birth date:
Anniversary date:

Spouse Info:

Cell phone #:
Birth date:

Brad Rodger's new cell #
 713-865-1353

Mike & Nancy Morgan
 251 N. Southwind Trails
 Cleveland, TX 77328
 c# 832-579-6334

David & Cathy Southwell



**CHAPTER N2 MONTHLY
 WEDNESDAY NIGHT SOCIAL DINNER**



JANUARY

Ricky & Karen Frazier

Wed., Jan. 12 - (Hofbrau Steakhouse - 24890 FM 1314, Porter 77365 - 281-354-8854)

FEBRUARY

Mark & Robin Smith

MARCH

Mike & Robin Thacker

APRIL

Randy & Sharon Rainwater

MAY

Jerry Barnett

JUNE

Mike & Nancy Morgan

JULY

Gary & Marie Rabalais

AUG

Steve & Billie Fleming

SEPT

Jim & Beth Hartley

OCT

Carolyn Thomsen

NOV

Jim & Lynn Flournoy

DEC

David & Cathy Southwell

ALTERNATES: Gary & Stormy Young, Paul & Mari Rich, Rex & Ann Nix 206058

POLAR BEAR RIDE 2011

By Randy Rainwater

Where did 2010 go? It feels like we just did the 2010 Polar Bear Ride and here it is time for another “first ride of the year.” I’m sure several New Year’s resolutions have been made and, based upon history, will probably be broken in the very near future. Our minister suggested, in his sermon last week, not to make resolutions but just hit the reset button and start fresh. Sounds like a good idea and maybe worth a try.

For a Polar Bear Ride 54 – 59 degree temperatures were welcomed and comfortable temperatures to start off a new year. Mark Smith had a safety meeting prior to our ride and reminded us of a few of the hand signals and I described the first part of our route. We had 13 bikes and 18 riders along with the Morgans in a car, since they had not been feeling too well. We split up into two groups with myself leading Group 1 and Gary Rabalais dragging. Group 2 was led by Mike Thacker and Rex & Ann Nix dragging.



It’s difficult to take this group on a 100-mile ride and not ride the same roads that we have ridden before. It was a challenge, but I think we combined a few roads that we haven’t ridden in quite a while with some of our old favorites and actually stayed within a 22 mile radius of our starting point at the Flying J at the intersection of 242 and Hwy 59. Just a brief description for those that couldn’t make the ride: left on 242, right on 1485, right on Waukegan, right on 105, left on 1484, right on 3081, right on 1725, left on 105 to Cleveland for a short rest stop. To continue, we went right on 105, left on 105 at the light, right on East Fort Worth Street, right on South William Barnette Avenue, left on East Southland

(Polar Bear Ride 2011, cont.)

Street (which Rex dubbed a Texas Switchback), right on 1010, right on 1485, left on 494, left on Ford Road, straight on Hamblen Road, right on Northpark Drive, left on Rock Springs, right on Brook Shadow, and left on Deer Falls.

When we turned on to Rock Springs, coming into Kingwood through the back door, I started noticing more and more cars parked on either side of the road, which quickly turned into cars on both sides of the road. Come to find out there was a

community celebration at the park on Brook Shadow and they must have been giving away something free for the number of cars parked on the streets near the park. We navigated our way through the jungle of cars and found Jim and Beth's house for gumbo, potato salad, deviled eggs, bread, assorted desserts, hot coffee and cocoa.

It was a great way to restart in a new year and those that could not make it were missed. We hope to see each of you on future rides.



DATES TO REMEMBER...

2011

1/15	Texas Mid-Winter Round-up - Killeen, TX
3/12	Texas Chapter C Convention - Baytown, TX
3/24-26	Region H Convention - Plano, TX
4/2	Texas Chapter O Convention - Fredericksburg, TX
4/7-9	Louisiana District Convention - Lafayette, LA
4/29-30	Texas Chapter O2 Convention - Brownwood, TX
5/12-14	Texas District Convention - Killeen, TX
5/26-28	Arkansas District Convention - Harrison, AR
7/6-9	Wing Ding 33 - Knoxville, TN
8/26-27	Kansas District Convention - Eldorado, KS
10/7-9	Oklahoma District Convention - McAlester, OK

December 2010 RIDE/EVENT PARTICIPATION REPORT



<u>DATE</u>	<u>EVENT</u>	<u>#OF BIKES</u>	<u>#OF PARTICIPANTS</u>
12/03/2010	Game Night	0	18
12/05/2010	Chapter Breakfast	7	16
12/11/2010	Fruitcake Ride	7	13
12/15/2010	Social Dinner	1	18
12/18/2010	Chapter Christmas Party	0	45
12/19/2010	Toy Run	14	23

6 Cancer-Fighting Superfoods

By Leslie Barrie

To reduce your risk of cancer, look no further than your fridge. “All the studies on cancer and nutrition point to eating plant-based foods for their phytonutrients and other special compounds,” says Richard Béliveau, PhD, chair in the prevention and treatment of cancer at the University of Québec at Montreal and author of *Foods to Fight Cancer*.

Aim for five to nine daily servings of all kinds of fruits and vegetables--especially these six superstars.

Broccoli

All cruciferous veggies (think cauliflower, cabbage, kale) contain cancer-fighting properties, but broccoli is the only one with a sizable amount of sulforaphane, a particularly potent compound that boosts the body's protective enzymes and flushes out cancer-causing chemicals, says Jed Fahey, ScD. A recent University of Michigan study on mice found that sulforaphane also targets cancer stem cells--those that aid in tumor growth.

Helps fight: breast, liver, lung, prostate, skin, stomach, and bladder cancers

Your Rx: The more broccoli, the better, research suggests--so add it wherever you can, from salads to omelets to the top of your pizza.

Berries

All berries are packed with cancer-fighting phytonutrients. But black raspberries, in particular, contain very high concentrations of phytochemicals called anthocyanins, which slow down the growth of premalignant cells and keep new blood vessels from forming (and potentially feeding a cancerous tumor), according to Gary D. Stoner, PhD, a professor of internal medicine at The Ohio State University College of Medicine.

Helps fight: colon, esophageal, oral, and skin cancers

Your Rx: Stoner uses a concentrated berry powder in his studies, but says a half-cup serving of berries a day may help your health, too.

Tomatoes

This juicy fruit is the best dietary source of lycopene, a carotenoid that gives tomatoes their red hue, Béliveau says. And that's good news, because lycopene was found to stop endometrial cancer cell growth in a study

in *Nutrition and Cancer*. Endometrial cancer causes nearly 8,000 deaths a year.

Helps fight: endometrial, lung, prostate, and stomach cancers

Your Rx: The biggest benefits come from cooked tomatoes (think pasta sauce!), since the heating process increases the amount of lycopene your body is able to absorb.

Walnuts

Their phytosterols (cholesterol-like molecules found in plants) have been shown to block estrogen receptors in breast cancer cells, possibly slowing the cells' growth, says Elaine Hardman, PhD, associate professor at Marshall University School of Medicine in Huntington, West Virginia.

Helps fight: breast and prostate cancers

Your Rx: Munching on an ounce of walnuts a day may yield the best benefits, Hardman's research found.

Garlic

Phytochemicals in garlic have been found to halt the formation of nitrosamines, carcinogens formed in the stomach (and in the intestines, in certain conditions) when you consume nitrates, a common food preservative, Béliveau says. In fact, the Iowa Women's Health Study found that women with the highest amounts of garlic in their diets had a 50 percent lower risk of certain colon cancers than women who ate the least.

Helps fight: breast, colon, esophageal, and stomach cancers

Your Rx: Chop a clove of fresh, crushed garlic (crushing helps release beneficial enzymes), and sprinkle it into that lycopene-rich tomato sauce while it simmers.

Source: <http://shine.yahoo.com/event/vitality/6-cancer-fighting-superfoods-2428408>



5 Healthy Ways to Post-Holiday Detox

By Jennipher Walters - DietsInReview.com

So the holidays are almost over and you're probably feeling like the rest of Americans right now: bloated, tired, and a little heavier than usual. Instead of going on a crash diet or thinking that you have to go to the gym for hours on end to start feeling like your pre-holiday self, follow these five tips to **post-holiday detox** in a healthy way!

1. **Break the sugar and salt habit.** If you feel especially bloated, cutting out the extra sugar, refined carbs and salt you've been having at holiday gatherings is the first step to getting back to your usual self. Do this for at least three days to get back on track and give your system time to reset.
2. **Load up on veggies.** Detoxing is all about getting the bad out and the good back in. So after the holidays challenge yourself to eat 7 to 12 servings of fruits and veggies a day--and make clean food the bulk of your diet. Get a variety of produce to ensure that you're getting all those vitamins and minerals you probably skimped on over holiday break.
3. **Start off easy at the gym.** You're probably gung-ho about working out right now and think a killer workout is what it will take to get you back on track, but ease back into the gym. It's better to do a little bit every day than go to the

gym, push it too hard, and then be so sore that you can't move for days!

4. **Make water your new BFF.** Hydration is the name of the game when it comes to post-holiday detoxing. Guzzle that water throughout the day, trying to get at least 64 ounces. Water helps flush out toxins and helps your body eliminate waste! (A good rule of thumb is to divide your total body weight in half, and drink that many ounces. i.e., a 150-pound person should drink 75 ounces of water.)
5. **Ignore the scale for a few days.** Because of all the extra holiday goodies, which included added sugar, salt and fat, you're probably a few pounds heavier than normal. Instead of stepping on the scale and feeling down about the number, just forgo the scale. Follow these tips and weigh yourself in a week. You'll probably be back to your normal size!

Extreme detoxes aren't necessary to get back on track after the holidays, nor are they any kind of healthy for your body. It's also not healthy to beat yourself up over what you ate and those workouts you may have missed. Today is a new day--so appreciate the holidays for what they are (or were) and get back on the healthy track!



Kudos to..

Ricky Frazier - for cooking the meats for our chapter Christmas party
Chapter members - for helping decorate for the chapter Christmas party
Karen Frazier - for stepping in as our DJ for the chapter Christmas party
Jim & Beth Hartley - for hosting our Polar Bear Ride lunch at their house
Rex & Ann Nix - for serving as 2010 Couple of the Year for Chapter N2
Steve & Billie Fleming - for serving as MEC for Chapter N2



The five most popular recipes for the month of December from the Recipe4Living Newsletter, plus another delicious recipe passed on by a friend.

CHRISTMAS MORN CASSEROLE



Ingredients

- 6 eggs, slightly beaten
- 1 c. cheddar cheese, shredded
- 1 tsp. dry mustard
- 1 lb. pork sausage, browned and drained
- 1 c. biscuit baking mix
- 2 c. milk
- 1 tsp. oregano

Directions

Mix all ingredients and pour into a 13x9 baking dish. Cover and refrigerate overnight. Bake uncovered in 350 degree oven for 1 hour.

AWESOME BREAKFAST CASSEROLE

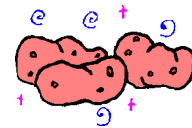
Ingredients

- 1 1/2 lb. hash browns; frozen
- 1 lb. bacon or sausage
- 3 eggs
- 2 oz Velveeta
- 2 oz cheddar; shredded
- 1 can cream of potato soup
- salt and pepper

Directions

Cook the hash browns with the onions till crisp. Fry the meat. Mix in a 13 X 9 pan. Add the cheeses, soup, beaten eggs, salt, and pepper. Bake at 350 for 30 to 50 minutes.

HASH BROWN CASSEROLE



Ingredients

- 3 c. frozen shredded potatoes
- 1/3 c. butter or margarine, melted
- 1 c. finely chopped cooked ham
- 1 c. (4 oz.) shredded Cheddar cheese
- 1/4 c. finely chopped green bell pepper
- 3 large eggs, beaten
- 1/2 c. milk
- 1/2 tsp. salt
- 1/2 tsp. pepper
- Pinch of nutmeg

Directions

Thaw potatoes between layers of paper towels to remove excess moisture. Press potatoes into bottom and up sides of an ungreased 9-inch pie plate; drizzle with butter. Bake at 425 degrees for 25 minutes or until lightly browned; cool on a wire rack 10 minutes. Combine ham, cheese, and bell pepper; spoon into potato shell. Combine eggs and next 3 ingredients, stirring well; pour egg mixture over ham mixture. Bake at 350 degrees for 25-30 minutes or until set; let stand 10 minutes before serving. Yield: 6-8 servings

(Recipes, cont.)

FRENCH TOAST CASSEROLE



Ingredients

- 1 10 oz. loaf French bread, cut into 1-inch cubes (10 c.)
- 8 eggs
- 3 c. milk
- 4 tsp. sugar
- 1 tsp. vanilla extract
- 3/4 tsp. salt (optional)

Topping:

- 2 T. butter or margarine, cubed
- 3 T. sugar
- 2 tsp. ground cinnamon
- Maple syrup (optional)

Directions

Place bread cubes in a greased 13x9x2 inch baking dish. In a mixing bowl, beat eggs, milk, sugar, vanilla, and salt if desired. Pour over bread. Cover and refrigerate for 8 hrs or overnight. Remove from the refrigerator 30 minutes before baking. Dot with butter. Combine sugar and cinnamon; sprinkle over the top. Cover and bake at 350 degrees for 45-50 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes. Serve with syrup if desired. Yield: 12 servings

PEANUT BUTTER DREAMS



Ingredients

- | | |
|-------------------------------|-------------------------------|
| · 1 1/2 c. packed brown sugar | · 1 1/2 c. flour |
| · 1 c. creamy peanut butter | · 3 c. of oatmeal, uncooked |
| · 3/4 c. margarine | · 1/2 tsp. baking soda |
| · 1/3 c. water | · 1 1/2 c. chocolate chips |
| · 1 egg | · 1/3 c. chopped peanuts |
| · 1 tsp. vanilla | · 4 tsp. vegetable shortening |

Directions

Preheat oven to 350 degrees. Beat baking soda, brown sugar, peanut butter, and margarine until fluffy. Blend in water, egg, and vanilla and mix together. Add the dry ingredients; mix well. Shape dough into 1" balls. Place on an ungreased cookie sheet and flatten to 1/4" thickness with the bottom of a glass dipped in white sugar. Bake 8-10 minutes; cool. In a saucepan, melt chocolate pieces and vegetable shortening; stir until smooth. Top each cookie with 1/2 tsp. chocolate; sprinkle with chopped peanuts. Chill until set. Yield: 6 dozen cookies

(Recipes, cont.)

EASY CRAWFISH OR SHRIMP ETOUFFEE

Ingredients

- 2 med. onions, chopped
- 1 bell pepper, chopped
- 2 cloves garlic, chopped
- 2 cans of cream of mushroom soup (can use ff)
- 1 can cream of celery soup (can use ff)
- 1 small can tomato sauce
- 1 can Rotel tomatoes
- 1 lb. (frozen or fresh) crawfish tails or shrimp
- Salt and pepper to taste



Directions

Saute onion and bell pepper in butter or margarine. Add all of the other ingredients and cook for 20 minutes. Serve over rice.

January 2011 Bizarre and Unique Holidays

1	New Year's Day	17	Ditch New Year's Resolutions Day
2	Run Up the Flagpole & See If Anyone Salutes Day	18	Thesaurus Day
3	Festival of Sleep Day	19	National Popcorn Day
4	Trivia Day	20	National Buttercrunch Day
5	National Bird Day	21	National Hugging Day
6	Bean Day	22	National Blonde Brownie Day
7	Old Rock Day	23	National Pie Day
8	Bubble Bath Day	24	Compliment Day
9	Play God Day	25	Opposite Day
10	Peculiar People Day	26	Spouse's Day
11	Step in a Puddle Day	27	Chocolate Cake Day
12	Feast of Fabulous Wild Men Day	28	National Kazoo Day
13	International Skeptics Day	29	National Puzzle Day
14	Dress Up Your Pet Day	30	National Inane Answering Message Day
15	National Hat Day		
16	National Nothing Day	31	Backward Day

5 Ways to Make Your Dishwasher Last Longer

(Wise Bread, on Monday, January 3, 2011, 11:36 am EST)

Dishwashers have a life cycle of about 15 years. But with good care and maintenance, it's possible to make your dishwasher last longer and perform more efficiently. Here are five strategies for getting more from your dishwasher.

Filter checkups

Filters are located in the interior of a dishwasher's floor and are designed to trap or catch food scraps. It's important to make sure that the filters are clean after every load, according to an expert from a national appliance retailer.

Rust alert

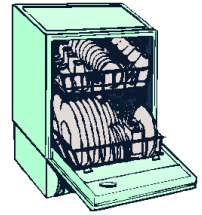
Tines--a dish rack feature--hold plates, bowls, and cups in place. Broken tines can leave rust stains on dishes or fall off and damage the pump. Watch out for tines that are damaged or nicked. Repair faulty tines with rack repair kits, which can be purchased in hardware stores or from the repair section of appliance stores. It's also possible to buy replacement racks for your dishwasher.

Spray safety

Examine the spray arms, which can be found on the ceiling or floor of the dishwasher. Food and detergent can clog the holes on the spray arm. This buildup can block the even distribution of water during the clean cycle.

Food disposal

There's no reason to clean your dishes before stacking the dishwasher. Large food leftovers should be scrapped from dishes, but don't overdo it. Clear away chicken nuggets, but don't fuss over dried ketchup on the plate. The process will preserve energy, effort and water.



Quick cycle

Dish-washing cycles are often extended until the appliance is filled with hot water. The dishwasher will continue to run water until the water temperature is warm enough start a new wash cycle. Use less energy and water by giving your dishwasher a head start. Here's how to shorten the process, according to one appliance expert: Before you turn on the dishwasher, run hot water for 10 seconds in the sink next to the dishwasher. This strategy heats the water in the pipes and shortens the running time of the dishwasher.

Sharon Harvey-Rosenberg is a special financial news contributor for Wise Bread. She is the author of "Frugal Duchess: How to Live Well and Save Money" and a contributing author to "10,001 Ways to Live Large on a Small Budget."



**HAVE YOU BROKEN YOUR
NEW YEAR'S RESOLUTIONS
YET???**

**CONSIDER EACH DAY
WORTHY OF RESETTING!**

MYDAILYDEALS.COM

HOW IT WORKS

My Daily Deals represents a new era for consumers in the post-recession era. Due to the incredible discounts that we will offer, you can live beyond your means without going into debt!

MyDailyDeals.com is a locally focused e-commerce site that will offer deals up to 75% off on fun things to eat, see and do each day. We're a Houston based company and every day we will offer Houstonians something fantastic to do in the Houston area at an incredible price. Whether its restaurants, theatres, spas, or even learning how to paint--our goal is to find the best local unique deals at a price you can't beat!

It's easy to use. We send one **Daily Deal** to our subscriber's inbox every morning. By guaranteeing local businesses lots of new customers, we make sure our subscribers get huge discounts on their services. There is no membership fee to be a subscriber and there is never an obligation to buy, so you can always just take a peek! If that **Daily Deal** doesn't interest you then wait until tomorrow! However, the deal is only good until the end of that day (in most instances), so you have to grab the **Daily Deal** before the clock runs out! There is a minimum number of customers required for the **Daily Deal** to be activated so make sure you call your friends and family to let them know what the **Daily Deal** is to ensure you're getting the opportunity to try a new experience without any worries.

In the current economy, MyDailyDeals.com allows people to try something new at a price they can afford and puts the good life back within the reach of Houstonians. In addition, we help local merchants by offering a positive marketing platform that will attract thousands of new customers and generate immediate cash flow for the merchant. These savings are possible because

My Daily Deals has negotiated volume discounts with local merchants, in turn passing the savings along to online shoppers. Consumers will have one day to take advantage of the savings, and a minimum number of customers must purchase the online coupons in order for the deal to take effect.



HOW WE ARE DIFFERENT

While the concept of offering group-based deals through online coupons is not new, My Daily Deals offers several significant departures from the services, which are already available.

The most crucial difference is that My Daily Deals is local in both nature and scope. The merchants who will participate in offerings through My Daily Deal are all local and have been thoroughly vetted. Many of these companies we already knew quite well, and those that we didn't were investigated thoroughly to remove any element of risk for our customers. The practice of strictly keeping buyers well-informed is another important factor that separates MyDailyDeals.com from its competitors. The web site integrates reviews from consumer-based web sites, providing customers with an objective source of information to utilize in the evaluation process.

Additionally, My Daily Deals will put merchants and consumers directly in touch via an online forum on the web site. Customers who are considering purchasing a coupon can ask questions and receive answers directly from the business owners themselves before buying the product or service in question. The system utilized by My Daily Deals will ensure that consumers receive the information they need quickly and accurately, while giving the business owners the opportunity to interact directly with their customers and provide them with the information that they desire.

POLAR BEAR RIDE

Saturday, January 1
9:00 a.m.



We will be meeting at Flying J (prefed) before proceeding on our "1st" ride of the 2011. Following the ride, we will dine on homemade gumbo and fixins at the home of *Jim & Beth Hartley* (3819 Deer Fall Ct., Kingwood 77345).

MID-WINTER ROUNDUP

Killeen, TX
January 14 - 16
8:00 a.m.
meet @ Flying J
Mike Thacker leading ride

**Ride to the Bush Library**

Monday, January 17 (holiday)
8:00 a.m.
meet at Flying J (prefed)
Randy Rainwater leading the ride
lunch at Hullabaloo Diner in Wellborn, TX

**WEENIE ROAST**

"N" the Thackers' yard
January 8 & 9
12 noon - 6:00 p.m. (or overnight)



If the weather is nice, everyone is welcome to pitch a tent in the Thackers' yard for the annual weenie roast campout. You can come and set up your "tent/camper" on Friday evening or come early Saturday. Bring an appetizer/snack or dessert ("dogs," buns, condiments, chili, chips, soda, tea, and water will be provided by the Thackers as well as fixins for smores...yum). Come join in the fun...*RAIN* or *SHINE*.

Chapter N2 Monthly Gathering

@ the American Legion Hall
Saturday, January 22
6:00 p.m.



You are cordially invited to the "*Bring Your Favorite Soup*" at the Chapter N2 monthly gathering for the first meeting of the new year--2011. The top three picks will be awarded a ribbon for the "Best Soup of the Day." So dig out your favorite soup recipe and come join in some "good eats."

Social Dinner

Wednesday, January 12
7:00 p.m.



Ricky & Karen Frazier have chosen Hofbrau Steakhouse (24890 FM 1314, Porter 77365 - 281-354-8854) for January's Social Dinner. Ya'll come.

BOWLING DATE WITH M2

Sunday, January 23
12 noon



We will be meeting at Raceway on the corner of 2920 and I-45 at 11:00 a.m. We will then proceed to the Tomball Bowling Lanes for a good time with friends. The price is \$12 per person for three games (includes shoes). Guests can add \$2 for a small drink and small popcorn or just buy whatever you want to munch on. Please let *Steve & Linda* know, if you're interested in participating. You're welcome to come watch and laugh at their attempts to hit come pins...ha!

CAMPOUT

Brazos Bend State Park
January 14 - 16





Randy Talbutt is organizing a campout at Brazos Bend State Park. For more information, directions, and to RSVP, contact Randy at 832-721-6655.



**GWRRRA CHAPTER N2
HUMBLE, TEXAS
JANUARY 2011**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Officer Certification Program Kerrville 30	31					Polar Bear Ride Rainwater 9:00 am Flying J 242 & 59 Hartley's gumbo  1
2	3	4	5	6	7	Wiener Roast & Campout Thackers 12:00 - 6:00pm 8
9	10	11	Social Dinner Hofbrau Steakhouse the Fraziers 7:00 PM 12	13	Leave for Mid-Winter Round Up 14	Mid-Winter Round Up Killeen, TX Shilo Hotel 15
16	Bush Library & Hullabaloo Diner College Station Flying J 8:00 am Hwy 59 & 242 MLK Day 17	18	19	20	21	Chapter Meeting American Legion Hall 6:00 PM Soup Competition  22
Bowling with M2 Raceway 2920 @ I-45 11:00 am Tomball Bowling Lanes 12:00 pm \$12.00 per person 23	24	25	26	27	28	Officer Certification Program Kerrville 29

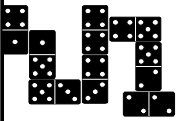
Birthdays

Paul Rich	1/13
Sharon Rainwater	1/16
Mark Smith	1/17
Ryan Talbutt	1/21
Randy Talbutt	1/28
Larry Turnbull	1/29

Anniversaries

Jim & Beth Hartley	1/1
Jim & Lynn Flournoy	1/24
Steve & Billie Fleming	1/30

HUMBLE, TEXAS FEBRUARY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Game Night American Legion Hall 6:00 PM 	
		1	2	3	4	5
6	7	8	9	10	11	12
	<i>Valentines Day</i>		Social Dinner the Smiths			Valentine Dinner 4 p.m. Outback Steakhouse 1960 & 45
13	14	15	16	17	18	19
	President's Day					Chapter Meeting American Legion Hall 6:00 PM
20	21	22	23	24	25	26
27	28					

Birthdays

Nathan Nix	2/10
Robin Thacker	2/20
Doris Ryles	2/27

Anniversaries

Mike & Robin Thacker	2/5
Ricky & Karen Frazier	2/17

Did you find your GWRRA number? Keep looking!

"N2" Apparel

Yellow polo shirts (summer) with logo: \$17.00

Yellow/black polo shirts with logo: \$25.00

Grey T-shirts with logo:

Short sleeve \$10.00

Long sleeve \$12.00

Yellow T-shirts with logo short sleeve \$10.00

Black denim vests \$25.00

"Humble Bumble" Bears \$3.00

Contact Randy or Sharon Rainwater

BARNETT CYCLE CARGO TRAILERS

Jerry Barnett

24696 Marks Rd.
Splendora, TX

713-201-5090

Bear1947@Juno.com

TEXAS CYCLE CHROME



Wing and Cruiser Accessory Headquarters

Chrome, Safety, Convenience and Maintenance Items

713-983-8700 or 866-983-8701

17352 Northwest Freeway, Houston, TX 77040

10:00AM - 6:00PM Monday - Friday / 12:00PM - 5:00PM Saturday / Closed Sunday

www.texascyclechrome.com

WILD WEST HONDA

22515 KATY FRWY.
KATY, TX. 77450

SALES: 281.392.8850
SERVICE: 281.3928940



BOB LUNSFORD'S

Northwest Honda

HONDA

COME SEE THE NEW GOLDWING

YOUR ONE STOP HONDA SHOP

SALES	(281)447-3476
PARTS & ACCESSORIES	(281)447-6337
SERVICE	(281)447-0316

10102 NORTH FREEWAY, I-45 AT WEST





Honda of Houston



Honda of Houston offers great prices on tires and tire installation. Why pay more?

For 2007 Honda of Houston has an expanded selection of Goldwings in stock.



Heated seats Heated grips Premium audio

New for 2007

GPS



Warm air vents



Now open Mondays

Monday - Friday - 9:00 am to 7:00 pm

Saturday - 9:00 am to 6:00 pm

Now open Mondays

Service opens at 8:00 am Monday - Saturday

**12655 West Road
Houston, TX 77041
281-506-1388**



WWW.HONDAOFHOUSTON.COM



We carry a full line of parts, accessories, and riding gear for you and your Goldwing.

Sign up today for your Rider Rewards Card and receive discounts all year long.

Stubbs 59 Powerports
10430 Southwest Freeway
Houston, TX 77074
(713) 772-7771
www.stubbs59.com



Stubbs Cycles
4436 Telephone Rd.
Houston, TX 77087
(713) 644-7535
www.stubbscycles.com

**Two
Locations in
Houston**



We offer insurance directly from our stores. We can insure your motorcycle as well as your truck, car, ATV, RV or boat.

Want to learn how to ride? We offer Rider's Edge New Rider Courses at our Harley-Davidson locations. Call (713) 644-7535 for Stubbs Harley-Davidson in Houston or (281) 991-4275 for San Jacinto Harley-Davidson in Pasadena.



We Sell Fun!



A Full Line Of



**Honda Gold Wings
and Accessories!**

New Owners!

New Attitude!



Travel In Style With



Bushtec Trailers

2901 Spencer Hwy.

www.pasadenahonda.com

713-941-5920