



“Dedicated to the Sport of Off-Road Motorcycling”

April 2008 (Volume 41 Issue 4)

Newsletter Editor in Chief: Denise Bailey

Special Interest Articles:

- Presidents Report
- Drinking Water
- Race Lies and Alibis



Inside This Issue:

Presidents Report	1
Drinking Water	1
Race Lies and Alibis	2
Kids Corner	3
Skull Creek Info	5
Recipe of the Month	6
Events Calendar	6
Classifieds	7
Club Sponsors	7
General Meeting Min.	8

Presidents Report

Story By: Jack Jennings
 TRH President

Departure from Tradition!

Starting with the April Newsletter, I've elected to change the size and content of the monthly President's Report. It will include significant announcements pertaining to the TRH but you will see that it won't be nearly as detailed as before resulting in a significantly shorter report. Please come to the General

Meetings to get a much more detailed account of TRH activities.

The Gator Bait is a "Done Deal"!

March 9th was the BIG day! A BIG Thanks goes out to Robby Austin, Chairman of this Texas State Championship Enduro Circuit event this year, and his Co-Chairman-Girard Lall. Also, Thanks to all of you that helped Robby & "G"

with this important TRH Event. We'll have Robby give you a recap of the Two Day event at the General meeting on April 7th.

Continues on Page 7



TRH President Jack Jennings

Drinking Water, Why it's Important

Story by: Maia Appleb
<http://www.inch-aweigh.com>

Don't roll your eyes! The potion for losing that excess body fat is all around you. It covers two thirds of the planet. If you eat right and exercise at the intensity, frequency and duration proper for you, but still can't get rid of that extra poundage here and there, you're probably just not drinking enough water.

No need to get defensive. You're actually quite normal. Most people don't drink enough water. Most people are also carrying around a few more pounds than they

would be if they did drink enough water. If you can't seem to get that weight off, try drowning your sorrows in nature's magical weight-loss mineral. It works, and here's why:

"What on Earth is 'metabolism', anyway?"

People use the term all the time, but ask them what it means and you'll get all kinds of answers. Merriam Webster defines it as, "The process by which a substance is handled in the body." A little vague, but that's really all it means. There are many forms of

metabolism going on in your body right now, but the one everyone is talking about is the metabolism of fat. This is actually something that the liver does when it converts stored fat to energy. The liver has other functions, but this is one of its main jobs.

Unfortunately, another of the liver's duties is to pick up the slack for the kidneys, which need plenty of water to work properly. If the kidneys are water-deprived, the liver has to do their work along with its own, lowering its total productivity. It then

Continues on Page 4



Race Lies and Alibis

By: Lynn Bailey
Club Member

March was good. The weather finally got a little nicer and it was ride time. Gator Bait naturally got off to a rough start due to the weather, but we finally got dun. March 9th, dawned a beautiful Texas spring day and the course that Robby Austin put together at Skull Creek was perfect. After chairing the event for two years, I decided to breakout the race bike and rearrange/blow up some of those tasty berms that Skull Creek had to offer for the event. I signed up on Row 18 and by the time that I got to the trail, it was perfectly groomed. I was in heaven. **SIDEBAR:** With the new Start Control format for Gator Bait that closely mirrors the way National Enduros are run now, this made for a cool day of riding Enduros without the games. You can read numerous opinions about the new format versus the old school, but quite honestly I can't decide where my heart is on that argument. I've spent many years learning and perfecting the

art of roll chart and wrist watch timekeeping. Heck, I won the 2000, 2002, and 2004 Caney Creek Overall with the old school method. I'm probably the last of that generation as everyone moved with the technology and went computerized. I love the game of cat and mouse with secret checks and taking chances to gain the advantage of precious seconds towards the overall win. But as I and several of the more distinguished old school enduro guys watched as our beloved discipline slowly fell off in numbers, I felt like opening my mind to give the start control format a chance. Some people call them "Hare Scrambles" and I try to quickly describe that it's still within the rules of Enduro, but now you don't need the computer that you were never going to buy anyway. You ride the same type of single track course of a traditional Enduro with the same separation factors and speed averages. If you

have no idea what I just said, you will love the Start Control format to get started into the world of Enduro. Before, you would trials ride into a Secret checkpoint that wasn't really a Secret, checked in, then rode against an unachievable speed average test section. But now you pull up, trade stories with your buddies, check into the Start Control, then surprise, ride against an unachievable speed average to the checkout. Either way, you get to ride your \$7000 dirt bike and for a moment forget about mowing the yard or that the truck payment is due. Just my perspective. **END SIDEBAR!** Bottom line: TRH once again showed how to put on a class event. All of the event workers were cheerful and that's what makes a great event. Without the workers manning checkpoint and watching the road crossings among other things, you are just trail riding at your favorite riding area. Always take the opportunity to tell the workers "thank you". At the end of the day, I was ready to get off of the bike and have a cold drink. Haydn Franklin led the way for the Event Overall with a 20 points and I pulled a second Overall with a 24. Once again thanks to Robby Austin and the TRH crew for a very memorable event. Fast forward one week and travel east to Forest Hill, La



The National Enduro circuit made its way to the deep south this year and I couldn't resist getting over there. If you have not been to La to ride, you need to go at least once. That is all it takes. If you love the Sam Houston, you'll fit right in over there. The Acadiana Dirt Riders put together a 78 mile course that was absolutely perfect. They used the good trails! With the perfect weather, once again I was having more fun than I deserve. They timed it right with 78 miles of long course, because once again I was ready to get off of the bike and get closer to a cool beverage.

Continues on page 4



Kids Corner



Are you thinking about what you're going to do this summer? Houston is a big city with lots of things to do. The Houston City Statistical Area (CSA) covers 12,476 square miles, an area larger than Maryland (12,297 square miles). The Metropolitan Statistical Area (MSA) covers 10,062 square miles, an area slightly smaller than Maryland but larger than Massachusetts (9,241 square miles). Harris County covers 1,778 square miles, an area nearly half again as large as Rhode Island (1,231 square miles). At 634 square miles, the City of Houston could contain the cities of New York, Washington, Boston, San Francisco, Seattle, Minneapolis and Miami. The Houston MSA contains more people than Minnesota, which ranks 21st among the states in population. Harris County contains more people than Oregon, which ranks 27th. If you can't find something to do in a city this big, you're in trouble!

Here are some places that might be pretty fun to check out this summer.

- [Orange Show Monument](#)
- [Health Museum, The](#)
- [Lawndale Art Center](#)
- [Grand 1894 Opera House, The](#)
- [Stages Repertory Theatre](#)
- [Racing Adventures](#)
- [San Jacinto Monument and Museum of History](#)
- [Ocean Star Offshore Drilling Rig & Museum](#)



[Battleship Texas](#)

Riddles:

Why did the cheetah refuse to bathe in dishwashing detergent?

How do you keep an elephant from charging?

If a dictionary goes from A to Z what goes from Z to A?



[Beer Can House](#)



[National Museum of Funeral History](#)



[Zuma Fun Centers](#)



[Houston Zoo](#)



[Splashtown](#)

- [Country Playhouse - KidzPlanet](#)
- [Houston Arboretum and Nature Center](#)
- [Houston Museum of Natural Science](#)
- [Jesse H. Jones Park and Nature Center](#)
- [Lake Houston Park](#)
- [Moody Gardens](#)
- [Nature Discovery Center](#)
- [Sea Center Texas](#)
- [Sims Bayou Urban Nature Center](#)
- [Children's Museum of Houston](#)
- [Kemah Boardwalk](#)
- [Downtown Aquarium](#)
- [Space Center Houston](#)
- [Sam Houston Race Park](#)
- [The Battleship Texas](#)
- [The Woodlands Town Center](#)
- [Schlitterbahn Galveston Island Waterpark](#)
- [1940 Air Terminal Museum, The](#)
- [George Ranch Historical Park](#)
- [American Cowboy Museum](#)
- [Angelika Film Center](#)
- [Armand Bayou Nature Center](#)
- [Art Car Museum](#)
- [Bayou Bend](#)
- [Bayou Place](#)
- [Buffalo Bayou](#)
- [Buffalo Soldiers National Museum](#)
- [Byzantine Fresco Chapel Museum, The](#)
- [Express Children's Theatre](#)
- [Forbidden Gardens](#)
- [Driv-Motoring, an official WorldKarts facility](#)
- [Houston Fire Museum](#)
- [Houston Maritime Museum](#)
- [Houston Motorsports Park](#)
- [Houston Grand Opera](#)
- [George Ranch Historical Park](#)
- [Houston Raceway Park](#)
- [Gulf Greyhound Park](#)
- [North Lake Conroe Paddling Co.](#)
- [Museum of Printing History](#)
- [Weather Museum, The](#)
- [Water Wall, The](#)
- [Lone Star Flight Museum](#)

Answers to riddles on page 6



Race Lies and Alibis Con't

I was lucky enough to sign up on Row 21 with the champ Mike Lafferty and just in front of Russell Bobbitt (2006 champ) on Row 22. Needless to say, it didn't take long for Mike to be gone and Russell to come up behind me. I've always said that as soon as you feel like you are getting good, go sign up at a National event. You'll soon learn that these guys are truly from another planet with unbelievable talent and abilities. My only moment of glory for the day, was in the fifth test section of the day. I'm riding good, Mike's long gone, or so I thought. I come around a corner and there is Mike camped out in a KTM yard sale. I'm thinking, "Hey Mike, do I need to ride the thing for you or do you

have everything under control." What happened was, (my side of the story), I railed the berm that his front wheel went over to cause his crash, feathered the clutch, Brrrrpp!, showered him with La mud, and rode away in a one handed wheelie, pumping my fist in victory. OK, really, knowing that he would be passing me again really soon, and I was a long way from home, and I couldn't remember if I had my insurance card in the truck, I decided that it would be better if he got up and went first. He's a big dude and there was one more Start Control that I would have to face him at. Plus, I've got this medical condition where my body does not respond well to butt kickins'. Bottom line: I had a front row seat to see



Git r dun!
Lynn Bailey

can't metabolize fat as quickly or efficiently as it could when the kidneys were pulling their own weight. If you allow this to happen, not only are you being unfair to your liver, but you're also setting yourself up to store fat.

"I've tried it and I couldn't stand it!" The problem is that, though many decide to increase their water intake, very few stick with it. It's understandable. During the first few days of drinking more water than your body is accustomed to, you're running to the bathroom constantly. This can be very discouraging, and it can certainly interfere with an otherwise normal day at work. It seems that the water is coming out just as fast as it's going in, and many people decide that their new hydration habit is fruitless.

Do take heed, though. What is really happening is that your body is flushing itself of the water it has been storing throughout all those years of "survival mode". It takes a while, but this is a beautiful thing happening to you. As you continue to give your body all the water it could ask for, it gets rid of what it doesn't need.

It gets rid of the water it was holding onto in your ankles and your hips and thighs, maybe even around your belly. You are excreting much more than you realize. Your body figures it doesn't need to save these stores anymore; it's trusting that the water will keep coming, and if it does, eventually, the flushing (of both the body and the potty) will

cease, allowing the human to return to a normal life. It's true.

One recent finding, as irresponsible as it may be, that caffeine increases the body's fat-burning potential has many people loading up on coffee before going to the gym. This finding may hold some degree of truth in it, but caffeine is, in essence, a diuretic, and diuretics dehydrate. Caffeine may increase the heart rate, causing a few more calories to be burned, but this is at the expense of the muscles, which need water to function properly. This isn't doing your heart any favors, either. It's already working hard enough during your workout. Never mix caffeine and exercise. In fact, your best bet is to stay away from caffeine all together. It's a big bully that pushes your friend water out of your system.

Women! Water is the best beauty treatment. You've heard this since high school, and it's true. Water will do wonders for your looks! It flushes out impurities in your skin, leaving you with a clear, glowing complexion. It also makes your skin look younger. Skin that is becoming saggy, either due to aging or weight loss, plumps up very nicely when the skin cells are hydrated. In addition, it improves muscle tone. You can lift weights until you're blue in the face.



Lafferty beat Bobbitt by three seconds after 78 miles of Enduro. Amazing!! Three seconds, that's a mis-shift, that's how long it takes me to get my helmet spun back around on my head after I smack a tree (if I'm still upright), that's how long it takes to realize that your drink system mouth piece fell off and all of that ice water is going on your lap, that's how long it took Robby Austin to extract his seat cover after he saw the gator on the trail at Skull Creek. I tried to tell him that there were gators out there!!! See ya next month.

Drinking Water Con't

but if your muscles are suffering from a drought, you won't notice a pleasant difference in your appearance. Muscles that have all the water they need contract more easily, making your workout more effective, and you'll look much nicer than if you had flabby muscles under sagging skin.

"Eight glasses a day? Are you kidding?!" It's really not that much. Eight 8-ounce glasses amount to about two quarts of water. This is okay for the average person, but if you're overweight, you should drink another eight ounces for every 25 pounds of excess weight you carry. Water consumption should be spread out throughout the day. It's not healthy at all to drink too much water at one time. If you feel thirsty, you're already becoming dehydrated. Drink when you're not thirsty yet.

"How cold should it be?" This is debatable. Most experts lean toward cold water, because the stomach absorbs it more quickly. There is also some evidence that cold water might enhance fat burning. On the other hand, warmer water is easier to drink in large quantities, and you might drink more of it without even realizing it.

Do whatever suits you, here. Just drink it!

Skull Creek Information

WARNING! WARNING! WARNING!

The sand piles on the south end of the campground are OFF LIMITS!!! This means that all kids, adults, and bikes must stay out of the sand pile area. This is not a request but a hard rule. Violators will be asked to leave the property and potentially lose their Skull Creek membership. The gravel company continues to complain that our children are continually putting themselves, TRH, and the gravel company at risk when people are in the sand pile. When leaving the campground to the west, please use extreme caution and situational awareness due to the gravel trucks and operations being conducted.

As always we ask that you ride with care and pay attention to the area that you are riding in. They are still working the sand dune areas and the terrain changes on a daily basis. If you invite guests to ride at Skull Creek please inform them of the dangers and stress that they obey all the Park Rules. Please ride with care and have fun at Skull Creek!

TRH Skull Creek Motorcycle Riding Park Guest Pass Rules

The TRH Board of Directors has adopted a new set of Guest Pass rules for Skull Creek. The most significant change was to add a clause that limits an individual to the use of a maximum of 3 guest passes (total for the year) before he or she is asked to join the TRH as a Skull Creek member. It's each Skull Creek Member's responsibility to adhere to and/or enforce the Skull Creek rules. Please report violations to the Skull Creek Park Committee or post them on the website.

Membership Rules for the TRH Skull Creek Cycle Park

Each year a member will be given four (4) guest passes which may be used until the beginning of the next year's membership renewal date on January 1st. A guest is defined as a person who rides a motorcycle at the TRH Skull Creek Cycle Park. A non-riding guest is considered a family visitor, like a parent, relative, or friend who comes to the park with you but does not get on a motorcycle. A non-riding guest does not require a guest pass but is required to sign a release form. All guests and visitors are subject to all the rules and regulations of the TRH Skull Creek Cycle Park and are the responsibility of their host/member. A guest or visitor must be accompanied by the host/member while they are at the TRH Skull Creek Cycle Park.

Guests will be allowed to ride at the TRH Skull Creek Cycle Park a total of three (3) times per year. After an individual uses a third Guest Pass, he or she will be asked to join the TRH Skull Creek Cycle Park. A guest may use the passes from more than one member but may only use an aggregate total of three (3) per year. After a third pass is used, a membership request will be sent to the individual and he or she must join the TRH Skull Creek Cycle Park if he or she wishes come back for subsequent visits to the Park. *Violators/abusers of this rule will be asked by a TRH member to leave the property or forcibly removed by the local authorities.*

Guest requirements: All guests/visitors shall complete and sign a TRH Skull Creek Cycle Park release form. A \$10.00 fee per guest rider per visit and the appropriate

guest pass release form shall be put in an envelope in the Guest Pass lock box in the TRH clubhouse at Skull Creek.

We want you to be able to ride with your friends but please do not abuse the Guest Pass privilege.

Members get top priority and we respect the fact that members pay the full membership fee each year and perform trail work and upkeep. Do not give a non-member, guest or visitor the gate combination.

We will allow a Skull Creek Cycle Park member to beg, buy or barter for another member's guest pass (es) if the other member does not plan to use it or them. This will allow some flexibility for members to invite guests (potential members) even if he has no passes left for the year.





Recipe of the Month

INGREDIENTS

- 4 pounds pork baby back ribs
- salt and pepper to taste
- 2 cups ketchup
- 1 cup chili sauce
- 1/2 cup packed brown sugar
- 4 tablespoons vinegar
- 2 teaspoons dried oregano
- 2 teaspoons Worcestershire sauce
- 1 dash hot sauce

Is this better Danny?



DIRECTIONS

1. Preheat oven to 400 degrees F (200 degrees C).
2. Season ribs with salt and pepper. Place in a shallow baking pan. Brown in oven 15 minutes. Turn over, and brown another 15 minutes; drain fat.
3. In a medium bowl, mix together the ketchup, chili sauce, brown sugar, vinegar, oregano, Worcestershire sauce, hot sauce, and salt and pepper. Place ribs in slow cooker. Pour sauce over ribs, and turn to coat. Cover, and cook on Low 6 to 8 hours, or until ribs are tender



**TRH Hotline:
(713) 910-3131**

Call before you haul!!

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Sam Houston National Forest

Call before you haul:
888-361-6908
or
936-344-6205).

We're on the Web!

See us at:

www.trh-cycle.org/

Business Address:

TRH
P. O. Box 270242 Houston,
Texas 77277



Answers to Riddles:

- 1.) He didn't want to come out spotless
- 2.) Take away his credit cards
- 3.) A Zebra

Something to think about:

As you go through this day, make an effort to notice one small, insignificant little frustration that you'd normally get upset about. Then do yourself a favor, and simply let it go. ----
Ralph Marston

Events Calendar

**Next TRH General Meeting
Monday, April 7, 2008 at 7:30pm**

SPJST Lodge #88 1435 Beall Street Houston, Texas



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2008		1	2 APRIL FOOLS DAY! 	3	4	5 Brumes Mill HS
6 Brumes Mill HS	7 TRH Meeting	8	9	10	11	12 TORCS Goertz Ranch, TX
13 TORCS Goertz Ranch, TX Great Piney Woods Cravens, LA	14	15	16	17	18	19 MSRA HS Madisonville, TX
20 MSRA HS Madisonville, TX Lone Star National Fluvanna, TX	21	22	23	24	25	26 TORCS Cycle Ranch Floresville, Texas
27 TORCS Cycle Ranch Floresville, Texas	28	29	30			

Presidents Report (Continued)

The Brunos Mill Hare Scrambles

The TRH will host a STORM Series Hare Scrambles event at Brunos Mill, north of Columbus, TX, on April 5th & 6th. Thanks to Brian Darnell for volunteering to Chair this event for the TRH! Brian will need lots of help on Saturday and Sunday, the weekend of the event so come on out, support your clubs and help Brian make this race a success! If you can help, please contact Danny McMillan at 713-725-4709 and let him know so he can schedule you for one of the "Good Jobs"!

2008 TRH Membership Dues -

Your 2008 TRH Membership dues are very past due now. You can go to the TRH website: www.trh-cycle.org for a Membership Renewal Form and general info.

Please renew your memberships now. We value all of you as members of the TRH family!

General Meeting Minutes - Included in this newsletter, you will find the General Meeting minutes for March, 08. We will review them at our April 7th, General Meeting and ask you to vote for their approval.

April 7th, General Meeting! -

Please come to the April 7th general meeting to get an update on TRH activities, get your monthly fix of dirt bike bench racing, discuss past and upcoming TRH events and issues, and spend time with your off-road riding buddies.

Thanks to Tommy Fabregas who filled in for me by conducting the March meeting. We may get Patrick Cummings to give a brief recap of the activities of the 2008 Bike Week in Daytona Beach. Remember....The TRH Theme this year is:

"GET INVOLVED and HAVE FUN!"

Let's Hare Scramble!

Capt.Jack

Classifieds

2006 Honda 450cfr, full titanium exhaust, large gas tank. \$4000.00 Steve Machann @ 713-201-1154 2/27	2005 Yamaha YZ85 Nice Bike! \$1750 Jeff Phillips 713-466-2669 2/27	RM 100 2003 \$1700.00 Robert 281-338-7162 2/27	Several used street & dirt bikes for sale 713-863-7733 2/27
2006 TTR50E \$900.00 Mike Farris 281-960-6395 2/27	2005 RM65 Suzuki (Like New) \$1450.00 John 2/27	KTM parts off 2003 KTM 200MXC, shock, swingarm, triple lamps, subframe, airbox, brakes, radiator, FMF pipe & silencer Jeff 713-725-8314 2/27	1 Fox R3 Chest Protector Large. Size runs small, used once \$30.00 2/27

Club Sponsors

AJ Foyt Cycles

Maxine Shields
9650 North Freeway
Houston, TX 77037
281-445-4227

Columbus Cycle Shop

Charlie Marshall
1004 Mentz Road
Columbus, TX 78934
800-807-9910

Cycle Shack North

Carl Hope
830 S. Frazier
Conroe, TX 77301
281-353-1705

Galveston Honda

Randy Cook
4525 South Gulf Freeway
La Marque, TX 77568
800-342-7151

Goe Kawasaki,

Harley-Davidson
Mark Sherrill
1350 S. Hwy. 288B
Angleton, TX 77515
800-460-8274

Honda of Houston

12655 West Rd.
Houston, TX 77041
713-467-2426
www.hondaofhouston.com

Adventure Yamaha

26300 Katy Freeway
Katy, TX 77449
281-391-2628
www.hurstyamahamarine.com
info@hurstyamahamarine.com

Johnny Word Suzuki

2227 Gulf Freeway
281.332.9673
K's Yamaha-Suzuki-Polaris
17802 Highway 59N
281.446.7165

Northwest Honda

Ronnie Lunsford
10102 North Freeway
Houston, TX 77037
281-447-3476

Sportcycles of Houston

Wes Sealy
9111 FM 1960
Houston, TX 77070
281-894-7450

Stubb's Cycles Southwest

Bill Stokes
8200 Southwest Freeway
Houston, TX 77074
713-772-7775

Stubb's Cycles

Tommy Brewer
4436 Telephone Rd.
Houston, TX 77087
713-644-7535

Wild West Honda

Frank Reaves
22515 Katy Freeway
Katy, TX 77450
281-392-8850
www.wildwesthonda.com

Pasadena Honda

2901 Spencer Highway
Pasadena, TX
713.941.5920

Texas City Cycles - Kawasaki

1119 6th Street North
Texas City, TX 77590
409.948.4969

JM Racing

22820 145 North, Unit 3K
Spring, TX 77373
281.353.7729

Houston Motorsports South

11941 SW FRWY
Stafford, TX 77477
281.530.8600

Gene's Polaris Country

12525 I-10 East @ Mont
Belvieu
800.544.0694

www.genespolaris.com

Houston Yamaha

Motorsports North

Bob Harvey
9550 W. FM 1960
Houston, TX 77070
281-890-2020

Texas Yamaha South

1660 FM 528
Webster, TX 77958
281-338-1636



TRH Meeting March 3, 2008

Tommy is in charge of the meeting in the absence of both Jack and Duggan. Members present approved the minutes of the February meeting. GatorBait circuit enduro is coming up next Sunday. Most of the course work is done. If there is no more rain on Skull Creek the trails will be perfect.

Robby said the Trail Riders in Christ will be putting on a hare scramble type race Saturday afternoon for very small kids. They will also do a 3 to 4 mile loop for beginner ladies and older kids. We'll need sign-up help on Saturday, scoring, road crossing, and checkpoint help.

There is an enduro cross section in the main course that will be real interesting!

Robby also said the Rinker family was a big help last weekend and really cleaned up the camp ground and other areas.

TRH will host a STORM Hare Scramble at Bruner Mill on April 5-6. Brian Darnell has just volunteered to chair it, and Danny McMillan will assist him.

Tommy and Ed said that the idea of running two enduro events at the same time will require further consideration...there are lots of issues to work through.

Ed is asking for 2 additional check point captains and four – five more workers for Gator Bait. He is planning a Fun Day in June or July at Skull Creek with games and waterpark passes.

Vaughn won the 50/50 and turned it over to the club treasury.

FLYING W:

Girard got Robby's truck stuck in the mud and didn't know how to put it in 4-wheel low gear to get it out.

Otis got stuck in the mud and pulled out three times in ten feet. Otis gets the plaque this month.

April 20 Marty Halmazna will be riding in an Extreme ride in Monterey, Mexico. Ed and Jack are going and others are welcome to come along.

Denise is giving up her board position as Newsletter Editor. Please give consideration to running for this important office at the June election.

New member Louis Navas is present tonight.

Linda has donated two DVDs for door prizes.

Meeting adjourned.

Meeting Minutes By: *Rena Townsend*

