



North Cascade HOG  
476701

HAPPY  
NEW YEAR

2026



[www.northcascadephog.org](http://www.northcascadephog.org)

# NORTH CASCADE HOG 476701

## JANUARY 2026 NEWSLETTER

### HAPPY NEW YEAR!

We are so excited for the coming year! This is a busy year for NCHOG! There is so much to look forward to this year. We want to ride with you, eat with you, grow with you and make long lasting connections – on and off the road!

We have so many ways – big and small – for you to get involved:

- Member Meetings
- Rockies 2 Pacific
- Monthly Hog Troughs
- And mostly RIDE, RIDE, RIDE!
  - 3<sup>rd</sup> Saturday rides
  - FBR
  - After meeting rides
  - And more!

### REMINDER!

It's time to renew membership for 2026! Lots of places to find the most current form:  
Sound Harley  
Membership Meeting  
Website  
Facebook

### JANUARY EVENTS

- Jan. 4: Membership Meeting
  - American Legion 10 AM
  - Breakfast starts 8:30
- Jan. 8: Hog Trough
  - 5:30 Max Dales
- Jan. 10, 17, 24: NCHOG Table
  - Sound Harley 10 AM – 2 PM
- Jan. 24: Road Captain Meeting
  - Foothills Toyota 1:00
- Jan 25: Pistol Shoot
  - 9:30 Skagit Gun Range
- Jan. 27: Officer Meeting
  - Foothills Toyota 5:00

# HAPPY NEW YEAR!

JANUARY 2026 NEWSLETTER

## 2026 OFFICERS

Director – Jerry Keating jerrywa1234@comcast.net 425.308.1517

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Historian – Mona Hering mona\_h53@yahoo.com 360.470.2030

Head Road Captain – John Garrigues johng-nchog@comcast.net 360.739.4386

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# DIRECTOR'S CORNER

Here we are at the start of another year in this life of ours. They go by quick these days don't they? Too quick. For those that have followed my monthly Director's Corner musings you know that I advocate for living life in the here and now. This life we've been blessed with has an expiration date that we have no way of knowing what it is.

We all just keep showing up, doing the Walk of Life, doing the best we can. 2025 was a very busy year for North Cascade HOG. You could say it was a whirlwind. In the past, at year's end, I've listed many of the things our chapter accomplished including rides, meetings, and dealership events. The list would be very long as we've just come off our busiest year in recent memory. So I'll pass on that but if you are a member you know it was a stellar year.

Moving forward into the new year we are fortunate to have a full cast of officers both primary and discretionary. Some folks returning to serve another year and joined by 4 new member/officers! Soon we will have our calendar for the year to share proposed rides and meeting/event dates. And, 2026 will be extra special as

NCHOG and Sound Harley-Davidson host Rockies2Pacific in July.

I sincerely hope that everyone can come together to enjoy 2026 and make it the best yet! Family. Friends. Life. All precious. Let's give it all we got.

"This thing we call life. It's running out. Won't last too long. Whatever you're going to do...you better be getting it on."

~Jerry





# Ladies of Harley



The LOH had a great year under the leadership of Katie Marrs. Lots of fun lunches, gift giving, decoration making and growing friendships.

We had to postpone our Christmas gift exchange due to the incredible flooding. Look for the updated time for that. Christmas in July??? We raised funds and were able to provide several families in Concrete with gifts and food for the Holidays. Thanks so much Katie for your great leadership! In the coming year, Arlene Nevin will be taking over and we look forward to another year of LOH!



NELSON AUTOMOTIVE GROUP



## Membership Officer

We currently have 76 active members. Each Saturday in January, we will be having a membership table at Sound Harley. Stop by and say hi! Also, don't forget to fill out the current membership form and pay your annual dues. You can find the current membership form on the website, at the monthly meetings or email Drarar4889@yahoo.com and I can get one to you.

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[CascadeMotoSafety.com](http://CascadeMotoSafety.com)



The Flaccid Buns Run or FBR is set for 2026. So far I have 17 who are going.

Here's the day-by-day FBR summary plan.

Fri, June 12 – Holiday Market to Seaside, OR (247 miles)

Sat, June 13 – Seaside, OR to Coos Bay, OR (217 miles)

Sun, June 14 – Coos Bay, OR to Fortuna, CA (236 miles)

Mon, June 15 – Fortuna, CA to Grants Pass, OR (274 miles)

Tue, June 16 – Grants Pass, OR to The Dalles, OR (322 miles)

Wed, June 17 – The Dalles, OR to Winthrop, WA (303 miles)

Thu, June 18 – Winthrop, WA to home (around 175 miles)

Call, text or email me if you would like to reserve your rooms. You can cancel up until 2 days before departure, but once the rooms are booked, it may be hard or impossible to get more rooms at these locations and prices.

This FBR is designed to allow for lots of stops for photos and sight seeing. Once our final group has been solidified, I'll contact our lunch and dinner locations for reservations. The Big Tree pictured is along the Newton B Drury Scenic Drive in California. We will also ride the entire length of Avenue of the Giants, CA-254.

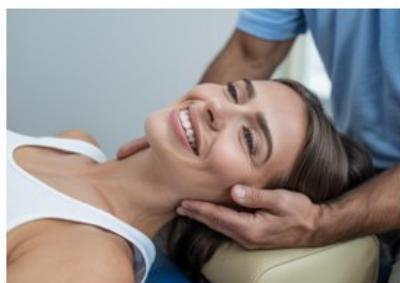
As your Assistant Director, I'll be working with all of our chapter officers during our December 30 officer meeting to solidify the dates for most of the events for our 2026 calendar. We will also review and update our annual checklist of administrative things, like our Washington State and Federal non-profit status.

Contact John G at (360) 739-4386 or [johng-nchog@comcast.net](mailto:johng-nchog@comcast.net)

**Let's Ride,**

**John Garrigues**

**NCHOG Assistant Director**



**We would love to see you at  
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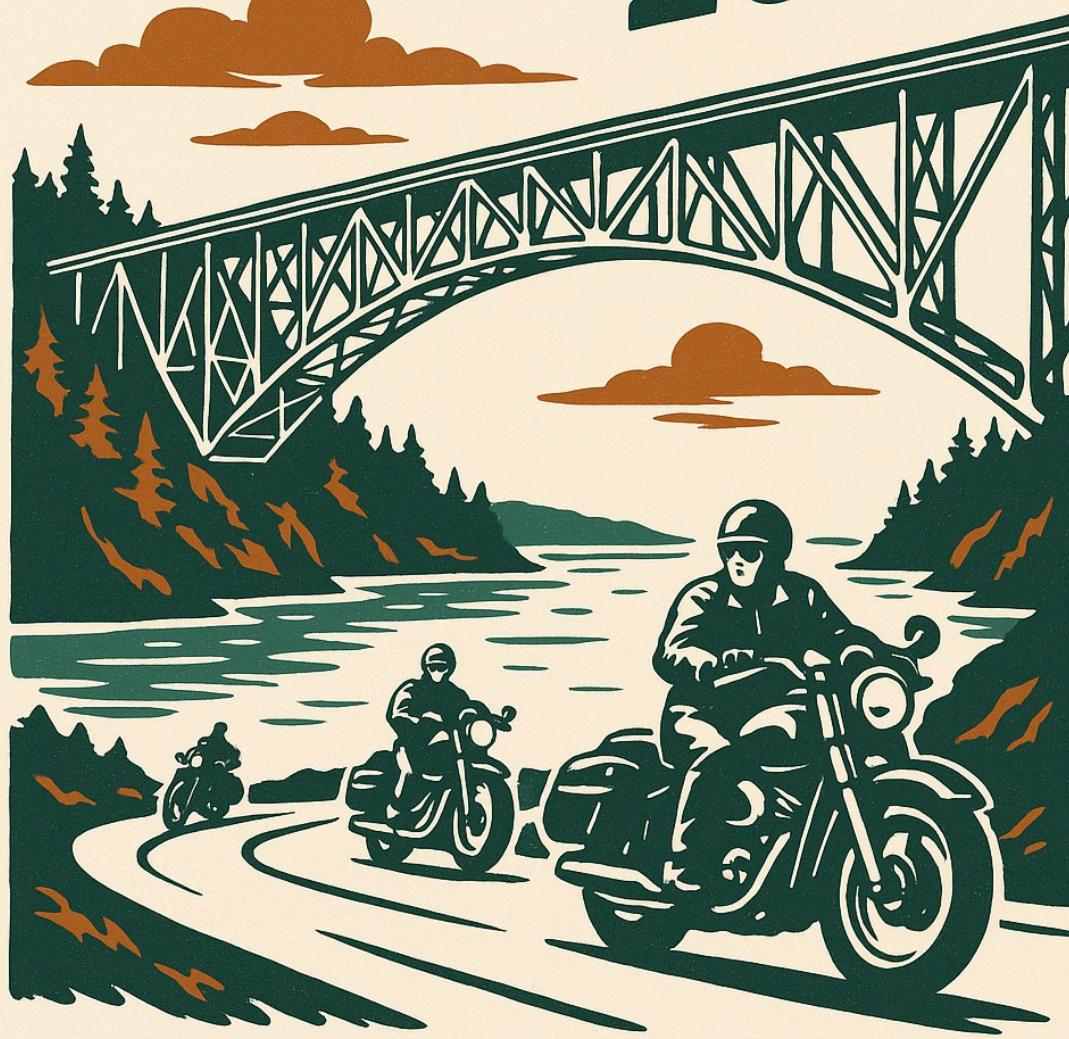
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# ROCKIES2PACIFIC 2026



*Marysville, Washington*

July 16-19, 2026

Sound Harley

Get all the details and register here:

[www.rockies2pacific.com](http://www.rockies2pacific.com)

Volunteer Signups Happening Now!!! See the sign up sheet  
at the Membership Meeting.

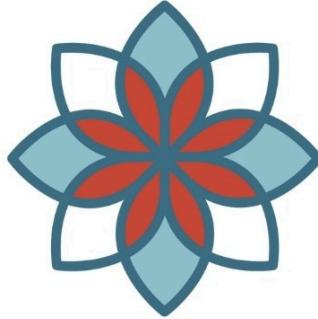
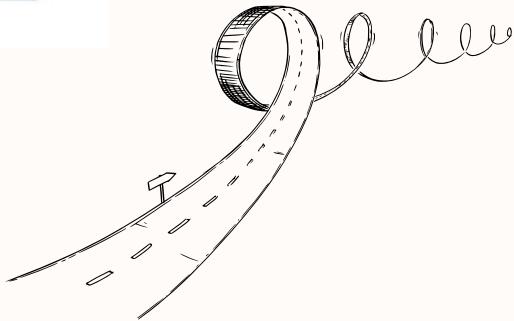
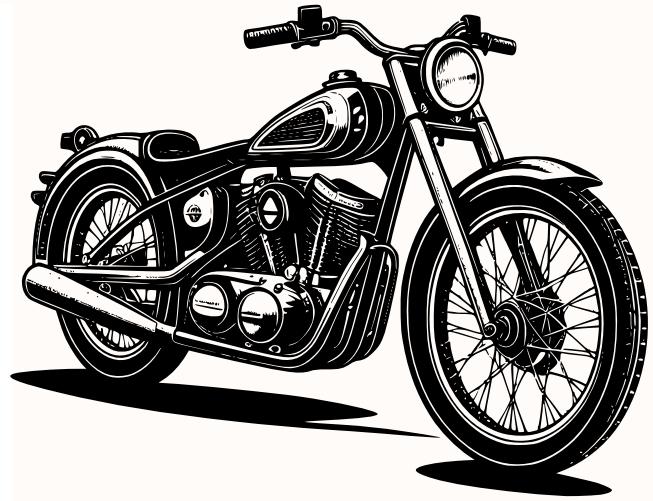
Or email Doni at [wagnerhill2019@gmail.com](mailto:wagnerhill2019@gmail.com)

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"Chris has been keeping me rolling down the road all year!"

~Doni Keating

Hello riders! Chris here, owner of Complete Acupuncture in Monroe, WA. For those new to Acupuncture, it is the placement of hair-thin needles to activate the body's natural healing. I have been practicing in Monroe since 2021 and have seen my fair share of road warriors in pain! I specialize in the treatment of back/neck/shoulder pain, and anxiety/PTSD. New patients are often surprised at how little it hurts and how good it makes you feel. Come see me and start feeling better today!

Chris Bosworth-Ursino, D.Ac.

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# SECRETARY'S CORNER

## Happy New Year to ALL!

2025 has brought many things into all of our lives, most are blessings but each of us have faced hurdles that have required strength to overcome. My wish is that we are all able to end this year having the memories of those hurdles outweighed by the blessings. Not much in the way of actual Secretarial news so in keeping with the Holiday Spirit I will share some easy holiday treat recipes that have become Piper family favorites.

### BAR CANDY

Quick and great for sharing. I always double the recipe.

1 cup light corn syrup 1 cup sugar Bring to a rolling boil, stirring frequently.

ADD 1 cup peanut butter and 1 tsp vanilla

While waiting for the sugars to boil, mix :

4 cups cornflakes or Special K, 1 cup broken Gluten free pretzel sticks and 1 cup peanuts in a large bowl. Pour hot sugar mixture over and mix well.

Spread on a cookie sheet with sides.

Topping: 24 oz semi sweet chocolate chips, 12oz butter scotch chips melted together. Spread over the top of the candy. Let cool and cut into squares. Store in an air tight container.

### GLUTEN FREE COFFEE CAKE

Bake at 350 for 45 min. Use a BUNDT pan if you have one.

1 box yellow cake mix – gluten free 1 small pkg Instant Vanilla pudding

½ cup Crisco oil ½ cup Dry Sherry ½ cup water 4 eggs 1tsp Vanilla

Combine ½ cup sugar & 1tsp cinnamon , swirl into cake batter to create a marble affect.

Grease and Flour Bundt pan. Bake 45 min or until toothpick comes out clean.

Let stand 10-15 minutes before removing from pan.

GLAZE: 1cup powdered sugar 1tsp melted butter 2TBL spoons Sherry or Milk 1tsp vanilla.

Pour over cake. This cake makes a wonderful dessert or a fancy start to the morning.

# Head Road Captain



## **HOG, The World's Greatest Motorcycle Riding Club.**

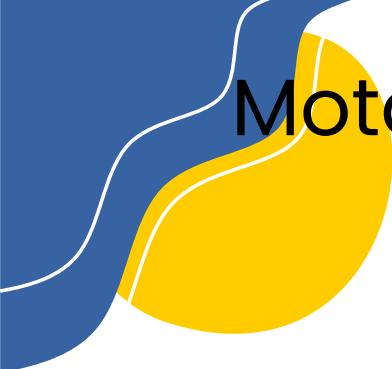
This time of year, our riding opportunities are dependent on the weather. Watch for Mid-Week Rides that I'll post in Facebook and Mailchimp emails.

We will have a Road Captains meeting at Foothills Toyota on Saturday, January 24 beginning at 1 pm. I'll bring some snack foods and info to share. We will discuss Road Captain topics, build our NCHOG ride schedule through June 30, and begin coordination for the Rockies 2 Pacific guided rides in July. Please join us if you are interested.

We can always use more Road Captains or Sweeps. Please consider stepping into those roles as you join us for group rides in 2026. I'll also be looking into the accident team management training class mentioned by Janelle of Injury Law.

Let's Ride,  
John Garrigues  
NCHOG Head Road Captain  
[johng-nchog@comcast.net](mailto:johng-nchog@comcast.net)





# Motorcycle Safety: Extreme Heat

## Jim Self

### Motorcycle Safety, Riding in Extreme Heat

Before we hit the road, I want to take a moment to talk about something that can sneak up on even the most experienced rider: riding in extreme heat.

When temperatures rise, so do the risks — and not just for our bikes, but for our bodies and our decision-making.

#### 1. Hydration is Non-Negotiable

Riding in high heat pulls moisture from your body fast — even if you don't feel thirsty. Dehydration causes fatigue, slows your reaction time, and can lead to heat exhaustion or heat stroke.

Make it a habit to hydrate before, during, and after the ride. Water is your best friend. If you're sweating heavily, add an electrolyte drink into the mix. Carry a hydration pack if you can.

#### 2. Know the Signs of Heat Illness

Watch for early signs in yourself and your fellow riders:

- Headache
- Dizziness
- Nausea
- Muscle cramps
- Confusion or irritability

If you feel "off," speak up. Pull over. Cool down. There is no shame in stopping to save a life — yours or someone else's.

#### 3. Wear the Right Gear

It might feel tempting to ditch layers in the heat — but skin is not a substitute for safety gear. Instead, wear ventilated, moisture-wicking, and breathable riding gear. Many summer jackets offer both protection and airflow.

Consider a cooling vest or neck wrap — they're game-changers. Light-colored gear also reflects the sun better than black.

#### 4. Plan Smart

- Ride early or late to avoid peak heat.
- Take more frequent breaks — in the shade or air conditioning.
- Use cooling towels or soak your shirt to drop your core temp at stops.
- Park your bike in the shade if you can — hot seats and metal parts can burn exposed skin.

#### 5. Watch the Road Conditions

Extreme heat can soften asphalt, especially at stop signs and intersections. Your tires and kickstand may sink, so be cautious and use a puck if you need to. Also, watch for heat shimmer, which can make road hazards harder to see.

#### Bottom Line:

Riding in the heat takes mental and physical toughness — and a whole lot of preparation. Don't try to "tough it out." Smart riders know when to cool off and regroup. We ride because we love it — so let's do it safely, and let's do it together.

Keep cool, ride safe, and look out for each other.





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## Chaplain's Message

During atmospheric rivers we all lived through this past month, I thought of Noah. In Noah's day the earth and its population was corrupt. The Lord's heart was "filled with pain". He vowed to wipe the earth clean of all unrighteousness. Noah found favor in the eyes of the Lord. Noah was a righteous man, blameless among people of his time and he walked with God. The Lord told Noah to build an ark He gave Noah specific directions concerning, materials, dimensions and detailed loading instructions. He was to take his wife, their sons and their wives and two of every creature on earth.

During our storms, I was prepared to give Noah an encouraging wave if he floated by. Then I remembered "the rest of the story. "After the flood waters dried up, God said, "never again will I destroy all living creatures as I have done. As long as the earth endures seedtime and harvest, cold and heat, summer and winter, day and night, will never cease".



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## Poker Party - Fun and Fund Raiser

*Ed's note: The November poker party was put on by LOH for two purposes. First, in true HOG spirit, it's main objective was fun. But a second and equally important goal was to raise money for our needy holiday*

*family. Well, I'd say from the pictures that both goals were reached. The party was held in Mike and Cheryl's garage and was complete with snacks and goodies. Thanks LOH, Hope, and Mike and Cheryl.*



# Historian

Look what Mona found! Some fun pictures of past times! A poker party...for charity!! What a fun time and great idea!

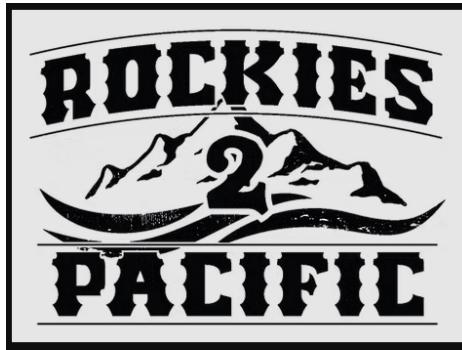
Find Mona at the meeting and ask her to tell you all about it.

### Free Donut Saturdays

Rise and shine, PNW! Free donuts and hot coffee every Saturday at **Sound Harley-Davidson**. Come connect with your HD Family, see the new 2026 models, buy those parts to get on during winter, see old friends and make some ones! And don't forget to thank them for sponsoring our chapter!

**16212 Smokey Point Blvd  
Marysville, WA 98271**





## UPDATE – JANUARY 2026

2026 is finally here, and you know what that means! R2P is only 6 ½ months away! That may sound like a lot for some of you, but for those of us who have been working on it since February 2025, it is just around the corner! Yikes!

Our timeline for January is focused on getting volunteers lined up, signed up and amped up! To that end, we will have a sign-up sheet at our January General meeting, and Steering Committee members will be starting to approach some of you personally to help out.

Here is the thing---remember the old poster from WWII, Uncle Sam needs you? Well, now it's time to step forward and support NCHOG, because we need every single one of you! And don't you worry, there is something for everybody, and we will accommodate you based on your abilities and challenges. Here is just a partial list:

Registration table, Ride Check in table, Swag bag, Banners, Ambassadors, 50/50, Raffle tickets, Silent auction, Food service, Ride staging, Parking lot staging, Parking attendants at dealership hotels and banquet venues, Shuttle, Maintenance, Janitorial Set up and take down for various events, Sign making, Greeter, Information associate, Hotel greeter, Photobug and Flickr table Event, Photography team, Road captain Sweep, BBQ set up and service, BBQ Busing and clean up, Trash and bathroom, Set up street fair, Street fair attendant, Beer garden attendant, Bus attendant, Snacks, water and coffee, Banquet set up, Banquet greeters, Banquet prize and banner runners, Transportation, logistics, Dealership set up and clean up, On call runners, Point of contact, Credential and wristband distribution, Lost & found desk, ADA / accessibility assistance, Emergency ride response / incident support team, Ride route sign placement & removal, On-route spotters (intersections, confusing turns), Table/chair logistics, Canopy / tent crew, Electrical support liaison Volunteer and Vendor load-in & load-out helpers, Social media content crew, Drone operator, Safety Officers (HOG style), Lost rider recovery helpers (hey... it happens), Giveaway/Prize organization team, Volunteer Meal Team, Banquet ushers.

As you can see....it will take a village. We have additional help from Puget Sound Hog and other Chapters in the area, but we are starting with our own backyard first. Some of the jobs will double up or piggyback on each other, and some are stand alone. Whether you are only available to work 2 hours a day or 12, or only have availability on one day of the event... we can use you! There will be a form to fill out and list your availability and preferences, and we will start building our master list from that. Once you are slotted into a position, you will deal directly with the POC for that department.

You do not have to be a registered ticket holder to volunteer; you just will not be able to participate in meals or activities that are R2P specific. But don't worry...we will take care of you!

If you have any questions at all call Doni or Jerry.



It may be cold outside, but it's still warm and friendly here at NCHOG! We hope to see you this month! Here are all the opportunities to come cozy up with your fellow NCHOG Chapter Members:

Jan. 4: Membership Meeting American Legion 10 AM  
Breakfast starts 8:30

Jan. 8 Hog Trough 5:30 Max Dales

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