



MAX MEYERS LAW

# SPOKE & WHEEL



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# Volunteering at Ronald McDonald House



"We rise by lifting others."  
Robert Ingersoll

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Last month Shelly and I volunteered with **BAND OF BROTHERS NORTHWEST** to cook and serve dinner to the families staying at Seattle's Ronald McDonald House. We cooked a nice dinner of lasagna, garlic parmesan bread, peas & carrots, fresh fruit salad, green salad, and two of Costco's finest desserts.

Seattle's Ronald McDonald House is a block from Children's Hospital in Seattle. Families from out of town with children admitted to Children's Hospital are allowed to stay at Ronald McDonald House at no cost. There must be an application process but I'm not sure of the details. You can find out more about Seattle's Ronald McDonald House at <http://rmhcseattle.org>.

The families at the house often have parents who have left jobs to be with their kids as they fight cancer and other scary illnesses. Local charities like Band of Brothers Northwest are given the opportunity to bring in dinner for these families. It's a small way to serve folks in great need.

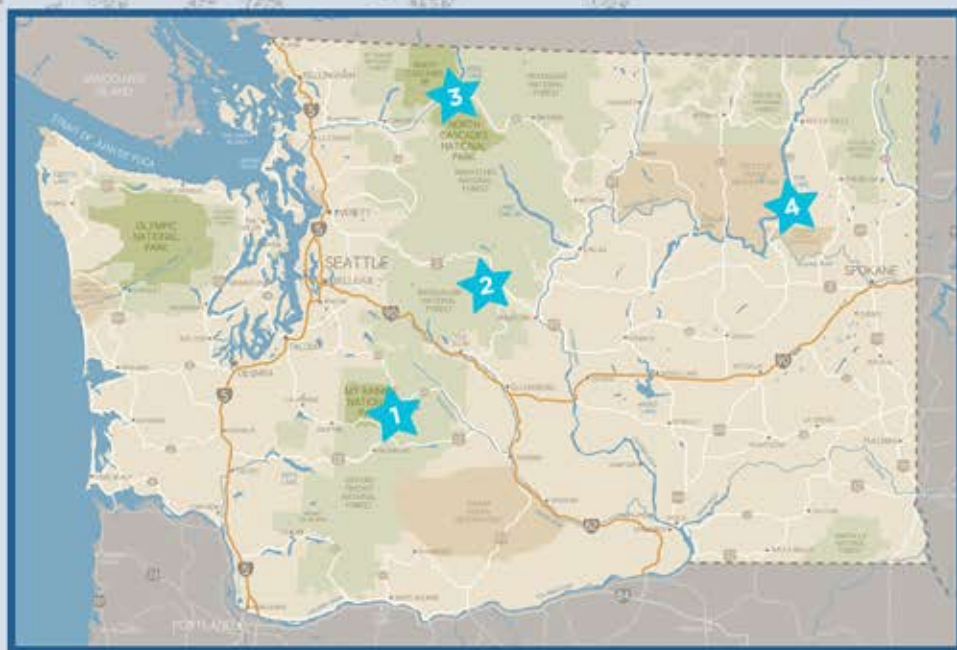
I have been a Board member with Band of Brothers Northwest for over five years now. Band of Brothers Northwest is primarily a quick response charity that can help where a sudden or an unexpected need arises. We are also committing to help Seattle's Ronald McDonald House on a more regular basis.

We will be donating and serving dinners on a monthly basis at Seattle's Ronald McDonald House. If you would like to help, we would love your financial support. You can donate directly on their website, [www.BOBNW.org](http://www.BOBNW.org).



# 4

## Great Car Camping Spots in Washington



### White River Campground ★ 1

Keep an eye out for mountain goats near this campground (accessed from the White River entrance) on Mt. Rainier. For wildflowers, hike 3 miles to Glacier Basin or 4.2 miles up, up, up to Summerland via the Wonderland Trail. **\$12 (plus \$15 park entrance fee per vehicle)**; no reservations; **360-569-6575**. Sunrise Rd, 5 miles from SR 410, Mount Rainier National Park, [nps.gov/mora/planyourvisit/camping.htm](https://nps.gov/mora/planyourvisit/camping.htm).

### Johnny Creek ★ 2

Ice Road outside Leavenworth has more than half a dozen campgrounds, but this one boasts creekfront spots; try Ida Creek Campground for a second chance at a waterfront site if it's full. Ice Rd, 12.5 miles from Hwy 12, **509-548-2550**; [fs.usda.gov](https://fs.usda.gov), **\$16-\$19**.



Diablo Lake

### Colonial Creek ★ 3

The North Cascades are remote, but this campground is only a few miles from topaz-hued Ross Lake and the engineering-geek tours of the Seattle City Light dam. Sites in the south loop are on the shores of Diablo Lake. North Cascades Hwy, 25 miles from Marblemount, **360-854-7200**; [nps.gov/noca](https://nps.gov/noca), **\$12**.

### Hunters ★ 4

27 car campgrounds dot the shores of Eastern Washington's multiarmed Lake Roosevelt, but Hunters has an ideal location just inside ponderosa pine country and just north of the dusty desert. Fort Spokane, and Grand Coulee Dam. 5168 Hunters Campground Rd, Hunters, **509-754-7893**; [nps.gov/laro](https://nps.gov/laro), **\$5-\$10**.

## Shelly's RECIPE CORNER



Photo taken from Taste of Home

## GOLDEN Au Gratin Potatoes

### Ingredients

- 1 can (10 - 3/4 ounces) condensed cream of chicken soup, undiluted
- 1 cup (8 ounces) sour cream
- 3/4 cup butter, melted, divided
- 3 tablespoons dried minced onion
- 1/2 teaspoon salt
- 1 package (32 ounces) frozen cubed hash brown potatoes, thawed
- 2 - 1/2 cups shredded cheddar cheese
- 2 - 1/2 cups crushed cornflakes

### Directions

In a large bowl, combine soup, sour cream, 1/2 cup butter, onion and salt. Stir in potatoes and cheese.

Transfer to a greased 13 in. x 9 in. baking dish. Toss cornflakes and remaining butter; sprinkle over potatoes.

Bake, uncovered, at 350° for 50-60 minutes or until heated through.

Yield: 8-10 servings.



In Honor of



...some Dadisms!

"It's ok that you're short....you're just the last one to know it's raining."

"Don't use your turn signal, it's no one else's business where you are going"

"You better go to church every Sunday, we need somebody in this family to go to heaven."

"It's as easy as pouring water out of your boot with the directions on the heel"

"If ifs and buts were candy and nuts then we'd all have a merry Christmas."

"Even a blind pig finds an acorn now and then."

"Shaving is like working, you have to do a little every day or you are a bum."



"I wasn't sleeping, I was just resting my eyes."

"It'll put hair on your chest!"

"That's the way the pickle squirts."

"When you swim with sharks don't bleed."

"It is better to be thought a fool than open your mouth and remove all doubt!"

"I brought you in this world and I can take you out!"

*Thank you Dads  
for all you do!*

# June

## EVENTS CALENDAR

### Seattle International Film Festival JUNE 1 - 6

Seattle International Film Festival (SIFF) is billed as the largest film festival in the U.S. Join top directors, actors, and critics who attend festival premieres and screenings by getting a single ticket or a pass.

Visit [www.siff.net](http://www.siff.net) for more details.

### Georgetown Carnival JUNE 13

Georgetown Carnival features odd art, nonstop music, carnival games, food trucks, and a beer garden. Free.

Visit the [www.georgetownmerchants.org/georgetown-carnival](http://www.georgetownmerchants.org/georgetown-carnival) for more details.

### Lake to Lake Bike Ride JUNE 13

The 9 mile or 22 mile Lake to Lake Bike Ride begins and ends at Lake Hills Park in Bellevue.

Visit [www.bellevuewa.gov/lake-to-lake-ride](http://www.bellevuewa.gov/lake-to-lake-ride) for details and schedule.

### Washington Brewers Festival JUNE 19 - 21

Washington Brewers Festival offers 400 beers from Washington breweries, live music, food trucks, and a kids' area at Marymoor Park in Redmond. No dogs.

For details and information visit [www.washingtonbeer.com/festivals/washington-brewers-festival](http://www.washingtonbeer.com/festivals/washington-brewers-festival).

### Marysville Strawberry Festival JUNE 19 -21

Marysville Strawberry Festival is a family event with a carnival, vendors, strawberry shortcake, berry run and a grand parade on Saturday.

Visit [www.maryfest.org](http://www.maryfest.org) for details.

### Greenwood Car Show JUNE 27

The Greenwood Car Show is 1.5 miles of classic cars, hot rods, antique wonders, live bands, kids' activities and vendors on Greenwood Ave. N. Free.

Visit [www.greenwoodcarshow.com](http://www.greenwoodcarshow.com) for details.

### Walla Walla Sweet Onion Festival JUNE 20

Walla Walla Sweet Onion Festival includes great food and beer, entertainment, vendors and onion-eating contests in Walla Walla. Free entrance.

Details can be found at [www.sweetonions.org](http://www.sweetonions.org).

### Tour De Paws JUNE 27

Auburn Valley Humane Society's 1st annual bike ride to benefit the homeless and abandoned animals in our community.

Visit [www.auburnvalleyhs.org/tourdepaws](http://www.auburnvalleyhs.org/tourdepaws) for more details.

### Skandia Midsommarfest JUNE 28

Skandia Midsommarfest celebrates the summer solstice with music, dance, and vendors at Saint Edward State Park in Kenmore. Free.

More details can be found at [www.skandia-folkdance.org/midsommarfest.html](http://www.skandia-folkdance.org/midsommarfest.html).





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SMART BICYCLE HELMETS

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## SMART BICYCLE HELMETS May Prevent Accidents

There were four fatal bicycle accidents in King County in 2013 and 34 serious injury bicycle accidents. Across Washington, there were 11 bicycle accident fatalities and 81 serious injuries. State and local officials are constantly implementing new safety measures to make the state even safer for bicyclists, but private industry is also coming up with new products to make bicycling safer.

Developed by a group of three Swedish companies in different industries (automaker Volvo, tech firm Ericsson, and sports equipment maker POC), a new smart bicycle helmet alerts drivers and bicyclists to each other's presence to help them avoid accidents. Read on to learn more about how the helmet works.

### Smart Helmet Alerts Cyclists of Vehicles & Vice Versa

The helmet features an alert system to both drivers and cyclists when in the vicinity of the other. It uses smartphone apps to update the cyclist's location with the Volvo cloud system. This provides access to the bicyclist's location so the vehicle can alert



drivers to the cyclist's presence. The helmet will alert the cyclist of a nearby vehicle via a flashing light that is mounted on the helmet. The alert will also feature vibration.

The smart bike helmet isn't available yet, though. The Swedish companies unveiled the new technology in January at the International CES tradeshow. Many safety advocates hope similar systems will start popping up in other automakers' vehicles in the coming years. Many new vehicles come equipped with - or provide consumers the option of including - a blind spot alert system or front crash prevention system to avoid accidents with other cars and objects.