

## *May is Bike to Work Month!*

I remember my very first bicycle. I had finished the 4th grade and somehow, my parents had managed to purchase a new red bicycle. It was a 'Mayflower' and it had a wire basket in front of the wide handlebars. The bike was a single speed with coaster brakes (the type you had to step back on the pedals to stop). Figuring that I would grow into it, my parents had bought a bike that had 26" wheels with wide tires. Today we would call it a balloon-tire bomber. I was small at that age, so when I rode it, I couldn't sit on the seat but had to stand up, shifting from side to side as I pedaled. I remember my dad running along side of me to help me learn to ride. It seemed that all the kids in the neighborhood had a bike and I was so excited to have one too.

Today, I still enjoy riding my bike, although I now ride an 18-speed Cannondale road bike. As I have aged, I have gradually acquired bikes with more "speeds". Now, after the Chilly Hilly ride on Bainbridge Island in February, I think I need even more speeds to help me!

I am lucky enough to have a second bike (a Schwinn!) and I am finally developing a routine to ride to work.

*Tim riding  
in the Chilly  
Hilly on  
Bainbridge  
Island, WA*



In spite of hills, I have learned to enjoy it and it doesn't feel like too much effort. Right now I am gearing up for the Bike to Work Month in May. This is a month when local bike shops and organizations encourage others to bike to work rather than drive. They have various cycling events and activities during the month, including Bike to Work Day (5/18). They also encourage riders to form teams and keep a record of the distances ridden to work instead of driving. I will be captaining a team again this year called the "Insurance Pedalers". While you don't have to sign up with a team to participate in Bike to Work Month, it can be a fun way to develop camaraderie while riding. If any of you want to ride and would like to join a team, there is always room for one more with the Insurance Pedalers!

*Tim Quigley*

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## TQ Insurance is moving to Arizona! -- Well, sort of.



In addition to Washington and Oregon, we are now licensed to sell insurance in Arizona. We have found that a number of our clients are moving to Arizona for part of the year so we have expanded our

service area to provide for their insurance needs. Now that we have become licensed in Arizona, if you decide to become a snowbird and purchase a winter home there, we can provide insurance for your home, rentals, autos, etc. We can also provide coverage for your son or daughter who may be a college student in Arizona. If we can insure it for you here, we can insure it for you there!

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### *Congratulations to Dan & Jeannie Calnan*

*Winners of a \$75.00 gift certificate to Anthony's Restaurant, courtesy of the Tim Quigley Insurance Referral Rewards Program drawing!\**

\*As we mentioned in our last newsletter, we have changed our Referral Rewards Program so we can better thank those of you, clients and non-clients, who refer your friends and family to us. As a reminder, here are the highlights of our new program:



◆ For each referral we receive, we will send you a \$10 gift card for coffee or gas and we will make a donation to a local non-profit organization.

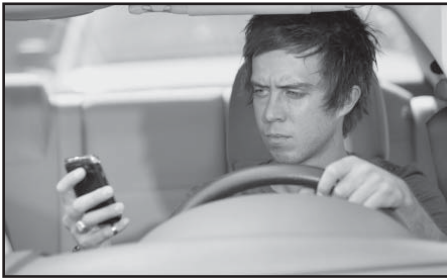
◆ Instead of twice a year, now, every other month we will have a drawing for a \$75 gift card to either Anthony's Restaurant, Barnes & Noble, Best Buy, or Home Depot (winner's choice).

◆ Winners will be announced on Facebook and in our newsletter.



*For more information on this program, visit our web site at [www.tqinsurance.com](http://www.tqinsurance.com)!*

## Avoiding Distractions While Driving Could Save Your Life



**Y**ou've seen them on the roads; you might even know a few of them.

And you could be one yourself.

Distracted drivers come in all shapes, sizes, ages and experience levels. Even if you're not one today, you could become one at any moment — in the time it takes you to answer your cell phone or check the kids in the back seat when you're driving.

If you or someone else you know thinks you can drive just fine while talking on your phone, think about this: More than 450,000 people were injured in crashes that reportedly involved distracted driving in 2009,

according to the National Highway Traffic Safety Administration. More than 5,000 of those people died.

Distractions on the road come in many forms, according to [www.distraction.gov](http://www.distraction.gov), a U.S. Department of Transportation website. There are three main kinds of distractions:

- Visual – taking your eyes off the road
- Manual – taking your hands off the wheel
- Cognitive – taking your mind off what you're doing

To help you avoid all three kinds of distractions the next time you're behind the wheel of your car, here are a few tips:

- \* Put your phone in silent mode and store it away from the front seat or in a purse or bag. This helps reduce temptation.

\* Have a passenger answer your phone or return text messages for you.

\* If a call or a text can't wait, pull over in a safe spot before using your phone.

\* This one seems obvious, but finish shaving or applying makeup before you get in the car!

*More than 450,000 people were injured in crashes that reportedly involved distracted driving in 2009*

\* If you're emotional, wait until you've calmed down before hitting the road.

\* Avoid road rage. You'll be happier and safer.

Whenever you're on the road, it's not a time to multi-task. Focus on driving safely.

*Content provided by: Safeco Insurance*

## Community Highlights

◆ Shelton Old Time Fiddlers Fest - April 6 - 7, 2012. Shelton, WA

◆ R.A.G.S. (Rotary Auction & Garage Sale) - Saturday, April 14, 2012. Kitsap Sun Pavilion. To donate, call: 360-917-1240

◆ Kitsap Youth Expo - April 21, 2012. Kitsap Sun Pavilion. [kitsapyouthexpo.com](http://kitsapyouthexpo.com)

◆ Bremerton Sons of Norway Crab Feed - Saturday, April 28, 2012 at 5pm. Bremerton, WA

◆ Artist's Marketplace - A Spring Sale. Saturday, April 28, 2012. Bainbridge Island, WA

◆ 64th Annual Armed Forces Day Parade - Saturday, May 19, 2012. Bremerton, WA

◆ Northwest Folklife Festival - May 25-28, 2012. Seattle, WA

◆ 24th Annual Seagull Calling Festival - Sunday, May 27, 2012. Port Orchard, WA



# Join us for the 3rd Annual Tim Quigley Insurance **FREE** Shredding Day! Saturday, April 28, 2012



*Don't let your paperwork  
take you down!*

**WHAT:** Our annual Free Shredding Event - Bring up to 2 “banker’s” boxes (or equivalent) of documents and watch Peninsula Services shred them on-site, for FREE! (A banker’s box is about the same size as a typical box of printer or copier paper.)

◆ Anything over the 2 boxes will cost only 50 cents per pound.

**WHERE:** Tim Quigley Insurance office at 629 Warren Avenue in Bremerton (parking lot is on 8th Street).

**WHEN:** Saturday, April 28, 2012 from 9:00 a.m. to 1:00 p.m.

**WHO:** This event is open to anyone, clients or non-clients, so tell your friends!

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U.S. Postage  
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Printery.Com

**Tim Quigley Insurance Services, Inc.**  
629 Warren Avenue  
Bremerton, WA 98337

