

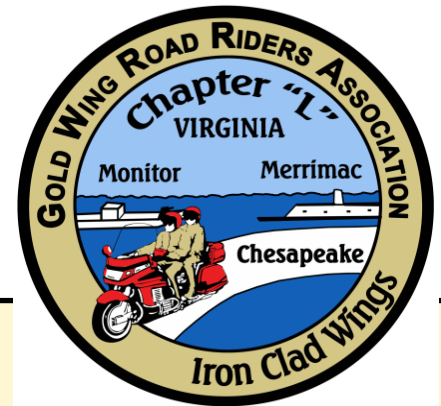
# The Iron Clad Wings



Gold Wing Road Riders Association  
*GWRR's Motto is...*  
*Friends for Fun, Safety and Knowledge*

**Chartered  
 15 April, 1995**

**BRONZE Level Chapter for 2017**



**We're More Than Gold Wings...**

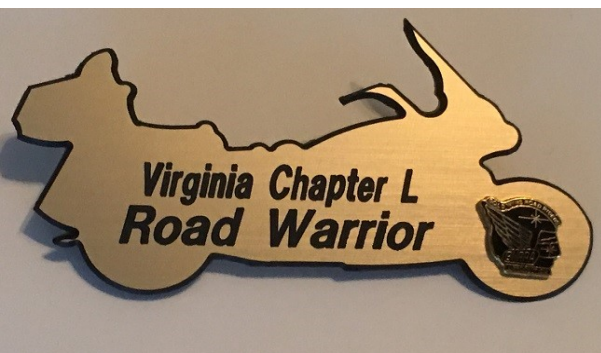


**Chapter Directors: Dan Clark & Lorrie Thomas**  
 wingernut93@aol.com    lorriemthomas@aol.com  
 Dan's Cell 757-343-1783    Lorrie's Cell 954-599-5178

**Ride & Grow with VA-L**

*We meet the 4th Tuesday of each month (except December) at The Golden Corral, 101 Volvo Pkwy, Chesapeake, VA 23320. Our meet, greet and eat—begins at 6pm, our gathering begins at 7pm. We invite you to come out and have fun with us*

**2022 Road Warrior Awards**



- January: Lorrie Thomas
- February: No drawing
- March: **Carry Over**
- April: Will Conrad
- May: Ed Patejak
- June:
- July:
- August:
- September:
- October:
- November:
- December:



**IN THIS ISSUE**

- Chapter Team Articles
- District News
- National News
- Our Mission Statement
- Birthdays & Stuff
- Ride Calendar
- Event Flyers

**ALSO IN THIS ISSUE**

- Talking to yourself can keep you alive
- **SNAPSHOTS**—a look at what Chapter L's been up to
- Chapter L Funnies

# The Iron Clad Wings

**Dan Clark & Lorrie Thomas**

Chapter Directors

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## Chapter Directors



Greetings from the road weary. As many of you know, Lorrie and I along with three other Chapter Members attended Wing Ding 43 in Shreveport, La. Was it hot, YES. Unfortunately, I was not able to ride. We drove a total of over 2300 miles but had some added mileage we had to travel to help a friend.

As many of you know, GWRRA will be closing the doors effective 31 July 2022. There are many questions to be answered and we do not have all the answers yet. I will post what I know and will keep everyone posted as I receive more information.

All Memberships and Rescue if you have it will be refunded starting in September at a prorated amount. The service will cease as of July 31, 2022. The last issue of Wing World will be the September issue which will come out in August. Some of the things that we will not be able to continue doing is be called Gold Wing Road Riders Association, this is due to ownership by Honda. We also cannot use Wing World, Wing Ding and have helmet logos.

What are we able to do? We may be referred to as GWRRA as this is an acronym and can stand for most anything. You may continue to wear patches, have Gatherings, ride together, and the Chapter and District can continue with business as usual. There are many other factors into continuing, but I would prefer to discuss this at a Gathering.

We will continue to operate as before. We will still have rides, Gatherings, socials, dinners, and ice cream rides. If anyone has any questions or comments, please don't hesitate to call me or Lorrie.

One thing I would like to talk about and emphasize, is if anyone has an idea for a ride destination or a place to eat, let me know. It does not mean that you must lead the ride, it doesn't mean you have to plan the route and it doesn't mean you have to attend if you so desire. All I ask is for some input on ideas as to where you, the Members, would like to ride. Please let me know. Thank you.

We will be holding a Motorist Awareness/ Recruitment event on August 6<sup>th</sup> in Portsmouth in a covered garage where they hold a monthly flea market. This will be from 8:00 am till 2:00 pm. If anyone is interested in helping, we will be able to display two bikes. Let me know if you can help for a couple of hours, and if you want to display your bike. We will be conducting more of these in the coming months.

Lastly, I want to thank Dennis for filling in at the Gathering for me while we were in Louisiana. I'm sure he did an excellent job. Till next month be safe, ride safe and keep the shiny side up.

Dan Clark & Lorrie Thomas

Chapter Directors, Va-L

# *The Iron Clad Wings*

Dan Clark

Ride Coordinator

wingernut93@aol.com



## Ride Coordinator

The past month has unfortunately been a slow one for rides and events. Although we have been busy with the planned rides, it has been fun.

Other than the list that I normally provide, I wanted to also list some other events that will be coming up in the future.

1. North District ride on July 30
2. All Chapter Picnic in September
3. Chapter C Fall Sprawl
4. Rally in the Valley in October

If you have not registered for Rally in the Valley, please do so as soon as possible.

Rooms are filling up and once the block of rooms that were reserved are gone, you will need to find other accommodation.

The All Chapter Picnic will be held at Twin Lakes State Park in Green Bay, Va again this year. We need to know how many Chapter Members will be attending so that the District can order the appropriate amount of food. There is no cost for any food or drinks, the District is paying for this event. Please let us know if you will be attending prior to September 1<sup>st</sup>.

Listed below are the events planned for the month of July. Please attend when you can and we look forward to seeing you:

July 16 TBD ( to be determined)

July 23 TBD

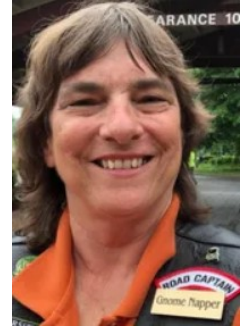
July 30 North District Ride- leaving Friday evening. Info to follow in Email

Dan Clark

Ride Coordinator

# The Iron Clad Wings

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## Chapter Skills Enhancement Advisor

### 50 Ways to Save Your Life

*Originally published in Motorcyclist Magazine, August 2006*

***“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” —Aristotle***

The best bike in the world is scrap—or soon will be—unless you learn how to use it. The most powerful piece of high-performance hardware is between your ears. To help you program it with the right information, we’ve assembled 50 potentially lifesaving bits of street savvy. Some you’ll know, some you won’t. The more you know, the better it gets.

**1. Assume you’re invisible.**

Because to a lot of drivers, you are. Never make a move based on the assumption that another driver sees you, even if you’ve just made eye contact. Bikes don’t always register in the four-wheel mind.

**2. Be considerate.**

The consequences of strafing the jerk du jour or cutting him off start out bad and get worse. Pretend it was your grandma and think again.

**3. Dress for the crash, not the pool or the prom.**

Sure, Joaquin’s Fish Tacos is a 5-minute trip, but nobody plans to eat pavement. Modern mesh gear means 100-degree heat is no excuse for a T-shirt and board shorts.

**4. Hope for the best, prepare for the worst.**

Assume that car across the intersection will turn across your bow when the light goes green, with or without a turn signal.

**5. Leave your ego at home.**

The only people who really care if you were faster on the freeway will be the officer and the judge.

**6. Pay attention.**

Yes, there is a half-naked girl on the billboard. That shock does feel squishy. Meanwhile, you could be drifting toward Big Trouble. Focus.

**7. Mirrors only show you part of the picture.**

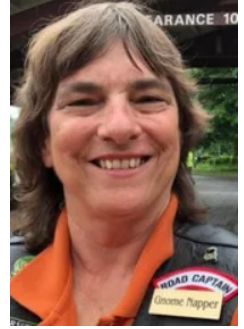
Never change direction without turning your head to make sure the coast really is clear. Mirrors only show you part of the picture.

**8. Be patient.**

Always take another second or three before you pull out to pass, ride away from a curb or into freeway traffic from an on-ramp. It’s what you don’t see that gets you. That extra look could save your butt.

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## Chapter Skills Enhancement Advisor

### 9. Watch your closing speed.

Passing cars at twice their speed or changing lanes to shoot past a row of stopped cars is just asking for trouble.

### 10. Beware the verge and the merge.

A lot of nasty surprises end up on the sides of the road: empty McDonald's bags, nails, TV antennas, ladders, you name it. Watch for potentially troublesome debris on both sides of the road.

### 11. Left-turning cars remain a leading killer of motorcyclists.

Don't assume someone will wait for you to dart through the intersection. They're trying to beat the light, too.

### 12. Beware of cars running traffic lights.

The first few seconds after a signal light changes are the most perilous. Look both ways before barging into an intersection.

### 13. Check your mirrors.

Do it every time you change lanes, slow down or stop. Be ready to move if another vehicle is about to occupy the space you'd planned to use. Scan 12 seconds ahead for potential trouble.

### 14. Mind the gap.

Remember Driver's Ed? One second's worth of distance per 10 mph is the old rule of thumb. Better still, scan the next 12 seconds ahead for potential trouble.

### 15. Beware of tuner cars.

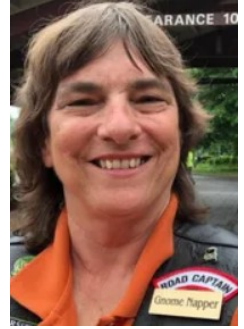
They're quick and their drivers tend to be aggressive. Don't assume you've beaten one away from a light or outpaced it in traffic and change lanes without looking. You could end up as a Nissan hood ornament.

### 16. Excessive entrance speed hurts

It's the leading cause of single-bike accidents on twisty roads and racetracks. In Slow, Out Fast is the old adage, and it still works. Dialing up corner speed is safer than scrubbing it off.

## *The Iron Clad Wings*

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## Chapter Skills Enhancement Advisor

### 17. **Don't trust that deer whistle.**

Ungulates and other feral beasts prowl at dawn and dusk, so heed those big yellow signs. If you're riding in a target-rich environment, slow down and watch the shoulders.

### 18. **Learn to use both brakes.**

The front does most of your stopping, but a little rear brake on corner entry can calm a nervous chassis.

### 19. **Keep the front brake covered—always.**

Save a single second of reaction time at 60 mph and you can stop 88 feet shorter. Think about that.

### 20. **Look where you want to go.**

Use the miracle of target fixation to your advantage. The motorcycle goes where you look, so focus on the solution instead of the problem. Check your mirrors every time you change lanes.

### 21. **Keep your eyes moving.**

Traffic is always shifting, so keep scanning for potential trouble. Don't lock your eyes on any one thing for too long unless you're actually dealing with trouble.

### 22. **Think before you act.**

Careful whipping around that Camry going 7 mph in a 25-mph zone or you could end up with your head in the driver's side door when he turns into the driveway right in front of you.

### 23. **Raise your gaze.**

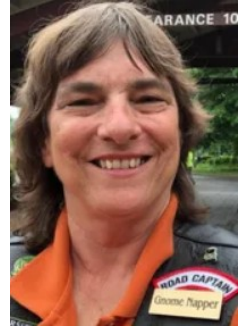
It's too late to do anything about the 20 feet immediately in front of your fender, so scan the road far enough ahead to see trouble and change trajectory.

### 24. **Get your mind right in the driveway.**

Most accidents happen during the first 15 minutes of a ride, below 40 mph, near an intersection or driveway. Yes, that could be your driveway.

## *The Iron Clad Wings*

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## Chapter Skills Enhancement Advisor

**25. Come to a full stop at that next stop sign.**

Put a foot down. Look again. Anything less forces a snap decision with no time to spot potential trouble.

**26. Never dive into a gap in stalled traffic.**

Cars may have stopped for a reason, and you may not be able to see why until it's too late to do anything about it.

**27. Don't saddle up more than you can handle.**

If you weigh 95 pounds, avoid that 795-pound cruiser. If you're 5-foot-5, forget those towering adventure-tourers.

**28. Watch for car doors opening in traffic.**

And smacking a car that's swerving around some goofball's open door is just as painful.

**29. Don't get in an intersection rut.**

Watch for a two-way stop after a string of four-way intersections. If you expect cross-traffic to stop, there could be a painful surprise when it doesn't.

**30. Stay in your comfort zone when you're with a group.**

Riding over your head is a good way to end up in the ditch. Any bunch worth riding with will have a rendezvous point where you'll be able to link up again.

**31. Give your eyes some time to adjust.**

A minute or two of low light heading from a well-lighted garage onto dark streets is a good thing. Otherwise, you're essentially flying blind for the first mile or so.

**32. Master the slow U-turn.**

Practice. Park your butt on the outside edge of the seat and lean the bike into the turn, using your body as a counterweight as you pivot around the rear wheel.

**33. Who put a stop sign at the top of this hill?**

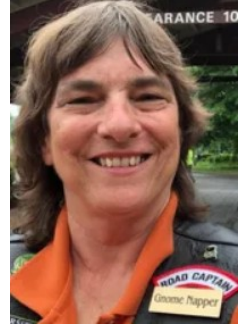
Don't panic. Use the rear brake to keep from rolling back down. Use Mr. Throttle and Mr. Clutch normally—and smoothly—to pull away.

**34. If it looks slippery, assume it is.**

A patch of suspicious pavement could be just about anything. Butter Flavor Crisco? Gravel? Mobil 1? Or maybe it's nothing. Better to slow down for nothing than go on your head.

# The Iron Clad Wings

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## Chapter Skills Enhancement Advisor

### 35. **Bang! A blowout! Now what?**

No sudden moves. The motorcycle isn't happy, so be prepared to apply a little calming muscle to maintain course. Ease back the throttle, brake gingerly with the good wheel and pull over very smoothly to the shoulder. Big sigh. Hedge your bets at intersections.

### 36. **Drops on the faceshield?**

It's raining. Lightly misted pavement can be slipperier than when it's been rinsed by a downpour, and you never know how much grip there is. Apply maximum-level concentration, caution and smoothness.

### 37. **Emotions in check?**

To paraphrase Mr. Ice Cube, chickity-check yoself before you wreck yoself. Emotions are as powerful as any drug, so take inventory every time you saddle up. If you're mad, sad, exhausted or anxious, stay put.

### 38. **Wear good gear.**

Wear stuff that fits you and the weather. If you're too hot or too cold or fighting with a jacket that binds across the shoulders, you're dangerous. It's that simple.

### 39. **Leave the iPod at home.**

You won't hear that cement truck in time with Spinal Tap cranked to 11, but they might like your headphones in intensive care.

### 40. **Learn to swerve.**

Be able to do two tight turns in quick succession. Flick left around the bag of briquettes, then right back to your original trajectory. The bike will follow your eyes, so look at the way around, not the briquettes. Now practice till it's a reflex.

### 41. **Be smooth at low speeds.**

Take some angst out, especially of slow-speed maneuvers, with a bit of rear brake. It adds a welcome bit of stability by minimizing unwelcome weight transfer and potentially bothersome driveline lash.

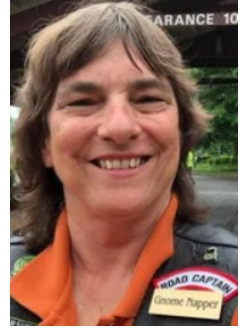
### 42. **Flashing is good for you.**

Turn signals get your attention by flashing, right? So a few easy taps on the pedal or lever before stopping makes your brake light more eye-catching to trailing traffic.



# The Iron Clad Wings

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## Chapter Skills Enhancement Advisor

### 43. Intersections are scary, so hedge your bets.

Put another vehicle between your bike and the possibility of someone running the stop sign/red light on your right and you cut your chances of getting nailed in half.

### 44. Tune your peripheral vision.

Pick a point near the center of that wall over there. Now scan as far as you can by moving your attention, not your gaze. The more you can see without turning your head, the sooner you can react to trouble.

### 45. All alone at a light that won't turn green?

Put as much motorcycle as possible directly above the sensor wire—usually buried in the pavement beneath you and located by a round or square pattern behind the limit line. If the light still won't change, try putting your kickstand down, right on the wire. You should be on your way in seconds.

### 46. Everything is harder to see after dark.

Adjust your headlights, Carry a clear faceshield and have your game all the way on after dark, especially during commuter hours.

### 47. Don't troll next to or right behind Mr. Peterbilt.

If one of those 18 retreads blows up—which they do with some regularity—it de-treads, and that can be ugly. Unless you like dodging huge chunks of flying rubber, keep your distance.

### 48. Take the panic out of panic stops.

Develop an intimate relationship with your front brake. Seek out some safe, open pavement. Starting slowly, find that fine line between maximum braking and a locked wheel, and then do it again, and again.

### 49. Make your tires right.

None of this stuff matters unless your skins are right. Don't take 'em for granted. Make sure pressure is spot-on every time you ride. Check for cuts, nails and other junk they might have picked up, as well as general wear.

### 50. Take a deep breath.

Count to 10. Visualize whirled peas. Forgetting some clown's 80-mph indiscretion beats running the risk of ruining your life, or ending it. -MC

*Safety is for Life*

*“Practice Makes Permanent”*

# *The Iron Clad Wings*

## District

### **GWRRA will be Closing Effective December 31, 2022**

While at Wing Ding 43, it was officially announced that GWRRA, as an Association, will be dissolved. The home office in Phoenix will continue to provide Member Services until July 31, 2022, at which time most of the services provided will be terminated. The September issue of Wing World magazine, published in August, will be the last that GWRRA will be providing. Rescue Plus will also be discontinued after July 31, 2022. The organization will continue until December 31, 2022, so that Districts and Chapters can have the insurance to cover their rally and/or ARC/TRC, etc. classes. Team GWRRA officers will still be providing help during this time to those Chapters that wish to transition to an individual city Chapter. The home office after July 31, 2022, will only be taking phone messages and will get back to you as soon as possible.



**Lorrie Thomas & Dan Clark**  
VA District Directors  
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Everyone with their Membership paid beyond July 31, 2022, will automatically be issued a pro-rated refund check for Membership and/or Rescue Plus prepayments, this will occur sometime in August.

At the end of the year all District and Chapters are still required to do a year end financial report and keep all financial records for 7 years. As this is going to be a final report, the 990N will be checked off as a terminated business. You will close out the GWRRA bank account with a zero balance, distributing the funds for the benefit of the Members. There are decisions to be made on how to distribute those funds to the active Members. We have time to decide that. Remember, the IRS has the Chapter Director as the name on record, so these actions must be taken or there may be IRS consequences. There is another way to handle the funds and it involves having your own EIN number (Employer Identification Number). More on that when I get the information from National. The Virginia District and individual Chapters will be looking at future plans to do what we can to continue to have a way to meet and ride as friends.

There are still a lot of questions and very little in the way of answers. The District Team, including all Chapter Team Members will be meeting soon.

We are still having the ALL CHAPTER PICNIC in September and the RALLY IN THE VALLEY in October.

Please don't spend time listening to rumors. If you have any questions, please contact me. I will continue to forward emails to you that I receive. In the meantime, Chapters should continue to meet and ride as usual and make the most of their time together.

Included in this newsletter is a FAQ sheet with further information. Please read. What we love about GWRRA remains.

***Virginia District Directors***

***Lorrie Thomas & Dan Clark***

# The Iron Clad Wings

## District

**Below is a fact sheet that will explain what was announced at Wing Ding. In a nutshell, GWRRA is closing it's doors. No more Wing Ding, no more Gold Wing Road Riders Association. Fact Sheet from Home House.**

### GWRRA TRANSITION F.A.Q.

1. GWRRA Operations will be closing down as of 7/31/22
2. GWRRA Inc. will remain active until 12/31/22 for liability insurance coverage for events occurring after 7/31/22 which were planned prior to.
3. The last issue of Wing World will be September issue that will come out in August.
4. All association services/benefits will be provided through 7/31/22. This includes any, and all rescue plans.
5. We will provide prorated refunds for any remaining months of membership and roadside assistance. Those checks will be mail by the end of August.
6. Phones will be answered until the end of July. From July through end of September members can leave a message and we will return any calls with in 24 business hours.
7. With the closing, all Member prepaid dues will be prorated as of 7/31/22 and refunds will start 8/31/22
  - a. i.e. if you paid for 3 years on 3/21 then you'll get a refund of approx. 18 months' worth of dues you paid
8. If you have Rescue products – that program stops coverage as of 7/31/22. The money you've prepaid will be prorated as of 7/31/22 and will be refunded starting the end of August
9. We know that GWRRA will continue, it will just continue without a governing structure, just groups still getting together
10. Director forums are being held on Thursday to answer more specific questions about procedure, insurance, etc.
11. You can download your Membership information regarding Rider Ed, classes taken and so for by going to MyRE tab under Rider Ed on the GWRRA.org website
12. What you can't continue to use due to Honda's ownership
  - a. Gold Wing Road Riders Association
  - b. Wing World
  - c. Wing Ding
  - d. No helmet logo
13. Chapter and Districts can continue
  - a. No oversight of a main association
  - b. Insurance ends 12/31/2022
14. Can continue to wear patches
15. Can continue to get together
16. Can continue to ride together

## *The Iron Clad Wings*

# District

17. Cannot conduct on bike education without proper insurance to be obtained by person conducting the class
  - a. ARC and TRC are GWRRA designations and have no standing on their own, i.e. they are not like MSF, they were designed for our Members
18. For GWRRA Instructors: yes, you can download the course and continue to teach them
19. For Rider Education Instructors: yes, you can download the courses and continue to teach them – just remember you have not liability insurance, so stick to the script
20. IRS: at the end of this year, you will need to file your 990N and check the box “out of business” as the 501C4 status will end with the closing of GWRRA and the master EIN number will be terminated. Each District and Chapter must terminate their own by checking the box. – please work with Randall Drake to accomplish this.
21. Bank Accounts: The money in the bank accounts belong to the Members. Look to do nice things for the Members to use up the money by the end of the year. After you file your final financial report to Randall with your 990N you will need to a) close the bank account or b) change the name to remove GWRRA.

## *The Iron Clad Wings*

# National

### ***From The Desk of the GWRRA Director***

The news we received at Wing Ding 43 was a bombshell. Not only did we learn that this was our last Wing Ding, but the real devastating news was that GWRRA as we know it, will close its doors December 31, 2022.

Social media was inundated with misinformation, rumors, speculation, and the distortion of facts. Our CEO cleared up much of the misinformation at the District Director's and Chapter Director's Forums which was open to anyone who would like to attend. There is still a great deal of clarity to be shared, and that will take some time.

For those in attendance at Wing Ding 43, there were presentations by Anita Alkire on a possible option for GWRRA Members going forward. Besides the presentations, there was a concerted effort by Anita and Bruce Beeman to speak to as many as possible to garner support for this new endeavor.

Sherry and I also spoke with many at Wing Ding, and there are some serious concerns and things to consider. For example, some may want to apply for a new EIN (Employer Identification Number) and function on their own without a higher structure. Some may not want an EIN and will still function without any higher structure. This seems to be a prevailing feeling at the Chapter level. Things get a little more complicated at the District level.

Additional information will be provided from Home Office as it relates to the Gold Wing Road Riders Association. We will not be providing information pertaining to the new endeavor as that has nothing to do with the closure of GWRRA as we know it.

**Bottom line: District Directors, Chapter Directors, and the Membership have a lot to discuss and consider. Take your time and do your research. Please do not liquidate your money immediately. More will come out on this subject as soon as possible.**

Sherry and I were asked by many what was our feeling on this new endeavor being presented by Anita Alkire and Bruce Beeman who we believe will become the President while Anita remains in the background.

**After careful consideration based on our own knowledge and many years as Officers in GWRRA, Sherry and I will not be endorsing or joining this endeavor.**

**To the best of our knowledge, Team GWRRA, with the exception of two who have not committed either way, will not be endorsing or joining this new effort. You are welcome to contact any of us on the Team for a more detailed explanation as to our thoughts.**

At the end of day, we want what is best for the GWRRA Membership going forward in 2023. Regardless of your decision to join and support the new proposal presented by Anita, we wish you the best and hope you have many more years of riding and socializing with the family you have gained through the Gold Wing Road Riders Association.

Sincerely,

***Directors of GWRRA***

***Jere and Sherry Goodman***



Jere & Sherry Goodman  
GWRRA Directors  
JereGood@aol.com  
540-623-0447

## *The Iron Clad Wings*

### Our Mission Statement: RIDE & GROW

Respect all motorcycle riders and motorists

Inspire members to participate in the Levels Program.

Dedicated towards providing a family atmosphere so everyone has fun.

Educate our members about new innovations regarding riding, safety, and about GWRRA.

&

Give back to the community, resulting in a positive image of motorcyclists.

Relax, and enjoy the ride!

Offer assistance and encourage participation by all members.

Work with members by assisting them in achieving their goals.

So, what are we really saying...

We don't discriminate; all types of motorcycles are welcome. If your friends are looking for a group to ride with, that believes in and practices safety, we are that group. Respect drivers by being courteous with our lights and riding style.

We want all our members to participate in the Rider Education (Levels) program. The Levels Program allows members to advance from Level 1 (Committed to Safety) to Level 4 (Safety By Enhanced Commitment and Preparedness), also known as Master Tour Rider. As our members gain experience and miles, we inspire them to advance to the next level.

We are a family association; we are dedicated to providing a fun and friendly atmosphere to members and visitors of all ages. We strive to make every event fun.

Chapter L is dedicated to educating our members and visitors about motorcycling. We do this by having training provided by certified trainers that have graduated from Gold Wing University. We educate members about riding alone, with a co-rider, and in a group. We educate on riding as a team, pulling trailers, crash scene response, leadership, fun events, advances in motorcycling, and much more. Our trainers are evaluated by senior trainers to ensure they remain up-to-date regarding motorcycling.

Not all motorcyclists are the same; we strive to present a positive image to the public. We inform the public about what our association stands for; Friends, Fun, Safety, & Knowledge. We are a part of the community and want the community to be a part of us.

Have fun and enjoy riding with Chapter L. We want all of our riders to relax and enjoy the ride while being among friends that share your passion... riding.

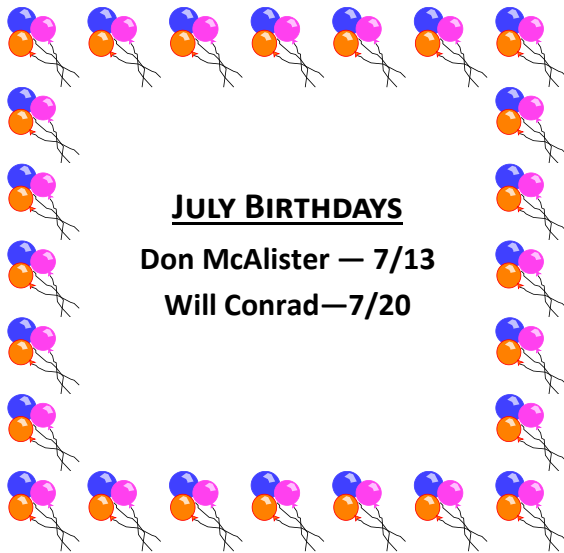
It takes everyone to make the Chapter successful. But what is the definition of **successful**? Successful means the Chapter is fun. Successful means the Chapter rides a multitude of routes with varying distances. Successful means people want the Chapter to thrive. Successful means people ask "what can I do to help..." Successful means our membership thrives. In other words, we cannot be successful without you. Participation from all members results in the Chapter being successful.

Have you achieved your goals you've set? Regardless whether your goals involve motorcycling or are professional, chances are, there is someone in the Chapter that wants to assist you in achieving your goals. Our goal is to assist you in achieving your goal.

### Our Motto: RIDE and GROW with VA-L

# The Iron Clad Wings

## Birthdays, Anniversaries, & Other Information



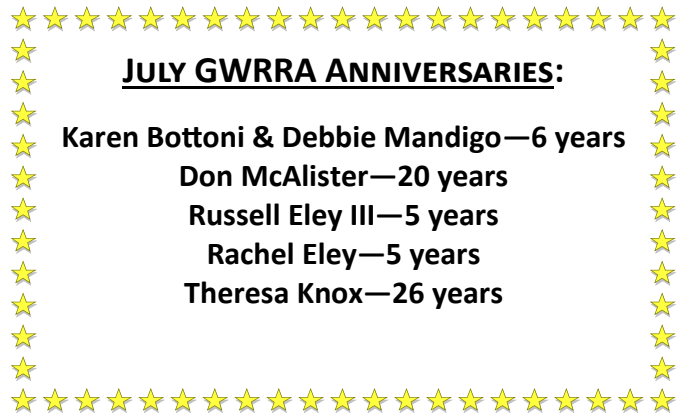
**JULY BIRTHDAYS**  
 Don McAlister — 7/13  
 Will Conrad—7/20



**JULY ANNIVERSARIES:**



Dan & Trish Adams— 7/16  
 Jeff & Carm Stobie—7/7  
 Al & Karla Dobbins—7/25  
 Russ & Rachel Eley—7/8



**JULY GWRRA ANNIVERSARIES:**

Karen Bottoni & Debbie Mandigo—6 years  
 Don McAlister—20 years  
 Russell Eley III—5 years  
 Rachel Eley—5 years  
 Theresa Knox—26 years

Quote of the Month

"One day, you'll wake up and there won't be anymore time to do the things you've always wanted. to do"

"Do it now"

### Helpful information for members

To get Chapter, District, and National patches for your vest, contact our Chapter Treasurer, Will Conrad.

For things you might typically pick up at a Rally, but don't want to wait until the next one comes around:

- **Chapter Shirts/Rider Ed patches:** See the Chapter Directors; Dan Clark & Lorrie Thomas
- **Name Tags:** [www.ThEngraver.com](http://www.ThEngraver.com) (take note of spelling—only 1 'e' at beginning)
- **Vests & sewing patches:**
  - Perfect Fit Alterations, 357 Johnstown Rd, Chesapeake. They also do vest embroidery
  - The Leather Arts Store at 415 N. Military Highway, Suite 13. Ask for the owner, Dennis
- **Embroidery & Name Tags:** Nancy Harbison Uniforms & Tailoring at 479 South Lynnhaven Road, Virginia Beach (463-3241)

**These are by no means the only place to get your desired items, just the ones that seem to be used the most by local chapters.**

# The Iron Clad Wings

## Gathering & Ride Calendar



Date	Chapter/Type	Event
Jul 26	L	Chapter Gathering. Golden Corral, 101 Volvo Pkwy 6:00 pm- 8:00 pm
Jul 30	VA	North District Ride. KSU 9:30 - Sheetz, 11627 Nokesville Rd, Bristow, VA (Meet-up parking lot close to fuel) Rain or Shine. Gathering time 9:00 - Ride Safety Meeting at 9:15 Leave at 9:30 sharp. See flyer in newsletter for more details
Sep 17	VA	All Chapters Picnic, Twin Lakes State Park, Green Bay, Va
6-8 Oct	VA	Rally in the Valley, Lynchburg Grand Hotel

Check out our website to see the latest updates to our calendar <https://gwrraval.org/>



# *The Iron Clad Wings*

## Chapter-L

### ICE CREAM TRAIL Challenge

#### Rules:

Visit as many Ice Cream places as you can, In state or out of state.

Listed on next page are Ice Cream places in each of the VA Chapter Cities, as well as 13 local Hampton Roads. There is space to input up to 10 of those you found on your own.

Take a picture of the Ice Cream place Sign as a selfie. Post to VA-L Facebook with your name, place, City and VA-L Members with you.

Fill out the Ice Cream Run sheet with date you dined there.

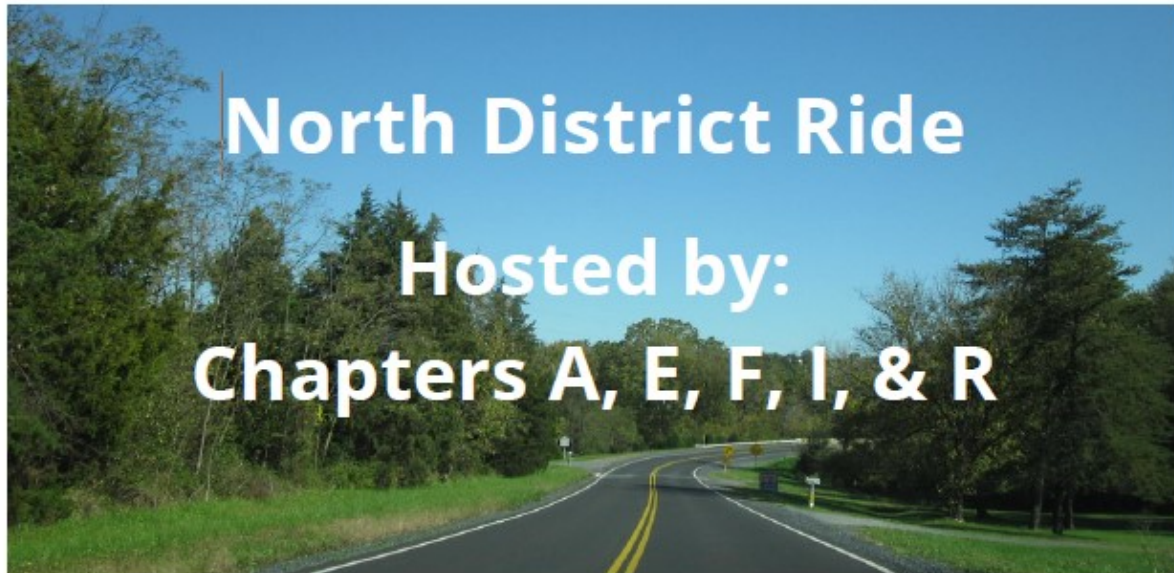
#### ***Points will be awarded as follows:***

- 1 point per location in Chesapeake, Virginia Beach, Portsmouth, Suffolk, or Norfolk
- 2 points per location outside of those listed above, some indicated by other Chapter locations.
- 3 points for out of state locations.
- 15 points gets the coveted Ice Cream pin awarded during the Chapter VA-L Christmas Party in 2022. Turn in all forms in no later than the November 2022 VA-L Chapter Gathering.





## *The Iron Clad Wings*



**Date:** Saturday, July 30, 2022

**Starting Point:** SHEETZ, 11627 Nokesville Rd, Bristow, VA

**Gathering Time:** 9 a.m.

**Road Safety Briefing:** 9:15 a.m.

**KSU:** 9:30 a.m.

**Ending Point:** Silk Mill Grill in Orange, VA for lunch

**Ride Length:** 2.5 - 4 hrs incl lunch & bathroom break

**RSVP by July 28th to:**

David & Robin Hotaling, Ch. Directors, VA-I

646-406-1200 (call or text) / davidsgoldwing02@gmail.com

If **severe weather** is expected, we will cancel via:

Facebook - <https://www.facebook.com/groups/466359964075363/>

Website - GWRRAVAI.ORG

Email - If you provide an email address for contact

***Let's Ride!***

# The Iron Clad Wings



## ALL CHAPTERS PICNIC



SEPTEMBER 17, 2022

We will celebrate each other and especially our Couples of the Year, past and present.

Back by popular demand

\$5 to Park

**\$0 to Party**

**11am to 3pm**

*Deserts To Share*

Please Bring One  
Dessert per Chapter



*Chapter Challenge Games*

Fully Catered  
Lunch  
Menu will be  
posted later



Location



Twin Lakes State Park is near Farmville, about an hour southwest of Richmond.

To get there, take U.S. 360 West of Burkeville to Route 613 (Indian Springs Rd.). Then go east on Route 629 (Twin Lakes Rd.).

Its address is 788 Twin Lakes Rd., Green Bay, VA 23942-2525.

Latitude, 37.174829, Longitude, -78.273242.

<https://www.dcr.virginia.gov/state-parks/twin-lakes>

In the heart of central Virginia, this 548-acre, historic park offers many cultural, environmental and recreational activities. Over-night accommodations include a 33-site campground and 11 climate-controlled cabins. Visitors enjoy swimming, fishing, hiking, boating and lakeside picnicking.

*RV—Tent—Cabins for Rent—Those that can, bring chairs—Pavilion has seating for 65*

Chapter Directors:

Please put this on your Chapter calendar and pass on the information at your Gatherings.

**We will need a head count by September 7, 2022**

# The Iron Clad Wings



**October 6—8, 2022**

## Lynchburg Grand Hotel

601 Main Street, Lynchburg Virginia 24504

Join all of the **Cool Cats** and **Make The Scene!** We have Got All The Goods and traditions that you have come to expect in the Rally but have we got some new stuff for you!

Get your Bobby Socks and Chinos ready for the Costume Contest (Best Group—Best Danny—Best Sandy)

**"Rally is the time,  
is the place,  
is the motion!  
Rally is the way we are feeling!"**

Reserve Hotel Rooms by August 15, 2022. After that date, reservations will be taken on a space available basis. Price is \$110.00 per night.

Call hotel reservations at 434-528-2500 and ask for the special "GOLD WING ROAD RIDERS" rate.

## Let's Go To The Hop at the 34th Annual Rally in the Valley!

- ◆ Fun & Games
  - ◆ Pizza Party & Ice-Cream Social
  - ◆ "Drive-In" Movie Night
  - ◆ ARC / TRC On-Bike Courses\*
  - ◆ MFA/CPR Course \*
  - ◆ Master's Breakfast \*
  - ◆ Saturday Banquet \*
  - ◆ Vendors
  - ◆ Hospitality Room
  - ◆ Trivia & WINGO!!
  - ◆ On-Bike Games
  - ◆ Guided Rides
  - ◆ Self-Guided Rides
  - ◆ Daily 50 / 50
  - ◆ Friday Night Dance
  - ◆ Modules & Seminars
- \* Additional charges apply. **MUST** be pre-registered.

ARC (Advanced Rider Course) and TRC (Trike Rider Course)

(Must be pre-registered & pre-paid)

Classroom portion will be THURSDAY, October 6 at 12:00—4:00.

Range portion will be FRIDAY, October 7 at 8:00-12:00.

Cost for either course is \$50 (Co-Riders are free). Full riding gear, CURRENT Motorcycle license, proof of Insurance & Registration are required to take either class.

CPR/MFA Class (Must be pre-registered & pre-paid)

The CPR/Medic First-Aid class will be on Saturday, October 8 at 8:30-12:30.

The cost for the course is \$30 per person.

**MAXIMUM OF TWELVE (12) PER ARC / TRC / MFA CLASS**

**NO REFUNDS UNLESS CLASS IS CANCELED BY INSTRUCTOR**

**Master's Breakfast (Must be pre-registered & pre-paid)**

Be recognized for your achievements at the Master's Breakfast on Saturday morning, October 8 at 7:00—8:30. \$15 per person. There will be a guest speaker, gifts and door prizes.

**Sit-Down Banquet Dinner (Must be pre-registered & pre-paid)**

Saturday, October 8 at 5:45—7:00. The cost of the dinner is \$20 per person.

# The Iron Clad Wings

PRINT	Rider	Co-Rider
Name		
Mobile #		
GWRRA #		
Chapter		
Position		
Email		
Home Address		
Arrival Day		
COY		
First RITV		

Registration Prices	Member	Non-Member
<b>Early (Before Aug 1)</b>	<b>\$50</b>	<b>\$60</b>
<b>Regular /On Site</b>	<b>\$60</b>	<b>\$70</b>
<b>Day Passes</b>	<b>\$25</b>	<b>\$30</b>

Registration	Price	Qty	Total \$
Member			
Non-Member			
Child Under 12	\$10		
Day Passes			
Master's Breakfast	\$15		
Banquet Dinner	\$20		
Sat 50/50 — 25 Tix	\$10		
Sat 50/50 — 60 Tix	\$20		
Sat 50/50 —100 Tix	\$30		
ARC	\$50		
TRC	\$50		
MFA	\$30		
Shirts (Total from Below)	-	-	
<b>TOTAL</b>	-	-	

**RELEASE FORM (Must be signed by all registrants and returned)**

I/We agree to hold harmless GWRRA, The Virginia District, the Lynchburg Grand Hotel and any property owners for any loss or injury to self or property by reason of participating in this event.

Rider Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Co-Rider Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Refunds incur \$10 fee. No refunds after 1 Aug.  
Saturday 50/50 Must Be Present To Win

Mail registration with check payable to:

**GWRRA Virginia District**  
**Roman Paryz**  
**331 Paine St.**  
**Newport News, VA 23608**

**Preferred Easy Pay Option**  
**Secure Online Credit Card**  
<https://gwrrava.square.site>



RITV Shirts—Pre- Orders Only				
	Size	Price	Qty	Total \$
Short Sleeve T-Shirt	S	\$15		
	M	\$15		
	L	\$15		
	XL	\$15		
	2X	\$18		
	3X	\$18		
Long Sleeve T-Shirt	4X	\$20		
	5X	\$20		
	S	\$17		
	M	\$17		
	L	\$17		
	XL	\$17		
Short Sleeve Polo Shirt	2X	\$20		
	3X	\$20		
	4X	\$22		
	5X	\$22		
	S	\$21		
	M	\$21		
Short Sleeve Polo Shirt	L	\$21		
	XL	\$21		
	2X	\$24		
	3X	\$24		
	4X	\$26		
	5X	\$26		
<b>TOTAL SHIRT ORDER</b>				

## *The Iron Clad Wings*

### **Panic Situations**

Talking to yourself can keep you alive

By: James R. Davis, msgroup.org

Throughout the set of articles I have written here there is a clear message, often repeated - you should practice, practice, practice.

Having some confidence in the merits of the material that you have read here, I suspect that most of you accept the premise that practice is worthwhile because it tends to convert what is otherwise difficult to 'doable with some facility' (meaning that as a result of practice you will have the skill and confidence to know that you CAN do whatever has to be done, quickly and without error.) Further, it teaches both our muscles and our minds how to do things in a way that requires very little thought, very little lost time 'finding' the appropriate controls, and just how much force is required when using those controls. In other words, practice allows us to accomplish what must be done without the loss of time and control that would occur should you simultaneously have to learn how when that panic situation presents itself to you.

So, is that all there is to it? Are you assured that if you practice enough you will be ready to do whatever it takes while your body fills itself with adrenaline?

Surprisingly, the answer is both yes and no. You will be READY (and able) to do what must be done, but what you have not practiced is dealing with that adrenaline. You, normally, do not place yourself in situations where panic stops are required in order to save your life when you practice. Indeed, when you practice you should do so in the safest environment possible so that mistakes can be learned from rather than put you in the morgue.

In the real world there is a requirement that you build a bridge from the theoretical to the actualization of your training. Let me give you an example of what I'm trying to get at here: You are rounding a right-hand curve and see that a vehicle is coming towards you in the opposite lane. That vehicle looks like it might be hugging the center line. It has your attention! Indeed, you are target fixated on it!! What do you do about it?

You have learned that motorcycles tend to go where you are looking. You have experienced that phenomenon many times. You know that target fixation can kill you, again, because your motorcycle tends to go where you are looking. So, why are you target fixated? You know better.

Virtually all of your driving experience has been 'practice' in this case. You know that unless you change the focus of your fixation away from the threat and towards an escape route you are likely to steer right into that oncoming vehicle. But as soon as you realized that you were fixated on that vehicle your body started to manufacture a ton of adrenaline and pump it into your bloodstream. You have started a 'fight or flight' panic attack.

All you need to do to get out of trouble is to TALK TO YOURSELF! You need to say something like: 'I need to look where I want to go. Look away from that truck. That direction is where I want to go. Come on, baby, let's go that way!'

Dumb, right? Well, it doesn't matter what words you use when talking to yourself. What matters is that you tell yourself to do what has to be done. That kicks in the lessons learned from all your prior practice and the job gets done.

**Continued on next page**

## *The Iron Clad Wings*

In the case study found elsewhere on this site you will see an example of how this has saved my bacon any number of times in the past. I was driving immediately behind another rider who, as a result of target fixation, had a catastrophic accident. I had a passenger on my bike at the time and, among other things, I resorted to telling myself: "Control stop this baby!" The result, a smooth but rapid stop that avoided losing control (no locked brakes). Plenty of adrenaline was running its course and trying to get in the way. No time to learn how to stop quickly. Practice had prepared me, and all I needed was that little bridge - a brief chat with myself that insisted that I DO SOMETHING that had to be done, NOW!

Practice is fundamentally important, and so is dealing with the adrenaline that tends to confuse. No need to argue with yourself. Just a quick chat that starts the activity. Muscle memory and familiarity gets the job done from there.



# The Iron Clad Wings



## SNAPSHOTS

A look at what Chapter-L's Been Up To

Wing Ding 43  
Shreveport-Bossier, Louisiana  
June 28—July 2, 2022



L to R Trish Daniel, Joe Daniel, Lorrie Thomas, Dan Clark, Karen "Gnome Napper" Bottomi

# The Iron Clad Wings

## SNAPSHOTS

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### Wing Ding 43

### Shreveport-Bossier, Louisiana

### June 28—July 2, 2022



Gnome Napper new Steam Punk Junction Hat



Joe & Trish taking in a slow dance



Joe & Trish enjoying Mardi Gras night



# The Iron Clad Wings

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### Shreveport-Bossier, Louisiana

### June 28—July 2, 2022



Gnome Napper arrives Shreveport



Dan took some time off to check out the massage chairs at the vendors



# The Iron Clad Wings



## SNAPSHOTS

A look at what Chapter-L's Been Up To

Wing Ding 43  
Shreveport-Bossier, Louisiana  
June 28—July 2, 2022



Karen receiving Red Hat #66 at the Masters Breakfast



Lorrie Thomas, Dir University & Susan Huttman,  
RE Director chatting it up



A gas stop at Buc-ee's somewhere in Alabama

## *The Iron Clad Wings*

### Did You Know?

[www.did-you-knows.com](http://www.did-you-knows.com)

#### Invention did you knows

Did you know M&M's chocolate stands for the initials for its inventors Mars and Murrie

Did you know the fortune cookie was invented in San Francisco

Did you know the croissant was invented in Austria

Did you know pop corn was invented by the Aztec Indians

Did you know Venetian blinds were invented in Japan

Did you know the wheelbarrow is invented in China

Did you know instant coffee was invented in 1901

Did you know the electric chair was invented by a dentist

Did you know the electric toothbrush was invented in 1939

Did you know Isaac Newton invented the cat door

Did you know the doorbell was invented in 1831

Did you know the tea bag was invented in 1908

Did you know volleyball was invented in 1895

Did you know the revolving door was invented in 1888

Did you know the lie detector was invented in 1921

# The Iron Clad Wings

## Chapter-L Summer Funnies 🤔😂😂😂



I can't wait for warm summer nights, outside on the patio.

\*326 mosquitos liked your post\*



# The Iron Clad Wings

## Chapter Team Members

POSITION	NAME	EMAIL
CHAPTER DIRECTORS	DAN CLARK Dan cell: (757) 343-1783 LORRIE THOMAS Lorrie Cell: (954) 599-5178	wingernut93@aol.com lorriemthomas@aol.com
MEMBERSHIP ENHANCEMENT	DENNIS & PHYLISS EASTON	eastondm@cox.net
TREASURER	WILL CONRAD	will38@cox.net
RIDE COORDINATOR	DAN CLARK	wingernut93@aol.com
CHAPTER SKILLS ENHANCEMENT ADVISOR (CSEA)	KAREN BOTTONI	kbottoni@gmail.com
COUPLE OF THE YEAR	JOE & TRISH DANIEL	famdan4@charter.net
NEWSLETTER EDITOR	KAREN BOTTONI	kbottoni@gmail.com
WEBMASTER	KAREN BOTTONI	kbottoni@gmail.com
MILEAGE COORDINATOR	BRUCE CONKLIN	Xtrucker4.3@gmail.com
SECRETARY	DEBBIE MANDIGO	dsteamn@gmail.com
GREETER	PAULA DIGNAN	shortyd2@cox.net
SUNSHINE COMMITTEE	KARLA DOBBINS	karla_cowboys@yahoo.com



<https://gwrraval.org/>



# The Iron Clad Wings

## Virginia District Team

POSITION	NAME	PHONE	E-MAIL
District Director	Lorrie Thomas	954-599-5178	lorriemthomas@aol.com
	Dan Clark	757-343-1783	wingernut93@aol.com
Asst. DD West	Wayne & Kathy Whitworth	540-875-8064	wayne69997@yahoo.com
Asst. DD North	Vacant		
District Couple of the Year	Vacant		
District Educator	Vacant		
Asst. District Educator	Bob Beltz	757-869-8277	beltzb@cox.net
Asst. District Educator	Gordon Combs	540-840-0394	gorcom@msn.com
District University Coordinator	Vacant		
CPR/MFA Coordinator	Vacant		
District Membership Enhancement	Dave & Randi Green	757-870-7282	davenrand@cox.net
Asst. Membership Enhancement	Ann Peterson	703-583-1655	nativepeterson12@gmail.com
District Web Master	Fritz Sassine	804-938-9183	fritz.sassine@gmail.com
District Event Photographer	Jim Peterson	703-583-1655	nativepeterson12@gmail.com
District Special Events Coord.	Dave Hotaling		davidsgoldwing02@gmail.com
	Robin Hotaling	646-406-1200	rah889195@yahoo.com
District Rally Vendor Coord.	Linda Carlyle	804-652-9520	lindaredwing05@verizon.net
District Treasurer	Roman Paryz	757-687-9282	roman.paryz@gmail.com
Newsletter Editor	Roman Paryz	757-687-9282	roman.paryz@gmail.com

## Team GWRRA

Jere and Sherry Goodman	Directors of GWRRA	JereGood@aol.com
Bob and Nan Shrader	Director's Assistant	floridadd@msn.com
Tom and Renee Wasluck	Director's Assistant	tom.renee11@gmail.com
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Dan and Mary Costello	Directors of Membership Enhancement	mep.director.gwrra@gmail.com
James & Freida Clayson	Directors of Motorist Awareness	james.clayson@gmail.com
Randall and Janet Drake	Director of Finance	financedirector@gwrro.org
Susan & George Huttman	Directors of Rider Ed	director-re@gwrro.org
Allesandro Boveri & Mariarosa Bruzzone	Directors Overseas	alboveri@gmail.com



<https://www.gwravadistrict.com/>

<http://gwrro.org/>





# The Iron Clad Wings

## Virginia Chapters



CHAPTER	LOCATION	CHAPTER DIRECTOR	PHONE	SOCIAL GATHERING
<a href="#">VA-A</a>	<b>Burke</b> American Legion 3939 Oak Street Fairfax	<b>Steve Hartsock</b> <a href="mailto:Shartsock9@gmail.com">Shartsock9@gmail.com</a>	703-380-6086	<b>3rd Saturday</b> 8am Meet / Ride at 9am
<a href="#">VA-C</a>	<b>Newport News</b> IHOP 15447 Warwick Blvd	<b>John &amp; Lynn Floyd</b> <a href="mailto:Lynn.floyd1960@gmail.com">Lynn.floyd1960@gmail.com</a>	757-838-0607	<b>2nd Sunday</b> 4pm Eat / 5pm Meet
<a href="#">VA-D</a>	<b>Richmond</b> Candelas Ristorante 14235 Midlothian Turnpike	<b>Fritz Sassine &amp; Iris Guillet</b> <a href="mailto:fritz.sassine@gmail.com">fritz.sassine@gmail.com</a>	804-938-9183	<b>4th Wednesday</b> 6pm Eat / 7pm Meet
<a href="#">VA-E</a>	<b>Fredericksburg</b> Castiglia's Italian Rest. 10705 Courthouse Rd	<b>Joe and Peggy Herron</b> <a href="mailto:jdheron6919@yahoo.com">jdheron6919@yahoo.com</a>	540-424-5852	<b>3rd Wednesday</b> 5:30pm Eat 6:30pm Meet
<a href="#">VA-F</a>	<b>Winchester</b> Stephens City Diner 5460 Main St Stephens City	<b>Stephanie Provost</b> <a href="mailto:davis.stephanie80@yahoo.com">davis.stephanie80@yahoo.com</a>	540-664-6430	<b>4th Sunday</b> 8:30am Meet
<a href="#">VA-H</a>	<b>Abingdon</b> Moose Lodge 15605 Porterfield Hwy	<b>Paul &amp; Dorothy Baker</b> <a href="mailto:09nellie@comcast.net">09nellie@comcast.net</a>	276-628-6047	<b>2nd Tuesday</b> 6pm Eat / 7pm Meet
<a href="#">VA-I</a>	<b>Manassas</b> Great American Buffet 8365 Sudley Rd	<b>David &amp; Robin Hotaling</b> <a href="mailto:davidsgoldwing02@gmail.com">davidsgoldwing02@gmail.com</a> <a href="mailto:Rah889195@yahoo.com">Rah889195@yahoo.com</a>	202-309-5953 646-406-1200	<b>2nd Sunday</b> 11am Meet / Eat
<a href="#">VA-K</a>	<b>Roanoke</b> Faith Alliance Church 7505 Barrans Rd.	<b>Jim Daily &amp; Susan Stuppiello</b> <a href="mailto:dailylent@yahoo.com">dailylent@yahoo.com</a> <a href="mailto:susanstuppiello@gmail.com">susanstuppiello@gmail.com</a>	540-230-0511	<b>2nd Monday</b> 6pm Eat / 7pm Meet
<a href="#">VA-L</a>	<b>Chesapeake</b> Golden Corral 101 Volvo Pkwy	<b>Dan Clark &amp; Lorrie Thomas</b> <a href="mailto:wingernut93@aol.com">wingernut93@aol.com</a> <a href="mailto:lorriemthomas@aol.com">lorriemthomas@aol.com</a>	753-343-1783 D 954-599-5178 L	<b>4th Tuesday</b> 6pm Eat / 7pm Meet
<a href="#">VA-R</a>	<b>Harrisonburg</b>	<b>Gary Hoover</b> <a href="mailto:hoov@shentel.net">hoov@shentel.net</a>	540-975-0223	<b>1st Sunday</b> Location TBD
<a href="#">VA-V</a>	<b>Bedford</b> Bedford Church of God 212 E. Main St	<b>Jonathan Whitworth</b> <a href="mailto:otteridevav@gmail.com">otteridevav@gmail.com</a>	540-425-0028	<b>3rd Sunday</b> 2pm Meet
<a href="#">VA-X</a>	<b>Salem</b> Riverside Evangelical Methodist Church 1920 Lucas St	<b>Larry Stanton</b> <a href="mailto:larry25022@gmail.com">larry25022@gmail.com</a>	304-922-1401	<b>1st Saturday</b> 3pm Meet



## The Iron Clad Wings

**The Golden Corral Buffet & Grill**  
**101 Volvo Parkway, Chesapeake,**  
**VA 23320**  
**(757) 549-2819**  
**[www.goldencorral.com](http://www.goldencorral.com)**  
**Please come and join us!**



### Other local gatherings

- **Chapter C-Hampton/Newport News:** 2nd Sunday each month, 5pm. IHOP at 15447 Warwick Blvd in Newport News
- **Chapter NC-E2-Elizabeth City, NC:** 3rd Thursday each month, 7pm. Itsa Boutza Pizza, 109 S. Hughes Blvd in Elizabeth City, NC



# Come Join Us