

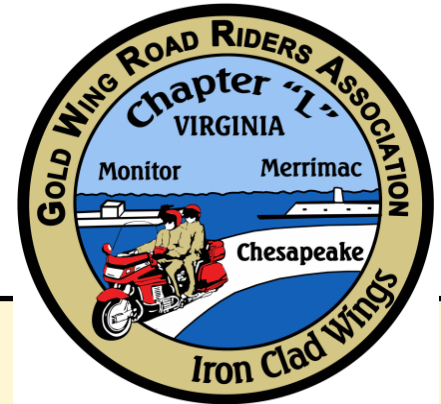
# The Iron Clad Wings



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...**

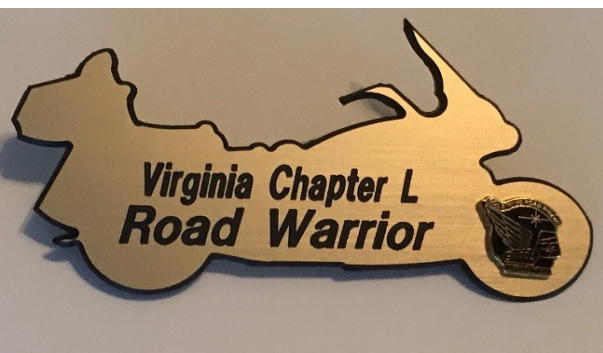


**Chapter Directors: Dan Clark & Lorrie Thomas**  
 wingernut93@aol.com    lorriemthomas@aol.com  
 Dan's Cell 757-343-1783    Lorrie's Cell 954-599-5178

**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:
- 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**

- "Hydrate or Die"
- Get You're Swerve On
- SNAPSHOTS—a look at what Chapter L's been up to
- Chapter L Funnies

*The Iron Clad Wings*



## The Iron Clad Wings

# FIND YOUR MEMBERSHIP NUMBER



**Disclaimer:** The numbers on this picker wheel do not count as finding your number!

We will continue this game for 2022. Karen Bottoni, your Newsletter Editor will hide three random Chapter L Membership numbers somewhere in the newsletter. She will spin the wheel three times and a membership number will appear. If you locate your membership number, please notify Karen, [kbottoni@gmail.com](mailto:kbottoni@gmail.com), tell her what page and where you found it. Then attend the next Chapter gathering and get your reward.

### Where will you find your membership number?

Look in the margins, Read the Articles, read the special event inserts, along the margins, along the headers, footers, anywhere and everywhere in the Newsletter is fair game. It's not going to be too hard, but it will not be too easy either.

#### Only two special Rules:

1. Chapter-L Team Members are ineligible to participate.
2. All other members eligible and must attend the Gathering during the month of the newsletter to receive your reward. Must get with the MEC by 7pm start of the meeting.

## The Iron Clad Wings

**Dan Clark & Lorrie Thomas**

Chapter Directors

wingernut93@aol.com

Dan cell (757) 343-1783

Lorrie cell (954) 599-5178



## Chapter Directors



It is unbelievable that we are already in May. Where does the time go? May is the real beginning of riding season and May is Motorcycle Awareness Month.

We have many events and activities planned for the coming months. The first I would like to speak about is our Chapter Event. We need all the Chapter Members assistance for this event. This will take place on May 14<sup>th</sup> at Kempsville Presbyterian Church located at 805 Kempsville Rd in Virginia Beach. This is our main event for our Chapter, so come out and enjoy the day, have some fun and the Church Scout troop will be serving food for their fundraiser. Come out and support them as well.

We have the All-Chapter Picnic in September at Twin Lakes State Park in Green Bay, Va. All the Chapters come out and join in on the fun and see old friends and make new ones as well. Put this on your Calendar, it is on our Ride Calendar.

Don't forget rally in the Valley. We will be going back to Lynchburg, Va again this year and the theme is a Sock Hop. So, get out those poodle skirts, leather jackets and get ready to dance the night away to the old music of our past. Don't forget to register and make your reservations at the Hotel, rooms are filling up quickly.

Look at the ride calendar for updated rides and come out when you can. For those that missed the Bug Splat Ride, WOW what a ride. Karen Bottoni, our CSEA, Chapter Skills Enhancement Adviser came up with this ride, led the ride and did a marvelous job in all aspects. So, we hope to see you on upcoming rides. Till then be safe, ride safe and keep the Shiny side up.

Dan Clark & Lorrie Thomas

Chapter Directors, Va-L

# The Iron Clad Wings

**Joe & Trish Daniel**

Chapter Couple of the Year  
famdan4@charter.net



## Chapter Couple



### It's Time to Rally

Now that motorcycle rallies have geared up for the year in multiple states and countries, it is time to get out there and enjoy gathering with people and getting to know folks from other chapters. It's a really cool way for novice riders to learn from the best and even participate in group rides at the rally.

You'll experience epic scenery on the rides and let's not forget some good eating. You might even find a bike for sale which is meant just for you. There are bike contests for those interested in entering and you never know, you might just win first place. Much to our surprise, our GL 1500 (Goldie Locks) placed first in the 1500 category. She even placed second in the light show category.

For those of you who have had their field day with rallies and are out of the mood, take a recommendation from the newbies, get back into it! You're missing out on making some of the best memories ever.



Hope to see y'all at other rallies and at Wing Ding this year. Enjoy riding and stay safe.

Joe & Trish Daniel

## *The Iron Clad Wings*

**Dennis & Phyliss Easton**

Membership Enhancement Coordinators

eastondm@cox.net



# Membership Enhancement



## MEP in a Nutshell

The Purpose of the Membership Enhancement Program is to ensure that GWRRA members at every level in the organization have an enjoyable experience while participating in the many opportunities GWRRA provides. To make a long story short...we want you to have FUN!

We all joined GWRRA because of our love of motorcycling, and that's certainly a primary focus of the organization. Our many Chapters around the globe contribute to the joy of riding by connecting us with like-minded individuals and creating a network of family so that—no matter where you go—you always have friends nearby. Imagine having a worldwide family that is just waiting to welcome you home, wherever that may be—it's a great feeling!

Our GWRRA events, from the Chapter level all the way up to Wing Ding, are designed to provide everyone with FUN opportunities that include exciting rides, social gatherings and educational opportunities.

And that feeling of family, of belonging, of more opportunities to have FUN...that is what the Membership Enhancement Program is all about!

While the Chapter Directors are known as the "FUN Directors", our Chapter Membership Enhancement Coordinators can support the "FUN Directors" by becoming the "FUN Experts". They are the folks you can talk with about ideas for increasing the FUN in your Chapter life—and don't be surprised if you end up becoming more involved as a result! Remember – the more you participate, the more FUN there is to be had!

Let's all remember "It's not the Destination, it's the Journey"

Till we meet again and have a little, "Group Therapy".

Dennis and Phyliss Easton

GWRRA VA-L

Chapter Membership Enhancement Coordinators

# *The Iron Clad Wings*

Dan Clark

Ride Coordinator

wingernut93@aol.com



## Ride Coordinator

In the past few months, we have had a few rides to various destinations. Some to a designated place such as a Grand Tour spot or a ride to no place in particular.

Last evening, we had a ride of that caliber, a ride to nowhere. Karen set up a ride through the country and back to a place close to the starting point. We went through parts of Virginia Beach that even I have never seen and enjoyed all the twisties. Where she found this route is beyond me, but it was very enjoyable.

We have a lot planned for the coming month and beyond, so look at the ride calendar. Listed below are the rides and events planned for the month of May. Come out when you can and enjoy your Chapter and your friends.

May 13 Pizza Party Destination to be determined. Help with set up for event.

May 14 Our Chapter Event, Bike Rodeo and Motorist Awareness Event. 7:30 am at 805 Kempsville Rd Virginia Beach at Kempsville Presbyterian Church

May 21 Southeast District Ride. Departing Friday at 4:00 pm. Pre-ride Saturday at 8:45 at 1022 W Atlantic Ave South Hill, Va

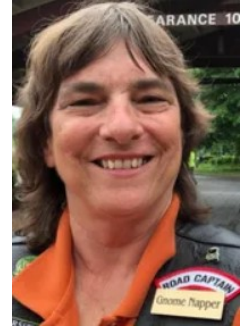
May 28 Grand Tour Ride to Nottoway, Va Depart from Bojangles at 8:00 am located at 3605 Bridge Rd Suffolk, Va

Dan Clark

Ride Coordinator

## The Iron Clad Wings

Karen Bottoni  
CSEA  
kbottoni@gmail.com



# Chapter Skills Enhancement Advisor

## 10 Ways to Tell if You are a Good Rider

By Ken Condon, <https://www.ridinginthezone.com>



*What exactly is a “good” rider?*

The majority of motorcycle riders do a decent enough job of keeping their bike on two wheels. This simple fact can give the self-perception of proficiency. Perhaps their skills are decent, but it’s hard to know, because we as humans suck at measuring our own abilities.

This is so common that two researchers named Dunning and Kruger created the Dunning–Kruger effect that describes how average people suffer from the illusion that their ability is much higher than it really is.

Science also uses the term “Illusory Superiority“. In a research study, a group of Swedes and Americans were surveyed, asking them to compare their driving skills with others. 69% of the Swedes said they were above average and a whopping 93% of Americans believed they were above average! Yeah, right!

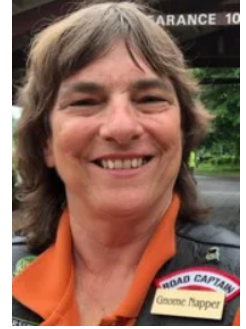
Knowing this, is it possible to measure your level of proficiency with any real accuracy? Inaccurate perception of ability is a problem when judging risk tolerance and acceptance. It also leads to complacency in attention and skill development.

**Continued on next page**



# The Iron Clad Wings

Karen Bottoni  
CSEA  
kbottoni@gmail.com



## Chapter Skills Enhancement Advisor

### What is a “Good” Rider?

The first place to start is to ask what makes a rider “good”? Is it someone who displays impressive control skills on the racetrack or canyons, someone who can do a lengthy standup wheelie, or is it someone who can maneuver an 800-pound motorcycle within tight confines? Certainly, these riders deserve to be recognized for their abilities. But, when it comes to describing a “good” motorcyclist, we must place the ability to make it home every day at the top of the list.

### Measuring Competence

Here’s a quick list that may indicate whether you’re a good rider or if it’s time for some immediate change.

You may be a good rider if:

- **You rarely experience close calls.** Good riders are able to predict threats before they materialize and take appropriate action to “not let it happen to them”.
- **You have good visual habits.** Most new (and many veteran) riders do not look far enough ahead to see and then prepare for what’s next. You must be able to scan a scene and determine the likelihood of a problem developing. [Related article](#)
- **You rarely have pucker moments when cornering.** Cornering mistakes account for about half of all fatalities. Anxiety when cornering is the first sign of trouble. [Related video](#).
- **You are an expert at reading the road.** It’s not enough just to look well ahead. This is especially important when riding on twisty roads with blind curves. Good riders consciously look for specific visual clues to create a snapshot of the radius, camber of a corner even before they can see around the bend.
- **You have had professional training.** Like most endeavors that require some semblance of strong coordination, timing, visual acuity and foresight, high level of skill development comes from learning from professional instructors. Sure, your Uncle Joe might be an accomplished rider, but few people know how to teach motorcycling. [Training options](#).

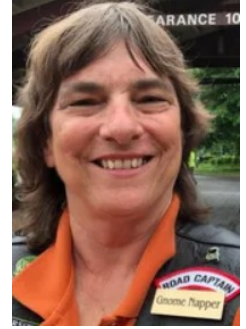
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*Skillful cornering requires knowledge and practice.*

## The Iron Clad Wings

Karen Bottoni  
CSEA  
kbottoni@gmail.com



### Chapter Skills Enhancement Advisor

- **You ride smart.** Good riders train for the threat, but ride smart enough to rarely need their superior training. Even the most skilled riders will get into situations they can't handle if they ride stupid.
- **You understand the risks.** Many riders jump on their bikes without thinking much about the true risk they are taking. Most people ride for fun and would rather not think about the possibility of injury. Good riders understand that if they get seriously hurt, it's their family and friends that will also pay. Related article.
- **You accept the risks.** Even with an accurate perception of risk you still choose to ride. Cool. We don't ride to be safe, after all. But, don't let the thrill of adrenaline get the better of you. Good riders know when and where to wick it up. I highly recommend the racetrack for sporty riders.
- **You wear protection.** This alone does not mean you're a good rider, but it does indicate that you respect the risks and strive to minimize serious skin abrasions, broken bones or head injuries. Just don't be fooled into thinking you can ride riskier because you're better protected. Related article.
- **You have fun while also being safe.** If you're not having fun, you're doing it wrong. Yes, getting training and wearing protective gear is inconvenient and expensive, but it's time and money well spent. The satisfaction of riding well and with high confidence increases enjoyment.

No matter how "good" a rider you think you are, it's likely that you have at least a few bad habits, risky attitudes and dangerous perceptions that develop over time without you knowing it. A lot of riders think that seat time is the answer to being a better rider. But, it takes knowledge and purposeful practice to become as good as you think you are.

Change starts with awareness. Take some time to evaluate your current habits and assess whether you harbor unhelpful beliefs and unconscious attitudes. A bit of reflection and purposeful training increases satisfaction, reduces risk and increases enjoyment. It's true.

***"Safety is for Life" "Practice Makes Permanent"***

Karen Bottoni  
CSEA



Advanced training pays big dividends.

# The Iron Clad Wings

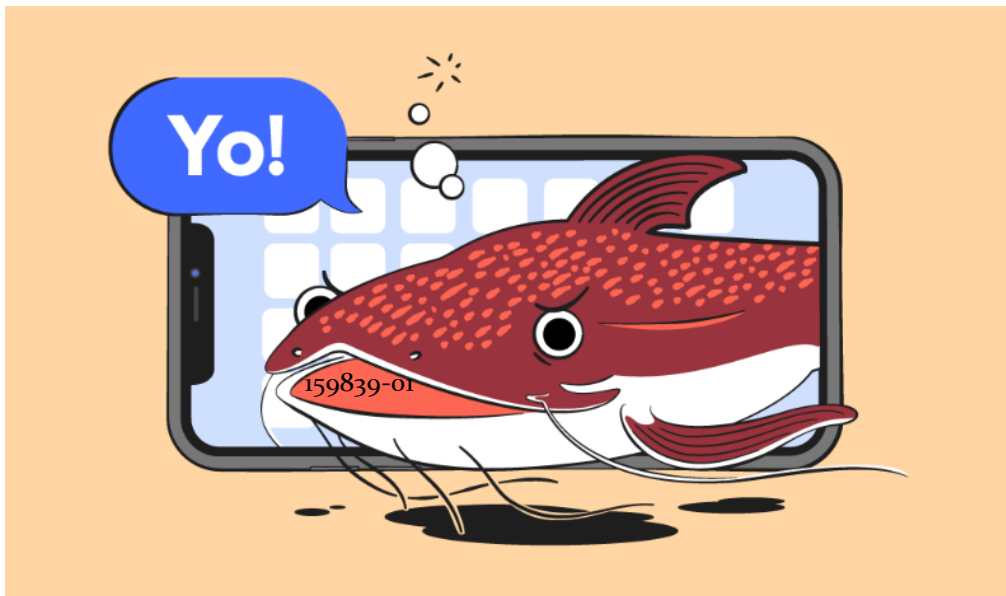
Karen Bottoni  
Webmaster  
kbottoni@gmail.com



## Webmaster

### What is Catfishing? The Dangers of Fake Online Identities

By Haley Zapal | [bark.us/blog](https://bark.us/blog)



Catfishing is a colorful term for an activity that's been around as long as there's been an internet — namely, pretending to be someone else online. The aquatic term for fake online personas was made popular by a movie and then a long-running reality TV show on MTV called *Catfish*. It examined the ways in which a catfish (the person doing the deceiving) misleads others, as well as the why behind it all. If you're wondering "what is catfishing's effect on young people?" — look no further.

#### What Is Catfishing?

Catfishing is the act of creating a false identity and then interacting with someone for a specific purpose, usually to "lure" them into some sort of relationship. This can include mild flirting all the way to years-long partnerships. The catch? These people have never and will never meet in real life, despite the fact that they can spend hours a day communicating with someone.

Continued on next page

## *The Iron Clad Wings*

Thanks to smartphones, it's incredibly easy to pretend to be somebody else online. All it takes is a couple of photos, a different user name, and voila — you're in business. But to be a successful catfish, it takes extraordinary amounts of planning and manipulation. Finding photos for both profile and feed images, creating new email addresses for fake Facebook, Instagram, and Snapchat accounts — the lengths people will go to in order to keep up the charade are mind-boggling. They also have to stay "in character" when they're messaging so they don't slip up.

### **How Catfishing Works**

You may be wondering why a person would believe a catfish and carry on an internet-only relationship. For catfishing to work, the victim has to also want to believe that the catfish is real — whether because of loneliness, desire, friendship, or something more.

This isn't to say that the victim is at fault, it's just that the catfish knowingly uses flattery and emotional manipulation to kickstart a connection and then nurtures it steadily. And because a catfish isn't who they say they are, they'll constantly come up with excuses for why they can't meet in real life or video chat. If they did, it would instantly give up their real identity. Common excuses include:

- "My phone is broken."
- "I'm shy."
- "My mom's home."
- "The internet's acting wonky."

Of course, any one of these reasons could be valid for a real-life friend, but when they happen every single time communication is attempted, it's a sign that something may not be right.

### **Why People Catfish**

There are many different reasons why a person would pursue a fake relationship, ranging from boredom all the way to harmful ulterior motives.

- **Low self-esteem:** Some individuals may lack the confidence to interact with people as their real selves. By creating more attractive versions of themselves with fake photos, they can live out their romantic fantasies.
- **Jokes:** Sadly, catfishing can happen just because a person is bored and wants attention. It may also be a very targeted form of cyberbullying among kids, especially as a way to pick on less social teens and tweens.
- **Revenge:** Former romantic partners may turn to catfishing as a way to get back at their ex. Here, the catfish gets satisfaction knowing that their ex is getting emotionally invested in a fake relationship, which will inevitably either fail or be revealed.
- **Fraud:** Some catfish will start relationships for the sole purpose of getting money out of somebody, whether through fabricated sob stories, extortion, or other deceptive means.
- **Grooming:** When an adult catfishes a child for the purposes of eventual abuse, it's called grooming. It's a crime whether the predator pretends to be a child or not, however.

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# *The Iron Clad Wings*

## **Catfishing Warning Signs to Look Out For**

### **Not sharing personal info**

Creating all aspects of a fake person's life from scratch takes a lot of work, so it's not surprising that a catfish may not have thought of everything. Noticeable gaps could include details about their family, what classes they're taking (if a kid), or even what part of a city they live in.

### **Only text chats**

As we mentioned before, a catfish can never expose their real identity, which means that real-time video chatting or meeting up in person is definitely off the table. To make up for this, they'll pour lots of energy into text messaging and DMing.

### **Few candid photos**

A catfish usually has to have at least a few photos of the person they're pretending to be. But recent, updated photos — like a selfie with the giraffes if you said you were going to the zoo that day — aren't an option for a catfish.

### **Asking for or giving you things**

For the catfish looking to take advantage of people for monetary gain, they'll begin by asking for small favors or gifts. It may progress to online gift cards, Venmo requests, and more. The same may also be true in reverse: a catfish may shower a victim with presents to win them over.

### **A sparse social media account**

Having a believable feed on Facebook or Instagram is a little like your credit history — the further back it goes, the better it is. This is because when a catfish creates a brand-new persona online, they're starting from scratch. They'll get around this by often putting "new account" in their profile to explain away their lack of posts.

### **No Snapchat**

For kids, one huge red flag is not having a Snapchat account. This is because Snapchat messaging consists almost entirely of spur-of-the-moment photos and videos. Not having one means that you're probably not down to send up-to-date pics of yourself, which catfishes definitely can't do.

### **Lack of online friends**

Getting people to follow a fake profile can be tricky, but it's not impossible. What is really hard, however, is having a usual group of friends to comment, like, and tag you frequently on these apps. A noticeable lack of consistent interaction from peers (especially for young people) is a pretty big red flag. Keep in mind, however, that a catfish could have fake, extra "friend" accounts they use to make their own posts more realistic.

# The Iron Clad Wings

## District

### Rallies, Wing Ding and Chapter Events...oh my!

My favorite kind of contagious is the one in which you catch excitement about upcoming events. Who are the carriers of this excitement virus?? New Members!

Many of us have been involved with GWRRA long enough that we have an extremely long string of year bars on our head pins. Right Mr. Huey? Yet folks like Dave wouldn't miss a Wing Ding or Rally for all the blinker fluid in the world.

We can pontificate (fancy word for expressing our opinions as if we know everything) as to why attendance has been lower lately. No doubt Covid had something to do with it. Recruiting new Members (aka carriers of the excitement virus) has been at an all time low. The 'been there, done that' proclamation has been heard around the District. You may think that all or some of these reasons have some weight to them, but the affect that these reasons have on the events is huge.

When I hear the new folks talk about attending these events, it brings me back to when I was new. It also reminds me as to why people join this family. We truly enjoy each other's company. We enjoy sharing our life milestones, like phone in hand showing off grandbaby pictures. I learn so much about the bikes we love, the sharing of tips and tricks for maintaining them and warnings of potential issues. Have you been in a group when they discuss the best tires or the best oil?

Yeah, the vendors have not been as plentiful at the events, online shopping has put a dent in that. Maybe if we support the vendors, they'd be more apt to come. Got any suggestions for vendors for our Rally? The Swap Meet at our Rally has been successful. I think we sell as much as we buy! So much for cleaning out the closets.



Lorrie Thomas & Dan Clark  
 VA District Directors  
 lorriethomas@aol.com  
 wingernut93@aol.com  
 LT: 954-599-5178 DC: 757-343-1783

	TN	NC	VA
Reg	\$30.00	\$35.00	\$50.00
Thurs Dinner	N/A	N/A	incl
Ice Cream Social	N/A	N/A	incl
Hotel	\$450.00	\$255.00	\$330.00

Wing Ding
\$40.00
N/A
N/A
\$645.00

5 nights @ \$129

This brings me to cost, another complaint we have been hearing. We did a study of the latest registration fees and hotel costs for our Rally, Wing Ding and other District's rallies.

Our Rally registration has been \$35.00 for years. Considering that we now offer a Hospitality Room without contributions from Chapters, a Hospitality Room that offers breakfast items, to help save you money. Take into account that we no longer ask for donations for door prizes, Chapter Baskets, Couple's Baskets, table decorations or food entries into a cookie/cake contest. That cost comes directly from the Members in Chapter 50/50 sales or event profits.

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# *The Iron Clad Wings*

## District

Other than the benefits that come with hanging out with us at events, the other benefit comes from attending as a Chapter. You can ride together, in cars or on bike. You can plan a Chapter theme for costumes or put together a skit for the talent shows at some rallies. You can dine together, explore the area together, volunteer as a Chapter...all important for retention and a healthy Chapter life.

Please reconsider. Check out the flyers attached to the newsletter. Catch the virus! Come show the new kids how to have fun. See you at Wing Ding!! Virginia Rally!! District Rides!!



**Lorrie Thomas & Dan Clark**  
 VA District Directors  
 lorriemthomas@aol.com  
 wingernut93@aol.com  
 LT: 954-599-5178 DC: 757-343-1783

*Virginia District Directors*

*Lorrie Thomas & Dan Clark*

# The Iron Clad Wings

## National

Page 6

### Gary Ballou Assistant Director, Motorist Awareness



These early days of Spring can be especially hazardous for motorcyclists. We need to refresh our own riding skills, while at the same time dodging sections of roads filled with rough patches, potholes, and the road crews that are out trying to fix them.

While you're out there dodging obstacles, be mindful that the motoring public is dodging the same hazards at the same time. As if they weren't distracted enough, in much of the country they have also had several months to forget that they are sharing the roads with motorcycles.

Never forget that part of making yourselves more obvious to other vehicles is up to you! Please don't cover yourselves in black from head to toe! If orange is not your preference, how about hi-viz green, red, yellow, silver or white? My jackets are bright red and hi-viz green. My helmets are silver and white. I also have more lights than the average Christmas tree and air-horns that push 135db. Accidents still can happen, but nobody is going to claim that they didn't see or hear me!

In the month of May, the US Department of Transportation, as well as most state and provincial governments, promote some type of "Motorcycle Awareness" program. With that in mind, I (again) remind you that the second Saturday of May (this year on May 14) is GWRRA National Motorcycle/Motorist Awareness Day. Every Chapter and District is encouraged to have something planned for that day, or at least some Motorist Awareness activity in May. There are lots of ideas and tools on the GWRRA Motorist Awareness website at <https://www.map-gwrra.org/>

While you're at it, you may still have time to contact your local governments about declaring an "official" day of observance. There are also sample "proclamations" on that website. Try to get yourselves on the agenda at an April or May meeting of your local state, city, township or other local government bodies. Make it a photo-op! Post your photos and a short story about Motorcycle Awareness in your Chapter and District newsletters and on social media.

Whatever activity you choose, the most important thing is to HAVE FUN WITH IT!

Some helpful additional web resources are at:

<https://www.nhtsa.gov/road-safety/motorcycles#the-topic-motorist-awareness>

<https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/812936>

<https://www.nsc.org/road-safety/safety-topics/motorcycle-safety>



*Gary Ballou*

*James & Freida Clayson*

Gwrramapdirector@gmail.com  
(334) 791-3288



## *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.

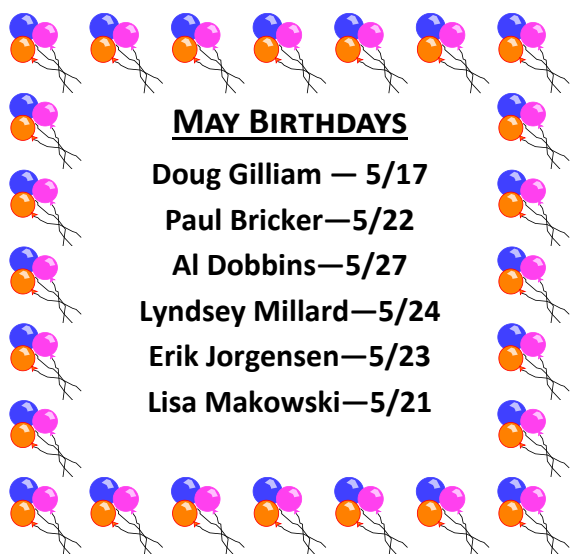
It takes everyone to make the Chapter successful. But what is the definition of **successful**? Successful means the Chapter is fun. Successful means the Chapter rides a multitude of routes with varying distances. Successful means people want the Chapter to thrive. Successful means people ask "what can 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



### MAY BIRTHDAYS

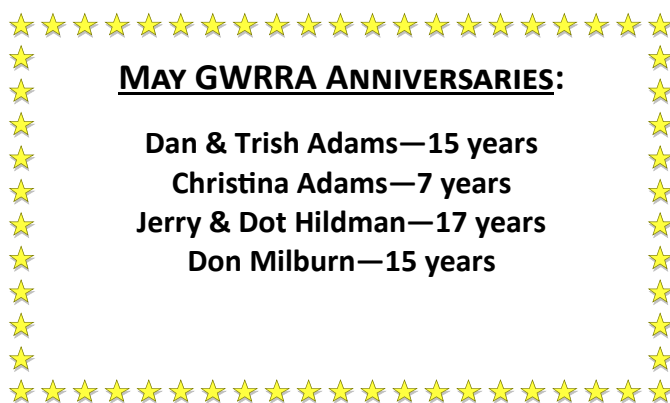
- Doug Gilliam — 5/17
- Paul Bricker—5/22
- Al Dobbins—5/27
- Lyndsey Millard—5/24
- Erik Jorgensen—5/23
- Lisa Makowski—5/21



### MAY ANNIVERSARIES:



- Nick & Teresa Knox— 5/15



### MAY GWRRA ANNIVERSARIES:

- Dan & Trish Adams—15 years
- Christina Adams—7 years
- Jerry & Dot Hildman—17 years
- Don Milburn—15 years

Quote of the Month

Feelings are much like waves, we can't stop them from coming but we can choose which ones to surf.

### 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
May 14	L	Motorcycle Rodeo and Riding Skills Event, 9am-4pm, Kempsville Presbyterian Church, Va Beach
May 21	VA	Southeast District Ride. Departing Friday at 4:00 pm. Pre-ride Saturday at 8:45 at 1022 W Atlantic Ave South Hill, Va
May 24	L	Chapter Gathering. Golden Corral, 101 Volvo Pkwy 6:00 pm- 8:00 pm
May 28	L	Grand Tour Ride to Nottoway, Va Depart from Bojangles at 8:00 am located at 3605 Bridge Rd Suffolk, Va
Jun 18	VA	Southwest District Ride. Meet-up/KSU 8:00 - Lakeside Kroger, SalemKroger Lakeside 161 S. Electric Road, Salem, VA 24153 (Meet-up parking lot close to fuel) Rain or Shine. Meet-up at 8:00 - Ride Meeting at 8:15 - Leave at 8:30 sharp. Questions: Danny Hughes - VA-K Chapter Ride Coordinator/Educator - Phone: 540-761-1248
Jun 28-2 Jul	National	Wing Ding 43, Shreveport Louisiana
Sep 17	VA	All Chapters Picnic, Twin Lakes State Park, Green Bay, Va
6-8 Oct	VA	Rally in the Valley, Lynchburg Grand Hotel
135045		

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

## ICE CREAM RUN Challenge

A	Burke
C	Newport News
D	Midlothian
E	Fredericksburg
F	Winchester
H	Abington
I	Manassas
K	Roanoke
R	Harrisonburg
V	Bedford
X	Salem

Name	Address	City	Date Attended	Initials	Rating 1-5 5 is Best

### Suggested Ice Cream Places

CHESAPEAKE	Carvel	1101 Battlefield Blvd S			
CHESAPEAKE	Cold Stone	836 Eden Way N			
CHESAPEAKE	Amazing Glazed	321 Johnstown Rd			
CHESAPEAKE	Dairy Queen	200 Battlefield Blvd S			
CHESAPEAKE	Bergey's Breadbasket	2207 Mount Pleasant Rd			
CHESAPEAKE	Surf Dogs	1464 Mount Pleasant Rd			
CHESAPEAKE	Skinny Dip	237 Hanbury Rd E Hanbury Village			
CHESAPEAKE	Sweet Frog	109 Volvo Pkwy			
CHESAPEAKE	Baskin-Robbins	1100 Cedar Rd			
CHESAPEAKE	Dippin' Dots	1401 Greenbrier Pkwy			
NORFOLK	Doumars	1919 Monticello Avenue			
VIRGINIA BCH	Bruster's	5317 Indian River Rd			
PORTSMOUTH	Uncle Rick's	2829 Airline Blvd.			
SUFFOLK	Cone Slingers	15141 Carrollton Blvd.			

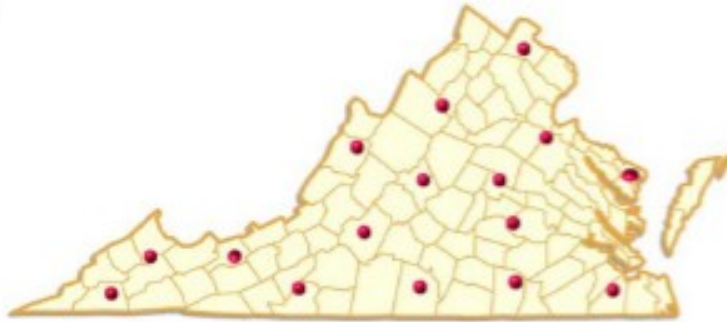
### Out of Area Places


## The Iron Clad Wings

# Wanted: Motorcycle Riders

## Get your passport for the Virginia Grand Tour

All Proceeds go to benefit:  
**The Pediatric Brain Tumor Foundation**



Run out of new places  
to ride?

Tired of the same rides  
every weekend?

Ready for some new  
motorcycling  
adventures?

We've done all the  
work for you. Sign  
up today and get  
ready to ride!

If you're tired of following the group every weekend and ready to strike out on your own, or with your own group, just pick a destination and get ready for a great day or weekend ride.

We've taken 15 great ride destinations, along with maps, nearby attractions and put them into booklet form (similar to a passport).

Here's how it works: When you visit one of the destinations in the "Passport" between February 1st and October 31st, answer the question and write the answer in your passport. Visit at least 12 of the 15 locations to qualify as a "finisher", and get a "Virginia Grand Tour" ride pin and/or year bar.



The 19th annual **Virginia Grand Tour**



Brought to you by the Honda Riders of Tidewater (HROT)

**Contact: Terry Simpkins:** 757/532-5685 or [virginiagrandtour@cox.net](mailto:virginiagrandtour@cox.net)

Send your name, address and \$20 to: Virginia Grand Tour, 205 Pamlico Run, Yorktown, VA 23693

Make checks payable to: Virginia Grand Tour

**\$20.00**

# The Iron Clad Wings

## 2ND Annual GWRRA VA-L Motorcycle Rodeo & Riding Skills Event

May is Motorcycle Awareness Month

In partnership with the Virginia Beach Motorcycle Police Division and Fire Rescue

Rain or Shine

Saturday, May 14<sup>th</sup>, 2022

9am – 4pm

Kempsville Presbyterian Church  
805 Kempsville Rd, Virginia Beach



- Gold Wing Road Riders Association Information
- Motorist Awareness Program
- Riding Demonstrations
- Shiny Side Up Riding Skills Challenge and fun Rodeo Games
- All Access \$10.00 fee
- Carnival Games \$1.00 each

Sponsorship provided by



**HONDA**  
OF NORFOLK

757-857-0107

6955 TIDEWATER DRIVE, NORFOLK, VA 23509

Food

Raffle Prizes and Trophies

Carnival Games

Chapter Awards

Website: <https://gwrival.org/>

Find us on Facebook: <https://www.facebook.com/groups/gwrival>

## *The Iron Clad Wings*



### **Southeast District Ride**

Saturday, May 21, 2022

Pre-Ride Briefing: 8:45 a.m.

Departure Time: 9 a.m.

Departure Point: Food Lion, 1022 W. Atlantic Street, South Hill, VA

Ride Duration: Approx. 2.25 hours

Ending Point: Tavern on the James in Scottsville for lunch.

*Please RSVP by May 6 so we can make arrangements at the restaurant.*

\*There are several hotels in the South Hill area if you'd like to stay Friday night to be fresh for the ride on Saturday.



# The Iron Clad Wings

**GWRRA**  
WING-DING.ORG  
**Wing DING 43**

Shreveport, Louisiana, June 28 - July 2, 2022  
Shreveport Convention Center, 400 Caddo St. Shreveport, LA 71101

**REGISTER TODAY! SIMPLY MAIL OR FAX YOUR COMPLETED FORM**

Contact Member Services at **1-800-843-9460** with any questions.  
Please visit [www.wing-ding.org](http://www.wing-ding.org) & click "REGISTRATION" at the top of page.  
**TRADE SHOW OPENS JUNE 29, SEE EVENT SCHEDULE FOR MORE INFO!**

RIDER'S NAME: \_\_\_\_\_ GWRRA MEMBER # \_\_\_\_\_  
 CO-RIDER'S NAME: \_\_\_\_\_ GWRRA MEMBER # \_\_\_\_\_  
 MAILING ADDRESS: \_\_\_\_\_  
 CITY/ST/ZIP: \_\_\_\_\_ COUNTRY: \_\_\_\_\_  
 HOME PHONE: \_\_\_\_\_ ALTERNATE PHONE: \_\_\_\_\_  
 EMAIL ADDRESS: \_\_\_\_\_  
 **YES! I would like to opt-in for mobile text alerts!** Cell: \_\_\_\_\_

TO RECEIVE MOBILE UPDATES IMMEDIATELY TEXT "WING DING" TO (US) 855-909-1367 OR (CDN) 833-545-0669

**PREREGISTRATION:** (Postmarked before May 26, 2022)

Number of Life Members	<input type="text"/>	x \$20 = \$	<input type="text"/>
Number of Members	<input type="text"/>	x \$40 = \$	<input type="text"/>
Number of Nonmembers	<input type="text"/>	x \$50 = \$	<input type="text"/>

**LATE:** (Postmarked May 26 - June 9, 2022)

Number of Life Members	<input type="text"/>	x \$22 = \$	<input type="text"/>
Number of Members	<input type="text"/>	x \$45 = \$	<input type="text"/>
Number of Nonmembers	<input type="text"/>	x \$55 = \$	<input type="text"/>

Children 15 and under at the time of the event are admitted free. Cancellations in writing must be received at the Home Office on or before June 9, 2022, and are subject to a \$15 processing fee. No refunds for meal functions, Grand Prize Tickets, 50/20-15-10-5 Tickets, Poker Run, Bike Show, T-shirts or Polos will be given after June 9, 2022. No telephone or verbal cancellations will be accepted.

Please note, only registered delegates may participate in Wing Ding functions, activities and events! You will receive a confirmation via email 24-48 hours after your registration is processed. Please visit our website for hotel and camping information. Armbands, tickets, T-shirts or any other items purchased will be available for pickup beginning the day prior to Wing Ding in the registration area (see website for hours and location).

Day Pass: (sold on-site only) \$22 per person, \$15 GWRRA Members

Day pass fee includes the following:

- One-day pass to indoor Trade Show
- One-day access to Demo Rides on all participating manufacturers' bikes (subject to availability)

**Full registration includes:**

- Access to 'Pre-Event Day' activities! - **Tuesday 6/28**
- Wing Ding Welcome Party - **Tuesday 6/28**
- 4-day pass to indoor Trade Show - **Opens 6/29**
- 4-day pass to Demo Rides on all participating manufacturers' bikes (subject to availability)
- Access to Seminars and Parades
- Access to Opening and Closing Ceremonies
- Access to free Evening Entertainment Event
- Optional dinner and priority seating prior to free Entertainment Event
- Souvenir Event Pin and Pocket Guide
- Exclusive opportunities for tours, dinners and other ticketed events
- Numbered armband for chance at thousands of dollars in great prizes
- Precision Drill Team Exhibitions and other performances
- Optional Rider Education Safety Courses, CPR classes and more

**FAX or MAIL this form to:**

GWRRA Member Services  
 P.O. Box 42450, Phoenix, AZ 85080-2450  
 800-843-9460 or 623-581-2500 (Local)  
 Fax: 877-348-9416  
 Register online at: [www.wing-ding.org](http://www.wing-ding.org)

# The Iron Clad Wings

## RIDER EDUCATION COURSES

The number and availability of courses is dependent upon the number of participants. You will be notified of your class time and location as soon as possible. **Note: Certification cost is per bike!**

CLASS	DESCRIPTION	HOURS	ATTENDEE(S) NAME(S)	# OF BIKES	\$ PER BIKE	CLASS TOTAL
ARC	Experience advanced techniques in turning, maximum braking, and swerving plus mental and situational strategies in GWRRA's own Advanced Rider Course. Co-Riders welcome.	3 CLASS 5 RANGE	RIDER			
			CO-RIDER			
ARC-R	The GWRRA ARC for those who have <b>PREVIOUSLY COMPLETED</b> the ARC. Includes discussions at the beginning of the course and between exercises.	5 RANGE	RIDER		\$50	
			CO-RIDER			
SIDECAR	Experience advanced techniques of riding with a sidecar as well as situation strategies and accident avoidance tactics.	3 CLASS 4 RANGE	RIDER		\$50	
			CO-RIDER			
TRAILERING	Learn advanced trailering techniques and strategies for safe and enjoyable travel. Motorcycles only—no trikes or sidecars please.	3 CLASS 5 RANGE	RIDER		\$50	
			CO-RIDER			
TRC	This course teaches advanced riding skills for the trike rider such as maximum braking, swerving and turning.	3 CLASS 5 RANGE	RIDER		\$50	
			CO-RIDER			
TRIKE/ TRAILER	This course combines the Trike Rider Course (TRC) with some guided practice in backing a trailer.	3 CLASS 5 RANGE	RIDER		\$50	
			CO-RIDER			
TRC-R	The GWRRA TRC-R for those who have <b>PREVIOUSLY COMPLETED</b> the TRC. Includes discussions at the beginning of the course and between exercises.	5.5 RANGE	RIDER		\$50	
			CO-RIDER			
CPR / FIRST AID	This course is designed to teach and certify you in the basic principles of CPR and First Aid.	4 CLASS	NAME		\$50	
			NAME			
*\$20 refund. Visit the Rider Education booth after course completion				COURSE TOTAL \$		

## TICKETED EVENTS

### OPENING CELEBRATION BREAKFAST

Wednesday, June 29, 2022

**DETAILS COMING SOON**

### J & M Dinner and Entertainment Event

Wednesday, June 29, 2022

Dinner will include chicken alfredo wit fetuccina, green beans, tossed salad, kaiser rolls, and chef's choice of dessert.

# of people \_\_\_ x \$26= \_\_\_\_\_

### GWRRA DINNER AND ENTERTAINMENT EVENT

Thursday June 30, 2022

Dinner will include slow smoked pulled pork with bbq sauce, american potato salad, mid-western style baked beans, kaiser rolls, and fudge brownies.

# of people \_\_\_ x \$26= \_\_\_\_\_

TICKETED EVENTS TOTAL \$

In accordance with federal regulations, some prizes may be subject to up to 25% federal withholdings payable prior to receipt.

## EVENT APPAREL

### OFFICIAL EVENT T-SHIRT

QTY	SIZE	PRICE	TOTAL
	SM	\$15	=
	MED	\$15	=
	L	\$15	=
	XL	\$15	=
	XXL	\$17	=
	3XL	\$17	=
	4XL	\$20	=

### EMBROIDERED POLO SHIRT

QTY	SIZE	PRICE	TOTAL
	SM	\$30	=
	MED	\$30	=
	L	\$30	=
	XL	\$30	=
	XXL	\$35	=
	3XL	\$37	=
	4XL	\$40	=

Event Apparel Total \$

## PRIZE TICKETS

Must be present to win  
Drawings held at closing ceremonies

GRAND PRIZE				GRAND 50/20-15-10-5			
QTY	# OF TICKETS	PRICE	TOTAL	QTY	# OF TICKETS	PRICE	TOTAL
	5 TICKETS	\$15	=		18 TICKETS	\$10	=
	10 TICKETS	\$20	=		54 TICKETS	\$20	=
	20 TICKETS	\$30	=		126 TICKETS	\$40	=
	40 TICKETS	\$50	=	PRIZE TICKET TOTAL \$			

## PEOPLE'S CHOICE BIKE SHOW

INCLUDES A SOUVENIR PIN

# OF BIKES	PRICE PER BIKE	BIKE SHOW TOTAL
x	\$10	= \$

GRAND TOTAL \$

ENCLOSED:  Check  Money Order

Please send check or money order in equivalent U.S. funds. All others will be returned to sender for adjustment. Please do not send cash.

CHARGE MY:  M/C  VISA  AMEX  Discover

Number: \_\_\_\_\_

Exp. \_\_\_\_\_ Signature: \_\_\_\_\_

## *The Iron Clad Wings*

# WV DISTRICT GWRRA TAKE ME HOME COUNTY ROADS RIDE IN

July 14, 15 and 16, 2022  
Summersville, West Virginia  
Quality Inn

COME OUT AND LET US SHOW YOU THE WONDERS AND BEAUTY THAT WEST VIRGINIA HAS TO OFFER

### GUIDED RIDES

2 DIFFERENT RIDES EACH DAY (HALF DAY AND ALL DAY)

SOUVINER SHIRTS SOLD ON SITE

GRAND 50/25/15

GAMES AND CRAFTS

CLASSES WILL BE OFFERED IF WEATHER DOES NOT PERMIT RIDING

PIZZA PARTY AND OUTSIDE EVENTS (THURSDAY EVENING)

"FREE" PARTY DOWNTOWN SUMMERSVILLE, WV  
WITH HAND DIPPED ICE CREAM AND MUSIC

PROVIDED BY THE CITY, WITH BIKE SHOW (PEOPLES CHOICE AND MAYOR'S CHOICE)  
(FRIDAY EVENING)

BANK HEIST MYSTERY GAME (SATURDAY EVENING)

MEMORIAL CEREMONY (SATURDAY EVENING)

LAWN CHAIRS WOULD BE A GOOD IDEA FOR THURSDAY'S PIZZA NIGHT

### HOTEL INFORMATION

QUALITY INN – Newly remodeled with new pet friendly rooms, full hot breakfast, swimming pool, wash station (Rooms under the name of Stanley/GWRRA)

Rooms: \$91.00

Address: 903 Industrial Drive N.  
Summersville, WV  
(833) 301-1064

# The Iron Clad Wings

**PREREGISTRATION DEADLINE: JULY 1, 2022**

**July 14, 15, 16, 2022**  
**REGISTRATION**  
**Please Print Clearly**

Rider \_\_\_\_\_  
 State \_\_\_\_\_ Chapter \_\_\_\_\_  
 GWRRA Membership No: \_\_\_\_\_ Exp. Date \_\_\_\_\_  
 Position \_\_\_\_\_  
 Email \_\_\_\_\_

Co-Rider \_\_\_\_\_  
 State \_\_\_\_\_ Chapter \_\_\_\_\_  
 GWRRA Membership No \_\_\_\_\_ Exp. Date \_\_\_\_\_  
 Position \_\_\_\_\_  
 Email \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_

**GWRRA Member** \$20 x \_\_\_\_\_ = \$ \_\_\_\_\_  
**Non-Member** \$25 x \_\_\_\_\_ = \$ \_\_\_\_\_  
**Day Passes** \$10 x \_\_\_\_\_ = \$ \_\_\_\_\_  
**12 & under** \_\_\_\_\_ = \$ **FREE**  
**TOTAL** \$ \_\_\_\_\_



**LIABILITY RELEASE**

We agree to hold harmless WV GWRRA and GWRRA, the co-sponsoring organization, and any property owners for any loss or injury to self or property by any reason by participating in this rally.

Rider \_\_\_\_\_  
 Co-Rider \_\_\_\_\_

Please Send Check or Money Order Payable To:

**WV GWRRA**  
**MAIL ENTIRE FORM TO:**  
 Bruce and Terri Stanley  
 251 Greenbrier Avenue  
 Williamstown, WV 26187

# 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

### Virginia "Ride for Kids"

[www.rideforkids.org/virginia](http://www.rideforkids.org/virginia)

This year the Virginia "Ride for Kids" will be held on Sunday, September 18. Due to the pandemic restrictions, the exact format of the Ride is still uncertain, but we'll do something, so mark that date on your calendar. Watch the Virginia "Ride for Kids" website for details. Please register and start your fundraising efforts.

If you are a motorcycle club, please announce this to your members. If you are holding 'in-person' meetings, we'd love the opportunity to attend one of your meetings to talk about the "Ride for Kids" and the Virginia Grand Tour. Just reply to this email with the date, time and location of your meeting. If you have a newsletter, please include the flyer in your newsletter, or forward it to your members.

If you are a motorcycle dealer, please print the attached flyer, and display it somewhere your customers will see it. Even better, mention it to your customers and encourage them to sign up. The more they ride, the better for your dealership.

Please note, the Virginia Grand Tour is NOT a fund raising event for our club (Honda Riders of Tidewater). All monies received go directly to the "Ride for Kids". All production and mailing costs are underwritten by individuals in our club. 100% of the monies raised goes to help children fighting a brain tumor and their families.

Terry W Simpkins – Tour Master  
Yorktown, VA 23693  
IBA # 8778 SS1000, SS2000, BBG, 50CC



# 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		
Long Sleeve T-Shirt	3X	\$18		
	4X	\$20		
	5X	\$20		
	S	\$17		
	M	\$17		
Short Sleeve Polo Shirt	L	\$17		
	XL	\$17		
	2X	\$20		
	3X	\$20		
	4X	\$22		
TOTAL SHIRT ORDER	5X	\$22		
	S	\$21		
	M	\$21		
	L	\$21		
	XL	\$21		
TOTAL SHIRT ORDER	2X	\$24		
	3X	\$24		
	4X	\$26		
	5X	\$26		
	<b>TOTAL SHIRT ORDER</b>			



# The Iron Clad Wings

## HOW TO BEAT HEATSTROKE AND DEHYDRATION

**Each year more than 600 people die of heat-related illnesses.**

The United States Military has a supplier whose slogan says it best:

**"Hydrate or Die".**

Without intervention and resolution of the problem, muscle cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can lead to heatstroke (which can cause shock, brain damage, and **DEATH**... "Hydrate or Die")

Solutions:

- 1. Drink 12-20 oz, 1-2 hours before exercise. Sports drinks and water are the best choices. Didn't plan ahead? 15-30 minutes before exercise, drink at least 10-14 oz of fluid.**
- 2. DO NOT drink liquids that contain Caffeine or more than 15g of sugar per serving.** They will interfere with the body's ability to control its internal temperature.
- Avoid overheating if you are taking medication that impairs heat regulation (Blood flow) or if you are over weight, elderly, or unfit.
- 4. The quickest way to get liquids metabolized into your system is to drink the liquid at room temperature. Drinking ice-cold liquids causes the stomach to constrict and impedes the distribution of vitamins, nutrients, and electrolytes that the drink provides.**

Facts about drinking water:

- Lack of water is the #1 trigger of daytime fatigue.**
- A 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on computer screen or paperwork.
- 90 – 125 oz. of liquid a day significantly eases back and joint pain for up to 80% of sufferers.** The liquid can, also, be accumulated by eating foods high in water content.
- Drinking five 8 oz. glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.
- One 8 oz. glass of water at midnight relieves hunger pangs for almost 100% of dieters.

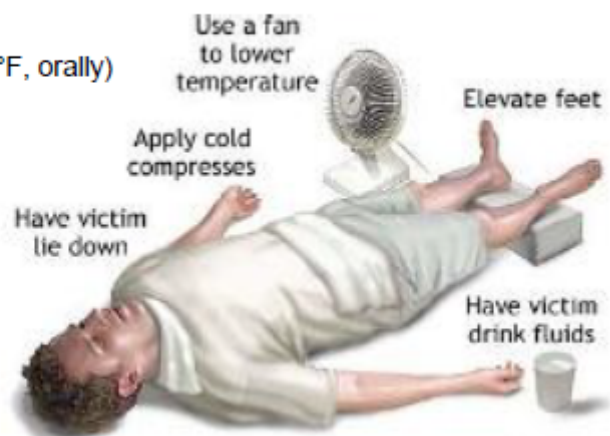


**Warning signs of Heat Stroke** vary but may include:

- an extremely high body temperature (above 103°F, orally)
- red, hot, and dry skin (no sweating)
- rapid, strong pulse
- throbbing headache
- dizziness, nausea
- disorientation, confusion
- unconsciousness

If you see any of these signs, you may be dealing with a **LIFE-THREATENING** emergency.

**Call 911.**



# The Iron Clad Wings

**FIRST RESPONDER USE:**  
**SIGNS OF DEHYDRATION IN BABIES AND TODDLERS**

STATUS	No Dehydration	Some Dehydration	Severe Dehydration
<b>CONDITION</b>	Well, alert	Restless, Irritable*	Lethargic or unconscious, floppy*
<b>EYES (Tears)</b>	Normal (present)	Sunken (not present)	Very sunken and dry (not present)
<b>MOUTH &amp; TONGUE</b>	Moist	Dry	Very Dry
<b>THIRST</b>	Drinks normally, not thirsty	Thirsty, drinks eagerly*	Drinks poorly or not able to drink*
<b>SKIN PINCH</b>	Goes back quickly	Goes back slowly*	Goes back very slowly*
<b>DECIDE</b>	The child has no signs of dehydration	If the child has 2 or more signs, including at least 1 major sign, there is some dehydration.	If the child has 2 or more signs, including at least 1 major sign, there is some dehydration.

\* Indicates a Major sign

**Am I Hydrated?**  
**Urine Color Chart**

This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout day to stay hydrated.

If your urine matches the colors numbered **1, 2, or 3** you are hydrated.

If your urine matches the colors numbered **4 through 8** you are dehydrated and need to drink for more fluid.

**Be Aware!** If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the color of your urine for a few hours, making it bright yellow or discolored.

If you are taking a vitamin supplement, you may need to check your hydration status using another tool like Handout #15: Hydration Check: Body Weight Log.

**Relative Humidity (%)**

°F	Relative Humidity (%)															
	40	45	50	55	60	65	70	75	80	85	90	95	100			
110	136															
108	130	137														
106	124	130	137													
104	119	124	131	137												
102	114	119	124	130	137											
100	109	114	118	124	129	136										
98	105	109	113	117	123	128	134									
96	101	104	108	112	116	121	125	132								
94	97	100	103	106	110	114	119	124	129	135						
92	94	96	99	101	105	108	112	116	121	126	131					
90	91	93	95	97	100	103	106	109	113	117	122	127	132			
88	88	89	91	93	95	98	100	103	106	110	113	117	121			
86	85	87	88	89	91	93	95	97	100	102	105	108	112			
84	83	84	85	86	88	89	90	92	94	96	98	100	103			
82	81	82	83	84	84	85	86	88	89	90	91	93	95			
80	80	80	81	81	82	82	83	84	84	85	86	86	87			

Heat Index (Apparent Temperature)

**With Prolonged Exposure and/or Physical Activity**

<b>Extreme Danger</b>
Heat stroke or sunstroke highly likely
<b>Danger</b>
Sunstroke, muscle cramps, and/or heat exhaustion likely
<b>Extreme Caution</b>
Sunstroke, muscle cramps, and/or heat exhaustion possible
<b>Caution</b>
Fatigue possible

**Heat Index Guidance**

The National Weather Service uses a "heat index" that alerts the public when combinations of heat and humidity could make hot weather hazardous. It tells how hot the Heat-Humidity combination makes it feel.

Skin with decreased turgor remains elevated after being pulled up and released

**SKIN TURGOR (elasticity)**

A quick check of skin turgor by pinching the skin over the back of the hand, on the abdomen, or over the front of the chest under the collarbone is a good way to check for dehydration at home.

Mild dehydration will cause the skin to be slightly slow in its return to normal.  
To rehydrate, drink more fluids -- particularly water.

If turgor is severe, indicating moderate or severe dehydration, see your health care provider immediately.

## The Iron Clad Wings

### Get Your Swerve On

<https://www.rideapart.com>

Good searching techniques can prevent situations where swerving becomes necessary. Swerving to avoid a crash may be appropriate if stopping isn't a solution. Research has shown that at speeds above about 18 mph, a motorcycle can swerve to avoid a car-sized obstacle in less distance than it takes to stop. Be sure you have enough time and space to swerve. Determining which skill is necessary for the situation is important as well. *Studies show that most crash-involved riders:*

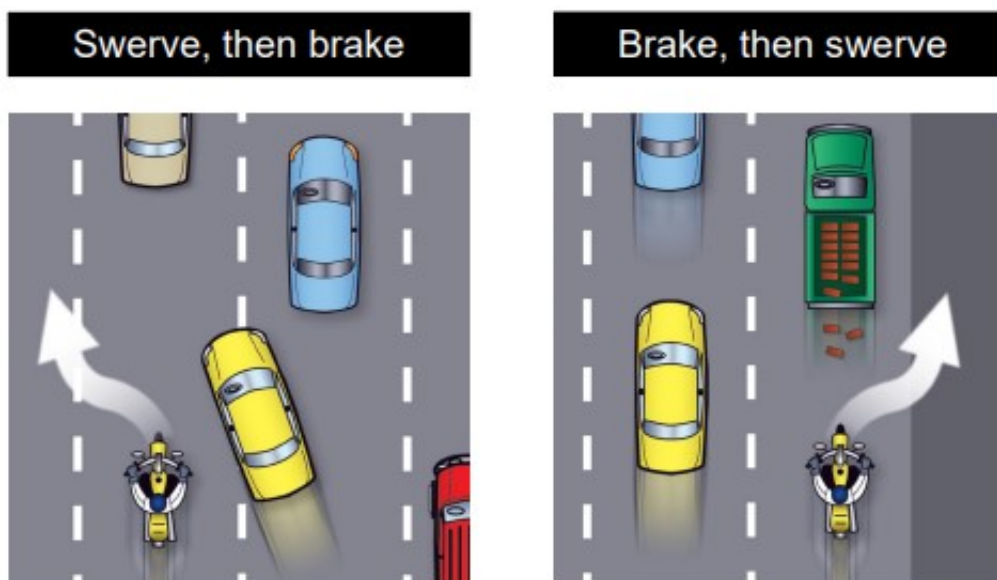
- Underbrake the front tire and overbrake the rear.
- Did not separate braking from swerving or did not choose swerving when it was appropriate.

Swerving is basically two consecutive turns or countersteers, one to avoid an obstacle followed immediately by another to regain the original direction. As with all turns, both are made by applying forward pressure to the appropriate handgrip (press right go right, press left-go left). The initial press must be deliberately firm to cause the motorcycle to lean quickly and avoid the obstacle.

When swerving, keep the motorcycle lean independent of body lean; that is, keep your upper torso upright while the motorcycle leans. This will allow the motorcycle to lean more quickly. Keep your knees against the tank and your feet solidly on the footrests. Look toward the clear path you are trying to reach to avoid target fixation.

Maintain a steady throttle and do not brake while swerving. Swerving may require maximum performance turns for which all available traction is needed to turn the motorcycle quickly. Any braking while swerving, even engine braking, may force the tires beyond their traction limit and cause a skid. If you have time and space to slow before swerving, brake first to slow, then completely release the brakes and swerve.

If braking is required to avoid a second hazard in the recovery path, it might be best to delay braking until the recovery turn is complete and the motorcycle is going straight.



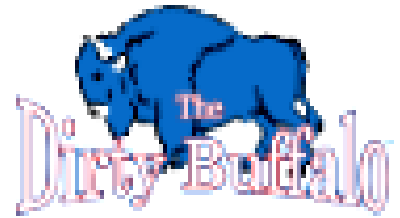
# The Iron Clad Wings



## SNAPSHOTS

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

Chapter L Dinner  
Dirty Buffalo  
April 8, 2022



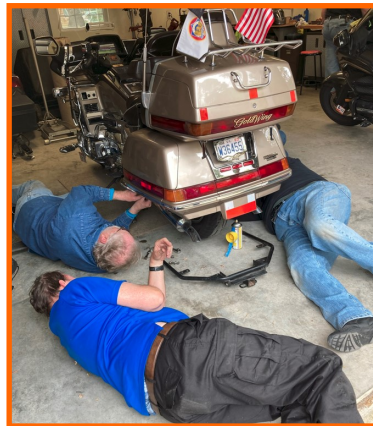
# The Iron Clad Wings

## SNAPSHOTS

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

### Chapter L Bike Clinic

April 16, 2022



# The Iron Clad Wings

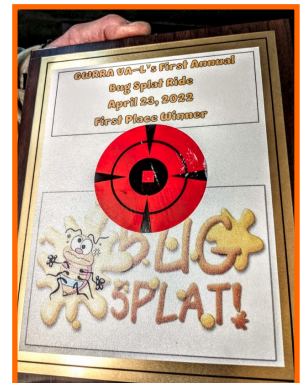
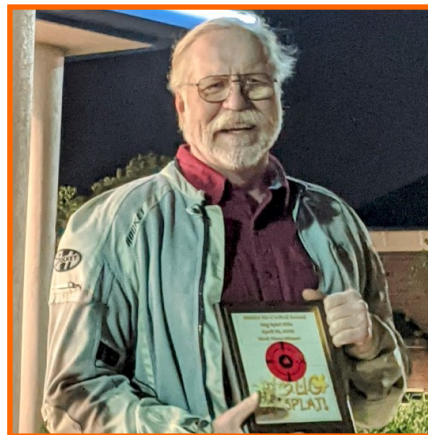
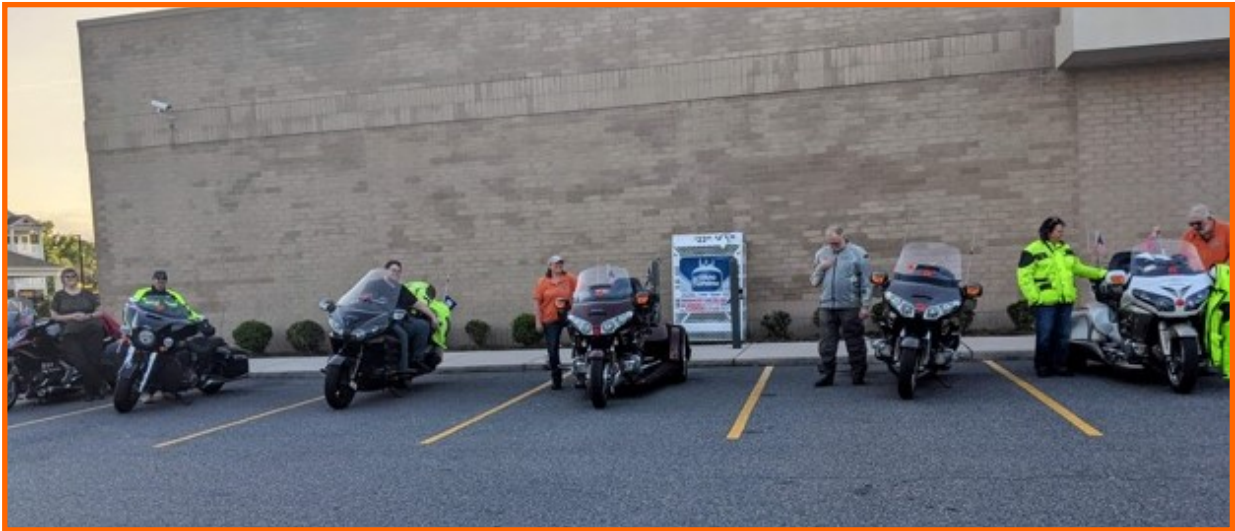


## SNAPSHOTS

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

### Chapter L Bug Splat Ride

April 23, 2022



# The Iron Clad Wings



## SNAPSHOTS

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

### Chapter L Gathering April 26 , 2022



Dice Stacking Game

L to R: Kelvin, Keith, Steve, Paula



Champ  
Kelvin



Bessie Conrad won Door Prize



Dan Clark won 50/50



Joe & Trish won VAL & VALerie



Will Conrad won Ride Pot

# The Iron Clad Wings

## SNAPSHOTS

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



### Chapter L Ladies Luncheon Olive Garden April 28, 2022



R to L: Karen, Debbie, Paula, Phyliss

### Spring Fling District Rally Tennessee April 28-30, 2022



VAL & VALerie



R to L: Lorrie, Dan, Trish, Joe





# The Iron Clad Wings

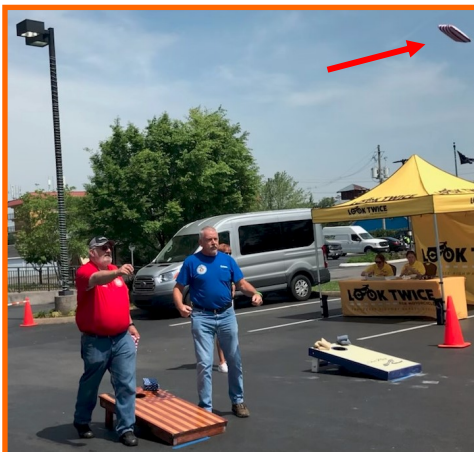
## SNAPSHOTS

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

### Spring Fling District Rally Tennessee April 28-30, 2022



2nd Place Winners Costume Contest  
Dan, Lorrie, Trish, Joe  
"Mel's Diner"



Dan Clark aiming for the Stars



Joe Daniel—Master Cornholer



## *The Iron Clad Wings*

# Did You Know?

www.did-you-knows.com

### 1. The entire world's population could fit inside Los Angeles.

The world's total population is more than 7.5 billion. And obviously, that number sounds huge. However, it might feel a little more manageable once you learn that if every single one of those people stood shoulder-to-shoulder, they could all fit within the 500 square miles of Los Angeles, according to National Geographic.

### 2. The Canary Islands are named after dogs, not birds.

It might seem safe to assume that the Canary Islands were named after canary birds, but the location was actually named after dogs. Although it's off the coast of northwestern Africa, the archipelago is actually part of Spain. In Spanish, the area's name is Islas Canarias, which comes from the Latin phrase Canariae Insulae for "island of dogs."

### 3. The Paris Agreement on climate change was signed by the largest number of countries ever in one day.

When 174 world leaders signed the Paris Agreement on Earth Day in 2016 at the United Nations (UN) headquarters in New York, it was the largest number of countries ever to come together to sign anything on a single day, according to the UN. The agreement aimed to combat climate change and accelerate and intensify the actions and investments needed to strengthen the global climate effort. The United States withdrew from the agreement on June 1, 2017.

### 4. The world's quietest room is located at Microsoft's headquarters in Washington State.

Silence is golden, as they say. And while it may not be worth quite as much as jewels and gold to most people, it certainly was the primary goal for those who built the quietest room in the world. Located at Microsoft's headquarters in Redmond, Washington, the lab room measures a background noise of -20.35 dBA, which is 20 decibels below the threshold of human hearing and breaks previous records for spaces that were deemed the planet's quietest places, according to CNN.

### 5. There are only three countries in the world that don't use the metric system.

For simplicity's sake, most of the more than 200 countries in the world use the metric system when describing things like length or mass. However, there are three countries that stand out: Liberia, Myanmar, and the United States have not adopted the International System of Units as their official system of weights and measures.

### 6. The coldest temperature ever recorded was -144 degrees Fahrenheit.

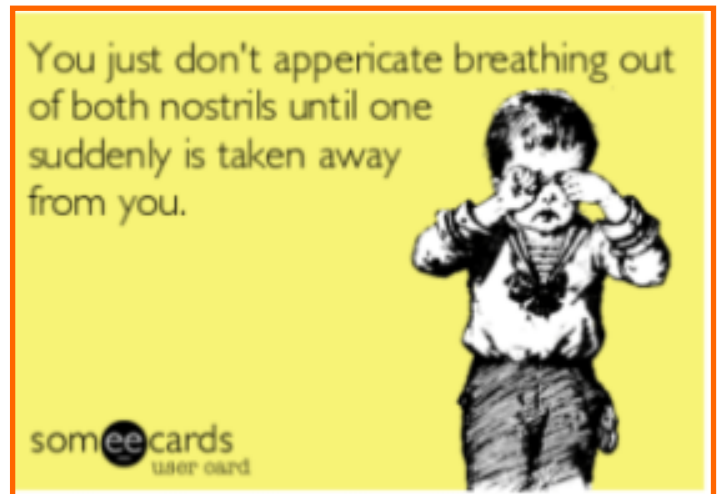
You might think you're accustomed to frigid air and blustery winds, but the average winter day has nothing on the coldest day ever recorded, which was -144 degrees Fahrenheit. The temperature was recorded in Antarctica during a span of research between 2004 and 2016. Just a few breaths of air at that temperature could induce hemorrhaging in your lungs and kill you.

### 7. There are around 4 quadrillion quadrillion bacteria on Earth.

Not all bacteria are bad. In fact, some of those itty-bitty biological cells are actually good for us and aide the world in various and complex ways. And that's nice to know, considering there are around 4 quadrillion quadrillion individual bacteria on our planet, according to NPR.

# The Iron Clad Wings

## Chapter-L Funnies



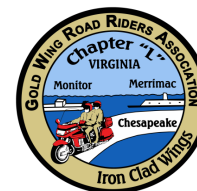
# The Iron Clad Wings

## 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
John & Shawn Irons	Director's Assistant	ironslines3414@gmail.com
Frank and Sharon Jackson	Director's Assistant	frankj64155@yahoo.com
Lorrie Thomas and Dan Clark	Director of the University	lorriemthomas@aol.com
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@gwrra.org
Susan & George Huttman	Directors of Rider Ed	director-re@gwrra.org
Allesandro Boveri & Mariarosa Bruzzone	Directors Overseas	alboveri@gmail.com



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

<http://gwrra.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:lorriethomas@aol.com">lorriethomas@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