

The Iron Clad Wings



Gold Wing Road Riders Association
GWRRRA'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

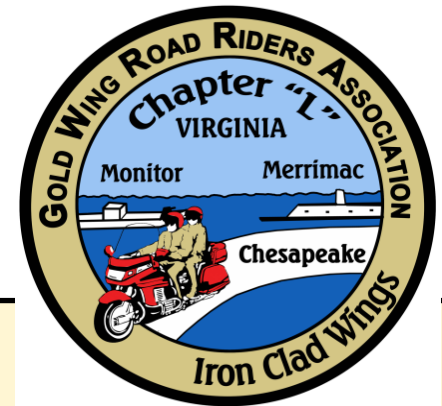
Ride & Grow with VA-L

We meet the 4th Tuesday of each month (except December) at Zino's Café, 850 George Washington Hwy N, Chesapeake, VA 23323. Our meet, greet and eat—begins at 6pm, our gathering begins at 7pm. We invite you to come out and have fun with us

2021 Road Warrior Awards



January: Lorrie Thomas
 February: **Rolled Over**
 March: Paula Dignan
 April: Madonna Elliott
 May: Paul Bricker
 June: Dan Clark
 July: Dan Clark
 August: Lorrie Thomas
 September: Lorrie Thomas
 October: Lorrie Thomas
 November:
 December: **No Gathering**



IN THIS ISSUE

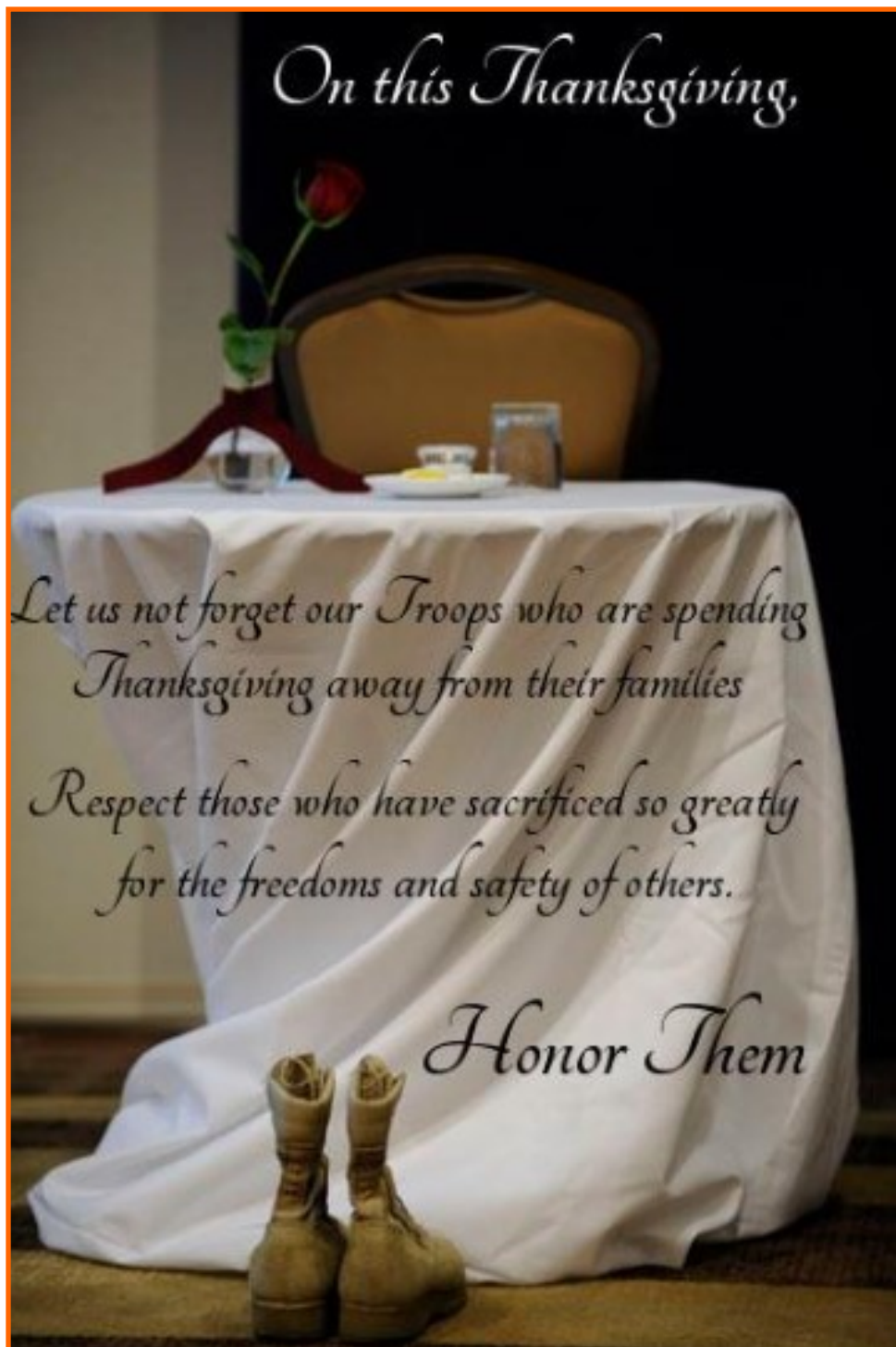
- Chapter Team Articles
- District News
- National News
- Our Mission Statement
- Birthdays & Stuff
- Ride Calendar
- Event Flyers

ALSO IN THIS ISSUE

- Engine Braking... Or Not?
- Cognitive Issues Around Multitasking
- **SNAPSHOTS**—a look at what Chapter L's been up to
- Chapter L Funnies

The Iron Clad Wings

**Please remember our Heroes
that cannot be home for Thanksgiving**



The Iron Clad Wings

NEW GAME



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

FIND YOUR MEMBERSHIP NUMBER

Starting in September 2021, Karen Bottoni, your Newsletter Editor will hide 3 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, 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



The cooler weather has finally arrived which means for nicer riding and speaking of cooler weather, daylight savings time ends November 7th. Don't forget to set your clocks back one hour and it will be getting dark at an earlier time.

For those of you that missed Rally in the Valley, you missed a grand time. The ship set sail at noon on Thursday and returned to port on Saturday evening about 7:30 pm. There were many games and activities to enjoy for all that attended. The highlight of the cruise was the Captain's dinner and the costume contest which had many Chapter L members dressed to kill and we even had Ginger from Gilligan's Island appear from that unknown charted island. Hopefully, you will be able to attend next year.

The Chapter Christmas party is set for December 18th at the Black Pelican on Ring Road around Greenbrier Mall area. The party will be from 12:00 noon till about 3:00 and will be limited to the first 42 Members that RSVP. I will need a firm commitment no later than 5 December and unfortunately Santa Claus will not be making an appearance. Santa has placed his suit in storage and has retired. Again, we must limit this to Members only and not our children or grandchildren.

Chapter NC-E2 in Elizabeth City has extended an invitation to our Chapter to ride with them in the Elizabeth City Christmas parade. We have ridden with them many years in the past and have had a great time. The Parade will be held on December 4th starting at 5:30 pm and staging opens at 3:30 pm. If you are interested in this parade, please let me know as soon as possible.

We look forward to seeing Members on upcoming rides and events. Check the Ride calendar for updated rides. Until we meet be safe, ride safe and keep the shiny side up.

Dan Clark & Lorrie Thomas

Chapter Directors, Va-L

The Iron Clad Wings

Dennis & Phyliss Easton

Membership Enhancement Coordinators

eastondm@cox.net



Membership Enhancement



Hello Chapter L,

Summer is gone and the fall weather is fast approaching. Our friends in WV have already had their first snow fall. So, let's prepare for Fall / Winter riding. Breakout your cold weather gear and remember daylight is shorter this time of year. Since many of you ride less, let's look at what we can do as a chapter to help with the membership.

Debbie is doing a fantastic job of locating some places we can hold a MA – MR, Motorist Awareness and Membership Recruitment tent. When we come up with a list, we will need an all-hands-on membership assistance in manning the tent. Fall Bazaars, Retail spaces, Car and Motorcycle Events, Festivals, Interstate Rest Stops and many more.

If you have ideas of where we can hold an MA- MR event, please contact any of your Chapter Team Members.

Covid is still sticking around, and we understand some are reluctant in assisting with large groups. Stay connected with the Chapter Calendar on the Chapter Web page. We encourage each of you to "Ride your Ride." In other words, do your thing. We would love to see you at the next Chapter Gathering, the next Chapter Ride, or the next Chapter Dinner Ride. Stay Tuned for the next dinner night.

We are looking for you to tell us what you want. Longer rides, short rides, Overnight rides, Ice Cream Rides, Dinner gatherings?

My email and phone information are below. Feel free to call or email with any questions and or comments. We need you to help grow the chapter. Invite friends who ride, family members who ride, acquaintances, or the guy you met at the gas station. We welcome all types of rides.

Dennis and Phyliss Easton

GWRRA VA-L

Chapter Membership Enhancement Coordinators

Chapter Couple of The Year 2019

VA District Couple of the Year 2019-2020

eastondm@cox.net

757-636-1023 (Phyliss Cell)

757-618-4963 (Dennis Cell)

NOV 2021

The Iron Clad Wings

Dan Clark

Ride Coordinator

wingernut93@aol.com



Ride Coordinator

The Ride Calendar has been updated and we are always looking for suggestions and ideas for rides. Please contact me with any suggestions and we will look at getting it added to the calendar.

Listed below are the scheduled rides and events for the month of November. Come out and join as many rides as you can and enjoy your Chapter.

Nov 6 Adopt a Spot Clean-up / lunch at Cohiba's. Meet at Walgreen's 201 Hanbury Rd in Chesapeake at 10:00 am

Nov 12 Chapter Dinner at Spaghetti Eddies 3325 Taylor Rd in Chesapeake at 6:30 pm

Nov 13 Ghost Town Ride to Union Level Va. This is a Grand Tour Spot. Depart from Hardee's located at 865 George Washington Hwy in Chesapeake at 8:00 am.

Nov 20 TBD

Nov 27 No Ride – Thanksgiving Weekend

Dan Clark

Ride Coordinator

The Iron Clad Wings

Karen Bottoni
CSEA
kbottoni@gmail.com



Chapter Skills Enhancement Advisor

I found this article on the GWRRA website and thought it made some really good points to think about. Keep these in mind every time you saddle up for a ride. It was written by Dave and Sandy Creach.

I read an article with a list of the following Motorcycle Safety Words of Wisdom. I suggest that everyone reads each one!

- ◆ Always assume other drivers can't or don't see you.
- ◆ Just because a driver is looking at you, doesn't mean that the driver sees you.
- ◆ Always assume other drivers are going to do something wrong or stupid. Try to avoid being one of the "other" drivers!
- ◆ Drivers making a left turn are the most dangerous.
- ◆ Rush hour drivers all feel that their time is more important than your life.
- ◆ All drivers think it is safe to pull out of their driveways without looking.
- ◆ The likelihood that a driver will make a sudden left turn or lane change increases dramatically as you prepare to pass.
- ◆ On one-way streets, it is the driver in the furthest right lane who will most need to make a left turn.
- ◆ Every intersection is a race for your life. Remember: At the turn of the 20th century there were only two cars in all of Kansas and they collided at an intersection!
- ◆ Basically, assume that all drivers are out on the road trying to kill you. Submitted for your consideration--Rep. Bill Janklow of South Dakota!
- ◆ Never let anyone convince, coerce, or shame you into riding without a helmet if that's your choice.
- ◆ There is no ride straight enough, short enough, or slow enough to be safe.
- ◆ I've seen riders killed while standing still at a stoplight when they were knocked over and hit their heads on the pavement!

Continued on next page

The Iron Clad Wings

- ◆ Never get in a hurry. Never be afraid to slow down. Better to avoid an accident than to be in one.
- ◆ Superior riders use superior knowledge and superior experience to avoid situations that require superior skill.
- ◆ Never ride when you are too tired, hungry, or thirsty. You can pay attention or you can pay an undertaker.
- ◆ Never argue with an 18-wheeler, especially around interstate on-ramps.
- ◆ The longer you take to pass an 18-wheeler, the more likely it is that one of its tires will explode just as you pass along side.
- ◆ Never be too proud to unlearn an old habit.
- ◆ Never be too proud to take a motorcycle training course.
- ◆ Just because you knew how to ride a 175cc when you were 19 doesn't mean you know how to ride a "Goldwing" at 49.
- ◆ Always ride straight and sober. Keep 8 hours between bottle and throttle. Thirty one percent of all traffic fatalities and 41% of holiday traffic fatalities involve alcohol.
- ◆ Drivers talking on cell phones are just as dangerous as drunk drivers.
- ◆ Never outrun your headlight. Deer and other animals will always insist on the right of way.
- ◆ Don't just dress for the ride; dress for the fall.
- ◆ There's no satisfaction in being right if you are dead right.
- ◆ Keep less-experienced riders near the front and more experienced riders at the back of a group ride.
- ◆ The last rider in a group always has to drive 80 to keep up with a lead rider who is going 65. Never outrun your skill level. Drop out of the group and enjoy the peace and solitude of a solo ride.
- ◆ Slow drivers will always speed up as you try to pass them. Fast drivers will always slow down once they pass and pull in front of you.

"Safety is for Life" "Practice Makes Permanent"

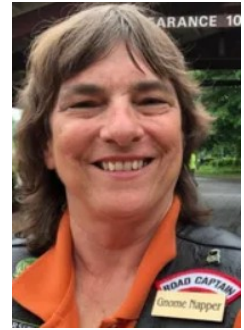
Karen Bottoni

CSEA

The Iron Clad Wings

Chapter Webmaster:

Karen Bottoni



Every 2 seconds, an American becomes a victim of identity fraud. Watch for warning signs to make sure you don't fall prey.

By Navy Federal | February 14, 2019 | Tag(s):

- [Security](#)

Could you be a victim of identity theft? About 10 million Americans a year have their personal information compromised. Often, the stolen information is used to take over accounts, open credit cards or obtain medical care long before the theft is ever discovered. While many people first find out about identity fraud from their financial institutions, there are some red flags that indicate your personal information may have been stolen and used for fraudulent purposes.

1. **Unexplained charges or withdrawals.** Check your financial account statements each month and be sure you recognize the transactions. Thieves will often make small test purchases first, so don't ignore small charges that seem unfamiliar.
2. **Medical bills for doctors you haven't visited.** Likewise, if your health insurance carrier denies a legitimate claim, find out why. It's possible for a thief to use your identity to obtain medical care or max out your insurance benefits.
3. **New credit cards you didn't apply for.** If you receive an unexpected credit card in the mail, contact the company issuing the card right away. Similarly, any statements that arrive for unknown accounts are a red flag.
4. **Errors on your credit report.** Review your credit reports for any suspicious activity, such as accounts you didn't open. (You can review your reports for free once a year at annualcreditreport.com.)
5. **Collection notices or calls for unknown debt.** Don't assume the information is an error. Find out what the debt is for. If you believe the debt isn't valid, send a letter via certified mail to the collection agency requesting proof of the debt and creditor within 30 days.
6. **Your credit card or application for credit is denied.** If you haven't reached your credit limit or normally have good credit, ask the reason for the denial. An identity thief may be racking up debt on your behalf or ruining your credit score with unpaid bills.
7. **Missing mail or email.** Haven't seen a monthly statement in a few months? A thief could be stealing your mail or may have changed the mailing or email address on the account to keep you from seeing fraudulent charges. Alternately, you may receive a notice from the post office that your mail is being forwarded to another address when you haven't requested a change of address.
8. **Errors on your tax return or Social Security statement.** The Internal Revenue Service may notify you that more than one tax return was filed in your name or that you have income from an employer you don't know. Check that the earnings reported on your Social Security statement (available at socialsecurity.gov/myaccount) match your actual earnings.
9. **A warrant for your arrest.** While it may seem extreme, it's possible for someone to impersonate you while committing a crime. You may uncover the warrant if you're stopped for another reason or involved in an accident, for example.

To prevent your personal information from being lost or stolen, know the signs and follow these tips to protect yourself from identity theft. For more tips and tools on how to protect your information, visit the Navy Federal [Security Center](#).

This article is intended to provide general information and shouldn't be considered legal, tax or financial advice. It's always a good idea to consult a tax or financial advisor for specific information on how certain laws apply to your situation and about your individual financial situation.

The Iron Clad Wings

District

Looking in the Rear View Mirror...

To think that some of us were so positive that 2021 would bring the end of the Covid crisis and all would be well. I bought Christmas themed face masks last year wondering if it was a waste of money since we couldn't possibly be using them Christmas 2021! Wrong.

The year wasn't a total downer, we had some positive movement towards the usual. We, as Chapters and the District, began to gather again. Three amazing District rides and a Rally that was deemed successful by all that attended, Gatherings were happening with some at new locations. Even changes in Leadership were happening. We aren't disappearing as some predicted.

That is the focus of this article, new Leaders and Chapter growth. Many of the country's organizations and associations had a negative impact from Covid resulting in a loss of Membership. GWRRA was no exception. There were no Chapter closures during the past year, I'm happy to report, because we all did what we could to stay in touch. Our focus now must be on 2022.

The Officer Conference, (OPS) meeting will be held January 15th in Monticello. All Chapter Teams, District Team Members and any interested Member are invited to attend. If you arrive the night before, we will get together for a District sponsored social. Come prepared to share the challenges and successes in your Chapter. We want to make this an opportunity for you to gather ideas, plans and goals for the upcoming year. Please, leave at the door, any negative thoughts about the potential for recruiting. We can and will have new Members to share what we enjoy.

I do wish to thank all of you that supported the Rally. Some by working their iron butts off, others by attending and enjoying the fruits of our labor.

Congratulations to Dave Huey, Va-C, for being recognized with the Vernon L. Needham, Spirit of Virginia Award. Well deserved. Also, to Mary O'Connor, who was presented a plaque for over 20 years of service to GWRRA and Va-A.

National recognition went to Roman Paryz as GWRRA's 2020 Treasurer of the Year and to Rebecca Pitts as a celebrated Merit Award winner for her work as a Chapter Treasurer for Va-C. Rebecca Pitts and Claude Revelly are now wearing Senior patches for exemplary efforts as Treasurer and Chapter Director, respectively.

It gives us great joy to welcome Daniel and Rebecca Pitts to the District Team as Membership Enhancement Coordinator Assistants and Steve Hartsock as the Chapter Director of Va-A. Way to go, Chapter Newsletter Editors, Daniel Pitts and Karen Bottoni for being recognized for your amazing newsletters.

The success of 2022 will be the result of all of us working together with a common goal, to have fun!

Virginia District Directors

Lorrie Thomas & Dan Clark



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

The Iron Clad Wings

National

October 2021

Insight is a publication intended for our Officers; however, any Member is welcome to read the articles. My last few articles dealt with the Senior Program, which came directly from the Officer's Handbook. I also realize that not everyone reads the Handbook, so I decided to try selecting passages that you may find of interest as a reminder. Hopefully, you enjoy this type of format.



Over the years our Members sometimes refer to us as a club. We hear that Chapters have Members. **Actually, Chapters have participants, GWRRA has Members.** This is an important distinction to us as our GWRRA Members are welcome to participate with any Chapter and many do on a regular basis. That said, our focus today is how we differ from clubs

HOW GWRRA DIFFERS FROM MOTORCYCLE "CLUBS"

"GWRRA is not a motorcycle club." We have all heard it, haven't we? But, just what does it mean?

135045

Simply put, it means that our Association doesn't function in the same organizational and procedural format that "clubs" do. That is, we don't elect anyone to any position by running candidates against each other and having the membership vote on them. We don't choose our Officers with popularity contests. We don't impose our wishes on others. We select, not elect. Clubs usually are local in scope. Chapters are national or international and tied to a single organization.

We don't have long and heated debates, make motions, second motions, call for votes or go into long, detailed reports at our Chapter gatherings. We don't need uniforms, people giving us rules to obey, or exorbitant fees or dues.

In other words, a GWRRA Chapter gathering is not presided over by a "president" and conducted according to Robert's Rules of Order or the parliamentary procedure process. Many "clubs" use that format in their meetings. We are less formal.

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The Iron Clad Wings

National

Jere & Sherry Goodman

Page 2

We don't say that we are better than clubs, we are just different. Some people like the club format of operation. This is all well and good. Those folks should be encouraged to attend and participate where they are most comfortable. We think when they "try it" (our format), "they'll like it."

The GWRRA Chapter format is more flexible than a club format. A GWRRA Chapter is not a "club," either in its organizational structure or its operational format. It is PART of something bigger than itself.

Sometimes less-informed Chapter participants will try to lead the Chapter into the "club" format of operation. It's the responsibility of GWRRA Officers to work together to retain the non-political, non-club environment in the Chapter. If this becomes a problem, other members of the Team will be able to assist you or talk with your Appointing Officer.

A CLUB usually consists of:

1. Self-governing and regulated body of local individuals
2. Monthly dues
3. Political officers and events, campaigns, voting, etc.
4. Popularity contests decide outcomes
5. Individual's qualifications may not be important in holding office
6. Attempts to maintain control and build "empires"
7. Many personality conflicts
8. "Bosses" and the potential for power struggles
9. Majority rules — 49% disagreement 100% of the time
10. Funding and disbursement disagreements
11. Possibly unclear "directions and goals"
12. Not focused on education
13. Everything must be VOTED upon

A GWRRA CHAPTER usually consists of:

1. Officers selected and appointed based upon qualifications and desire
2. Continuing Officer development and training
3. Regular classes/seminars and meetings to establish new concepts
4. Officers are volunteers
5. Member wants and needs are the guiding forces
6. Gatherings with purposes — dissemination of valuable information, fun, education
7. Common purposes — no popularity contests
8. Decisions based upon Member response and input from leadership, task forces and the Members
9. Limited financial goals and maximum stability — all Officers have corporate liability insurance
10. Members participate as they choose
11. Members are WELCOMED by all Chapters
12. No additional dues or fees at the Chapter or District level
13. Devoted Education Programs, including on- and off-bike training and reward programs

Stay safe; be well. And, as always, remember that fun shall be the last word — so have FUN!

Jere & Sherry Goodman
Directors of GWRRA

540-623-0447
director@gwrra.org

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.

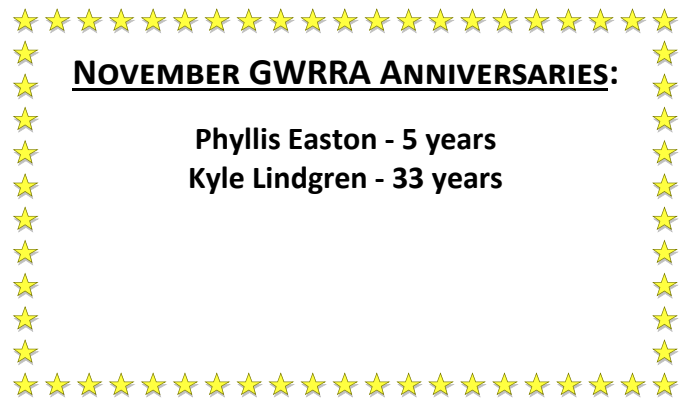
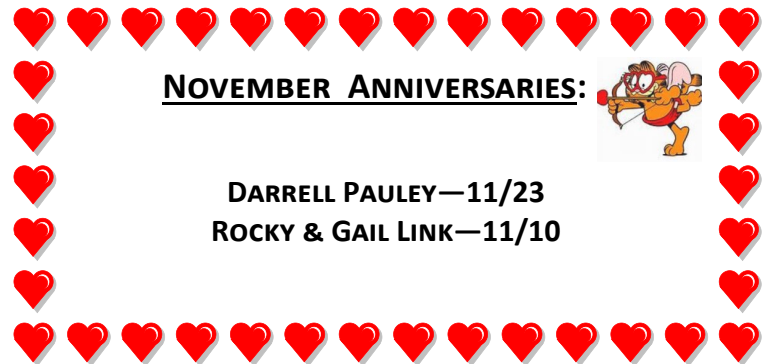
It takes everyone to make the Chapter successful. But what is the definition of **successful**? Successful means the Chapter is fun. Successful means the Chapter rides a multitude of routes with varying distances. Successful means people want the Chapter to thrive. Successful means people ask "what can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



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 (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
Nov 6	L	Adopt a Spot Clean up / lunch at Cohiba's. Meet at Walgreen's 201 Hanbury Rd in Chesapeake at 10:00 am
Nov 7	Daylight Saving Time	Fall behind 1 Hour at 2am
Nov 11	Holiday	Veteran's Day
Nov 12	L	Chapter Dinner at Spaghetti Eddies 3325 Taylor Rd in Chesapeake at 6:30 pm
Nov 13	L	Ghost Town Ride to Union Level Va. This is a Grand Tour Spot. Depart from Hardee's located at 865 George Washington Hwy in Chesapeake at 8:00 am.
Nov 23	L	Chapter L Gathering. Zino's Café & Tavern, 850 Old George Washington Hwy N, Chesapeake, VA. Eat at 6pm Meet 7pm
Nov 25	Holiday	Thanksgiving
Dec 18	L	Chapter Christmas Party, The Black Pelican, 1625 Ring Rd, Chesapeake, VA (near Greenbrier Mall)
Dec 25	Holiday	Christmas
Jan 14-15	VA	Annual Operations (OPS) meeting, Comfort Inn, Monticello, VA
Feb 18-20	VA	Wingless Weekend in Williamsburg, Doubletree by Hilton
Feb 21	Holiday	President's Day

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

The Iron Clad Wings



Chapter L Annual Christmas Party

December 18th
12:00-3:00 pm

The Black Pelican
1625 Ring Rd
Chesapeake, Virginia

The party will be limited to the first 42 members. Members will not be required to do any cooking, set up or clean up. The Chapter will pay a total of \$20.00 for each member off from their check.

There are a few caveats. We will have a gift exchange as we have done before with a limit of \$20.00. Please, no gag gifts and or gifts of alcohol. Men will buy a men's gift and women will buy a women's gift to exchange. Please label your gift as a men's or woman's.

Due to the size of the room, we are limiting the party to members only, no children or grandchildren unless they are members. For single members, we will allow one guest.

We will need a firm confirmation no later than **December 5th** if you wish to attend with the number in your party. Please do not wait till the last minute as the room is small. Please respond as soon as possible. We look forward to seeing you at the party.

RSVP to Dan Clark, wingernut93@aol.com or 757-343-1783

The Iron Clad Wings



Maryland/Delaware District



WINTER THING



PAJAMA

Games, Movies & Dogs



PARTY



University & MFA classes

January 13-15

Hyatt Place

Dewey Beach, DE

GWRRA Members—\$70

Non-Members—\$80

Registration Forms at
<http://gwrra-md-de.org/>

Reservations: 302 864-9100

Code: Gold Wing Group

King/Queen Rooms

Single/Double Occ \$89.00

Triple Occupancy \$104.00

Quad Occupancy \$119.00

Pets - \$10/night

Extra Adult - \$15/person/night

For Condos—Call

The Iron Clad Wings

Gold Wing Road Riders Association—Virginia

Friends for Fun, Safety & Knowledge

Games
Scavenger Hunt
Self-Guided Field Trips
Ice Cream Social



S'mores
Campfire Songs
WINGO
Camp Variety Show

Join us at **Camp WINGLESS**
\$50 per GWRRA Camper

February 18-19, 2022

Doubletree by Hilton Williamsburg
50 Kingsmill Road
800-222-8733

Room Rates: \$79 (dbl occupancy)



Camp Registration **INCLUDES** Saturday night farewell dinner and variety show!

Have an act or talent you'd like to share?
Silly or Serious...Group or Individual
Just get up there and have fun with it!

Submit your Variety Show act to vadistrictmec@gmail.com or call/text us at 757-870-7282.

Mention "Wingless Weekend" when making room reservations.
Rooms blocked until February 4.

Mail registration with check payable to:
GWRRA Virginia District
Roman Paryz
331 Paine St.
Newport News, VA 23608

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

PRINT	Rider	Co-Rider
Name		
Mobile #		
GWRRA #		
Chapter		
Position		
Address		
Email		
Arriving F, S		
COY		
First WW		

Registration Prices	Member	Non-Member	Child 6 - 12
Regular	\$50	\$60	\$15

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

(We agree to hold harmless GWRRA, The Virginia District, the DoubleTree by Hilton Hotel Williamsburg 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: _____

The Iron Clad Wings

Join Us at Camp WINGLESS
\$50 per GWRRA Camper

February 18-19, 2022

Doubletree by Hilton Williamsburg
50 Kingsmill Road
800-222-8733
Room Rates: \$79 (dbl occupancy)



Camp Registration INCLUDES Saturday
night farewell dinner and variety show!

Have an act or talent you'd like to share?
Silly or Serious...Group or Individual
Just get up there and have fun with it!
Submit your Variety Show act to vadistrictmec@gmail.com or
call/text us at 757-870-7282.



Farewell Variety Show

Name of Act: _____ Time Length of Act: _____

Is the act (circle one): Individual Group

Nature of act (circle one): Silly Serious

Category (check one):

- Skit
- Song
- Dance
- Stand Up Comedy
- Juggling
- Magic
- Other (please specify below)

The Iron Clad Wings



Hilton
HOTELS & RESORTS
350 Northlake Blvd
Altamonte Springs

Rate \$120.00
(includes breakfast for 2)

Reservations
(407) 830-1985

Online Reservations

Check District Website for online reservation link

Raffle to support Rider Education

- 1st Drawing - \$10,000 Cash
- 2nd Drawing - \$1,000 Cash
- 3rd Drawing - \$500 Cash

Sponsored by



1200 Rinehart Rd, Sanford, FL 32771

&

GWRRA Florida District

Need not be present to win
Proceeds support Florida Rider Education



42nd Florida District Gathering of the Wings

March 17th - 19th, 2022



Wing your way to Emerald City
and have FUN with the Wizard of Oz

Riders Name _____ GWRRA # _____

Riders or Co-Riders Name (circle one) _____ GWRRA # _____

Street Address, City, State & Zip Code _____

Phone # _____

Email Address _____

Chapter _____ Chapter Position _____ District or Team GWRRA Position _____

I/We agree to hold harmless GWRRA, co-sponsoring organizations and any property owners for any loss or injury to self or property in which I/we may become involved because of participation in this rally. I/we have read this waiver and acknowledge with signature(s) below:

Signature _____ Signature _____

Date: _____ Is this your first-time attending the Florida Rally? Yes No

GWRRA Members \$35 x _____ = _____

Non-Members \$40 x _____ = _____

Under 12 (Dinner on Thursday extra, See below) Free x _____ = _____

Sit Down Dinner - Thursday Night \$15 x _____ = _____
*** Fully registered attendees only ***

Ticket Sales

\$10,000 Raffle (Book of 10) \$10 x _____ = _____

Daily 50 / 50 Thursday (Strip of 10) (double than onsite) \$5 x _____ = _____

Daily 50 / 50 Friday (Strip of 10) (double than onsite) \$5 x _____ = _____

Grand 50 / 25 / 25 (Strip of 10) (double than onsite) \$5 x _____ = _____

Grand Prize (Strip of 10) (double than onsite) \$5 x _____ = _____

Shirt Sales (price is \$2.00 less than on site)

Polo Shirt S M L XL \$22 x _____ = _____

Polo Shirt XXL XXXL XXXXL \$25 x _____ = _____

T-Shirt S M L XL \$18 x _____ = _____

T-Shirt XXL XXXL XXXXL \$20 x _____ = _____

Long Sleeve S M L XL \$20 x _____ = _____

Long Sleeve XXL XXXL XXXXL \$22 x _____ = _____

TOTAL ENCLOSED (US Dollars Only) \$ _____

Florida District Rally (March 17 -19, 2022)
Opens daily at 8:00am

District Directors

Bill & Cheryl Smith
(561) 445-4270
fd2018@gmail.com

Rally / Vendor Coordinators

Rick & Madelena Buck
(813) 943-5231
Rmbuck@tampabay.rr.com

Preregistrations must be postmarked by March 1, 2022

No refunds after March 1, 2022. After March 1st Registration is \$5.00 higher

\$15 Day Passes will be sold onsite and are good for all events the day of purchase **except Thursday night dinner**

Submit Registration Forms to:

Geno & Kathie Jette
114 Canis Dr E
Orange Park, FL 32073

Make check or money order (US dollars only)
payable to Florida GWRRA
If you would like registration confirmation, please
ensure you provide an email address

Guided rides on Friday & Saturday

Register by January 1st, 2022 for entry into Early
Bird drawing to be awarded to 1 lucky winner at
Closing Ceremonies!

Pre-Order Shirts for entry into a drawing for a
prize to be awarded to 1 lucky winner at Closing
Ceremonies

See website for latest information
<http://www.gwrraflorida.com/rally.html>

The Iron Clad Wings



Grand Prize
2-\$500
Daily
50/25/25

MARDI GRAS

RIDES
Visit A
Gator Farm

RIDES
Tour A
Plantation Home

M
A
D
N
E
S
S
S

R
A
L
L
Y

April 7-8-9, 2022
Come Early 4/6 Stay Late 4/10
For Our SPECIAL Guided Tours

Ramada by Wyndham
1400 West Tunnel Blvd
Houma, Louisiana 70360
985-879-4871 ask for GWRRA Rate
Special Rate of \$80 a night
If Booked Through The Host Hotel Only

Mardi Gras Costume Ball with Costume Contest

Day Ride To New Orleans

Cajun Dinner Night

RIDES

Ride The Tail Of The Gator

COY Selection

Laissez les Bon Temps Rouler!

Cookie Bar Contest Open to ALL

Cooking With Pam J

Bingo

RIDES

For more Info:
Website gwr-ra-la.org - Email dd@gwr-ra-la.org - Facebook: GWRRA Louisiana - Groupworks: LA District

The Iron Clad Wings

HOST HOTEL

Ramsey Hotel and Convention Center
 3230 Parkway, Pigeon Forge TN 37863
 For Reservations Call
 865-428-2700 or myramseyhotel.com
 Rate is \$150 / night for two Queen, or one King bed
 includes Full Buffet Breakfast for all Guests.
 Be sure to mention GWRRA or Spring Fling to get the
 special rate. Special rate and hold on rooms expire on
 March 28, 2022.

The Ramsey Hotel & Convention Center

- 208 Interior corridor updated guest rooms with plenty of common areas.
- All extra clean guest rooms feature new pillow top mattresses, all white duvets, linens and bath towels, large LCD 42" TVs with cable, one gigabyte of fast glass fiber Wi-Fi, Keurig coffee makers, mini-fridge, microwaves, hair dryers and Bath & Body Works bath amenities.
- Huge indoor 24-hour waterfall pool, hot tub, fire pit patio with nightly giant movie screen with free hot fresh popcorn
- Free wireless, high speed internet throughout hotel
- 24-hour complimentary fitness and business centers
- Free 24-hour coffees, teas, and hot chocolate
- 24-hour guest laundry
- City of Pigeon Forge Fun Time Trolley Route with onsite pickup
- Complimentary hot breakfast buffet with eggs, sausage, biscuits and gravy, fried potatoes, grits, oatmeal, yogurt, bagels, English muffins, assorted muffins, cereals, fruits, milks, juices, hot chocolate, tea, and coffee
- Boutique 4-star hotel with 3-star prices
- Only 10 minutes to major attractions like Dollywood, Dolly Parton's Stampede, The Island in Pigeon Forge, The Old Mill Historic District, LeConte Center, and the Ripken Experience.



39th Annual

Tennessee District Spring Fling

April 28-30, 2022, Pigeon Forge, TN

Tennessee Spring Fling 2022 Pigeon Forge TN



TV Shows Of The 70's

Registration, Please Print Clearly

Rider _____ State _____ Chapter _____
 GWRRA # _____ Exp. Date _____ Age _____
 Position _____ Is this your first TN District Rally? Y N
 Circle all that apply: Male Female 1UP 2UP Bike Trike Sidecar Other

Co-Rider _____ State _____ Chapter _____
 GWRRA # _____ Exp. Date _____ Age _____
 Position _____ Is this your first TN District Rally? Y N
 Circle all that apply: Male Female 1UP 2UP Bike Trike Sidecar Other

Street _____
 City _____ State _____ Zip _____
 Phone _____ Email _____
 Distance to Rally (one way) _____

**Liability Release
All Registrants Must Sign**

We agree to hold harmless 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.

Signature _____ Date _____
 Signature _____ Date _____

*Must be pre-registered for Master's Breakfast; tickets will not be sold on-site.
 ** 1 Grand Prize ticket included with Pre-Registration.
 Day pass will be available on site for \$15.00 Per Day.
 Note: All refunds are subject to \$15 handling fee. No refunds after April 15, 2022, without the District Director's approval.

➡ **Early Bird Deadline March 2, 2022** ⬅️
 Early Bird prize is \$100.00 by DRAWING
 First Grand Prize is \$1,000.00 second Grand Prize is \$500.00
 All Pre-registration forms must be received by April 1, 2022.
 All full registrations will increase by \$5.00 after April 1, 2022

GWRRA Members	\$30 x _____ = \$ _____
Life Members	\$25 x _____ = \$ _____
Non-Members	\$35 x _____ = \$ _____
13-15 Year Old	\$10 x _____ = \$ _____
12 Years Old and under	FREE with a paying Adult
Master's Breakfast*	\$15 x _____ = \$ _____
Grand Prize Tickets** \$1 ea or 6 for \$5.00 x _____ = \$ _____	
	Registration total \$ _____

Shirt Orders

Short Sleeve Tee	S, M, L, XL - \$16 / 2XL & up - \$19
Size _____	Quantity _____ Amount \$ _____
Size _____	Quantity _____ Amount \$ _____
Long Sleeve Tee	S, M, L, XL - \$20 / 2XL & up - \$23
Size _____	Quantity _____ Amount \$ _____
Size _____	Quantity _____ Amount \$ _____
Short Sleeve Golf	S, M, L, XL - \$27 / 2XL & up - \$29
Size _____	Quantity _____ Amount \$ _____
Size _____	Quantity _____ Amount \$ _____
	Shirt Total \$ _____

Grand Total \$ _____

Please make payment to TN GWRRA
 Mail Entire Page with Check or Money Order (no cash) to:

Bob Mack
 1470 River Road
 Kingston, TN 37763

Please register early to help with planning

The Iron Clad Wings

You're invited! WINGERS-N-WAVES Panama Canal Group 2022

We are thrilled to announce a trip of a lifetime to the Panama Canal for 2022! Our group will depart on the Celebrity Edge, sailing on November 21, 2022 for 12 days! **Great news... Celebrity is offering an extra 20% OFF our group rate through next week only!!**

WINGERS-N-WAVES will depart on the Celebrity Edge round-trip from Fort Lauderdale, Florida to amazing ports that include **Panama Canal, Panama, Aruba, Curaçao, Colon and Colombia**. The Celebrity Edge is not just any ship it was voted for best premium ship and known for exceptional food and service. Open to all friends & family.

This week only you'll take an extra 20% OFF (rates below include port taxes) and is based on double occupancy.

Infinite Veranda: group rate \$3,774 pp - you'll pay **\$3,090 pp** this week only!

Sky Suite: group rate \$5,584 pp – you'll pay **\$5,093 pp** this week only! (receive \$800 FREE onboard credit for the cabin with a suite)

Inside cabin: group rate \$2,904 pp – you'll pay **\$2,394 pp** this week only!

*The Infinite Veranda is an incredible stateroom. With a touch of a button your entire living space becomes the balcony.

*The Sky Suite (S1) offers a Butler, premium beverage package, exclusive suite restaurant, X celebrate stream Wi-Fi, access to retreat lounge and sundeck for suite guests only and much more! This suite has an incredibly large balcony on the back of the ship and the view is out of this world!

Receive 3 FREE perks: Unlimited open bar for two, FREE tips & FREE internet!

In addition, as a gift, you will receive up to \$200 **FREE** onboard credit per cabin!

* Free onboard credit offer will end soon. The 20% off promotion is calculated before port taxes. The rates listed are subject to change at any time. There is a **\$450 pp refundable** deposit and final payment is August 2022.

***Special promotion ends on Thursday, September 23 at 12:00pm EST or until sold out.**

Please ensure you reserve with our group for private parties, special events, group dinners and perks.

Please click [here](#) and complete the reservation form and email back or call Deanna Cisson at **386-299-7535** to reserve your cabin today!

It's more FUN to travel with your Winger friends!

Best regards 😊
Deanna Cisson
386-299-7535



The Iron Clad Wings

In the past few years the Chapter has collected clothing for CHKD and the Maternity ward at Norfolk Sentara. We have also collected socks and donated these to some of the area homeless shelters.

This year we have decided to donate in a different capacity. As many of you may know one our members had an epileptic seizure and broke a couple vertebra and is now in a Residential Home Care Facility. We would like to donate footie socks to the residents and they have asked for plastic bags, the ones you get at the grocery store to take your food home. We would like to deliver these soon after the first of December and we will collect the items at each of the gatherings.

Thank you for helping and donating to a worthy cause. Be safe, ride safe and keep the shiny side up.

Dan Clark,
Va-L Chapter Director



The Iron Clad Wings

Engine Braking... Or Not

By: Dominick & Diane DeSiato, FL District Rider Educators

Let's first define what Engine Braking is. Engine Braking is slowing down your motorcycle or trike by down shifting into a lower gear and letting the clutch out slowly to slow down the bike.

Now let's talk about different reasons Riders Engine Brake. Some do it for the noise. If they have loud pipes on their bike they like the loud backing down sound of the engine. Some Riders Engine Brake to help aid the braking system of the bike to slow the bike down during slowing or stopping. Other Riders Engine Brake to slow the bike down to a proper entry speed for a curve and choose the gear they want to enter the curve with. You might also Engine Brake to slow your bike down when you are approaching a stale red light anticipating the light will turn green before you arrive and thus you will be in the correct gear to continue on your way without stopping.

Let's now discuss the advantages and disadvantages of the examples I have given. If you are Engine Braking for the noise that is your choice as long as while you are doing so you are not also compromising your safety as I will explain. If you are Engine Braking to aid with your stopping think about what mechanically you are doing to your bike. When you routinely Engine Brake for normal stopping you are putting unnecessary wear and tear on your bike's drive train components. That means extra stress on your engine, clutch, chain, shaft or belt. The chain or belt is being stretched unnecessarily or your drive shaft u-joints are being put under extra stress. The clutch is engaging a moving fly wheel to slow the bike down adding extra contact and wear on it. To replace any of these components I have listed costs much more than just having to replace a set of brake pads. You are talking hundreds if not thousands of dollars to replace the engine and drive train components as opposed to replacing a \$40.00 set of brake pads.

Now let's discuss the safety aspect in Engine Braking to slow down your bike. If you have to brake hard you should be using the Threshold Braking Method. That means you are putting the brakes on as hard as you can to the point just before the tires begin to skid. If you also Engine Brake you are risking breaking the rear tire loose and skidding because of the extra stress you just added to the rear tire. Most of the modern day motorcycles have ABS (Antilock Braking System). That means the braking system will take over if you accidentally apply too much brake pressure and either tire begins to skid. The ABS system will not let the tires skid if you are using brakes only. If you add Engine Braking incorrectly at the same time you are using the brakes you could lock up the rear tire. You have defeated the purpose of having an ABS System. The ABS System cannot correct the rear wheel skid if the reason you are skidding is because you let the clutch out too fast or at the wrong speed in the wrong gear. Remember if you are using Engine Braking to set up a proper entry speed before entering a curve, get the clutch back out before you begin to lean. When you lean over for the curve your rear tire is now on its edge with much less tire surface area touching the road. There should be no more Engine Braking stress applied on your rear tire once you are in a lean. The extra stress on the rear tire caused by Engine Braking along with the centrifugal force being applied to your rear tire could cause the rear tire to slide out from under you.

Engine Braking... or not. Now you know the pros and cons. What will be your choice?

The Iron Clad Wings

Cognitive Issues Around Multitasking

Consciously paying attention

<https://bikesafer.com>

We know a biker, let's call him Donald. He often led groups for his local riding club. Donald loves his toys, and his big cruiser has all the mod cons, including CB radio, GPS and a sound system.

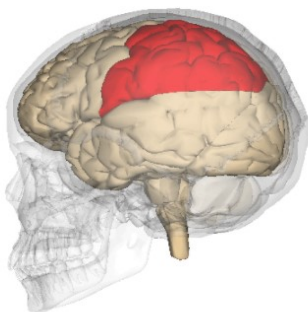
Donald often got into trouble, especially when he went off his GPS route. His GPS would talk to him, telling him how to get back on track. When this happened, Donald would lose it, wander all over the road, speed up and slow down unpredictably, which at times put members of his group in danger. He'd change lanes suddenly in front of cages, that sort of thing. Several of the riders in the group refused to ride with him in the end, and Donald no longer leads rides.

Riding, even solo, demands multitasking. Your attention is divided between controlling the bike, monitoring the traffic situation, looking out for surface problems, implementing maneuvers, monitoring your own condition and the bike's and navigating to your destination. When you are leading a group, you are doing all these and also monitoring the group and the tail gunner (drag rider). Donald would lose it when the GPS intervened, and he would dither and become indecisive. In effect, his whole operation collapsed, and he became unable to ride coherently.

Consciousness and Working Memory.

We look to current cognitive theory for an explanation. Working Memory is a set of from five to nine areas, which are used to store information about tasks in progress. While different people's number of working memory slots vary, for a given person, their number doesn't change much, except due to the aging process.

Working memory is associated with conscious thought processes and with paying attention.



Tasks can get into working memory two ways. One is when you decide to pay attention to some task or objective. The subconscious can also raise matters to our attention.

From a riding point of view, we might decide to pay attention to an oncoming cage that looks like it might turn left. Or we might check the gas gauge. Alternatively, we might be forced to pay attention to a cage that suddenly changes lane in front of us, cutting us off. We can also train ourselves to pay attention to items of interest. Think what happens when you see another motorcyclist, for instance.

Clearing a working memory slot makes it available for other use. This usually happens by completing a task or by dismissing a potential issue as not a problem.

Continued on next page

The Iron Clad Wings

Examples of this might happen when we pass the car that was getting ready to turn left in the previous example, or when we finish fueling the bike and close the fuel cap.

They've done experiments around this. Overloading someone's working memory causes dithering, which is an inability to make effective decisions. Usually, all tasks in progress suffer, and the subject is confused and ineffectual for a significant number of seconds. There are many practical applications of this theory, including fighter jet heads-up displays, where the avionics has to limit the number of objects on the display to avoid overloading the pilot's working memory.

This is definitely a problem if you are riding your motorcycle at the time, especially if there are dangers around. Even worse if the issue that overloaded your working memory is a cage turning right in front of you, or some other imminent crash causation.

The key words that give us a clue that working memory is being talked about are consciousness and attention. If we are conscious of something, or paying attention to it, working memory is probably being used. Working memory theory is considered to be conventional in the cognitive science field, and there's a large body of experimental results to back it up.

Working Memory versus Muscle Memory

Some tasks, typically those we are skilled at, don't occupy much working memory. Educators call these skills 'learned to muscle memory'. All that means is that we have learned the skill so well that our unconscious takes care of it, and we usually only become conscious of the process when a problem comes up, or if we decide to think about it.

An example of muscle memory might be walking, a complex skill that we don't have to think about. Or possibly a quick stop, if we've been practicing it enough.

When we learn new skills, we go through a process where the new skill uses a lot of our working memory. With practice of the skill, eventually the task is learned to 'muscle memory'. This means that we can perform this routine task unconsciously. It no longer occupies a slot in working memory unless something non-routine happens. Think about how hard a baby has to work at learning to walk, and how we now do it without any thought.

When learning to ride, we start out having to pay a lot of attention to the bike controls. During the basic rider course, we are always thinking about which control to use, and how. But after we get our bikes out, in quiet local streets, and do some practice, we are free to kick our ride up a notch, because the basic bike control is now in muscle memory.

Interestingly, when we have to think about a muscle memory skill, our execution becomes clunky and the skill seems to go away. That's because muscle memory is quick and efficient while there are bottlenecks around working memory, making it slower. Often when we think about things like countersteering, turns that were once slick become clunky and laborious. And everyone has gone through the agony of relearning skills learned with bad form the first time.

Continued on next page

The Iron Clad Wings

When we learn basic riding control to muscle memory, that frees some working memory for the other essential bike skills. We learn to monitor traffic patterns, develop situational awareness, scan for surface hazards, evaluate possible issues and maneuver early to avoid problems. We're also occasionally monitoring our physical states and that of the bike. Additionally, we have to give some thought to our route, and plan maneuvers to get to our destination.

Distractions

The process of learning to ride is demanding. As we learn the stack of skills needed to ride well, there are a lot of demands on our working memories.

This is why we pay attention to getting ready to ride. One objective of getting ready is to get our minds ready for the ride. A large percentage of crashes happen within 12 minutes of home. We can't afford to wait until we are on the road to get our consciousness in tune with the riding tasks.

Preoccupations can be lethal. Problems at work or home can use a vital working memory slot. We need to forget outside problems before we start. We can set up cues in our ride-readiness routine to cleanse our minds of outside worries. As Lee Parks puts it, we need to get in the zone.

We also need to limit our risk exposure at first and work at an appropriate level for our skills. When we are still learning the basic controls, we don't need to also be trying to survive in heavy urban traffic. When we start dealing with traffic, we'll need all the available memory slots to monitor the riding situation and search, evaluate and execute.

Navigation is a concern. We feel that initially, while figuring out how to ride in traffic, we should keep to familiar routes and streets, so we don't have to pay a lot of attention to navigation issues. Looking out for unfamiliar streets, reading street name plaques or road identification markings, sorting out our direction of travel, consulting maps or GPS, and looking for house numbers demands a lot of attention.

Like in Donald's case, gadgets and toys on the bike also demand attention. A GPS or a CB can be a valuable tool, but not if you don't have an available working memory slot to deal with them.

Stepping Up

Our conclusion is that the path to riding competence is difficult. Basic skills need to be learned to muscle memory. Working memory slots need to be available for riding, search, evaluation and execution. Navigation and planning maneuvers compete for working memory space. And we need to keep a working memory slot available to deal with unexpected emergencies.

We also need to have our evasion maneuvers learned to muscle memory by constant practice. There isn't time in the average street emergency to think our way out of the problem, as we discussed, working memory is slower than muscle memory.

Continued on next page

The Iron Clad Wings

We think that one of the benefits of practicing situational awareness techniques, is that if we are already monitoring a potential problem, like a car that might turn left in front of us, that when the car actually starts to enter our path, we already have the problem in working memory and can quickly deploy a muscle-memory evasion, hopefully early enough to avoid a crash. If we ignore the turning cage until it is in front of us, and we don't happen to have a free working memory slot, we're unlikely to deal with the problem efficiently, as survival demands.

Everyone can remember moments of shock and horror when confronted by a sudden threat. Military doctrine makes a fetish of exploiting the temporary confusion that it brings. Surprise is a huge advantage militarily, but big problem if you are riding.

On a bike, outrunning working memory can be fatal, and we all need to consider how to conserve this vital cognitive asset. Failure is likely to lead to dithering, indecisiveness and universal task failure just when we need it most. We think this might be a common reason for poor crash evasion.

We might need to consider the health of our working memory when we start to ride, or when riding conditions change. For example, when we complete a long slab ride, we might want to switch off the music or stop composing haikus when we hit our big city objective during rush hour. It might be OK to keep our minds busy on the super slab by voluntarily accepting additional tasks for our consciousness, but focusing on traffic will demand all our faculties, and this is something we can control.

Learning the discipline to be aware of the state of our working memory could save our lives some day.

Conclusion

- We have limited multitasking ability
- We need to step up to complex tasks, like riding a bike, by stages, learning tasks to muscle memory as we go.
- We need to get in the zone and organize our attention to concentrate on the ride before we get on the bike
- We need to be aware of the conflicting demands on our attention, and manage them as well as we can
- We should be aware of clues like sudden inability to make decisions, dithering and multitasking failure or the shock/horror response and act appropriately to manage our attention better.
- We should limit our exposure to unnecessary gadgets and distractions when we have high demands on our attention

Everybody's consciousness and attention resources are different, we need to find where our limits are and work within them. We also should expect that our cognitive abilities, our riding and working memory will suffer with advancing age, and be ready to reduce our exposure when we notice this process. Assuming we are lucky or skilled enough to achieve advanced age, that is.

The Iron Clad Wings

SNAPSHOTS

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

Chapter L Gathering September 28, 2021



Paul Bricker Receives his Level 1 Patch



Paul Bricker won the Door Prize

Dan Clark & Gnome Napper won 50/50



Lorrie Thomas won Ride Pot



clipart-library.com



clipart-library.com

The Iron Clad Wings

SNAPSHOTS

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



Rally in The Valley Lynchburg, VA October 14-16, 2021



Lorrie Thomas giving Opening Remarks



Dan Clark manning his Flea Market Table



Ginger Grant from Gilligan's Island meets Kyle Craig

The Iron Clad Wings

SNAPSHOTS

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

Rally in The Valley October 14-16, 2021



Dan Clark & Debbie Mandigo having Fun at Muster Games



Joe Daniel blowing Q-Tips into a Pan at Muster Games



Will Conrad having fun with Muster Games



VAL & Valerie trying their Luck at Casino Night

The Iron Clad Wings

SNAPSHOTS

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

Rally in The Valley October 14-16, 2021



Valerie watching VAL lose at the Black Jack table



Time to hit the Casino



Trish & Joe Daniel's Date Night



Mackenze Daniel & Debbie Mandigo

The Iron Clad Wings

SNAPSHOTS

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

Rally in The Valley October 14-16, 2021



L to R: Dennis & Phyllis, Karen Bottoni (Ginger), Conrad, Debbie, Dan & Lorrie, Joe, Trish & Mackenze



Conrad modeling his new threads



Phyllis auditioning for that Titanic Scene



Gnome Napper hustling casino \$\$\$

The Iron Clad Wings

Did You Know?

www.did-you-knows.com

- Did you know if you add up all the numbers from 1 to 100 consecutively (1 + 2 + 3...) it totals 5050
- Did you know sponges hold more cold water than hot
- Did you know lightning strikes the Earth 6,000 times every minute
- Did you know fire usually moves faster uphill than downhill
- Did you know cats have over 100 vocal chords
- Did you know camel's milk doesn't curdle
- Did you know elephants sleep between 4 - 5 hours in 24 period
- Did you know it's possible to lead a cow up stairs but not down
- Did you know frogs can't swallow with their eyes open
- Did you know elephants are the only mammal that can't jump
- Did you know a 1/4 of your bones are in your feet
- Did you know your tongue is the fastest healing part of your body
- Did you know on your birthday you share it with 9 million others
- Did you know 1 googol is the number 1 followed by 100 zeros
- Did you know a 1 minute kiss burns 26 calories
- Did you know you burn more calories sleeping than watching TV
- Did you know frogs don't usually swallow water (they absorb most of the moisture they need through their skin)
- Did you know at birth dalmations are always white
- Did you know hummingbirds are the only bird that can fly backwards

The Iron Clad Wings

Word Search

Theme: Thanksgiving



ACORNS
AMERICA
APPLES
AUTUMN
BAKE
BLESSINGS
CARVE
CELEBRATE
CORN
CORNUCOPIA
CRANBERRIES
DRUMSTICK
FAMILY
FEAST
FOOTBALL

GOBBLE
GRANDPARENTS
GRATITUDE
GRAVY
HARVEST
HOLIDAY
INDIANS
LEFTOVERS
MASSASOIT
MAYFLOWER
NAP
NOVEMBER
PIE
PILGRIMS
PLATTER

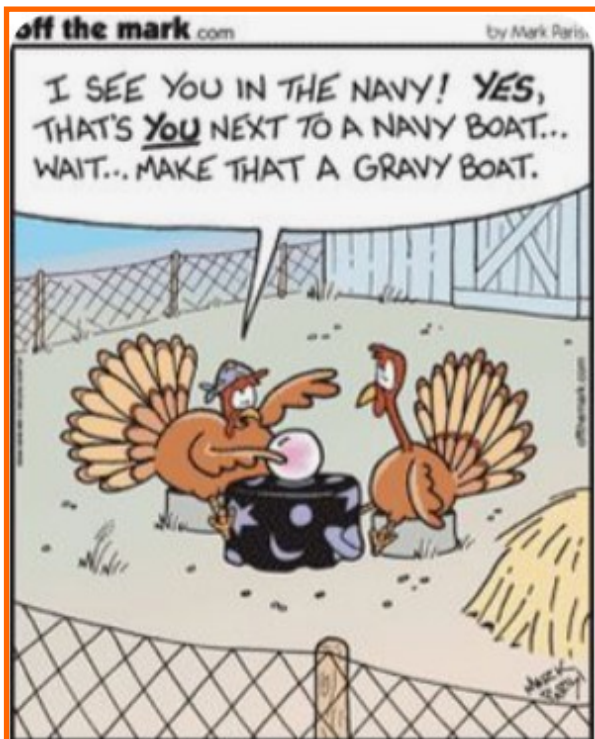
PLYMOUTH
PRAYER
PUDDING
PUMPKIN
PURITANS
SCARECROW
SETTLERS
STUFFING
THANKSGIVING
TRADITION
TURKEY
WISHBONE
YAMS

You can find the words in the grid by looking Diagonal, Forward, Backward, Up, and Down.
Circle them with a pencil or use a marker to highlight the letters. But most of all HAVE FUN!!!

Answers: http://www.whenwordsearch.com/word_search/thanksgiving/21527/word_search_hints.jsp

The Iron Clad Wings

Chapter-L Thanksgiving 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
EVENT COORDINATOR	VACANT	
NEWSLETTER EDITOR	KAREN BOTTONI	kbottoni@gmail.com
WEBMASTER	KAREN BOTTONI	kbottoni@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	Dennis & Phyliss Easton	757-636-1023	eastondm@cox.net
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	ironsonline3414@gmail.com
Kevin Bramhoff & Karin Young	Director's Assistant	director@gwrra-nwc.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



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The Iron Clad Wings

Virginia Chapters

CHAPTER	LOCATION	CHAPTER DIRECTOR	PHONE	SOCIAL GATHERING
VA-A	Burke	Mary O'Connor maryoc4429@aim.com	703-635-6775	2nd Wednesday 7:30pm Meet
VA-C	Newport News IHOP 15447 Warwick Blvd 23608	John & Lynn Floyd Lynn.floyd1960@gmail.com	757-838-0607	2nd Sunday 4pm Eat / 5pm Meet
VA-D	Richmond Candelas Ristorante 14235 Midlothian Turnpike	Fritz Sassine & Iris Guillet fritz.sassine@gmail.com	804-938-9183	4th Wednesday 6pm Eat / 7pm Meet
VA-E	Fredericksburg Basilico Italian Deli 7013 Harrison Rd	Claude Revely knightwine263507@gmail.com	540-702-7913	3rd Wednesday 5:30pm Eat 6:30pm Meet
VA-F	Winchester Stephens City Diner 5460 Main St Stephens City	Stephanie Provost davis.stephanie80@yahoo.com	540-664-6430	4th Sunday 8:30am Meet
VA-H	Abingdon Moose Lodge 15605 Porterfield Hwy	Paul & Dorothy Baker 09nellie@comcast.net	276-628-6047	2nd Tuesday 6pm Eat / 7pm Meet
VA-I	Manassas Great American Buffet 8365 Sudley Rd	David & Robin Hotaling davidsgoldwing02@gmail.com Rah889195@yahoo.com	646-406-1200	2nd Sunday 11am Meet
VA-K	Roanoke Great Steak Co. 3830 Franklin Rd	Jim Daily & Susan Stuppiello dailyent@yahoo.com susanstuppiello@gmail.com	540-230-0511	2nd Monday 6pm Eat / 7pm Meet
VA-L	Chesapeake Zino's Pizza 850 Old George Washington Hwy	Dan Clark & Lorrie Thomas wingernut93@aol.com lorriemthomas@aol.com	753-343-1783 D 954-599-5178 L	4th Tuesday 6pm Eat / 7pm Meet
VA-R	Harrisonburg	Gary Hoover hoov@shentel.net	540-742-1751	1st Sunday Location TBD
VA-V	Bedford Bedford Church of God 212 E. Main St	Jonathan Whitworth otterridevav@gmail.com	540-425-0028	3rd Sunday 2pm Meet
VA-X	Salem Riverside Evangelical Methodist Church 1920 Lucas St	Larry Stanton larry25022@gmail.com	304-922-1401	1st Saturday 3pm Meet

The Iron Clad Wings

Zino's Café & Tavern

850 Old George Washington Hwy N,
Chesapeake, VA 23323

(757) 485-1468

www.zinoscafe.com

Please come and join us!



Other local gatherings

- **Chapter C-Hampton/Newport News:** 2nd Sunday each month, 5pm. Angelo's Steak House at 755 J Clyde Morris Blvd in Newport News
- **Chapter NC-E2-Elizabeth City, NC:** 3rd Thursday each month, 7pm. The Villa at 846 Halstead Ave in Elizabeth City, NC

