

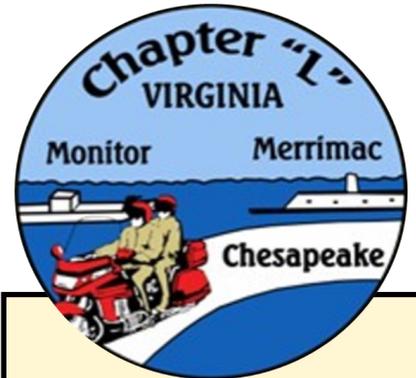
The Iron Clad Wings



*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 The Golden Corral, 101 Volvo Pkwy, Chesapeake, VA 23320. Our meet, greet and eat—begins at 6pm, our gathering begins at 7pm. We invite you to come out and have fun with us

2022 Road Warrior Awards



January: Lorrie Thomas
 February: No drawing
 March: **Carry Over**
 April: Will Conrad
 May: Ed Patejak
 June: No drawing
 July: Steve Kapsha
 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

- Before Help Arrives...
- **SNAPSHOTS**—a look at what Chapter L's been up to
- Chapter L Funnies

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 with great happiness that I announce that the Chapter will continue for the foreseeable future. At the last team meeting and at the Gathering, it was decided that we would continue to operate as we have in the past. Thank you to all the Members for the continued support.

One of the things that we will not be able to do is have a bank account and that will be closed by the end of the year. What will happen with the monies in our account? We will be having a Holiday Party, but it has not been decided how the money will be utilized. I will say this, it's going to be fun.

I know that it is a few months away, but we need to think about where we want to have our Holiday Party, do we want it catered or be able to order off a menu. If you have a suggestion as to where we can have the party and have about 40-50 Members, please send me your suggestions.

The District Rally is coming up quick. If you have not sent in your registration yet, please do so as soon as possible. It is going to be a lot of fun and rooms had to be added to accommodate the registrations. You can always cancel the hotel at a later date if you decide not to attend. We certainly hope to see you there.

We look forward to having all our Members (Family) still enjoying the rides and camaraderie. We hope to see you soon and till then be safe, ride safe and keep the shiny side up.

Dan Clark & Lorrie Thomas

Chapter Directors, Va-L

The Iron Clad Wings

Dan Clark

Ride Coordinator

wingernut93@aol.com



Ride Coordinator

The hottest month of the year has arrived and mother nature will be providing plenty of hot weather for the next month. Prior to riding remember to drink plenty of water or Gator aid the day before and during the day of the ride to stay hydrated.

We have a couple rides scheduled for August and I will also publish the September rides as well as they will be upon us before the next newsletter come out. The rides are listed below with the departure times places and the destinations. We hope to see some of you on the rides.

August Rides

8-12 Ice Cream Ride- Skinny Dip 237 Hanbury Rd Chesapeake. Meet at the facility at 7:00 pm

8-20 Shackleford, Va Lunch Ride- Depart Bojangles 3605 Bridge Rd Suffolk, Va 9:00 am. Going to Nick's Spaghetti and Steak House 3483 Lewis B Puller Mem Hwy E in Shacklefords, Va.

8-23 Chapter Gathering

8-25 thru 8-27 Kentucky Rally

8-30 Tides game- Roll back the Clock Night Advance tickets needed

September Rides

9-3 No ride- Labor Day weekend

9-9 Ice Cream ride – Sundae Scoops 1832 Kempsville Rd Suite 113 Virginia Beach, Va. Meet at the store at 7:00 pm

9-10 Chapter C Fall Sprawl- Get your registrations in if you haven't already

9-17 All Chapter Picnic Twin Lakes Park in Green Bay, Va. Picnic 11-3 pm

9-24 TBD

9-27 Chapter Gathering

Dan Clark

Ride Coordinator

The Iron Clad Wings

Karen Bottoni
CSEA
kbottoni@gmail.com



Chapter Skills Enhancement Advisor

With Great Power Comes Great Responsibility

Whether you drive a car, truck, bus, minivan, SUV, or ride a motorcycle – you have great power.

- You have the power to help you and your family get home safely
- You have the power to help me and my family get home safely
- You have the power to allow, cause, or prevent great damage, injury, suffering, and even death on our roads

With this power comes the responsibility to use it wisely and with due caution. When a crash happens, many times we hear the phrase “I didn’t mean to.” We have to ask ourselves honestly what the difference is between “I didn’t mean to” and “I meant NOT to.”

‘Meaning NOT to’ says that the driver (or rider) took action and precautions to be prepared for something to go wrong and allowed enough time, space, and attention to be able to prevent a crash. THAT is taking responsibility. Here are just a few examples of things we see every day in traffic that show this responsibility:

- Keeping at least a 2-3 second following distance
- Letting another driver into the traffic flow (courtesy)
- Keeping eyes on the road (and not on a phone, book, laptop, passengers, the radio, etc.)
- Coming to a full stop at a stop sign
- When the light turns green, waiting for the car in front to go BEFORE taking a foot off the brake
- Stopping for pedestrians and bicycles
- Slowing down in school zones
- Ensuring everyone in the car is buckled up (or using ATGATT on the motorcycle)

On the other hand, we also see many examples of drivers and riders who have the power, but do not exercise responsibility. Here are just a few examples where the driver or rider may have forgotten that they are responsible for the safety of themselves, their passengers, and the other road users:

- Aggressive driving
- Tailgating
- Driving while distracted
- ‘Rushing’ – this does not mean just speeding, it means being more focused on getting somewhere quickly than getting there safely

Continued on next page

The Iron Clad Wings

Karen Bottoni
CSEA
kbottoni@gmail.com



Chapter Skills Enhancement Advisor

- Drinking and driving/riding

When someone on the road is not being responsible for your family's safety, I bet you get upset. Me, too. Let's all do our part – in cars, and on bikes – to be responsible for each other. The promise of freedom brings with it the burden of responsibility. When we share the road, we are taking on this responsibility.

My promise to you – I will do my part to help keep your family safe. I ask that you do the same.

“Safety is for Life” “Practice Makes Permanent”

Karen Bottoni
CSEA

The Iron Clad Wings

District

The Journey that is GWRRA

Four weeks ago, at Wing Ding 43, the announcement was made that GWRRA, as we know it, would be closing its doors. A great deal of information spread from that moment, some truthful, some speculation, some plain ol' untruths. I have done all I can to pass on information that I could verify and explained why some information was not quite what it appeared to be. I promise I will continue to do that.



Lorrie Thomas & Dan Clark
VA District Directors
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There were two kinds of responses I received from the Virginia Chapters when asked what their plans were. Most of you are following the suggestion given by GWRRA and continuing the riding, gathering and fellowship with your Chapter Members. If a Chapter hasn't been active or the numbers got very small, they might not be doing that. No matter what you choose to do, there is a process all 12 Chapters must follow.

This is from Abel Gallardo CEO agallardo@gwrra.org Melissa Eason, Director of Operations maeason@gwrra.org of GWRRA:

“All money raised by GWRRA members chapter and districts should be used to take care of the chapters and districts. Just remember to take care of those that have supported your chapters and districts all these years. The money should be handled in accordance with the MOU and officer handbook. The money should be used up by the end of the year to close out your chapters and districts properly unless further instructions are provided by Home Office. Remember to process the final closing 990.”

In other words, complete your financial reports at year end like we have always done. Send them to Roman. You MUST keep 7 years of your financial reports according to the IRS. If you do not want to keep them yourself, send them to me and I will gladly store them for you. Along with the financial reports and showing that business has been closed by checking the box on the 990, the checking accounts that we all opened using the EIN number supplied by GWRRA must be emptied. As Abel said in the note above, use it for the benefit of the active members. You can spend it on a holiday party, buy gifts for the active members or donate it to a charity you've supported in the past. Up to you, but the account must be closed.

In the meantime, We have a Rally and a Chapter Picnic to enjoy. We will need a head count for the All Chapter Picnic by September 7. Remember, there is no cost to you. We want to make sure we have enough food and drink.

Rally in the Valley is going to be amazing! Hard to top that great 'cruise' we went on last year, but Randi and Dave have promised that it will be even more fun. Plenty of Pizza for Thursday, followed by ice cream. We are covering breakfast, serving hors d'oeuvres at the Sock Hop on Friday to enjoy while dancing to the DJ and we planned a beautiful buffet for dinner on Saturday. Games, costume contests, classes and rides are all planned. The rooms are filling up. Register soon!

Continued on next page

The Iron Clad Wings

District

The District Team will continue to support the Chapters and the Members.

Individually, some of us have joined Wing'd Rider, (wingrider.com) the association being formed by J&M's John Lazzeroni and Brad Neihouse. It appears to be most like GWRRA in its plans and focus. Information will be forwarded upon request. We are not suggesting that your Chapters should, also. That is totally your decision to make.

Pack your saddle shoes and see you at THE SOCK HOP!

Virginia District Directors

Lorrie Thomas & Dan Clark

The Iron Clad Wings

A Message From Wing'd Rider President John Lazzeroni

For Immediate Release – July 15, 2022



Born in 1975, the Honda Gold has been and is now the finest touring motorcycle built anywhere in the world.

Wing'd Riders website, Wing'd Rider Solo, Wing'd Rider Chapter Groups , the new Wing'd Rider magazine and Wing'd Rider Rally are all dedicated to the riders and co-riders of this magnificent machine.

This is your website, your experience and a place that you can come to get away from politics and other everyday hassles and share information about your Gold Wing, your riding style and those around you who also ride the Gold Wing.

There will be sections for those independent riders among us who choose not to be part of a group or chapter, but forge their own road and experiences wherever they chose to ride.

There will be sections for the many chapter/groups from all over the world, that currently ride and operate under the GWRRA flag.

Most important is that you can be assured this website and magazine will grow and evolve into the future based upon the input from all of our members.

Wing'd Rider magazine launch is scheduled for September 1st, 2022.

The new Wing'd Rider Rally is now scheduled for June 29th-July 2nd 2023 in Litchfield IL, and will be hosted by Niehaus Cycles. This exciting new rally will follow in the footsteps of the incredible Wing Ding rallies of the past, but with an updated program and flavor.

Please check in often as we put together this new website and get it ROKK

<https://wingdrider.com/>

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



AUGUST BIRTHDAYS

Carol Lindgren
Don McAlister
Joe Daniel



AUGUST ANNIVERSARIES:

None



AUGUST GWRRA ANNIVERSARIES:

Paul Bricker—5 years
Carm Stobie—13 years
Will Conrad—6 years
Doug Gilliam—21 years
Gayle Vernon—10 years



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
Aug 12	L	Ice Cream Ride—Skinny Dip, 237 Hanbury Rd, Chesapeake. Meet at the ice cream shop.
Aug 20	L	Lunch Ride to Nick's Spaghetti & Steak House, 3483 Lewis B Puller Mem Hwy E, Shacklefords, Va—Depart Bojangles, 3605 Bridge Rd, Suffolk, Va at 9am
Aug 23	L	Chapter Gathering. Golden Corral, 101 Volvo Pkwy 6:00 pm- 8:00 pm
Aug 30	L	Tides game- Roll back the Clock Night. Advance tickets needed
Sep 9	L	Ice Cream ride - Sundae Scoops, 1832 Kempsville Rd Suite 113 Virginia Beach, Va. Meet at the store at 7:00 pm
Sep 10	C	Chapter C Fall Sprawl- Get your registrations in if you haven't already
Sep 17	VA	All Chapters Picnic, Twin Lakes State Park, Green Bay, Va
6-8 Oct	VA	Rally in the Valley, Lynchburg Grand Hotel

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

The Iron Clad Wings

Chapter-L

ICE CREAM TRAIL Challenge

Rules:

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

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

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

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

Points will be awarded as follows:

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



The Iron Clad Wings

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



Fall Sprawl

September 10, 2022
485 Simmons Lane
White Stone, VA



**Cost: \$18 Per Person - Pre-Registered
\$23 - After August 29th**

Current Chapter Couples Free

Registration - 9am to 12pm
Lunch around 1pm
Awards after lunch

Saturday **STEAK** lunch!
Steak - Baked Potato - Salad - Drink - Dessert
Bring your own plate, knife & fork

Spent the entire weekend starting on Friday if you like (no additional cost)

- Friday Night Weenie Roast (or bring your own brats)
- Saturday Night Pot Luck
- Saturday "Entertainment"
- Sunday Morning Brunch



Chapter C Fun

Crusty Derby
Race on Saturday!

Chapter Challenge



The first 100 steaks are guaranteed.

If you register by August 29th, you will be entered into a drawing for \$50.

Pre-Registration Deadline - August 29th

Cost:
\$18 per person pre-registered, \$23 after August 29th
(Current Chapter Couples Free)

Attending _____ x \$18 = \$ _____

Attending _____ x \$23 = \$ _____

What day are you arriving? _____ Fri _____ Sat
If camping, please check what type:

_____ Tent/Pop Up _____ RV _____ 5th Wheel

How do you want your steaks cooked? Indicate the number of steaks:

___ Rare ___ Med Rare ___ Med
___ Med Well ___ Well Done ___ Raw (uncooked)

Please make check payable to **GWRRRA VAC**
GWRRRA VAC and mail to: **PO Box 1267**
Yorktown, VA 23692

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Organization: _____ Chapter: _____

I/we agree to confirm & comply with the ideas governing this event, and I/we further agree to hold harmless GWRRRA VAC or any property owner for any loss or injury to self or property in which I/we may become involved by reason or participation in this event. Everyone attending must sign.

Signature: _____

Signature: _____

The Iron Clad Wings



ALL CHAPTERS PICNIC

SEPTEMBER 17, 2022

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

Back by popular demand

\$5 to Park

\$0 to Party

11am to 3pm

Deserts To Share

Please Bring One
Dessert per Chapter



Chapter Challenge Games

Fully Catered
Lunch
Menu will be
posted later



Location



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

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

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

Latitude, 37.174829, Longitude, -78.273242.

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

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

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

Chapter Directors:

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

We will need a head count by September 7, 2022

The Iron Clad Wings



October 6—8, 2022

Lynchburg Grand Hotel

601 Main Street, Lynchburg Virginia 24504

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

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

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

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

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

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

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

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

(Must be pre-registered & pre-paid)

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

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

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

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

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

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

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

NO REFUNDS UNLESS CLASS IS CANCELED BY INSTRUCTOR

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

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

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

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

The Iron Clad Wings

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

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

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)	-	-	
TOTAL	-	-	

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		
	TOTAL SHIRT ORDER			

The Iron Clad Wings

Before Help Arrives:

Being Prepared in the Event of a Motorcycle Accident

By: Greg Drevenstedt, ridermagazine.com



During the first few minutes after TJ's crash, he was woozy and in some pain. Once the adrenaline wore off, his condition became more serious. But without first aid training all we knew to do was call for help. (Photo by the author)

Like it or not, accidents happen. Fortunately, they tend to be rare events, and when they do happen they're often minor, such as a parking lot tip over that does more harm to our pride than our body or bike. But sometimes accidents are more serious. Sand or gravel may cause us to lose traction. We may overcook a decreasing-radius corner. Or we may have a close encounter with a car or a leaping deer.

As responsible motorcyclists, we owe it to ourselves, our friends and our loved ones to be prepared in case an accident happens. If we're riding in or near an urban area, then we can usually count on having a cell signal, the ability of first responders to access the scene quickly and the proximity of a hospital. But even in urban areas it could take up to 30 minutes or longer for an ambulance to arrive on the scene.

What should you do until help arrives? And what if the accident happens when you're riding out in the country or other remote area? Those are exactly the sort of places we love to ride, where we can escape from the city or suburbia to enjoy winding roads and off-the-beaten-path scenery. How would you call for help? And even if you can call for help, how long will it take for an ambulance or helicopter to arrive?

Continued on next page

The Iron Clad Wings

A few years ago, during a dual-sport ride with friends, our buddy TJ crashed his GS on a downhill, landing on his right shoulder. He was woozy and in pain, but he was able to get up, remove his helmet and speak coherently. After a few minutes, TJ told us his fingers were numb, his arm felt cold and he had a history of heart problems. We were lucky. We had a weak cell signal and were able to use my GPS to provide precise coordinates to the 911 dispatcher, and an off-duty paramedic and a nurse happened to be in the area and attended to TJ while we waited for a helicopter. TJ was airlifted to a hospital where he was treated for a dislocated shoulder, a chipped bone in his upper arm and a bruised collarbone.

We were relieved that first responders were able to provide assistance and evacuation so quickly, but what struck me about that incident was my ignorance of what to do other than dial 911. Recently I completed a weekend-long Wilderness First Aid course put on by NOLS, the National Outdoor Leadership School. Aimed at those who recreate outdoors where emergency medical response can be expected in less than eight hours, the course teaches the Patient Assessment System, basic first aid and how to make evacuation decisions.



As luck would have it, members of the Pathfinders militia were training in the area, and a nurse and a paramedic from the group attended to TJ until a helicopter arrived. Since help is rarely available in remote areas, it's good to be prepared with first aid training, a first aid kit and a reliable way to contact first responders. (Photo by the author)

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The Iron Clad Wings

One of the teachers was Dave Craig, a Senior Instructor at NOLS who is a Wilderness EMT as well as a motorcyclist. He enjoys long, exploratory rides on his Suzuki DR650S throughout Arizona and down into Mexico. When I asked Craig how wilderness first aid applies to motorcycling, he said, “When it comes to first response to a motorcycle accident, whether in remote areas or not, there are several important elements. First, secure the scene to prevent further injuries.” This is the first step in the Patient Assessment System (see sidebar below). If the accident occurs on the road or a popular trail, enlist friends or bystanders to control oncoming traffic, and beware of other potential hazards. If the injured rider is trapped under his or her motorcycle, make sure the bike is picked up safely without putting you or others at risk.

“Second, you should be prepared with training and materials to attend to threats to life,” said Craig. “Take a first aid/CPR course and always carry a first aid kit with medical gloves. For the injured rider, first assess the ABCs—Airway, Breathing and Circulation, and check for serious bleeding. Next, evaluate D—Disability; in particular, do you need to protect the spine? And E—Expose any injuries so they can be examined.” This is part of the initial assessment in the Patient Assessment System, which is the first priority after the scene has been secured.

Many believe you should never remove a motorcyclist’s helmet if he or she has been in an accident. However, a full-face helmet’s chinbar covers the rider’s mouth, making it difficult to check airway and breathing. (A flip-up or modular helmet allows a rider’s face to be exposed without removing the helmet.) Also, if the accident occurs in a remote area where it could be an hour or longer until help arrives, removing the helmet allows the rider’s head to be examined for injury and helps keep them cool and comfortable. Whether or not the helmet is removed, ensure that the rider’s head is supported to protect the spine.

“And third, after completing a thorough patient assessment, you need to have a way to contact emergency services in the areas in which you ride,” Craig said. At a minimum you should carry a cell phone, but a satellite communicator, such as those made by Garmin or SPOT (see Resources), is a great backup because they work anywhere and transmit precise location coordinates to first responders. Be sure to keep your phone and/or communicator in your pocket rather than on your bike in case you and your bike go separate ways in an accident, particularly if you’re riding solo.

Accidents are emotionally charged situations—for the rider(s) involved and for bystanders. If you witness an accident or are one of the first to arrive on the scene, it’s important to stay calm and help keep others calm. Assess the situation before diving in; help secure the scene and act in a thorough, deliberate manner. Just as motorcycle skills training prepares us to be better riders, hands-on first aid training prepares us to act with confidence so we can assist the injured as well as first responders. Always have emergency contact and personal medical information on your person in an easy-to-find location, as well as a first aid kit, a cell phone and, if traveling in remote areas, a satellite communicator.

Continued on next page

Patient Assessment System

Scene Size-up

- Identify hazards to self, other rescuers, bystanders, patient.
- Determine mechanism of injury.
- Form a general impression of seriousness.
- Determine the number of patients.
- Protect yourself with body substance isolation (e.g., wear gloves).

Initial Assessment

- Obtain consent, assess for responsiveness and protect the spine.
- **A – Airway:** Open the airway; look in the mouth and clear obvious obstructions.
- **B – Breathing:** Look, listen and feel.
- **C – Circulation:** Check pulse at the neck; look and sweep body for severe bleeding.
- **D – Disability:** Decide if further spine protection is needed.
- **E – Expose** and examine major injuries.

Secondary Assessment

- Head-to-toe examination (look, listen, feel, smell, ask)
- Measurement of vital signs (responsiveness, heart rate, skin, respiration, temperature, pupils)
- Medical history (chief complaint; SAMPLE — Symptoms, Allergies, Medications, Past history, Last intake/output, Events)

Source: “NOLS Wilderness Medicine, 6th Edition”

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SNAPSHOTS

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

Chapter Gathering
July 26, 2022



Ed Patejak won 50/50

Steve Kapsha won Ride Pot



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Did You Know?

www.did-you-knows.com

Temperature did you know

Did you know when lightning strikes it can reach up to 30,000 degrees celsius (54,000 degrees fahrenheit)

Did you know sponges hold more cold water than hot

Did you know an elephants ears are used to regulate body temperature

Did you know room temperature is defined as between 20 to 25C (68 to 77F)

Did you know rubber bands last longer when kept refrigerated

Did you know when water freezes it expands by 9%

Did you know your normal body temperature is 37C (99F)

Did you know minus 40C is exactly the same temperature as minus 40F

Did you know the frozen foods were first introduced in the 1920.

Did you know the ideal temperature to fall asleep is between 18-30c (64-86f)

Did you know Mercury is the only metal that is liquid at room temperature

Did you know the only thing that can destroy a diamond is intense heat

Did you know petrol has no specific freezing point (it can freeze at any temperature between -82 and -115C (-180 and -240F)

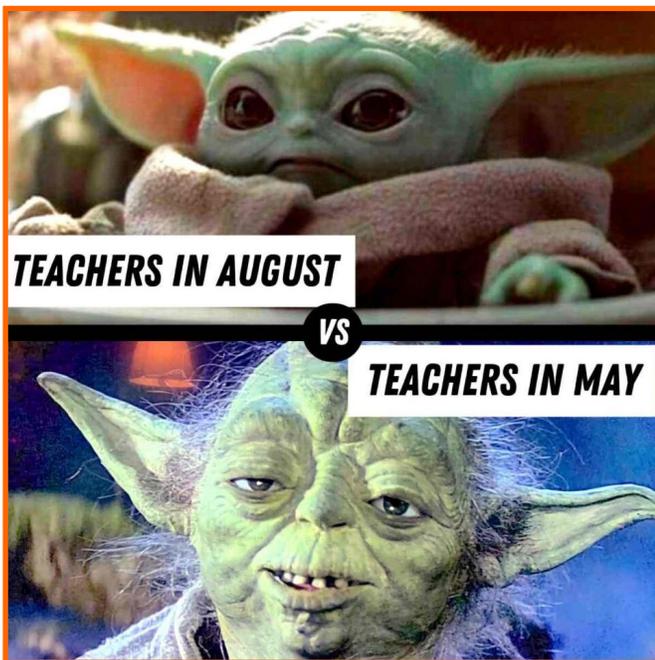
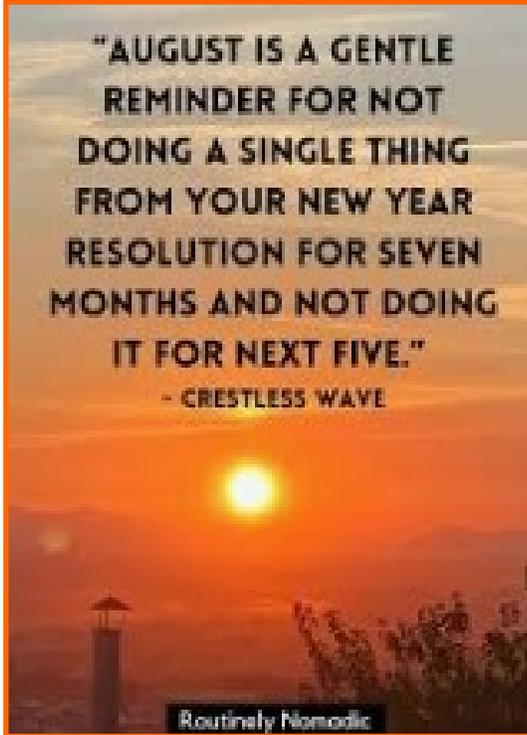
Did you know the average shower temperature is 38C (101F)

Did you know coffee is generally roasted between 204 - 218C (400 - 425F) (the longer the beans are roasted the darker the roast)

Did you know the winter of 1932 was so cold that Niagara Falls froze over completely

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Chapter-L Funnies



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Chapter Team Members

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<https://gwrraval.org/>

The Iron Clad Wings

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CPR/MFA Coordinator	Vacant		
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<https://www.gwrroavdistrict.com/>

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Virginia Chapters



CHAPTER	LOCATION	CHAPTER DIRECTOR	PHONE	SOCIAL GATHERING
VA-A	Burke American Legion 3939 Oak Street Fairfax	Steve Hartsock Shartsock9@gmail.com	703-380-6086	3rd Saturday 8am Meet / Ride at 9am
VA-C	Newport News IHOP 15447 Warwick Blvd	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 Castiglia's Italian Rest. 10705 Courthouse Rd	Joe and Peggy Herron jdheron6919@yahoo.com	540-424-5852	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	202-309-5953 646-406-1200	2nd Sunday 11am Meet / Eat
VA-K	Roanoke Faith Alliance Church 7505 Barrans Rd.	Jim Daily & Susan Stuppiello dailylent@yahoo.com susanstuppiello@gmail.com	540-230-0511	2nd Monday 6pm Eat / 7pm Meet
VA-L	Chesapeake Golden Corral 101 Volvo Pkwy	Dan Clark & Lorrie Thomas wingernut93@aol.com lorriethomas@aol.com	753-343-1783 D 954-599-5178 L	4th Tuesday 6pm Eat / 7pm Meet
VA-R	Harrisonburg	Gary Hoover hoov@shentel.net	540-975-0223	1st Sunday Location TBD
VA-V	Bedford Bedford Church of God 212 E. Main St	Jonathan Whitworth otteridevav@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

The Golden Corral Buffet & Grill
101 Volvo Parkway, Chesapeake,
VA 23320
(757) 549-2819
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