

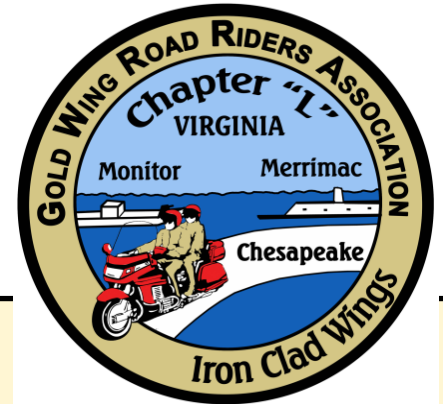
The Iron Clad Wings



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

**Chartered
 15 April, 1995**

BRONZE Level Chapter for 2017



We're More Than Gold Wings...

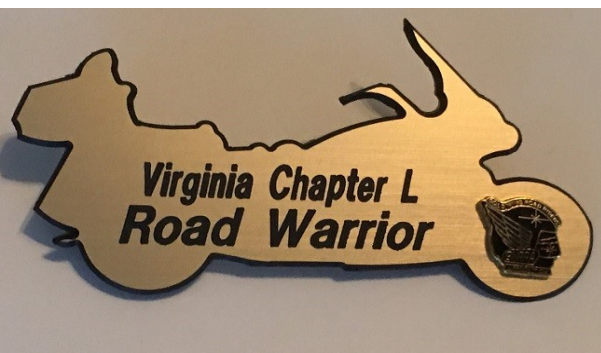


Chapter Directors: Dan Clark & Lorrie Thomas
 wingernut93@aol.com lorriemthomas@aol.com
 Dan's Cell 757-343-1783 Lorrie's Cell 954-599-5178

Ride & Grow with VA-L

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

2022 Road Warrior Awards



- January: Lorrie Thomas
- February:
- March:
- April:
- May:
- June:
- July:
- August:
- September:
- October:
- November:
- December:



IN THIS ISSUE

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

ALSO IN THIS ISSUE

- Panic Situations
- Making Your Way With Maps
- **SNAPSHOTS**—a look at what Chapter L's been up to
- Chapter L Funnies

The Iron Clad Wings

FIND YOUR MEMBERSHIP NUMBER



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

We will continue this game for 2022. Karen Bottoni, your Newsletter Editor will hide three random Chapter L Membership numbers somewhere in the newsletter. She will spin the wheel three times and a membership number will appear. If you locate your membership number, please notify Karen, kbottoni@gmail.com, 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



Our first Gathering was held on January 25th, and we had about 25 people in attendance. What a pleasure it was to have so many at our new facility, The Golden Corral. It was a nice, clean place and the food was plentiful. With the variety of food, it is a surprise if anyone went home hungry.

As many may have heard by now, Wingless Weekend has been canceled. The District decided that due to lack of registrations and participation. The District Team wants to hear any suggestions as to what you the Members want for events. They specified that they believed it was mostly due to covid that Members didn't register. If anyone has any suggestions, let a District Team Member know of your thoughts.

Your Chapter Team has been busy planning the year. We held a planning meeting on January 9th and the team produced great ideas for upcoming rides and events for the year. We will be incorporating these suggestions into the ride calendar, so keep your eyes open for the ride calendar to be updated.

The District held their annual Ops meeting in Charlottesville on January 16th and our Chapter had 5 Team Members attend. A lot of useful information was passed, and we even had breakout sessions for each of the positions. I attended the Ride Coordinator session and learned a lot from the other Chapters.

We will again this year be holding our Bike Rodeo. It will be held on May 14th at Kempsville Presbyterian Church on Kempsville Rd in Virginia Beach. Put this on your calendar as we will need everyone's assistance to make this a successful Chapter event. Start collecting door prizes from vendors but I would like to keep the number of prizes down to about 30-35.

One other thing that we will be bringing back to our Chapter Gatherings is the marble game. We will not have as many marbles in the bag as was in there the last time. The chances of winning will be greater.

We hope to see many of you on an upcoming ride. This is what the Association and our chapter are all about, Riding and fellowship. Read the Ride Coordinator article to see what rides and events are coming up for the month of February. Till then be safe, ride safe and keep the shiny side up.

Dan Clark & Lorrie Thomas

Chapter Directors, Va-L

The Iron Clad Wings

Joe & Trish Daniel

Chapter Couple of the Year

famdan4@charter.net



Chapter Couple



Fantastic Voyage

Is this writing about a 1966 science fiction movie surrounding exploration, terrific concentration, exhilaration, coordination and confidence? Well sort of....for those of you who are not familiar with this very cool movie, it is about a courageous submarine crew who shrunk to minuscule size. They journeyed into the body of an injured scientist to repair parts of his damaged brain. They wore really neat protective attire, and yes, helmets included to keep their noggin secure. This intriguing and captivating movie was unforgettable for a young teen surrounding herself with science and imaginative thoughts for her future. Who would have thought she would have the chance to ride something better than the submarine ridden by the shrunken crew members who traveled through blood vessels passing giant cells and its cellular makeup. The crew experienced an incredible adventure posed with the unknown, anticipating and sorting out problems, helping one another and facing the challenges ahead.

Our first bike rally riding Goldie to TN last spring brought about much of the same excitement. The ride there and back home was really great. We glided on the interstate surrounded by fast moving traffic. It felt as though I could reach out and touch those big trucks although you know that would not be a good thing! Riding alongside some of the Tennessee mountains was breathtaking. Our adrenaline was pumping so hard upon arrival to the rally. All those bikes and cool Wingers all around us! Joe tasted the ground as he kissed it after parking Goldie. The time flew by fast and what a blast we had there with good people, fine conversation, lessons, games and all those Goldwings! Thanks to great preparation from our Brother and Sister (Dan and Lorrie), the Chapter folks, University classes, ARC, Chapter rides and much advise, our voyage was fantastic indeed. We are so very thankful to be a part of GWRRA and are praying for many more trips to come!

Joe & Trish Daniel

The Iron Clad Wings

Dennis & Phyliss Easton

Membership Enhancement Coordinators

eastondm@cox.net



Membership Enhancement



Hello Chapter L,

Tuesday June 21, 2022

This is the official date for the start of Summer. However, we know the summer riding season starts much earlier than that. When we take longer rides, uncover the grill, and breakout the lawn chairs.

This year our Ride Coordinator is planning on some new destinations as well as some tried and true destinations everybody looks forward to. If you have thoughts or ideas, please send them to any Team Member to get put into the rotation.

We have a big challenge ahead of us this year, GROWTH. Growing the Chapter will help us Bloom, Thrive, Spread, and develop a future for GWRRA and Chapter VA-L. We can't do this without your participation. We need your help with Recruitment. The latest ARL, list of membership, just came out. Chapter L is at 78 members, down from a high of 103 members 3-1/2 years ago. To continue moving forward we need new members. We are putting together several recruitment events and need Everyone to help. Keep your eyes open for new opportunities. Talk to the biker next to you at the Gas Pumps. What are His or Her interest. Invite them to the next Chapter event.

You are the future of the chapter. We are asking for your assistance to make that happen.

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)

The Iron Clad Wings

Dan Clark

Ride Coordinator

wingernut93@aol.com



Ride Coordinator

Greetings Chapter Members and welcome to the Riders' Corner. We have some exciting rides and events planned for the coming year and it appears we are going to be quite busy. As always, if anyone has any suggestions for rides, be it a day ride or a weekend ride, let me know and we will attempt to fit it into the calendar.

Listed below are the rides and event planned for the month of February.

Feb 11: Chapter Dinner. Tucano's Brazilian Grille 14280 Fountain Way Newport News Meet at the restaurant at 6:30 pm

Feb 19: ITCP Training – anyone interested in becoming a University Instructor, get in touch with Lorrie prior to the 8th of Feb.

Feb 19: Lunch ride. Short ride to Captain Chuck a Muck's. Depart Hardee's at 10:30 am

Feb 22: Our next Gathering. Golden Corral 101 Volvo Pkwy 6:00 pm- 8:00 pm

Feb 26: Crazy Supper in Winchester, Va. Depart from Bojangles located at 3605 Bridge Rd in Suffolk, Va at 11:00 am. Preferably 4 wheels. (Lorrie and I will be spending the night to attend their Gathering the next morning)

Come join in on some of the fun and we hope to see you. Be safe, ride safe and keep the shiny side up

Dan Clark

Ride Coordinator

The Iron Clad Wings

Karen Bottoni
CSEA
kbottoni@gmail.com



Chapter Skills Enhancement Advisor

INSIDE THE HELMET OF YOUR CSEA

As I pull out on the road, after looking up and down for a clear space in traffic, I try to look again right and left as well as in both my mirrors. I also look up and down because when you pull out in the middle of the road, things could be a whole lot different than they appeared, and that is just on the surface of the road.

The road seems dry, but I see a small patch in the road ahead rolling into the throttle. Looking up, I glance in the mirrors to see that I'm not impeding the traffic behind me which makes my smile bigger with the acceleration. That's when I see the big burly looking dog on the side of the road. That dog DOES NOT LIKE the sight of my trike and is making a motion to bolt towards me. That has my attention, and on calculating a route to avoid interception of the DOG, I realize the small patch in the road is not a patch.

It's a black trash bag that wind from Mother Nature is blowing right in front of me. The dog cuts to my right and I duck and quack. The trash bag gets caught on half of the windshield and I cuss, thinking that before I can get rid of it, the bag will impede my ability to see where I'm going.

Now, back to the mirrors to see if I am the new hood ornament of the car behind me! After the third attempt to dislodge the plastic bag, which to my relief was exiting stage right, all of that happened in a time span of 10 seconds.

This is how fast things can get weird. Riding around a problem should be your first choice.

Braking creates problems because you lose a large amount of traction trying to steer and brake. Sudden braking scares me because I don't want someone to rear end me. So I'm always looking for a way out.

Looking for a way out starts by looking as far ahead as you can. You may need to move from the left to the right side to see around vehicles. This also helps you become more visible and you don't become part of the vehicle you are behind, as well as your head light flashes from mirror to mirror for your friend in front.

Speaking of a way out, don't forget the vehicle behind you.

I always try to stop as far left in the lane as I can to give them a way out to the right, in case they don't see you until the last minute!

The Iron Clad Wings

Karen Bottoni
Webmaster
kbottoni@gmail.com



Webmaster

Covid-19 Scams

Phony Testing Sites

This winter's spike in COVID-19 cases has more people than ever looking for tests. This has given rise to a new con: phony websites and fake in-person testing sites used to collect personal and insurance information.

How the scam works

- ◆ You search online for a COVID-19 test in your area. Several websites appear, and you choose a testing clinic affiliated with a local pharmacy or a pop-up run by a local group.
- ◆ In one version of this scam, you show up at the testing site. Before you can get a test, the person working there requires you to fill out a form with personal information and takes picture of your driver's license and medical insurance cards. Then, they do a swab and promise test results within a short time. Unfortunately, the test is a fake and the results never arrive. It was an excuse to get your information.
- ◆ In another version of this con, you complete an online appointment form with your personal, insurance, and medical information. You may also pay a small fee. But when you show up for your appointment, the pharmacy has no record of your appointment. Again, the phony form was a way of phishing for personal information.
- ◆ One victim reported to BBB Scam Tracker this experience at a phony testing site: "Not until I got home did I realize I provided WAY too much personal information... They used a swab of saliva and said I would be notified by email within 24 hours. It has now been 2 weeks no results, and they are still there doing covid tests."

How to avoid COVID-19 testing scams:

- ◆ Understand the COVID-19 testing options in your area. The Centers for Disease Control and Prevention reminds consumers that no-cost COVID-19 tests are available to everyone in the U.S. at health centers and select pharmacies. If someone insists you pay for a test, especially if they claim it will cost you hundreds of dollars, it's a scam.
- ◆ Only get tested at authorized testing sites or health centers. Visit your state, tribal, local, or territorial health department's website to find an authorized testing site in your area. In Canada, get information about testing for your province.

Continued on next page

The Iron Clad Wings

- ◆ Watch out for lookalike websites. Scammers have become adept at creating websites that look just like websites belonging to well-known, trusted businesses. Before entering your personal information to an online form, make sure the website you are visiting is secure and there are no misspellings or unfamiliar names in the URL bar.
- ◆ Be wary of unsolicited callers and messages. No legitimate company or health clinic will call, text, or email you without your permission. If you get an unsolicited message from someone, it's best not to give the caller or sender any personal details before confirming it's from a legitimate source.

For more information

Learn about other ways scammers are taking advantage of the pandemic with vaccine scams and government agency impostors and read about other popular COVID-19 scams and additional testing scams at:

<https://www.bbb.org/article/scams/23475>

<https://www.bbb.org/article/news-releases/22776>

<https://www.bbb.org/article/news-releases/21989>

<https://www.bbb.org/article/news-releases/22395>

Also, If you've spotted a scam (whether or not you've lost money), report it to BBB Scam Tracker at <https://www.bbb.org/scamtracker>. Your report can help others avoid falling victim to scams.. [Source: Better Business Bureau | January 14, 2021++]

The Iron Clad Wings

District



February is American Heart Month chosen because this is the peak month for heart attacks! It is a time when all people can focus on their cardiovascular health. It is also a good time to think of family and friends and a way you can prepare to help should the one's we love have a heart attack. As the Red Cross says: Get CPR certified – and be prepared for the moments that matter. GWRRA has always focused on being prepared. The District continues to do so by offering an MFA/CPR and AED training class in March.



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

The flyer is included in the newsletter. It is being held at a private residence in Gloucester, the address will be given to those who register. The cost is \$30.00 per person. Drinks will be supplied. Covid protocol will be observed. Masks are suggested. There is a class size limit, so register as soon as possible.

The new year brings lots and lots of planning. The ride calendars are filling up, the Chapter events are being planned and the All Chapter Picnic and Rally will be here soon. So many of you have stayed close to home to be safe and we miss you! As your comfort level allows, venture out and reconnect with your GWRRA family.

At the OPS meeting in January, the Team shared the inner workings of the Rally. Most were surprised at the costs. Once explained, we all had a better idea why we raised the prices to attend. It was decided several years ago to cut back on the costs for Chapters attending Rally, no Chapter Baskets, no Couples baskets, no table or door decorations, no donations to hospitality, no cookie contest, no raffle ticket sales. We had hoped it would encourage more participation. Then Covid came along.

We had pretty good attendance anyway but would love to have had more. We lost several thousand dollars the first year. We lost much less this past year, a couple of hundred dollars. In other words, it cost more to put on the event per Member than what we asked for in registration and 50/50 sales. In further discussion with the Teams at OPS, several suggestions were made by the attendees. Some thought we could ask each Chapter to donate money upfront. Others offered to contribute to the hospitality room, food and drinks, like before. Auctioning baskets even came up again.

Bottom line, this is your Rally. The Team works hard to put on an event that will be fun, educational and offer what the Members want. Here is your chance to speak up. No decisions have been made on how the Chapters can contribute. We will wait on your input. Want to bring back all or some of what we used to do, let us know!



The Iron Clad Wings

National

Look at some of the programs Gold Wing Road Riders Association offers to its members:

Programs ...



Rider Education - Our World Class Educational Program has many avenues to educate both our motorcycle community and the general driving public. The GWRRA Rider Education Program (REP) is intended to make the motorcycle riding environment safer by reducing injuries and fatalities and increasing motorcyclist skills and awareness. <http://www.gwrroa.org/regional/ridered/index.html>



Leadership Training - Our passion is to help you grow. Learning is one of the important ingredients for personal growth and our job is to make sure that every Member has ample opportunities to learn new and exciting things. We offer seminars and programs that not only apply to GWRRA but your personal and professional lives as well. <http://ltp.gwrroa.org/>



Member Enhancement - is designed to help the new Member find out all that GWRRA has to offer, create new programs and opportunities for all Members and to enhance the GWRRA experience for all. We recognize our standing Members and Chapters for all their hard work and support of GWRRA. If you want to have fun come check us out!! <https://gwrroamep.org/>

Gold Book ...

The "Gold Book" is our annual Service Directory that has thousands of names of fellow Members offering services that range from roadside assistance to lodging. visit <http://membership.gwrroa.org> to edit your options, or offer your assistance! You can also contact Member Services and they can edit your information over the phone! Phone: 800-843-9460 or 623-581-2500 (Phoenix)



About GWRRA ...

/// GWRRA VISION

Gold Wing Road Riders Association [GWRRA] is recognized as the world's largest single-marquee for safety, technical, educational and social organization for riders of touring motorcycles.

/// GWRRA MISSION

Dedicated to our Motto; Friends for Fun, Safety and Knowledge, GWRRA Members enjoy the freedom of belonging to a not-for-profit, non-religious and non-political organization.

/// GWRRA VALUES

- **Friends** - GWRRA Members are men and women from all walks of life with varied interests and backgrounds. We have Gold Wing and other touring motorcycle riders of all age groups. Some ride solo and many ride with small and large groups! New Members join GWRRA especially for the technical information we share; some of our Members join for the enjoyment of riding with friends and also meeting new friends. Find your future riding friends with your [Region Map](#).
- **Fun** - As a family organization, GWRRA has certain fun groups to include restaurant, picnic and campout runs. We also have GWRRA groups to include charities, parades, and small or large events across the country. GWRRA Members can participate in live or video seminars through [Rider Education Programs](#).
- **Safety** - We strive for improvement through GWRRA safety workshops. We will share technical expertise, news and tips about riding, maintenance and the best touring routes in the world. [Safety is for Life](#) on our GWRRA Rider Education Programs page.
- **Knowledge** - While generalization about a group of individuals as large as today's GWRRA is difficult, GWRRA Members are likely to be independent thinkers, fun-loving, generous, adventuresome, cooperative and unfazed by the natural challenges of riding in the rain, temperature extremes or highway uncertainties. Many Members have completed CPR and first aid training, making them the best-prepared motorcycle riders on the world's highways! Find "CPR and First Aid Training" on our GWRRA [Medic First Aid International® Programs](#).

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.

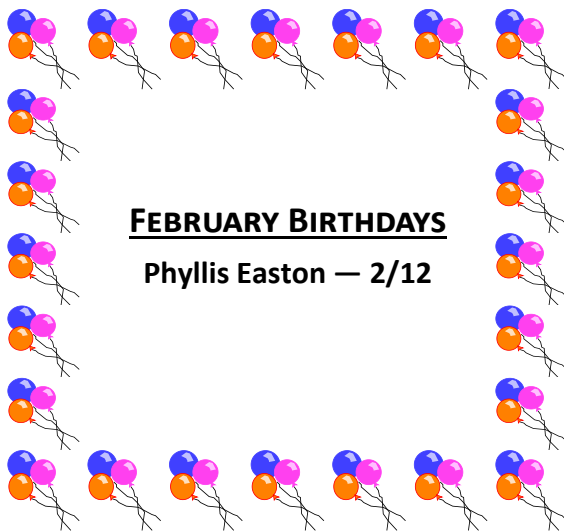
It takes everyone to make the Chapter successful. But what is the definition of **successful**? Successful means the Chapter is fun. Successful means the Chapter rides a multitude of routes with varying distances. Successful means people want the Chapter to thrive. Successful means people ask "what can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



FEBRUARY BIRTHDAYS

Phyllis Easton — 2/12



FEBRUARY ANNIVERSARIES:

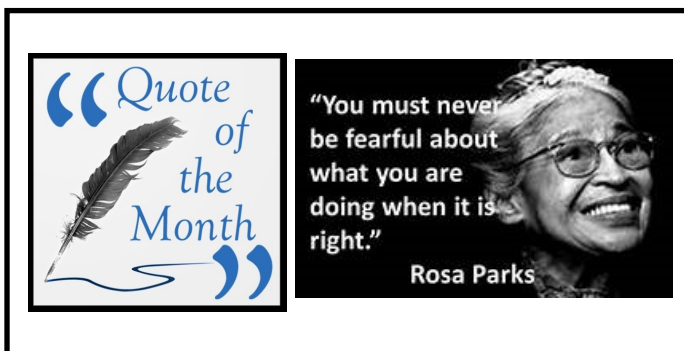


NONE



FEBRUARY GWRRA ANNIVERSARIES:

Mirjana Savich - 9 years
 Darrell Pauley - 8 years
 Rocky & Gail Link - 4 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.TheEngraver.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
Feb 11	L	Chapter Dinner. Tucano's Brazilian Grille 14280 Fountain Way Newport News Meet at the restaurant at 6:30 pm
Feb 19	L	Lunch ride. Short ride to Captain Chuck a Muck's. Depart Hardee's at 10:30 am
Feb 21	Holiday	President's Day
Feb 22	L	Chapter Gathering. Golden Corral, 101 Volvo Pkwy 6:00 pm- 8:00 pm
Feb 26	F	Crazy Hippie Supper, Winchester Fairgrounds, 155 Fairground Road, Clear Brook, VA. Depart from Bojangles located at 3605 Bridge Rd in Suffolk, Va at 11:00 am. Preferably 4 wheels. 424991-01
Mar 13		Daylight Savings Time Begins
Mar 22	L	Chapter Gathering. Golden Corral, 101 Volvo Pkwy 6:00 pm- 8:00 pm
Mar 26	VA	Medic First Aid Class, 8:30a-12:30pm, Gloucester Va (see newsletter flyer)
Oct 6-8	VA	Rally in the Valley, Lynchburg Grand Hotel, 601 Main St, Lynchburg, Va (see newsletter flyer)

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

The Iron Clad Wings

CAMP WINGLESS HAS BEEN CANCELED!

It is with great sadness that the Virginia District must cancel Wingless Weekend 2022 due to lack of registrations.

We are assuming the lack of registrations is most likely due to the caution some are still taking due to COVID. We certainly understand.

A FULL refund will be made to the credit card used for your online registration. Those that paid by check or cash will get a refund check. As an option, you can apply your Wingless Weekend registration towards this year's Rally in the Valley registration. Please let us know your choice by January 30. Note that refunds may take up to seven business days to complete and post to your statement. If you do not see the refund back into your account by February 13, please contact Roman at 757-687-9292 or gwrrava@gmail.com.

Thanks for your understanding and patience.

The Virginia District Team
January 24, 2022

The Iron Clad Wings

Instructors Wanted!

GWRRA will be offering an Instructor Training and Certification Program (ITCP), in Virginia, this February 19th, at 9:00am.

If you are interested in attending this workshop to become a University Instructor, please contact the University Director, Lorrie Thomas, at lorriemthomas@aol.com or 954-599-5178 as soon as possible to start the process.

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



Chapter F Presents:

CRAZY HIPPIE SUPPER

February 26, 2022

Comfort Inn has once again opened their doors for our
Guests to come and stay

Comfort Inn – 1601 Martinsburg Pike, Winchester, VA 22603

Phone: 540-667-8894

\$70.00 per night for 2 including breakfast

Book your reservation by 02-20-2022

Stay Friday & Saturday Night - February 25th & 26th

Event is at the Winchester Fairgrounds

155 Fairground Road Clear Brook, VA 22624

Doors open @ 3:00 pm Saturday, February 26th

Dinner @ 4:30 PM

\$10.00 early RSVP, \$12.00 at the door

**Stay Saturday Night and join us for our Sunday morning
meeting 9:00 am at Stephens City Diner**

The Iron Clad Wings

CHAPTER F CRAZY HIPPIE SUPPER

REGISTRATION FORM

I/WE AGREE TO HOLD HARMLESS GWRRA OR CO-SPONSORING ORGANIZATION OR PROPERTY OWNER FOR ANY LOSS OR INJURY TO SELF OR PROPERTY IN WHICH I/WE MAY BECOME INVOLVED BY OUR PARTICIPATION IN THIS EVENT.

I/WE AGREE TO ASSUME RESPONSIBILITY FOR ANY PROPERTY WHICH I/WE KNOWINGLY DAMAGE. I HAVE READ AND AGREE WITH THE ABOVE.

(ALL MEMBERS IN YOUR PARTY MUST SIGN THIS DISCLOSURE STATEMENT)

I _____ From Chapter _____ plan to attend the Crazy Supper

I _____ From Chapter _____ Plan to attend the crazy Supper

Enclosed is \$ _____ for our reservation

Please mail this NON-REFUNDABLE registration form to

DAVE SHIRLEY

PO Box 24

Stephenson, VA 22656

Please call Stephanie at 540-664-6430 if you have any questions.

The Iron Clad Wings**GWRRA MEDIC FIRST
AID CLASS®
ANNOUNCEMENT**

FILLABLE VERSION



VIRGINIA DISTRICT WILL BE HOSTING A

MEDIC FIRST AID CLASS®

CLASS DAY/ DATE: SATURDAY, MARCH 26 TIME: 8:30 AM

MEDIC FIRST AID® Class includes instruction in basic First Aid; CPR and AED use

EVENT LOCATION: GLOUCESTER, VIRGINIA

EVENT ADDRESS: TO BE SUPPLIED WHEN REGISTRATION IS RECEIVED

EVENT HOURS: 8:30 AM - 12:30 PM

FEE PER MEMBER: \$ 30.00

ADDITIONAL INFORMATION: DISTRICT WILL SUPPLY DRINKS

Lunch Will Will Not be served.

EVENT CONTACT INFORMATION: LORRIE M. THOMAS @ 954-599-5178

TO REGISTER FOR THE CLASS COMPLETE & SUBMIT THE FORM BELOW:

-----cut here -----

MEDIC FIRST AID® CLASS REGISTRATION (Please Print)

YOUR NAME: _____ GWRRA # _____

PHONE: _____ EMAIL: _____

TOTAL AMOUNT ENCLOSED: _____ **DO NOT SEND CASH**

MAKE CHECKS PAYABLE TO: GWRRA VIRGINIA DISTRICT

MAIL COMPLETED REGISTRATION AND PAYMENT TO: ROMAN PARYZ @ 331 PAINE STREET,
NEWPORT NEWS, VA 23608-202

GWRRA MFA Class Event

Event copy to: mfaasst@gmail.com

The Iron Clad Wings



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

MARDI GRAS

RIDES

Visit A
Gator Farm

RIDES

Tour A
Plantation Home

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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

Cookie Bar
Contest Open
to ALL

Ride
The Tail
Of The
Gator

RIDES

Day Ride To
New Orleans

Cooking With
Pam J

RIDES

Cajun Dinner
Night

COY Selection

Bingo

Laissez les Bon Temps Rouler!

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

The Iron Clad Wings

Louisiana District Mardi Gras Madness Rally

April 7th, 8th & 9th

Come Early April 6th
For Our SPECIAL Guided Tour

gwrra-la.org and click on the Rally tab

Early Registration ENDS 3/15/2022

PLEASE PRINT

Rider's Name _____ GWRRR# _____
 Co-Rider's Name _____ GWRRR# _____
 District / Chapter _____
 Address _____
 City _____
 State _____ Zip _____ Phone (____) _____ - _____
 Rider Email _____
 Co-Rider Email _____

QTY	DESCRIPTION	Price	Total
	GWRRA Member Early Registration \$30, \$35 on site	\$30	
	GWRRA One Day Pass	\$20	
	GWRRA Life Member	\$20	
	Non-Member Early Registration \$35 \$40 On Site	\$35	
	Sat 50/25/25 Tickets/Stretch (10 Double Tickets) Must Be Present To Win SATURDAY ONLY	\$10	
	Grand Prize Tickets/Stretch (10 Double Tickets) Must Be Present To Win	\$10/ea	
	Cajun Dinner Night: Choose Option Below See Page 2 for Menu Option 1 _____ Option 2 _____ Option 3 _____	\$25/ea	
	SATURDAY AFTER CLOSING Must Be Paid By March 15th		
	Level IV Breakfast Must Be Paid By March 15th Level IV # _____ Level IV # _____	\$15	
	Apr 6th Escorted Tour to New Orleans. Per Vehicle Paid in Advance	\$5	

Refunds subject to 10% Service Charge & NO REFUNDS after Mar 15, 2022	TOTAL	
--	-------	--

I/we agree to hold harmless the GWRRR, co-sponsoring organization, and any property owners for any loss or injury to self or property to which I/we may become involved by reason of participation in this Rally.

Rider Signature _____ Date _____

Co-Rider Signature _____ Date _____

Make Checks or Money Orders Payable to: Louisiana District
 Mail to: Fritz & Johnette Beter, LA D/D, 3257 E Lafourche Ct Kenner, La 70065

The Iron Clad Wings

LOUISIANA DISTRICT RALLY LINEUP 2022

Come Early

Wednesday April 6 Visit New Orleans (9:00 - 4:00)

Ride from the Mississippi River to Lake Pontchartrain.

Ride down historical St Charles Ave, have lunch at a famous New Orleans PoBoy restaurant. Visit a NOLA cemetery and eat Beignets.

If inclement weather, Sunday will be the backup day.

Rally April 7th, 8th & 9th

Thursday

Guided rides to either an area gator farm or a plantation

Free lunch provided by the local Honda Dealer

Opening ceremonies

Lighted Bike Parade to down town Morgan City (at dusk)

Friday

Guided rides to either an area gator farm or a plantation

Seminars

Couples Reunion

Cooking with Pam demonstration

Cookie Bar Competition open to all. Bring your best cookie bar

Couples selection

Friday night Mardi Gras Madness Ball Across the parking lot at the Petroleum Club

Saturday

Guided rides to either an area gator farm or a plantation

Level Four Breakfast **PRE PAID BY MARCH 15th**

Louisiana Chapter Feud

Closing ceremonies

Cajun Dinner after Closing. (\$25.00 a person tax & gratuity included) **PRE PAID BY MARCH 15th**

Choose one meal per person

Option 1: 1/2 Fried Fish PoBoy with a cup of Seafood Gumbo

Option 2: Shrimp Stew over White Rice, Smothered Green Beans with Bacon and Potatoes, and Potato Salad

Option 3: Baked Chicken or Fish served with Steamed Broccoli and a Side Salad (Gluten and Dairy Free)

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.



39th Annual

Tennessee District Spring Fling

April 28-30, 2022, Pigeon Forge, TN

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.

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

GWRRA Virginia Rally In The Valley 2022



Let's Go To The Hop!
for your 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.

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.

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.

Friends for Fun, Safety & Knowledge

The Iron Clad Wings

GWRRA Virginia Rally In The Valley 2022

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

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: _____

Summary	Tally
Registration	
Banquet	
Master's B'fast	
Sat 50/50	
ARC	
TRC	
MFA	
Shirts	
Total	

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>



Registration Prices	Mailed Before	Member	Non-Member
Early	Aug 1	\$50	\$60
Regular /On Site	-	\$60	\$70
Day Passes	-	\$25	\$30
Master's Breakfast	-	\$15	-
Banquet Dinner	-	\$20	-

Registration	Price	Qty	Total
Member			
Non-Member			
Child Under 12	\$10		
TOTAL			

Refunds incur \$10 fee. No refunds after 1 Aug.

Saturday 50/50 Tickets			
MUST BE PRESENT TO WIN			
Tx	Price	Qty	Total
25	\$10		
60	\$20		
100	\$30		

Rider Education			
Course	Price	Qty	Total
ARC	\$50		
TRC	\$50		
MFA	\$30		

Rally Shirts—Pre Order 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	L	\$17		
	XL	\$17		
	2X	\$20		
	3X	\$20		
	4X	\$22		
Short Sleeve Polo	5X	\$22		
	S	\$21		
	M	\$21		
	L	\$21		
	XL	\$21		
Short Sleeve Polo	2X	\$24		
	3X	\$24		
	4X	\$26		
	5X	\$26		
	Shirt Total			

Friends for Fun, Safety & Knowledge

The Iron Clad Wings

PANIC SITUATIONS

Talking to yourself can keep you alive

By James R. Davis, Motorcycle Safety Site, <https://www.msgroup.org>

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

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

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

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

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

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

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

Continued on next page

The Iron Clad Wings

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

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

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

Practice is fundamentally important, and so is dealing with the adrenaline that tends to confuse. No need to argue with yourself. Just a quick chat that starts the activity. Muscle memory and familiarity gets the job done from there. Throughout the set of articles I have written here there is a clear message, often repeated - you should practice, practice, practice.

The Iron Clad Wings

Making Your Way With Maps

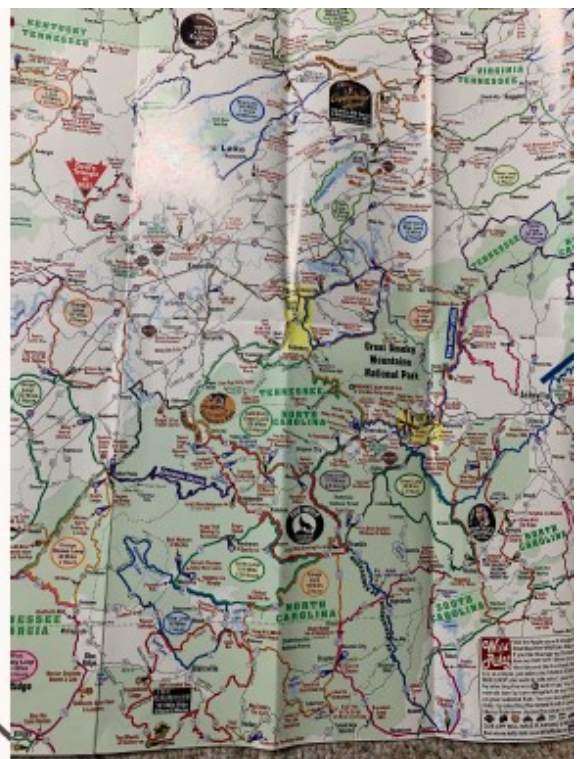
Making your way with MAPS

"A paper map is a reliable friend. You can trust it, even though it sometimes doesn't cooperate much, but it will be there in the good and the bad times"

If we are heading out or planning a destination ride, then We like to find and save paper maps. Especially ones made and printed by WILDRIDES the website is <https://www.wildrides.info/maps/> These maps are specific for motorcycles and outline loops on the map. They are a great resource and can be found at rest areas, restaurants, and gift shops and they can be purchased from the above website. Whether by bike or car always carry a road map with you.



Pictures from Wildrides.info Maps



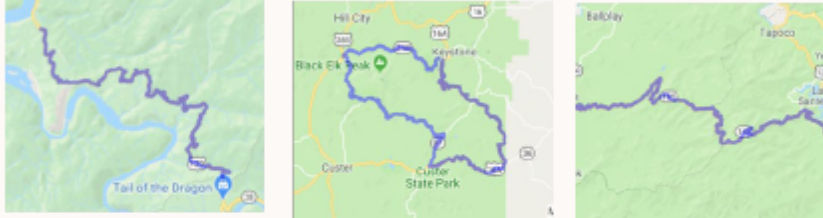
Continued on next page

The Iron Clad Wings

Website Maps

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

We like to use this website if we have a state we are heading to and would like to do some riding. This site gives you a picture of the route as well as the number of miles the loop is, and a description. It also offers A Rating for the ride, scenery, Ride enjoyment and info on tourism.



Launch Google Maps

Navigate to the Google Maps website (or access it through the smartphone app). Type in an address near the area you want to investigate.

Google maps will give you a free 3-D satellite view of the entire planet, allowing you to virtually explore the area around your chosen region. You'll see all the roads around the area—some of which could even rival known routes and are rarely busy. But Google enables you to do more than just pick a random road. You can also do your research on the area to make sure your new discovery isn't a dud before you head out.

Scout out your ride

Google Maps

Now that you've found a road, it's time to plot directions and check the difficulty level. Input an address near the start of the road and another near the other end of the road (close to your endpoint). Generate the directions between those two points.

Because Google Maps will give you the shortest, most direct route first, you might need to drag the blue direction line to force a reroute through the area of interest. Select "bicycle" as your mode of transportation to see additional, relevant information such as elevation changes. The generated graph will show the base elevation and the highest point on the route.

To get a sense of a road's difficulty level, add together the base and high point numbers, and divide it by the mileage of your chosen route. The higher the number (or the more twists and turns you see), the more challenging the path.

Mobile APP for exciting rides

We purchased the Calimoto APP. (<https://calimoto.com/en>) to be used on our cell phones. It's a free APP to use for the state you live in but to obtain other maps from other states you need to purchase the maps with- in the APP. \$60.

We use this APP to track our entire route when we ride, you can select the type of ride, Do you want to ride a flat straight ride? How about twists and turns and how twisty you want do you want to go? You can tell it to keep you off gravel roads. You may also select the duration of your ride or the miles you want to go. You can save your rides when complete to do again or share with someone else.

Continued on next page

The Iron Clad Wings

Garmin Devices

Product highlights:

- 5.5" color (1280 x 720 pixels) capacitive dual-orientation display with multi-touch control
- free lifetime map updates
- USB cable and rechargeable battery with up to 6 hours of life (3.5 hours at 100% backlight)
- Bluetooth Capable

Navigation Features:

- millions of points of interest (allows custom points of interest)
- preloaded with street maps for the United States, Canada, and Mexico, plus many others
- preloaded with topographic maps for North and Central America
- text-to-speech voice prompts announce road names at turns
- Real Directions gives instructions using landmarks, buildings, and traffic signals, with human-like voice announcements
- Up Ahead feature informs of nearby services and milestones along route
- Advanced Lane Guidance and junction view
- 3D representations of buildings and terrain

driver alerts:

- upcoming sharp curves, red-light and speed cameras, and fatigue warnings
- speed limit and one-way street alerts, fuel alerts
- Adventurous Routing finds hilly and curvy routes

•TracBack lets you retrace your steps without marking any waypoints

•trip computer, trip planning tools, and service history log

•digital fuel gauge and electronic compass

•multi-destination routing: route optimization

•transport modes: auto, motorcycle, off-road

Connectivity:

•built-in Wi-Fi for wireless map and software updates

•compatible with Garmin Drive app:

- access to Garmin Live Services including fuel prices, traffic reports, and weather reports
- onscreen notifications of incoming calls, texts, calendar reminders, and app updates

•manage and share your routes through the Garmin Explore website

•Incident Detection automatically sends a text to one of your contacts in case of an accident

Expandability: microSD™ card slot

Garmin zūmo® XT

<https://buy.garmin.com>



The Iron Clad Wings



SNAPSHOTS

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

District Ops Meeting
January 14-15, 2022



The Iron Clad Wings

SNAPSHOTS

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

Chapter L Gathering January 25 , 2022



Roman Paryz won 50/50



Paula's group won "State of Affairs" Game



Debbie won the Door Prize



Al won VAL & VALerie

The Iron Clad Wings



SNAPSHOTS

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

Ride to Valentines, Va February 5, 2022



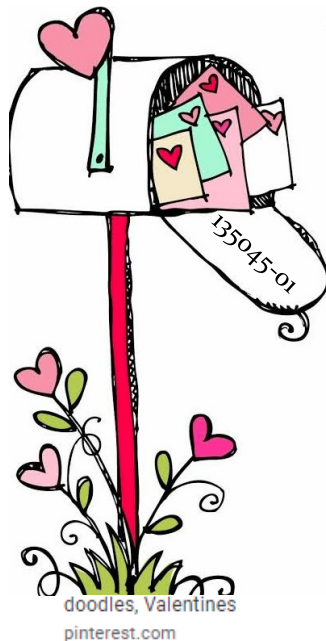
Joe Daniel, Dennis & Phyliss Easton



Trish Daniel



Martha Phelan



doodles, Valentines
pinterest.com

The Iron Clad Wings

Did You Know?

www.did-you-knows.com

Did you know ice skating rinks always go counter clock wise (for the majority of people that are right handed needing to hang onto the rail)

Did you know a flea can jump 350 times its body length

Did you know cucumbers are 96% water.

Did you know a full moon is 9 times brighter than a half moon

Did you know a honeybee's top speed is 24kph (15mph)

Did you know a humming bird flaps its wings up to 90 times a second (5,400 times a minute)

Did you know flies always launch backwards for a quick getaway

Did you know horses have 18 more bones than humans

Did you know a cheetah's top speed is 114kph (70mph)

Did you know horses sleep standing up

Did you know a jellyfish is 95% water

Did you know bats are the only mammals that fly

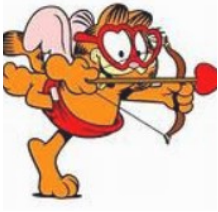
Did you know a cat uses its whiskers to determine if a space is too small to squeeze through

Did you know every day 7% of the US eats at McDonalds

The Iron Clad Wings

Word Search

Theme: **Happy Valentines Day!**



ADORE
 AFFECTION
 APHRODITE
 BALLOONS
 BE MINE
 BOUQUET
 BOW AND ARROW
 BOYFRIEND
 CANDY
 CARD
 CHERUB
 CHOCOLATES
 CONVERSATION HEARTS
 CRUSH
 CUPID
 DATE

DEVOTION
 DINNER
 EROS
 FEBRUARY
 FLOWERS
 GIFT
 GIRLFRIEND
 HEART
 HOLIDAY
 HUG
 INFATUATION
 JEWELRY
 KISS
 LOVE LETTER
 LOVE SONG
 LOVEBIRDS

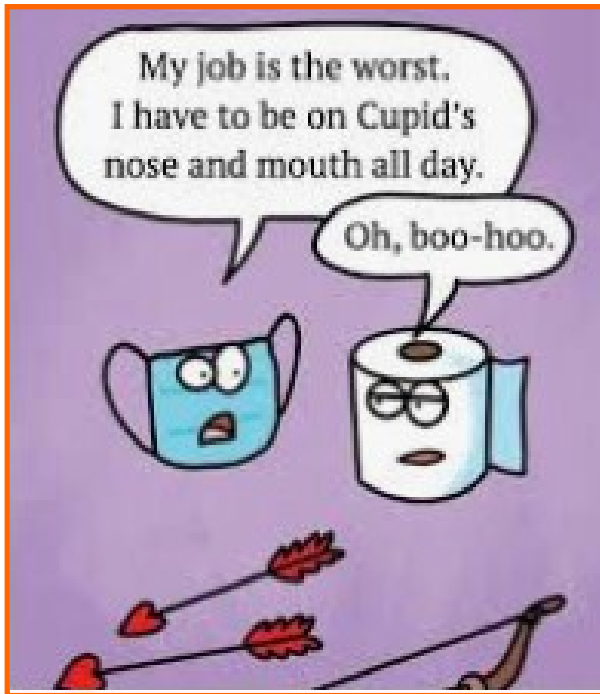
LOVESICK
 MOVIE
 PINK
 POEM
 RED
 ROMANTIC
 ROSES
 SAINT VALENTINE
 SECRET ADMIRER
 STUFFED ANIMAL
 SWEETHEART
 SWEETS
 TRUE LOVE
 WHITE

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/happy_valentine's_day!/13708/word_search_hints.jsp

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Chapter-L Valentines Funnies 🤔😂😂😂



The Iron Clad Wings

Chapter Team Members

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



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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
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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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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	4th Sunday 10:00 am Meet
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



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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. The Villa at 846 Halstead Ave in Elizabeth City, NC

