

The Iron Clad Wings



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

**Chartered
 15 April, 1995**

BRONZE Level Chapter for 2017

We're More Than Gold Wings...



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

Ride & Grow with VA-L

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

2022 Road Warrior Awards



January: Lorrie Thomas
 February: No drawing
 March:
 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

- Night Riding
- SNAPSHOTS—a look at what Chapter L's been up to
- Chapter L Funnies

The Iron Clad Wings

Women's History Month 2022

Retrieved from: <https://www.history.com/topics/holidays/womens-history-month>

Women's History Month is a celebration of women's contributions to history, culture and society and has been observed annually in the month of March in the United States since 1987. Women's History Month 2022 will take place from Tuesday, March 1-Thursday, March 31, 2022. Women's History Month provides an opportunity to honor the generations of trailblazing women and girls who have built our Nation, shaped our progress, and strengthened our character as a people.

Why Do We Celebrate Women's History Month?

Women's History Month is a dedicated month to reflect on the often-overlooked contributions of women to United States history. From Abigail Adams to Susan B. Anthony, Sojourner Truth to Rosa Parks, the timeline of women's history milestones stretches back to the founding of the United States.



The actual celebration of Women's History Month grew out of a weeklong celebration of women's contributions to culture, history and society organized by the school district of Sonoma, California, in 1978. Presentations were given at dozens of schools, hundreds of students participated in a "Real Woman" essay contest and a parade was held in downtown Santa Rosa.

A few years later, the idea had caught on within communities, school districts and organizations across the country. In 1980, President Jimmy Carter issued the first presidential proclamation declaring the week of March 8 as National Women's History Week. The U.S. Congress followed suit the next year, passing a resolution establishing a national celebration. Six years later, the National Women's History Project successfully petitioned Congress to expand the event to the entire month of March.



March is Women's History Month

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



Spring is in the air. The actual first day of spring is the 20th of March, so we will be planning more rides and events. We have had some sporadic weather with temperatures varying from one day to another. We have taken advantage of some of the nice days and gone riding. We will be having a Bike Clinic in April at my house, and I will be smoking something good to eat. If you missed this last year, you missed a great time.

As many of you know, we changed our meeting facility and have had some great turnouts of Members. We have even seen some that we haven't seen in quite some time. It is great to see them again and hope they will continue to attend. We have also not seen some Members that had come out in the past that were regular attendees. We miss seeing you all and we look forward to seeing you soon.

Many of you may remember Terry Simpkins from Virginia Grand Tour. Terry will be visiting our Chapter Gathering in March and will be distributing his Tour Books. They are still the same price as last year and all the proceeds go to the Pediatric Brain Tumor Foundation. I ran into Terry at the February Gathering for Chapter C and got my book at that time. As always, there are some great rides, and we will be adding some of these to the ride calendar.

We are in the planning stages for our event in May. This will be held on May 14th at Kempsville Presbyterian Church located at 805 Kempsville Rd in Virginia Beach. Put this on your calendar and we will need everybody's help to make this a successful event for our Chapter and visiting Chapters.

We hope to see everyone at the next Gathering and hope to see you on any planned rides. Till then be safe, ride safe and keep the shiny side up.

Dan Clark & Lorrie Thomas

Chapter Directors, Va-L

The Iron Clad Wings

Joe & Trish Daniel
Chapter Couple of the Year
famdan4@charter.net



Chapter Couple



Reasons Why We Ride

1. **Passion**-For many bikers riding a motorcycle is not a hobby or need, it's Passion. All they want in life is to travel to every corner of the world on their motorcycle. There is a deep fire in their belly for riding which will make them achieve impossible miles, paths & terrains. Bikers will not mind devoting a good amount of time and income for their motorcycles.
2. **Freedom**-Riding a motorcycle gives you a sense of freedom. You are in total control of the moment, you are not just riding, you are flying and there are no set limits to stop you. You can travel to any place with complete freedom. It lets you be you without anyone's permission. It might sound like a cliché but it's true, when on your bike you experience the open air with the wind brushing through your face, all the colors around is vivid and vibrant. The sound of the motor and the vibration which you feel. The obscured view going on around you. It's an embracement of senses and acts as oxygen to your soul.
3. **Friendship**-Motorcycling is one thing that keeps friends together and it will till the end of times. Everybody taking out time from their schedule and then going out for a ride is something that you will see only in the motorcycling community. The bond of friendship grows deeper when it is associated to a motorcycle. Be it a breakfast ride, a night ride or a long road trip, they are always up for it.
4. **Brotherhood**-You will meet some of the nicest people on your rides. When you ride a motorcycle, you always wave to each other even when you don't know each other which is not something car drivers do. No matter which motorcycle you are riding nor does it matter from which part of the country you belong, there is always the bond of brotherhood that gets motorcyclist together. They are always there to help each other at any point of time. It makes you less introvert as it is the best way to socialize and know new people during two-wheeled events, including bike shows, rallies and other rider get togethers.
5. **Stressbuster**-Have you ever seen a motorcycle parked outside a psychiatrist's clinic? We are pretty sure the answer you will have is No, because riding a motorcycle takes away all the tension and stress, like you have rebooted your system. Riding a motorcycle brings a sense of calm and ease to your mind and body, which could be achieved otherwise only through meditation. Also, many riders refer to their bike as their therapist, as motorcycles make you feel energized and refreshed after each ride. It is a therapy, a way of life that helps bind love for a couple riding together. It lets you have your own space while getting time to forget everything that has been bothering you.
6. **Improves Mental Health**-As already stated, it's a true fact that you never see a motorcycle parked outside a psychiatrist's clinic. A riders brain is stimulated and becomes more active while riding a Motorcycle. Riding on your motorcycle daily definitely has positive effects on mental and emotional health, it helps you with stress reduction, it helps you get out of depression and to flush out all your worries. It surely proves to be the best antidepressant in the world which blows the cobwebs from your mind.

Continued on next page

The Iron Clad Wings

Joe & Trish Daniel

Chapter Couple of the Year

famdan4@charter.net



Chapter Couple



7. **Improves Physical Health**-There is no age bar to ride your motorcycle. We have seen Motorcyclist who say, "82 years old. Ride every day, depending on the weather. Only medication, one baby aspirin a day. No health issues" and they still aspire to ride for another 100 years, which surely is a source of inspiration to us. People suffering from different physical injuries forget their pain when they are riding. All of the activities involved in steering a bike, moving it at slow speeds, etc., serve to strengthen muscles in the abdomen and also helps you with, healthier, stronger knees and thighs. You burn calories while setting up things before a ride or while pampering your motorcycle with a wash. It requires effort while riding to maintain balance, shift, brake, control the clutch, battle headwinds, etc. which ultimately burns a lot of calories and also strengthens those muscles.
8. **Wheels of God**-Open your map, choose a destination, pack your bags and there you go. No matter what destination you choose, motorcycles are ready to take you there. Into the jungle, over the mountains, between the woods, across the river or beneath the caves, motorcyclists love the solitude and freshness these places give to them. Motorcyclist will research intensively on such places and head towards the destination no matter how tough the road is. Travelling to known places do not interest them, they would prefer over landing where the goal of the ride is the journey itself.
9. **Speed**-For most of the riders its speed and thrill that keeps them on their motorcycles. Motorcycles are legal drugs that make you high and take you into a transcendent state of nirvana. The high of power and the acceleration they get at the flick of their wrist is something that they look for and can't keep themselves away from. The thrill of clocking high speeds on their odo after hitting the rev limiter beyond its limit on each shift is something they are addicted to, which gives the best adrenalin rush a motorcyclist can ever ask for. It's a good addiction and a good high provided they ride on safe paths or tracks with all the protective gears on.
10. **Fun**-All of you would agree to the fact that, Motorcycles are fun to ride. There is a lot of entertainment filled within it that awaits you to get it out. It can make you fly in the air on those humps or make your kiss the road on those curves. Motorcycles gets the best out of you by making you an ape while performing the ape hanger or by making you an acrobat while performing the Hyperskin, Switchback. Christ or De activator.

We all ride for different reasons. We are all a member of GWRRA for different reasons. We all receive something different from riding. However, I think we are all bound together by the reasons we ride which draws us in and allows us to be part of something bigger, a brotherhood\sisterhood of motorcycling. Once of our last abilities to be free on the road with a sense of adventure and the pleasure of enjoying the ride and the people we are with.

Article from MotorGarage

Joe & Trish Daniel

The Iron Clad Wings

Dennis & Phyliss Easton

Membership Enhancement Coordinators

eastondm@cox.net



Membership Enhancement



John & Shawn Irons
Director's Assistant

KEEPING MEMBERS THROUGH RETENTION

Some time ago, Shawn and I were discussing how we were losing more and more Members from within GWRRA. When looking at the area run list (ARL), we noticed that the Association was losing the majority of our Members who had only been Members for one term of their sign-up. Many of them had been Members for just two to three years. The Members who stayed on past the first term were clearly renewing for several years. A lot of them went past the ten-year mark. So, is there a trend of those who stay longer and why do they stay? This is the question for all of us to think about. We called some of our home Chapter Members and asked them why they stayed and to our surprise many said it was because the Chapter kept them involved and at the time of renewal of their membership someone called or sent a reminder. This got those long-tenured members past that three-year mark of membership.

How do we retain membership? We have to be pro-active Chapters, getting Members involved in Chapter activities, and making sure we are contacting in person the Members on your ARL whose memberships are about the expire. Remember that we are a motorcycle organization. Even though we are becoming "more mature," we can still get out and have fun riding.

As we lose more and more Chapters, the area of membership expands within a District and we see that we have Members who may be two and three hours away from a Chapter Gathering. In your planning make sure you set up a ride to the areas of those members who live two or three hours away. Reach out to those Members who have not been contacted in a while and invite them to a Gathering or event. Let them know that they are important to our GWRRA family and help them to understand how GWRRA works; talking about the benefits and things they get out of GWRRA never hurts.

Each Member that we retain will strengthen our Association and will help with its growth. Pull out that new ARL Listing and call people you have not seen in a while. I bet they want to talk about GWRRA and getting out to ride again.

So, District and Chapter Directors, pick up your phone and call a Member. Set the example for your team and let's see the retention rates rise in our Districts this year.

John & Shawn Irons
405-747-4618
Ironline3414@gmail.com

The Iron Clad Wings

Dan Clark

Ride Coordinator

wingernut93@aol.com



Ride Coordinator

The Ride Calendar will have been updated by the time this is released in the Chapter newsletter. Please check the calendar <https://gwrraval.org/> for upcoming events and rides. Listed below are the rides for March and April 2022.

3-11 Chapter Dinner at Murphy's Irish Pub on Pacific Ave, Va Beach

3-19 Ride to Saluda, Grand Tour Destination

3-22 Chapter Gathering at Golden Corral

3-26 Adopt a Spot Clean up, lunch at Southland

4-2 TBD

4-8 Chapter Dinner- Dirty Buffalo Grassfield Pkwy Chesapeake

4-9 Grand Tour ride to Newtown, Va

4-16 Bike Clinic. Dan & Lorrie's house.

4-23 Bug Splat Ride- Karen to organize and lead

4-26 Chapter Gathering

4-30 Cape Hatteras Lighthouse Ride

Dan Clark

Ride Coordinator

The Iron Clad Wings

Karen Bottoni
CSEA
kbottoni@gmail.com



Chapter Skills Enhancement Advisor

HABITS

I may have mentioned this before in an article, but we are all creatures of habit. I bet someone reading this will say, “maybe everyone else is, but not me!” I can prove to you that we are creatures of habit. Take your hands and place them together, interlocking your fingers. Look at your thumbs and see which one is on top. Now take your hands apart and do it again but this time when you interlock your fingers, make certain the opposite thumb is on top. I bet that feels weird to you. Want more proof? Fold your arms across your chest and look down to see which arm is on top. Take them apart and fold them across your chest again, this time with the arm that was on top now on the bottom. Can you even fold them that way? If you are still in denial, when you brush your teeth the next time, don’t use the hand you normally use, brush them with the opposite hand. About the second time you jab yourself in the gums, you will say to yourself, “Karen was right, I’m a creature of habit!”.

Safe motorcycle riding involves incorporating safe habits. Think about how you start your bike, do you practice safe habits? After you have performed the pre-ride inspection and have donned all your safety gear ATGATT and mounted your machine, it is time to fire up the engine. For the pre-ride inspection, use the T-CLOCS method which stands for **Tires and Wheels, Controls, Lights and Electrical, Oil and Fluids, Chassis and Sidestand.**

If you have ever started your bike in first gear, even with the clutch pulled all the way back, sometimes you would have noticed your bike lurch forward when you pressed the starter. Although the clutch is disengaged, there is still a tiny amount of friction present until the fluid in the clutch is properly dispersed. It is so important to shift into neutral to start your bike. For some bikes, if the transmission is not in neutral, the starter won’t work. So an important habit to get into is to always put your bike in neutral before you starting the engine.

There is also a shutdown procedure to go through when it is time to turn the engine off. You should always turn the engine off by using the engine cutoff switch by your right thumb. All those controls are at your fingertips on purpose and that is so you do not have to take your hands off of the handlebars to operate your machine. It is important to develop this habit because under stress, you will do what you have always done. If you only turn the engine off by use of the ignition, under stress, that is how you will resort to turning it off. If, on the other hand, (get it?) you always use the engine cutoff switch, under stress a simple movement of the right thumb and you will have shut down the engine. As soon as the engine has stopped, the you can turn off the ignition. Lastly, don’t forget to turn off your fuel valve if your bike has one. I know some of us in the Chapter have carbureted bikes with fuel valves. This is especially important if you keep your bike in your garage. Should a needle valve get stuck, a lot of fuel can leak out which can be extra dangerous in a closed in space. Not to mention gas prices are on the rise and who wants all that money pouring out onto the floor?

One more thing, don’t forget your side stand! Park your machine in first gear so it won’t roll. Before dismounting, with your hand off the clutch, push forward on the bike and take the play out of the gears to prevent the bike from moving and causing the side stand to return to its upright position.

“Safety is for Life” “Practice Makes Permanent”

Karen Bottoni
CSEA

The Iron Clad Wings

Karen Bottoni
Webmaster
kbottoni@gmail.com



Webmaster

The Dark Web

A brief history of the dark web

Like all things dealing with the internet, the dark web traces its history to 1969, when the Advanced Research Projects Agency, better known as ARPA, developed a computer communications network that eventually become the internet that we know today.



A key event for the dark web came in 2002, when the alpha version of the Tor web browser was launched. This browser, short for The Onion Router, is a free and open-source software that allows people to travel the web anonymously. The development of the Tor Browser that is commonly used today to access the dark web began in 2008.

Another big event occurred in 2009, when Bitcoin software was released to the public. Bitcoin is key for the dark web because this digital currency gives users the chance to purchase items anonymously. This is useful for people who want to buy something illegal.

Then came 2011, when the Silk Road online marketplace launched on the dark web. The founder of this site was able to use the combination of the internet, Tor browser, and bitcoin to give people the chance to buy drugs and make other illegal purchases anonymously.

Law enforcement authorities eventually shut down Silk Road. But other online marketplaces have popped up on the dark web to take its place. This includes sites such as AlphaBay, Dream Market, Hansa, and Wall Street Market. These dark web markets have all been either shut down or taken down, but others continuously surface.

Dark web defined

The term "dark web" sounds ominous, and there's a reason for that. The dark web is a part of the internet and made up of hidden sites that you can't find through conventional web browsers. Instead, you must rely on browsers and search engines designed specifically to unearth these hidden sites.

There's also plenty of secrecy surrounding this corner of the internet. Sites on the dark web use encryption software so that their visitors and owners can remain anonymous and hide their locations. It's why the dark web is home to so much illegal activity. If you tap into the dark web, you'll find everything from illegal drug and gun sales to illicit pornography and stolen credit card and Social Security numbers.

Continued on next page

The Iron Clad Wings

Difference between dark web and deep web

It's easy to confuse the dark web with the deep web. But they aren't the same.

The deep web is also hidden, in a way. But it's home to benign sites, such as people's password-protected email accounts, the intranets run by businesses, the online bank account pages of consumers, government databases, and private sites that require users to type in a log-in name and password.

Think of the dark web, then, as a small subset of the deep web that has become a haven for illegal activity.

Is it illegal to access the dark web?

Surfing the dark web isn't illegal. Buying illegal drugs or firearms from a site on the dark web or downloading child pornography? That is illegal.

For instance, in the summer of 2018, the U.S. Department of Justice, U.S. Department of Homeland Security, U.S. Secret Service, Drug Enforcement Administration, and the U.S. Postal Inspection Service teamed up to arrest more than 35 dark web vendors of drugs, weapons, and other illegal products. The agencies also seized \$23.6 million in illegal guns, drugs, gold, and Bitcoin.

The Iron Clad Wings

District

Spring Cleaning!



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

Several of my Virginia friends and Teammates attended a Crazy Supper this past weekend. It's a fun and crazy way to feed people and raise some money for a camp for kids with cancer and their siblings. More importantly, it was a return to an event that has been traditionally held every year but wasn't for the last three years due to Covid. It really felt good to share something we've done for years with the new Members. It gave us hope that we are returning to the way it was... Thank you, Va-F.

What has this to do with Spring Cleaning? As we sort through the District and Chapter storage units and the trailers in the spirit of Spring cleaning, we are reminded of all the fun stuff we used to do. Decorations tell that story. Game boards tell that story. Plaques and trophies do, too. Treasuries may be slimmer than in the past, so recycling the tried-and-true activities and props may be an answer.

Ask the MEC's in your Chapter, both current and former, for ideas. Did you do games at Gatherings? Did you recognize GWRRA anniversaries, birthdays, and wedding anniversaries with a candy bar or other treat? Anyone keeping a log of motorcycle mileage to recognize the long haulers at the end of year? When was the last time you did any training for your Chapter? Team Riding? Road Captain? When did you do your last Chapter wide picnic and invited everyone from the ARL? Lots of questions, but you have the answers and ability to make it happen.

As a reminder, an updated report on your Members' Level status is available. It looks like the Rider Ed database is going to be available shortly after being down for a few months.

If you haven't registered for Rally, please do. There is a limited number of rooms available at the hotel. Don't get left out. You won't be charged until you check out. Send a check or use the credit card feature for Rally registration. The information is included in this newsletter.

"Spring is the best life coach: It gives you all the energy you want, all the positive thoughts you wish and all the boldness you need!" — **Mehmet Murat**

Virginia District Directors

Lorrie Thomas & Dan Clark

The Iron Clad Wings

National

Chapter Life ...

CHAPTER LIFE Many Members feel Chapter Life is the single most important benefit of belonging to GWRRA. It is the means whereby GWRRA has FUN, grows, teaches, educates, informs and establishes a basis for GWRRA's very existence. The Chapter gathering aspect is what we strive the hardest to accomplish; and for many reasons, some of which are stated below.



New Friends: Countless new friends with a common interest are made. It provides an opportunity to ride our Gold Wings with our friends.

Safe Riding: Safe riding is promoted to make our riding experience even more enjoyable. Skills and safety techniques are learned.

Friends for Fun, Safety and Knowledge: You really get an opportunity to live the motto of "Friends for Fun, Safety and Knowledge."

The best advice that can be offered is to attend a Chapter meeting (sometimes referred to as a "gathering" or "get-together"). These meetings (normally held monthly) are social events that try to offer something for everyone. New ideas are always welcome!

You do not "join" a Chapter; you are a Member of GWRRA and a participant of a Chapter or Chapters. You can participate in as many or as few activities and meetings as you wish! There are no applications or fees needed to participate in a GWRRA Chapter. With over 800 Chapters, when you travel you're never far from "home."

There are many benefits to GWRRA membership. We strive for improvement by attending GWRRA safety workshops. We share technical expertise, news and tips about riding, maintenance and the best touring routes in the world. We also offer emergency towing and roadside assistance program. Rescue is a benefit that ensures peace of mind, day or night. Membership, signified by our special, membership card, also results in benefits like discounts at many Honda dealerships, certain hotels, campgrounds and travel agencies. And, if you ever need help when traveling, our Gold Book Directory connects you with your nearest friends wherever you are.

Once you join GWRRA, you can participate with as many Chapters as you choose. You decide your own level of involvement and time. Wherever you go, wherever you travel, you're welcomed. GWRRA membership opens doors to friendship everywhere you ride. There are no expectations, riding requirements, elections, politics, required uniforms or Chapter dues. We invite you to share the joys of owning and riding your Gold Wing with 80,000 people like you worldwide! We even guarantee you'll be glad you did!

Why belong to GWRRA?

There are many benefits to becoming a GWRRA Member. As a Member you will enjoy camaraderie and fellowship while enjoying the comfort of belonging to the largest family of Gold Wing/F6B and other touring motorcycle owners. We like to share our pleasure in the freedom of riding motorcycles with others like ourselves. Our Members strive for improvement by attending GWRRA live, video and webinar safety workshops. We offer an emergency towing and roadside assistance program called [Rescue Plus](#). This is a benefit that ensures peace of mind, day or night. Among our 60,000 + skilled and dedicated Members can find the answer to almost any question regarding the Gold Wing! Your special Membership Card signifies your membership, along with many other benefits such as; discounts at touring motorcycle dealerships, designated hotels, campgrounds and travel agencies. As a Member, whenever you need help traveling, our [Gold Book Directory](#) connects you with your nearest friends, worldwide. Our *most important benefit* is sharing how to safely enjoy motorcycling in more ways than you thought possible. **Belong to GWRRA!**



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



MARCH BIRTHDAYS

Jan Gunter — 3/3
 Madonna Elliott—3/6
 Don Milburn—3/8
 Nick Knox—3/9
 Betty Leonard



MARCH ANNIVERSARIES:

NONE



MARCH GWRRA ANNIVERSARIES:

Bob Dignan—1 year
 Jennifer Hildman—2 years
 Martha Phelan—5 years
 Lyndsey Millard—4 years
 Richard & Betty Leonard—6 years
 Bobby & Janice Gunter—9 years
 Trish Adams—12 years
 Wes Orvis—14 years
 Steven & Kathy Kapsha—16 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

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



Date	Chapter/Type	Event
Mar 13	L	Chapter L Dinner, Murphy's Irish Pub to celebrate St Patrick's Day. We will meet at the restaurant at 6:30 pm which is located at 2914 Pacific Ave, Virginia Beach
Mar 13		Daylight Savings Time Begins
Mar 19	L	This is another Va. Grand Tour Ride. Depart from Dan & Lorrie's house, 5308 High St W at 8:30 am and head to Gloucester to take a break at Wawa which is approximately 10 miles past the Bridge to Gloucester. We will stop for lunch in Gloucester for lunch on the return trip and a side trip to Northern Neck Popcorn before returning home
Mar 22	L	Chapter Gathering. Golden Corral, 101 Volvo Pkwy 6:00 pm- 8:00 pm
Mar 26	L	Adopt a Spot clean-up. Meet at 10:00 am at 201 Hanbury Rd in Chesapeake at the Walgreens and go to lunch afterwards to Southland in Moyock, N.C. We should arrive by 11:30.
Mar 26	VA	Medic First Aid Class, 8:30a-12:30pm, Gloucester Va (see newsletter flyer)
Apr 8	L	Chapter Dinner at the Dirty Buffalo, 612 Grassfield Pkwy in Chesapeake, Va. Meet at the restaurant at 6:30 pm
Apr 9	L	This is another Va. grand Tour destination. We will depart from our house located at 5308 High St W in Portsmouth at 8:30 am. We will stop in Gloucester for a short break then continue on our journey. We will stop in Tappahannock, Va for lunch before returning home
Apr 16	L	Chapter L Annual Bike Clinic hosted by Dan & Lorrie at their house
Apr 23	L	Bug Splat Ride. Karen will be leading and organizing this ride. This is a fun filled ride to collect bugs on you bike closest to the target
Apr 26	L	Chapter Gathering. Golden Corral, 101 Volvo Pkwy 6:00 pm- 8:00 pm

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**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: PHONE: 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

Day Ride To New Orleans

Cajun Dinner Night

RIDES

Ride The Tail Of The Gator

COY Selection

Cookie Bar Contest Open to ALL

Cooking With Pam J

RIDES

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 GWRRA, 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



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: _____

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>



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

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

NIGHT RIDING

By Steve Warmath, Safety Officer, HOG

Riding at night can be fun but also offers up another set of safety issues. The ability to see and be seen is limited compared to riding during the daylight hours. Many riders love to see the bright lights of the city and revel in the glow of the moonlight, not to mention it's much cooler in the summer months when the Florida daytime heat is almost unbearable. We should be aware, however, that there are risks inherent with night riding.

When transitioning from a brightly lit environment to a dim or dark one, it takes the human eyes approximately 30 minutes to completely adjust to the low light conditions. A couple of things happen as a result of this transition. Visual acuity is diminished and depth perception is affected. The natural blind spots in the eye also become more prominent. A constant, moving scan ahead is important in order to see the whole picture.



Have you ever noticed someone at a roadside restaurant having a bite to eat at night and they are wearing sunglasses? The reason for this is so they can minimize the time it takes for the eyes to readjust from a light environment (restaurant) back to a dark environment (driving at night). What about pilots flying at night and their need to look at maps or other things that need illumination? They use red lensed lights. The eyes are minimally affected by red light in a dark environment.

You may have heard the term "Overdriving your headlights". What this means is that essentially, you are driving at a speed that will require more distance to react or stop than the distance it will take for you to perceive the threat, react and stop or avoid. You don't want that to happen to you with a big buck standing in the road staring at you.

An often used defense, "I didn't see him (the rider)" when a vehicle strikes a motorcyclist, may be used more frequently, as it is more difficult to see at night. There are some things you can do to increase your visibility to other motorists and to increase your ability to see.

All those bright lights are pretty, but they also can cause a glare that will momentarily blind you. Blindness, even for a second, can cause an error that results in an accident. To help alleviate this, be sure to have clean, scratch free, clear vision glasses or helmet visor. Plan ahead and always keep a set of clear glasses on the motorcycle. You never know when you might be riding and day turns into night before you arrive home.

Riding can be dangerous during the day, but the danger is exponentially increased at night. If you have a moon lit night, it can help, but you can't always count on that. To increase your ability to see and be seen on dark roads at night, make sure you do everything you can to increase your night vision acuity and visibility. In most of the country, bugs come out at night and a clean, scratch free windshield can help you avoid the bug attack, as can a full faced helmet.

Continued on next page

The Iron Clad Wings

Lightly colored clothing and reflective gear can also be a life saver at night. Some states require a piece of reflective tape on helmets. Reflective gear in the form of vests, jackets and other clothing are available in motorcycle dealer stores and online. It can be fashionable too. Some jackets have reflective designs on the back that are not only fashionable, but provide additional visibility when riding at night.



Another danger of riding at night is the prevalence of animals such as deer, possum, armadillos and other creatures. Some of these animals are more likely to be on the roads at dawn or dusk, but can be there any time. It's difficult to see them in the day time, but at night, your ability to react to a deer or other animal darting out in the roadway is decreased, and you'll have less time to respond. The only thing you can do is slow down, be aware of your surroundings, anticipate animals moving into your path, and practice quick braking techniques in advance of night riding. Swerving or trying to outrun the animal is usually not the best choice. Quick stopping is normally your best chance of avoiding a collision with an animal.

The lights and reflectors on your bike can help you to be seen by other motorists. After market lighting options such as fog lights or LED headlights can increase your span of vision and visibility by other motorists. It should go without saying, "Don't drink and drive," and "Don't ride when you're extremely tired." Both conditions put you, the rider, at unnecessary risk. Riding at night is not for everyone, and some people avoid it at all costs. If on a trip, and night falls, they simply get a hotel. That's one option, but riding at night can be safe and enjoyable if you follow some of the tips above.

Ride safe and have fun!

The Iron Clad Wings

SNAPSHOTS

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

VAL and VALerie's Adventures January/February, 2022



A visit to Karla Dobbin's at Sheila's Place



Chatting up a storm with Sheila, owner of Sheila's Place



Chatting with residents & Caregiver Nicole (blonde) at Sheila's Place



Hanging out with Greg, Air Ops Duty Officer, (Al Dobbins co-worker) & keeping an eye on the sky



Birthday wishes for Karla

The Iron Clad Wings



S N A P S H O T S

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

**Chapter L Dinner
Tucano's Brazilian Grille
February 11, 2022**



**GWRRRA ITCP Workshop
February 20, 2022**



Virginia's newest ITCP instructors—Congrats to all
L to R Phyllis Easton, Randi Green, Trish & Joe Daniel, Bob Beltz

The Iron Clad Wings

SNAPSHOTS

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

Chapter L Gathering February 22 , 2022



Playing Tic Tac Toe with solo cups



Steve Kapsha receives his Level I



L to R Joe Daniel CHAMP, Dave Hunter, Al Dobbins, Bruce Conklin



Bruce Conklin receives his Level I



Martha Phelan won 50/50



Steve won the Door Prize

The Iron Clad Wings



SNAPSHOTS

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

Chapter L Ladies Luncheon Casual Pint February 23, 2022



Paula

Phyliss

Karen

Denise

Madonna

Bonnie

Friend of Madonna

Ride to Petersburg National Battlefield March 5, 2022



Dan Clark, Lorrie Thomas, & Gnome Napper

The Iron Clad Wings

Did You Know?

www.did-you-knows.com

Distance did you know

- ◇ Mileage for all planned Chapter L rides for Year 2021 was 8,739
- ◇ Mileage accumulated by all Chapter L participants was 46,668

Did you know the longest recorded flight of a chicken was 13 seconds

Did you know the longest street in the world is Yonge street in Toronto Canada measuring 1,896 km (1,178 miles)

Did you know cats can jump up to 7 times their tail length

Did you know The Great Wall of China is approximately 6,430 Km long (3,995 miles)

Did you know if your DNA was stretched out it would reach to the moon 6,000 times

Did you know sound travels 4.3 times faster through water than in air

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

Did you know New York contains 920km (571miles) of shoreline

Did you know the Moons diameter is 3,476km

Did you know the human body contains 96,000km(59,650miles) of blood vessels

Did you know dolphins can hear underwater sounds from 24km (15miles) away

Did you know ostriches have a 14 meter (46 foot) long small intestine

Did you know sharks can sense a drop of blood from 4km (2.5miles) away

Did you know the Sun has a diameter of 1,390,176km (864,000miles)

Did you know sound travels 15 times faster through steel than air

The Iron Clad Wings

Chapter-L St Paddie's Day Funnies 🤔😂😂😂



Comic by Scott Nickel



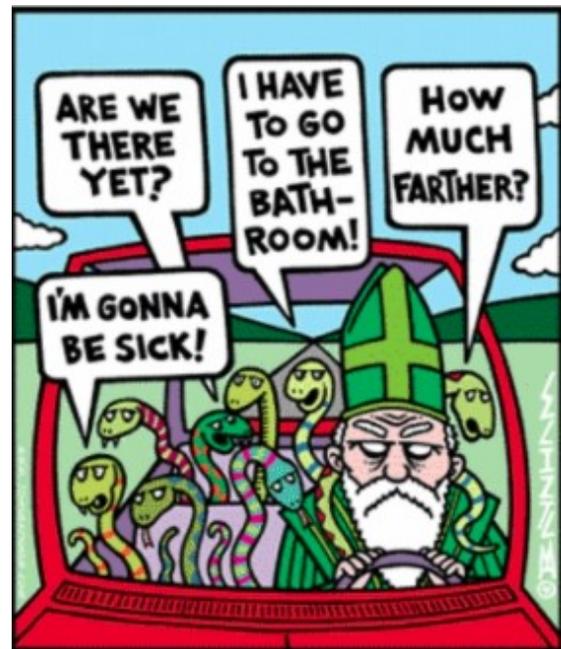
LEPRECHAUN SELFIE

Comic by Scott Nickel

SAFETY FIRST

PREVENT BACK INJURY

LIFT WITH YOUR LEGS



St. Patrick driving the snakes out of Ireland.

The Iron Clad Wings

Chapter Team Members

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



<https://gwrraval.org/>



The Iron Clad Wings

Virginia District Team

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

Team GWRRA

Jere and Sherry Goodman	Directors of GWRRA	JereGood@aol.com
Bob and Nan Shrader	Director's Assistant	floridadd@msn.com
Tom and Renee Wasluck	Director's Assistant	tom.renee11@gmail.com
John & Shawn Irons	Director's Assistant	ironslines3414@gmail.com
Frank and Sharon Jackson	Director's Assistant	frankj64155@yahoo.com
Lorrie Thomas and Dan Clark	Director of the University	lorriemthomas@aol.com
Dan and Mary Costello	Directors of Membership Enhancement	mep.director.gwrra@gmail.com
James & Freida Clayson	Directors of Motorist Awareness	james.clayson@gmail.com
Randall and Janet Drake	Director of Finance	financedirector@gwrro.org
Susan & George Huttman	Directors of Rider Ed	director-re@gwrro.org
Allesandro Boveri & Mariarosa Bruzzone	Directors Overseas	alboveri@gmail.com



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

<http://gwrro.org/>



The Iron Clad Wings

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



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

