

The Iron Clad Wings

WING'D RIDERS Motto is...
 Courtesy, Confidence and Connection



**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: **Rolled Over**
 April: Will Conrad
 May: Ed Patejak
 June: No drawing
 July: Steve Kapsha
 August: **Rolled Over**
 September: Keith Lindgren
 October:
 November:
 December:



IN THIS ISSUE

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

ALSO IN THIS ISSUE

- Beware—Temperatures & Pavement
- SNAPSHOTS—a look at what Chapter L's been up to
- Did You Know?
- Chapter L Funnies

The Iron Clad Wings

Dan Clark & Lorrie Thomas

Chapter Directors

wingernut93@aol.com

Dan cell (757) 343-1783

Lorrie cell (954) 599-5178



Chapter Directors



As the riding season comes closer to the end of the for some, it's time to prepare the bikes for storage for the winter. Although some of us will continue to ride throughout the year. Leaves are starting to fall, and they are starting to change colors. The colors haven't hit us here at home yet, but it won't be much longer. If you do continue to ride, be cautious of damp or wet roads and leaves on the roads. The temperatures are starting to drop, and this will cause damp roads as well.

The Chapter team has decided to endorse Wing'd Riders. Does this mean that you the Members must join them individually as well? No! Just let me say this. This means that the Chapter has joined Wing'd Riders, for the many benefits of being a part of the organization. We all joined Gold Wing Road Riders Assoc. for one reason or another. We have had benefits and a magazine. With Wing'd Riders, this will continue. John Lazzeroni who is the owner of J & M Corporation, which we all know if we have headsets, started this new organization with improvements in mind. There are many similarities, but basically the same as GWRRA. I hope this will help each of you to make the decision to join WR. Whatever your decision, this will not affect your affiliation with the Chapter.

This year, the Chapter will be having their Christmas party at the Black Pelican on Ring Road in Chesapeake (by Greenbrier Mall). The party will be on 10 December from 11:00 till 2:30 and we will be limited to the first 50 people to RSVP. The cost will be \$10.00 per person and the Chapter will cover any remainder excluding any alcohol. Make sure you get your reservations in to me before December 5th. We will have awards to hand out and we will also have a gift exchange with a limit of \$20.00. Please remember, men for men gifts and women for women gifts.

Look at the ride calendar under the Ride Coordinator article and come join some of the 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

Dan Clark

Ride Coordinator

wingernut93@aol.com



Ride Coordinator

After last month and the Doctor clearing me to ride, my first ride was to Fall Sprawl. It was a round trip of 180 miles and I sure felt it. Maybe a bit much for the first trip back in the saddle in 2 months. A few days later, I ventured out on my 2 wheel to take it in for inspection. It was a beautiful day, so I decided to go the long way and not use the tunnels. That trip was 80 miles and I felt worse than the first trip. I think I need to start slower and do short runs.

Listed below are the rides and events for the month of October:

10-14 Chapter Dinner at Bier Garden Portsmouth 7:00 pm

10-15 Day of Destruction Langley Speedway Dpt. At 10:30

10-22 Apple picking/ Lunch in Charlottesville Dpt. 8:00 am

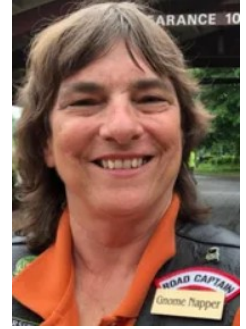
Come out and join us for a ride or event when you can, we would love to have you. Till then be safe, ride safe and keep the shiny side up

Dan Clark

Ride Coordinator

The Iron Clad Wings

Karen Bottoni
CSEA
kbottoni@gmail.com



Chapter Skills Enhancement Advisor

6 Motorcycle Riding Tips for Older Riders

Retrieved from <https://www.helibars.com/blog>

Greying hair, creaky knees, perhaps the need for a stronger eyeglass prescription – just a few of the many graces of aging. But just because there might be a bald spot hiding under your helmet doesn't mean you can't ride your motorcycle anymore.

Motorcycles are often associated with young people who are full of energy, fit as a fiddle and only interested in fulfilling their need for speed. But our community knows that in truth, riders come in all shapes, sizes, and ages. We know plenty of motorcyclists who are tearing up the road at 40, 50, 60 or even older. In fact, the median age of a biker in the US is 50 and a whopping 39% of motorcycle owners are between the ages of 51 and 69.



That's not to say that no matter your age you can hop on a bike and ride into the sunset, no problem. Riding a motorcycle in a way that is safe and enjoyable takes effort at any age. It may be easy to forget that those skills and practices can change for aging motorcyclists. Your body's needs and abilities require attention to keep you in the saddle well into your golden years.

We're no stranger to the title of old motorcycle riders and for all you aging motorcyclists out there, we want to share our knowledge. Before you permanently stash your bike in the garage, listen up to these six tips for keeping your hands on the handlebars and the wind in your hair.

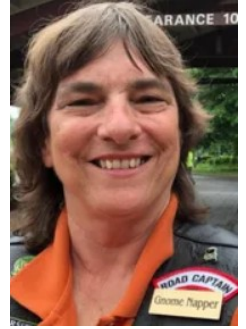
WARM UP BEFORE A RIDE

Singers have to warm up their voices, runners warm up their legs, and motorcyclists shouldn't be any different. Before you embark on a long or fast ride, consider taking a few warm up laps around the neighborhood or in a parking lot. Warming up will give your body a chance to settle into a comfortable position and notice any twinges or misalignments that could turn into bigger problems once you're on the road. A little practice will also wake up those biking muscles and start triggering your instincts—before you really need them. You can make any adjustments and better set your expectations for the kind of ride you can handle. As an added benefit, your engine and tires will also appreciate a little warm up. By setting aside a little time to get your senses ready before you really need to burst into action, you're less likely to get hurt or just end up grumpy at the end of an uncomfortable ride.

Continued on next page

The Iron Clad Wings

Karen Bottoni
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Chapter Skills Enhancement Advisor

STRETCH OFTEN & EXERCISE REGULARLY

If you curl your lip at the word “exercise” or “workout,” you’re not alone. But we’re not asking you to go on a run or start lifting weights at the gym at 6am. Lucky for us, riding a motorcycle (and enjoying it) doesn’t require a six pack. But it does require riders, especially aging motorcyclists, to keep in shape.

You can choose your preferred method of exercising, but one of the easiest ways to keep your muscles limber is by simply taking a walk every day. Walking to run some errands, get out into nature, or just make a few laps around your neighborhood can have great benefits in the long run and ensure your body is ready for your bike.

Like any sport or physical activity, riding a motorcycle uses a specific set of muscles and tendons. As you get older, incorporate stretches into your pre and post ride routines that focus on those muscles. Mainly, you want to stretch your wrists, shoulders, and hips where a lot of tension and tightness can build up from riding.

ADOPT A MORE UPRIGHT RIDING POSITION

It should come as no surprise that your riding position affects your comfort and control on your bike. The style of bike you ride dictates what position your body is in. Sport bikes for example tend to have a forward-leaning position that can more quickly cause back pain and stiffness for old motorcycle riders. The best way to keep yourself in the saddle for years into the future is to find a riding position that is relaxed. Often, this means sitting with your spine perpendicular to the ground, your arms and wrists relaxed, and your feet planted firmly below you.

This makes Cruisers and Touring bikes particularly popular with aging motorcyclists, but that doesn’t mean you’re limited to these styles. Today’s motorcycle modifications market allows you to adjust the fit and positioning of many different bikes. Some of the most common and easiest adjustments you can make to achieve a more upright riding position include custom seats and handlebar modifications. Both help to alter your body’s relation to the foot pegs and handlebars. The more comfortable you are in your reach, the more control you can maintain on your bike. The way you ride should change as you and your body changes.

CONSIDER DOWNSIZING

You’re going to be a badass no matter what motorcycle you ride, so it might be time to consider transitioning to something other than the biggest and most powerful model. In reality, you probably aren’t going to be riding as fast or as far anyways. Bigger bikes require more strength to manipulate and safely make turns. You should also think about whether or not you could pick your current bike up if it fell over. Switching to a smaller, lighter model is a great way for aging motorcyclists to continue riding with safety in mind.

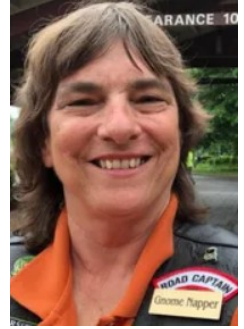
TAKE SAFETY & PRACTICE COURSES

Motorcycle courses aren’t just for beginner riders. Years of riding experience do make for knowledgeable riders with (generally) good judgement, but your reaction time and reflexes can decline over time.

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Chapter Skills Enhancement Advisor

Not to mention safety standards and guidelines can change over the years. For aging motorcyclists who may have taken a break from riding for a few years and are looking to get back into it, safety and practice courses are a must. And even for all the long haulers that have been riding their bikes continuously, it really never hurts to periodically sign up for a basic course or find a more advanced course offered by a local trainer. You can still teach an old dog new tricks.

KNOW THYSELF

When it comes down to it, the best tips for motorcycle riders who are beginning to feel their years are about paying attention to their bodies and minds. You should always do your best to be aware of your current health issues and how they might affect your riding abilities. Declines in vision, hearing, and balance should not be taken lightly. It can be difficult to be truly honest with yourself when evaluating your aging body, but for your safety and the safety of others, these considerations are paramount to everything else.

Just because you're experiencing the physical effects of aging doesn't mean you have to stop riding cold turkey. But it does mean that you may need to adjust your behaviors. You might decide to bring a buddy with you more often or to shorten the length of your rides. If you find yourself feeling particularly out of sorts one day, don't be afraid to cancel plans to hit the pavement. Make room for breaks if you plan to ride longer. Set yourself realistic expectations and you're more likely to enjoy the riding experience than end up disappointed and exhausted.

Knowing yourself also applies to your confidence behind your handlebars. It can be dangerous to allow yourself to go on autopilot as an aging motorcyclist. Keep your physical and mental skills in check by following some of the other motorcycle riding tips we listed above.

This is also why practice and warming up are so important for older motorcycle riders. You should provide yourself with time and space to see how you feel on your bike. Choosing a safe, low-stress environment where you can get a good sense of how long it takes before you feel tired or get sore is a smart way to plan ahead for other rides. In the end, you're the best expert on yourself and should regularly check in with how you're feeling if you want to ride safely, confidently, and happily into your later years.

How Old is Too Old to Ride a Motorcycle?

If you haven't already guessed, there isn't one solid answer for what age you should stop riding a motorcycle. Just like every bike is different, every old motorcycle rider is unique. In the end, you need to make a call about when it's time to give up biking according to your personal abilities. That said, there are a few signs that you shouldn't ignore them such as more close calls, problems concentrating, increased nervousness while riding, difficulty seeing traffic signs, lights, and road lines, and chronic pain during and after riding.

Remember, riding a motorcycle should be an enjoyable experience. Do the benefits still outweigh the downsides if it consistently causes you pain, stress and risks your safety? If you do end up retiring from time on the road, know that your community of motorcyclists won't disappear. And hey, maybe you can use it as an excuse to finally get that convertible instead!

The Iron Clad Wings

District

Now is the time to start preparing...

Countdown for the holidays has started. Less than 100 days until Christmas! The countdown brings with it the end of the year.

Roman has detailed the Chapter financial responsibilities for end of year. Yes, the information has changed from the first announcement in July, but it is for the better. Please start preparing your end of year reports and call on Roman if you have any questions.

We will be asking you this question in different settings, but it will be the same question. What are the plans for your Chapter in 2023? We've given you some options, you may have come up with others. Whatever your choice, it should be based on what your Members want.

The District perspective is as follows. Out of the two main offerings, Wing'd Riders meets the requirements for continuing as we were with GWRRA. Doing so was the apparent choice by many of our Members. That's the District Team's choice and let me explain why.

Wing'd Riders or WR, for short, has the support of Paul Hildebrand and the GWRRA Team. Paul has expressed this support for several reasons including WR's support of Rider Education and Safety and the University classes. WR has already produced and distributed a magazine which will be available to Members in print and online. There is an online forum to share experiences, ask technical questions and offer advice. WR is also offering a Wing Ding like event for the Members in late June. They are working on a Rescue Plus like program, too. Discounts will be offered to Members on hats and shirts, and J&M products.

There is a Chapter structure and a District structure. Simpler in requirements, yet flexible according to the needs of the Chapter. WR is suggesting that each Chapter have a Director and possibly an Assistant Director, a Treasurer, a Ride Coordinator, and a Safety/Education Officer. All other additional positions are the choice of the Chapter and its Members. Also, and most importantly, there will be liability coverage like we had with GWRRA.

What does this mean to you and what do you need to do next? Talk to your Members about WR and its benefits. Encourage your Members to join Wing'd Riders. Many of them already have joined. The cost is \$39.00 for singles, \$59.99 for Couples, and \$79.99 for families. That includes 12 printed issues of Wing'd Rider Magazine and other benefits. If you choose to become a WR Chapter, we will assist with the application.

This choice does not eliminate your plans if you chose to go with Eagle Wings, another group or stay independent. **RPM Academy**, which is overseeing the Rider Education and University classes, will also offer the training to all.

We have time to decide, yet a decision will allow the District to make more specific plans. The District will be offering District Rides, the Rally, Training Events, picnics, so we may continue what we loved about GWRRA.



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Virginia District Directors

Lorrie Thomas & Dan Clark

The Iron Clad Wings

WR President's Message

For Immediate Release – October 11, 2022

NEW WRider Charter Member 4" & 10" gold embroidered patches are in stock and available on the apparel page at www.wingrider.com! Gold embroidered Elite member patches should be in stock in about 21 days.

As promised, the chapter/home-office bureaucracy and reporting requirements are being simplified (compared to GWRRA) when your chapter re-forms under Wing'd Rider. All



WRider chapters will report direct to the home office in Tucson, without the need of multiple layers of state and district oversight.

A new chapter bylaws "template" is now available from Wing'd Rider, to allow WR Chapters to operate slightly more independent than in the past and at the same time continue to adhere to the IRS requirements for non-profits.

Under the new bylaws template for example, each chapter will vote and select their own officers each year, keeping the ones they like and/or selecting new officers when they feel it is necessary.

I believe all WR Chapters will appreciate the new simplified operating structure as it evolves into the future. This will allow all WR Chapter members to spend more time riding, socializing and having fun and less time filling out paperwork.

Wing'd Rider Forums is now live and available for all WRMembers to view and post on all pages, including the new state, chapter and international sections.

The November 2022 issue of WING'D RIDER MAGAZINE will post to the Website on/or about October 20.

Don't forget to visit our WRider online apparel shop and new wine cellar for holiday gift ideas for the Gold Wing Rider on your list!

John Lazzeroni
President

The Iron Clad Wings



1415 S Cherry Ave Tucson AZ 85713 www.WingdRider.com Support@WingdRider.com

Membership Application

All Wing'd Rider memberships include:

- 12 month subscription to WING'D RIDER Magazine's enhanced digital & printed versions.
- Access to all premium features of Wing'd Riders website including discounts on apparel and other merchandise.
- Access to the new Wing'd Rider Forums and its state, chapter and international sections.
- Access to Wing'd Rider Rally advanced registration, discounts and promotions.
- Special product discount codes to use with select merchants to be listed at WingdRider.com.

Name: _____ Co-Rider: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (____) - _____

eMail: _____

C/Card# _____ Exp: _____ Sec Code: _____

Referred By: _____ Mem# _____

\$39.99 per year for single membership \$59.99 for couples

(Send to Wing'd Rider by regular mail; eMail scan or FAX 520-624-6202)

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.

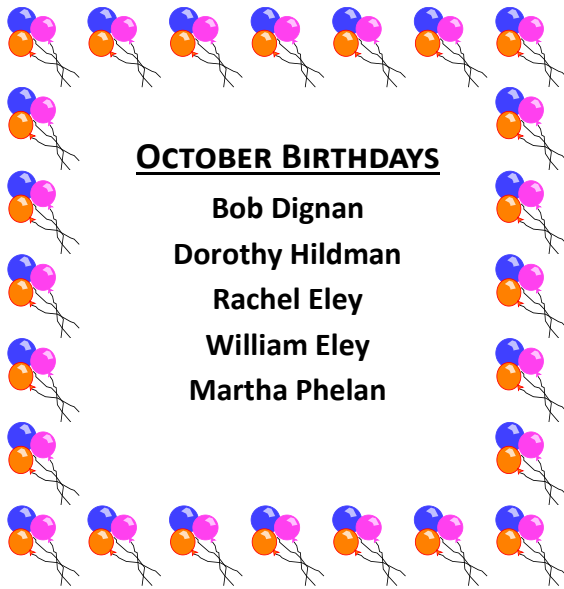
It takes everyone to make the Chapter successful. But what is the definition of **successful**? Successful means the Chapter is fun. Successful means the Chapter rides a multitude of routes with varying distances. Successful means people want the Chapter to thrive. Successful means people ask "what can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



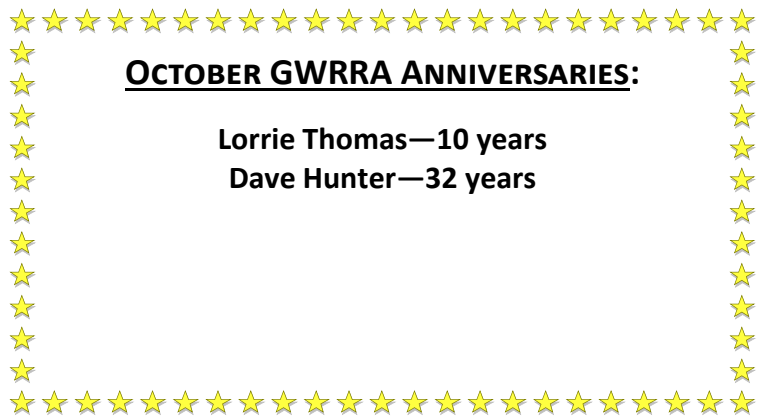
OCTOBER BIRTHDAYS

Bob Dignan
 Dorothy Hildman
 Rachel Eley
 William Eley
 Martha Phelan



OCTOBER ANNIVERSARIES:

William & Bessie Conrad
 Bob & Paula Dignan



OCTOBER GWRRA ANNIVERSARIES:

Lorrie Thomas—10 years
 Dave Hunter—32 years

October is about trees revealing colors they've hidden all year.

People have an october as well.

- Jm Storm

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
Oct 15	L	Day of Destruction Langley Speedway Depart At 10:30 am
Oct 22	L	Apple picking/ Lunch in Charlottesville Depart 8:00 am
Oct 25	L	Chapter Gathering. Golden Corral, 101 Volvo Pkwy, Chesapeake, VA. Eat at 6:00 pm, Gather at 7:00 pm

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

The Iron Clad Wings



JUNE 29th - JULY 2nd, 2023

**WING'D
RIDER
RALLY #1
LITCHFIELD, IL**

**JUNE 29th -
JULY 2nd, 2023**

Hosted by
NIEHAUS CYCLES
Litchfield, Illinois, 62056

**FREE TRADE SHOW
ENTRY FOR ALL
RIDERS**

REGISTER NOW FOR ALL EVENTS
50/50 • Adventure Rides • Grand Prize Drawing
Vendor Party Night

**REGISTRATION INFO
COMING SOON**

Hotels & Camping Near Litchfield, IL

- Hampton Inn Litchfield**
11 Thunderbird Circle Litchfield, IL 217-324-4441
- Holiday Inn and Suites**
4 Thunderbird Circle Litchfield, IL 217-324-4555
- Baymont Inn**
1405 West Hudson Dr Litchfield, IL 217-718-5526
- Quality Inn**
1010 East Columbian Blvd North Litchfield, IL 217-324-0260
- Super 8 by Wyndham**
1527 Herman Rd Staunton, IL 618-635-5353
- Carlin Villa Motel**
18891 State Rte 4 Carlinville, IL 217-854-3201
- The Cabins and Cottages at Shale Lake**
1499 Washington Ave Staunton, IL 618-637-2470
- Lazy Days Campground**
22756 White Part Lane Litchfield, IL 217-324-3233
- Country Bend Campground**
3279 Honey Bend Ave Litchfield, IL 217-324-2363
- Kemper Kompanion RV Park**
18388 East Frontage Rd Litchfield, IL 217-324-4747
- Sherwood Forest Campground**
920 City Lake Rd Hillsboro, IL 217-532-5211
- Ramada by Wyndham**
2707 Veterans Ave Vandalia, IL 618-699-4222
- La Quinta Inn & Suites**
1121 Lejune Dr Springfield, IL 62703 217-697-5888
- Comfort Inn & Suites**
3675 S. 6th St. Springfield, IL 62703 217-529-8898

Hotels In Collinsville

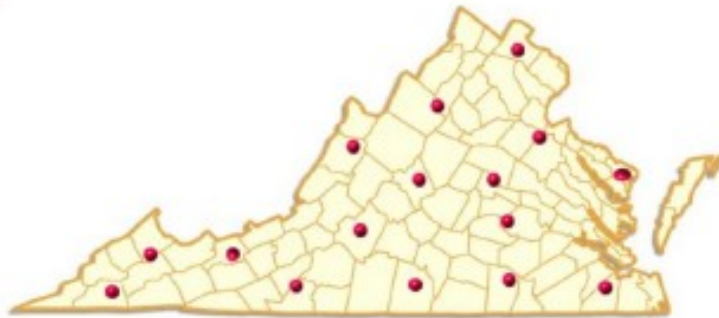
- Comfort Inn Collinsville**
8 Commerce Dr. Collinsville, IL, 62234. US 618-477-8946
- Drury Inn & Suites St. Louis Collinsville**
600 N Bluff Rd. Collinsville, IL, 62234 (618) 345-7700
- Double Tree by Hilton Hotel**
1000 Eastport Plaza Dr, Collinsville, IL 62234 (618) 345-2800
- Days Inn by Wyndham Collinsville**
12 Commerce Dr, Collinsville, IL, 62234 (618) 803-4032
- Super 8 by Wyndham Collinsville St. Louis**
2 Gateway Dr, Collinsville, IL 62234 (618) 223-5383
- La Quinta Inn & Suites by Wyndham Collinsville- St. Louis**
6 Gateway Dr, Collinsville, IL, 62234 (618) 855-8400
- Hampton Inn Collinsville**
7 Commerce Dr, Collinsville, IL, 62234 (618) 346-4400
- Americas Best Value Inn Collinsville St. Louis**
552 Ramada Blvd, Collinsville, IL, 62234 (618) 345-9500
- Fairfield Inn by Marriot St. Louis**
4 Gateway Dr, Collinsville, IL, 62234 (618) 346-0600

The Iron Clad Wings

Wanted: Motorcycle Riders

Get your passport for the
Virginia Grand Tour

All Proceeds go to benefit:
The Pediatric Brain Tumor Foundation



Run out of new places
to ride?

Tired of the same rides
every weekend?

Ready for some new
motorcycling
adventures?

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

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

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

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



The 19th annual **Virginia Grand Tour**



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

Contact: Terry Simpkins: (757)632-6685 or virginiagrandtour@cox.net

Send your name, address and \$20 to: Virginia Grand Tour, 206 Pamlico Run, Yorktown, VA 23083

Make checks payable to: Virginia Grand Tour

\$20.00

The Iron Clad Wings

SNAPSHOTS

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

Rally in The Valley
October 6-8, 2022



The Iron Clad Wings

SNAPSHOTS

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

Rally in The Valley October 6-8, 2022



Joe Daniel the T-Bird



Guess Who? Geriatric Danny & Sandy



Pink Ladies strike again

The Iron Clad Wings



SNAPSHOTS

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

Rally in The Valley

Oct 6-8, 2022



Pink Ladies won Best Group Costume Contest
L to R Phyliss (Frenchy), Trish (Marty), Karen (Rizzo)



Don't mess with these Pink Ladies



Trish won 50/50 Saturday evening



The Iron Clad Wings

Did You Knows?

www.did-you-knows.com

Did you know the average person falls asleep in 7 minutes

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

Did you know cats spend 66% of their life asleep

Did you know Switzerland eats the most chocolate equating to 10 kilos per person per year

Did you know Koalas sleep around 18 hours a day

Did you know all the blinking in one day equates to having your eyes closed for 30 minutes

Did you know lightning strikes the Earth 6,000 times every minute

Did you know elephants sleep between 4 - 5 hours in 24 period

Did you know an average person will spend 25 years asleep

Did you know there are 31,557,600 seconds in a year

Did you know the movie 'Wayne's World' was filmed in two weeks

Did you know small dogs usually live longer than larger breeds

Did you know all of the clocks in the movie 'Pulp Fiction' are fixed to 4:20

Did you know giraffes and rats can last longer without water than camels

Did you know rubber bands last longer when kept refrigerated

Did you know the longest possible eclipse of the sun is 7.31 minutes

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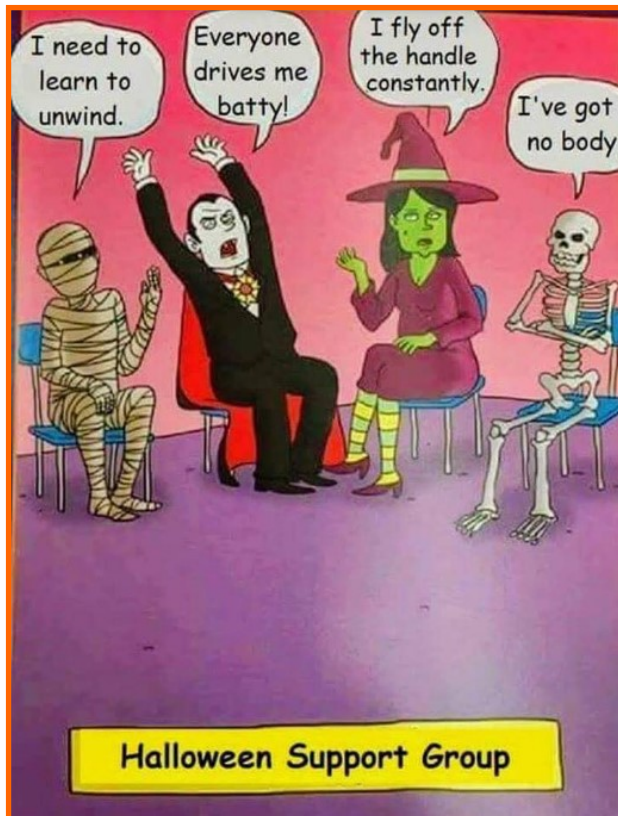
Chapter-L Halloween Funnies 🤣🤣🤣



my body functions at its highest level when I am eating fresh in-season produce



Image via minkahunter/Twitter



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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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

<https://www.gwrravadistrict.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

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	3rd Saturday 8am Meet / Ride at 9am
VA-C	Newport News IHOP 15447 Warwick Blvd	John & Lynn Floyd Lynn.floyd1960@gmail.com	757-838-0607	2nd Sunday 4pm Eat / 5pm Meet
VA-D	Richmond Candelas Ristorante 14235 Midlothian Turnpike	Fritz Sassine & Iris Guillet fritz.sassine@gmail.com	804-938-9183	4th Wednesday 6pm Eat / 7pm Meet
VA-E	Fredericksburg Castiglia's Italian Rest. 10705 Courthouse Rd	Joe and Peggy Herron jdheron6919@yahoo.com	540-424-5852	3rd Wednesday 5:30pm Eat 6:30pm Meet
VA-F	Winchester Stephens City Diner 5460 Main St Stephens City	Stephanie Provost davis.stephanie80@yahoo.com	540-664-6430	4th Sunday 8:30am Meet
VA-H	Abingdon Moose Lodge 15605 Porterfield Hwy	Paul & Dorothy Baker 09nellie@comcast.net	276-628-6047	2nd Tuesday 6pm Eat / 7pm Meet
VA-I	Manassas Great American Buffet 8365 Sudley Rd	David & Robin Hotaling davidsgoldwing02@gmail.com Rah889195@yahoo.com	202-309-5953 646-406-1200	2nd Sunday 11am Meet / Eat
VA-K	Roanoke Faith Alliance Church 7505 Barrans Rd.	Jim Daily & Susan Stuppiello dailylent@yahoo.com susanstuppiello@gmail.com	540-230-0511	2nd Monday 6pm Eat / 7pm Meet
VA-L	Chesapeake Golden Corral 101 Volvo Pkwy	Dan Clark & Lorie Thomas wingernut93@aol.com lorriemthomas@aol.com	753-343-1783 D 954-599-5178 L	4th Tuesday 6pm Eat / 7pm Meet
VA-R	Harrisonburg	Gary Hoover hoov@shentel.net	540-975-0223	1st Sunday Location TBD
VA-V	Bedford Bedford Church of God 212 E. Main St	Jonathan Whitworth otteridevav@gmail.com	540-425-0028	3rd Sunday 2pm Meet
VA-X	Salem Riverside Evangelical Methodist Church 1920 Lucas St	Larry Stanton larry25022@gmail.com	304-922-1401	1st Saturday 3pm Meet



The Iron Clad Wings

The Golden Corral Buffet & Grill
101 Volvo Parkway, Chesapeake,
VA 23320
(757) 549-2819
www.goldencorral.com
Please come and join us!



Other local gatherings

- **Chapter C-Hampton/Newport News:** 2nd Sunday each month, 5pm. IHOP at 15447 Warwick Blvd in Newport News
- **Chapter NC-E2-Elizabeth City, NC:** 3rd Thursday each month, 7pm. Itsa Boutza Pizza, 109 S. Hughes Blvd in Elizabeth City, NC



Come Join Us