

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...

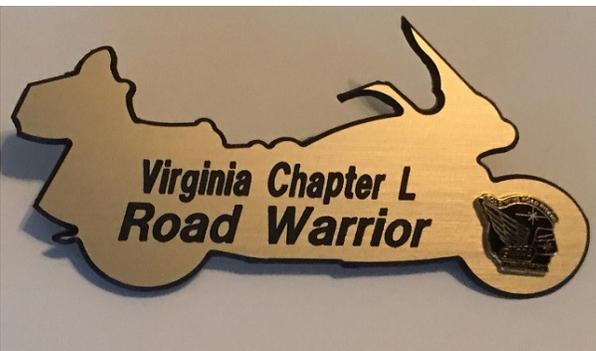


Chapter Directors: Dan Clark & Lorrie Thomas
 wingernut93@aol.com lorriemthomas@aol.com
 Dan's Cell 757-343-1783 Lorrie's Cell 954-599-5178

Ride & Grow with VA-L

We meet the 4th Tuesday of each month (except December) at Pop's Diner, 1432 Greenbrier Parkway, 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

2020 Road Warrior Awards



January: Will Conrad
 February: Steven Morgan
 March: **No Gathering**
 April: **No Gathering**
 May: **No Gathering**
 June: Sherry Morgan
 July: **Rolled Over**
 August: Dan Clark
 September:
 October:
 November:
 December:



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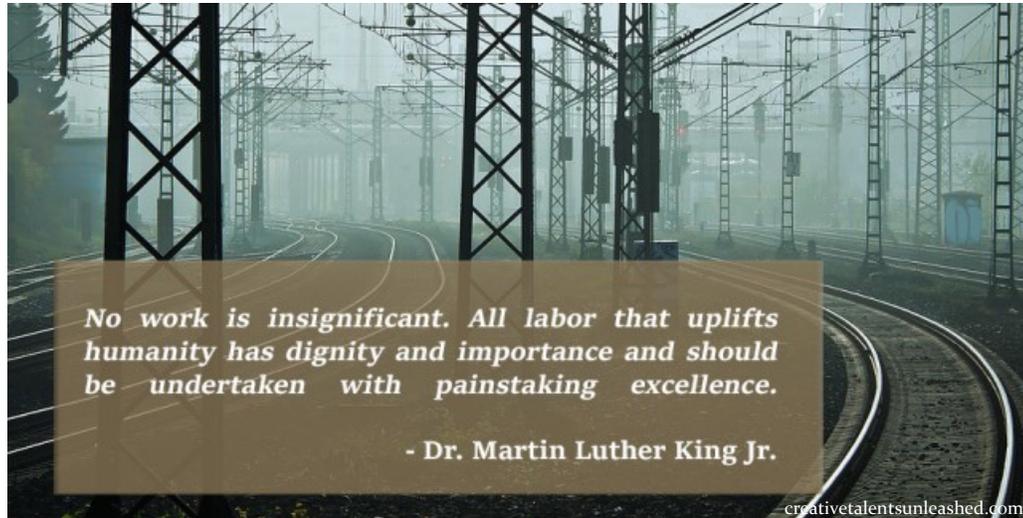
- Chapter Team Articles
- District News
- National News
- Our Mission Statement
- Birthdays & Stuff
- Ride Calendar
- Event Flyers

ALSO IN THIS ISSUE

- Moonlight and Ice Cream
- To Ride Or Not To Ride
- In the Spotlight
- SNAPSHOTS—a look at what Chapter L's been up to
- Did You Know?
- Word Search Fun
- Chapter L Funnies

The Iron Clad Wings

The History of Labor Day



Labor Day: What it Means

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Labor Day Legislation

The first governmental recognition came through municipal ordinances passed in 1885 and 1886. From these, a movement developed to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During 1887, four more states – Colorado, Massachusetts, New Jersey, and New York – created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 more states had adopted the holiday, and on June 28, 1894, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

Founder of Labor Day

More than a century after the first Labor Day observance, there is still some doubt as to who first proposed the holiday for workers.

Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a co-founder of the American Federation of Labor, was first in suggesting a day to honor those "who from rude nature have delved and carved all the grandeur we behold."

But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that Matthew Maguire, a machinist, not Peter McGuire, founded the holiday. Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. What is clear is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

By 1894, 23 more states had adopted the holiday, and on June 28, 1894, President Grover Cleveland signed a law making the first Monday in September of each year a national holiday.

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



Greetings Chapter,

One of the goals of the Chapter for this year was to recruit new Members. With the onset of the Covid virus, it has been difficult to find venues to set up a tent and tables to recruit. Fortunately, we have had the pleasure of having two new families join our Chapter. I would like to welcome Paula Dignan and her husband Bob as the co-rider, also Joseph Daniel and his wife Patricia, who goes by Trish. When you see them, introduce yourselves and say hello.

One of the upcoming rides is an overnight trip to Mt Airy, N.C. the last weekend of September. We will be leaving the morning of the 25th and returning on Sunday the 27th. We have a block of rooms at the La Quinta Hotel in Wytheville, Va. for \$85.00 per night plus taxes. We will be attending the Mayberry Days with many shows and arts and crafts. I may be entering the Cornhole tournament if I can find a partner, any takers? You need to reserve your room no later than the 24th. The number to call is 276-228-7400 and make sure you mention that you are with the GWRRA group.

With the fall and winter months approaching, we will be offering training classes taught by our Chapter Instructors. We will also be changing from Ice Cream rides to Chapter Dinner Rides. If anyone has a suggestion for a restaurant for the monthly dinner, please let me know and provide a phone number and possibly a contact.

Just a reminder, we still have the facility at Pop's Diner for our monthly Gathering. We need a minimum of 25 attendees to meet the needs of the diner, so come out, visit with fellow Members and friends. I look forward to seeing you at the next Gathering.

Dan Clark

Chapter Director, Va-L

The Iron Clad Wings

Dan Clark

Ride Coordinator

wingernut93@aol.com



Ride Coordinator

Greetings Chapter,

The month of August has come and gone; it seems like it flew through the days. Before long we will be at the end of the riding season, for some, and will be starting our fall/ winter activities.

One of the rides in August was the Moonlight ride. We had 7 bikes and 10 members attend. Although the evening sky was overcast, we had an enjoyable dinner and a great ride through the country. The moon did make an appearance a few times through the clouds and we ended our ride destination at Dairy Queen in Franklin. The group enjoyed the ride and expressed an interest in repeating this type of ride. We will be putting this on the calendar again but with a full moon.

September has many rides planned and some wonderful events. We have the Fall Sprawl hosted by Chapter "C" on the 12th with a great meal and fun games. The District Team has been working hard to put together the All Chapter Picnic at Twin Lakes State Park in Green Bay, Va. on the 19th. Once again, fun games against the other Chapters, good food and the dessert auction.

Listed below is the September Ride schedule, so come out and enjoy the fun and support your Chapter. Until then, stay healthy, ride safe, be safe and keep the shiny side up.

September 12, 2020 Chapter "C" Fall Sprawl. (Bring your own eating utensils and plates)

September 19, 2020 All Chapter Picnic- Green Bay, Va. Twin Lakes State Park

September 22,2020 Chapter "L" Gathering- Pop's Diner Greenbriar Parkway

September 25-27,2020 Mayberry Days in Mt. Airy, N.C.

Dan Clark

The Iron Clad Wings

District

Rally in the Valley 2020. Lynchburg, Here We Come!

It's Carnival Time!

I'm usually a positive person, but sure was having my doubts as to whether we would be planning this Rally. Thank you to those who had faith enough to register. There will be folks from Tennessee, Maryland, Pennsylvania, Louisiana, North Carolina, and all corners of Virginia sharing in the fun. Registration is still open. We'd appreciate it if you could do so by September 29 to allow us to have a head count but will accept registrations after that date.



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

The Lynchburg Grand Hotel is excited to have us. There is plenty of classroom space available from Thursday on. The local college has agreed to let us use their motorcycle training range to hold the ARC and TRC range classes on Friday morning. Now is the time to let us know what classes and other activities you'd like to see. Need First Aid? Make sure you add it to the registration.

There are plenty of beautiful roads in the area to ride. Do you have a favorite ride you'd like to share that we can offer? Would you be interested in leading a ride? We know that a group will be visiting the National D-Day Memorial on Friday Afternoon. Information on this ride and others will be available at the Registration table.

Come show off your motorcycle. We will have categories for GL 1500 in 2 wheel and trike/sidecar, GL 1800 in both 2 wheel and trike/sidecar, bikes with trailer and non-Honda bikes. No charge for the show and plaques will be presented at closing.

We want to have fun activities to keep you busy in between rides, classes, bike shows and entertainment. Got any ideas? Crafts? Wingo? Games? Contact Randi and Dave Green with your suggestions (davenrand@cox.net). Speaking of entertainment...Randi and Dave have discovered a great comedian named Jim Seward. He will be sharing his gift with us Friday night, followed by our traditional ice cream party.

As promised, we will transport you back to the time of PTA and Church Carnivals. There will be carnival food, games, popcorn, clowns, and lots of ways to test your skills and win prizes. Each Chapter will have a booth and will be raising money for their Chapter.

So much going on and there's more! There is a Flea Market! Clean out the garage and shed. You can sell motorcycle related things or any other treasure you are willing to part with and you keep the money! Reserve your free table by contacting Dan Clark at Wingernut93@aol.com. Did I mention vendors? Crafters, gear, Mountain Man Painting and clothing vendors, to name a few. You want to be a vendor? Contact Linda Carlyle at lindaredwingo5@verizon.net.

Come one, come all!

You are welcome to contact me anytime at lorriethomas@aol.com or 954-599-5178.

Be patient, Be kind, Be safe.

Virginia District Directors

Lorrie Thomas & Dan Clark

The Iron Clad Wings

RITV 2020 TENTATIVE SCHEDULE

SUBJECT TO CHANGE

Thursday	12:00	Registration	Vendors	Hospitality	Class	ARC & TRC Classroom (Must Be Pre-Registered)	Wingo, Games, Crafts	Lunch On Your Own	Sky Med	Pizza Party	Opening Ceremonies &
	12:30										
	1:00										
	1:30										
	2:00										
	2:30										
	3:00										
	3:30										
	4:00										
	4:30										
	5:00										
Friday	8:00	Registration	Vendors	Hospitality	Class	ARC & TRC Range (Must Be Pre-Registered)	Wingo, Games, Crafts	Breakfast On Your Own	Lunch On Your Own	Dinner On Your Own	Live Entertainment Ice Cream Social & 50/50
	8:30										
	9:00										
	9:30										
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Saturday	7:30	Registration	Vendors	Hospitality	Class	CPR /MFA Class (Must Be Pre-Registered)	Carnival Set up	Breakfast On Your Own	Lunch On Your Own	Dinner On Your Own	Masters Breakfast
	8:00										
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6:30											
7:00											



A way to clean out your garage and closets of Motorcycle Parts, Clothing and Accessories at the First Annual Rally in the Valley Flea Market!

Friday, October 30th , 10:00 – Noon.

A 6' table is included. Bring your own bank to make change. Tag your treasurers and be prepared to haggle. All tables must be attended during the duration of the sale. To reserve a table or for further information, please contact Dan Clark at

Wingernut93@aol.com by September 29th.

The Iron Clad Wings

National



GWRRA University Online Training Available  Sep Classes

Click here to register:

<https://gwrradot.com>

Once the site opens, scroll down and click on the scrawl to register

September 2020

Any questions, please contact:

Clara Boldt
 Director of the University
 toledotriker@gmail.com

Sun

Mon

Tue

Wed

Thu

Fri

Sat

20

21

22

104-01
 Riding in the
 Cold 6:00pm
 CST

23

103-02
 Team Riding
 6:00pm CST

24

101-02
 Co-Rider
 6:00pm CST

25

26

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



SEPTEMBER BIRTHDAYS

TERRY ELLIOTT

KEITH HERCHENRODER

JEFF STOBIE

GAIL LINK

DENNIS EASTON



SEPTEMBER ANNIVERSARIES:

NONE



SEPTEMBER GWRRA ANNIVERSARIES:

DAN CLARK 15 yrs & LORRIE THOMAS 8yrs

JEFF & CARM STOBIE 12 yrs

ZACH & ANGIE BON 9 yrs

AL & KARLA DOBBINS 19 yrs

DENNIS & PHYLISS EASTON 4 yrs

STEVEN & SHERRY MORGAN 12 yrs

STEPHANIE SKINNER 7 yrs

AMANDA SKINNER 7 yrs

Quote
of
the
Month

"Everything in your life is a reflection of a choice you have made.
If you want a different result, make a different choice."

Helpful information for members

To get Chapter, District, and National patches for your vest, contact our Chapter Treasurer, Will Conrad.

For things you might typically pick up at a Rally, but don't want to wait until the next one comes around:

- **Chapter Shirts/Rider Ed patches:** See the Chapter Directors; Dan Clark & Lorrie Thomas
- **Name Tags:** www.ThEngraver.com (take note of spelling—only 1 'e' at beginning)
- **Vests & sewing patches:**
 - Perfect Fit Alterations, 357 Johnstown Rd, Chesapeake. They also do vest embroidery
 - The Leather Arts Store at 415 N. Military Highway, Suite 13. Ask for the owner, Dennis
- **Embroidery & Name Tags:** Nancy Harbison Uniforms & Tailoring at 479 South Lynnhaven Road, Virginia Beach (463-3241)

These are by no means the only place to get your desired items, just the ones that seem to be used the most by local chapters.

The Iron Clad Wings

Gathering & Ride Calendar



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

Date	Chapter	Event
Sep 12	C	Fall Sprawl, 485 Simmons Ln, White Stone, VA
Sep 19	Virginia	Virginia All Chapters Picnic—Twin Lakes State Park, Green Bay, VA
Sep 22	L	Chapter L Gathering, Pop's Diner, 1432 Greenbrier Parkway, Chesapeake, VA. Eat at 6pm Meet 7pm
Sep 25-26	L	Mayberry Days—Mt Airy, NC. Come enjoy the days of Mayberry with their annual Festival. Crafts, music, and food along with concerts.
Oct 27	L	Chapter L Gathering, Pop's Diner, 1432 Greenbrier Parkway, Chesapeake, VA. Eat at 6pm Meet 7pm
Oct 29-31	Virginia	Virginia District Rally—"Rally in the Valley": Lynchburg Grand Hotel, 601 Main St, Lynchburg

The Iron Clad Wings



Fall Sprawl

September 12, 2020
485 Simmons Lane
White Stone, VA



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

Current Chapter Couples Free

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

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

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

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



Chapter C Fun

Crusty Derby
Race on Saturday!

Chapter Challenge



Register by August 29th to be guaranteed a steak and be entered into the \$50 pre-registration drawing.

Pre-Registration Deadline - August 29th

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

Attending _____ x \$18 = \$ _____

Attending _____ x \$23 = \$ _____

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

_____ Tent/Pop Up _____ RV _____ 5th Wheel

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

_____ Rare _____ Med Rare _____ Med
_____ Med Wel _____ Well Done _____ Raw (uncooked)

Please make check payable to **GWRRRA VAC**
GWRRRA VAC and mail to: **PO Box 1266**
Yorktown, VA 23692

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Organization: _____ Chapter: _____

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

Signature: _____

Signature: _____

The Iron Clad Wings



ALL CHAPTERS PICNIC



SEPTEMBER 19, 2020

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

Back by popular demand

\$5 to Park

\$0 to Party

11am to 3pm

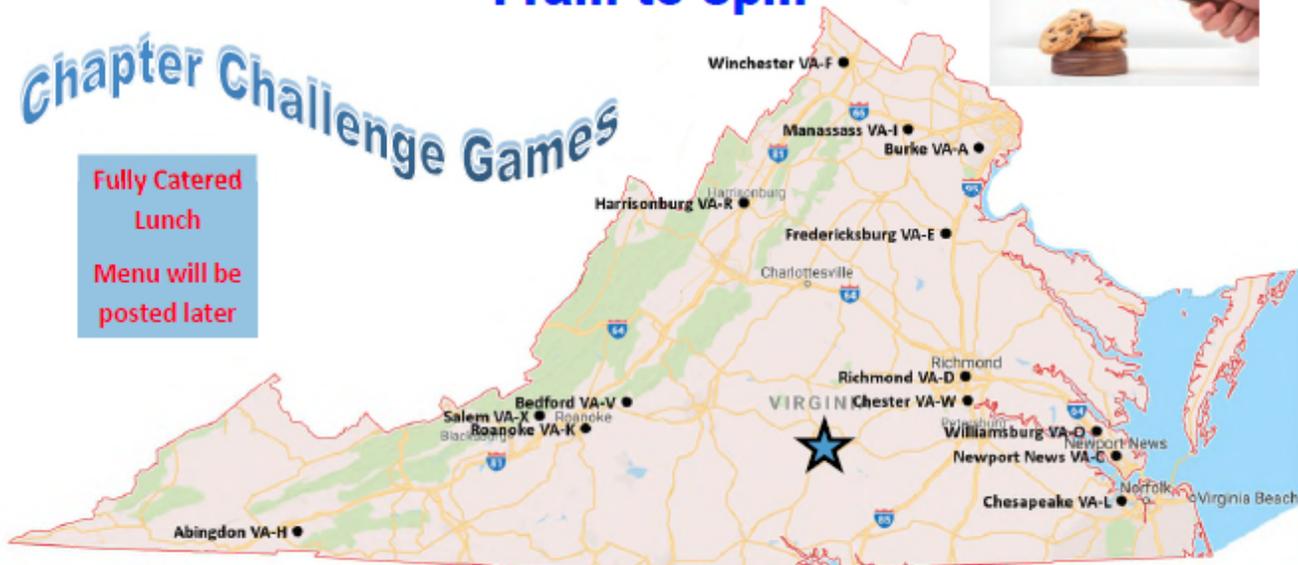


Deserts To Share



Chapter Challenge Games

Fully Catered Lunch
Menu will be posted later



Location



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

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

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

Latitude, 37.174829, Longitude, -78.273242.

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

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

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

The Iron Clad Wings

It's Carnival Time!

Come Join the Fun!

October 29 -31, 2020



Lynchburg Grand Hotel

601 Main Street, Lynchburg, Virginia

434-528-2500

Carnival Games

On Bike Courses (ARC and TRC) and Classes

Rides, both guided and on your own including California Side Car and the

D-Day Memorial

Bike Show

Vendors

Live Entertainment

History Tours of Lynchburg

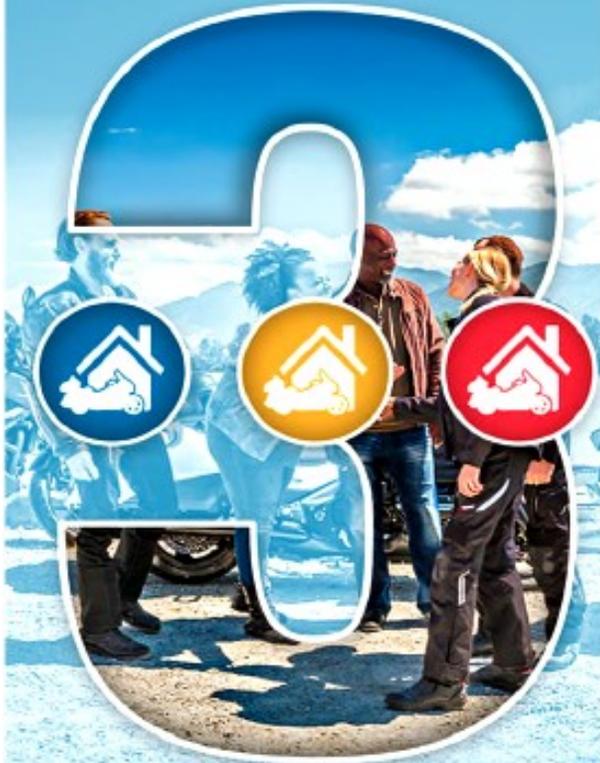
And much more!

More information on <http://www.gwrravadistrict.com>

The Iron Clad Wings

Gold Wing Road Riders Association

Recruit



Get a Year Free

How it works:

Start Date: 2/1/2020

Recruit 1 Household

= 1 month free membership

Recruit 2 Households

= 1 additional month free

Recruit 3 Households

= 1 YEAR FREE MEMBERSHIP



www.GWRRA.org
1-800-843-9460

The Iron Clad Wings

Moonlight and Ice Cream

By: Lorrie Thomas, VA-L



Saturday, August 22, Members of Chapter L gathered at Hardee's to venture off into the dusk for dinner and a ride.

Marty, Jeff, Keith, Don and Kathy, Conrad, Keith and Susan, Dan and I drove to Suffolk to eat at the Village Inn. That new server got the challenge of her brand-new career with this group. Other than cheeseburgers missing the cheese, which they corrected quickly, it was good food and good company.

Off into the cool evening air. Marty took us to roads I had never seen complete with beautiful old houses, farms, and lots and lots of fields of crops. Ask Keith L. why he wants a louder horn. There is one scared beagle whose tail is probably still between his legs after running across the road in front of a Spyder.

With Don close to the rear of the pack, in front of Dan and I, his mobile light show was cool to see and lit up the group.

We, of course, stopped for Dairy Queen in Franklin, though I have no clue how we got there!

Thank you, Marty, for leading another great ride. Consensus of the group is we will be doing another moonlight ride soon.



The Iron Clad Wings

To Ride Or Not To Ride

(That crisis of confidence moment)

By: Cash Anthony, MS Riding Group

Retrieved from msgroup.org/tip.aspx?Num=050&Set=

Whether you've been riding a motorcycle for days or for decades, a time may come when you find yourself wondering, "What on earth am I doing out here?"

Where and when this happens is important in trying to figure out what it means, if anything. If you are trying to stay on two wheels in high crosswinds with 18-wheelers passing, a fleeting wish to be elsewhere is understandable. Wanting to "get the ride over with" is probably not an abnormal attitude even for the hardcore, if the landscape you're looking at resembles a nuclear test site or if you've got a storm at your back.

Sometimes, though, this question hits, and it just seems irrational.

Remembering what learning to ride was like for me, and my sense of breathless amazement at going 50 the first time, I suspect new riders frequently wonder what on earth they are doing out there. When first learning to handle a motorcycle, whether it's on motocross trails or in the middle of city traffic, it's natural to be concerned for your own skin.

Riding a street bike is risky. Dropping a bike is embarrassing if not painful, and the pavement can be soooo hard. Until the skills required to operate these complex machines become well-practiced, a rider might be asking "What am I doing out here?" several times in a day's ride. But for a more experienced rider who knows her own limits and can better manage her risks, this could mean she's riding too far, too fast -- and a part of her knows it.

If a person is scaring herself regularly, maybe the search for adventure has become reckless thrill-seeking -- and dangerous to herself and others. One rider's loss of control creates an enormous risk for a group. This is one reason the Lone Star Ladies (LSL) regularly discuss and practice our group riding safety rules, especially with those new to us, and they are asked to ride toward the rear.

Once motorcycle touring gets into your blood, and you gain experience on your bike, your skill and confidence increase. Because you keep your bike well maintained and practice safety in the everyday details of riding, you learn to relax. Fear is forgotten in the glorious fun, in the sights and sounds and smells and people encountered on a run, in the companionship of the "family" as you travel, and in the interest you generate in the people you meet. A bout of irrational, stark terror becomes a rarity -- but it can still happen.

Several years ago, as I started the first leg of a major trip, I had a panic reaction that stayed with me for several hours and was very hard to shake. (I needed sleep.) But I've heard about it happening to riders with far more years and miles on them than I have, and I've even seen several examples of it when, for no particular reason, a turn or a U-turn just looked "too hard" to make on a Gold Wing, despite the rider's demonstrated abilities.

What should you do when you can't shake a negative feeling? Are you losing your nerve? Are your riding days over?

Continued on next page

The Iron Clad Wings

Without attempting some kind of "biko-psycho-analysis," I suggest that a crisis of confidence or intense fear while riding first calls for that rider's attention. The rider should signal for a stop if necessary to allow her to pay attention to what is going on without endangering herself or others. It should not be ignored.

Even in a moment of terror that comes out of nowhere, sudden movement on a motorcycle is not recommended. A street rider expects to maintain control at all times. Unless you decide to put your bike down and give up control for some definite reason, chances are you will be fine if you just keep on doing all the right things.

I've experienced a number of moments of discomfort when riding that seemed unrelated to road, traffic, or rain. It may have been a memory, or my imagination running away. I have ridden through them, but I couldn't ignore how uncomfortable I was. I continued to question whether I needed to make a "head-check" stop, whether my riding skills were being affected, whether I could "breathe through it," and what was really nagging at me. I stopped "casually" before many more miles, but I didn't want to let my paranoia take over and make sure I crashed.

After encounters with my demons of the road, I've looked back and tried to analyze the circumstances. I've realized a lot of things can cause my pleasure in riding to seep away, and my awareness of risk to grow irrationally. These include not eating and getting low blood sugar, fatigue, dehydration, cramped muscles, riding an unfamiliar bike, starting out on a trip without understanding the route or the stresses it would take, believing I should do something differently to please someone else in the group, and not personally checking some aspect of my equipment. Any of these things can cause extra stress in the midst of what can be a stressful sport. Dealing with some of these factors takes a change in habits; some, a change in attitude. To ride safely and keep enjoying it, across, say, a 400-mile day, confidence has to play a big part.

What about peer pressure to get through a bad ride or a shaky moment without "inconveniencing" the other riders? Most LSL fellow riders would tell you this: "If you've ever been 'inconvenienced' by having to follow a friend to the Emergency Room to see if she makes it, you can handle an extra five-minute break to keep a rider out of there."

Besides, motorcyclists expect help from each other along the road: a helmet placed on the ground by a bike's front wheel is the universal signal that a rider needs assistance. In a Lone Star Lady group, as in many others, if a rider needs to stop for any reason -- or no "rational" reason at all -- that person will not be left to deal with a problem alone. Neither should a rider who has a crisis of confidence expect to be criticized.

"Ride your own ride" puts the responsibility on each individual rider to exercise the proper degree of care and skill needed under the circumstances. Group riding LSL-style is not for everyone, but it has some definite advantages in the give-and-take.

Some riders are sensitive to pressure from peers to test their skills and try something risky. If you want to experiment, don't take a dare. Do it in an environment you can at least partially control: on an empty parking lot, or in a quiet neighborhood, or on the training range at a Motorcycle Safety Foundation course.

Continued on next page

The Iron Clad Wings

Being pushed into riding longer, faster, harder, on a bike you can't handle, or under conditions you find unsafe -- especially out in the boonies with people who don't respect your limits -- doesn't set up good conditions for success, or learning, or having fun, or being uninjured and well enough to ride the next day.

When the Lone Star Ladies and Gents acknowledge and recognize our members who take a safety course or perfect a new skill, this attitude encourages all our riders to practice, share what is learned, and to feel good about it.

"What on earth am I doing out here?" If it happens, the decision is yours: to ride or not to ride? If you just can't get to relaxed-but-aware, you may not enjoy yourself. If you have to stop to regroup emotionally and mentally, don't beat yourself up. Take a break, find a friendly back-seat, or come to club events on four-wheels. Attend to your needs, and don't ignore the signs: a candy bar might be all you need to feel safe again.

If there's no 'real' reason for panic, perhaps you can ride through it and trust your common sense to keep you safe. Finding a way back to the fun is one of the challenges of motorcycling that has involved real personal growth, for me. It has taught me courage and self-control to deal with my fears. Like the old farmer, I find "I've had a lot of worries in my life, but most of them never happened."

The Iron Clad Wings

In the Spotlight

Meet Paula Dignan, VA-L Member

Hello my name is Paula Dignan and I'm a new member to GWRRA and grateful for the add to Chapter-L. I am a new rider and only got my M-3 license on 20 Oct 2019 through the training classes at TCC in Virginia Beach. I have always enjoyed motorcycles, I guess it's the excitement and mystique they seem to have. I am 70 years old and I am a rough and tumble kind of girl not afraid of bugs and such, so motorcycles have become my passion. I am retired civil service and I have gotten to travel and work in many places. I moved here from Massachusetts, after a base closure, Norfolk Naval Station was where I retired from. I worked in construction officially called ROICC (Resident in Charge of Construction). I loved my job as it was different with each new project, be it a hangar, a control tower, a runway, an office renovation or a pier job. My main job was the construction documentation and to make sure all t's were crossed and all i's were dotted. I loved to go out of the office for site visits and to view progress or evaluation of changes for a modification to the contract.

After I retired I became the caregiver for my parents. I am not an only child, but the only child who was retired and who could take the time to keep my parents in their home and maintain normalcy for them. My parents are both gone now and it has given me this wonderful freedom. I am enjoying a new and exciting time traveling and exploring the USA. Last year I visited Montana, Wyoming, Ohio, West Virginia, North Dakota, South Dakota, Nebraska, Michigan, New York, Vermont, Massachusetts, Rhode Island, Connecticut, Maryland, and Delaware. I did all of these states and I did 9,763 miles in three weeks. All by myself. While in SD I rode on a motorcycle during bike week at Sturgis. Yes I did buy the T-Shirt. That is why I am hooked.

I need to mention my most wonderful, supportive and thoughtful husband Bob. We've been married for 49 years now and without his love and support I couldn't run off and do these fun things. Bob doesn't ride a bike/trike, but he will ride with me. Motorcycles are not his thing. He loves big rigs with lots of protection around him. Thank you all again for the add.



Paula and her 2008 GL 1800 Trike

The Iron Clad Wings



SNAPSHOTS

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

Chapter Gathering August 25, 2020



New members, Paula & Bob Dignan introduce themselves



MEC fun and games "School Days— Trash Toss"



L to R: Dave Hunter, Jeff Stobie, Debbie Mandigo, Doug Gilliam
Jeff's wins & looks like he excelled at tossing trash into cans during classes
Debbie and Doug, you need to work on your throwing skills

The Iron Clad Wings



SNAPSHOTS

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

**Adopt-A-Spot Clean-up
September 5, 2020**



L to R: Marty Tengowski, Dan Clark, Keith Lindgren, Lorrie Thomas, Don McAlister & Kathy Powers, Paula & Bob Dignan,
Will Conrad, Karen Bottoni

The Iron Clad Wings



Retrieved from facts.net

One of the greatest things in life is the ability to learn and gain knowledge. As we grow older we learn that we never really stop learning outside of school. While some did you know facts may be strange and seem a bit trivial, you never know when it might come in handy. Here a few “did you know” facts that are sure to get your brain itching for more information.

Tea bags were an accidental invention.

When Thomas Sullivan distributed tea samples in small, silk bags in 1908, his customers dunked them in water – bag and all. Now, this seems like the normal thing to do – but this was during a time when you could only drink tea through big strainers. From Sullivan’s samples, the conventional tea bag was born.

Sleep literally cleanses your brain.

When we sleep, more cerebrospinal fluid flushes through the brain to wash away the day’s worth of harmful, excess proteins and toxins. Think about that on your next Netflix binge.

The sound of a Star Wars lightsaber is the combined sound of a film projector and noise from an old TV.

Sound designer Ben Burtt created the iconic whooshing sound of lightsabers almost accidentally. The sound made when lightsabers make impact resulted from TV feedback on a shieldless microphone – which Burtt discovered on accident while looking for something to add to the projector hum.

Hershey’s Kisses were named that after the kissing sound the chocolate makes on the conveyor belt.

Before discovering this fun fact, I thought Kisses were named after the shape your mouth makes when you place the chocolate on your lips, tip-first. However, Hershey’s are actually named for the sound it makes during the manufacturing process. A machine squirts the chocolate mixture onto the conveyor with a “kiss” sound. Another Hershey’s fun fact? The paper-strip plume on top of Hershey’s Kisses are trademarked.

Alfred Hitchcock's Psycho was the first American film to show a toilet being flushed on screen.

The groundbreaking flushing took place right before Janet Leigh’s character’s iconic shower scene.

The Iron Clad Wings

Word Search

Theme: Fall

S	R	Y	G	H	J	O	N	M	U	T	U	A	K	C	W	J
T	P	I	E	S	P	V	Y	A	F	R	O	S	T	G	T	A
A	B	E	G	A	I	L	O	F	A	C	E	S	V	O	P	M
O	R	L	E	A	F	P	E	E	P	I	N	G	T	P	F	B
C	L	P	N	G	T	T	N	E	E	W	O	L	L	A	H	R
C	O	L	S	Y	A	Y	C	S	L	P	B	E	Q	O	H	S
B	G	R	A	I	T	E	E	O	S	E	P	R	S	D	Q	P
L	N	C	N	F	R	Z	M	E	O	I	A	N	O	U	L	U
E	I	I	T	S	A	C	R	I	C	L	R	F	I	W	Q	M
A	K	U	D	M	T	I	E	K	G	O	N	R	B	W	N	P
V	A	T	N	M	F	A	I	L	C	R	R	I	O	A	R	K
E	R	R	U	N	B	N	L	A	P	E	A	L	G	O	G	I
S	O	M	O	I	G	U	M	K	L	P	L	T	L	H	I	N
C	S	B	K	D	E	R	L	S	S	E	A	O	I	K	T	S
K	V	I	Y	Z	J	J	K	V	Y	L	C	W	Z	O	O	S
H	N	S	R	E	D	E	E	F	D	R	I	B	X	C	N	E
G	T	W	J	X	T	H	A	N	K	S	G	I	V	I	N	G

ACORNS
 APPLECRISP
 APPLEPICKING
 AUTUMN
 BIKING
 BIRDFEEDERS
 BONFIRES
 BROWN
 COATS
 COLOR

COOLNIGHTS
 CORNMAZES
 CORNSTALKS
 FALL
 FOLIAGE
 FROST
 HALLOWEEN
 HATS
 LEAFBAG
 LEAFPEEPING

LEAVES
 MIGRATION
 MUMS
 PIES
 PUMPKINS
 RAKING
 RED
 SQUIRRELS
 THANKSGIVING
 YELLOW

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

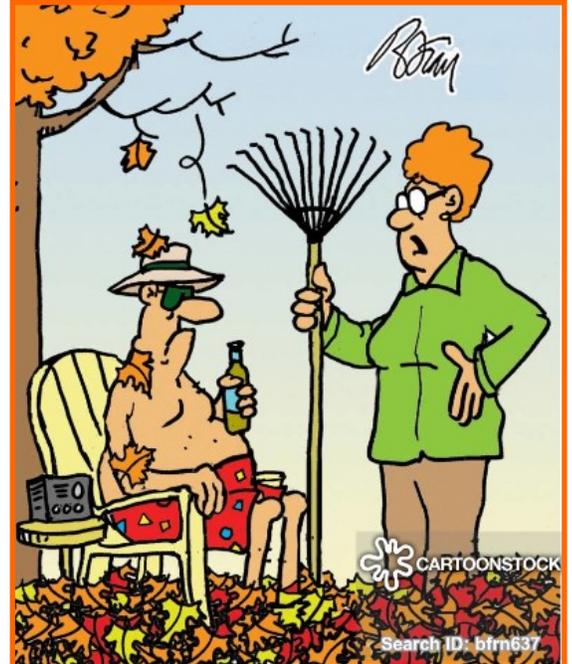
Retrieved from whenwordsearch.com

The Iron Clad Wings

Chapter-L Funnies



Honda reveals their new Goldwing LE Fishing Trike model for 2021



"SUMMER IS OVER, RICHARD, SO DEAL WITH IT AND START RAKING!"

When I'm on an intense phone call



Who can relate?



The Iron Clad Wings

Chapter Team Members

POSITION	NAME	EMAIL
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<https://gwrraval.org/>



The Iron Clad Wings

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

<http://gwrra.org/>



The Iron Clad Wings

Chapter	Area / Location	Chapter Director	Phone Number & Email	Monthly Gatherings
VA-A	Burke	Mary O'Connor (11/09)	703-635-6775 maryoc4429@aim.com	2nd Wed. 7:30 pm The Ponds Community Center, 9837 Burke Pond Lane, Burke, VA. 22015
VA-C	Hampton/Newport News,	Dave & Donna Huey (01/18)	757-719-0668 dhuey1800@verizon.net	2nd Sun. 4:pm Angelo's Steak House 755 J. Clyde Morris Blvd, Newport News
VA-D	Richmond	Fritz Sassine & Iris Guillet (01/18)	804-938-9183 fritz.sassine@gmail.com	4th Wed. 6:pm Candelas Pizzeria & Ristorante Italiano, 14235 Midlthoian Tnpk., Richmond
VA-E	Fredericksburg	Claude Revely (01/19)	540-207-7646 Knightwing263507@gmail.com www.battlefieldwings.com	3rd Wed. 6:pm Great American Buffet. 1780 Carl D Silver Pkwy, Fredericksburg Central Park Shopping Center, exit 130 off I95
VA-F	Winchester	Stephanie Davis (08/14)	540-664-6430 davis.stephanie80@yahoo.com	4th Sun. 8:am Golden Corral, 120 Costello Dr., Winchester
VA-H	Abingdon	Paul & Dorothy Baker (11/01)	276-628-6047 09nellie@comcast.net	2nd Tue. 7:pm Abingdon Moose Lodge US19, Porterfield Hwy, Abingdon
VA-I	Manassas	David & Robin Hotaling (1/20)	646-406-1200 Rah889195@yahoo.com davidsgoldwing02@gmail.com	2nd Sun. 9:am Great American Buffet 8365 Sudley Rd, Manassas
VA-K	Roanoke	Jim Dailey & Susan Stuppiello (6/19)	540-230-0511 DaileyENT@yahoo.com susantuppiello@gmail.com	2nd Mon. 6:pm Great 611 Steak Co., 3830 Franklin Rd., Roanoke
VA-L	Chesapeake	Dan Clark & Lorrie Thomas (1/20)	757-343-1783 (D) 954-599-5178 (L) Wingernut93@aol.com lorriethomas@aol.com	4th Tue. 6:pm Pops Diner 1432 Greenbrier Parkway, Chesapeake
VA-O	Williamsburg	Ray & Tammie Pierce (04/14)	757-268-6286 gwravaochapterdirector@cox.net	4th Sun. 4:pm Denny's Restaurant 409 Bypass Rd. Williamsburg
VA-R	Harrisonburg	Gary Hoover hoov@shentel.net (01/18)	540-742-1751 Judy Russell tiggerly13@hotmail.com	1st Sun Location to be Announced
VA-V	Bedford	Jonathan Whitworth (04/17)	540-425-0028 OtterRideVAV@gmail.com	3rd Sun. 2:pm NO FOOD Bedford Church of God 1212 E Main St, Bedford
VA-W	Chester	Sheila & Jim Hazan (06/18)	804-396-9088 (S) 804-396-9089 (J) gwravaw@gmail.com	2nd Tue. 6:pm The Patron Cantina 12211 Jefferson Davis Hwy., Chester
VA-X	Salem	Larry Stanton (01/15)	304-922-1401 Larry250222@gmail.com	1st Sat. 3:pm Riverside Evangelical Methodist Church, 1920 Lucas St, Salem

The Iron Clad Wings

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Please come and join us!

Other local gatherings

- **Chapter C-Hampton/Newport News:** 2nd Sunday each month, 5pm. Angelo's Steak House at 755 J Clyde Morris Blvd in Newport News
- **Chapter O-Williamsburg:** 4th Sunday each month, 4pm. Denny's Restaurant at 409 Bypass Rd in Williamsburg
- **Chapter NC-E2-Elizabeth City, NC:** 3rd Thursday each month, 7pm. The Villa at 846 Halstead Ave in Elizabeth City, NC



Come Join Us