



**Director's Corner**

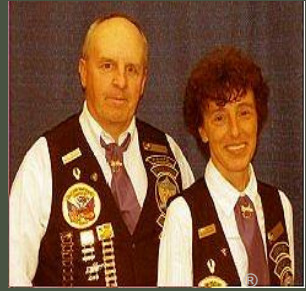


Well here we are in to April already. Where has the time gone? Seems like I haven't done much riding but as I look back at it, I have been on all the planned rides so far. Talking about planned rides, the group has been coming up with more rides and visiting with other chapters.

With that being said, I have noticed that different

chapters have events on the same days so I am hoping that we can be represented at them all. . I know that so far it looks like this is going to happen. A couple of good examples are Chapter D event and Chapter J Ride to Patrick Henry Home, Norma will be attending Chapter D and I will be at Chapter J; in May Chapter W and Chapter V both have events the same day, so Norma is attending W and I will head to Chapter V.

Remember to get your visitation card signed but only one signature is needed per chapter. Chapter U is planning on attending Chapter F Crazy Supper. If



**GWRR**  
**Gold Wing Road Riders Association**

**Chapter Officers**

<b>Chapter Directors</b> Dave and Norma Miller (804) 222-3119	<b>Chapter Educator</b> Karen Hicks (804) 822-6436	<b>Treasurer</b> Virginia Wright (804) 737-0894	<b>Membership Enhancement</b> Anita Raines (804) 560-0607
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*Continued on page 2.*

**Next Chapter Gathering**

**3:00 pm - Sun, May 15th**  
**Ashcake Volunteer**  
**Rescue Squad**

**WE ARE**  
**Old Dominion Wings**





**Friends for Fun, Safety and Knowledge...**

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- [www.olddominionwings.com](http://www.olddominionwings.com)
- [www.gwrrava.org](http://www.gwrrava.org)
- [www.region-n.org](http://www.region-n.org)
- [www.gwrra.org](http://www.gwrra.org)

(Continued from Page 1)

so go to the District Website and pull off the form and send it in. We will be 4 wheeling as it is a bit late when we get done, but we can certainly carpool.

Anyone looking to take a ride that others might be interested in, let's set it up. Mike M has a ride starting in May and I am looking to start an ice cream ride. These both will be during the week at night. Is one night better than another for Ice Cream rides? Let us know if you have a preference. If we don't hear anything, we will assume whatever night we pick is good.

Anyone interested in a maintenance day? If so we can do it here at the house hoping the first part of June just let me know who is interested. Everyone needs to watch the calendar and the emails from Norma about other rides that pop up. Let's make sure we get the new people out with us riding.

We have had 7 new participants since January which is tremendous. We are thrilled with the turnout we have had at our gatherings, rides and attendance at other chapter gatherings.

Until next time, ride safe and often.

Dave & Norma Miller  
Chapter Directors - VAU

#### Chapter VA-U Officers and Staff

Chapter Directors	Dave and Norma Miller	(804) 222-3119	<a href="mailto:miller.n@comcast.net">miller.n@comcast.net</a>
Assistant Chapter Directors	Vacant	Vacant	Vacant
Chapter Educator	Karen Hicks	(804) 822-6436	<a href="mailto:gwdoxylover@verizon.net">gwdoxylover@verizon.net</a>
Chapter Couple of the Year	Don & Linda Krukowski	(804) 747-7149	<a href="mailto:dk548@comcast.net">dk548@comcast.net</a>
Treasurer	Virginia Wright	(804) 737-0894	<a href="mailto:vapinkrebel@comcast.net">vapinkrebel@comcast.net</a>
Membership Enhancement	Anita Raines	(804) 560-0607	<a href="mailto:raineswing@verizon.net">raineswing@verizon.net</a>
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Ride Coordinators	John and Anita Raines	(804) 560-0607	<a href="mailto:raineswing@verizon.net">raineswing@verizon.net</a>
Technical Advisor	Roger Craver	(804) 262-0485	<a href="mailto:roger.craver@comcast.net">roger.craver@comcast.net</a>
Email Coordinator	Norma Miller	(804) 400-4651	<a href="mailto:miller.n@comcast.net">miller.n@comcast.net</a>
Storekeeper/Goodies	Norma Miller	(804) 400-4651	<a href="mailto:miller.n@comcast.net">miller.n@comcast.net</a>
Webmaster	Rob Ramsey	(804) 859-5030	<a href="mailto:Poolshark1000@gmail.com">Poolshark1000@gmail.com</a>
Sunshine Care Bear	Debra Alley	(804) 347-2689	<a href="mailto:dalley44@msn.com">dalley44@msn.com</a>

## Rider Education



### **SPRING IS IN THE AIR**

At the onset of spring, (it can't get here soon enough), I start thinking of all that needs done. First, I need check out, start up and road test my Wing. Then there is the lawn equipment to get ready, road test the Gold Wing again. Uncover the pool and clean up that mess, another test ride on the Wing. Now it's time for a Chapter meeting, fill up the Wing and go.

Now that the Wing is ready to go, it is time to check and update your levels and renewals (if they weren't done during the winter).

- Did you take or give a seminar?
- Did you update your levels and get your paperwork sent to the chapter educator?
- Did you send in your



Karen Hicks  
Chapter Educator

renewals, including Level IV's?

- Did you check you CPR/ First Aid and take a class if needed?
- Check your riding course dates, do we need to get a class scheduled?

A lot of education is available in our Association and most of it is FREE. If you do not know how to get classes and courses. Start with you

Chapter Educator or Chapter Director; if they don't know ask them to contact the District. If that is unsuccessful, you contact the District Educator. Keep asking until you get an answer. If you really are interested in a class or course, they are available. One problem that I have found is telling members, "you may have to travel 60 to 80 miles to get that class or riding course". I can't believe the whining I hear. I know how far most of us would ride for ice cream. I guess that is for camaraderie, and you can't get that in a class? I can only say ice cream is great but not as good for our body as a class or course may be saving the whole body.



### **Birthdays**

Rita Jones 5/11  
Debra Alley 5/21  
Don Krukowski 5/12  
Eddie Mayer 5/16

### Corrections from last newsletter

Karen Hicks e-mail address is [gwdoxylover@verizon.net](mailto:gwdoxylover@verizon.net)

Not enough proof reading let me leave Eddie's Name misspelled in article header

*"In our April newsletter we introduced three new chapter participants. I personally would like to apologize to Eddie Mayer for the misspelling of his last name. The newsletter showed that to be "Maher". Norma Miller"*

*And you thought I was perfect.  
Steve*

### **Inquiries and Submissions for Newsletter and Website**

If you have photos, event details, or other information that can be shared in our newsletter or on our website, please contact Dave and Norma Miller, *Chapter Directors*. Please contact Karen Hicks, *Chapter Educator*, with inquiries about or suggestions for education opportunities or the GWRRA Rider Education program. Errors and omissions in the newsletter contact Steve Wright, *Newsletter Editor* and on the website may be reported to Rob Ramsey, *Chapter Webmaster*.

**Newsletter submissions are due to Steve by the 20th of each month.**

Chapter of the Year Corner

Happy Easter!!!! Everyone.

Hope you were able to celebrate with loved ones. April showers bring May Rides. With better weather on the way there are more opportunity for rides. On April 3<sup>rd</sup> seven (7) bikes and twelve bikers took a ride to a place called "Are we there yet", we made it. Good weather, good roads and great company. We went to visit Chapter W on the 12<sup>th</sup> April for good food and good company. OH!!! Also their marble game was up to \$541.00. We didn't win but nobody did, so I guess we will be there next month. We can't make the Tennessee Rally this month but hope those that go had good weather. We know they will have fun. We plan on going to Chapter D main event on the April 30th.

Looking forward to supporting our fellow chapters and having a good time and ride. Looking forward to Chapter U Yard Sale on May 7<sup>th</sup>. (One man's junk is another man's treasure). Don't forget Mothers Day on the 8<sup>th</sup>. Going to a "Crazy Apple Pickin Supper" in Winchester on May 14<sup>th</sup>, sounds like fun, so come on along. Chapter U meeting on the 15<sup>th</sup>. A P Hill ride on the 17<sup>th</sup>. Lots to do and take part in.

A three day holiday at the end of the month. Sounds like a good time for a three day ride. Come on out and take part in the life of YOUR chapter. See you there.

God bless and be safe.  
Don & Linda Krukowski  
COY Chapter U



## CPR – First Aid for Adults

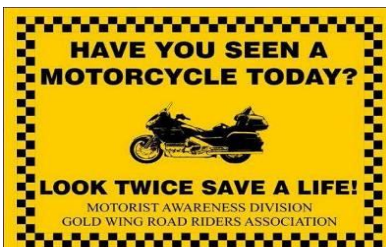
Recently, March 19<sup>th</sup>, 2011, to be exact, "she who must be obeyed" (my co-rider Darlene) and I made the trip up to Fredericksburg to take the BasicPlus CPR, AED, and First Aid for Adults course.

Let me start by saying, everyone should take the course if you care anything at all about your loved ones.

This course teaches you to save lives whenever and wherever you go. It's not that you are going to be a doctor and fix everything, but you certainly will be able to give someone the chance to survive during an emergency situation and I'm not sure you could ask for more than that.

I know that should I suffer a heart attack, stroke or some other injury, I hope someone is around that has enough knowledge to help me till the professionals arrive. Doing what we can for each other is what Gold Wing riding is all about, isn't it?

This six hour class is updated frequently, teaches the bare necessities to help in an emergency and is more than just giving CPR. It teaches how to work with a team, how to assess the situation, how to react and work calmly. All those things you probably would forget to do. (cont'd on Page 5)



The GWRRA Motorist Awareness yard signs are available for purchase. The cost is \$5.00 each, which includes the printing on both sides and a wire stand. Shipping costs are extra. The signs measure 24"x 18".

To order, contact the Region N Directors, Ed and Mary Grazier, at [edgrazier@comcast.net](mailto:edgrazier@comcast.net). Phone: (615) 459-4499.

It also teaches you not to do things if you are unsure or you don't know how to do them. Just call 911 and do what you can till the pros arrive to take over.

One of the most important things we learned is that an AED (Automatic External Defibrillator) is the best chance for survival when used immediately in cases of a heart attack when the person is unresponsive.

The chain of survival includes early access to EMS, early CPR, early defibrillation and early advanced care. Keep in mind that the lack of any one of these dims the chances for survival.

While CPR and the use of the AED were a major part of the course, we also learned about rendering first aid and how to calm the injured and ensure they had someone to comfort them in this time of stress.

Keeping your certification is a simple matter once you have taken the course. The original cert lasts for two years and you will need to recertify to stay up to date. And as with all things, keeping up to date is the key to success in any venture. Things change and processes are updated all the time.

I hope that the experience that Darlene and I gained at the class never has to be used, but if so, we are happy to render assistance when called upon and we're proud that the GWRRA folks offered the class for us to take.

Do yourself a favor and take the class at your next opportunity and "Be Prepared". Wonder where I heard that before?

Pat Wilson

Chapter U Participant

Welcome Charles Fultz...glad to have you with us and thanks for sharing a bio with everyone.  
Dave & Norma



In 1969, I began riding motorcycles up until marriage child-rearing (2 boys and 2 girls). In 2002, my oldest son bought a Harley Davidson 1200 and told me I could ride it any time, so I did. I put more miles on than he did, but the ride was rough and hard. Later that year, the purchase of a shaft-drive V-twin was in order, which was ridden for 1 ½ years. I decided a 3 wheeler would be even more comfortable and safer, so my current ride was acquired. It is like sitting in an easy chair at home, legs stretched out, shade over my head and no gear shifting since it is an automatic. A 13-gallon fuel tank means not having to stop very often for refuel. If it were aerodynamic, the mileage would be even better.

I have 3 grandchildren (2 girls and 1 boy). Hannah and Aaron both like my trike and if they were a little older would be riding with me. In 2006, I joined Wings of Hope Motorcycle Ministry – rocker is Isaiah 40:31 “they that wait upon the Lord shall renew their strength; they shall rise up with wings as eagles; they shall run and not grow weary; they shall walk and not faint”.

We participate in various events with other ministries, such as Heaven's Saints Motorcycle Ministry. There is an event July 29-31: Three Fold Cord Biker Rally at Cozy Acres Campground, 2177 Ridge Road, Powhatan, VA 23139 (phone: 804-598-2470); website: [www.cozyacres.com](http://www.cozyacres.com). This is a clean and sober family event with camping, bike games, door prizes, big screen movies, vendors, food and live music; a portion of the proceeds to be given to a local charity. For more information, call Ron at (804) 240-5664 or Frank at (804) 598-1834.

## **Region N Couple of the Year**

*Evan and Cindy Parton*

### **2010-2011 Region N Couple of the Year**

In October of last year we had initially planned to attend all of the District Operations Meetings. However, due to my operation we were unable to do so. Evan and I, or I (if Evan has to work), plan on attending all of the Region N Conventions. We're really getting excited about that!

We were able to attend North Carolina's OPS Meeting with the largest attendance that I can remember . . . 276 members registered. That was a great start for Andrew and Vicki Butcher as NC District Directors.

But of course you know me, I had to go and check out the Chapter Couples for 2011-2012. I can't say enough about how much I just love this program and love Chapter Couples. They have no idea what great times and wild rides are in store for them in the year to come. We would love to see, throughout our region, every Chapter have a Chapter Couple and here is why.

Some of you may get tired of hearing the same thing over and over. But, if it's the truth, what is wrong with saying it again?

(1.) A Chapter Couple will help your chapter to grow!

Here is how: Through visitation: When the couples visit other chapters, then usually those couples will come to visit your gathering. Therefore increasing your 50/50 sales, and adding to the camaraderie and fellowship.

(2.) There is a certain bond among Chapter Couples. It doesn't necessarily mean that if there is a plaque involved only the ones after the plaque will show up. Not so! Saturday morning we visited a chapter that had 11 chapter couples present. There was a Western Couples plaque to be given away, 6 couples from the West were there, 4 couples from the Central (and they couldn't win it) and Evan and I, made a total of 11 couples.

(3.) Choosing the right couple is important! Please read your Chapter Couple Handbook for the proper procedure and the correct method for your chapters to consider in selecting their couples. You want a couple who has shown that they have a passion for your chapter and also the growth of the Chapter. They are the "Ambassadors" for your chapter. This is one position where the "Bobble" head or the "Voluntold" should not apply! There is a right way.

(4.) You would also like for your couple to go thru the next selection process. But what if they don't want to? That is fine, but encourage them to do it for the Chapter and explain that it's fun! There is absolutely nothing to fear. Nobody, I repeat nobody, can make a bigger blunder than Evan and I did the first year we participated in the District selection process. "Trust me"! It didn't stop us. You get so close to the other couples the year that you are participating, and establish many great lasting friendships. You want to go thru the selection process to support each other and it's really irrelevant as to who is selected as District, Region or International Couple. We don't know how many times we heard the saying, "There are no real losers in the selection process, because every one of the couples is a winner". The whole process is simply to identify the couple who will be the next ambassador for the level being considered.

This is also where your District or Region MEC, or Evan and I, can help. I would love to do some of this in a class setting . . . to show a past selection process so that the couples can get an idea of what a presentation is like. Some of your chapter couples have never seen a selection process and have no notion of how to do a 4 point turn, and may need assistance or ideas with the resume. Some of this information can be a little overwhelming, if not properly presented.

So it is never too late to select your couple and if you need help just ask. I will, or Evan and I together, will be more than glad to help you.

In the mean time . . . think about Spring Fling and Wing Ding and Lets get ready to Ride. If we can help Directors at Conventions let us know what we can do to assist. We love all and let's get this year Started!!!!!!!!!!

*Evan & Cindy Parton*

*Region "N"*

*2010-2011 Couple of the Year*

**LET'S REMEMBER AND TRY TO GET OUT AND SUPPORT OUR SISTER DISTRICTS. SEE BELOW FOR DATES OF THEIR EVENTS.**

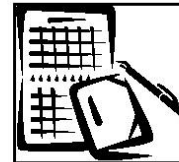
# The 2011 Convention Schedule



Tennessee "Spring Fling" 2011  
**Davy Crockett Days**  
 April 14-16, 2011  
 Sevier County Fairgrounds, Sevierville, TN



**DOWN HOME RALLY 2011**  
 THE WEST VIRGINIA DISTRICT PRESENTS  
 "Come Play With Us" JUNE 16 - 18, 2011  
 SUMMERSVILLE, CONFERENCE CENTER  
 SUMMERSVILLE, WEST VIRGINIA




**WING DING 33**  
 THE GWRRA NATIONAL OFFICE PRESENTS  
 "Rollin' on Rocky Top", JULY 6 - 9, 2011  
 Knoxville Convention Center  
 Knoxville, Tennessee

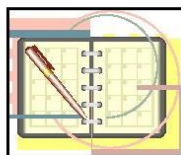



**THE BLAST 2011**  
 THE KENTUCKY DISTRICT PRESENTS  
 August 11-13, 2011  
 THE "CENTER" FOR RURAL DEVELOPMENT

**Special Note:**  
 Date Changed



**WINGS OVER THE SMOKIES 2011**  
 THE NORTH CAROLINA DISTRICT PRESENTS  
 SEPTEMBER 22 - 24, 2011  
 WESTERN AGRICULTURAL CENTER  
 FLETCHER, NORTH CAROLINA




**RALLY IN THE VALLEY 2011**  
 THE VIRGINIA DISTRICT CONVENTION  
 OCTOBER 6 - 8, 2011  
 THE SALEM CIVIC CENTER  
 SALEM, VIRGINIA

## ***Angie's Corner***

### **A little talk about Spirit of Virginia (SOV):**

The Spirit of Virginia award as we all know is the highest accolade a Virginia participant of GWRRA can receive. It is awarded each year at Rally in the Valley to that recipient(s) who is deemed to have exceeded expectations, who has gone beyond what is expected of a volunteer, and who shows and demonstrates their desire to help grow the association by their deeds.

Now is the time to start thinking about whom you may want to nominate for the Spirit of Virginia award. The guidelines for the nomination are on the website, and we encourage anyone who wants to nominate a person or persons to do so.

Remember, it is not about whom the person is what if any position they hold in GWRRA, but their acts and deeds that merit this award.

If there is someone you want to nominate, follow the guidelines and send your nominations in to Mike Mitchell, VA District Director at [gwtgger@aol.com](mailto:gwtgger@aol.com). Nominations must be received by July 30, 2010.

Rally Talk:

Information regarding events, etc. that we are planning for the rally are on the link to RITV. You will find this link on the right side of your screen when you go to the VA GWRRA website. There will be continual updates leading up to the rally, so check it often for more details.

Mike and I both wish everyone a Very Happy Easter as we welcome Spring.

***Angie Mitchell***

***The Better Half***

***Traveling Madertha***, Traveling Trish's cousin has joined with Virginia GWRRA to provide her hints for the Goldwingers who are gearing up more riding, visiting other chapters, for vacation trips to Rallies, Wing Ding, and yes, even to visits to your mother'n-law's.

We have all been appalled by the rising of gas prices, and even for our Gold Wings which get excellent gas mileage that number has been creeping up too close to the \$4.00 per gal-loon mark. What's a body to do?

Maddy, as we affectionately call her says for this month she wants to talk about dinner rides. So, go for it Maddy.

—Well, with gas being what it is, what about eating your dinner at home, meet at a location to start the ride and end your ride at the home of one of your chapter participants who has graciously offered to make dessert. Therefore, for economy like thinkers, you save \$30.00 or more by eating dinner at home, and are able to put some of those dollars into filling your bike up to go on a good ride and have something sweet at the end of your ride to boot along with sharing time with your Gold Wing family.

If dinner is a must for you folks – try a pizza joint for a change –pizza is filling, and you can share the cost with others. And Lord knows they give a body enough food for an army, so if what you want is a steak dinner out, then share a meal. Just sharing some of my wisdom – after all, traveling is what I do!

Well, I'm glad to be joining up with you folks, and until next month,

***Travel safe, travel smart!"***

Introducing Don and Martie Ballentine... New participants of VA-U – at our April gathering.

Oh my, where do you start telling someone about yourself? But here goes. Anything you every wanted to know about Don and Martie Ballentine:

We actually met online in December 1995 in an AOL chat room. Although I had stayed out of the marriage caldron until I was 40, he finally convinced me, and we were married on June 15<sup>th</sup>!

As a few of you found out at the April meeting, my hubby has no trouble talking – about anything! After 15 wonderful years together, he knows the ‘look’, or foot tap, or even a shin kick that will get him to be quiet!

Don is an electrician at Ft. A.P. Hill; loves wood working and tinkering whether with the bikes or just driving me crazy. Of course this may have something to do with ADHD – or the fact that he is a 56 year old male with an inner 12 year old running rampant! He is also retired Army - 11th Armored Calvary – Blackhorse, and 101<sup>st</sup> Airborne. This gave him the chance to explore a lot of Europe as a Calvary Scout – whether on a tank or a motorcycle.

As for me, since 1977 I have been playing at computer analysis and loving every minute of it. This has also afforded me the chance to explore the world. Don and I were even in Germany at the same time, but never met.

We both have Honda 1100 Shadows – and love every minute on the road. A lot of our trips are back roads, trying to find new places to eat. My dream is to have a Gold Wing Trike when I grow up. Our favorite line is ‘You never see a motorcycle in front of a psychiatrists’ office’!



## **Virginia House Bill 1981...**

### **How It Affects Virginia Motorcycle Riders?**

#### **Law Lets Bikes Run Red Lights**

By Danny Rathbun

Capital News Service

RICHMOND – If you ride a motorcycle or bicycle, you probably know the frustration of getting stuck at a red light that just won't change – because the sensors under the street can't detect your two-wheeler.

Two-wheel vehicles will be allowed to run those red lights, under certain situations, under a bill signed into law Thursday by Gov. Bob McDonnell.

House Bill 1981 will let motorcyclists, moped riders and bicyclists pass through red lights, as long as there is no oncoming traffic, after waiting 120 seconds or two cycles of the light. The law will take effect July 1.

Champe Burnley, president of the Virginia Bicycling Federation, said riders of two-wheel vehicles often end up trapped at red lights, with no safe, legal option about what to do, because motorcycles and bikes aren't heavy enough or don't have enough metal to trip the sensor.

"Most of the traffic signals today have a wire in the road – so it's an induction loop. And frequently there's just not enough metallic mass for the induction loop to pick up a cycle that goes over there," Burnley said.

"If you're on a bike and you get to a stoplight – and I stop for stoplights religiously – it puts me into a difficult position. Because if the light doesn't change, I've either got to wait for a car to come up behind me to trip the stoplight, or I've got to break the law – and I don't like to do that."

Delegate Thomas "Tag" Greason, who sponsored HB 1981, said the legislation will make things much safer for riders.

"The bill is designed to increase the safety for those riders who ride motorcycles, mopeds or bicycles," Greason said. "When they approach and are stranded at an intersection, and the weight of their vehicle is not great enough to trigger the light, and so they're stranded at a red light, and they really don't have any legal options available to them under today's code."

Greason, a Republican from Potomac Falls, said some people raised questions about who would be at fault if a motorcycle runs a red light and causes an accident. But those questions have been addressed in the bill, he said.

"Imagine that the red light is a stop sign: If the motorcyclist pulls out into oncoming traffic and causes an accident, he would have the same liability if he was at a red light or if he was at a stop sign," Greason said.

Under his measure, motorcycles and bicycles must come to a complete stop at a red light and wait for 120 seconds or two cycles of the light.

"Then they proceed with caution, as if they were at a stop sign, and they must maintain all the liability, and give way to oncoming traffic, from either direction," Greason said. "So there is no transfer of liability."

Delegate Bill Janis, R-Glen Allen, introduced a similar measure – HB 1991. His proposal was folded into Greason's bill.

HB 1981 passed the House on a 75-24 vote in January. The Senate then unanimously approved the bill – with an amendment emphasizing that bicyclists and motorcyclists who proceed through a red light must yield to oncoming traffic. The House then voted 87-11 in favor of the amended bill.

#### **On the Web**

To read or comment on House Bill 1981, or to watch a video of Delegate Thomas "Tag" Greason discuss the legislation, visit [www.richmondsunlight.com/bill/2011/hb1981](http://www.richmondsunlight.com/bill/2011/hb1981)

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This story is for subscribers to VCU's Capital News Service. If you have questions or comments, contact Jeff South at [jcsouth@vcu.edu](mailto:jcsouth@vcu.edu) or 804-827-0253 or your CNS reporter.

# OFFICER CERTIFICATION PROGRAM NEWS

By Virginia Leadership Trainers, [Rick and Elsie Baker](#)



Registrations are now open for the GWRRA Officer Certification Program (OCP) in Burke, Virginia, 30 – 31 July 2011. Who should attend and why?

We'd guess by now everyone thinks only Operations Officers, such as the CD, ACD, District and Region Directors and their assistants, i.e., officers in the Operations Chain of Communications, should complete the OCP either before appointment (preferred time) or at the soonest possible opportunity after appointment. Does it make a difference? You bet it does! All VA Operations Officers who have completed the OCP say it made a difference in understanding how GWRRA operates. First hand, we've seen them put their new found knowledge to work and enhance the chapter environment and the members' enjoyment.

Who else in the GWRRA membership would benefit from taking the OCP?

Certainly, chapters benefit greatly if the whole Officer Core Team (CD, ACD, Rider Educator Officer, Membership Enhancement Officer, and Treasurer Officer) has taken the OCP. This way the Chapter Directors can lead the chapter to greater things, without having to spend time educating the team along the way, because everyone is on the "same roadmap." If the chapter leadership team isn't on the same road, members suffer because of Core Team confusion.

Anyone else? Well, taking our members out the dark by introducing them to a professionally run, complex organization operated on solid business principles, policies, and procedures aimed at saving their lives, benefiting them as motorcyclists, and benefiting the community as a whole seems like a pretty good idea. Attending the OCP serves that purpose for our members and takes them into the sunlight. So, for that reason, any member may take the OCP, and we encourage them to, on a space-available basis, at any location in the U.S. and Canada, to find out exactly how GWRRA is organized and run to ensure we remain friends for fun, safety, and knowledge.

Virginia will present the July OCP at a large facility in Burke, which accommodates many. Please register now: Rick and Elsie Baker, Virginia Leadership Trainers, at [VADistTrainer@gmail.com](mailto:VADistTrainer@gmail.com)

# Region N Motorist Awareness Coordinator



Kyle Craig, Region N Educator and the Region N Director are pleased to announce the appointment of Karen Kestner to the position of Region N Motorist Awareness Coordinator. Karen joined the Goldwing Road Rider Association in 1997, and has served Chapter E, Fredericksburg, Virginia, as Special Events Coordinator, email Coordinator, and Assistant Chapter Director. She has been prominent in promoting GWRRA and assisting with many opening ceremonies at various local civic events. She is an active committee member with the Relay for Life program and will be the speaker at, and in charge, of the upcoming Luminary Ceremony. Additionally, Karen is an active and certified Motorcycle Safety Foundation Rider Coach, certified in 2002. Karen and her husband Greg, who is the Virginia Assistant District Educator, were married in 1993 and currently make their home in Goldvein, Virginia. They have three sons and six grandchildren. Karen and Greg were recognized as the recipients of the Vernon Needham Spirit Award by the Virginia District at the 2010 Rally in the Valley Convention. Karen will soon qualify to receive the GWRRA Grand Masters Riding Levels Award. Please join us in welcoming Karen as an important addition to the Region N Team.



From National – Mike Stiger

## ***Promoting GWRRA in its Entirety***

Are you enjoying what GWRRA has to offer? GWRRA offers many things for many people. It is one of the reasons that GWRRA appeals to so many people. There are a multitude of activities and services that are available to our Members. Rides, Discounts, Rallies, Dinners, Bike Shows, Parades, and Road Service.....the list goes on and on. Can anybody partake of them all? Doubtful. Does everybody enjoy them all? Probably not.

As leaders in GWRRA, it is our duty to provide information on all areas and activities. Just because there is something that you do not enjoy, should you not promote it? Should you only provide information on the things that you want to do? I think not! If we do not promote all activities the same and provide information to our Members are we not robbing them of the chance to enjoy what the Association has to offer? Even the most wealthy, retired, able bodied individual cannot attend every ride, function, rally or poker run that is offered, so we tend to migrate to those things we enjoy. It's human nature. You can equally and cheerfully promote something without attending, therefore giving our Members the chance to enjoy something that you might not. Remember we are not all alike. All of the Officers of our association should equally and positively promote all areas and aspects of what GWRRA has to offer. Enjoyment in our Association is what keeps people coming back year after year.

**Mike**



*Thank You  
for providing Chapter U  
with space for its monthly  
gatherings and special events.  
8375 New Ashcake Road  
Mechanicsville VA  
23116*

Virginia U - Old Dominion Wings  
 Hanover, Virginia  
**Gold Wing Road Riders Association**  
**Calendar**

May 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 6:00 pm - Dinner & Team Meeting, Dave & Norma's	6 Bike Night – River City Diner	7 Chapter Yard Sale – 7 AM – John & Anita's
8 9:30 am "I" Monthly Gathering, Manassas	9	10 7:00 pm "W" Monthly Gathering Chester Mike's Ride – 7 PM East	11	12	13	14 Chapter F – Crazy Supper – West – 2 PM – must pre-register
15 3:00 pm "U" Monthly Gathering Hanover	16	17 Motorist Awareness – AP Hill – East – 7 AM -	18 7:30 pm "E" Monthly Gathering Fredericksburg	19 Ice Cream Ride – East – 7 PM	20	21 Chapter W – primary event – South 8:30 AM/Chapter V primary event – McDonalds 360/288 – 7:30 AM
22 5 & DIME Ride – South – 1 PM – John & Anita 5:00 pm "O" Monthly Gathering Newport News	23	24	25 7:00 pm "D" Monthly Gathering, Richmond	26	27	28 Dinner & Miniature Golf – East location – 4:30 PM
29	30	31				

Red = Chapter U Events    Green = District, Region, International Events    Black = Other Chapters' Events    Blue = Other

**Virginia U - Old Dominion Wings**  
 Hanover, Virginia  
**Gold Wing Road Riders Association**  
**Calendar**

<b>June 2011</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2  6:00 pm - Dinner & Team Meeting, Dave & Norma's	3 Bike Night – River City Diner	4
5 Richmond Ride for Kids	6	7	8	9	10	11 Covered Dish – John & Anita's then River/Ice Cream Ride – Central 4:30
12 9:30 am "I" Monthly Gathering, Manassas/Harper's Ferry Ride – North – 9 AM – Don & Linda	13	14  7:00 pm "W" Monthly Gathering Chester	15  7:30 pm "E" Monthly Gathering Fredericksburg	16 WV Rally	17 WV Rally	18 WV Rally
19  3:00 pm "U" Monthly Gathering Hanover	20	21	22  7:00 pm "D" Monthly Gathering, Richmond	23 Ice Cream Ride – 7 PM - South	24	25
26 5:00 pm "O" Monthly Gathering Newport News/Scenic Ride to Hickory Notch Rest – East 1 PM – John & Anita	27	28	29	30 Team Meeting – Dave & Norma		

Red = Chapter U Events    Green = District, Region, International Events    Black = Other Chapters' Events    Blue = Other

Why is this one of our favorite chicken soups? Maybe because of the homemade dumplings that are swimming in it. Chicken and Dumplings is a hearty soup that you can enjoy as a meal-starter or a main dish.

**Serves:** 6

### Ingredients

- 
- 3 celery stalks, sliced
- 2 carrots, sliced
- 8 cups chicken broth (see Note)
- 1/2 teaspoon poultry seasoning
- 1/4 teaspoon pepper
- 2 cups biscuit baking mix (see Note)
- 2/3 cup milk (see Note)
- 3 cups chopped cooked chicken

### Instructions

1. Coat a large Dutch oven with cooking spray and heat over medium-high heat. Add celery and carrots, and sauté 6 minutes, or until tender. Stir in broth, poultry seasoning, and pepper; bring to a boil.
2. Meanwhile, stir together biscuit mix and milk until blended. Turn dough out onto a heavily floured surface; roll or pat dough to 1/8-inch thickness. Cut into 1" x 3" strips.
3. Drop strips, one at a time, into boiling broth; stir in chicken. Cover, reduce heat, and simmer 8 minutes, stirring occasionally.

"OOH IT'S SO GOOD!!®"

### Note

You can lighten up this Southern classic without sacrificing taste. Substitute low-sodium fat-free chicken broth, reduced-fat biscuit baking mix, and fat-free milk for their regular counterparts.



## Where We Meet

### Monthly Chapter Gathering

3:00 p.m. - Third Sunday of Every Month

Ashcake Volunteer Rescue Squad  
8375 New Ashcake Road  
Mechanicsville, Virginia 23116

### Monthly Team Meeting

6:00 pm – First Thursday of Every Month

6686 Miller Road  
Henrico, Virginia 23231

### Rendezvous Points for Our Rides

#### North Location - Ashland

Sheetz Convenience Store  
12341 South Washington Highway (Route 1)  
Ashland, Virginia 23005  
(Corner of Route 1 and Ashcake Road)

#### East Location - Mechanicsville

Valero / FasMart Convenience Store  
9200 Chamberlayne Road  
Mechanicsville, Virginia 23116  
(Corner of Chamberlayne and Atlee Station Roads,  
near I-295)

#### South Location - Chester

Uppy's Convenience Store (Exxon/Mobile)  
701 Bermuda Hundred Road  
Chester, Virginia 23836  
(Route 10 near I-295, Exit 15-B; behind the  
McDonald's)

#### West Location - West End

Valero / FasMart Convenience Store  
(with Dairy Queen)  
1700 Ashland Road  
Richmond, Virginia 23233

#### Central Location - Richmond

Exxon Station  
7020 Staples Mill Road  
Richmond, Virginia 23228  
(Corner of Staples Mill Road and Glenside Drive)

## 2011 Rally Schedule

### Spring Fling

**April 14-16**

Sevier County Fairgrounds  
Sevierville, Tennessee  
Theme: Davy Crockett Days  
Website: [www.tngwrra.org](http://www.tngwrra.org)

TN

### Down Home Rally 2011

**June 17-19**

Summersville Convention Center  
Summersville, West Virginia  
Theme:  
Website:

WV

### Wing Ding 32

**July 6-10**

Knoxville Convention Center  
Knoxville, Tennessee  
Theme: Rollin' on Rocky Top  
Website: [www.wing-ding.org](http://www.wing-ding.org)

TN

### The Blast 2010

**August 4-6**

The Rural Center  
Somerset, Kentucky  
Theme:  
Website:

KY

### Wings Over the Smokies

**September 22-24**

Western Agricultural Center  
Fletcher, North Carolina  
Theme:  
Website:

NC

### Rally in the Valley®

**October 6-8**

Salem Convention Center  
Salem, Virginia  
Theme: Harvest Festival  
Website:

VA



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of the  
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Region N-Appalachian

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## *Friends for Fun, Safety and Knowledge...*

*The Gold Wing Road Riders Association (GWRRA) is the world's largest single-marque social organization for owners and riders of Honda Gold Wing/Valkyrie motorcycles -- and some would say, the world's largest family. Dedicated to our motto, Friends for Fun, Safety and Knowledge, GWRRA members enjoy the freedom of belonging to a not-for-profit, non-religious and non-political organization.*

*Founded in 1977, GWRRA has grown to more than 80,000 U.S., Canadian and international members in 53 foreign countries in just 32 years. Over 800 active Chapters are managed by 4,000 volunteer leaders working with members to foster safe, enjoyable riding while also working to improve the public image of motorcycling.*

[www.gwrro.org](http://www.gwrro.org)

Old Dominion Wings  
GWRRA VA U-Hanover  
6686 Miller Road  
Henrico, Virginia 23231

