



July 2011 • Gold Wing Road Riders Association • Virginia Chapter U-Hanover ODW •

Director's Corner



As I sit here today 6/26/2011 reflecting on what has occurred over the last month, I remember why GWRRA is so important to Dave & I. Dave and I joined GWRRA in February 1995 and learned what our GWRRA family was all about 16 years ago today. Our youngest son Keith passed away at the age of 14 from cardiac arrhythmia and cardiac hypertrophy. We made on phone call from the Duke Hospital to fellow

Gold Wings, Dick and Rose Sauer from Chapter H-2 in Durham North Carolina at 11:30 PM. They came and drove us home and the next morning we had about 70 people from GWRRA at our home to give us support and comfort. THAT IS WHAT IT IS ALL ABOUT. Being there for each other in good and bad times. This is the reason Dave & I feel so strongly about GWRRA and the family atmosphere. No matter where you go you will always meet people you can definitely rely on and know they will be there whenever and wherever. Since our last article we have done a lot with the chapter and have all been working hard at getting everything set for our Hawaiian Luau scheduled for July 23rd if you



GWRRA
Gold Wing Road Riders Association

Chapter Officers

Chapter Directors

Dave and Norma Miller
(804) 222-3119

Chapter Educator

Karen Hicks
(804) 822-6436

Treasurer

Virginia Wright
(804) 737-0894

Membership Enhancement

Anita Raines
(804) 560-0607

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Next Chapter Gathering

3:00 pm - Sun, August 21th
Ashcake Volunteer
Rescue Squad

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www.region-n.org
www.gwrra.org

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Old Dominion Wings



Friends for Fun, Safety and Knowledge...

(Continued from Page 1)

haven't registered or haven't seen a flyer, please let me know. We do have a poker run set up for those who wish to ride. It is about 45 miles long through some nice country roads.

We were able to make the Ride in Memory of Bill Miller put on by Chapter Y and L. They had a great turnout for the first year – with 11 different chapters in attendance. We had a good time relaxing and talking to some people we hadn't seen in awhile. Don & Linda (COY) and Karen (CE) joined us. The food was great and everyone seemed to be enjoying themselves. We also had a covered dish ride to John & Anita's house where we had a pretty good turnout (Mike & Debbie Bruce, Leonard & Shirley Starr, Dave & I, Bob & Barbara Poe, Richard & Karen Rice, along with John & Anita). We were going to take a ride for ice cream but that did not happen as God blessed us with rain. We did ride home in some bad rain, along with thunder and lightning. Leonard says it was a lot of fun... We had a ride scheduled for June 12th to Harpers Ferry; however they were calling for rain so we cancelled it. But then it turned out pretty so some of us got together and took a short ride to eat. Never did get any rain. But for those who would like to go to Harper's Ferry, we are rescheduling the ride for Labor Day weekend – leaving Saturday and coming back on Monday. If anyone is interested in joining us, please let me know.

We held our Chapter Anniversary Gathering last week and everyone was able to enjoy hot dogs, chips, drinks and anniversary cake. Thanks to Cheryl for taking care of the cake.

Dave & I, Don & Linda, Steve & Virginia and Leslie & Jim joined the Blue Knights yesterday for a ride. We had a lot of fun. We went to see the only ferry left that is not run by a motor and were going to Walton's Mountain Museum (However we didn't have time for that) so guess we will do that another day. We then went to a German Restaurant where the food was great.

Until next time, ride safe...

Norma Miller

VAU - CD

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Rider Education

Rider Education

HIGH VISIBILITY JACKET

Yesterday was the first day I wore my new High Viz jacket and I was feeling pretty darn good about myself until some yoyo who was talking on the phone almost ran me off the road. After noticing that they were moving into my lane, I slowed down and moved as far away from the person as I could. I then sounded my horn. They immediately got back in their own lane and mouthed "I'm sorry", however they never did put down their phone, so not sure how sorry or upset they actually were. That just goes to show you that you can do everything right and still find yourself in a situation. It is important that we always have our **Rider Radar** on and be actively scanning! (taken from Virginia District Newsletter – written by Jim Sharkey November 2009).



Karen Hicks
Chapter Educator

Test Your Knowledge....

1. When was the motorcycle's layout first established?
 - A. 1904
 - B. 1914
 - C. 1934
2. The rotational force of the crankshaft is transmitted to?
 - A. The engine
 - B. The front wheel
 - C. The rear wheel

3. Which of the following is not one of the three ways used to classify a motorcycle engine
 - A. Number of cylinders
 - B. Number of strokes in its power cycle
 - C. The size of camshaft
4. In 1917 who bought roughly one-third of all Harley Davidson motorcycle products
 - A. Hells Angles
 - B. The U.S military
 - C. Salvation Army

Questions pulled from the internet:

<http://auto.howstuffworks.com/motorcycle-quiz.htm>

1. b, 2. c, 3. a, 4. b

Hodge Podge I

Birthdays

Don Ballentine – 7/26

Chris Craver – 7/18

Wedding Anniversaries

Dave & Norma Miller

Richard & Karen Rice – 7/21

Steve & Virginia Wright – 7/24

GWRRA Anniversaries

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.

Hodge Podge II

Bill Miller memorial ride on Sat 6/4/11.

Bill Miller was from chapter Y and was on his way to chapter L when he was in an accident that took his life. So they decided to do a memorial ride in his memory to the state park in Montross. We had decided a while ago to go so put it out on the calendar for a chapter ride. I was hoping to have more people come out as there was no cost to eat but they were taking donations. We did have 5 people from chapter U there. I was leading the ride and had a path picked out but after we started the gps showed a different way so we decided to go with the gps as none of us had been that way in a while. What a beautiful day to be out on the bike. The weather was great and the traffic was great too (very little). Got up there and got to talk to a lot of folks we haven't seen since last fall. The turn out was very good too as we tried to count the different chapters I think we decided that there were 10 or 11 there. Not too bad about ½ the chapters in Va. All the money that was collected went to charity so that was good too. After we left there we went to George Washington's birth place. Then on to get ICE CREAM and then a nice ride home getting misplaced for a few miles but soon knew where we were again so not lost as we had a lot of gas left in the tank. Watch Norma's updates as we will be putting in rides as we go and our schedule opens up. If any one else wants to do a ride let Norma and she will put it out to the group. Hope to see more people out now that the weather is warmer

Dave Miller

SHORT RIDE ON SUNDAY JUNE 12th.

Don and Linda's ride was canceled due to rain that never came. Well maybe they got it in West Virginia. Several of the members got together that morning to do a short ride to Tyson Corner for lunch and then stop at the famous CARLS ICE CREAM shop in Fredericksburg. Norma, Dave, Mike, Deb, ED Mayer, Bob Poe, John and Anita meet at North location and had a good ride. Carl's has been on the same corner in Fredericksburg for 60 years. John's parents use to take him and his brothers for ice cream when he was a little tike. The lines in the summer can go all the way around the building. Some say it's the best soft serve ice cream anywhere.

Leaving Carl's we came back threw parts of old town Fredericksburg and John pointed out the points of interest. Several old churches line that street and are still beautiful.

Great Ride for a fill in. We are looking forward to Don and Linda's ride that will be rescheduled for September.

John & Anita

Chapter Couple

*Don & Linda Krukowski
COY Chapter U*

Hello Fellow Chapter-U Members:

June has been a full month so far. As of the 1st of June both Linda and I are unemployed. So we went on "Bills Ride" on the 4th, the ride to Harper Ferry was rescheduled because of weather, until Labor Day weekend. Going to make it a two or three day ride over the long holiday weekend. So six bikes from chapter U took the long way to Falmouth, VA for nourishment. We went to Chapter W meeting to support a fellow chapter (who am I kidding. we went to try and win the \$888.00 marble game pot. We didn't.) The 18th was another opportunity to(2 trikes and 8 bikes with 16 bikers) ride to Ralf's in Weldon, NC for BBQ and then ice cream at a fellow riders house at Lake Gaston. Looking forward to Chapter U 20th anniversary celebration on the 19th. Another ride on the 25th to Halton Ferry(the only manual ferry left in VA).The 26th is another Chapter U ride to Hickory Notch led by our own John and Anita Raines. July brings Wing Ding and YOUR OWN Chapter Poker Run on the 23rd, just to name two. If you are looking for rides look no further than your own chapter. Come join the fun.

Until next time. Take care, be safe and come ride with your fellow chapter members.

God Bless and Take Care.
Don & Linda Krukowski
COY Chapter U



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. Phone: (615) 459-4499.

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

July 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 WING DING	7 WING DING	8 WING DING	9 WING DING
10	11	12 7:00 pm "W" Monthly Gathering Chester	13	14	15	16
17 Booth Amish Bert's - East - 10 AM - John & Anita	18	19	20 7:30 pm "E" Monthly Gathering Fredericksburg	21	22	23 Chapter U Event Ashcake Rescue Squad - 9 to 3
24 5:00 pm "O" Monthly Gathering Newport News	25	26	27 7:00 pm "D" Monthly Gathering, Richmond	28 Ice Cream Ride - East - 7 PM	29	30 3 Fold Cord Rally - 9 AM East OCP Training
31 OCP Training						

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

District Director's Thoughts

Angie & I recently spent the weekend in Paint Bank with another couple who have become great friends over the years. We met these folks through GWRRA. Paint Bank as most of you know is the destination for a couple of rides that Chapter X has set up for us at Rally in the Valley. We enjoyed our ride out Rt 311 past the Homeplace and winding up and down over several ridges before arriving the Paint Bank General Store and Swinging Bridge Restaurant. We checked into the "Company House" which is a beautifully restored 1900s Railroad house. It was equipped with three bedrooms, two baths, living room, dining room and a full kitchen. It was set on a stocked trout stream across from the General Store in a private set-ting.

We enjoyed dinner of various types of Buffalo dishes, which is what they are known for. As we were unloading the cars, a helicopter arrived with 7 folks who had flown in from West Virginia for dinner. That was a good sign. Anyhow, we enjoyed the evening by the creek, sitting and talking. Like most conversations with our friends, the talk always turns to GWRRA. We talk about and debate the inner workings of the Organization, and how we feel that things could be better. We talk about what has worked and what has not, the good, the bad, and the ugly. I like to analyze things. I always have.

I know you are wondering "is there a point to this story?" well yes there is. Actually, there are several, but a couple I want to emphasize. One, we spent a wonderful weekend enjoying the company of friends that we would not have known if we were not long time members of GWRRA. We have been lucky over the years in GWRRA in meeting folks that enjoy the same interests that we do. Those interests are not always GWRRA related. That certainly is the main common bond, and we almost always get around to "solving the worlds' problems" as it pertains to GWRRA. We have met people that we travel well with, and as most of you know, that is no small task. We have met people that we share hotel rooms with, and have on many occasions. Even more of a challenge. I know a guy that I can call up and say "let's ride to St Louis for ribs" and away we go, traveling the same way and enjoying each other's company along the way. We even have folks that we meet with regularly for dinner and games that are no longer members of GWRRA. Their lives have changed for one reason or another. We would not have met any of these wonderful people that we enjoy so much if we had not joined and maintained our membership in GWRRA.

Second, just like any other member of GWRRA, there are things that I personally like and dislike about GWRRA. Now I am not implying anything negative, just a fact of life. I don't know of anyone that likes anything 100% no matter how good it is. The point is, my friends and I can debate and discuss GWRRA and when the talk is done, remain not only friends, but fans of the organization. Does GWRRA appeal to every-one in every way? Of course not. Does everyone take advantage of all that GWRRA has to offer? No. Does anyone like all that goes on in the organization? No. The point is that GWRRA has things about it that everyone likes and dislikes, but the people you meet along the way, are what makes this such a great Association.

Enjoy the people that you meet, and the activities and programs that are there for you, don't get too wrapped up in things that really don't make a hill of beans, and experience as much fun and enjoyment from GWRRA as I do!

Mike and Angie Mitchell

Virginia Happenings

Angie's Corner

While we are all looking forward to Wing Ding in Knoxville, there are still many things left to do in order to get ready for our own Virginia Rally, "Harvest Fest", and I am being kept quite busy traveling to and from Salem. What would a Harvest Fest be without funnel cakes? While in TN, I managed to nap a vendor who makes funnel cakes, so they will be on site at the Rally, and yes, they will be open on Thursday evening, so save room from your dinner and make sure you get one of these culinary delights.

I want to remind everyone of some deadline dates:

July 30, 2011 Nominations must be received by this date for Spirit of VA.

July 30, 2011 Chapters need to confirm whether they are participating in the skirts.

Table Decorations – yes, we are still having a table decorations contest this year that will follow the theme of "Harvest Fest". Last year, the tables were done so beautifully, that the judges spent an enormous time on judging, cuz; they were all just so good.

All you campers don't forget the Campers Decorating Contest which is a first for Rally in the Valley. A time and date will be determined in the near future for the judging.

Our COY selection will be held on Friday morning this year with the announcement of our 2011-2012 COY of the Year coming on Friday evening. The Region N COY selection is going to be held again this year at our rally, but that event will occur on Saturday morning. I know that Dennis and Kristen will appreciate you being there to support them, so be sure to put that on your schedule.

For those of you attending Wing Ding, we wish you a wonderful and safe trip to Knoxville, and we will see you there!

Angie Mitchell
The Better Half

Yessiree Bob, I've got my bags packed and I'm headed to Knoxville to join in the party at Wing Ding in just a few weeks. I've heard tell it's the GWRRA party of all parties, and I aim to have me some fun.

Even though times are tough, there are ways to economize, and here are some tips for all you travelers out there.

□ If you are looking to eat good, but economically, don't ask the hotel concierge or the front desk staff where to get a good meal. Get yourself out on the street and ask some folks who live there. Many times the hotels get a fee or "kickback" as I call it to advertise certain establishments.

□ Thomas Jefferson ate himself two meals a day, one at 9:00 am and then his evening dinner at 4:00 pm. Now I can't say for sure whether he snacked in between those times, but try this. Eat yourself a big breakfast around 9:00 am, and see if that doesn't last you until late afternoon. I bet you'll be surprised.

□ If you want to eat somewhere special, go there for lunch instead. Most restaurants have the same menu at lunch, and it doesn't cost as much as at dinner time.

□ Take snacks that don't have to be refrigerated if you don't have a hotel room with a refrigerator. You never know when a midnight munchies attack could take place.

Until next time,



Maddie

From National

Hello everyone! It looks like spring has finally arrived. Hopefully everyone has been preparing their bikes & trikes for that first big ride of the season. While we are talking about preparation, have you thought about preparing your mind and body for the ride? Remember when you took that Co-rider seminar; we were taught that riding is 90 percent mental and 10 percent physical!

Now we are another year older and wiser, right? So why not take the Mature Rider seminar that will teach us how to compensate for age related physical & mental changes. Is it possible that our reflexes are just a little slower this year? Maybe we are on a new medication that could have some side effects. Some of us may react a little different to hotter or colder temperatures.

We know there are folks out there that think that they do not need to take an-other Experienced Rider Course or even take the first one, because you know how to ride already. Trust us; you will not be disappointed by taking a rider course. You will find yourself saying things like "I had forgotten that," or "I didn't remember that." You will probably say something like, "I am glad I took that course, it really helped refresh a few things and get my mind refocused on riding again." Folks, I try to take a riding course every year. Not just to set an example as an educator but it really and truly helps pre-prepare for the riding season. See your Chapter or District Educator to get signed up for the next class near you.

Do you carry a First Aid Kit in your bike? If so, is it one that would be of use if needed? Does it have a good pair of scissors that would cut jeans or leather? Does it have several pair of sterile gloves? Have you replaced your gloves this year? Have you replaced the contents such as gauze and bandages that have been used? Hopefully, I have you thinking now!

Do you have your personal and medical information up to date in the left fairing pocket in case it is ever needed? Have you put I. C. E. in your cell phone? This stands for In Case Of Emergency! You may want to put in two or three phone numbers of family or friends that need to be contacted if needed. Have you taken the Motorcycle Crash Scene Response Seminar? It will teach you how to secure the scene of an accident.

Did you put that wrench back in the tool kit? Do you have a spare tire for the trailer? Do you have a jack to change a flat? Do you have a chalk block? Have you checked the tire pressure in your spare tire, just in case? You can learn some of these things in a Trailering seminar! I think by now you have the idea that Rider Education plays a big part in our Association by helping us reduce the risk in riding, resulting in us having a safe and enjoyable ride. Until next time, ride safe and often but never faster than your Guardian Angel Can Fly!

Mike Stiger Director of GWRRA

Leadership Training

Glad You Asked!

Q. What is the MOU that Chapter Directors sign and what is its purpose?

A. The MOU (Memorandum of Understanding) is an agreement between two parties in the form of a legal document. All Operations Officers sign an MOU including the Director of GWRRA, Region Directors and Assistants, District Directors and Assistants and Chapter Directors and Assistants.

It contains several elements which GWRRA Officers are responsible for. It includes discussion of the Officers probationary period, requirement to select a Treasurer and to wear the 10" patch, financial responsibilities of their office, and protection of GWRRA copyrighted materials. It also includes expectations to be familiar with GWRRA Member Benefits and to support and encourage others to support the various programs. Other items include: be a current Member, guard the privacy of Member information, timely sharing of information, and adherence to the Officer Handbook.

But, wait there's more! An Officer is expected to assist their Appointing Officer, to strive to meet all requirements of the office, and in the case of a Chapter Director, arrange for a Monthly Gathering place and to provide appropriate programs and activities, as referred to in the Officer's Handbook and Fun Activity Guide (essentially to establish a FUN environment with emphasis on Fun related activities).

A Chapter Director must also provide monthly newsletters to GWRRA Members free of charge. The MOU also requires the Officer to employ the TEAM approach, train his/her replacement, set a good example, demonstrate a positive attitude, and turn over all monies and property to his/her successor.

Finally, Rider Education, Treasurers and Membership Enhancement Officers are required to sign the same MOU, with the exception of 4 specific sections that do not apply to them (appointing a Treasurer, financial responsibilities, newsletters and Gathering place responsibilities).

Most of the responsibilities are really not difficult! The MOU does set a standard for the GWRRA Officer that is the foundation of making this Association one that promotes Friends for Fun, Safety, and Knowledge.

John Simonick
Region F Trainer



Lip Smackin' Spareribs

Serves: 5

Cooking Time: 1 hr

Ingredients

- 5 pounds pork spareribs
- $\frac{1}{2}$ cup soy sauce
- $\frac{1}{4}$ cup packed brown sugar
- 2 teaspoons dry mustard
- 2 teaspoons seasoned salt
- $\frac{1}{2}$ cup vegetable oil
- 2 tablespoons molasses
- 2 teaspoons ground ginger
- 2 teaspoons garlic powder

Instructions

1. Place spareribs in a large pot and add just enough water to cover them; boil ribs over medium-high heat 30 minutes, or until fork-tender.
2. Preheat oven to 375 degrees F. In a small bowl, combine remaining ingredients; mix well.
3. Place ribs in a large roasting pan and baste heavily with sauce. Bake 30 minutes, basting occasionally and turning once after 15 minutes. Remove ribs from pan and cut apart every 2 to 3 ribs for easier eating. Serve with remaining sauce.

Membership Retention Program: MED COORDINATOR ANITA RAINES

We must never forget that our most effective recruitment and retention person is a HAPPY CHAPTER member. If the members are happy, they will talk about it to their friends and Co-workers and the end result will be that a friend comes to the next meeting or ride and they will join in the FUN.

Our CHAPTER DIRECTORS are working hard to make sure that we have GREAT RIDES, GREAT MEETINGS, and SPECIAL things to do each month.

HOW DO YOU HELP TO MAKE EVERYONE HAPPY? TELL US WHAT YOU WANT TO DO. Call Norma or Dave or me with some ride ideas. Join us for a team meeting and share your ideas.

Our poker run July will be a GREAT time to bring a friend.

Remember to support your CHAPTER COUPLE and join them on visiting other CHAPTERS when possible.

ANITA RAINES

Membership Enhancement **Kickstands up! Wingin it with Russ & Kj....**

Although much planning for each Wing Ding starts more than a year in advance, as we approach within the last couple months prior to, the hustle and bustle intensifies! This year is no different. Region N is honored and pleased to host this year's event in our own back yard. Wing Ding 33, "Rollin' on Rocky Top", will be held in Knoxville, TN, July 6-9, 2011.

This year Wing Ding offers two (2) locations for the Membership Enhancement Booth and the Recruitment and Retention Booth. One set of booths will be located at the Clinch Concourse and one set of booths at the Chilhowee Park.

Bob and Karla Greer, International Assistant Directors, Chapter of the Year, will be in charge of the Clinch Concourse efforts and yours truly will be in charge of the Chilhowee Park portion of these efforts.

We still have openings for volunteers to assist with all four (4) booths. If you would like to assist with either Recruitment and Retention or Membership Enhancement or *both* booths please contact Bob and Karla Greer at

CHOYcor@att.net or robertbgreer@att.net. Or feel free to contact us and we can assist to get you scheduled.

We encourage all GWRRA members, as you are packing and making your plans for Wing Ding 33, to be sure and include clothing that denotes your chapter and location and wear it proudly. Wing Ding always draws a large number of participants that are non-members. Last year we had the pleasure to meet and direct some of those participants to our GWRRA extended family members as they were looking for a "home chapter".

We hesitate to use the term "work" these booths, as somehow "work" and "fun" are usually not found together. We can attest after being at the R&R booth at last year's Wing Ding, we had an absolute blast!

Possess, those outside Kentucky, Blast = FUN! To quote Linda & Ed Johnson, "we are the fun people" so what are you waiting for? Get signed up now and come enjoy the fun with us!

Please remember it is our number one goal to be available and assist our members in any manner we can. So as you are off and running with the many activities GWRRA has to offer, don't forget to keep us abreast of what your chapter and district has planned and don't hesitate to contact us if we may be of service to you. And Remember..... If it isn't FUN, don't do it!

Russ & Kj Kimmet Region N Membership Enhancement Program Coordinators 102 Gallant Court Clarksville, TN 37043

Home Phone: 931-802-2635 Russ's Cell: 615-512-3407 Kj's Cell: 931-980-0738 **Email:**

RussKjMECRegionN@aol.com

Motorist Awareness Program

Karen Kestner

Region Motorist Awareness Program

As you all know, May was "Motorist Awareness Month". Across the Region we had a number of events to bring attention to the fact that we consistently share the roadways across our nation with the huge number of four and eighteen wheeled vehicles. As Chapters conduct Motorist Awareness activities, they should insure that these events are reported on the monthly Educator Report. Our presence at the various mall shows, car shows and other public events, does not go un-noticed. The machines we ride, no matter what the manufacturer, draw attention, some of it from envious persons, who wish they could be riding our bikes, and some out of sheer curiosity. No matter what the circumstance of the contact, it gives us an opportunity to address our number one

concern . . . being able to share the roadways safety with other vehicular traffic. Our contacts with the public should carry the message that we are doing everything we can to be seen and ride safely. And, of course, we're asking them to be cognizant of the fact that we are a smaller vehicle, more difficult to see at times, and to pay that little bit of extra attention at intersections and in high traffic areas that will enable them to really see us, if we're there.

We consistently speak about making other motorists aware that we're out there. But, please don't neglect to be fully aware of your own situation, when you're out for a ride. In essence, you must drive for everyone else on the road. You should always anticipate the unexpected, keep your eyes moving, watch for potential hazards ahead, and be alert to your surroundings. It will save your life, and practicing some of these acts may have already saved you a time or two. Motorist Awareness is a "two way street". We must practice it daily as we ride, and encourage our fellow motorists to do the same. Practice safe riding techniques, be courteous to others with whom we share the road, and ride to survive.

Quick Tips

The Importance of Riding Unimpaired by Alcohol or Other Drugs

A few years ago my wife and I lost a nephew to a drunk driver. My nephew was riding his motorcycle at the time. The following tips are of particular note to us:

Theory: Alcohol and motorcycles are incompatible.

- At a Blood Alcohol Concentration of 0.01 to 0.04%, judgment begins to lessen, the drinker is less critical of their own actions, reaction time is slowed, and indications of mental relaxation may appear.
- At a BAC of 0.05 to 0.07%, judgment is not sound, thinking and reasoning powers are not clear, and the ability to perform complex skills is lessened.
- At a BAC of 0.08% or above, judgment and reasoning powers are severely hampered, and the individual cannot complete common simple tasks without error.

Proof: Statistics from recent studies by NHTSA, Florida, Kentucky, and Australia

- Having any alcohol in one's body increases the chance of crashing by 5 times.
- Having a BAC greater than 0.05 increases the risk of crashing about 40-fold.
- 46% of all motorcyclists killed in crashes were using alcohol.
- One fourth of all fatal alcohol-related motorcycle crashes involve motorcyclists running off the road, overturning, or falling from the motorcycle rather than striking another object.

Explanation: Alcohol affects your ability to "SEE"

SEE is the acronym for the MSF strategy to help motorcycle riders maintain a safety margin as well as remain ready and able to respond properly to traffic situations. SEE stands for:

- **S**earch for hazards.
- **E**valuate how the hazards might interact to create risk; prioritize multiple hazards to deal with one at a time.
- **E**xecute an action to maintain a margin of safety.

Alcohol affects these three human elements of safe motorcycle operation by impairing your vision (Search), judgment/decision making ability (Evaluate) and coordination/reaction time (Execute).

Recommendations: Plan ahead.

- Riders should never mix alcohol with riding. Even low, legal limits of BAC increase your riding risk while riding a motorcycle.
- Riders who are away from home and decide to drink should either (1) wait until their BAC has returned to zero before riding, even if it means staying overnight, or (2) leave the motorcycle in a secure location and find alternate transportation home.

Ride Safe, Have Fun!

Joe Mazza

International Assistant Director, Rider Education Program

Motorist Awareness at A. P. Hill

Well Tuesday May 17th started out a little wet and cool, actually a good day to ride (Not Hot). Deborah and I met up with Tom Westendorf (from Chapter D) at our east meeting location. After a brief rest stop and gassing up the wheels we headed north on US 301 for A. P. Hill. The ride turned out to be fast and a little tiny bit wet but still a good ride.

We arrived at A. P. Hill a few minutes before 8:00 am and waited at the front gate for Ed Charette. Ed arrived and escorted us to the area they were using for their Safety Demo. We parked alongside other bikes belonging to employees from A. P. Hill. Don Ballentine greeted us enthusiastically and ushered us into the gymnasium. He took us over to the area we were to use for our motorist awareness display. Don had wrangled a flat screen television and was showing his videos of a few Chapter U rides along with a safety video about being seen while riding a motorcycle by wearing brightly colored clothing. We loaded the table with pamphlets and flyers preparing for the 9:00 am opening.

There were exhibits about numerous safety related issues. These are a few issues featured indoors, cholesterol, stinging insects, how humidity can affect your health, electrical power line shock demo, various types of ammo used at the base, and alcohol abuse. Outside there was a drunken driving demo, along with fire equipment and fire vehicles, as well as various base equipment.

There was a steady flow of personnel thru the Gym all morning. Most of the personnel stop to see Don's videos and allowed us to talk about motorist awareness. We had a few ask about riding in general, even questions about the best way to learn. Of course we all suggested taking the basic riding course offered by MSF. All the while we were making our pitch to please watch out for motorcycles. The plus side were the inquires about GWRRA.

After the event was over, Ed treated us to a ride around the base. The ride was informative and interesting. We went past the area where the Boy Scouts hold their Jamboree, saw a few troops at one of the ranges and admired all the wooded areas of the base. Deborah still can't figure out how we went in the gate on the north side of the base and left from the exit on the south side of the base.

The tour was over, Ed and Don had to go back to work, the rest of us were ready for lunch. Deborah, Tom and I headed over to Bowling Green for lunch. After lunch the clouds began to look a little ugly. Deborah and Tom were prepared for the ride but I forgot to put the liner back in my coat. Needless to say when the rain hit I started to get cold. We pulled on to a side street. While I retrieved my liner, put it on along with the top coat the rain stopped. We continued south with no more rain but a chill in the air, that disappeared once we found I 295 and US 301. We all jumped on I 295 south headed for home. Deborah and I jumped off at route 60 and Tom headed down to route 10 and his home.

I would like to thank Tom for joining us and he is welcome anytime. I am also grateful to Ed and Don on getting us the invite to A. P. Hill's event.

Rider Education

ATTITUDE

John & Michele Howe VA DE

This is a reprint article from when I was a Chapter Educator. I thought this would be a great topic for this month's Rider Education Message.

What is an Attitude?? Is it a feeling, outlook on life, a manner, a thought or even a mind-set? Here are just a few questions we may want to ask ourselves about our present attitude and what may be shaping it.

- What is your attitude when you think about going on a ride?
- What has been going on just before you decide to ride?
- What has been a constant irritation?
- Has the dog or cat just peed on your favorite chair?
- How are the above things really affecting you?

I am sure you could ask yourself several other questions that would help you identify what your attitude is at any given time. No matter what the reason, we must never ride a motorcycle when tired be-cause lack of sleep, angry or roiling

emotions; these can contribute to mishaps or road rage. We have enough road rage in this world without us adding to it. Before the ride starts we must step back after doing our T-CLOCS and ask ourselves;

- Is my personal attitude in the right place for this ride?
- Will I be a problem for the others on a team ride?
- Will my attitude affect other attitudes?

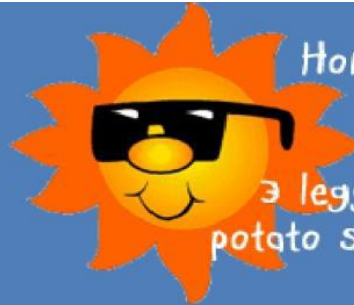
It is extremely hard, but we must only have a couple of things affecting our attitudes prior to the ride; thinking about SAFETY and the amount of fun you are about to have.

Menu:

pulled pork
Chicken
potato Salad/Salads
Watermelon
pie
Dessert



Where:
White Bank Park
5501 Conduit RoadMoose Lane,
Colonial Heights, VA
9AM - 3PM



Horse Shoes
Frisbee
Disk Golf
3 legged Races
potato sack races
egg toss
VolleyBall
Bean Carry
pie eating contest
and more.....

SATURDAY AUGUST 27TH
**THE ALL CHAPTERS
PICNIC**



Gold Wing Road Riders VA - U Hanover

Poker Run



JOIN US FOR A DAY IN THE TROPICS
SATURDAY JULY 23, 2011
ASHCAKE VOLUNTEER RESCUE SQUAD
8375 NEW ASHCAKE ROAD
MECHANICSVILLE, VA 23116



PREREGISTRATION: \$17.00 PER COUPLE. \$9.00 PER PERSON**

MAKE CHECKS PAYABLE TO:

**GWRR VA.-U
5100 HUROP ROAD
SANDSTON, VA.23150**



ON SITE REGISTRATION: \$20.00 PER COUPLE-- \$11.00 PER PERSON **

**** PRICE INCLUDES: ADMISSION, FOOD, PLUS POKER HAND (EXTRA CARDS \$1.00 EACH) COY'S FREE**

I / WE AGREE TO HOLD HARMLESS GWRR, THE CO-SPONSORING ORGANIZATIONS AND ANY PROPERTY OWNERS FOR ANY LOSS OR INJURY TO SELF OR PROPERTY BY REASON OF PARTICIPATING IN THIS EVENT:

PRINTED NAME _____ SIGNATURE _____ DATE _____

PRINTED NAME _____ SIGNATURE _____ DATE _____



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

Wing Ding 32

TN

July 6-10

Knoxville Convention Center
Knoxville, Tennessee
Theme: Rollin' on Rocky Top
Website: www.wing-ding.org

The Blast 2010

KY

August 4-6

The Rural Center
Somerset, Kentucky
Theme:
Website:

Wings Over the Smokies

NC

September 22-24

Western Agricultural Center
Fletcher, North Carolina
Theme:
Website:

Rally in the Valley®

VA

October 6-8

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



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of the
Gold Wing Road Riders Association®
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

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

