

BOO OOO



HAVE A SPOOKTACULAR HALLOWEEN!!!!!!

FROM YOUR GHOSTLY FRIENDS AT:

OLD DOMINION WINGS

OCTOBER, 2011

GOLD WING ROAD RIDERS ASSOCIATION - VIRGINIA

CHAPTER U - HANOVER

CHAPTER OFFICERS

Chapter Directors	Chapter Asst Directors	Chapter Educator	Chapter Treasurer	Chapter MEC
Dave & Norma Miller	Rob & Cheryl Ramsey	Karen Hicks	Virginia Wright	Anita Raines
804-400-4651	276-806-8290	822-6436	737-0894	560-0607

Chapter Gathering – Sunday, November 16, 2011

Ashcake Rescue Squad





From the Desk of the Chapter Director

Wow, it has certainly been a very busy riding season starting back at the end of June. I am sitting here at the computer because Norma said I could and to write something for the news letter. Just looking back on how busy we have been for the last few months.

The end of June Don, Linda, Steve, Virginia, Jim, Leslie, Norma and I went on a ride with the Blue Knights. Great day and a nice group I think everyone had a good time.

On the 1st of July we headed out for Wing Ding and since it was in Tenn. decided to go to the Nashville area and see our two oldest boys. From there it was a short ride to Wing Ding so we decided to take country roads and it was a nice day for that. Got to the rally around 2 signed in and then started to walk around check things out and ran into friends from NC, TN and WVA. It seems like with every step we saw some old friends, stopped and chatted. Don and Linda showed up and registered and then we went back to the hotel to unload their bike and we were off. We visited the vendors for safety items, rode the Dragon (Karen's first time) and then another day visiting vendors in case we missed anything. The weather was good most of the time but we did hit a couple of showers. We had a nice ride home even though we did the highway all the way but the traffic wasn't bad. On Tuesday Norma was on her way to Vegas to see our son Kevin and Kara and granddaughter Kendall. Giving me some time to start putting new parts on the bike and get a little riding in. On July 17th John Raines led us on the John Wilkes Booth ride, which we have done before, however this time we extended it and the next time we do it I think we need to leave earlier so as not to be rushed and can get more of it in. Anyone liking history would like this ride for sure.

On the 23rd we had our poker run and had a great turn out. Need to thank Virginia and Deborah for getting this going and all the rest of the chapter for pitching in to make it a great event. The only one that did the ride was Steve because he was going to lead a group out but due to the hot weather no one went on it. I want to put out a special thanks to Lynda Carlisle from chapter W for her support.

On July 21st John H., Don, Linda, Rob, Mike Mitchell, Norma and I went to NC H-2 and captured the Region Plaque and it was captured from U on Saturday by Chapter Y. NC H-2 was the first chapter Norma and I belonged to so we knew a lot of people there but not all of them. Well, when we got home we got an email from Captain Randy Jackson saying that their mascot El Torro II (alias Bullwinger) was missing and without even asking if we knew anything about it called us VA thugs. There were a lot of emails going back and forth to try to get to the bottom of this. There have been ransom notes from the BLUE PHANTOM that said he had Bullwinger and we have been doing our best to locate him.

Well on July 23rd, thanks to Cheryl, we now have a mascot. His name is Seemore Country and he is a blood hound so we sent Seemore out to see if he could track Bullwinger down. We got a card from Seemore and he is hot on the trail but a day late he says that Bullwinger was seen in Phoenix AZ and had left on a flight to Georgia. Seemore got there however Bullwinger had been there and left for a trip up North. We would just have to wait to hear more.

Captain Jackson of the NC Seals Team was getting troops ready to travel North on Aug 21st if Bullwinger is not home by then. The first stop planned was Chapter U Gathering in Hanover VA where they hoped to get something to eat and rest up before going on. The NC Seals Team did arrive at our meeting and Chapter U stepped up to the plate and served them a free lunch. We appreciate the support our fellow VA Wingers gave us in helping to find Bullwinger and clear the name of the "VA 7 Thugs".

Well here we are into October and I am wondering where summer has gone. We have done a lot of riding just within the last few months and the one thing I have found is there is never enough time to do everything even with the best of plans.

I want to take the time to welcome another new member to chapter U Doug & Debbie Harris. This makes 14 new chapter members since Norma and I took over as CD last September; and we have been talking to several others that are on the fence so all and all it has been a good year for getting new members with great new ideas for more fun.

We had 12 people go to the joint chapter (P, V, and Y & U) meeting on 10/16/11. Had a total group of 144 people at the meeting where we also had two plaques to give away. The reason for this meeting was to get the four chapters together as we all meet on the same day making it impossible for us to visit each other. We want to thank chapter P for being the host. Norma and I did this same thing back a while ago with and had a good turnout then but this was even better. Chapter visitation is what it is all about and it will make your chapter stronger, along with getting you to make a lot more friends. More friends the more fun you will have.

On the sad side of what is going on we have many in the chapter that are going thru hard times. Norma has sent out emails so check them out and if you know of others let Norma know. ***Dave Miller***

VA – U Officers and Team

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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 Norma Miller, and on the website may be reported to Rob Ramsey, *Chapter Webmaster*.

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

I thought since we have several new members to GWRRA, I would put out a list of all the GREAT Membership Benefits you can utilize. Descriptions of each can be found on the National Webpage, in your Gold Book or in the Wing World Magazine. If you have any questions about any of the benefits, contact National, Region, District or Chapter Team for more information.

Membership Benefits...

GWRRA strives to provide Members with benefit packages that are unparalleled in the motorcycle industry. Heck, our benefits are unparalleled in just about any industry! Take advantage of just one or two of our benefits and your GWRRA Membership pays for itself!

****GWRRA benefits are intended to provide Members with options and are not guaranteed to be the best option or the best pricing for every individual situation. We strongly encourage all Members to explore their options before making a buying decision with any company.***

GWRRA MEMBER BENEFIT PROGRAMS



RESCUE
Towing & Emergency Roadside Assistance



GWRRA MEMBER BENEFIT DISCOUNT PROGRAMS

Quick Links:

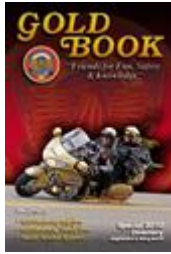
- [Products & Services](#)
- [Financial Services & Insurance](#)
- [Hotels and Travel](#)
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[Products & Services:](#)



BIG BIKE PARTS™





- **Rider Education** – Working hand-in-glove with such eminent organizations as the Motorcycle Safety Foundation (MSF) and the national association of State Motorcycle Administrators (SMSA), GWRRA Educators conduct informative and entertaining riding and classroom sessions to improve riding skills and safety. GWRRA's exclusive four-tier Rider Education Program encourages consistent ongoing training through commitment to safe motorcycling, frequently refreshed training in CPR and first aid skills, and ongoing study. Recognizing the realities of today's motorcycling, GWRRA is one of the few sources of skill and safety education for motorcyclists who operate trikes and/or who pull trailers. GWRRA conducts hundreds of seminars and training sessions through its volunteer corps of educators, and takes the message of being "motorcycle aware" to the general public through its exclusive and proactive public speaking volunteers in its Motorist Awareness Division (MAD).
GWRRA MEMBER BENEFIT DISCOUNT PROGRAMS

- ***OfficeMax Discounts** – [Click here to download](#). You will need to log in using your GWRRA assigned password (User: 6 digit membership number. Password: combination of the numeric portion of your mailing address followed by the 4 digit expiration of your membership. i.e. 0611)
- **Life Lock Identity Theft Protection Program** – #1 in Identity Theft Protection & Identity Theft Protection Products. Protect yourself and your family.
- **JC Motors Transport** – Whether you are moving or simply want to make traveling with your motorcycle easier, JC Motors Transport is the right choice for your motorcycle shipping needs. JC Motors Transport offers Members of GWRRA a discount and has the best motorcycle shipping package on the market. Visit them at www.motorcycleshippers.com



Financial Services & Insurance:



- ***Financial Services: Show Your GWRRA Pride!** – No Annual Fee GWRRA© Visa® Credit Card Program, with Rewards Program, low introductory APR on Purchases and no balance transfer fees for 6

- **GWRRA Official Products** – Apparel, jewelry, rider education aids, recognition plaques and more – the finest products to proudly display your membership in GWRRA. <http://www.gwrroa.org/wearhouse/index.html>



months.

- **VPI Pet Insurance:** VPI Pet Insurance provides healthcare coverage for your dog, cat, bird, hamster or other exotic pet.



- **Liberty Mutual Auto & Home Insurance:** Your member benefits include a special discounted rate on Auto Insurance and Home Insurance from Liberty Mutual.



- **Long Term Care Insurance:**
How will you spend the years ahead?
That may depend on the long-term care insurance you choose today. Like most people, you probably recognize the need for long-term care insurance. It's not simply "nursing home" coverage, but insurance that helps assure you of continued independence as you age - without depleting the personal assets you've worked hard to acquire. But choosing the right protection from the many plans available can be a daunting task.



- **Monumental Term Life Insurance-** Guaranteed Acceptance Term Life Insurance, available from Monumental Life Insurance Company for eligible members age 45-75 lets you choose a benefit amount of \$10,000, \$15,000 or \$25,000. (DOUBLE if you suffer a covered accidental death.) The buying power of the **GWRRA** membership was used to negotiate some of the lowest rates in the industry with no medical exam required. [Click Here](#) for more details or calls **1-800-556-7614** for details!



- **Transamerica Medicare Supplement Insurance:** - Don't wait to find out what Medicare doesn't cover, takes the time to look at your Medicare supplement insurance options. This private insurance helps fill the gap between health care costs and Medicare coverage. Medicare supplement insurance is available to you through the GWRRA Members' Insurance Program and is designed to go hand-in-hand with your regular Medicare coverage. [Click here](#) or call **1-800-556-7614** for details!

Hotels & Travel:



- **Wyndham Hotels** – (20% discount at eleven different Wyndham chains including Days Inn, Ramada, Super 8 and more) GWRRA Members save 20% on the best available rates at all Wyndham Hotels worldwide, including Ramada, Wingate, Hawthorne Suites, Days Inn and many more.



- **Avis Car Rental-** You can **save up to 25%** off your next car rental while experiencing the comfort and reliability that come with renting from Avis. With 4,800 locations in over 140 countries, there's always an Avis nearby to help you with your car rental needs. To rent a car, visit [Avis](#) or call toll free at **1-800-331-1212** and remember to use your GWRRA **Avis Discount number: B291029** to enjoy these special savings!



- **Budget Car Rental-** Make your budget goes further by getting a great deal on a great car from Budget. As a GWRRA member, you'll get an amazing deal every time you rent – up to **25% off** Budget's great rates. To book your car, visit [Budget Car Rental](#) or call toll free **1-800-527-0700** and mention the GWRRA **BCD number: R198129** to receive your discount. Make the smart choice, rent Budget and start saving today!

Medical Information:



- **Medical Information Card**- The NHTSA projects more than 100,000 motorcycle injuries this year. Even with statewide motorcycle safety campaigns, like GWRRA's Motorist Awareness Program, to help automobile drivers be more aware of motorcyclists, fatalities are increasing.



- ***RX Discounts** – GWRRA Members can save up to 55% on prescription drugs with your FREE GWRRA Prescription Savings Card. Download your FREE card now and start saving today! No fees and it never expire. Accepted at over 59,000 pharmacies. One card covers your entire family including pets. Click [HERE](#) to print your card today!



***Lifeline Screening: Preventative Health Screenings-** [GWRRA Life Line Screening](#) is designed for early detection of potential health problems leading to stroke, aortic aneurysms, arterial disease and osteoporosis. GWRRA members have the opportunity to detect life-threatening conditions, at an affordable cost of only \$135 at a location close to your home!



- ***KOA** – Gold Wing Road Rider Members who purchase a Value Card Rewards Membership for \$18, regularly \$24, will also receive a bonus of 6500 points (equaling \$10 off their next stay)! Value Card Rewards entitles the members to receive 10% off the daily registration rate at any KOA in North America, plus the ability to earn camping points which translates into dollars off future camping. Additionally, because they received the 6500 points they would be placed in our bonus earning level, where they accrue points at a 10% faster rate. [Click here](#) to join! You will need to login to using your GWRRA assigned username and password to claim this special offer. (User: 6 digit membership number. Password: combination of the numeric portion of your mailing address followed by the 4 digit expiration of your membership. i.e. 0611)



- **GWRRA Vacation Center** The [GWRRA Vacation Center](#) makes exploring your world easier and more affordable than ever! America's largest cruise agency, Cruises Only, offers the lowest prices in the industry and backs them with the only 110% Best Price Guarantee in the industry! Shop and compare thousands of cruises from 18 of the worlds top fleets including Royal Caribbean, Norwegian Cruise Line, Princess, Holland America, and Disney and more departing from 22 U.S. ports with itineraries around the world. Plan your trip through Go Ahead Tours, renowned for their tours to the most interesting destinations around the world. Walking tours in the Italian Riviera, Food and Wine tours in France, African Safaris, just to name a few! GWRRA members save an additional \$150 per person on regular tour package prices. Or choose a "fun in the sun" get away through TNT Vacations with 26 tropical destinations throughout Bermuda and the Caribbean, including Dominican Republic, Costa Rica and Mexico and save an additional 5% on already low prices. Save an extra 20% on best available rate at all Wyndham Hotels worldwide, including Ramada, Wingate, Hawthorne Suites, Days Inn and many more. Visit www.GWRRAvacations.com for more information.



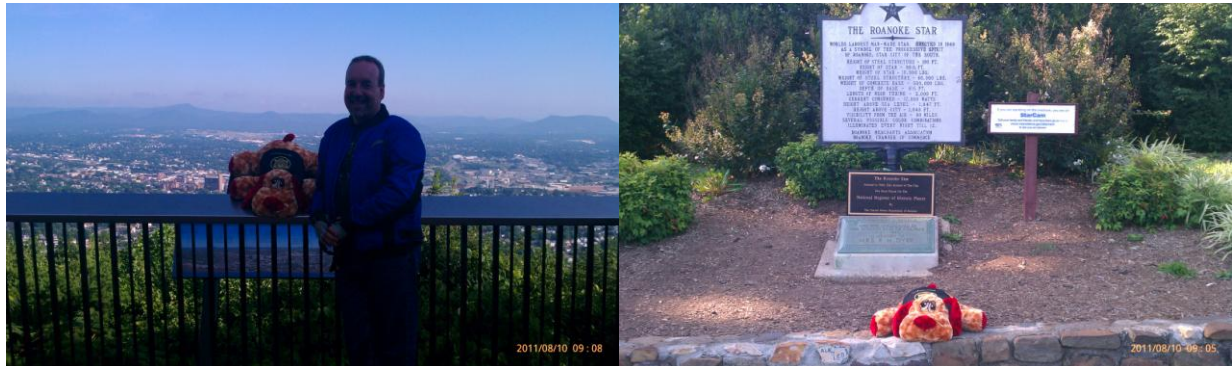
Wing Ding -- Attend the world's largest Gold Wing motorcycle rally and trade show. Held annually, Wing Ding is the only major American motorcycle event to change locations each year, bringing the largest Gold Wing and Valkyrie vendor show, grand parade, rider education, entertainment and seminars to different and exciting, air-conditioned venues every summer. Visit www.wing-ding.org.
*Only Provided in USA by vendor

Seemore Country

Seemore has been very busy since he he joined Chapter U on 7/23/11. His first week was spent in Chesterfield, VA where he was pampered, taken care of and outfitted for his duties as VA Chapter U “mascot”. He made his way to the Chapter Director’s (Dave & Norma Miller) house on Sunday 7/31/11.

Seemore made a trip to New York, via Maryland and Pennsylvania where he enjoyed eating at McDonald’s and spending time with his friends, Target and El Toro. After arriving back in Virginia, he headed to Roanoke to visit more GWRRA family.

Who really knows how far Seemore will travel and who he will be with?



Where's the Cook??

From Chapter U Couple of the Year



Hello Chapter U

the past three months have proven to be very busy. July brought in WING DING 33 in Knoxville, TN, which was quite an experience. Over 12 thousand people came to ride meet old friends and spend money on their bikes. Linda was one of them. She had a blast getting what she wanted for our bike, but she's not through yet. What a stimulus package she provided.

Six (6) bikes went on a "John Wilkes Booth" ride led by John & Anita Raines on the 17th; including 211 miles of good roads, great weather and some history to boot. Of course, you can't go on a ride without stopping for FOOD. Went to Bert's 50's Cafe and had good food. This time everybody got what they ordered and it was good. (That's another whole story about the food).

On the 21st 7 of us (Dave, Norma, Rob, John, Mike, Linda and I) went to Durham, NC to capture the Region N Plaque. We did! Trouble seems to follow Mike. He has been accused, tried and convicted of KIDNAPPING their mascot. Appeals have been made and the verdict was rendered on the August 21st at Chapter U Monthly Gathering.

We held our Chapter Poker Run on July 23rd and thanks to over 70 fellow bikers it was a great success. A good time was had by all, thanks in part to having the event in AIR CONDITIONING as it was One HOT day. Looking to ride? Look no further than YOUR own chapter.

Summer is drawing to a close but there are many good riding days left. August had some very interesting events in the life of Chapter-U. The Colonial Beach ride on the 14th was rained out. Chapter O had their Casino Event on the 20th in Williamsburg and Dave, Norma, Steve, Virginia, Linda and I rode down for Food and Games. There were door prizes, games and an Auction. Managed to buy a helmet for \$20,000.00. If you have never seen a \$20k helmet - come to Chapter-U's next gathering and I will show you one. Unfortunately the All Chapters Picnic was rained out by Irene, along with every body's power. Linda and I spent only 12 hours in the

dark, which we spent sleeping, but we spent the next 5 days with only half power. NO AIR, NO HOT WATER, NO STOVE, NO BIG SCREEN TV (live was hard). Turns out only one phase of our power came back on. With a few extension cords, I got the TV back on and we ate out a lot. We were lucky ones; we didn't have it as bad as most.

The big event of the month was the "Defense of Mike" in the kidnapping charges of Bullwinger from NC. 20 some members from NC came armed to the teeth to rescue their mascot Bullwinger (aka Quarter Pounder). All the guns were confiscated at the door and everyone sat down for food and fun. Long story short they got their mascot back and somehow in the process we lost our mascot SEEMORE. We later found out he was in NC, however NC was taking good care of him. I thought we would have to make a road trip to rescue SEEMORE however, NC sent SEEMORE home.

September brought many opportunities at chapter-U. A 3 - Day ride to Harper Ferry and Charlestown, WV; a "Co-Rider class" by our own Karen Hicks and a Team Riding Seminar and a Road Captain's course held by Karen and Dave. On the 25th Chapter U will be heading to the Paw Wow.

October brought Rally in the Valley which we attending and had a great time and good weather. It was the largest crowd we have seen there and many more vendors this year. Linda and I went on a ride to Paint Bank, VA a quaint little town known for its Bison. It was a great road up the mountain and a good meal at the Swinging Bridge Restaurant. Yes it does have a swinging bridge you can walk across. On the 16th we had a combined chapter gathering with U, P, Y and V in North Garden, VA, just outside Charlottesville, VA. 144 GWRRA members from as far away as Tennessee, with over 60 bikes in the parking lot. The group from Abingdon VA-A took home the Region and District Plaque. Good times, good people, good fun. Looking forward to the rest of the month. Still good riding weather left. I ride year round but I know some people have temperature restrictions. Come join in the fun. Meet new people with the same mind set, catch up with old friends. Live life.

We will see you when we see you. Until then, 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.



Our last trip was to Myrtle Beach 9-28 thru 10-2 for the Myrtle Beach Fall Rally. This was our longest ride as we rode down & back, a total of 1080 miles. Not as many miles as some have ridden, but still a great ride. Weather was great, around 85 going down, but 65 coming back. Many interesting bikes and folks were there with ALL sorts of entertainment.

Just a note to everyone, we own a condo in Myrtle Beach that we rent out during the year. It is in the Wild Wing Resort and we welcome anyone who wants to talk to us about renting during the year. We will make sure & give them the "Gold Wing Rate" if they go down there!!!

Doug & Debbie Harris



Well another Rally in the Valley is in the books and what a time it was! From the Square Dancing on Thursday evening all the way thru to the dinner Saturday night a good time was had by all.

It takes a lot of people doing a lot of things to make a Rally work. Angie & I are proud as could be at the way that everyone pitched in and did a fantastic job with all of their respective duties. It truly made things to go as smooth as any Rally we have been involved with.

Another thing that really makes us swell with pride is the way that the Chapters got involved with the activities at the Rally. From the baskets to the skits to the banners hanging proudly in the arena all weekend, you guys really did a fantastic job of getting involved. That's what it's all about. Getting involved and having fun.

The rides to Paint Bank went over well and it has been a long, long time since there was that many bikes that rode to the Star after closing. The Drill Teams were a big hit, particularly the North Carolina Team. Those folks can ride. It was nice to have representation from area Police Motor Patrols there including a face from the past, Doug Hardy who was the District Educator back around the turn of the century, who rode in on a Martinsville Police Bike.

In the course of the weekend I was able to catch up with some old friends and make a couple of new ones, and after all, isn't that what it's all about?

Fast forward a week and 144 Wingers found themselves at the North Garden Fire House for the Four Chapter Meeting. P, U.V and Y all got together and had one big meeting. A big meeting it was! Most of the Virginia Chapters were there along with a couple from North Carolina. Both the Virginia and Region Plaques were up for grabs and the lucky Chapter was H out of Abingdon. Among the folks from H were Gene and Martha Miller who were the District Treasurers back about the same time Doug served as Educator. They even had Todd their "little" boy with them on his own Goldwing. The last time I saw him he was barely big enough for a Big Wheel.....now he's riding a 1500. Hard to believe. Again it was good to see so many Chapters getting out and getting involved.

Enjoy the ride.....

Mike and Angie



Getting Prepared During the Fall and Winter

During the winter months, we generally have fewer riding opportunities. This might be due to weather, the demands of the upcoming Holiday Season, or the shorter days. But the "down" time allows us to prepare our motorcycles and ourselves for the start of the new riding season.

This is a great time for the Chapter Educator to schedule Rider Education Seminars and Leadership Training classes. You might find yourself taking on that maintenance project that keeps the bike in the garage for a few days or weeks. It's also a good time to install all of that "safety chrome and lights". Between installing, maintaining, fixing, and polishing, you may think that you and your bike are ready to go. For many of us, there are two very important items that we frequently overlook. When is the last time you updated the Emergency Medical Information sheet that you carry in your motorcycle? Do you carry one? Let's face it: at this time in our lives, our medical profiles can change pretty often. You might be taking a new medication or have one that you no longer need. Perhaps you've changed doctors, have a new health insurance provider, or need to change your emergency contacts. It's a good idea to take a few minutes to make sure your medical information sheet is current. It could save your life, if you become ill or injured. Do your friends know how to contact family members? Does your family have contact information for your close friends? This may not be information you include on your Emergency Medical Information sheet in your bike, so it might be wise to create a "contact list" and share it with close friends

and family. Be sure to include your Doctor's information on the contact list. And while you're at it, take a look at the First Aid kit you carry on your motorcycle. Check the expiration dates of all items and make sure it's well stocked. The best option for our sport is a Trauma First Aid kit. And lastly, do you have a road hazard kit? If so, now is the time to make sure it's stocked and serviceable. Let's do everything we can this Fall and Winter to keep ourselves safe and prepared for next seasons riding.

Until next time: Ride Safe and Often

John and Michele

Rider Education

John and Michele Howe
Virginia District Educators



Membership Enhancement

Greetings to All

Rally in the Valley is past now, but not forgotten. Hopefully, all who attended had fun with the square dancing, carved pumpkins, decorated campers, games and prizes. The baskets that were made by the Virginia Chapters were absolutely fantastic! Thanks to everyone who helped in any way to put on a fun, successful Rally—and a BIG thanks to Mike and Angie for all the work, planning, and creative ideas that they put forth. They did old Virginia proud!

CR and I would like to take this opportunity to announce the new Virginia District Couple of the Year, **Tom and Gayle Wilson** of Chapter 'Y'. We're confident that they will do an excellent job of getting out and supporting all the Chapter Couples this coming year. We would also like to acknowledge our 2011 District Couple, Dennis and Kristen Weston, who have done a great job with the couples program. We feel that the Virginia District is very fortunate that they have agreed to stay on as our Couple of the Year Coordinators for the year 2012; with their experience and knowledge of this program, we are sure that they will be very helpful and supportive to our new District Couple, and once again be able to contribute to the functions in our VA District throughout the coming year.

Dennis and Kristen, again CR and I want to commend you both on a job well done.

Our congratulations go out to **VA Chapter 'Y' newsletter editor, Sharon Sisson**, for publishing the winning newsletter for the Month of September. And a big congratulations goes out to **VA Chapter 'E' newsletter editor, Greg Kestner**, for winning the newsletter of the Year for the Virginia District! Remember everyone; get your thinking caps on and your creative ideas in place. We have had some great newsletters this past year. Let's see who will raise the bar again. Thanks for all your excellent work Virginia!

We continue to encourage the Virginia Chapters who have made the commitment for Chapter of the Year 2011; the challenges that your chapter and members face helps your chapters to bond and grow. Remember to keep up with your numbers monthly, so that when you start adding up all your points towards the end of December, it will make the job easier. Please contact the CHOY

Coordinator for the Year 2011, Bill Rodgers of VA Chapter Y, if you have questions or need any help. Good luck to you all.

Congratulations to Bob Karnes of VA. Chapter 'K', and Durwood Harrison of VA. Chapter 'K'. They were both tied in the Virginia District recruiting contest. What was so unique is that Durwood recruited Bob! Way to go **Chapter 'K'**, they also received recognition for the Chapter with the largest recruitment numbers. The time frame that was used for the calculations, were from September 1, 2010 to August 31, 2011. We applaud all Virginia members who recruited new members. Virginia had a total of 145 new recruits. Please remember to work with your new members, make them feel welcome, wanted and needed.

Les Warren, our R&R coordinator sends out the ARL listings as soon as he receives them. We need a quick response from either the Chapter Directors, or the Chapter MEC's about any contacts that you may or may not have been able to make. We do thank you in advance for this. Remember he will only be sending you a portion of the districts listing and not the whole state. This is done so that you may locate a participating chapter member that may show up on another chapters report, and then be able to have them (the specific member) make the corrected changes. You will not receive the No Contact Listing or the Expired Members Listing. National does not want the individual chapters making direct contact with these members; this will be done through the District, Regional, National, or International Directors.

CR and Diane Griffith
District MEC

CR and Diane Griffith
Membership Enhancement
Coordinators

Rider Ed



During my trip to Knoxville, to attend this year's Wing Ding, I encountered several different weather changes during the one-day trip. Because of the constant changes, my attire also changed. I went from jacket to shirtsleeves then raingear. The temperature changed frequently and the heat after the storm was horrific. Went I finally got to Knoxville, I remained thirsty even though I had drunk plenty of water. Therefore, with the heat and humidity being on the rise, I wanted to check further into what a person can do. The following was taken from The US Department of Labor, www.osha.gov.

Karen Hicks

Preparation and knowledge of heat related illnesses is important and at time critical.

Heat Illness

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided. There are precautions you should take any time temperatures are high and the job involves physical work.

Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind
- Low liquid intake; previous heat illnesses
- Heavy physical labor
- Waterproof clothing
- No recent exposure to hot workplaces

Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

To Prevent Heat Illness, You Should

- Be aware of the hazards leading to heat stress and how to prevent them.
- Drink plenty of cool water, at least one pint of water per hour as needed.
- Schedule frequent rest periods with water breaks in shaded or air conditioned areas.
- Routinely check others who are at risk of heat stress due to protective clothing and high temperature.
- Consider protective clothing that provides cooling.

How You Can Protect Yourself and Others

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose fitting clothes.
- Be aware that poor physical condition, some health problems (such as high blood pressure or diabetes), pregnancy, colds and flu, and some medications can increase your personal risk. If you are under treatment, ask your healthcare provider.

What to Do When a Person is Ill from the Heat

- Call 911.
- Have someone stay with the person until help arrives.
- Move them to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the person with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

IF THE PERSON IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.

BOO BOO



From the ACD's

This month I wanted to write about Recruiting new members. I'll start by explaining why Cheryl and I are members. It's simply because we have found some of the best friendships in the world through GWRRA. We were involved in GWRRA back in '03 when we got our first Wing. We soon joined VA-M (Martinsville) and found a whole group of folks who just enjoyed riding, fellowship with each other and of course, ice cream runs. It was a small chapter but the members were a close knit group who really enjoyed each other's company. We also went on rides through West Virginia, North Carolina, South Carolina and Georgia. I guess we were just testing out the Big Bike Riding stuff and we found that we liked it and the people we were hanging out with even though we were from all walks of life. Seems everyone had a different profession, so different that you would not imagine that we would be found in the same circle of friends. It was Motorcycling that brought us together and even though we left in '04 due to some job changes, we still remain friends with some of them today.

So, here we are again, settled in the Richmond area and found Chapter U (Hanover), another small group with people from all walks of life. Actually, Dave and Norma Miller (Chapter Directors) were in my place of business shopping and I found them. They were sporting some Rally in the Valley shirts and I started a conversation with them and they invited me to a meeting. They even showed up the day before the meeting just to remind me of it, now that is recruiting! They didn't just mention that they were involved in GWRRA and a local chapter. They were serious about getting new members so that the chapter could grow. That's what it takes folks, having an eye open, seeing an opportunity and being persistent about getting someone to a meeting. If they will come to a meeting, they will come back. So go find two new members this year to join our chapter and our chapter will grow and you and I will have even more friends to ride with, learn from and play with at the rally's and rides, wherever those rides may take us.

Rob & Cheryl Ramsey