

CHAPTER E BATTLEFIELDWINGS NEWSLETTER

FEBRUARY 2008

www.battlefieldwings.com



CHAPTER E HOME OF THE REGION N

EDUCATOR OF THE YEAR

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BATTLEFIELD WINGS, VA-E



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NEWS FROM OUR CHAPTER DIRECTOR

Greetings everyone.

Any one see where January went. Somehow, it flew by. We did get in a few things last month. On the 18th, Bob & Linda Jones hosted their annual January potluck. We had quite a few members in attendance and all of us feasted on some really great food. The cooks of chapter E sure know their stuff. It was nice to see Bob & Sandy Renner (chapter C) at the pot luck. You should really try to make the pot lucks as they are always fun and **fulfilling**.

On the 24th, we had a dinner ride to Olde Country Buffet. Tom & Diana, Richard, Debbie, Julie & Gordon were in attendance.

On the 26th, Larry was the instructor as he presented the crash scene response seminar. We had quite a few of our chapter in attendance plus a good number of other chapters in attendance. The seminar was very informative and we had a very good dialogue with the attendees. Please come out and support rider ed at our next seminar on 3/29.

On the weekend of 2/8-10 we had nineteen chapter E members in attendance at Wingless Weekend. The theme was clowning around and that's exactly what we did. Your chapter put on a skit Friday night with Sly as Homey the Clown and Jim, Bev, Mike, Carol, Tom, Diana, Dan, Martha Jo and Tina as the students. Even though they did not win the contest, they were number 1 in our hearts. This was the strangest Wingless I have ever attended. On Friday night, most people were dressed as clowns. I stood right next to Dan and Jim and did not even recognize them. A number of Wingers were dressed so well as clowns that you could not identify them. Good job clowns. On Saturday there were a number of seminars to attend and also plenty of games and activities. Saturday night we had a nice dinner and the usual awards, etc. Afterwards, we danced to DJ music the rest of the night. Our district director had to ask Julie, Debbie, Karen and myself to leave so the DJ could go home: we closed the night down. If you have never attended a Wingless Weekend, you should try it next year. You will not be sorry.

Your chapter staff is putting together a ride schedule for the year. Please contact a staff member if you have a destination in mind. Please remember our sister chapters out there; VA-B Virginia Beach has their Polar Bear ride on 2/17, VA-F Winchester has their Crazy Supper on 2/23 and VA-U Hanover is having a U Turn Boogie Dance Party on 3/8. Please support the other chapters when you can.

As you know, I am in a sling till the first week of March and then 2 months of therapy. I will be at everything I can by car as I cannot ride till at least late April/ early May. Please ride for me and tell me how much fun you had.

Be safe, Behave and Be there.

Gordon

REGION N EDUCATOR OF THE YEAR NEWS

Focusing on the Ride

Last month, I encouraged all of us (me included) to diligently practice proper riding skills. The idea was that it takes real work to improve our riding skills and if we won't commit to some real work, we probably won't improve much. This month I want to ramble on a bit about another safety factor – staying focused while riding. I was inspired to think about this by a magazine article I read (MCN, Jan 2008, pg 38).

We too often hear of experienced riders being involved in crashes. Deficiencies in skill don't seem to explain them. Some are caused by incredibly stupid acts by drivers (Dan Fritz's left turner seems like a good example here). But most are probably avoidable and are due to rider inattention. I'm not thinking of a rider who is oblivious to everything that is going on around him (or her) for miles and miles but rather a rider who temporarily loses focus from time to time during a typical ride. And, this describes all of us, doesn't it? Don't we occasionally notice we have been thinking about something unrelated to riding and don't remember much about the last quarter, half, or full mile we have ridden? Our risk of something bad happening is astronomically higher during these periods of temporary inattention.

We should always be on the lookout for ways to eliminate (or at least significantly reduce) the number and duration of temporary lapses in attention. We probably already practice the big ones: we don't ride when we are too tired to keep our focus on riding, we don't ride when we upset/distraught/euphoric, and we don't ride while taking medications that affect our ability to concentrate. And, if we are in new settings that give a little "edge" to ride, we probably stay fairly focused. But, do we have ways to avoid losing our focus when the ride is fairly routine and our brains have time to wander? The MCN article mentioned above addressed this situation in the context of trail riding and suggested that riders should increase speed if they feel comfortable and decrease speed if they feel scared. Then, the trail rider's brain doesn't have time to take on any non-ride-related tasks and the rider stays focused.

On the road, posted speed limits and pesky law enforcement officials prevent us from using this trail riding technique to maintain focus. But, maybe we can adapt the idea. The trail rider increases speed to the point that the ride is not routine – it takes the rider's full attention. What can we do to make our routine riding non-routine? I won't pretend to have all the answers to this question. They are probably different for different riders. But some answers seem to me to be useful for all of us. We might, for instance, consciously concentrate more on applying rider radar skills looking ahead 2, 4, and 12 seconds and predicting what things could go wrong to spell trouble for us in the immediate future. Or, coming up to a curve, we could decide to carve it perfectly rather than just good enough and then evaluate how we did. (I know this is a thinly veiled repeat of some of last month's admonitions.) Maybe you have other ways to keep focused and if you do I hope you'll mention them to me. I'm genuinely interested.

The above techniques can lengthen the time between lapses in attention – the time we stay focused. A harder problem is figuring out how to shorten the times of inattention once we have lost focus. In other words, how can we program ourselves to quickly notice when we have lost focus? This is a hard problem – our brains have drifted off to think about something other than what we have told them to concentrate on so giving them an "alert me when you lose focus" command won't be effective. The MCN article had no answer for this problem either. Maybe the combined efforts of VA-E can come up with some suggestions and we can write our own article for MCN and become published authors! Let me know if you have ideas.

One thing we might try is to keep track of is how often we find ourselves losing focus. This could be done driving or riding. If we do this and are surprised by our findings, that might put enough fear in our brains to keep them on task.

Larry

FEBRUARY 2008 **BATTLEFIELD WINGS** CHAPTER E

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Staff Meeting	6	7	8 Wingless Weekend	9 Wingless Weekend
10 Wingless Weekend	11	12	13	14	15	16
17 VA-B VA Beach Polar Bear Run	18	19	20 General Meeting	21 Old Country Buffet Music Night	22	23 VA-F Winchester Crazy Supper
24	25	26	27	28	29	LINK TO 2007 HIGHLIGHTS

UPCOMING EVENTS:

Feb 17th [VA-B VA Beach Polar Bear Run](#)

Feb 23rd [VA-F Winchester Crazy Supper](#)

VIRGINIA DISTRICT AGENDA FOR 2008

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Visit with us for our Chapter Meetings the

3rd Wednesday of each month

DYNASTY BUFFET - FOUR-MILE FORK

Meet at 6:30 pm to Eat

Meeting begins at 7:30 pm

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**Look Who's
Coming to Dinner!**

O.C. Bee Presents

The "Play It Again" Band
Music from the 60's,
70's and 80's

Thursday, September 13, 2007
7:00 P.M.



Appearance by our friendly mascot, O.C. Bee!

**Old
Country
• Buffet •**

Old Country Buffet Plaza
3940 Plank Rd
Fredericksburg



Due to Gordon's surgery he will most likely be returning next month to entertain us again!

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TAKE OUT DINE IN

(540) 373-4440

Call Ahead for Take Out Orders



2312 Plank Road
Fredericksburg, Virginia 22405

Mon - Thur 11 - 10

Fri - Sat 11 - 11

Sun 11:30 - 9:30



Locations in Fredericksburg, Stafford, Aylett, Midlothian,
Richmond and Lynchburg, Virginia &
Hillsborough, North Carolina
Coming to King George soon!

Buon Appetito!

STAFF MEETINGS ARE
SCHEDULED FOR THE FIRST
TUESDAY OF EACH MONTH

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WINGLESS WEEKEND CHAPTER 'E' CLOWNING AROUND



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NEWS FROM CHAPTER MEMBERS

CHICKEN AND BEAN CASSEROLE

4 Breast broiled with diced onion (1/2 onion) and salt & Pepper. Debone meat and cut into cubes.

½ cup Pepperidge farm stuffing

1 can of French cut green beans

Grease casserole dish, layer chicken, sprinkle stuffing on chicken, layer beans.

½ can cream of mushroom soup

½ cup chicken broth - MIX with soup

Pour over casserole, pour rest of stuffing on top, add ½ tablespoon butter on top.

BAKE at 350° for 20 to 30 minutes until brown.

Submitted by: Karen Kestner