



# The Battlefield Buzz



Virginia District Chapter-E Fredericksburg, VA

Region N

Issue 2014-02

## Chapter Director

**Now is the time to get ready to ride!**

As many of you already know, if the groundhog, Punxsutawney Phil, comes out of his burrow after a long winter sleep and sees his shadow, it is six more weeks of bad weather and if it is a cloudy day where a shadow is not casted, spring is near. 2/2/2014 was a clear day in Punxsutawney, Pa., this year and unfortunately Phil saw his shadow and ran back into his hole! We need to buy him some sunglasses!!! Let's hope it will not be another 6 weeks!

For most of us we put away our motorcycles in the winter until the weather becomes ideal for riding and the rest will ride almost year round. For those giving motorcycles a winter's rest, I have a few suggestions to keep your skills up. Eye hand coordination and balance are essential to keep us sharp. Then there's decision making but I want to focus on the physical.



It is hard to stay active in the cold months and our physical motor skills become rusty. First suggestion is to stretch. Stretching keeps your circulatory system and your muscle vigorous. Then you walk. It doesn't have to be several miles, but a brisk walk to gently raise the heart rate will suffice. Those who still run or jog... go for it!

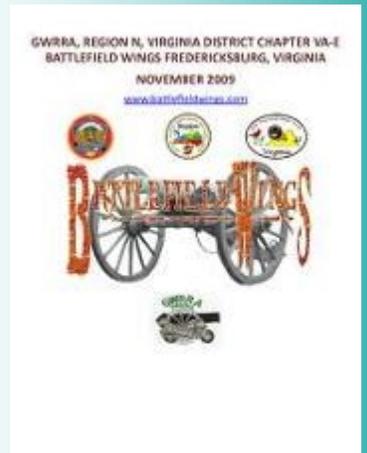


The eye hand coordination can be achieved through several activities. The one I have a diversion to is video games. I am not a fan but have read that it's a great source. I'm for games like darts, horseshoes and corn hole. I like to practice Martial Arts kicks and shadow-boxing. Playing pool or a game of putt-putt (on good days) can also do the trick.

Finally some strength training. Weight training and balance training can keep you riding longer. Those not wanting to bulk up will use less weights and more repetitions. I suggest focusing more on balance. One balance activity that is low impact is standing leg raise. Stand with your feet together, knees slightly bent and hands out parallel to the floor. Raise one foot about 2 inches from the floor and hold for 10 seconds. Then switch. Do this until you can hold without swaying. Do as many as you can or have time to do. Eventually after some time and practice, rise your knee waist high and hold for 30 seconds. This could be weeks or months...depending on your workout. Also, feel free to use the wall or a chair until you are stable.

These cold months can become a sedentary time for us and the motivation is not there...I've personally picked up 8lbs so far and I ride nearly year round. But we all know it won't last and the open road will be calling. So why not start now to be ready.

**February 2014**



Chapter's Social Gathering every 3rd Wednesday of each month @ 7:30 pm at the Golden Corral. Meet at 6:00 to eat and socialize before the gathering.

**Address:** 10320 Spotsylvania Avenue, Fredericksburg, VA 22408

**Phone:**(540) 891-2022



Please join me in support of Chapter VA-A's chili cookoff this Wednesday. I do not anticipate a group ride up due to the unfairness of the weather lately but would like as many Chapter E supporters as possible. Meet you there!!!

Good day Chapter "E"

I want to thank you for the participation so far this year with the New Year Day Breakfast, January Gathering and the unofficial Red Lobster get together! I know it's hard going out in this weather...(I am not a fan of the cold). We are also looking forward to seeing those joining us at Wingless this weekend.

My main purpose for this communication is I do want to encourage you to attend the Gathering on the 19th this month and ask that you invite and bring a friend, neighbors or other family members to come and have a good time with us. We will have not one but two guest speakers for the evening and I know you'll be interested in their presentations. I hope you'll come out early and meet and greet them in the spirit of GWRRA.

Thanks and have a blessed day!



Update from the General Assembly

February 8, 2014

We are almost to the half-way point and here is where we stand. Both HB 122 and SB 383 are crossing the hallway to the other chamber respectively and are on fast track for passage. These two bills are identical and will create a class of motor vehicle called an autocycle. Autocycles will cover three wheeled motor vehicles which, while currently classified as motorcycles, have more in common with cars in that the operator sits in a seat and uses a steering wheel. The Virginia Coalition of Motorcyclists has worked with several state agencies for the past two years in order to bring this legislation before the General Assembly. Motorcyclists do not want crash data for these three wheeled cars lumped into our statistical data. That would skew our data negatively by making it appear that there are more motorcycle crashes, injuries and fatalities. It is important to note that trikes will continue to be classified as motorcycles under these bills.

HB 542 is our bill to clarify that Virginia's prohibition against wearing masks in public only applies when the offender has the intent to conceal his or her identity, not when the wearer is trying to stay warm or keep dust out of his or her face. It came out of the House Courts of Justice Committee unanimously. It will now go on the uncontested House calendar and should move over to the Senate with relative ease. Of course, we never take anything for granted in the General Assembly.

We experienced great disappointment yesterday when HB 1215 failed to pass the House Courts of Justice Committee by a 9-13 vote. This was our bill to increase penalties for those who kill or seriously injure others in right of way violations. We knew that we had opposition to this bill in the legislature but had expected it to pass the House Courts of Justice Committee. Our patron, who is the vice chair of the committee, had informed us that we should be good with his committee and that we needed to start working the Senate. He was as surprised as we were by the strength of the opposition in the full committee. He called immediately after to express his disappointment. We assured him that we appreciated all of his help.

The greatest disappointment was in Delegate Loupassi, who had specifically told us that he would support the bill. He was the one who led the charge against the bill in committee. I will be speaking to him next week.



For your information the breakdown of the vote was as follows: YEAS--Bell, Robert B., Cline, Gilbert, Miller, Minchew, Morris, Leftwich, Watts, Mason. NAYS--Albo, Kilgore, Loupassi, Villanueva, Habeeb, Chafin, Adams, Campbell, Toscano, Herring, McClellan, Hope, Keam.

If anyone intends to email any of the no votes to express your disappointment please do so politely and civilly. We will have to continue to work with these legislators in the future. However, it is by no means out of line to express your disappointment in a civil manner.

Thank you to all who have worked to move all of the legislation through the General Assembly. While VCOM is disappointed that HB 1215 will not pass this year we still have work to do on the remaining bills and will continue our efforts at the capitol.

As always, if anyone has any questions or comments about anything that I have written please feel free to contact me.

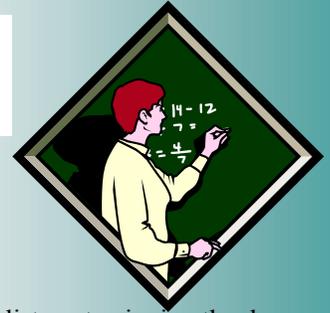
Matt Danielson  
McGrath & Danielson  
Tom McGrath's Motorcycle Law Group  
1-800-321-8968  
Motorcyclelawgroup.com



## Chapter Rider's Education

*strategies to live by from Larry*

### Pothole Avoidance



Nice weather is coming. Just last weekend we had a beautiful Sunday and I saw many motorcyclists out enjoying the day. But at this time of year and for the next month or so we need to be watching out for potholes.

After winter, there are usually a number of potholes on our roads. Potholes are caused by freezing. If there is a small crack in the pavement and it fills with water, the water can freeze and expand. The expansion of freezing water is powerful enough to break the pavement. Subsequent traffic further loosens pieces of pavement and they end up completely breaking away and getting kicked off the road leaving a hole. This can all be avoided by keeping the water out in the first place and that is why road crews try to seal cracks before winter with tar leaving "tar snakes," something we can talk about in a future article.

As riders, we can't do too much about pothole creation or repair. We must live with them. While driving a car, potholes don't often present life threatening danger. But, they are a more serious concern (or should be) to a motorcycle rider. A pothole can have sharp edges that could deform and cut a motorcycle tire causing it to immediately lose air with obvious consequences. Or, the forces on the front fork of a motorcycle could be too much for it if the front wheel drops into a deep pothole at speed. Even at low speed, a deep pothole could be a problem because the chassis could bottom out on the pavement when a wheel drops in – motorcycles have less clearance than cars. And we are just talking about straight line riding. Imagine hitting a significant pothole while leaned over in a corner. Or even a not-so-significant pothole if you've invested a large portion of your traction budget in cornering forces.

Our strategy as motorcyclists must be pothole avoidance rather than pothole negotiation after we find ourselves in one. Our first line of defense should be to maintain sufficient following distances so we can easily steer around potholes that appear in our path. Riding in the center track may be helpful. But, potholes do sometimes form in the center track too so this is not a surefire way to avoid them. And, if there has been a snow recently, there could be sand in the center track left over from the road department's sanding and salting. You could ride in the left or right track and watch for movement of the car ahead indicating it hit a pothole but the movement may be too subtle to notice. Don't take any chances, just keep an adequate following distance so the pothole becomes visible in time for you to avoid it.

We should work hard to see potholes early and avoid them but if you see one too late you will either have to ride through it (hoping it isn't very deep) or swerve around it. To ride through it, rise off the seat a bit and keep your weight back. To swerve, look where you want to go (this first step is crucial), decisively countersteer to alter your direction, and once past the pothole quickly countersteer in the other direction to resume your intended direction of travel. The swerve will be accomplished more quickly if you don't try to lean with the motorcycle. Letting the motorcycle lean underneath you while you stay relatively vertical will speed things up because no energy is being "wasted" to move your body. Sometimes a little difference makes a big difference – missing a pothole (or other obstacle) by a single inch is superior to hitting it.

What if you don't have confidence in your swerving abilities? There is one answer: Practice. Committing the proper technique to your intellectual memory is nice but mostly ineffective. You need to commit (or, more likely, re-commit) this to "muscle memory" so the proper reactions occur when needed without any conscious thought. And, the next nice day is a perfect time to practice skills that may have been dormant over the winter. Spend some time in a parking lot practicing quick stops, swerves, and anything else you think needs work after being off the motorcycle for a couple of months. Practice could pay very big dividends later in the riding season, next month, next week, or even on your next ride.

Larry

## Membership Enhancement Coordinator

Greetings E Team,

As you may have heard, the Virginia District is promoting Membership Enhancement this year so we may grow our membership roles and enhance the GWRRA experience for our current members. I will be working hard to bring to you just that this year. Your team leaders have been meeting this year and planning a very exciting year for you. Your Chapter Director Claude has put together a calendar with events for all of GWRRA Virginia listed on it so you can have an early awareness of them. We have scheduled ice cream runs, pot lucks and dinner rides. We are planning a couples overnight ride, a ride to Chrome World for new Wing Bling, and a maintenance day, so please keep our new calendar in front of you, and as always, we will send reminders. Claude is asking everyone who reads this newsletter to come to the Wednesday Social Gathering on February 19th to hear some exciting guest speakers and find out more about our upcoming riding season. Please make plans to attend; you will not be disappointed. As your Membership Enhancement Coordinator, I am all ears for any suggestions you may have to promote fun this year, so please speak up. I hope to see you on the 19th.

Gordon Combs





All, Thank you for inviting us to the VA-E Medic First Aid, CPR, and AED Course on Saturday 8 Feb. We enjoyed meeting everyone and interacting with the class, which dramatically increases the learning factor and fun factor!

Gordon, Thank you for allowing us to use your business' new office facility. Spectacular!

John, Many thanks again for a great VA-E Medic First Aid, CPR, and AED Course! Taught like a true pro!

Larry, Thanks for setting it all up! You always hit the high points!

Claude, Thanks for enabling it all! You've a great chapter!

Regards,  
 Rick  
 Rick Baker  
 GWRRA Virginia Chapter Y  
 Website Content Manager



NAME	CHAPTER Membership #	Signature
1. Karen Kestner	112111	VA-E
2. Greg Kestner	112111	VA-E
3. David Larson	352687	VA-E
4. Ella Larson		
5. Janet Larson		
6. Sunny Burke	2063404	VA-E
7. Rick Baker	123915	VA-E
8. Elsie Baker	123915-2	VA-E
9. Larry Gray	162483	VA-E
10.		
11.		
12.		
13.		
14.		



Larry Gray

Karen and Greg Kestner

Jeff Burke

Rick and Elsie Baker

Ella, Janet, and Reidar Larsen

Taught by John Howe

Catered by Claude and Subway.





## Tech Tips From The Webdude

### *iPhone Tips*

A couple of months ago (more like several now), I talked about some tips and tricks for the latest update to Apple's iOS devices, iOS 7. This month, I wanted to talk about a few tips that may help you be more productive and be more cognizant in your mobile web browsing as well as sending that perfect email.

#### **1. Find out where those links go**

When in Safari, holding your fingertip down on a link instead of tapping it produces an information balloon that displays the underlying URL. The same thing happens in Mail when you hold a link, which makes this tip much more useful. Now when those "account update" e-mails appear, you can press and hold on the link to find out if you're really going to be taken to the site the e-mail claims.

#### **2. Save e-mail messages as drafts**

If you want to save a message you're working on so you can come back to it later, tap Cancel. Instead of deleting the message immediately, Mail pops up a dialog asking you to Save, Don't Save, or Cancel. Tap Save and the message is placed in your Drafts folder. If your account doesn't currently have a Drafts folder, Mail will create one. However, don't be alarmed if the message doesn't appear in Drafts immediately; in my testing, it takes a while to show up.

#### **3. Save time in driving directions**

One of the primary uses for the iPhone's Map application is to get driving directions. Both the starting point and destination fields offer the Bookmarks button, so you can quickly use a bookmark, recent location, or contact when searching for directions. The first thing you should do in Maps is find your own address and then bookmark it—this will make finding directions to and from locations as easy as tapping your home bookmark.

#### **4. Rebooting your iPhone**

Pretend for a moment that your iPhone suddenly becomes unresponsive. Pushing the Home button does nothing. Hitting the On/Off button produces the same discouraging result. What do you do? Apple's first reset tip is to press and hold the Home button for about six seconds to quit any application that might have locked up your iPhone. If that doesn't work, trying pressing and holding both Home *and* On/Off; after about 10 seconds the Apple logo will appear. (This reboot trick takes a little bit longer than the iPod equivalent—holding down Select and Menu usually restarts your music player after four seconds.)

Rob

#### Resources

<http://www.apple.com/iphone-5s/tips/>

<http://www.cnn.com/2012/10/16/tech/mobile/iphone-tips/index.html>

# February Birthdays & Anniversaries



05 Elaine Murphy

07 Linda Hardisty

11 Nancy Groves

11 Sharon Poulakowski

16 Larry Gray

17 Pat Hallesy

17 Alvin "Tim" Hayes

18 Jennifer Brown

25 Dan Honaker

27 Carole Hays

09 Larry & Sylvia Gray  
10 Robert & Kimberly Clark  
14 Howard & Maria Jones  
24 Tracy & Katriece Williams





# Red Lobster Dinner



Swearing in for Claude as CD and Gordon as MEPC

Thank you to Golden Corral for all you do for us



## Sour Cream and Bacon Crockpot Chicken

### Ingredients

8 bacon slices  
 8 boneless, skinless chicken breasts  
 2 (10 oz) cans roasted garlic cream of mushroom soup  
 1 cup sour cream  
 ½ cup flour (all purpose or gluten free blend)  
 Salt and pepper to taste

### Instructions

Place the bacon in a large skillet and cook over medium-low heat until some of the fat is rendered. Be sure that the bacon is still pliable and not crisp. Drain on paper towels. (If you use this method, reduce the flour to ¼ cup. Or don't cook the bacon and proceed with the recipe). Then wrap one slice of bacon around each boneless chicken breast and place in a 4-5 quart crockpot. In medium bowl, combine condensed soups, sour cream, and flour and mix with wire whisk to blend. Pour over chicken. Cover crockpot and cook on low for 6-8 hours until chicken and bacon are thoroughly cooked. You may want to remove the chicken and beat the sauce with a wire whisk so it is very well blended. Pour sauce over chicken. If you have a newer crockpot, check the chicken at 5 hours. The internal temp should be 160 - 170 degrees F



## Valentines Day Snack Mix

3 cups or one bag of popcorn - popped  
 2 cups of pretzels broken into pieces  
 10 oz bag of white chocolate pieces - melted  
 red or pink food coloring  
 candy sprinkles

Place popcorn and pretzels in a large bowl.  
 Melt chocolate in microwave and add food coloring - stir well.  
 Drizzle chocolate over dry ingredients.  
 Gently mix with a wooden spoon.  
 Sprinkle with candies.



# GWRRA Chapter VA-A



*presents*

## Winter Warm-up 2014 Chili Cook-Off

**The Commons Community Center**

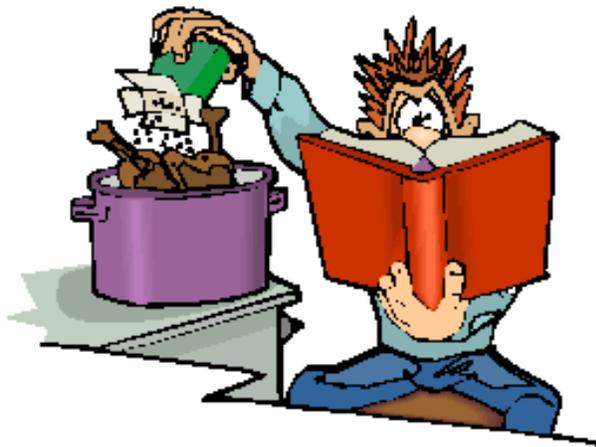
5701 Roberts Parkway

Burke, VA 22015

Feb 12<sup>th</sup>, 2014  
7:30pm

What could be warmer on a chilly winter evening than to share a pot of your favorite chili with friends, new and old.

**Prizes for the best chili!**



**Do you  
have  
what it  
takes?**



**GOLDWING ROAD RIDERS ASSOCIATION PRESENTS**

**A LOONEY TOONEY WEEKEND**

# WINGLESS WEEKEND



*See You There Folks!*



**FRIDAY & SATURDAY FEBRUARY 14-15 2014**

**HOSTED BY THE VIRGINIA DISTRICT**

**ATTIRE - LOONEY TUNES OR FAVORITE CARTOON**

**FRIDAY  
REGISTRATION 6-8:30 PM**

**SOCIAL TIME**

**THEME CONTEST**

**ICE CREAM SOCIAL FOLLOWING PERFORMANCE**

**SATURDAY**

**REGISTRATION 8 AM - 12 NOON**

**SEMINARS**

**CHAPTER COMPETITION GAMES**

**HOSPITALITY ROOM**

**EVENING DINNER**

**ENTERTAINMENT/DANCING 50/25/15/10**



# CRAZY MARDI GRAS SUPPER

FEBUARY 22, 2014

DEADLINE FOR PRE-RESERVATIONS: **FEBUARY 15, 2014**

RESERVE YOUR SEATS EARLY AS WE ONLY ACCEPT THE FIRST 200 REGISTRATIONS  
ALL PROCEEDS TO CAMP FANTASTIC!!!!

NAME: \_\_\_\_\_  
 Chapter: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Telephone: \_\_\_\_\_

\_\_\_\_\_ Number of adults  
 \_\_\_\_\_ Number of children

I/We agree to hold harmless GWRRRA or co-sponsoring organization or property owner for any loss or injury to self or property in which I/We may become involved by our participation in this event. I/We agree to assume responsibility for any property which I/We knowingly damage. I have read and agree with the above. (All members in your party must sign the disclosure statement.)

SIGNATURE \_\_\_\_\_ SIGNATURE \_\_\_\_\_ SIGNATURE \_\_\_\_\_  
 SIGNATURE \_\_\_\_\_ SIGNATURE \_\_\_\_\_ SIGNATURE \_\_\_\_\_

**GORE FIREHALL**  
 RT 50 WEST  
 WINCHESTER, VA 22603

**\$10.00** per person  
 Tickets at door (if available): **\$12.00**  
 Children 6-12 years: **\$6.00**  
 Children under 6 years: **FREE**

Return to: GEORGE TINCHER  
 148 Hogue Creek Lane  
 WINCHESTER, VA  
 22603

**GRAND PRIZE**  
**VALUE OF**  
**\$600.00**  
**NO NEED TO BE**  
**PRESENT**  
**TICKETS WILL BE \$5**

CONTACT INFO FOR TICKETS: [ogwing@comcast.net](mailto:ogwing@comcast.net)

**COURTYARD MARRIOT** HAS OPENED THEIR DOORS FOR A ROOM FOR TWO PEOPLE INCLUDING BREAKFAST FOR ~~\$75.00~~ A NIGHT. MUST RESPOND **BY FEBUARY 15, 2014**. DATES AVAILABLE ARE **FEBUARY 21, 2014** AND **FEBUARY 22, 2014**. (540 678 8822)

**QUESTIONS:** GEORGE TINCHER (540) 303- 2223  
 STEPHANIE DAVIS (540) 664-6430



# GWRRA VA-C

## Spring THAW Poker Run

### April 5, 2014



50/25/15/10

Great Game Prizes

Rain or shine

Charles E. Brown Park  
1950 Old Williamsburg Rd.  
Lackey, VA. 23690  
First bike out at 9am  
Last bike out at 11 am



Deadline for pre-registration is March 22, 2013

\$50.00 Cold Cash drawing for pre-registered only



**COST:**

\$10 per person pre-registered  
\$12 per person on-site  
Kids 6-12 \$5 pre-reg. \$6 on-site  
Current Chapter Couples FREE  
Children 5 and under are free



**Awards:**

Largest Chapter (by number)  
Longest Distance traveled on bike  
1<sup>st</sup> Place Poker Run - \$20  
2<sup>nd</sup> Place Poker Run - \$10

**Registration Includes:**

**FRESHLY COOKED PORK BBQ**  
Cole Slaw, Baked Beans,  
Dessert & Soda

Return completed form  
with check to:

GWRRA VAC  
PO Box 1266  
Yorktown, VA. 23692

Rider: \_\_\_\_\_

Co-Rider: \_\_\_\_\_

Address: \_\_\_\_\_

# Attending \_\_\_\_\_ x \$ \_\_\_\_\_ = \$ \_\_\_\_\_

Organization: \_\_\_\_\_ Chapter: \_\_\_\_\_

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

Rider Signature \_\_\_\_\_

Co-Rider Signature \_\_\_\_\_



## *Schedule of Events*

*We have a number of events coming up so please mark  
your calendars*

**February 12—Chili Cookoff Chapter A**

**February 14—15, 2014— Wingless Weekend**

**February 19—General Gathering  
at Golden Corral, Fredericksburg, VA at 7:30 pm**

**February 22—Crazy Supper**

**April 5 — VA-C Spring Thaw**



## GWRRA Virginia Calendar of Events

Month		Event	Location
<b>February</b>			
February 1	5:00 pm	VA-I Anniversary	Manassas, VA
February 8		<i>VA-E Sponsored CPR</i>	Fredericksburg, VA
February 12	7:30 pm	<b>VA-A Winter Warm-Up Chili Cook-Off</b>	Burke, VA
February 14-15		GWRRA VA "WINGLESS WEEKEND"	Charlottesville, VA
February 22	4:00 pm	<b>VA-F Crazy Supper</b>	Winchester, VA
February 23	8:30 am	<b>VA-B Polar Bear Run Chapter Fundraiser</b>	VA. Beach, VA
<b>March</b>			
March 8		<i>VA-E Motor Awareness Seminar</i>	Fredericksburg, VA
March 15	10:30 am	<b>VA-K Chapter Fund Raiser Chili Cook-Off</b>	Roanoke, VA
March 29		<i>VA-E Chrome World Group Ride</i>	Selbyville, DE
<b>April</b>			
April 5	8:30 am	<b>VA-C Spring Thaw Chapter Fundraiser</b>	Hampton/Newport News VA
April 6		<i>VA-E Maintenance Day/Pot Luck/Ride</i>	Charlie & Ellen Smith
April 12	10:00 am	<b>VA-L Chapter Fund Raiser Bike/Car/Truck Show</b>	Chesapeake, VA
April 26	4:00 pm	<b>VA-X Chapter Fund Raiser Pancake Supper</b>	Salem, VA
April 26-27		GWRRA Tennessee District Rally	East Ridge, Tenn.
<b>May</b>			
May 3		<i>VA-E MS Walk</i>	Fredericksburg, VA
May 3		<b>VA-R Chapter Fund Raiser</b>	Harrisonburg, VA
May 3		<b>VA-J Chapter Fund Raiser</b>	South Boston
May 4		<i>VA-E Monticelloman Triathlon</i>	Charlottesville, VA
May 10		<i>VA-E Kinetic Half</i>	Lake Anna, VA
May 10		<b>VA-D Chapter Fund Raiser</b>	Richmond, VA
May 11		<i>VA-E Kinetic Sprint</i>	Lake Anna, VA
May 11		Mother's Day	
May 17		<i>VA-E Pot Luck</i>	Karen & Greg Kestner



## 2012-2013 GWRRA Virginia District Staff

Position	Name	Phone	FAX	To send E-mail
District Director	<a href="#">Dennis &amp; Kristen Weston</a> (8/12)	757-463-4429	--	Dennis - <a href="mailto:dweston6@verizon.net">dweston6@verizon.net</a> Kristen - <a href="mailto:talk2k@verizon.net">talk2k@verizon.net</a>
Asst. District Director (North) - VA-A, E, F, I, R, and Y	Rick Baker (05/12)	703-318-5899	--	<a href="mailto:rickbaker2006@verizon.net">rickbaker2006@verizon.net</a>
Asst. District Director (East) - VA-B, C, D, L, O, U, and W	Rich & Debbie Bonham (1/13)	804-536-9025	--	<a href="mailto:richardbb@verizon.net">richardbb@verizon.net</a>
Asst. District Director (West) - VA-H, J, K, V, and X	<a href="#">Wayne &amp; Kathy Whitworth</a> (05/10)	540-586-0984	--	Wayne - <a href="mailto:wayne69997@yahoo.com">wayne69997@yahoo.com</a> Kathy - <a href="mailto:kwhitworth56@verizon.net">kwhitworth56@verizon.net</a>
District Educator	John Bowles (11/13)	757-663-2057	--	<a href="mailto:jlbowles@gmail.com">jlbowles@gmail.com</a>
Asst. District Educator (East)	John Skinner (11/13)		--	<a href="mailto:jskinner@genfoam.com">jskinner@genfoam.com</a>
Asst. District Educator (West)	Med Miller (11/10)	540-588-9556	--	<a href="mailto:thermalchaser@yahoo.com">thermalchaser@yahoo.com</a>
Asst. District Educator (North)			--	
District Leadership Trainer	Ken Taylor (01/13)	703-819-6766	--	<a href="mailto:gldwing_rider@verizon.net">gldwing_rider@verizon.net</a>
District Treasurer	Mae Cappis		--	
Member Enhancement Coordinators (MEC)	<a href="#">Tommy &amp; Gayle Wilson</a> (10/12)	540-238-3136 540-238-3263	--	<a href="mailto:t17wilson@gmail.com">t17wilson@gmail.com</a> <a href="mailto:ghwilson208@gmail.com">ghwilson208@gmail.com</a>
District Chapter of the Year Coordinator	Gayle Wilson	540-238-3263	--	<a href="mailto:ghwilson208@gmail.com">ghwilson208@gmail.com</a>
District Couple of the Year	Glenn & Nanette Mizner (10/13)	757-270-6451	--	<a href="mailto:GWRRA_news@cox.net">GWRRA_news@cox.net</a> <a href="mailto:nanmizner@cox.net">nanmizner@cox.net</a>
District Special Events Coord.	<a href="#">Bobbie Jo Harrison</a>	540-890-2890	--	<a href="mailto:threewheelcruzin@verizon.net">threewheelcruzin@verizon.net</a>
District WebMaster	<a href="#">Dennis Weston</a>	757-463-4429	--	<a href="mailto:dweston6@verizon.net">dweston6@verizon.net</a>
District Rally Vendor Coord.	Trish Adams	757-538-9989	--	<a href="mailto:onebchnut@charter.net">onebchnut@charter.net</a>
District Newsletter Editor	Kathy Skinner (02/12)	--	--	<a href="mailto:katherineskinner@cox.net">katherineskinner@cox.net</a>
Rally Camping Coordina- tors	<a href="#">Keith &amp; Carol Lindgren</a> (11/10)	--	--	<a href="mailto:klindgren22@cox.net">klindgren22@cox.net</a>



Chapter	Area / Location	Chapter Director * Senior CD	Phone Number & Email	Monthly Meetings & WebSite
VA-A	Northern Virginia	Mary O'Connor (11/09)	703-378-3873 e-Mail: maryoc4429@aim.com	2nd Wed. - 7:30 pm - Commons Community Center, 5701 Roberts Parkway, Burke, VA 22015 <i>Chapter A WebSite</i>
VA-B	Virginia Beach	Bob & Ann Lutton (8/11)	757-641-5510 e-Mail: b.lutton@verizon.net	2nd Wed. - 7 pm -BUFFET CITY, 3877 Holland Rd, #416, Va Beach, Va. 23462 <i>Chapter B Website</i>
VA-C	Hampton/ Newport News	John Newbauer	E-mail: grdman1@verizon.net	2nd Sun. - 7 pm - Angelo's Steak & Pancake House, 755 J. Clyde Morris Blvd, Newport News <i>Chapter C Website</i> <i>Chapter C Facebook</i>
VA-D	Richmond	Allen & Debbie Dowell (01/13)	804-222-1303 e-Mail: dowellmick-ey@comcast.net	4th Wed. - 7 pm - Candelas Pizzeria & Ristorante Italiano 14235 Midlthoian Turnpike 804-379-0910 <i>Chapter D WebSite</i>
VA-E	Fredericksburg	Claude Revely (01/14)	540-207-7646 e-Mail: seadoggw@att.net	3rd Wed. - 7:30 pm - Golden Corral, 10320 Spotsylvania Ave, Fredericksburg, VA <i>Chapter E WebSite</i>
VA-F	Winchester	George & Brenda Tincher (01/09)	571-934-7067 e-Mail: tincherg@comcast.net	4th Sun. - 9am - Golden Corral, 120 Costello Dr., Winchester (phone: 540-667-6329) <i>Chapter F WebSite</i>
VA-H	Abingdon	Paul & Dorothy Baker (11/1-)	276-628-6047 e-Mail: 09nellie@comcast.net	2nd Tue. - 7 pm - Abingdon Moose Lodge, US19, Porterfield Hwy, Abingdon
VA-I	Manassas	Tom & Kathy DeWispelaere (2/11)	703-361-3373 e-Mail: tjdewisp@yahoo.com	2nd Sun. - 10:00am - Great American Buffet 8365 Sudley Rd Manassas, VA 20109 <i>Chapter I Website</i>
VA-J	South Boston	Don & Teresa Mitchell (02/11)	434-792-0816 e-Mail: donpmit@yahoo.com	2nd Mon. - 7:30 pm - Roma's Italian Restaurant and Grill, 3403 Old Halifax Rd., South Boston <i>Chapter J Website</i>
VA-K	Roanoke	Bob & Betty Karnes (09/13)	540-947-0261 e-Mail: montvalewater@verizon.net	2nd Mon. - 7 pm - Great 611 Steak Co., 3830 Franklin Rd., Roanoke <i>Chapter K Website</i>
VA-L	Chesapeake	Jeff & Carm Stobie (01/14)	757-485-1844 e-Mail: carmjas03@verizon.net	4th Tue. - 7 pm -Pops Diner Co., 1432 Greenbrier Parkway, Chesapeake, VA <i>Chapter L Website</i>
VA-O	Williamsburg	Joe Dickson & Karrin Frankie (01/05)	757-872-0690 e-Mail: widetrack48@cox.net e-Mail: foxslady@cox.net	4th Sun. - 5 pm - Belgian Waffle & Steakhouse, 14700 Warwick Blvd., Newport News <i>Chapter O Website</i>
VA-R	Harrisonburg	Tim & Pam Hoysradt (01/14)	540-471-0098 e-Mail: tim-hoysradt@comcast.net	1st Sun - 3 pm - Golden Corral exit 247A, Rt. 33 E. 2 miles off I-81, Harrisonburg <i>Chapter R WebSite</i>
VA-U	Hanover	Rob & Cheryl Ramsey (01/13)	276-806-8290 e-Mail: gwrra.vau@gmail.com	3rd Sun. - 3 pm - Anna's Italian Restaurant, 7009 Mechanicsville Tnpke, Hanover Village Shopping Center <i>Chapter U WebSite</i>
VA-V	Bedford	Alice Miller (01/13)	540-580-0257 e-Mail: alice.miller6711@yahoo.com	3rd Sun. - 3 pm - Fellowship Hall of St. John's Episcopal Church, 314 N Bridge St, Bedford <i>Chapter V WebSite</i>
VA-W	Chester	Bill Martyn (08/10)	804-241-6910 e-Mail: wmartyn@aol.com	2nd Tue. - 7 pm - Pietro Pizza - Italian Rest., 2601 Osborne Rd, Chester <i>Chapter W WebSite</i>
VA-X	Salem	Tony & Vickie Ayers (1/10)	540-293-4982 e-Mail: goldwingpa@gmail.com	1st Sat. - 3 pm - EVANGELICAL METHODIST CHURCH, 1920 LUCAS ST. SALEM, VA <i>Chapter X WebSite</i>
VA-Y	Leesburg	Wil Bell (06/13)	703-929-8329 e-Mail: gwrravaycd@gmail.com	3rd Sun. - 5 pm - The Beautiful South Restaurant, 17416 Hamilton Station Rd, Hamilton, VA <i>Chapter Y WebSite</i>

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<http://www.battlefieldwings.com/contact/>

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Chapter Director	Claude Reverly
Assistant Chapter Director	TBA
Chapter Treasurer	Tony Poulakowski
Rider Educator	Larry Gray
Assistant Rider Educator	TBA
Membership Enhancement Coordinator	Gordon Combs
Motorist Awareness Coordinator	Mark Poulakowski
Chapter Couple	Eddie and Rosa Seale
Honorary Chapter Couple	Dannie and Carole Hays
Triathlon Coordinator	Gordon Combs
Triathlon On-Site Coordinator	Butch Groves
Ways and Means Coordinator	Julie Combs
Goodies Coordinator	Richard Wilson
Hosts and Welcome Coordinator	Nancy Groves
Recognition/Special Awards	Dave Rowson
Correspondence Coordinator	Rosa Seale
Phone Tree Coordinator	Ellen Smith
Chapter Photographer	Sharon Poulakowski
50/50 Coordinator	Cheryl Poulakowski
Ride Coordinators	Jeff Burke Gordon Combs Charlie Smith Eddie Seale Dan Fritz
Technical Coordinators	Greg Kestner Larry Gray
Newsletter Editor	Kathy O'Neal
Webdude	Rob Hardisty
Chapter Pride Coordinator	TBA

At chapter "E" we emphasize that we indeed are a team of riders/co-riders interested in Gold-wings, riding, and most of all, having fun. Some think that we are mostly interested in eating. You will need to join and be the judge! Come on out and join us! We would love to see you! We meet to eat at 6:30pm on the third Wednesday of each month at 10320 Spotsylvania Ave., Fredericksburg, Va. (**38° 14'28.60" N 77° 29' 51.27" W elev. 186'**) The chapter meeting starts at 7:30pm thereafter. We are located in Fredericksburg, VA,

*Visit these National and Local sites for more Information*

<http://www.region-n.org/>

<http://www.gwrrava.org/>

<http://www.gwrra.org/>

