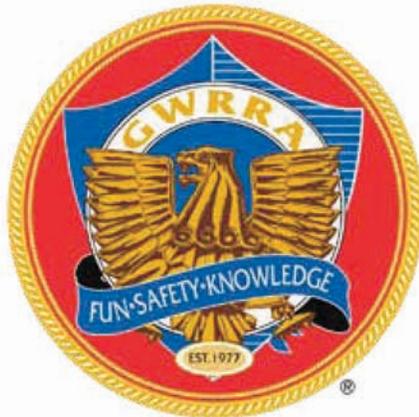


JULY 2010

GWRRRA, REGION N, VIRGINIA DISTRICT

CHAPTER VA-E



BATTLEFIELD WINGS, VA-E



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CHAPTER E DIRECTOR'S NEWS

July 2010



Hello again everyone. It is now July and as you know the weather is referred to as the Three H's HOT, HAZY & HUMID. I'll tell you a story that happened to Katina . At first this is not a Safety Talk but words of caution. On June 6, 2010, we went for a ride to Richmond, VA on our bikes and had a wonderful time. I've learned to drink lots of water after my experience last year at Rally in the Valley. But no matter how much we experience, sometimes we think others automatically know as much or we forget to tell them what's needed to keep from DEHYDRATION. The temperature was about 94degrees and we walked a little in the sun and started home long before dark. We were within one mile of home and I rode up beside her at a stop light and she said Sly I feel sick and a little nauseated. I said can you make it home, she said yes. After being home for about 30 minutes she began to feel EXCRUCIATING PAIN in her right lower leg then it moved to her left lower leg. As the pain began to climb to her upper thigh she began to scream in pain. It subsided for a short period only to return again as she lay on the floor and literally cried with pain. At first she didn't want me to call 911 but I said enough and called and she agreed. To make a long story short, her dehydration was the cause of leg cramps. The Ambulance arrived at our house and insisted that she go to the emergency room. Well you know that when you go to the emergency room your whole day or night is shot. After sitting there for what seemed an eternity, they called her in and gave her TWO UNITS of SA-LINE which took over two hours to administer because she was so dehydrated. To finish this paragraph, just remember to DRINK LOTS of WATER, GATORADE or anything that will restore or keep you from dehydration when riding in the heat.

As I read another Chapter Educator's News Letter, I learned that I am not the only one who put emphasis on what's called Snakes in the Road. I have been riding motorcycles for 43 years and until last year there was never a concern about those repaired Tar Slick Patches on our highways. I first experienced the fear of riding over them while coming from Wing Ding in Tulsa, OK last year. We were on Highway #81and as many of you know it isn't the best route/road to travel. We were riding in the rain for the better part of the day and approaching hills and turns and many times as we entered into a turn be it going up hill or coming down hill there were patched parts of the road or better known as Snakes in the Road. As I approached them I suddenly had a fear, but traveling at a safe speed aided me in knowing that no unforeseen occurrences would happen. Over the course of the year I have shared that experience with many members but never wrote about it, but I felt it necessary to mention it to you as a way of enlightening you of one of the many things we have to consider while riding our Pride and Joy.

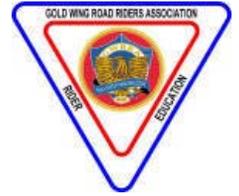
The saying "you're never too old to learn something new". Believe me, I just did.

Sly & Tina

Chapter Directors

Chapter-E

CHAPTER E EDUCATOR'S NEWS



Travelogue

Last month Sylvia and I went to Phoenix for her oldest grandson's wedding. We took an extra week and saw the Grand Canyon, a couple of National Parks, and other "attractions" including the Glen Canyon Dam which I really enjoyed. (I got a book about the planning and construction of this dam and am finding it fascinating too.) We did those touristy things until mid-day Thursday and then returned to Phoenix Thursday night so we would be in Phoenix for the rehearsal dinner on Friday and the wedding on Saturday. On Friday morning, Sylvia and I set out to find and visit the GWRRRA headquarters. We had the address and our GPS (we didn't really need the GPS; Phoenix is laid out very logically) and we were on our way. I didn't know what to expect but I figured I might get to meet some of the top brass and come away with some interesting information to share with the chapter. No luck. We found the building OK but the sign on the door told us GWRRRA is not open on Fridays. This explained why our car was the only one in the parking lot. I suppose if I looked at Wing World more carefully I would find office hours somewhere but I'm not that smart so somebody else from the chapter is going to have to do this reconnaissance.

Enough of that. You read this column (presumably) to get some sort of priceless safety gem each month. The best I could come up with this month was a couple of rhinestones. The first one is pretty obvious but it bit me just last week. Switch from your sunglasses to your clear glasses or face shield well before dusk! I was returning home from Germanna around 6 or 7 the other night and was still wearing my sunglasses. There was still plenty of light – a situation where you could go either way on glasses type. I like to get off Route 3 and onto River Road when I make this trip. That gives me 8 or 10 miles of serpentine road to enjoy instead of the nearly straight divided highway. River Road is sometimes passing through wide open areas and sometimes through places with a dense tree canopy. So, lighting levels change significantly, quickly, and often. When I hit the first treed area, I immediately recognized my mistake. It was quite remarkable to me how things almost go black for a second or two (and a lot can happen in a second or two). When I hit the next shaded area I was not as startled but I'll try never to do this again.

Rhinestone number 2 may only apply to me; I leave it to you to decide. I have thought that I'm a reasonably skilled motorcyclist but I'm beginning to wonder. I have always liked spending a few minutes in a parking lot to practice slow speed maneuvers and proper cornering techniques around 25 MPH. Generally, I do pretty well (by my own accounting) but some days I'm not so good. It is scary to think I might be self delusional about my skill level and could some day ride into a situation that would require more skill than I actually possess. I think my problem is that more than a month is too long for me not to spend some time testing my skills – cornering, swerving, and other skills are perishable and you "use them or lose them." My personal schedule this year has precluded me from setting up any informal PLP sessions. And, no one in the chapter is yet GWRRRA certified to run a formal PLP. Consequently, I've spent less time testing and honing skills this year. So, my recommendation is that until we get back to regular PLP sessions, all of us make time individually to check ourselves out in a parking lot or other reasonable location. We need to know our personal skill/comfort levels so we can make informed corner entry speed and other real time decisions that don't put us in a stressful situation moments later.

Larry

CHAPTER E'S MEMBERSHIP ENHANCEMENT COORDINATORS' NEWS



Greetings E Team Members.

Here it is, the 4th of July already here. Where has the time gone? I hope all of you have been riding as much as time allows. Julie and I have just finished a two week vacation with 9 days of it in Myrtle Beach with our girls, our grandson, and Julie's friend Debbie (Tulie to some of you). I missed riding during that time but we sure needed the break. You would not believe the way some people ride their bikes in South Carolina. They do not have a helmet law for one. The shocking thing was all the people in shorts, t shirts and (get this), sandals and even barefoot. I know we are not the apparel police, but barefoot is absolutely dumb (sandals not much better). But off my soapbox now. We are looking forward to riding the rest of the season. We have a number of dinner rides planned and your staff is looking into some other rides. I have attached the district event list for your convenience. If you can, please look into visiting some other chapters. At our Tour De Burg, we had members from VA-B Virginia Beach and VA-O Williamsburg in addition to some district staff. Thanks to the E Team members who came out to help. In case you have not heard, I will be stepping back into the Chapter Director position for 2011 (unless someone else would like to step up). I plan on shaking up Tour De Burg and changing the venue.

Our staff meetings are the first Tuesday of each month at Ledo Pizza in Massaponax. All are welcome to attend and fellowship with us. The next meeting is July 6th at 7 pm.

See you soon,

Gordon



	Day	Type	Event	Chapter or Sponsor
July	Jun 30-Jul 3	-	Wing Ding 32 - Des Moines, IA	GWRRA Nat'l
	18	P	TBD - Charlottesville	VA-P
	24	P	Poker - Hanover	VA-U
	Jul 30- Aug 1	V	Officer Certification (OCP) - Richond, VA	VA District
August	5-7	-	Bluegrass Blast - Somerset, KY	KY District
	7	V	All Chapters Picnic, Buena Vista, VA - www.glenmaurypark.com	VA District
	14	V	Leadership Training (LTD) Instructor Development / Certification - Central Virginia	VA District
	16	V	Ride for Camp Fantastic Kids	VA-F
	21	P	Casino Picnic - Williamsburg	VA-O
	28	S	Poker Run - Manassas	VA-I
September	11	P	TBD - Burke	VA-A
	10-11	S	Fall Sprawl - Simmons Farm, Whitestone	VA-C
	23-25	-	Wings Over the Smokies - Fletcher, NC	NC District
October	2	P	Poker Run - Richmond	VA-D
	7-9	V	Rally in the Valley®, Salem Civic Ctr, Salem	VA District
	23	P	Fall Colors Ride - Leesburg	VA-Y
	29-31	V	Officer Certification (OCP) - Central / Western Virginia	VA District
November	6	P	Goldwing Celebration - World of Sports, South Boston	VA-J
	6	-	28th Annual Children's Hospital Teddy Bear Run, Colonial Harley-Davidson, Colonial Heights	Blue Knights VA-III
December	11	V	Leadership Training (LTD) Instructor Development / Certification - Roanoke / Salem	VA District

This is the website that has the listings of all of the VA District Officer listings:

<http://www.gwrrava.org/documents/diststaff121409.pdf>

This is the website that has the listings of all of the VA District Chapters with Directors' names, locations, monthly meetings, etc.:

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

Charlie and Ellen Smith

Chapter Couple



Granddaughter Samantha making cookies with Grandma

Hello Everyone,

Well it has been really crazy at the Smith house this month. Our daughter has sought temporary shelter at our resident. I really thought once they moved out, they didn't come back except for visits. Boy was I wrong, not only did she come back she bought two more bodies with her (Hon where in the heck did all these people come from). Just kidding folks Ellen and I are enjoying every minute with our Daughter (Jessica) and two Grandchildren (Benny and Samantha) it is truly a blessing seeing them everyday. I can tell our granddaughter really loves her brother, because she is constantly telling me to poke him in the eye and put a big knot on his head. What is strange is I know he is a great kid because when I do it he laughs like crazy. Okay that's the bad news. The good news is we got to get out on Memorial Day and do some Motorcycle riding; we spent the whole day on Sky Line Drive with some family members. Wow talk about some beautiful scenery and the weather was really kind to us also. We weren't the only ones enjoying this ride; there were hundreds of motorcycles on the trip. I almost got tears in my eyes when the day started to end, but I thought heck this place isn't going anywhere. We will just have to come back. One more thing before I bring this to an end. Yes, Ellen is still trying to kill me; we are still on track to do the Rock and Roll Half Marathon in Virginia Beach, VA. I am sure we will see some members from Chapter B and C as we pass them on the way to the finish line. Okay better go remember get out of the house and ride.

Until Next Month

Charlie and Ellen



Established
10/24/87

CHAPTER E NEWSLETTER JULY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6 STAFF MEETING	7	8	9	10 DINNER RIDE TO GROTTOES
11	12	13	14	15	16	17
18	19	20	21 GENERAL MEETING	22	23	24 POT LUCK ED & WANDA'S
25	26	27	28	29	30	31

<http://www.ci.grottoes.va.us/>

MEMBER NEWS AND ITEMS OF INTEREST

STAFF MEETINGS ARE
SCHEDULED FOR THE FIRST
TUESDAY OF EACH MONTH MEET
AT 6:30 PM TO EAT
MEETING STARTS AT 7:00 PM
Ledo's Pizza, Massaponax



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



*18 Larry & Kathy White
21 Warren & Debbie Carter
26 Michael & Maria Griffin
30 Terry & Elaine Murphy*



*02 Dan Fritz
06 Katina Savage
06 Julie Combs
08 Nolan Clark
21 Karen Kestner
23 Erick Clark*

GOLDWING SUPPORT FOR TRIATHLONS

Sunday August 1, 2010: 7:00 - 11 AM (4 Motorcycles Needed)

Mountain Run Lake Park - 9642 Mountain Run Lake Road - Culpeper, VA 22701

Race Starts at 8AM - 16 Mile Bike

Saturday October 2, 2010: 9:00 - 1PM (3 Motorcycles Needed)

Lake Anna Beach Marina - 349 Pleasants Landing Road - Bumpass, VA 23024

Race Starts at 10 AM - 24 Mile Bike

Sunday October 3, 2010: 9:00 - 1PM (3 Motorcycles Needed)

Lake Anna Beach Marina - 349 Pleasants Landing Road - Bumpass, VA 23024

Race Starts at 10 AM - 12 Mile Bike

Notes:

1. All events pay \$50/bike. Lunch/food will also be provided if you can wait until the first runners come in.
2. If you could be onsite 1 hour prior to the race starting for orientation and placement that would be great.
3. Some folks will have officials on board, others will lead out the first cyclist, follow the last cyclist, or patrol for mechanical/safety issues.

Thank you very much in advance! If you have any questions please give me a call at 336-577-2801.

CHAPTER E POC: DAN FRITZ HOME: 540-286-1142 CELL: 540-903-2897



Reasons to visit Tour de Burg: motorcycle rides, GREAT FOOD, unique game prizes, comradeship, FUN games! Missed you being with us!