



**GWRRA
Region N**



**Chapter E
Fredericksburg, VA**



Chapter Staff

| | | |
|-----------------------------|--------------------------|--|
| Chapter Directors | Mike & Keri Nelson | 2wingsantr@cox.net |
| Assistant Chapter Directors | Coming Soon | |
| Chapter Educator | Larry Gray | |
| Treasurer | Nancy Groves | |
| Newsletter Editor | Desperately Needed!!!!!! | |
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Ride Coordinators

| | |
|------------------------------|---------------------------|
| Dave Calahan 540-786-6168 | Ed Hoferkamp 540-898-7258 |
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| Mike Nelson 540-368-3187 | |

www.battlefieldwings.com

**2006 Couple
of the Year**



**Chapter Meetings
3rd Wednesday of the month
Dynasty Buffet
10911 Courthouse Rd
Eat at 6:30 PM
Meet at 7:30 PM**

Ed & Wanda Hoferkamp

Ramblings From the Chapter Director

We are really looking forward to the opportunity to get back to riding in 2006. After spending most of 2005 dealing with moving, we didn't even put 1,000 miles on the bikes for the year, and we missed Rally in the Valley for the first time since we've been with GWRRA. This year we plan to ride and get back to Rally in the Valley.

Our year started on a sad note for the chapter. Rufus Moore passed away on New Years Eve and more recently, Glen Willis passed away. Keep both families in your thoughts and prayers.

In the meantime, Wingless Weekend is coming soon and we hope to see a lot of Chapter E people there. The new hotel will bring some new challenges to this event, but after years of running out of hot water, having the pool closed, and other problems, it was time to move to a new place. No pets are allowed this year so we have to leave Molly at home.

As our schedule permits we will be visiting other chapters. Whenever possible, we will set up rides so anyone else who wants to come along knows when and where to meet. On weekdays it will be tough for us to get anywhere early in the evening, so most of our visits to other chapters will likely be on the weekends.

Larry has come onboard as Chapter Educator and is taking over with a lot of new ideas and enthusiasm. Let's all give him our utmost support in promoting and practicing safe riding. A new change to GWRRA rider education program this year is that safety level renewals are free. All you have to do is keep your qualifications current. See Larry for the specifics on Levels 1, 2, 3 & 4. Larry will be coordinating a parking lot practice this

spring. We strongly encourage everyone to come out and practice those riding skills that may have gotten rusty over the winter. As always, ERC courses are available for people who really want to keep their riding skills sharp.

Our chapter will be hosting a maintenance day this spring to get our bikes ready for the riding season. We will also have a co-rider seminar and potluck, so come on by for some fun.

The phone tree is alive and well as evidenced by the extraordinary turnout for our January dinner ride to Lee's Hill Restaurant. A special thanks to Gordon for setting up this event. Without a doubt, our large group overwhelmed the restaurant as a number of us had issues with slow service. The restaurant had every available employee working, but I guess they just weren't ready for 60+ people. We've eaten there before and both the food and service was great. LESSON LEARNED - we will be looking for larger restaurants for future dinner rides. If you have any restaurant suggestions, let us know. We plan on having a dinner ride every first Friday of the month. From November through March our dinner rides will be local to Fredericksburg to account for non-riding weather (most of us anyway, Butch and Jim still seem to get out and ride). Beginning about April, our dinner rides will be planned to incorporate a ride, so think of some good restaurants about 60-90 minutes away from Fredericksburg.

Remember this is your chapter. If there is something you would like us to do, especially new things, let us know.

Mike & Keri

Couple of the Year News

First of all we hear that everyone that attended Wingless Weekend had a great time. We could not attend this year due to our scheduled trip to Orlando, where we met our daughter Brenda Schasteen. Brenda's daughter Brook, along with 25 of her Germantown Tennessee Cheer teammates competed at Disney Wide World of Sports. This is a once a year competition for Cheer squads from US states and possessions. The girls put in a lot of time during the year preceding this event and they do a great performance. Brook and her teammates competed along with 16 other teams and the talent was great and the scores were very close. All the work these girls put in during the year paid off though with a 1st Place finish for there Super Varsity team. They, along with moms and dads and proud grandparents were elated. This is a fantastic feat to be 1st in the Nation; the 17 teams in the finals had to go through many qualifiers to just get to come to Disney. All the teams were great.

On our way to Fla. We visited Wanda's niece in St. Mary's, Ga. St. Mary's is the home of the large US Submarine base. St. Mary's is a laid back small town that is growing rapidly. There are lots of large old Oak trees, the trees are coated with Spanish moss, that makes there seem ghostly in the early mornings and late evenings. Last year we met one of the Boomer class sub. Officers and were treated to a tour of the Wyoming while it was in dry dock. Very close quarters and the crew bunks just about any where there is space. Submarine are not for me, lots of space and fresh air are preferable.

From there we continued to Eustis, Fla. And visited Dan and Audrey in there camper trailer for a short time and then on to Kissimmee, Fla. Where we stayed for two

weeks in our Fairfield Resorts time share. This is located about 5 miles from Disney and is convenient to all major highways and to Orlando. One of Wanda's class mates and her husband came and stayed with us for a few days and while there they also became time share members. WE had a great time showing them the local attractions, and of course eating. Yes, we gained a few pound during the 3 weeks plus that we were gone. Our plan now is to see if we can loose the pounds and easily as we gained them.

We sure missed having the Wing with us. The Temperatures for the first week topped out during the day at about 60, but later the next week a warming trend moved in and temps. Climbed to mid 70's, great riding weather.

When we checked out of Fairfield we visited friends at Tavares, Fla. And they drove us to see the Villages, a retirement community that is growing fast. Residents all have golf carts and most play golf.

Well, that was our odyssey for Jan, Feb. 2006, we had a great time and enjoyed times with our friends and relatives, vacations are great, but it is fantastic to be back home.

Ed & Wanda Hoeferkamp, VA E COY 2006

Roses are red,
Violets are blue,
I choose to ride,
With Chapter U.

Fred Mears Jr.
VA-U Poet Laureate
15 Feb 2006

This goes to show you we will publish just about anything.

Chapter "E"~ Battlefield Wings 2006 Participation Challenge

Traditionally each year, prior to Rally In The Valley, Chapter "E" gives away free registrations to the rally. These names are drawn from the chapter participants who have registered through the chapter director. This year, we're going to "change it up" a bit! How you ask? Your chances of winning a cash prize equivalent to a free registration or other "special prizes" will increase according to how much you participate in various GWRRA events.

How will it work? Each event you attend will earn a point value. The number of points you accrue throughout the year will equal the number of times your name is thrown in the hat. Point values will be awarded as such:

- Chapter "E" Events = 1 point (note: VA-E monthly meetings do not qualify)
- Other VA chapter meetings = 2 points
- Other VA chapter events = 3 points
- Virginia District events = 4 points

You can also double the point value awarded for attending a particular event by writing and submitting an article for the Chapter "E" newsletter!

Each chapter member will be responsible for reporting their attendance at events to the chapter directors. This information is requested to be submitted within 14 days to simplify the record keeping process.

And by simply submitting any type of article to the Newsletter Editor will earn you a bonus point as well! It can be a recipe, a poem, or a puzzle~~it's as easy as that!

The contest started February 15, and runs through the last day of November. The prize drawings will take place at the Chapter "E" Christmas party.

*The greatest pleasure in life is doing
what people say you cannot do.*

~Walter Bagehot

GUEST COLUMNIST'S CORNER

Each month we will have a "special guest columnist" from one of our neighboring chapters. We start off this feature with our friends at Chapter "U"~!

Chapter U – Hanover

Chapter U meets the 3rd Sunday of each month at Ashcake Rescue Squad, which is located at New Ashcake Road (Route 643), Mechanicsville, VA. We currently have approximately 70 members.

Our current staff consists of Jerry & Nan McGrew – Assistant Chapter Directors; Fred Mears, Jr. – Chapter Educator; Kathi Mears – MED Coordinator; Fred Mears, Sr. & Jo Justis – Couple of the Year; Lisa Lancaster – Newsletter Editor; along with various other positions. We have created a new website which can be viewed at <http://www.gwrva-vau.org/>. Check it out – we have all of our rides and upcoming activities for the month, along with many great pictures of previous rides and chapter meetings.

We plan on trying to attend meetings for all of the chapters in Virginia during 2006, however Dave may be at some of them without me due to work schedules and/or being able to ride the bike. I am still recovering from back surgery I had in October 2005 and at this point, we are not sure how much riding I will be able to do.

We are also planning to attend Wing Ding in Nashville, TN this year especially since we have two sons who live there. In addition to Wing Ding, we plan on attending the Kentucky District Rally, which we have never been to before and of course, our very own Virginia Rally in the Valley. In addition to these events, we have a trip scheduled for April with one of our sons as Dave and he are going to participate in the Richard Petty Driving Experience. We also plan on trying to attend at least the Primary Events for all of

the chapters, however if there is a conflict, we may attend a chapter's Secondary Event.

We do have several members who are active with us in attending meetings and other chapters' events however; we are working on ideas on how to get more of our members active. **WHAT PEOPLE FAIL TO REALIZE IS – IF YOU DON'T VISIT OTHERS – THEY WON'T COME TO VISIT YOU!** Dave and I learned this when we were in North Carolina as we had were Chapter Directors for a chapter with 5 members and majority of our meetings had about 40 visitors. This was due to going out and visiting and attending other chapters' events. Believe me, visitation and participation works in helping out your own chapter.

For fundraisers this year, Chapter U is selling Lottery Tickets – the winner will be the Pick 3 number drawn on November 30, 2006 and the money will be given away at our Christmas party on December 1st. There are only 1000 tickets out there at a cost of \$5.00 each. ½ of the money collected will be given away. Part of the chapter proceeds will go to Hospice and Ashcake Rescue Squad. **IF YOU HAVEN'T BOUGHT A TICKET, GET IN TOUCH WITH ONE OF OUR MEMBERS.** Sale of the tickets has been going well but we have plenty of tickets left to sell.

Chapter U will also be holding their Annual Poker Run on July 29, 2006 at Wayside Park. The flyer will be completed and posted to the District Website within the next month. We hope you will all come and join us! If you didn't make it last year, you missed since a member of the District Staff in the Dunk Booth, along with Dave being in there.

Hope to see everyone out and about.

Dave & Norma Miller
Chapter Directors
VA - U

Mike's Award-winning Baked Potato Soup

Six large baking potatoes
½ stick butter or margarine
½ cup flour
7 cups milk
1 bunch of green onions, chopped
½ pound of bacon, fried and crumbled
1 ½ cups of grated cheddar cheese
1 cup sour cream
Salt and pepper

Bake the potatoes, and cut into bite size cubes after the potatoes cool somewhat (peeling is optional). In large pot on medium heat, melt butter. Add flour and stir until blended. Increase heat to medium high, slowly adding milk until mixture is almost to a boil. Add potatoes, green onions, and bacon. Stir in cheese and sour cream. Salt and pepper to taste. Heat until cheese is melted. Serve.

Garnish with additional bacon, cheese or green onions if desired.



Chapter Educator Larry Gray

What To Do if You Encounter a Motorcycle Accident

I cannot do this subject justice in a short article but I thought it important to bring the subject up and cover the high points. As always, I may miss something important. If you notice an omission or other error, please let me know so we can get the information out to the rest of the chapter. Basically, what I hope to accomplish is to make us think about the right and wrong things to do in an accident situation now so we can react with confidence and calmness if ever called upon to do so later.

The following ideas are consistent with material another rider at my church found at <http://www.molenda.com/accident.html>; take a look at this site for additional information. This material is also consistent with (but not a substitute for) the GWRRA Motorcycle Crash Scene Response seminar (which will be presented at the Salem Church branch of the library on February 18th).

The situation is that you have come upon an accident scene with a motorcyclist down. What should you do? Of course, the answer depends on lots of variables and there is no single correct answer for all situations. There are, however, parts of the answer that are relatively constant regardless of circumstances and I will only touch on those generalities in this article. I also omit the specifics of CPR and first aid that are covered in our Medic First Aid or alternate classes.

Here are the suggestions:

- Don't become part of the accident. It may be far safer to ride past the

accident than to stop short of it to render assistance. Make an intelligent decision about how fast to stop and where to park. In the GWRRA Team Riding and Road Captain seminars we teach that only the last bike stops when a member of the group stops and this would normally apply to an accident situation also. Consider safety first.

- Remain calm. This is easier said than done if the victim is part of your group. It may be out of your control if the victim is your spouse. But, by considering this subject now and determining what you should and should not do, you will be able to increase the likelihood you can remain calm. Someone must be "in charge" at an accident scene and if you are the first calm responder, you should take charge and bring order to any chaos you find. Request those around you to carry out well defined tasks: direct traffic, call for an ambulance, get you some paper and a pencil, photograph the accident scene for the police, etc. Your being calm and in charge will have a calming effect on everyone, including the victim.
- Move the victim only if he and you are in immediate danger. Back and neck injuries can turn into permanent paralysis by movement and the back and neck must be immobilized as much as possible if the victim must be moved. Be particularly suspicious of back/neck injuries if the victim complains of numbness or tingling. Stopping traffic is far preferable to risking further injury and is completely justified. Only consider moving the victim if traffic cannot be controlled.

- Let whoever is in charge know if you have medical skills. The person in charge will be elated to turn over medical responsibility to you if your skills outweigh their own. If it turns out you should assume this responsibility, let the current person in charge know that they should stay close by to answer questions about what has and has not already been done for the victim. That person probably remains the most qualified to handle non-medical management of the situation and should do so.
- Establish communication with the victim if he is conscious. Be reassuring to the victim, tell him your name, tell him that he should remain still until the extent of his injuries are known. If he expresses some concern, deal with it (e.g. if he is concerned about his bike – we all act irrationally when confused and the victim may be very confused – ask someone to attend to it). If the victim is so confused he doesn't know what has happened, your job will be hard but its all the more important to be reassuring.
- If the victim is unconscious or lapses into unconsciousness, check for breathing and heartbeat. Continue to choose your words carefully because your talk may be registering with the victim even if he is unresponsive. If CPR is needed and cannot be administered because of interference from the victim's helmet, it should be removed (but this is the only plausible reason for removing a helmet). Helmet removal is a 2-person job: one person on the victim's side holds the back of the head in one hand and the victim's jaw in the other to immobilize the head while a second person behind the victim's head pulls the helmet straight back as gently as possible. Watch for interference with the nose if the helmet is full-face. If the helmet is removed, send it with the victim in the ambulance.
- Assess medical needs and attend to them (CPR, first aid). (Something I don't remember learning in first aid class but that I picked up preparing this material is that if the victim has an eye injury, you should bandage both eyes to help immobilize the injured one. Explain this to the victim if such action becomes necessary.)
- If treating a head injury, do not use pressure to control bleeding because you could force a bone chip into the skull. Bandages are appropriate and hopefully they will control bleeding.
- Shock is always a concern for a seriously injured victim. Excessive bleeding (external or internal) can lead to shock. While performing all warranted first aid, have someone else monitor and record breathing and pulse rates every 5 minutes and be prepared to provide time annotated information to ambulance personnel when they arrive (this is one reason why you had someone get you paper and a pencil). If the pulse cannot be detected at the wrist, or the victim becomes very confused, or the skin becomes pale, cool, or clammy, shock is the likely cause. All you can do in this situation is keep the victim comfortable with feet elevated 6 inches or so.
- As long as the victim remains responsive, collect other information that may be useful if the victim should later slip into unconsciousness. The following can be helpful:
 - medical allergies,

- current medications including illicit drugs (alcohol fits in here too),
 - time of last meal (useful to anesthesiologist),
 - pains or points of impact if known,
 - any general medical history the victim mentions,
 - name and phone number of person to contact (get more than one contact if possible).
- Even if the victim is responsive but particularly if he is not, have someone check for emergency information the rider may have stored in their motorcycle. GWRRA suggests riders and co-riders store emergency information in the left fairing pocket and if the motorcycle has an accessible fairing pocket this is good place to look.
 - When the EMTs arrive, stay nearby to answer their questions but stay out of their way. (If several EMTs have come and you are the person in charge, identify yourself to the least busy EMT and tell him what you know. He will know what questions to ask and get the information to the right EMT responder.) At this point you are no longer in charge but rather act as the EMTs' deputy to coordinate any activity they deem appropriate.
 - When everything is over and you can continue your ride, stop at the next restaurant or rest area. It is not likely that you can concentrate on your own riding until you have taken some time to unwind.

Armed with this information, you can make a difference by keeping calm when others can't, by stepping in to take charge if no one else

has, and by anticipating and preparing for what you may be asked to do for the benefit of a fellow rider.

Larry

When the character of a man is not clear to you, look at his friends.

~Japanese proverb

How true is this in your house?? It is **way** true in your CD's House!

Rules for the Dog

1. The dog is not allowed in the house.
2. Ok, the dog is allowed in the house, but only in certain parts.
3. The dog is allowed in all rooms, but has to stay off the furniture.
4. The dog can get on the old furniture only.
5. Fine, the dog allowed on all the furniture, but is not allowed to sleep with the humans on the bed.
6. Ok, the dog is allowed on the bed but at the foot of the bed only, and only when invited.
7. The dog can sleep on the bed whenever he wants, but not under the covers.
8. The dog can sleep under the covers by invitation only.
9. The dog can sleep under the covers every night.
10. Humans must ask permission to sleep under the covers with the dog.

To be trusted is a greater compliment than to be loved.

~George MacDonald

Top 5 States With the Worst Roads Are...

When it comes to roads that beat and bang you up, Pennsylvania leads the nation. That's the word from the annual Highway Report Card survey of over-the road truckers conducted by Overdrive magazine.

What is so wrong with the highways and byways of Pennsylvania? The top complaints are the conditions of the Pennsylvania Turnpike, I-78 and I-80, as well as poor signage.

The states with the worst roads are:

1. Pennsylvania
2. Missouri
3. Louisiana
4. Michigan
5. California

The states with the best roads are:

1. Texas
2. Florida
3. Tennessee
4. Georgia and Ohio (tie)
5. Nevada and Virginia (tie)

The worst highway in the United States is:

1. I-10 in Louisiana
2. I-44 in Missouri
3. I-95 in New York

The best highway in the United States is:

1. I-75 in Florida
2. I-40 in Tennessee
3. I-10 in Texas

The most improved highway is:

1. I-40 Arkansas
2. I-80 Pennsylvania
3. I-30 Arkansas

The Overdrive survey not only ranked roads, but also the drivers who traverse them. Roughly two-thirds of respondents say road rage increased during the past year, with 36 percent calling the jump significant. The worst automobile drivers are in California, followed by Illinois and New York.

Keri's Cashew Salad Dressing

- $\frac{3}{4}$ cup Sugar
- $\frac{1}{3}$ cup vinegar
- 1 teaspoon dry, minced onions
- pinch of salt
- 1 teaspoon poppy seed

Blend in blender until sugar is dissolved. Slowly add 1 cup of vegetable oil. Put aside.

Salad

- 8 to 10 ounce package of thin sliced swiss cheese cut into cubes, and then separated.
- 12 to 16 ounces of bacon, fried limp
- 1 can of cashews (halves and pieces work best)
- 1 head of iceberg lettuce.

Pour dressing over salad and toss immediately before serving. Dressing will cause cashews to become soggy if left to sit.

Upcoming Events

Mar 15 - Ch. E (Fredericksburg) Monthly Meeting – Dynasty Buffet

Mar 17 – Potluck, Mike & Keri, 7:00 PM, directions at meeting and via email

Mar 25 – Rider Education Seminar, Salem Church Library, 9:00 set up, 9:30 seminar

Mar 25 - Poker Run & Spring Tune-up, VA-W, Point-of-Rocks Park Shelter #1, depart from Salem Church Library immediately after seminar

TBD – Ride to Chromeworld, on a Saturday before Maintenance Day

Apr 7 – Dinner ride, Carlos O’Kelleys, 7:00 PM

Apr 8 – Spring Thaw Poker Run, VA-C, Newport News Park, meeting place TBD

Apr 9 - Pre Tax-Day Poker Run, VA-L. Chesapeake, meeting place TBD

Apr 22 – Super Maintenance Day, Combs, 9:00 AM

Maintenance Day, Co-Rider Seminar, Potluck at 12:00

Apr 29 - Magical Dragon Feast 2006, VA-D, meeting place TBD

Apr 30 – Parking Lot Practice, Route 17 commuter lot, 2:00 PM

May 6 – Chapter Yard Sale

May 20 - Poker Run, North Garden, VA-P