CHAPTER VA-E, FREDERICKSBURG VA, VIRGINIA DISTRICT VOLUME 31, ISSUE 1, January 2019

Battlefield Wing News



National



The East Coast Motorcycle Rally

GOLD WING ROAD RIDERS ASSOCIATION

Calendar of **Events**

Battlefield Online Calendar Link

District Educator

VA-E News Letter Email link **Chapter Director**

VA-E Team Leaders/Staff

Director - Gordon Combs Asst. Director - Claude Revely Treasurer - Greg Kestner Ride Coordinator/Educator - Lyle Schrumpf Asst. Ride Coordinators - Jeff Burke, Gordon Combs, Eddie Seals, Charlie Smith, Dan Fritz Tech Coordinators - Larry Gray & Greg K. **Membership Coordinator - Karen Kestner Tri Coordinator - Butch Groves Welcome Coordinator - Nancy Groves Goodies Coordinator - Ellen Smith Correspondence Coordinator - Rosa Seale Photographer - Sharon Poulakowski** 50/50 Coordinator - Cheryl Poulakowski Website - Rob Hardisty **News Letter - James Antone**



Calendar of Events

January 2019

Battlefield Wings Events, Holldays in United States

Jan 2019 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			2	3	4	5
2019		New Year's Day			Michael Griffin	3 pm - (FYI) VA-X
		7pm - Chapter E				
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Have a Joy Full Year					erall Av	
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9 am - (FYI) VA-I					Harold Pellgreen	
4pm - (FYI) VA-C						
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2pm - (FYI) VA-B1	artin Luther King	6pm - (FYI) VA-L	6pm - (FYI) VA-D			
3pm - (FYI) VA-V						
27	28	29	30	31		MAN
8 a m - (FYI) VA-F			Mark Hardisty			BUY
4pm - (FYI) VA-0						
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Calendar of Events

February 2019

Battlefield Wings Events, Holidays in United States Feb 2019 (Eastern Time - New York) Sun Mon Wed Thu Fri 2 3 p m - VA-X 2 p m - VA-R Elaine Murphy Linda Hardisty Timonium International Motorcycle Show @ 7 pm - Chapter E 10 11 12 Timonium Nancy Groves Valentine's Day Larry & Melanie 6pm - VA-W 7:30pm - VA-A Sharon Poulakowski 9 a m - VA-I Larry Gray 4 p m - VA-C 6pm - VA-K 17 18 19 20 21 22 23 2 p m - VA-B1 Presidents' Day 6 pm - VA-E 3 p m - VA-V 24 25 26 27 28 8am - VA-F 6pm - VA-L Carole Hays 4pm - VA-O 6 pm - VA-D

Calendar of Events

March 2019

Battlefield Wings Events, Holidays in United States

Mar 2019 (Fastern Time - New York)

Battlefield Wings B	tlefield Wings Events, Holidays in United States			Mar 2019 (Eastern Time - New York)					
Sun	Mon		Tue		Wed	Thu	Fri	Sat	
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3		4		5	6	7	8		9
2 p m - VA-R			7 p m - Chapter E						
10		11		12	13	14	15		16
Daylight Saving	6pm - VA-K		6pm - VA-W		7:30pm - VA-A		Lyle Schrumpf	Sly Savage	
Mike Plaughter									
9am - VA-I									
4pm - VA-C									
e ditta									
17		18		19	20		22		23
St. Patrick's Day					Bob Dorminey	40th Florida Distric	t Rally @ 350 Northlake	Blvd, Altamonte	
2pm - VA-B1					Mike & Carol Lucas	J	Bob & Ella Dorminey		
3pm - VA-V					6 pm - VA-E		Greg Kestner		
24		25		26	27		29		30
Nancy Burke			Melanie Gray		Lloyd Messner	Gordon & Julie	Cheryl Poulakowski		
8am - VA-F			6pm - VA-L		6 p m - VA-D				
4pm - VA-O						O YPGAH YAAYAYWA			
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Chapter Director

Gordon Combs

Christmas is here. Julie and I really enjoy this time of year, not for the weather believe me, but because we celebrate a very special birth and time spent with family and friends. From the many Christmas parties, to the lights and decorations, and the bounty of meals, Christmas brings joy to our hearts. You know what else has brought joy to my heart....being your Chapter Director again for the past 2 years. As most of you know, I really love my GWRRA family and count you as some of my best friends. So what have I done with my friends this year, ummm, let me remember some of the great times from each month. January... New Years Day breakfast and the Red Lobster Dinner, February... Log Cabin Valentine Dinner, March...dinner ride to Glory Days, April...Maintenance Day, May ... a few triathlons, June... Richmond Ride 4 Kids, Schrumpf Pot Luck, Rally in the Valley, July... Cook Out at our house, more triathlons, August...lunch ride to Fabio's, Camp Fantastic ride, Wing Ding, September... Guys ride, more triathlons, October... Route 340 ride, Poulakowski Potluck, November ... maintenance day/pot luck at the Smith's ... wow, these are only a few of the things we did. Also this year we started our Romeos group where we ride for lunch during the week. I will be switching roles with Claude on January 19th at the district operations meeting and I look forward to another great year of biker family fun.

I would like to offer a very heartfelt thank you to the following people who participated in helping us with the triathlons this year... Butch, Claude, Lyle, Eddie, Charlie, Greg, Jim, Jeff, James, Larry, Leroy & his wife Melissa, and Nancy and myself. We need more people to step to the plate next year and help us so please do not be shy.

I volunteered to be the Virginia Assistant District Educator this year and I am looking forward to assisting all of our GWRRA family with many exciting education events so watch your emails for dates and times.

Merry Christmas and Happy New year to each and every one of you.

Asst. Chapter Director

Claude Revely



Notary Services:

I have renewed my Notary Certification and received my new stamps. I will continue to offer Notary services to Chapter members at no charge for a notary action (which is up to \$5 per action). As advertised, I am a mobile notary and will travel to a location to notarize documents and will ask for travel reimbursement @ \$0.54 cents per mile.

Claude Revely



Four wheels move the body. Two wheels move the soil.

- Anonymous

CHAPTER VA-E, BATTLEFIELD WINGS (EST 1988) January 2019



Stuart

Ride Coordinator

Lyle Schrumpf

Winter Riding

Fredericksburg



Happy holidays to every, this month I thought I would talk about cold weather riding for those of us that are still riding. The biggest thing to do this time of year if you are riding is Stay warm. This means dressing in layers. So, let's talk about layers first. Layers are critical for riding a motorcycle in the cold weather of winter. The number of layers you'll need to wear is based both on personal preference (some people naturally run a little hotter than others) and the temperature outside.

Remember two things

- Your bottom layer should always be some type of snug fitting thermal or fleece underwear. This will create a warm layer of air between your body and this material.
- Don't wear so many layers that you lose mobility. If you can't hold your arms at your side because of all your clothing, then it's probably time to invest in either some warmer, or even heated, clothing.

Wind Proofing

Now, let's talk about wind proofing. The biggest issue that you will have when riding a motorcycle in the winter is keeping the wind out. Wind, specifically wind chill, is your worst enemy on a motorcycle in cold weather. Doing everything you can to stop this enemy is going to go a long way to helping you ride your motorcycle comfortably in the cold.

Wind-proofing also takes the most trial and error to perfect. It can take quite a while before you finally plug all those air leaks. Leather is by far the most popular choice for this. Ideally, you should look for something that is both wind-proof and water-proof. There are many man-made materials that meet that criteria.

Hands and Feet

I've found that I can insulate my body and legs adequately, but when the temperature really drops, I have the most problems with my hands and feet. Many people have a similar problem. The reason is that as you get cold your body focuses circulation on your internal organs to keep them warm, while your feet and hands get the shaft.

The only way that I've found to keep my hands and feet comfortable in really cold weather is to 1) add additional heat sources, and 2) invest in quality boots and gloves

For additional heat sources I use those air-activated hand and feet warmers that you can find in the hunting section of any Wal-Mart.

Boots

For boots, The They are comfortable, waterproof, and windproof and have seen me through a lot of crappy weather. I was so happy with them I took a picture of them in action, not the best pic but you get the idea. The key things you want to look for in boots are:

- Fit (you don't want them to be tight because this will reduce circulation and make your feet colder)
- Water-Proof. Don't even consider them if they aren't.
- Above the ankle. This really helps with wind proofing.
- Comfortable to walk around in.
- Insulation is a nice to have, but not a must; you can get most of your insulation from putting extra socks on.

Gloves

In looking for gloves:

- Make sure that they are long enough that they completely cover the wrist (remember: wind-proof, wind-proof, wind-proof!)
- Find a pair with a hook and loop closure system at the wrist that allows you to tighten the gloves.
- Good fit if the glove feels tight at all, get the next size up. We don't want anything to impede circulation!
- Good insulation you want the high-efficiency stuff like 3M Thinsulate, not just a bunch of fluff.
- Good insulation placement most gloves only put insulation on the top. You want a pair with a little bit in the palm and other parts of the hand as well.
- Pre-curved fingers motorcycle gloves can wear you out if you're trying to squeeze that throttle all day. Pre-curved fingers alleviate this. If possible, try to squeeze a throttle before purchasing. Make sure the gloves don't get tight or bunch up - you'll really notice it after 30 minutes of riding.

So, ride safe stay warm and have a great holiday season!!!!!!

The Virginia District is still searching for a District Ride Coordinator



The District Ride Coordinator must be a Road Captain, a level 3 or 4 in the Rider Ed Levels program, and enjoy riding and sharing great ride information with others. The District Ride Coordinator will work together with the District Educator for the benefit of the Rider Education program, each following their specific responsibilities.

The role of the District Ride Coordinator is to help plan and distribute ride information for all types of rides in the District throughout the year, to ALL members in the District, including those who do not regularly participate with a Chapter. Using social media (Facebook, Google Calendar, GWRRA Events Page, etc.) the Ride Coordinator maintains a calendar of available rides, open to all and open to all bikes.

Quote:

I think the motorcycle is best because it puts us so much in contact with everything. You experience much more closely the nature of the terrain. Almost taste the cultures that you are riding through. Because it exposes you to the climate and to wind and rain, it's a much more complete experience.

- Ted Simon

The Holidays and Suicide Prevention

November 2018

According to the Suicide Prevention Resource Center, it is a commonly-held misconception that suicides increase over the holidays. This is not the case. However, the holidays are an ideal time to strengthen your connections with shipmates and loved ones – a protective factor against suicide. Whether catching up via phone, social media or at a holiday gathering, pay attention to the subtle signs that may indicate someone is having difficulty navigating stress. Those signs may include expressing feelings of hopelessness or burdensomeness, increased substance use, withdrawal from usual activities and sudden mood changes. Even if it seems like they're joking or being casual, if something seems out of the norm trust your gut and ACT (Ask Care Treat).



ACT is Navy's call-to-action to encourage early intervention when a Sailor is experiencing difficulty navigating stress or may be at risk for suicide. All Sailors and members of the Navy community should be able to recognize the risk factors and warning signs that indicate a potential suicidal crisis, and should feel confident in their ability to ACT:

Ask - Ask directly: are you thinking of killing yourself?

Care - Listen without judgment. Show that you care.

Treat - Get the Sailor immediate assistance. Escort him or her to the nearest chaplain, trusted leader or medical professional for treatment.

Annual case reviews consistently reveal missed opportunities to "connect the dots" when a Sailor is experiencing the negative effects of stress, psychological health concerns or exhibiting uncharacteristic behavior. Active communication and ongoing dialogue about stress, psychological health and suicide can motivate positive action and open the door for help.

While the holiday season may be a busy time, remember that 1 Small ACT can make a difference. In addition to knowing the signs and when to intervene, encourage Sailors to get ahead of stress by practicing self-care this season, like eating a balanced diet, making time for exercise and getting adequate sleep. Like U.S. Navy Operational Stress Control on Facebook or follow @navstress on Twitter for healthy holiday tips from the Every Sailor, Every Day campaign. For additional resources, messages and materials, download the FY-19 1 Small ACT Toolkit.

Virginia Chapter (updated July2018)

Click on the Chapter for their website or Chapter Director to drop them an email. Social gathering can be found on the battlefield calendar, Just click.

Chapter	Location	Chapter Director	Phone	Social Gathering
<u>VA-A</u>	Burke	Mary O'Connor	703-378-3873	2 nd Wednesday
<u>VA-C</u>	Newport News	Dave & Donna Huey	757-719-0068	2 nd Sunday
<u>VA-D</u>	Richmond	Fritz Sassine & Iris Guillet	804-938-9183	4 th Wednesday
<u>VA-E</u>	Fredericksburg	Gordon Combs	540-840-0394	3 rd Wednesday
<u>VA-F</u>	Winchester	Stephanie Davis	540-664-6430	4 th Sunday
VA-H	Abingdon	Paul & Dorothy Baker	276-628-6047	2 nd Tuesday
VA-I	Manassas	Mack & Tracey McMillan	571-338-5418	2 nd Sunday
<u>VA-K</u>	Roanoke	Bobbie Jo Harrison	540-309-0566	2 nd Monday
<u>VA-L</u>	Chesapeake	Zac & Angle Bon	757-581-0908	4 th Tuesday
<u>VA-O</u>	Williamsburg	Ray & Tammie Pierce	757-268-6286	4 th Sunday
<u>VA-R</u>	Harrisonburg	Gary Hoover		1 st Sunday
<u>VA-V</u>	Bedford	Jonathan Whitworth	540-425-0028	3 rd Sunday
VA-W	Chester	<u>Sheila Hazen</u>	804-396-9088	2 nd Tuesday
<u>VA-X</u>	Salem	<u>Larry Stanton</u>	540-922-1401	1 st Saturday

Virginia District Team (updated July2018)

Position	Name	Phone	
	2.7		
District Directors	John & Kathy Skinner	(K) 757-613-6191 (J) 757-482-5700	
Asst. DD West	Wayne & Kathy Whitworth	540-875-8064	
Asst. DD North	Allen & Debbie Dowell	804-222-1303	
District Educators	<u>Leroy Gross</u>	301-641-1032	
Asst. District Educator	Bob Beltz	757-869-8277	
District University Coordinator	Open	704	
District Treasurer	Roman Paryz	757-687-9282	
Member Enhancement	Denise & Ervin Blake	804-693-4268	
Asst. Membership Enhancement	<u>Candy Picagli</u>	757-593-0155	
District Couple of The Year	Allen & Debbie Dowell	804-222-1303	
CPR/MFA Coordinator	<u>Ken Taylor</u>	703-819-6766	
District Special Events Coord.	Bobbie Jo Harrison	540-890-2890	
District Rally Vendor Coord.	<u>Linda Carlyle</u>	757-538-9989	
Asst. Vendor Coord.	<u>Trish Adams</u>	804-652+9520	
Newsletter Editor	Roman Paryz	757-687-9282	

National (updated July2018)

Click on the name below to drop them

an email.

GWRRA President Anita Alkire **GWRRA Directors** Ray & Sandi Garris Emeritus











CHAPTER VA-E, BATTLEFIELD WINGS (EST 1988) January 2019

Happy New Year Eve Dinner

2018



Come enjoy the evening with good friends GWRRA Virginia Chapters D & W

Date: December 29, 2018

Time: 5 P.M. 8 P.M.

Where: River's Bend Grill 13283 River's Bend Blvd. Chester, Va. 23836 (804-530-9953)

Room holds (45) people. You must call or email the person listed below if you are attending

"We need to give the Restaurant a head count"

Deadline: December 23, 2018





Debbie Dowell

804-222-130

mickeydowell1240@gmail.com

"Richmond Wings" GWRRA Virginia Chapter D

Directions

From the West: Rt.10 East going towards Rt295
Turn left to Rivers Bend Blvd Shopping Center
Turn Right at the 2nd Shopping Center entrance.
Restaurant located on immediate left entrance,
meeting left angle towards the back.

From the North: Rt. 295 South to Rt. 10 Chester.
Go about a mile, Turn right at River Bend Shopping Center
Turn Right at the 2nd Shopping Center entrance.
Restaurant located on immediate left entrance,
meeting left angle towards the back.



on elen

Brockenbrough



County Seat Restaurant

3883 Old Buckingham Rd Powhatan, VA 23139-7020 ((804) 598-5000)

NEW YEARS BREAKFAST Jan. 1, 2019

Celebrate with us (Open New Year's Day 9:00 AM

Meet at Shoney's in Chester (Jeff Davis Hwy Rt. 10) @ 8:00 kick stands up and we'll swing by Sheetz (Flatrock 2600 Anderson Hwy) @8:30 heading to County Seat Restaurant (should be there by 9:00)

> RSVP to Sheila Hazen 804-396-9088

or email: gwrravaw@gmail.com We can go for a ride after breakfast



If you didn't have time to RSVP or decide to go at the last minute, come anyway and we'll make a phone call to the restaurant.



Mine Rd

Hamilton's Crossing



Sad News in the Motorcycling Community...
...The 32nd Annual Rolling Thunder Ride to DC will be the Last

It has come to our attention that the upcoming 32nd Annual Rolling Thunder Ride to DC (Run to the Wall), which has been held every Memorial Day weekend since 1987, will be the last. This morning I spoke with Pete Zaleski, Vice President of Rolling Thunder, Inc., who confirmed that what we had heard was true. We are told that the difficult decision to end the annual event was due to a number of reasons. One was the expense of putting on the event. Another we are being told was pressure from the Pentagon Police Department. The Pentagon parking lot is the staging area for the ride.

We have been told that Rolling Thunder, Inc. will continue to be active, and will continue its work on behalf of POW/ MIAs, veterans, and active duty military. However, if you have always wanted to take part in the Annual Ride to DC, you may want to book your rooms now. 2019 will be your last chance.

Matt Danielson

McGrath, Danielson, Sorrell & Fuller The Motorcycle Law Group 1-800-321-8968

Motorcyclelawgroup.com



ine Rd

Hamilton's Crossing





WHEN May 2, 3 & 4 2019



WHERE

Pigeon Forge at the Ramada Inn South and Convention Center. All activities will be at the Ramada Inn South to include opening, inside vendors, outside vendors, hospitality room, chapter challenge games, training and much more. The Talent Show on Friday night and Closing on Saturday night will also be at the Ramada Convention Center.



AFTER CLOSING DINNER SHOW

Will be a new show at the Hatfields & Mc Coys Dinner Theater \$36.00 Per Person

> **REGISTRATION FORM** Will soon be on our WEB SITE

www.gwrratn.org

Daily 50/25/25 awarded every day. Grand 50/50 awarded at closing.

Mine Rd

Point of contact for more information.

Dennis Peterson TN Assistant District Director 931-302-5283 tnchapterq@gmail.com

GRAND PRIZE \$1000.00 **BABY GRAND PRIZE** \$500.00



Nova Scotia is the place to be in 2019



To all our GWRRA friends on both sides of the border, please let us take this opportunity to invite you to

Yarmouth, "The Gateway to Nova Scotia", Canada for our 2019 District Sou' Wester Rally.

I know it is not Thanksgiving yet for our friends South of the Border and Christmas is still six weeks away, but we do not want anyone to miss this opportunity.

All the information that you need is on our website www.canadianatlanticregion.org

Just follow the instructions to see our brochure, register at the host hotel and register for the rally on line. I would caution you not to wait as 60% of our rooms are already booked.

IMPORTANT NOTICE:

To book your room, please call the Hotel direct at 1-902-742-2446 and tell them you are with GWRRA and want to book your room for the rally for August 1-4, 2019. The rate is \$130.00 per night Cdn from Mon July 29 to Monday Aug 5.

For more information or queries, call Noel at 1-902-834-2179 or 1-902-497-9005 or email: nfacey@ns.sympatico.ca Look for our monthly Rally Updates.

We look forward to seeing you there Noel and Bev Facey, your rally hosts

Wing Ding 41

Nashville, TN

August 27-31, 2019

PREREGISTRATION ENDS JULY 22, 2019

\$50 General Public Full Pass **GWRRA Members Full Pass** \$40 Life Members Full Pass \$20

http://41.wing-ding.org/



Registration includes...

- 4-day pass to indoor Trade Show
- 4-day pass to Demo Rides on all participating manufacturers' bikes
 - subject to availability
- Wing Ding Welcome Party
- Access to Seminars and Parades
- Access to Opening and Closing Ceremonies
- Optional dinner and priority seating prior to free Entertainment Event
- Access to free Evening Entertainment Event
- Souvenir Event Pin and Pocket Guide
- Exclusive opportunities for tours, dinners and other ticketed events
- Numbered armband for chance at thousands of dollars in amazing prizes!
- Precision Drill Team Exhibitions and other performances
- Optional Rider Education Safety Courses, CPR Classes and more...

See You There!

Registration

January 2019