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Newsletter Publication Policy

Chapter VA-E's newsletter is distributed free of charge to all current GWRRA members who attend the chapter meeting. The newsletter is also available to anyone via the Chapter website: [Battlefield website Link](#)

Please remember that this newsletter is a measure of your chapter involvement. Submission of pictures and articles is requested and encouraged. As a chapter member, this is YOUR newsletter, articles may be submitted on a wide range of topics related to motorcycling and chapter activities. All articles submitted to this newsletter will be edited at the discretion of the Newsletter Editor based on available space.

E-Mail submissions to the newsletter editor at vaebattlefieldnews@gmail.com by the 25th of the month to be entered in the following month's edition. If you miss the deadline, we will add it to the next month newsletter.

GWRRA = Friends for Fun, Safety, and Knowledge...

The Gold Wing Road Riders Association (GWRRA) is the world's largest single-marque social organization for owners and riders of Honda Gold Wing/F6B and other touring motorcycles and some would say, the world's largest family. Dedicated to our motto, Friends for Fun, Safety and Knowledge, GWRRA members enjoy the freedom of belonging to a not-for-profit, non-religious and non-political organization.

VA-E Team Leaders/Staff

<i>Chapter Director</i>	Joe and Peggy Herron
<i>Asst. Chapter Director</i>	Nancy Groves
<i>Couple / Individual of the Year (COY/IOY)</i>	TBD
<i>Treasurer</i>	Julie Combs
<i>Membership Enhancement Coordinator (MEC)</i>	Gordon Combs
<i>Ride Coordinator</i>	Gordon Combs
<i>Asst. Ride Coordinator</i>	LeRoy Gross
<i>Asst. Ride Planners</i>	Jeff Burke, Eddie Seale, Charlie Smith
<i>Chapter Skill Enhancement Advisor</i>	Claude Revelly
<i>Safety & Knowledge Coordinator</i>	Lyle Schrumpf

<i>Tech Coordinators</i>	Larry Gray, Greg Kestner
<i>Tri Coordinator (Onsite)</i>	Butch Groves
<i>Welcome Coordinator</i>	Nancy Groves
<i>Goodies Coordinator</i>	Julie Combs
<i>Correspondence Coordinator</i>	Rosa Seale
<i>Chapter Photographer</i>	Sharon Poulakowski
<i>50/50 Coordinator</i>	Cheryl Poulakowski
<i>Website/Facebook</i>	Rob Hardisty
<i>Newsletter Editor</i>	James Antone

Chapter Membership Enhancement Coordinator (MEC):

Gordon Combs



I sent my newsletter article to James late as I was going to write about our District operations meeting in Charlottesville, but I got sick the day of the meeting and had to cancel. Therefore, I will take some time to talk about your team leader discussions we had at our meeting last week. The focus of direction from our new Chapter Directors, Joe and Peggy, is ride, ride, and if not riding, to get us together more. Many things were discussed including a few overnight trips, a lot of day rides, not only during the week, but also on Saturday or Sunday afternoons. We also discussed some get togethers such as a bowling night, a movie night, and a night at the dinner theatre. Now this is the part where you, our valued members, come in. As Membership Enhancement Coordinator, I am looking for multiple ways for our chapter to have fun and be together this year, so please reach out to me with any ideas for rides or events where we can get together and shake off 2020 and 2021. Joe and Peggy are planning a Valentines Dinner event so stay tuned (Covid permitting). Your team leaders want to “revitalize” our riding and togetherness and we hope you feel the same way. My hope is for the 2022 riding season to be a time for more memories to be made so we will have more stories to tell on each other.

So, get those fingers to typing and let us know what you want to see and do this year. I eagerly await your ideas.

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Calendar of Events:

Legend:

Birthday	District	Gathering	Holiday	Newletter	Rally	Tri
Anniversary	FYI	GWRRA	Meeting	Other	Ride	Weekend

February 2022

Day	Type	Event Information	Location	Time	GWRRA Anniversary
2	Meeting	Team Leader, Chapter	TBD	TBD	
2	Holiday	Ground Hog Day			
3	Ride	ROMEO Weekly Ride	WAWA 4625 Harrison Rd, Fredericksburg, VA	10AM	
5	Weekend				
8	GWRRA	James Girod			2017
8	GWRRA	Trudey Girod			2017
10	Ride	ROMEO Weekly Ride	WAWA 4625 Harrison Rd, Fredericksburg, VA	10AM	
10	Newletter	Inputs for Newsletter Due			
11	Birthday	Nancy Groves			
11	Birthday	Sharon Poulakowski			
12	Weekend				
14	Holiday	Valentine's Day			
16	Gathering	Eat First Social Time, Chapter	Castiglia's Italian Restaurant & Pizzeria	530-630PM 630-730PM	
16	Birthday	Larry Gray			
17	Ride	ROMEO Weekly Ride	WAWA 4625 Harrison Rd, Fredericksburg, VA	10AM	
18	District	Wingless Weekend	Williamsburg VA		
19	District	Wingless Weekend	Williamsburg VA		
19	Weekend				
21	Holiday	President's Day	Federal Holiday		
24	Ride	ROMEO Weekly Ride	WAWA 4625 Harrison Rd, Fredericksburg, VA	10AM	
25	GWRRA	Sharon Poulakowski			2008
26	GWRRA	James Sullivan			2003
26	GWRRA	Linda Sullivan			2003
26	Weekend				
27	Birthday	Carole Hays			

March 2022

Day	Type	Event Information	Location	Time	GWRRA Anniversary
1	Meeting	Team Leader, Chapter	TBD	TBD	
5	Rally	Daytona Bike Week (80th)	Daytona Beach FL		
5	GWRRA	Mark Kennedy			2004
5	Weekend				
6	Rally	Daytona Bike Week (80th)	Daytona Beach FL		
7	Rally	Daytona Bike Week (80th)	Daytona Beach FL		
8	Rally	Daytona Bike Week (80th)	Daytona Beach FL		
8	GWRRA	Sally Kenavan			2016
9	Rally	Daytona Bike Week (80th)	Daytona Beach FL		
10	Newletter	Inputs for Newsletter Due			
10	Rally	Daytona Bike Week (80th)	Daytona Beach FL		
11	Rally	Daytona Bike Week (80th)	Daytona Beach FL		
12	Rally	Daytona Bike Week (80th)	Daytona Beach FL		
12	Weekend				
13	FYI	Daylight Saving Time	Spring Ahead 1 Hour	2AM	
13	Rally	Daytona Bike Week (80th)	Daytona Beach FL		
14	Rally	Daytona Bike Week (80th)	Daytona Beach FL		
15	Birthday	Lyle Schruppf			
16	Gathering	Eat First Social Time, Chapter	Castiglia's Italian Restaurant & Pizzeria	530-630PM 630-730PM	
17	Holiday	St. Patrick's Day			
18	Rally	Florida District	Altamonte Springs FL		
19	Rally	Florida District	Altamonte Springs FL		
19	Weekend				
20	Rally	Florida District	Altamonte Springs FL		
20	Birthday	Bob Dorminey			
22	Birthday	Greg Kestner			
23	GWRRA	Barbara Schruppf			2015
24	Birthday	Nancy Burke			
26	Birthday	Melanie Hardin-Gray			
26	Weekend				
27	Birthday	Lloyd Messner			
27	GWRRA	Carlene Brown			2001
28	Anniversary	Gordon & Julie Combs			
29	Birthday	Cheryl Poulakowski			
31	GWRRA	Carlice Brooks			2017

Chapter Director:

Joseph Herron

Email: jdherron6919@yahoo.com

WHAT WINTER RIDING??

After reading a couple articles on winter riding and preparations, I thought *"That's good to know, but it's January 2nd and 65 degrees."*

Well, as I sit at the kitchen table with neither electricity nor heat, I take pen to paper and apologize for jinxing the weather! Perhaps I should've seen the writing on the wall: I called for my first ROMEO rode as Chapter Director only to wake Thursday morning to unpredicted rain. Then, as I anticipated our annual Chapter New Year Ride and Breakfast, again weather not made for motorcycle riders.

So now I sit by candle light (which is neither as romantic nor rustic as depicted in old movies!) wondering how long it'll take this snow to melt so we can get back to riding.

I'm also thinking about a Valentines Dinner, and discussing with the Chapter Ride Coordinator about getting us back on the road together.

We're looking forward to the District Operations Meeting and Wingless Weekend.

So until I can say "ride safe" in person, I leave you with this salutation: "BE CAREFUL SHOVELING!"

Joe Herron

Your thoughts, ideas and suggestions are welcome.

Please text to 540-424-5852, or

email at jdherron6919@Yahoo.com

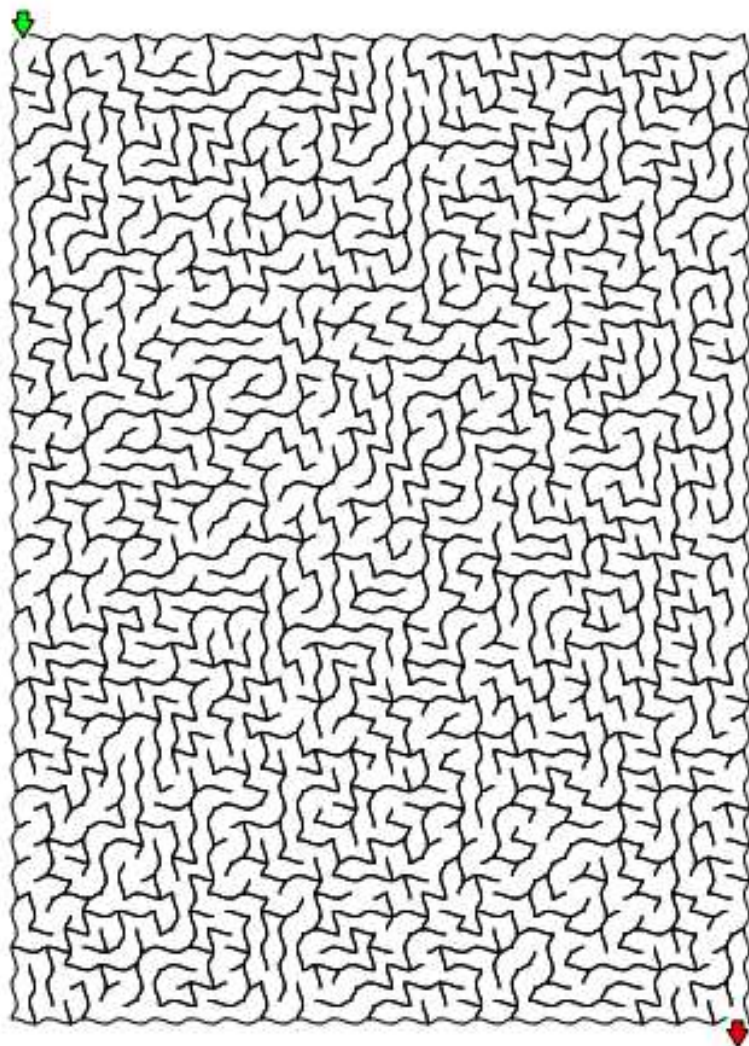


Assist Chapter Director:

Nancy Groves



Butch and I attended the District Operations Meeting in Charlottesville on Saturday 1/15/22. It was very interesting and enjoyable. Some new Chapter Couples were introduced and new officers were sworn in. Many topics were discussed such as the Couples program, Rally in the Valley, recruitment, retention, and motorist awareness. I learned a lot and look forward to serving as your Assistant Chapter Director.



Chapter Web Master:

Rob Hardisty



Tech Tips From the Webdude :: Windows Disk Defragmenter

I Keep Forgetting to Defrag!

Does this sound like you? What happens when you actually remember? You are already in the thick of things, surfing the Internet, shopping at Best Buy's website, or heavily involved with graphics in Photoshop when you think that a defrag is necessary. If you have been guilty of not running a defrag for several months, if ever, then you may want to schedule a defrag when it is convenient for you. I finally did.

Why Defrag?

I should probably answer this first. You always hear about doing it so that your computer runs faster, but why? Does it really help? Short answer is yes, but let me give you an analogy instead getting really technical. I have a tendency to ramble when I get technical because I always try to be thorough.

When you create a file on your computer, you create a bunch of 1s and 0s that basically make up that file. Let's say you create a shopping list of things that you need at the grocery store. At first it is just a few bytes of data that is stored in a particular location on your hard drive. Windows keeps track of the size and location of all parts of the file. When you add content to the file, you make the file larger and when the file grows, it requires more storage on your hard drive. If there is not a contiguous set of storage on the disk Windows has to find more storage space for you're the remainder of your file. And so on.

Now think of a book with page numbers on all of the pages scattered all over the house but you know where each and every page is. Now let's say you want to read that book. What has to happen first? You have to run all around the house assembling the pages in the right order until you have your book. If these pages are all over the house (fragmented), then it could take some considerable amount of time to get all of the pages assembled into your book. I think you see where I am going with this. The larger the book, say a novel, the longer it will take to assemble it. Seems like a lot of overhead that you wouldn't want to deal with just to read a book. Well, that's how Windows works on a daily basis. Every time you want to open a program, open a file, or just boot up your computer, Windows has to scramble around and assemble these "pages" for your book. When you defrag your computer, you actually rearrange these pages closer together (or contiguous) so that your computer does not have to scramble, saving time and energy.

Naturally, it takes longer to defrag a computer that has a 500GB hard drive than a computer that has an 80GB drive. Who has time to wait for a 500GB drive to defrag? Not me!

NOTE: This procedure does not apply to MacOS or Linux systems.

Chapter Skill Enhancement Advisor (CSEA):

Claude Revely

Email: knightwing263507@gmail.com



VA-E members

This month, I am sharing information from the Motorcycle Riders Foundation newsletter. I will be sharing information regarding the CSEA and its program as soon as I am up to date. Pray your new year is full of joy and you remain healthy.

Lawmakers Head to the Exits in 2022

Happy New Year! As is the case every two years, 2022 is an election year for much of Congress. All 435 members of the U.S. House of Representatives, and 1/3 of the U.S. Senate are up for reelection in November. Add state and local elections to that and literally thousands of elections will take place this year.

What's been interesting about this year's congressional races is the number of lawmakers who are retiring, and not seeking reelection. While every year has a handful of retirements, 2022 might set a record! As of this week, 37 Representatives (26 Democrats and 11 Republicans) as well as 6 Senators (1 Democrat and 5 Republicans) have announced they will be stepping down at the end of the year.

The reasons for retirements vary, some are seeking higher office, others are fed up with Washington D.C. and others are simply avoiding potential election defeat. Regardless of the reason for these departures, it's surprising that nearly 10% of lawmakers are headed for the exits.

There are two important things you as a Motorcycle Riders Foundation member should take away from these retirements. First, if your elected official is retiring, have they been supportive of MRF priorities in the past? In the final months of their time in D.C., many congressional offices will change their tune on issues and be more supportive of topics they avoided in the past. It doesn't hurt to reach out again, and push for MRF priorities before the lawmakers are gone for good. Ask the MRF D.C. team if we can help!

Second, with so many vacancies around the country, it's a great time to get to know new candidates. Getting in on the ground floor and building relationships early in the process is one of the best ways to impact change and support your fellow bikers. In 2020, bikers in Michigan developed an early relationship with a candidate for office months before the election. That candidate won and became a U.S. Representative! She still fondly remembers the support she received early on from riders in her district. So get involved early and introduce yourself to the new crop of leaders headed to D.C.

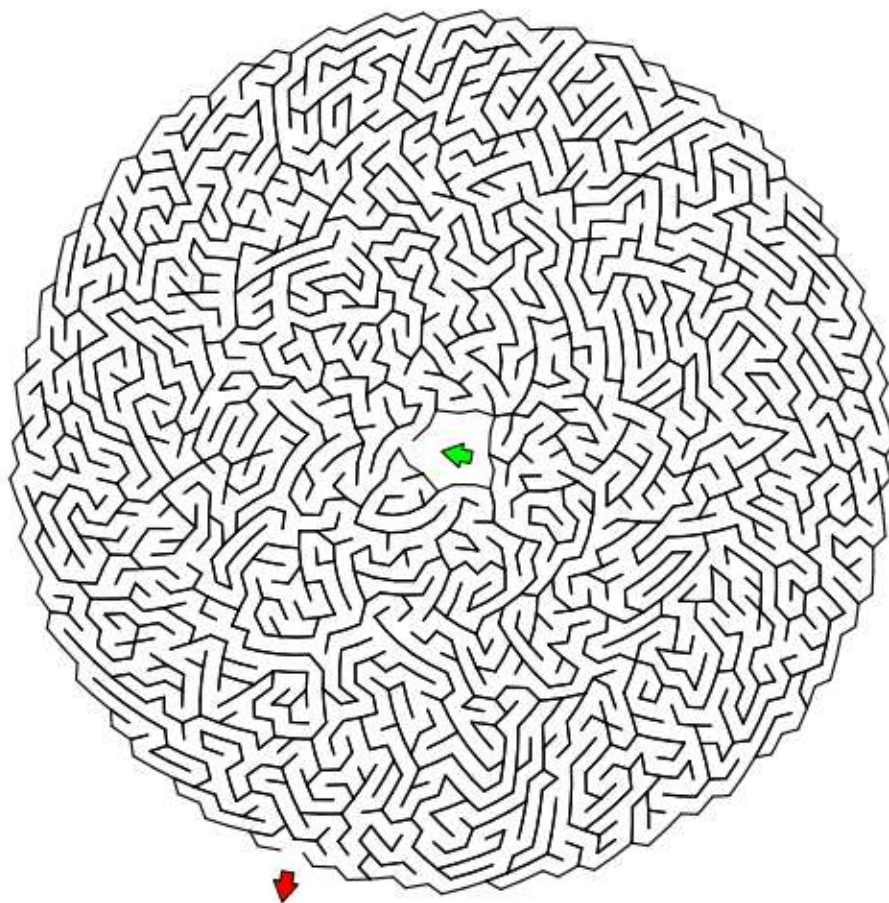
Below is the current list of lawmakers departing their current positions. This list will grow in the coming months, keep your eyes and ears opened and stay up to date on who represents you in D.C. Reach out to the MRF D.C. team if you have any questions about the changing make up of Congress.

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Submit your input to our newsletter editor via this email address: vaebattlefieldnews@gmail.com.

[Home](#)

- Alabama: Brooks, Shelby
- Arizona: Kirkpatrick
- California: Bass, Lowenthal, Roybal-Allard, Speier
- Colorado: Perlmutter
- Florida: Crist, Demings, S. Murphy
- Georgia: Hice
- Illinois: Bustos, Kinzinger, Rush
- Kentucky: Yarmuth
- Maryland: Brown
- Michigan: Lawrence
- Missouri: Blunt, Hartzler, Long
- New Jersey: Sires
- New York: Reed, Suozzi, Zeldin,
- North Carolina: Budd, Burr, Butterfield, Price,
- Ohio: Gonzalez, Portman, Ryan
- Oregon: DeFazio
- Pennsylvania: Doyle, Lamb, Toomey
- Texas: Brady, Gohmert, E.B. Johnson, Vela,
- Vermont: Leahy, Welch
- Wisconsin: Kind



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VA District: (Info as of Jan 2022 per VA District NL)

Virginia District Team

District Director(s)	Lorrie Thomas	954-599-5178	lorriemthomas@aol.com
	Dan Clark	757-343-1783	wingernut93@aol.com
Asst. DD West	Wayne & Kathy Whitworth	540-875-8064	wayne69997@yahoo.com
*Asst. DD North	Vacant		
District Couple of the Year	Dennis & Phyliss Easton	757-636-1023	eastonm@cox.net
*District Educator	Vacant		
Asst. District Educator	Bob Beltz	757-869-8277	beltzb@cox.net
Asst. District Educator	Gordon Combs	540-840-0394	gorcom@msn.com
*District University Coordinator	Vacant		
*CPR/MFA Coordinator	Vacant		
Membership Enhancement Coordinator(s)	Randi Green	757-870-7282	davenrand@cox.net
	Dave Green	757-846-8388	duffer4fun@yahoo.com
Asst MEC	Ann Peterson	703-583-1655	nativepeterson12@gmail.com
District Web Master	Fritz Sassine	804-938-9183	fritz.sassine@gmail.com
District Event Photographer	Jim Peterson	703-583-1655	nativepeterson12@gmail.com
District COY Coordinators	Dennis & Phyliss Easton	757-636-1023	eastonm@cox.net
		757-618-4963	
District Special Events Coordinators	David & Robin Hotaling	646-406-1200	Davidsgoldwing02@gmail.com
			rah889195@yahoo.com
District Rally Vendor Coord	Linda Carlyle-Harris	804-652-9520	Lindaredwing05@verison.net
District Treasurer	Roman Paryz	757-687-9282	roman.paryz@gmail.com
Newsletter Editor	Roman Paryz	757-687-9282	roman.paryz@gmail.com

*Changed and waiting on the correct information

Team GWRRA:

GWRRA Directors	Jere and Sherry Goodman	540-623-0447	director@gwrra.org
			JereGood@aol.com
Director's Assistant	Bob and Nan Shrader	352-424-0686	floridadd@msn.com
Director's Assistant	Tom and Renee Wasluck	570-239-2353	tom.renee11@gmail.com
Director's Assistant	John & Shawn Irons	405-747-4618	ironline3414@gmail.com
Director's Assistant	Kevin Bramhoff & Karin Young		director@gwrra-nwc.com
Director's Assistant	Frank & Sharon Jackson		Frankj64155@yahoo.com
Director of the University	Lorrie Thomas and Dan Clark	954-599-5178	lorriemthomas@aol.com
Directors Membership Enhancement Program	Dan and Mary Costello	732-261-2883	Mep.director.gwrra@gmail.com
Director of Motorist Awareness	James & Freida Clayson		james.clayson@gmail.com
Director of Finance	Randall and Janet Drake	720-480-2800	financedirector@gwrra.org
Directors of Rider Ed	Susan and St. George Huttman	828-368-2249	director-re@gwrra.org
Director Overseas	Allesandro Boveri & Mariarosa Bruzzzone	93-33-537-0468	alboveri@gmail.com

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VA Chapters: 2022 Location List (Info as of Jan 2022 per VA District NL)

Chapter	Area / Location	Chapter Director	Phone Number & Email	Monthly Gatherings
VA-A	 Burke American Legion 3939 Oak St, Fairfax VA	Steve Hartsock (01/22)	703-6380-6086 shartsock9@gmail.com	4 th Sunday 10am Gathering
VA-C	Newport News IHOP 15447 Warwick Blvd 23608	John & Lynn Floyd (01/21)	757-838-0607 crayonjohnfloyd@gmail.com	2nd Sunday 4pm Social/Eating 5pm Gathering
VA-D	Richmond Candelas Pizzeria & Ristorante Italiano 14235 Midlothian Turnpike, Midlothian	Fritz Sassine & Iris Guillet (01/18)	804-938-9183 fritz.sassine@gmail.com	4th Wednesday 6pm Social/Eating 7pm Gathering
VA-E	Fredericksburg Castiglia's Italian Restaurant & Pizzeria, 10705 Courthouse Rd, Fredericksburg	Joseph Herron (01/22)	540-424-5852 jdheron6919@yahoo.com www.battlefieldwings.com	3rd Wednesday 530pm Social/Eating 630pm Gathering
VA-F	Winchester Stephens City Diner 5460 Main Street, Stephens City	Stephanie Davis (08/14)	540-664-6430 davis.stephanie80@yahoo.com	4th Sunday 830am Social/Eating 9am Gathering
VA-J	Abingdon Moose Lodge 15605 Porterfield Hwy, Abingdon	Paul & Dorothy Baker (11/01)	276-628-6047 09nellie@comcast.net	2nd Tuesday 6pm Social/Eat 7pm Gathering
VA-I	Manassas Great American Buffet 8365 Sudley Rd. Manassas	David & Robin Hotaling (1/20)	646-406-1200 Rah889195@yahoo.com davidsgoldwing02@gmail.com	2nd Sunday 11am Gathering Eat After
VA-K	Roanoke Great Steak Company 3830 Franklin Rd.	Jim Dailey & Susan Stuppiello (6/19)	540-230-0511 DaileyENT@yahoo.com susanstuppiello@gmail.com	2nd Monday 6pm Social/Eating 7pm Gathering
VA-L	Chesapeake Golden Corral 101 Volvo Pkwy, Chesapeake	Dan Clark & Lorrie Thomas (1/20)	757-343-1783 (D) 954-599-5178 (L) Wingernut93@aol.com lorriemthomas@aol.com	4th Tuesday 6pm Social/Eating 7pm Gathering
VA-R	Harrisonburg Location to be Announced (Varies)	Gary Hoover (01/18)	540-975-0223 hoov@shentel.net	1st Sunday Time TBD
VA-V	Bedford NO FOOD Bedford Church of God 1212 E Main St, Bedford	Jonathan Whitworth (04/17)	540-425-0028 OtterRideVAV@gmail.com	3rd Sunday 2pm Gathering
VA-X	Salem Riverside Evangelical Methodist Church 1920 Lucas Street, Salem	Larry Stanton (01/15)	304-922-1401 Larry25022@gmail.com	1st Saturday 3pm Gathering

Recalls:

NHTSA Recall ID Number : [21V940](#)

Manufacturer : Zero Motorcycles Inc.

Subject : Incorrect Rear Brake Pads Installed/FMVSS 122

Make	Model	Model Years
ZERO	SR	2022
ZERO	SR/F	2022
ZERO	SR/S	2022





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GOLD WING ROAD RIDERS ASSOCIATION

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Free
4 Months



You will receive:

- 4 months subscription to Wing World magazine
- Opportunity to participate in Chapter Life

Yes! I would like a 4 month free trial membership to GWRRA.

Name: _____ Corridor: _____

Address: _____ (Street Address)

City: _____ State: _____ Zip Code: _____

Phone: (_____) _____ (Area Code)

Email: _____

Referred By: _____ Member Number: _____

Chapter Ride Coordinator Corner:

Gordon Combs & LeRoy Gross

Group Riding

LeRoy Gross

Rider Education



Hello everyone. I hope you are surviving the winter. I bet you can't wait for some weather nice enough to get back out there and start riding again.

At the recent staff meeting we talked about planning more group rides. The plan is to organize a variety of rides, some short one day rides and some multiple day trips.

I found some information that I thought was interesting about group riding. It refers to some concepts found in the Road Captain's course offered by GWRRA. I hope that we can host this course at our chapter in the near future but in the interim please read and think about how to implement some of these ideas. Thanks for reading and BE SAFE.

"Whenever we ride in groups, someone is in the Lead position. Hopefully, it is one of our GWRRA-trained Road Captains. In our chapter, it is someone whom we trust, respect and have confidence in. Someone with good judgment who is prepared to lead the group from the starting point all the way to our destination. Someone who has a planned route and shares it with all who join the ride. S/He holds pre-ride meetings with all participants to tell us the route, advise us of any stops along the way, and discuss our speed on the road. Our Lead may ask questions about who is on medication, who may need to stop at shorter intervals (perhaps due to a smaller gas tank), who has a CB radio and who does not, etc. Our Road Captain covers hand signals for riders that are new to our group, too. Our Road Captain has been leading our rides for a few years now. We don't think twice about following him/her because s/he never lets us down. We always arrive safely when we follow our Road Captain. We are very fortunate to have such a capable Road Captain in the Lead!

We also have another Road Captain, trained in the GWRRA way, to bring up the rear of the group. This is our Drag bike, or Tail Gunner. These two (Lead & Drag) work together like Lennon and McCartney. The Drag seems to know what the Lead is thinking, securing the lane almost as the thought passes through the mind of our Lead. They communicate well with each other and with the rest of the team. They let the group know what is going on around us. They inform us about things, like telling us we will be turning – in advance of the turn; when a car is attempting to pass the group on a 2-lane road; or when a car is passing on the right when we are on the highway. Our Lead and Drag always keep us aware of hazards on the road and all around us. We know they are looking out for the safety of the group. With Road Captains of this caliber, we feel very safe. We know we can enjoy the ride and watch the scenery with these two in charge.

Wait! Stop right there! We all need to remember that even those of us in the middle of the formation have responsibilities. We are responsible to pass on the hand signals from the Lead, such as for single file, stagger formation, pointing out potholes and road kill, sand in the corners, and other hazards, etc. We need to be aware who we are riding with, too. The burden is not all on the Road Captains. We cannot sleep because we ride in the middle of the pack. We

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need to maintain safe spacing with the other bikes around us. And most importantly, we need to ride our own ride. We must stay alert. Hazards don't always appear in front of the Lead bike. Sometimes they come at the riders in the middle of the group. We need to be aware of our surroundings and always be prepared to react to the unexpected at all times. We must remember that, just because our Road Captain is leading us, we are not excused from thinking for ourselves and riding our own ride. We are all responsible for our own safety at all times. Never give that responsibility away. It is nice to have someone willing to help look out for your safety, but ultimately, it is your life. Guard it wisely! Be sure to ride your own ride, even while Team Riding!"1.

1. Team Riding Responsibilities, Bruce and Melissa Thayer, GWRRA website.

Sudoku #999 (Easy)

3	1	7					9	
	9		6					
	2	4						
		8			5	4		3
						2		7
	3			8	1		5	6
		6			8			4
							6	
7			2					1

Sudoku #1001 (Easy)

	9	8						
	2				4		8	
6					9		5	4
		2		3				8
8	4				5	1	2	
					1	5		3
			2					
3	5					9		
			1	3				

Sudoku #1000 (Easy)

		4	9		5	1		
9		2	1					8
	6				4		3	
	5						6	1
	4					8		
						2	7	
			7			9		
5	7			2				
		3					4	

Sudoku #1002 (Easy)

				9		5		
				8				
		7	6				9	
	3				5	1		
	1		8					
	5	9			6	3		
6						8		
9	8		7		1			
						4		1

Safety & Knowledge Coordinator:
Lyle Schrumph



Helmet Replacement

When to replace your Helmet

Motorcycle manufacturer consensus insists helmets should be replaced every five years, even assuming you have not had any direct impacts that would jeopardize the impact protection of the helmet. This recommendation is mainly from helmet manufacturers and the Snell Memorial Foundation after studying the effects on a helmet from regular use. Helmet degradation is caused by normal wear and tear, hair oils, and body fluids, and cosmetics. Cleaners, paints, fuels, and other materials also affect the liner materials and overall helmet performance. However, I personally know many people who have maintained a helmet for longer than five years while replacing inserts, etc. This is mostly going to be up to your discretion and the position you're in.

How to choose the safest motorcycle helmet

There are numerous styles of helmets, but the three main designs are the full face, $\frac{3}{4}$, and the $\frac{1}{2}$ helmet. Regarding safety, the full-face helmet is the safest choice of the three. The full-face helmet offers the most coverage surrounding your head and neck. A full-face helmet protects you from the environment you are riding in, whether it be inclement weather or debris and bugs hitting your visor. One of the distinguishing features of a full-face helmet is a chin bar, which $\frac{3}{4}$ and $\frac{1}{2}$ helmets lack. According to an Australian study, the chin encounters fifty percent of severe impacts during an accident. Only a full-face helmet will offer you the protection to keep your chin and jaw safe.

"Whenever you go out to get yourself a new helmet, always look for shell-built design," says motorcycle blogger, Motorcyclist Lifestyle. "It is the first line of defense that protects your head to avoid direct contact with the road. [Choose] another helmet if the helmet you picked does not have thermoplastic or reinforced composite shell-like polycarbonate. The second feature to look for is the impact-absorbing liner. As the name suggests, it is the inner liner of the helmet, which not only gives comfort to your top head but absorbs impact in crashes. It is the second line of defense that protects you from severe head injuries. The third feature is the chin strap. A helmet can only do its job if it's properly strapped.

Safety Standards

Snell Foundation certification is not a requirement by law in the United States (or around the world). Still, they go above and beyond the minimum criteria to thoroughly test helmets in many respects.

- Impact Testing – the impact test uses controlled impacts to simulate different impact surfaces. The object is to measure gravitational (G) force or acceleration. If the peak acceleration in any test exceeds a value, the helmet is rejected.
- Positional Stability (Roll-Off) Test – A head form is mounted so that it points face downward at an angle of 135 degrees. The helmet is placed on the head form and the straps and buckles adjusted to obtain the best fit condition. Weight is connected via wire rope and dropped from a determined height. The helmet is turned 180 degrees, and the test conducted again. The helmet may shift but must not roll off the head form to pass the test.
- Dynamic Retention Test – The helmet is placed on a head form with the chin strap fastened under a device representing the jaw. The jaw piece has a 23 kg weight applied for around one minute. The retention system is tested by simultaneously removing the 23 kg weight and applying a 38 kg mass in an abrupt guided fall. The

retention system fails if it cannot support the mechanical loads or if the maximum instantaneous deflection (stretch) exceeds 30 mm (1.18 inches).

- Chin Bar Test – The test helmet is attached to a base with the chin bar facing upward. A 5 kg weight is dropped to hit the central portion of the chin bar. The maximum downward deflection of the chin bar must not exceed the stated distance. Shell Penetration Test – The test helmet is attached to a base. A sharp-pointed 3-kg object is dropped from a prescribed height. The test striker must not penetrate the helmet or even achieve momentary contact with the head from inside the helmet.
- Face shield Penetration Test – The face shield (also called a visor) is attached to a test helmet and shot along the centerline in three separate places with an air rifle. The rifle shoots sharp, soft lead pellets at speeds approximately at 500 kph (310 miles per hour). The pellets must not penetrate the visor for it to pass the test.

Department of Transportation (DoT)

FMVSS218 is the technical standard that defines the minimum criteria that a helmet manufacturer must certify against in the United States. It's simply known as the D.O.T. helmet standard certification generally. The tests are similar to the Snell Memorial tests. Still, the judged values are slightly different on criteria for impact, severity, and test equipment used. The Snell certification is more difficult to pass than the DOT testing. One additional note is that the manufacturer certifies their helmets in their labs. In contrast, Snell tests and certifies any helmet submitted to them from any manufacturer.

The European standard is like the DOT and Snell testing. The values and tests vary slightly on most criteria, and it also adds a retention standard testing for slipping, abrasion, retention, and durability. One additional test for helmet shell rigidity is done under the ECE 22/05 standard that is not done under Snell or DOT.

Always ride safe

Sudoku #999 (Easy)

3	1	7	8	4	2	6	9	5
8	9	5	6	3	7	1	4	2
6	2	4	1	5	9	3	7	8
9	6	8	2	7	5	4	1	3
5	4	1	9	6	3	2	8	7
7	3	2	4	8	1	9	5	6
1	5	6	3	9	8	7	2	4
2	8	3	7	1	4	5	6	9
4	7	9	5	2	6	8	3	1

Sudoku #1001 (Easy)

4	9	8	5	6	2	3	7	1
7	2	5	3	1	4	6	8	9
6	3	1	7	8	9	2	5	4
5	1	2	4	3	6	7	9	8
8	4	3	9	7	5	1	2	6
9	7	6	8	2	1	5	4	3
1	6	4	2	9	7	8	3	5
3	5	7	6	4	8	9	1	2
2	8	9	1	5	3	4	6	7

Sudoku #1000 (Easy)

7	8	4	9	3	5	1	2	6
9	3	2	1	6	7	4	5	8
1	6	5	2	8	4	7	3	9
2	5	7	8	4	9	3	6	1
6	4	1	3	7	2	8	9	5
3	9	8	5	1	6	2	7	4
4	1	6	7	5	3	9	8	2
5	7	9	4	2	8	6	1	3
8	2	3	6	9	1	5	4	7

Sudoku #1002 (Easy)

1	6	8	2	4	9	7	5	3
2	9	3	5	7	8	6	1	4
5	4	7	6	1	3	2	9	8
7	3	2	4	9	5	1	8	6
4	1	6	8	3	7	9	2	5
8	5	9	1	2	6	3	4	7
6	2	1	3	5	4	8	7	9
9	8	4	7	6	1	5	3	2
3	7	5	9	8	2	4	6	1

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Chapter Tri Schedule: 2022

Event Name / Location	Date/ Start Time	MC Required	Volunteers First Name	Volunteers First Name	Meeting Location / Time / Notes
Smithfield Sprint Smithfield, VA	Saturday 4/2/22 10am	3			
Rumpus in Bumpass Sprint and Olympic Lake Anna, VA	Saturday 4/23/22 9am	4			
Kinetic Lake Anna, VA	Saturday 5/7/22 7am	6			
Kinetic Lake Anna, VA	Sunday 5/8/22 7am	4			
General Smallwood Olympic/Sprint Indian Head, MD	Saturday 5/21/22 7am	4			
Jamestown Triathlon Olympic/Sprint Jamestown, VA	Saturday 6/18/22 7am	4			
Jamestown Triathlon Olympic/Sprint Jamestown, VA	Saturday 6/19/22 7am	4			
Colonial Beach Triathlon, Sprint/Olympic Colonial Beach, VA	Saturday 7/16/22 6:50am	3			
Colonial Beach Triathlon, Sprint/Olympic Colonial Beach, VA	Sunday 7/17/22 6:50am	3			
Culpeper Triathlon Sprint/Olympic Culpeper, VA	Saturday 7/30/22 7:30am	4			
Patriots Triathlon Festival Williamsburg, VA	Saturday 9/10/22 7am	6			
Patriots Triathlon Festival Williamsburg, VA	Sunday 9/11/22 7am	4			
Giant Acorn Triathlon Festival Lake Anna, VA	Saturday 9/24/22 8am	4			
Giant Acorn Triathlon Festival Lake Anna, VA	Sunday 9/25/22 8am	4			

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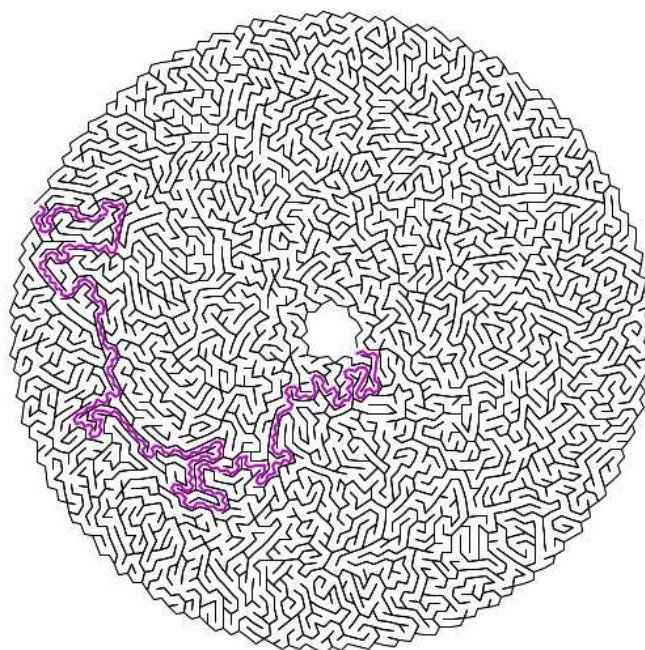
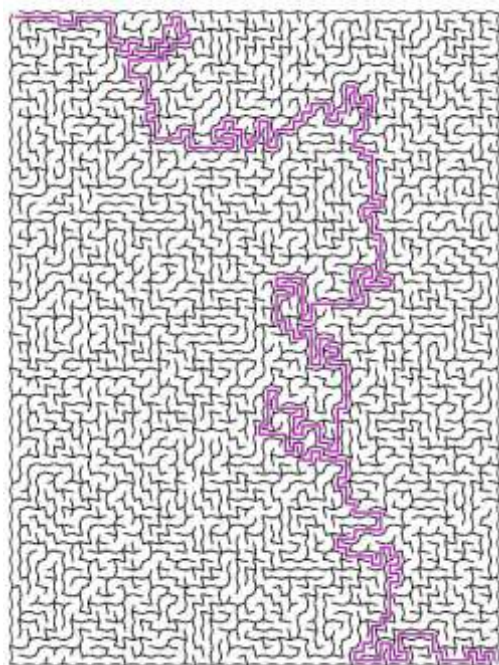
Pleasants Landing Lake Anna, VA	Saturday 10/8/22 9am	4			
Kinetic Collegiate Cup Smith Mountain Lake, VA	Saturday 10/15/22 8am	3			

(*) Different events on the same day.

() Volunteers still needed for the event.

** Update **

The Kinetic series (marked in light blue above) has said that they will allow the use of trikes this year as the drag bike for their events. This will allow our trike members to join us in our support adventures. The trike will follow the last bicycle out of the pen and stay with that bike unless it passes another bike, then the trike would stay behind the passed bicycle. Claude asked for this change to allow more of our members to participate with us at the triathlons.



Recipe of the Month:

Peppermint Patties



Email

Servings 12 patties

Ingredients

1/2 cup coconut oil, melted

1/4 cup agave nectar or maple syrup

1/2-1 teaspoon organic peppermint extract

1/2 to 1 cup chocolate chips

Instructions

1. Combine coconut oil, agave, and peppermint extract in a pint mason jar
2. Using a hand blender whisk until smooth
3. Refrigerate mixture for 2 hours until firm
4. Use a 1.5 teaspoon ice cream scoop to measure mixture onto a parchment paper lined plate
5. Wet your hands and flatten each ball into a patty
6. Place plate in freezer for 30 minutes until patties are firm
7. Melt chocolate over very low heat and allow to cool
8. Dip patties into melted chocolate using a dipping tool
9. Freeze patties to harden
10. Serve

Prep Time 10 mins **Fridge Time and Freeze Time** 2 hours 30 minutes

Total Time 2 hrs 40 mins

Fun Stuff:

Valentine's Day

P I H S D N E I R F D I P U C A L
V D H S U R C A C F B A L E N D O
N Y N T I A E A S O L C T O Y M V
S R N E N S N L Y E H O I E R I E
T L E D I D S F A O N T W S A R B
R E Y S L R R E C T C T L E U E I
A W S E R I F O N A I A I C R R R
E E S E E E L L R D S O O M B S D
H J C N S A V T R O N U N T E D S
T G D N T O T O P I P O A S F N A
E N Y E A A R O L L G C F E H I T
E I S D U M R B E L O V E D B I G
W L O D R P O A F F E C T I O N P
S R E M A L F R R E N T R A P A R
E A Y C N A F O R E V E R L I K E
R D R O T I U S D N O I T O V E D

ADMIRER
ADORE
AFFECTION
ATTRACTION
BEAU
BELOVED
BOYFRIEND
CANDLES
CANDY
CHOCOLATES

COUPLE
CRUSH
CUPID
DARLING
DATE
DEAR
DEVOTION
FANCY
FEBRUARY
FLAME

FLOWERS
FONDNESS
FOREVER
FRIENDSHIP
GIFT
GIRLFRIEND
HEARTS
JEWELRY
LIKE
LOVEBIRDS

LOVERS
PARTNER
PROPOSAL
RELATIONSHIP
RESTAURANT
ROMANCE
ROSES
SENTIMENT
SUITOR
SWEETHEART

Computer Jargon 1

T P I R C S A V A J L E X I P I G E
L I A M E M O R Y M M O U S E N I L
C R A B K S A T X I N U Y H S T F G
D N D I R E C T O R Y E T A O E O O
P O W E R S U P P L Y N I R F R L O
U C O A S A E V A S S C R E T N D G
K I R O P K T Y P S H R U W W E E L
C D D E C P R E E A H Y C A A T R M
A N R I M A L L T D R P E R R E A T
B O L E N M E I E K E T S E E P H H
R C K I P R A F C V R I I R S U L M
E E B E I A R R I A B O O T M B O R
N S T W R A P R G R T N W B I N G O
N O O S G N D L O O D I N T I O I S
A N G M A K A U L A R A O T E A N R
C A E A S P T L T A I P O N R N D U
S N F I R E W A L L W R E I K O O C
T F D P R D H T O O T E U L B Y T E

APPLICATION
BACKUP
BINARY
BLUETOOTH
BOOT
BYTE
CHAT
CLICK
COOKIE
CURSOR
DATA

DEFRAGMENT
DIRECTORY
DISK DRIVE
DOS
DRAG
EMAIL
ENCRYPTION
FILE
FIREWALL
FOLDER
GIF

GOOGLE
HTML
ICON
INTERNET
JAVASCRIPT
KERNAL
LCD
LOGIN
MEMORY
MONITOR
MOUSE

NANOSECOND
NETWORK
PARTITION
PASTE
PDF
PIXEL
POWER SUPPLY
PROGRAMMER
ROUTER
SAVE AS

SCANNER
SECURITY
SHAREWARE
SOFTWARE
SPAM
TASKBAR
THUMBNAIL
UNIX
WALLPAPER
WIRELESS

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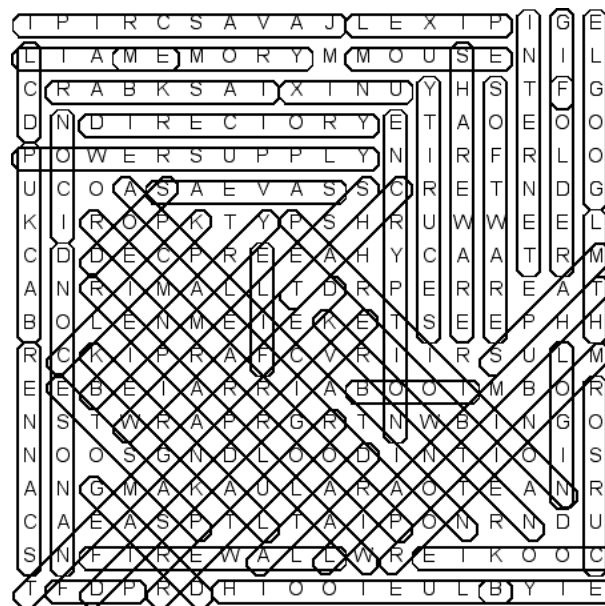
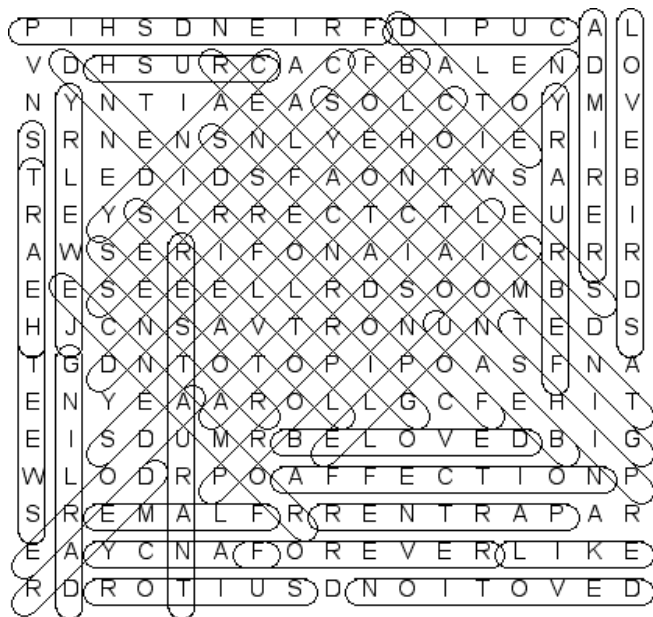
State Rally Information/Links:

District Link	Dates	Information link
Alabama	Sep 29 – Oct 1, 2022	https://gwrraalabama.org/al-rally-2022
Alaska North West Coast District	July 21-24, 2022	https://wingsinthecariboo.com
Arizona	Aug 26-28, 2022	https://www.gwrraaz.org/district/rallys/2022-4-corners-multi-district-rally/
Arkansas	May 19-21, 2022	https://www.argwrra.org/Flyers/2022_District_Rally%20Flyer_1.pdf
California	May 26-30, 2022	https://gwrra-ca.com/district-events-2/
Colorado	Aug 26-28, 2022	https://www.gwrraaz.org/district/rallys/2022-4-corners-multi-district-rally/
Connecticut		
Delaware	Jan 13-16, 2022	https://gwrra-md-de.org/flyer/WT22.pdf
Florida	Mar 17-19, 2022	http://www.gwrraflorida.com/rally.html
Georgia	TBD	
Hawaii		
Idaho	TBD	
Illinois	Jan 21-22, 2022	Flyer: https://gwrra-ildistrict.com/uploads/3/5/1/3/35139771/wwu_2022_updated_11-3.jpg Registration: https://gwrra-ildistrict.com/uploads/3/5/1/3/35139771/wwu_registration_updated.jpg
Indiana	Feb 25-26, 2022	http://www.indianaonwings.org/events.phtml
Iowa	TBD	
Kansas	TBD	https://gwrraks.com/kansas-district-rally
Kentucky	Aug 26-28, 2022	Kentucky District Blast
Louisiana	Apr 7-9, 2022	http://www.gwrra-la.net/rally-page.html
Maine		
Maryland	Jan 13-16, 2022	https://gwrra-md-de.org/flyer/WT22.pdf
Massachusetts		
Michigan	Aug 19 – 20, 2021	
Minnesota	Jul 22-23, 2022	http://mngwrra.us/Rally/Default
Mississippi		
Missouri	Jun 2-4, 2022	https://missourigwrra669588579.files.wordpress.com/2021/11/2022-gwrra-missouri-wingin-the-ozarks-registration-fillable-21.11.01.pdf
Montana	TBD	http://www.gwrra-mtdistrict.org/page8
Nebraska		
Nevada		
New Hampshire	TBD	https://nerally.weebly.com/
New Jersey		
New Mexico	Aug 26-28, 2022	https://www.gwrraaz.org/district/rallys/2022-4-corners-multi-district-rally/
New York	TBD	

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North Carolina	TBD	
North Dakota	Jul 22-23, 2022	http://mngwrra.us/Rally/Default
Ohio	Jun 16-18, 2022	https://ohiogwrra.org/rides-rides-rides/
Oklahoma	TBD	
Oregon		
Pennsylvania District	Sep 8-10, 2022	http://www.gwrrapadist.org/PADist/2022%20Time%20to%20Ride%20Save%20the%20Date.pdf
Rhoda Island		
South Carolina	Jun 2-4, 2022	https://drive.google.com/file/d/1qjDt5uOiYJ3CUZRwIjxZ0Ep6_Nx3kiJL/view
South Dakota		
Tennessee District	April 28-30, 2022	https://storage.googleapis.com/wzukusers/user-34843439/documents/ef81367b0fc6421e9ec8748241768161/Registration%20Form%202022%20Ramsey.pdf
Texas	Apr 28-30, 2022	http://www.gwrra-txw.org/
Utah	Aug 26-28, 2022	https://www.gwrraaz.org/district/rallys/2022-4-corners-multi-district-rally/
Vermont	TBD	https://nerally.weebly.com/
Virginia	TBD	
Washington		
West Virginia	TBD	
Wisconsin	TBD	
Wyoming	Jun 16-18, 2022	http://www.gwrra-mtdistrict.org/page18
Canadian Atlantic Americade	Jul 28-30, 2022	https://www.canadianatlanticregion.org/i/Rally%20Bulletin%202022.pdf
	Jun 7-11, 2022	

Answers:



From Our Members:

With the recent death of General Colin Powell, many references were made to his "Rules".
Powell was the:

65 th U.S. Secretary of State
12 th Chief of the Joint Chiefs of Staff
16 th U.S. National Security Advisor.

Here are "Powell's Rules" (from My American Journey, 1995, Putnam)

1. It ain't as bad as you think. It will look better in the morning.
2. Get mad, then get over it.
3. Avoid having your ego so close to your position that when your position falls, your ego goes with it.
4. It can be done!
5. Be careful what you choose. You may get it.
6. Don't let adverse facts stand in the way of a good decision.
7. You can't make someone else's chooses for them. You shouldn't let someone else make yours.
8. Check small things.
9. Share credit.
10. Remain calm. Be kind.
11. Don't take counsel of your fears or naysayers.
12. Perpetual optimism is a force multiplier.

13 Things to Throw Away Right Now

A trend toward minimalism means only keeping items that add value to your life

by Nicole Pajer, **AARP**, Updated January 3, 2022



GETTY IMAGES

[En español](#) | Kim Livengood is a self-proclaimed pack rat.

"I have kept all my *Seventeen* and *Vogue* magazines since I was 14," she admits. "I have trouble getting rid of sentimental items — and clothes."

But when she and her husband sold their 3,500-square-foot house and moved into a 900-square-foot condo, they embarked on a path of downsizing. The move, Livengood says, made her learn to embrace a clutter-free lifestyle.

To start the tossing, the 52-year-old public relations professional in Sarasota, Florida, began with those old magazines and then challenged herself to keep only enough clothes to fit inside her closet. She tackled kitchen accessories and towels and was on a roll from there.

"Once I started giving things away and recycling, I started to feel lighter," Livengood says. And if she was able to cut down on the amount of stuff she owns, "anyone can!"

Minimalism on the rise

Livengood is not alone. In recent years, there has been a push towards minimalism, especially during the pandemic.

"People are at home more and are face to face with all that stuff," says Ryan Nicodemus, one half of the Minimalists, a pair on a mission to help others trim down their possessions, and the coauthor of *Love People, Use Things: Because the Opposite Never Works*. "They're starting to question what actually does add value to their lives."

His coauthor, Joshua Fields Millburn, is quick to point out that minimalism isn't living in a stark white house with empty walls and no furniture; it's about keeping what enhances your life and getting rid of what doesn't.

"If you come to my house, you wouldn't say, 'Oh my God, this guy's a minimalist.' You'd say, 'Wow, did he just clean up?' " says Fields Millburn.

That's because he doesn't have a lot of excess "stuff" and instead strives to own only things that serve a purpose or bring joy.

The duo of Fields Millburn and Nicodemus is quick to point out that the average American home contains a whopping 300,000 items. Minimalism, Nicodemus says, is what helps people sift through all of that.

Clutter has been linked to stress and anxiety and can even lead to [overeating junk food](#) and [procrastinating](#). And Fields Millburn adds that it can have a negative impact on many areas of life.

Clutter, according to the Minimalists, does more than take up space. Purchasing an item costs money, which can lead to financial stress and the need to work harder to acquire more. Items require storage and space, which can lead to mental and psychological stress. And while people's first instinct is to tame clutter by purchasing products to help organize it, the Minimalists say this is not the answer.

"Organizing is just well-planned hoarding," Fields Millburn says. Thus, the best way to "organize your stuff," per the experts, is to keep the things that add value to your life and get rid of any items that don't.

Ready to start eliminating things in order to make room for what matters the most? This expert guide will tell you exactly what to toss.

1. Anything that doesn't add value

Fields Millburn says to ask yourself: "How might my life be better with less?" This can help you understand why you want to downsize, which is highly individual. For instance, some people want to quit their buying habit for more financial freedom, while others want fewer items to care for and more time to spend with family and friends.

"Understanding the why behind simplifying gives us the leverage we need to begin to let go and helps us understand what is excess," Fields Millburn explains.

2. Just-in-case items

To the Minimalists, "just in case" are three dangerous words. "If you look around your house, you'll likely find thousands of items you're storing just in case you might need them in some nonexistent hypothetical future," Fields Millburn says. These items can usually be replaced, if need be, for less than \$20 and in less than 20 minutes. The exceptions to this, Fields Millburn notes, are emergency items like first aid kits, which you should definitely keep handy.

3. Photos and paper

"It's about saving less," says Courtney Carver, author of *Be More With Less* and creator of the minimalist fashion challenge called [Project 333](#). Give yourself permission to get rid of duplicate, similar or blurry photos, coupons or mailers you aren't using, bills and statements you can get online, old newspapers and magazines, and things you've ripped out of a magazine.

Nicodemus [scans photos and tosses physical copies](#), while Dana White, founder of [A Slob Comes Clean](#), takes a photo of a photo to create a digital version.

4. Actual trash

White begins her [decluttering process](#) by emptying the trash around the house. "This is good to start with because you have no emotional attachment to it. It's going to get you moving, reduce the overall volume of the mess and help you start to see individual items," she says. Empty your wastebaskets, shred piles of papers you've been meaning to shred and get rid of the junk mail piling up on your kitchen counter.

5. Damaged items

Holding onto a favorite mug that's chipped or necklace that's fallen apart? Time to let go. "Be honest about what things are damaged and toss them," White says — even if you were meaning to sell them. "If it's damaged, it probably does not have the value you've been assuming it was going to have one day."

The same goes for things that are missing parts. For instance, White says to store Tupperware with the lids on, and if one is missing a lid, chuck it into the recycling bin.

6. Extras/duplicates

"You always use your favorites but still have extras for a variety of reasons," Carver says. Maybe something was on sale, or you think you should own more of a certain item, but you ultimately get to determine how much of what is enough. Items that fall into this category, she says, can include coffee cups, measuring cups and spoons, wooden spoons, wire whisks, handbags, sunglasses and pens.

7. Stuff you never use

"If you are holding on thinking, It's not hurting anything, reframe and ask yourself how it's helping and contributing to your life," Carver suggests. "If it's not, you don't have room for it." This often includes things like random spices and sauces, uncomfortable shoes, empty frames and containers, books you've already read or never plan on reading, junk drawer items (or the whole drawer), knickknacks, freebies or gifts you were given but don't like.

8. An abandoned hobby

Be realistic about which hobbies you've moved on from and toss the related materials you're not using. "Maybe you collected stuff for knitting and tried it once and didn't like it," White says. Then it's time to donate the yarn. And if you come across hobby materials and want to finish the project, go ahead. Allowing finishing a project to count as decluttering "is a really helpful mindset shift," White says. Keeping brushes for a painting hobby you're never going to have is not.

9. Items from a past phase

If you don't have a dog anymore and don't plan on getting a new one, give yourself permission to get rid of the dog bed, bowl and leash. And if you're retired, pack up the majority of your professional clothes and office supplies. This, White says, will give you more space for items that serve the phase of life you're in right now.



COURTESY ROB LIVENGOOD

Kim Livengood learned to toss out unwanted items for a move to a smaller home.

10. Anything expired

This includes medications, food and makeup. If you can't find the motivation to declutter here, do it for your health, says Julie Coraccio, a professional organizer and author of *Clear Your Clutter Inside & Out*. "Did you know that if you wear bad makeup, [you could get pink eye, inflammation](#), which can lead to redness, bumps, a rash, or even blisters and swelling?" she says. Properly dispose of expired medications and toss out old food for your safety as well.

11. Things that bring up bad memories

If an item doesn't make you feel good, send it on its way. "Release the unflattering photos, the gift from your no-longer friend or mementos from an ex," Coraccio suggests. "Clear your space to welcome new experiences and people into your life." Sites like Facebook Marketplace, Craigslist and Offer Up are easy ways to list things to sell or give away.

12. Clothes that don't fit

"Many of us have [skinny jeans or T-shirts from high school that no longer fit us](#). Every time we see these items, whether we are aware of it or not, it's an unpleasant reminder," Coraccio says. Your closet should house items you look forward to wearing instead of being a place to cast aside what you know you're not going to wear.

13. Digital clutter

Digital clutter can build up as well, Carver says. Unsubscribe to podcasts you don't listen to and delete music you don't enjoy from iTunes. Drag documents you saved and never access, or email you don't need, to the trash. [Unsubscribe from email subscriptions](#) you aren't using and from people on social media you don't want to follow anymore. Delete apps that drain your time and energy and social media platforms you no longer care about.

Nicole Pajer is a contributing writer who covers health, culture and entertainment. She has also written for The New York Times, Parade, Woman's Day and Wired.

Editor's note: This article was originally published on April 8, 2021. It's been updated to reflect new information.

Wing Ding:



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Wing Ding 43 is going to be in Shreveport, Louisiana, in 2022!
Shreveport Convention Center | June 28, 2022 - July 2, 2022

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\$50 per GWRRA Camper

February 18-19, 2022

Doubletree by Hilton Williamsburg
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800-222-8733

Room Rates: \$79 (dbl occupancy)



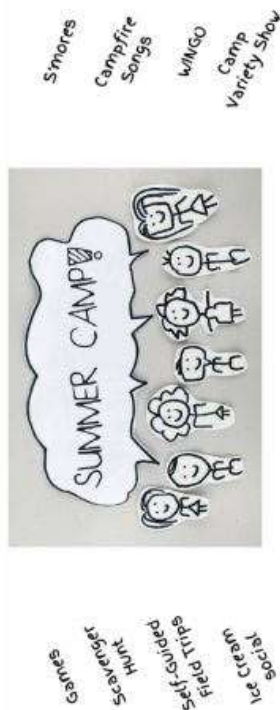
**Camp Registration INCLUDES Saturday
night farewell dinner and variety show!**

Have an act or talent you'd like to share?

Silly or Serious...Group or Individual

Just get up there and have fun with it!

**Submit your Variety Show act to vadistrictmec@gmail.com or
call/text us at 757-870-7282.**



Join us at Camp WINGLESS
\$50 per GWRRA Camper

February 18-19, 2022

Doubletree by Hilton Williamsburg

50 Kingsmill Road

800-222-8733

Room Rates: \$79 (dbl occupancy)



Camp Registration INCLUDES Saturday night farewell dinner and variety show!

Have an act or talent you'd like to share?

Silly or Serious...Group or Individual

Just get up there and have fun with it!

Submit your Variety Show act to vadistrictmec@gmail.com or call/text us at 757-870-7282.

Mention "Wingless Weekend" when making room reservations.
Rooms blocked until February 4.

Mail registration with check payable to:

GWRRA Virginia District

Roman Paryz

331 Paine St.

Newport News, VA 23608

Preferred Easy Pay Option

Secure Online Credit Card

OR

<https://gwrava.square.site>

PRINT	Rider	Co-Rider
Name		
Mobile #		
GWRRA #		
Chapter		
Position		
Address		
Email		
Arriving F, S		
COY		
First WW		

Registration Prices	Member	Non-Member	Child 6 - 12
Regular	\$50	\$60	\$15

RELEASE FORM (Must be signed by all registrants and returned)

I/We agree to hold harmless GWRRA, The Virginia District, the Double Tree by Hilton Hotel Williamsburg and any property owners for any loss or injury to self or property by reason of participating in this event.

Rider Signature: _____

Date: _____

Co-Rider Signature: _____

Date: _____



Farewell Variety Show

Name of Act: _____

Time Length of Act: _____

Is the act (circle one): Individual Group

Nature of act (circle one): Silly Serious

Category (check one):

___ Skit

___ Song

___ Dance

___ Stand Up Comedy

___ Juggling

___ Magic

___ Other (please specify below)

Virginia Chapter F



Chapter F Presents:

CRAZY HIPPIE SUPPER

February 26, 2022

Comfort Inn has once again opened their doors for our
Guests to come and stay

Comfort Inn – 1601 Martinsburg Pike, Winchester, VA 22603

Phone: 540-667-8894

\$70.00 per night for 2 including breakfast

Book your reservation by 02-20-2022

Stay Friday & Saturday Night - February 25th & 26th

Event is at the Winchester Fairgrounds

155 Fairground Road Clear Brook, VA 22624

Doors open @ 3:00 pm Saturday, February 26th

Dinner @ 4:30 PM

\$10.00 early RSVP, \$12.00 at the door

**Stay Saturday Night and join us for our Sunday morning
meeting 9:00 am at Stephens City Diner**

CHAPTER F CRAZY HIPPIE SUPPER

REGISTRATION FORM

I/WE AGREE TO HOLD HARMLESS GWRRA 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 THIS DISCLOSURE STATEMENT)

I _____ From Chapter _____ plan to attend the Crazy Supper

I _____ From Chapter _____ Plan to attend the crazy Supper

Enclosed is \$ _____ for our reservation

Please mail this NON-REFUNDABLE registration form to

DAVE SHIRLEY

PO Box 24

Stephenson, VA 22656

Please call Stephanie at 540-664-6430 if you have any questions.

Battlefield News February 2022, VOL 34 ISSUE 2

Classifieds: