



# The Battlefield Buzz



Virginia District Chapter-E Fredericksburg, VA

Region N

November 2015

Issue 2015 - 11

## Chapter Director



### *Greetings Chapter E and friends*

I would like to start this with a couple of quick reminders... Our annual Christmas party is December 5<sup>th</sup> and it will also count as our monthly gathering. Please send your RSVP as soon as you can. Our next group event will be our annual New Year's Day breakfast at 10 am at the Golden Corral. We will also have our usual Gathering in January.



For 2016, I want to keep it simple. I understand that life does get in the way of riding but I would like to have the staff and team consider two goals for the year. The first as always is recruitment and second will be more group riding opportunities. While our fundraising effort (if continues to be triathlons) is set, I am hoping we can concentrate in doing more chapter visitations

and a few group rides to some public attractions. Suggestions are always welcome, so please let your Road Captains know your thoughts.

*I like to say I really enjoyed attending VA-A gathering this month and say how much I will miss our VA-U as I attended their last official gathering. It was a very emotional good-bye last evening.*

The next full edition of our newsletter will be in January. The December issue will be our Christmas edition. With that, from your staff and my family, Merry Christmas and Happy New Year. Hope to see you at our Christmas and New Year Day events!!!

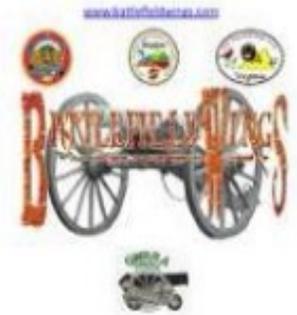


*Ride Safe*

*Claude,*



GWRRA, REGION N, VIRGINIA DISTRICT CHAPTER VA-E  
BATTLEFIELD WINGS FREDERICKSBURG, VIRGINIA



Chapter's Social Gathering every  
3rd Wednesday of each month  
@6:30 pm at the Golden Corral,

Address: 10320 Spotsylvania  
Avenue, Fredericksburg, VA  
22408

Phone:(540) 891-2022



## Chapter Rider's Education

*strategies to live by from Larry...*

### Hearing Loss

This is an update to an article I submitted years ago. It seemed relevant.

My mother has lost part of her hearing in the last couple of years. In her case this is probably just due to age. She is able to hear conversation when it is directed right at her but misses background conversations that she would like to hear. My uncle was very hard of hearing before his death and even with a hearing aid I had to talk loudly to be heard when I visited him. He worked in an industrial environment during his career and that may have contributed to his hearing loss. My mom's quality of life is somewhat affected and my uncle's was devastated by hearing loss.

When I've gone on long rides, I've often thought I should wear earplugs to reduce the possibility of damage to my hearing caused by the wind noise. But, so far, I haven't done anything but consider and think – I've taken no concrete action. Just before I prepared the original article I ran across some training materials at work that addressed hearing loss. Here is what I learned or was reminded about.

Hearing loss is caused by damage to the nerve endings in the inner ear that sense movement of hair-like receptors "suspended" in the inner ear fluid. Air pressure variations (sounds) are captured by the outer ear and transmitted to the inner ear fluid by the hammer/anvil/stirrup bones in the middle ear that you learned about in grade school. The outer and middle ear parts are apparently pretty sturdy but the inner ear nerve endings are the weak link and, once they are damaged, they cannot repair themselves; permanent hearing loss results.

The nerve endings are damaged by either intermittent loud noises (e.g. firearms) or not-so-loud noises heard for long periods of time (e.g. wind noise while riding a motorcycle on a trip). Professionals say that we should not accept situations where long term noise levels exceed 85 dB. 85 dB may be a meaningless number to most of us but it is equivalent to what you might experience when operating a food blender at home. You may think that is louder than wind noise

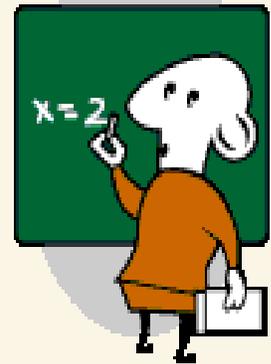
while riding a motorcycle but I'm not so sure. As another point of comparison, a typical gasoline lawn mower subjects its operator to a noise level around 95 dB.

Hearing loss doesn't occur all at once but rather gradually. So, we won't notice a change after any single ride but only after years of riding if we don't protect ourselves. An early sign of hearing loss is the inability to hear S and T sounds in normal conversation. Or, if others think you often talk louder than necessary you may be compensating for not hearing yourself as loud as you used to. Finally, if you hear phantom ringing (tinnitus), you probably already have hearing loss.

There are at least 2 ways to reduce wind noise while riding: a tall windshield or earplugs. The tall windshield has the advantage that other sounds (e.g. the horn on the car you didn't notice before you started to move into its lane) are not attenuated. The advantage of the earplugs is that they can provide more attenuation (maybe the tall windshield doesn't reduce wind noise enough). The disadvantage of a tall windshield is having to look through it (please, no comments about how dirty my windshield sometimes is). Dirt, bugs, and rainwater can all obscure your view. Especially at night. The disadvantage of wearing earplugs is that they attenuate sounds we would like to hear. Not just horns and sirens but also more subtle traffic noises that may "inform" us of something important like a nearby car edging up closer. Surely that is a legitimate objection to earplugs. Another objection (this is true for me) is that it is a hassle to put in and take out earplugs.

So, I wrote this short article just to give you something to think about. What you decide do, if anything, requires a tradeoff decision. I'm not even sure what action I will take but the possible future "cost" of doing nothing now seems pretty steep. I gladly pay the financial cost of enjoying motorcycling now but I don't want to pay any avoidable quality of life costs in my sunset years and I bet you don't either (please, no comments about my entering my sunset years long ago).

Larry



**Knowledge for safe and fun Motorcycling!!!**



**Ride responsibly...**



# ALASKA OR CARIBBEAN CRUISE

[WWW.WINGERSNWAVES.COM](http://WWW.WINGERSNWAVES.COM)

**ALASKA 12 DAY: JUNE 6<sup>TH</sup>, 2016**

**CARIBBEAN 7 DAY: JANUARY 17<sup>TH</sup>, 2016**

Join WINGERS-N-WAVES Alaska 12 day Royal Caribbean Cruisetour June 6th, 2016. The best of Alaska including a luxurious, glass-domed train through the interior of Alaska and the Inside Passage cruise. Or join the 2nd Annual Caribbean cruise on January 17th, 2016 to Jamaica, Haiti & Cayman Islands. Special rates & perks for the group! Ask how you can cruise FREE when you help plan a group cruise! Call (386) 299-7535 today!





**GWRRA**  
**Chapter VA-A**  
*The Capitol Wings*

**We're Moving!**

Starting Jan 13th, 2016

Still on the second Wednesday of the month.  
First new meeting is Jan 13, 2016 still @ 7:30pm

The Oaks Community Center  
5708 Oak Leather Dr  
Burke, Va 22015

## GWRRA Virginia District Chapters



### 2015 CHAPTER DIRECTOR'S - CONTACT INFO - MEETING SITES

Chapter	Area/Location	Chapter Director	Phone # & Email	Monthly Gathering & Website
VA-A	Northern Virginia	Mary O'Connor (11/09)	703-378-3873 maryoc4429@aim.com	2nd Wed - 7:30 PM - Commons Community Center - 5701 Roberts Parkway, Burke, VA 22015 <a href="http://www.gwravaa.org/">www.gwravaa.org/</a>
VA-B	Virginia Beach	Matt & Diana Merciez (7/14)	757-383-2938 rmerciez@gmail.com	2nd Wed - 7 PM - Providence Square Grill - 941 Providence Square Shopping Center - Virginia Beach, VA <a href="http://www.gwravab.net/">www.gwravab.net/</a>
VA-C	Hampton/Newport News	Susan Berry (01/15)	757-810-8915 govtkrldy@verizon.net	2nd Sun - 7 PM - Angelo's Steak & Pancake House - 755 J Clyde Morris Blvd - Newport News <a href="http://www.gwravac.com/">www.gwravac.com/</a>
VA-D	Richmond	Allen & Debbie Dowell (01/13)	804-222-1303 dowellmickey@comcast.net	4th Wed - 7 PM - Candelas Pizzeria & Ristorante Italian - 14235 Midlothian Turnpike <a href="http://www.richmondwings.com/">www.richmondwings.com/</a>
VA-E	Fredericksburg	Claude Revely (01/14)	540-207-7646 seadogw@att.net	3rd Wed - 7:30 PM - Golden Corral - 10320 Spotsylvania Ave - Fredericksburg, VA <a href="http://www.battlefieldwings.com/">www.battlefieldwings.com/</a>
VA-F	Winchester	Stephanie Davis (08/14)	540-664-6430 davis.stephanie80@yahoo.com	4th Sun - 9 AM - Golden Corral - 120 Costello Dr - Winchester, VA <a href="http://www.gwrra-va-f.freesevvers.com/">www.gwrra-va-f.freesevvers.com/</a>
VA-H	Abingdon	Paul & Dorothy Baker (11/1-)	276-628-6047 09nelli@comcast.net	2nd Tues - 7 PM - Abingdon Moose Lodge - US 19 - Porterfield Hwy - Abingdon
VA-I	Manassas	Jerry & Deborah Keys (1/15)	703-795-4781 iskeagle@comcast.net	2nd Sun - 10 AM - Great American Buffet - 8365 Sudley Rd - Manassas, VA 20109 <a href="http://www.gwravai.org/">www.gwravai.org/</a>
VA-J	South Boston	Doug Poole (01/13)	434-572-2084 wingz57@gmail.com	2nd Mon 7:30 PM - Spare Times Grill - 2026 Bill Tuck Hwy - South Boston, VA
VA-K	Roanoke	Bob Karnes (09/13)	540-947-0261 montvalewater@verizon.net	2nd Mon 7 PM - Great 611 Steak Co - 3830 Franklin Rd - Roanoke, VA <a href="http://www.gwravak.ning.com/">www.gwravak.ning.com/</a>
VA-L	Chesapeake	Jeff & Carm Stobie (01/14)	<a href="mailto:carmias03@verizon.net">carmias03@verizon.net</a>	4th Tues 7 PM - Pops Diner Co - 1432 Greenbrier Parkway - Chesapeake, VA <a href="http://www.gwravall.org/">www.gwravall.org</a>
VA-O	Williamsburg	Ray & Tammy Pierce (04/14)	757-268-6286 rpierce@cox.net wonderwmsan68@cox.net	4th Sun - 5 PM Belgian Waffle & Steakhouse - 14700 Warwick Blvd - Newport News, VA <a href="http://www.gwravao.org/">www.gwravao.org</a>
VA-R	Harrisonburg	Tim & Pam Hoysradt (01/14)	540-471-0098 tmhoysradt@comcast.net	1st Sun - 3 PM - Golden Corral - Exit 247A, Route 33 E (2 miles off I-81) <a href="http://www.vir-gwrra.com/">www.vir-gwrra.com/</a>
VA-U	Hanover	Rob & Cheryl Ramsey (01/13)	276-806-8290 gwrra.vau@gmail.com	3rd Thurs - 6 PM - Anna's Italian Restaurant - 7009 Mechanicsville Turnpike - Hanover Village Shopping Center <a href="http://www.olddominionwings.com/">www.olddominionwings.com/</a>
VA-V	Bedford	Alice Miller (01/13)	540-580-0257 OfferRideVAV@gmail.com	3rd Sun - 3 PM - Original Italian Pizza - 1128 Lynchburg Salem Tpke - #300 - Bedford, VA 24543 <a href="http://www.gwravav.ning.com/">www.gwravav.ning.com/</a>
VA-W	Chester	Bill Martyn (08/10)	804-241-8910 wmartyn@aol.com	2nd Tues - 7 PM - Pietro's Pizza Italian Restaurant - 2601 Osborne Road - Chester, VA <a href="http://www.gwrava-w.org/">www.gwrava-w.org/</a>
VA-X	Salem	Larry Stanton (01/15)	304-922-1401 larry25022W@gmail.com	1st Sat - 3 PM - Evangelical Methodist Church - 1920 Lucas St - Salem, VA <a href="http://www.salemwings.webs.com/">www.salemwings.webs.com/</a>
VA-B1	Tappahannock	Doug & Debbie Harris (01/15)	804-761-6052 757-874-5249 (Deb) pianowz54@hotmail.com	3rd Sun - 2 PM Eat-3pm Gathering Bella Italian Restaurant - 1673 Tappahannock Blvd - Tappahannock, VA



**December 12, 2015**

**Hogs and Heroes Foundation, Inc. VA-1**

**Wreaths Across America**  
*"Fallen Veterans Ride"*



Come support our local "Fallen Veterans" with a ride through the City of Fredericksburg, Stafford and Spotsylvania. This ride will have a police escort by the City of Fredericksburg police. The ride will end at Oak Hill Cemetery where the ceremony will start at 12:00 p.m. SHARP. Once ceremony is complete we will begin to lay the wreaths.

**It doesn't matter what you ride 2 or 4 wheels. Please come and support our Fallen Veterans.**

**Location of Ride:**

♦ *VPW 2701 Princess Anne St,  
Fredericksburg, VA 22401*

♦ *Arrival time: 9:30 A.M.*

♦ *Ride starts at 10:30 A.M.*

♦ *Ride ends @ Oak Hill Cemetery  
1902 Plank Rd, Fredericksburg,  
VA 22101*

**SUPPORT  
YOUR VETERANS  
LOCALLY**

**Contact person: Leisa Billington-Local coordinator for Oak Hill Cemetery  
wreathsoakhill@gmail.com**

# Upcoming ...



**December 5 - VAE Christmas Party**

**December 16 - NO DECEMBER GATHERING!**

**January 1, 2016—New Year Day Breakfast / Group Ride  
( Weather driven)**

**January 16, 2016—Officer's Meeting**



Volunteer Positions Needed **very** soon:

Looking for members to be our

***CHAPTER'S EDUCATOR***

***ASSISTANT EDUCATOR***

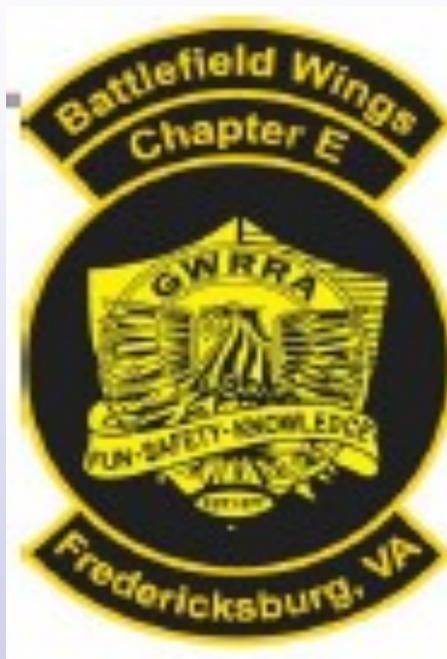
***CHAPTER'S TREASURER***

***NEWSLETTER EDITOR***

*If you're interested in helping and would like to get more*

*Info...*

Please contact your Chapter Director

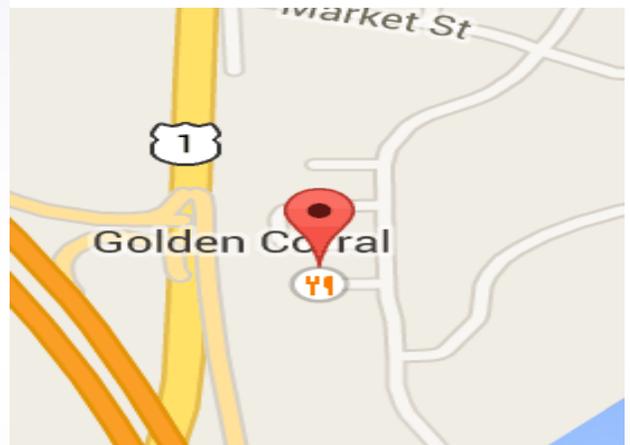


**GWRRRA Chapter VA-E  
Fredericksburg, VA**

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

Contact us via  
<http://www.battlefieldwings.com/contact/>

At chapter "E" we emphasize that we indeed are a team of riders/co-riders interested in Goldwings, motorcycle riding, good food and most of all, having fun. Some think that we are mostly interested in eating. You will need to join and be the judge! Come on out and join us! We would love to see you! We meet to eat at 6:30 pm on the third Wednesday of each month and the chapter meeting starts at 7:30pm. We are located **10320 Spotsylvania Avenue, Fredericksburg, VA 22408**, about 50 miles south of Washington D.C. and about 50 miles north of Richmond, VA.

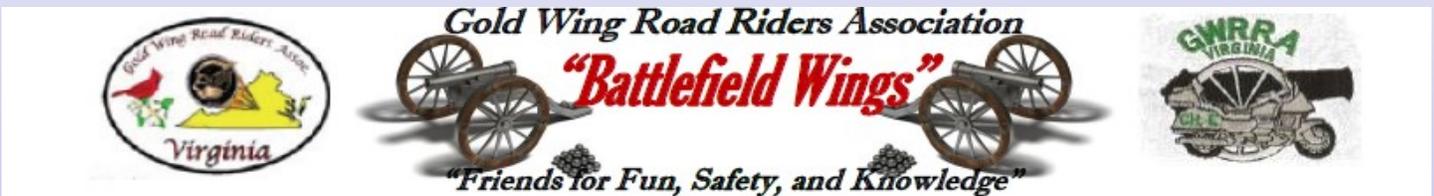


*Visit these National and Local sites for more Information*

[www.region-n.org](http://www.region-n.org)

[www.gwrrava.org](http://www.gwrrava.org)

[www.gwrra.org](http://www.gwrra.org)



Please submit all articles and pictures to the following address; [seadoggw@att.net](mailto:seadoggw@att.net). Thanks and safe riding!!!