



June 2010 Newsletter

**Gold Wing Road Riders Association
Region N, Virginia District, Chapter L
Chesapeake, VA**

Old & New - Two Wheels & Three

We are friends in pursuit of Fun, Safety and Knowledge

- CHAPTER DIRECTOR**
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tba
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WWW.GWRRRAVAL.COM

National



www.gwrra.org

Region-N



www.region-n.org

Virginia District



www.gwrrava.org

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Chapter Director



Martin Tengowski
Chapter Director

It's summer!!! Boy is it summer!!

We're hitting our longest days of the year, and the hottest as well. We can spend more time out there riding each day, but here lately, you better have plenty of water on hand as well. Remember to keep yourself and fellow riders well hydrated when your out there riding these days. The heat and the sun will take it's toll on a rider.

I've been having a great time out riding this month. At the end of May, I made the trip to Washington DC with my daughter Leann, and Dan and Trish, for Rolling Thunder. What a fun weekend we had. We took off Friday morning heading for DC around 9:45 with our list of stops to collect stamps along the way. We found ourselves having lunch about around 12:30 and had to laugh since our 3 hour journey thus far, had taken us all the way to Williamsburg! Later we were rushing to get out of Richmond before 4:30 to beat traffic, and one has to realize that making these different stops for stamps can really add to one's travel time.

This is my first time collecting stamps for the Grand Tour, and what a great reason to get out and ride. I was surprised how some of the stops, the people are all into bikers stopping by. Always ready to hear where your from, one place had the poster on the wall, and asked everyone to sign it, and they had a raffle for their biker on display. Another place had t-shirts done and provided discount pricing for those on the Grand Tour. In a couple rides for stamps I've seen a lot of Virginia that I haven't been to, and found interesting places to visit again later.

When we finally made it to DC, it was already late and we headed straight down by the Memorials, since we planned on attending the Candle Light Vigil at the Vietnam Wall. I lucked out and found our way to Henry Beacon St, reserved for bike parking that night. This was Dan and Trish's first time there, and since the service was suppose to start shortly, we walked down along the wall and decided to stay at the middle section of the wall for the ceremony, since they had a platform out in the grass. Just before anything started, here comes the rain. It rained pretty hard for a little, but that only delayed the ceremony. When we heard the bagpipe and drummer, we knew things were underway. To our surprise, everyone was heading our way down in front of the wall. Hoping for a good place to hear, we actually just backed up a little to make room for everyone, and the Gold Star Mother's, and the ceremony took place right next to us. The rain seemed fitting, since it rained all the time in Vietnam, and did not hamper the ceremony in the least. We moved to the Nurse's Memorial, and then the 3 Soldiers Memorial. We stayed and walked around a little checking out the Lincoln Memorial. When we finally headed back to our bikes, a couple of the Rolling Thunder members came up asking if these were our bikes, they told us they couldn't leave till all the bikes were gone. Finally, off to check into the hotel.

Saturday was more stamp collecting, and finished off the evening walking around the Memorials again. Dan was really impressed and kept saying that Memorial Day weekend was the only time to go to DC. Over the weekend there are thousands of bikers in the city, and parking is really limited, street parking that is. Seeing other bikes up in the grass, you just ride up on the sidewalk and find a stop to park. Saturday night we checked out the Korean and WWII Memorials. A really neat place to wander around.

Sunday morning, we were up early and on our way to the Pentagon parking lot to get our spot by 7 AM. Once there, you figure out how to find your bikes again, and then you head out to check out all the other bikes, cars, and displays they are staging for the parade. The "Protest" to remind the US Government that we still have POW / MIA from several wars, and they will not be Forgotten, until they all get home. While walking around we saw Will, from Chapter Y, Leesburg, VA. We seen Dan & Sandy, and Dave and Linda, who rode up with members of Chapter B. Having our trailers worked out great, we pulled out the lawn chairs, cold drinks, and some snacks and then headed across the street behind the parking lot and sat in the shade. All I can say about the ride, it's something that you have to experience.

While collecting stamps in the old part of Fredricksburg, we came across the Bavarian Chef, a neat looking German restaurant, which is in an old railroad station. That provided our next stamp ride last Saturday. Trish and Dan setup the ride, John and Kathy joined in on the ride. We headed off about 7:45 for Kilmarock, then up to Spotsylvania Visitor Center. We took John and Kathy by the BMW place for stamps, and then over to the Bavarian Chef for something to eat. All I'll say about the place, it's very nice inside, very good service, a little pricey, but "Oh My God" the butter! As the waiter was bringing drinks, Trish was checking out the different breads and rolls, and all we heard was OMG. Kathy asked what flavor was the butter, and all I knew was Oh My God. Well, the 5 of us were like a family at the table, sharing samples with each other, and the waiter brought out a dish of each side they had. So much food, none of us left hungry, and John knew what he was having on his next visit there! If you like German food, it's worth the stop. We finished up our stamp collecting at Culpepper, where we had to make our way through a storm to get there. Dan and Kathy were checking out the weather on there fancy phones, and got us back without hitting anymore rain. I got home about 10 that night, after another great day riding with good friends.

We should have plenty of articles for the newsletter this summer. If you make a trip stamp collecting, please take the time to write up a little article. Sorry that I'm a little long winded this month on my article.

Grand Tour, various Rallies, sounds like a fun filled summer!

Ride Safe,
Marty

Chapter Couple



Sandy and Dan Slimp
COY for 2009/2010:

Sandy & I along with Dave & Linda, Dan & Trish, Marty, and along with folks from chapter B and the American Legion participated in the Rolling Thunder in D.C. This was our 1st time for this event. We never saw so many bikes at one time.

It was a perfect day to ride up to D.C. with Mr. Bob Perkins as the Road Captain. Even though he drove instead of riding he did a great job. His GPS mislead him again but it wasn't long before he had us back on track. We arrived the day of the 29th and returned back home on the 31st.

We got up the next morning had breakfast and headed for the Pentagon parking lot. When we arrived the 1st parking lot was already half full. The parade started at noon and our row of bikes did not move until 2:00. Once we started rolling, this is where you really appreciate the wind. As we rolled past all these wonderful people that came out to see us all, was truly amazing. There were a few times that tears came just because of these wonderful mothers that were holding signs saying (THIS MOTHER THANKS YOU). We all have either served or had a love one that has served at one time or the other. As a veteran or a spouse, father, mother, sister, brother or even a friend of a veteran you would really feel this heart-warming event. Its events like this that make you proud you served in the in the Armed Forces.

If you never seen the Arlington Cemetery, or the Vietnam Memorial Wall, or even the Korean Memorial you owe it to yourself to go someday. There is so much to see so you need to plan to spend a couple of days or so. The museums are breath taking and to take a tour of the capital or even get to see the White House will be an experience you never forget. Oh yes don't let me forget the Lincoln Memorial and the Monument too. (You know where Forest Gump was).

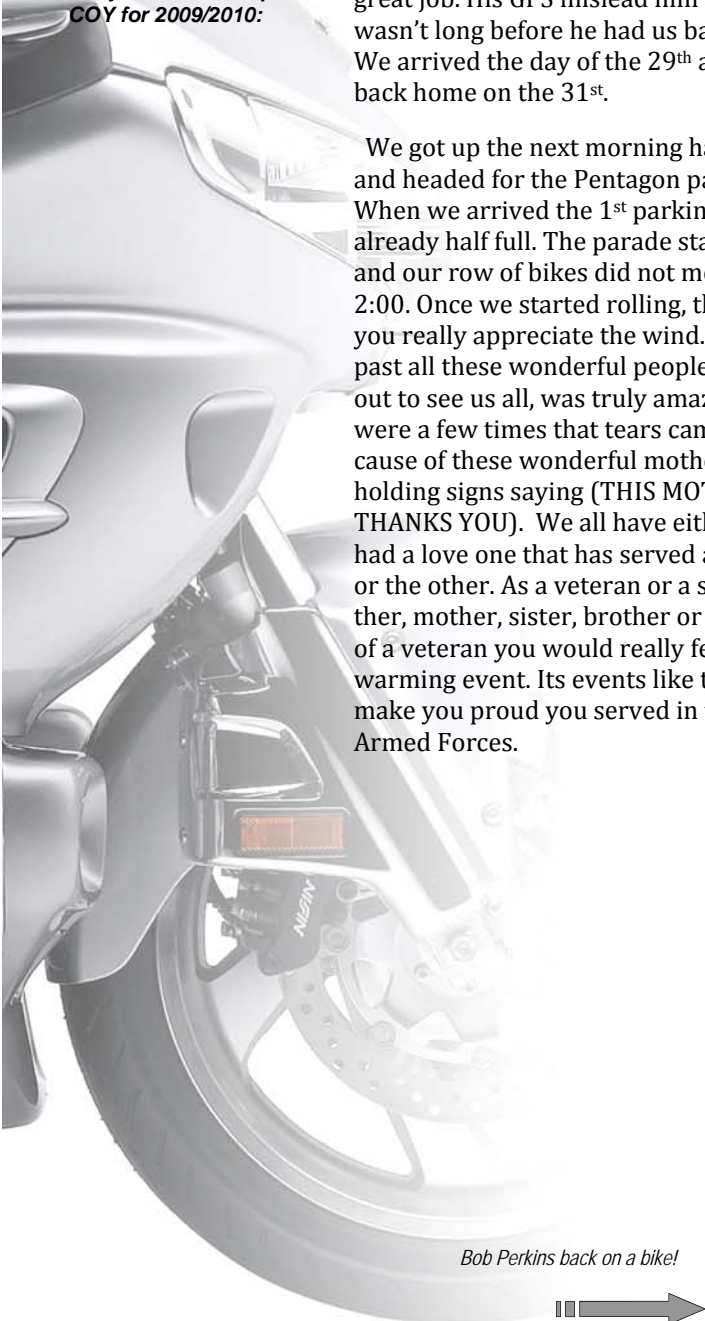
The morning of the 31st we got up and had breakfast and then departed for our ride back home. It was an enjoyable ride from but warmer than the ride up to D.C. We took 301 and 17 which is a great ride anytime.

Thanks Bob for leading the way.

Until our next ride, be safe and ride safe.

Dan and Sandy

C.O.Y. 2009/2010



Bob Perkins back on a bike!

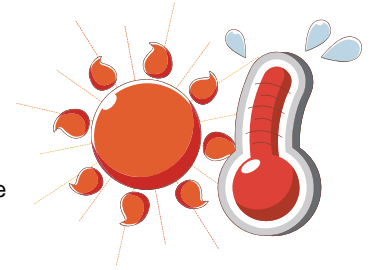


Rider Education & Safety



When You're Hot, You're **HOT!**

by David L. Hough



The ride south over the Siskiyou Mountains from Oregon to California started out cool enough. Up at 4,000 feet, it was chilly enough that I was glad I had added the jacket liner and neck warmer. But a hundred miles later, as I descend down into the Sacramento Valley, the temperature begins to soar. By the time I reach Oroville, the temperature signs are flashing 118 F. It's another hundred and fifty miles to the rally site at Mariposa in triple-digit temperatures.

A rider passes by in the opposite lane, jacket bungeed on the back, bare chest exposed to the hot blast. I wave, but there is no response. His exposed skin is red, and he doesn't even appear to have noticed me, a bad sign that he's on the fringe of heat exhaustion. I don't wish any problems on a fellow motorcyclist, but there are lots of riders who have to contribute to the statistics before they crack the code.

To continue the ride, I go into hot weather survival mode. Full riding gear, including riding pants, leather boots, and gloves, and a knit neck "cooler" saturated with water. As quickly as the fabric dries out in the blast-furnace wind, I flip the faceshield open, squeeze a gusher of water down my chin, and slam the faceshield shut again. The water dribbles down to wet the neck cooler and my shirt inside the jacket. About 10 seconds after the water penetrates the neck cooler, it cools from evaporation in the hot air, and sucks some heat out of my neck.

I stop at a fast-food outlet every few miles to replenish the water bottle with ice and water. Whether riding or stopping for water, other people stare at me in disbelief. Peering out of their air-conditioned cars, or sitting in an air-conditioned restaurant, they just can't understand how anyone could tolerate being outside during a heat wave, bundled up in heavy riding gear.

Your body has automatic "thermostats" to protect the core organs from heat stress, including sweating, vasodilation, increase in heart rate and reduction of blood pressure. If these tactics don't keep core temperature within the redline, the body gives you warnings such as heat cramps. If you don't take care of the problem, it gets more serious, including heat exhaustion and heat stroke.

Sweating

The body has sweat glands to keep the skin damp. The evaporating sweat sucks heat from the skin, and transfers it to the air. Of course sweat is primarily water, so it's critical to keep replenishing the supply. That's one reason why we need to drink about a pint of water every hour during hot, dry conditions. One problem for motorcyclists is that at high-way speed, the sweat glands may not keep up with the evaporation. Or, if the sweating uses up too much water, your body temperature regulating system goes on the fritz, like a dry battery.

Vasodilatation

To help cool down the core, blood vessels enlarge to circulate more blood (and therefore body heat) towards the skin. If ambient air temperature is lower than body temperature, excess heat can be absorbed by the air. But if the air gets hotter than the skin, the increased blood flow simply soaks up more heat from the air and pumps it back to the core.

Heart rate and blood pressure

The heart responds to increasing heat ("hyperthermia") by increasing the heart rate to pump more blood into those enlarged blood vessels. As the air temperature rises, heart rate (pulse) can increase 50% to 70% faster than the normal resting rate. The increased flow causes blood pressure to drop, and blood flow is shunted away from muscles and brain, towards the skin. Consider the implications of those changes on a motorcyclist. The lowered blood pressure reduces muscle control and brain activity, and more blood is pumped towards the skin--where it is vulnerable to road rash

Symptoms of trouble

The human body won't take much of an increase in core temperature without complaining. The symptoms of overheating are leg cramps, tired muscles, headaches, dizziness, and even fainting. The various symptoms are trying to tell you how overcooked you're getting.

Heat Cramps

Muscle cramps caused by heat usually effect the legs and lower abdomen first, then the arms. Heat cramps are a symptom that the body's electrolytes are running low. It's not smart to ignore muscle cramps. Find some shade and take a break. Sip water or an "exercise" drink Exert firm pressure or massage the cramped muscles to relieve the spasms. If you're still in pain, the recommended first aid dose is 1/2 teaspoon of table salt per half glass of water every 15 minutes.

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Rider Education & Safety



Heat Exhaustion

Heat exhaustion occurs as the body continues to shunt blood away from the brain and muscles. Symptoms of heat exhaustion include:

1. Headaches, dizziness, nausea, momentary fainting
2. Cramps
3. Tiredness, weakness
4. Profuse sweating
5. Pale, clammy skin
6. Approximately normal body temperature

If you begin to feel these symptoms during a desert ride, take immediate action before you pass out.

1. Get into some shade, preferably into an air-conditioned room.
2. Loosen clothing and wet down skin or undershirt to increase evaporative cooling.
3. Slowly sip water, or salt water solution, same dose as for heat cramps. Avoid alcohol or caffeine.
4. If you feel faint, lie down and get feet raised above head level.
5. If you can't keep the salt water down, get emergency medical aid. You may need an intravenous salt solution.
6. Even after you begin to feel normal again, consider staying out of the heat for a day or two. Your body needs some time to recuperate. If you are on a long trip, consider a 24 hour layover in the next air-conditioned motel.

Heat Stroke

If you experience heat exhaustion and just try to "tough out" the heat without getting cooled down and rehydrated, the body thermostats will begin to fail. Core temperature continues to rise (may go as high as 106 or 107 degrees F.), sweating stops, the heart beats even faster, and you may pass out. If you are coherent enough to recognize the symptoms, immediately get medical aid while you are still mobile. And watch your riding buddies for any of the following heat stroke symptoms.

1. Victim incoherent, staring vacantly, blanking out, or unresponsive
2. Skin hot, red, dry (no perspiration)
3. Rapid pulse
4. Body temperature elevated

Yes, heat stroke is life threatening. It's a medical emergency. Don't be bashful about calling 911 for assistance. In the meanwhile,

1. Get the victim into some shade, out of riding gear, and cooled down by any means available. If possible, get the victim into an air-conditioned room, or use fans to help provide evaporative cooling.
2. Repeatedly sponge skin with cool water or rubbing alcohol. Apply cold packs or ice cubes if you can get them. The goal is to get body temperature below 102 degrees F.
3. Don't give the victim any stimulants, especially not any alcoholic beverages.
4. If the victim's temperature begins to rise again, repeat the cooling process.
5. As soon as possible, get the victim to emergency treatment.

Avoiding the Ugliness

Even after a heat stroke victim has been cooled down and rested, the ugliness isn't over. It's not uncommon to have intestinal upset for a week or so, with food coming out both ends of the pipe. I know you'd rather avoid that sort of ugliness.

People from cooler climates often react to hot weather by removing clothing. That helps cool the skin--providing air temperature is less than body temperature. Heat transfers from a hot object to a cold object. Pick up an ice cube, and it feels cold. What's happening is that the ice is rapidly absorbing heat from your skin. Even if the air is 89F, the air will absorb heat from your skin (assuming your body is around 99F). Now, consider what happens when you curl your fingers around a hot cup of coffee. Your skin rapidly absorbs heat from the cup, because the cup is hotter than your hand. The same thing occurs when the air temperature is hotter than your body temperature.

You may think your body is hot at 99 F, but it's "cold" compared to air at 118 F. If you expose your skin to air that's hotter than you are, your body just soaks up more heat.

The lesson here is that if air temperature is in the 80s or 90s, it helps to open up the jacket vents, or wear a mesh jacket. But once air temperature climbs above 99 F, the best way to keep from getting cooked is to keep your insulation on, and the vents closed. Desert nomads wear long, loose wool garments, both to keep the sweating skin in the shade, and to insulate the body from the hot air.

With the temperature in triple digits, I wear my leather gloves and insulated riding. My feet are down in the air stream that's first been heated up by the pavement, and then heated some more by the engine. Are my feet hot? Sure, but not as hot as if I were wearing thin boots or shoes that exposed my ankles.

Same for the helmet. Wouldn't it make sense to crack my visor when it's really hot, or at least open up the helmet vents? Nope. Any hot air allowed to reach my skin will heat up the skin, not cool it down. Inside my

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Rider Education & Safety



helmet at 118F, I'm sweltering, but the temperature is probably under 100 F. That crushable helmet liner inside the shell is there to cushion my brain against impacts, but it's the same expanded polystyrene foam they use to make insulated picnic coolers. So, the helmet actually provides insulation against the hot air.

One additional concern about exposed skin is sun and wind burn. Even if you wear heavy duty sunscreen to protect against a nasty sunburn, the wind at motorcycling speeds can also irritate the skin. If you're riding more than a few miles, it's best to keep your skin covered.

Evaporative Cooling

More physics now. When water evaporates, it cools down. Blow hot air through a wet bandana, and the bandana cools down. Cooling the skin cools the blood, which cools down the whole body. Evaporative cooling works best on areas of the body where there are large blood vessels close to the skin: the groin and the neck. A motorcyclist's groin is too close to the engine and too far out of the air stream. That's why wearing something wet around your neck is so important.

The bad news is that evaporative cooling only works well in dry climates. When the humidity is already high, (you're 99/99 in Missouri in August--99 degrees and 99 percent) neither perspiration nor the water in your neckband evaporate very well. Limited evaporation; limited cooling. But of course there is shade in Missouri, so the best tactic may be to simply take more breaks in humid climates. Or, you can ride early in the morning when it's cool, and rest in the shade in the afternoon.

For those of us riding in the deserts of Washington, Oregon, and California, the air is relatively dry, so evaporative cooling works very well. A wet bandana around your chin will cool you for a few minutes, but the hot wind blast will quickly evaporate all the water. You need to keep replenishing the water every few minutes. Better yet, wear thicker fabric that holds a lot more water.

For instance, Aerostich makes an "Evapodanna" made of the same fuzzy material used in camp towels. ("evaporative bandana", get it?) You just saturate it with water, and wrap it around your neck. Occasionally dribble some water on it and it will continue to cool all day. There are also some tubular neckties containing special polymer crystals that soak up a huge quantity of water. They are an advantage for slow speed activities such as golf, but the crystals release the water very slowly, and can't give off enough water at motorcycling speeds to provide much evaporative cooling.

Keep Your Tummy Tank Full

The other important tactic for hot weather is to drink lots of water, to replenish your electrolytes and refill your sweat glands. We're talking at least a pint per hour. Exercise drinks containing "electrolytes" (salts) are acceptable, unless you have high blood pressure. And flavored drinks may be very high in sugar, too. Carbonated soft drinks are better than nothing, although it would be best to get the water without large doses of salt, sugar and chemicals. Almost all grocery stores and convenience markets have chilled filtered water in plastic bottles, handy for both drinking and wetting down your bandana.

More than a few riders carry a water bladder, such as a "Platypus" carried on the back in a fabric holster, or in a jacket pocket. Some water bladders can be pressurized with small pumps, and evaporative cooling wrappers are available to help chill the bladder. Aerostich is a good source of serious hot weather hydration devices. Aerostich: (800) 222-1994 or www.aerostich.com. You can also find water bladders at sporting goods stores such as REI in Seattle.

In hot weather, avoid alcoholic drinks. Obviously, alcohol reduces judgment. What's not so obvious is that alcohol stimulates abnormal heartbeats, depresses the pump function of the heart, and actually dehydrates the body. Alcohol does all the wrong things for a motorcyclist in the desert.

So, when it's really hot, keep your jacket on, and soak down your T-shirt. Wear a wet neck cooler, and keep dribbling water on it. If you're getting too hot, or start feeling any hints of muscle cramps or heat exhaustion, don't just keep riding. Take steps to cool down while you're still thinking clearly. Take a break in the shade, or stop at a convenience store and buy a bag of crushed ice to stuff inside your jacket. The melting ice water will soak your gear and provide evaporative cooling even after the ice is gone.

Route Planning

In general, higher elevations are cooler. If it's really hot down on the valley floor, consider an alternate road with a higher (cooler) elevation. Sometimes you don't have any alternative other than crossing a desert. But you can adjust your schedule. One tactic is to hibernate at a cool motel during the heat of the day, and head out after dark, when the temperature is lower.

Adjust your thinking

If you live in a temperate area where the thermometer seldom rises above 90F, you need to readjust your thinking for those forays into hotter territory. Remember, insulate your skin from the sun and hot air, use evaporative cooling around your neck, and drink lots of water. Oh yeah, learn to ignore the stares of other motorists and dehydrated bikers who think you're crazy to wear heavy gear on a hot day.

Recent Events/Rides



We had our quarterly clean-up followed by a delicious breakfast at Southland in Moyock, and this time we made it in time for the ferry to Knott's Island!!

It was a beautiful day for a ride, if a little warm, but we all learned a valuable lesson on hot riding weather from Trish—wear bike shorts under your pants and pack flip-flops. (Hmmm, don't remember reading about that tip in the Hot Weather Safety article!)



Marty, Dan, Trish, John & Kathy went traveling through Kilmarnock and over to Fredericksburg collecting Grand Tour stamps. Great ride until 4:10pm when the skies opened up faster than we could get our rain gear on. Only thing worse than hot and humid is hot, humid and soaked. But otherwise a wonderful ride and great company!



National/Regional/District News

Leadership Training in Virginia

VIRGINIA DISTRICT TIMES
VOLUME 27 ISSUE 6

The Leadership Road Ahead

By Rick and Elsie Baker, Virginia Leadership Trainers

You've probably heard about the Officers Certification Program (OCP) lately. But, have you heard about other Leadership seminars and pro-grams? Let's take a look at what's coming up on the Virginia Leadership Road-map!

First, the next Officer Certification Program is 31 July – 1 August, in Richmond, VA. This one and one-half day program isn't just for CDs and ACDs. Every GWRRA member is welcome to take an officers training class, because in this program, you'll learn how the organization is really supposed to be run: Apply-ing the same policies and procedures at every level nationwide to produce a member-pleasing motorcycle association. A great OCP program description is on the Virginia District website. The Richmond class has seats open, but prior registration is still required so you have a seat and class materials. Registration closes on 9 July to make it all work. Please email us to attend. VADist-Trainer@gmail.com

Second, the next Leadership Instructor Program is 14 August, in Lynchburg, Virginia. Virginia really needs more Leadership Instructors! In fact, every chapter should have at least one Leadership Instructor, and every chapter ought to offer one or two mornings of leadership seminars each year. Leadership Instructors hone today's leaders' skills and help GWRRA grow leaders for tomorrow. Please email us to register for this one-day program. VADist-Trainer@gmail.com

Virginia will offer the next GWRRA Horizon Program in April 2011, which is appropriate for all members, new members and seasoned members alike. Every-one raves about this program—about what they learn and about the new friends they make for life. Look for it in the coming year!

Scattered in between, Virginia will present Leadership Seminars at the fall Rally In The Valley™ (RITV) and the winter Wingless Weekend. What you learn from the GWRRA Leadership Training Program (LTP) is equally useful in your place of business and in other recreational and volunteer activities too. Please plan to attend both RITV and Wingless Weekend and get the most out of your GWRRA membership by attending their Leadership Seminars.

Hi folks,

My name is Mike Mitchell, I along with my wife Angie are the newly appointed Assistant District Directors for Eastern Virginia. Our area of responsibility is Chapters D,U,W,L,O,C and B. Some of you know us, and for those who do not, we will be meeting soon.

Our contact information is a follows;

Mike & Angie Mitchell

3306 Listerbrook Ct

Richmond VA 23230

Home -804-266-7280

Mike's cell 804-334-5035

We both still work for a living so it is best to get us in the evening after about 5.

We have served as Operations Officers in GWRRA for many years as ACD,CD,SCD,ADD,DD,RD and SRD. I am and will remain on National Staff as "Special Projects" and am currently serving as the International Officer Certification Program Coordinator. I also am a member of the Event Management Group. Angie & I have been in GWRRA since 1993 and have a lot of experience in Operations. We are anxious to get to work for you, the Chapter Directors and Members of GWRRA Virginia. Please do not hesitate to contact us with any questions or concerns you may have.

See you all soon.

Mike

National/Regional/District News

Don't Forget About The Chapter Contest!

Member Year-long Recruitment

The Chapter that has recruited the most NEW MEMBERS by November 1, 2010, will receive:

- Their Chapter Charter fee will be paid for 2011.
- Each Chapter Member will receive 50% off their Wing Ding registration for Wing Ding 2011.
- The winning Chapter will receive the traveling trophy cup with engraved Chapter name plate for one year.

If you need more of the Chapter L business card 'handouts, please contact Kathy Skinner, at kathy@jds corner.com



The 2010 Rally Schedule

WING DING 32
 THE GWRRA NATIONAL OFFICE PRESENTS
 "Meet Me in the Middle", JUNE 30 - JULY 3, 2010
 The Iowa Events Center
 Des Moines, Iowa

THE BLAST 2010
 THE KENTUCKY DISTRICT PRESENTS
 "Oldies but Goodies" AUGUST 5 - 7, 2010
 THE "CENTER" FOR RURAL DEVELOPMENT
 SOMERSET, KENTUCKY

WINGS OVER THE SMOKIES 2010
 THE NORTH CAROLINA DISTRICT PRESENTS
 "TBD", SEPTEMBER 23 - 25, 2010
 WESTERN AGRICULTURAL CENTER
 FLETCHER, NORTH CAROLINA

Rally in the Valley 2010
 THE VIRGINIA DISTRICT PRESENTS
 "TBD" OCTOBER 7 - 9, 2010
 THE SALEM CIVIC CENTER
 SALEM, VIRGINIA

GWRRA's Annual Family Reunion takes place June 30 - July 2, 2010!
 Join over 10,000 other Gold Wing owners from all over the world, over 250 Vendors, parades, events, entertainment, rides, rider education, seminars, and much, much more!

With a great Welcome Party, 500 booth indoor trade show, live stunt shows by Guinness World Record Holder Clint Ewing, great prizes and giveaways including \$10,000 cash, manufacturer demo's, an indoor bike show, parades, great food, free entertainment, fun, friends and much more, you won't want to miss out

Check it out at www.wing-ding.org



Upcoming Events & Rides

| Month | Day | Type | Event | Chapter/Sponsor |
|-----------|-------|------|--|------------------------|
| June/July | 30-3 | - | Wing Ding 32 - Des Moines, IA | GWRRA Nat'l |
| July | 18 | P | 20th Anniversary Picnic—Charlottesville | VA-P |
| | 24 | P | Poker - Hanover | VA-U |
| July/Aug | 30-1 | V | Officer Certification (OCP) - Central / Eastern Virginia | VA District |
| August | 5-7 | - | Bluegrass Blast - Somerset, KY | KY District |
| | 7 | V | All Chapters Picnic | VA District |
| | 14 | V | Leadership Training (LTD) Instructor Development/Certification-Central Virginia | VA District |
| | 16 | V | Ride for Camp Fantastic | VA District |
| | 21 | P | Casino Picnic - Williamsburg | VA-O |
| | 28 | S | Poker Run - Manassas | VA-I |
| September | 11 | P | TBD - Burke | VA-A |
| | 10-11 | S | Fall Sprawl - Simmons Farm, Whitestone | VA-C |
| | 23-25 | - | Wings Over the Smokies - Fletcher, NC | NC District |
| October | 2 | P | Poker Run - Richmond | VA-D |
| | 7-9 | V | Rally in the Valley®, Salem Civic Ctr, Salem | VA District |
| | 23 | P | Fall Colors Ride - Leesburg | VA-Y |
| | 29-31 | V | Officer Certification (OCP) - Central / Western Virginia | VA District |
| November | 6 | P | Goldwing Celebration - World of Sports, South Boston | VA-J |
| | 6 | - | 28th Annual Children's Hospital Teddy Bear Run, Colonial Harley-Davidson, Colonial Heights | Blue Knights VA-III |
| December | 11 | V | Leadership Training (LTD) Instructor Development / Certification - Roanoke / Salem | VA District |

Event Type Designations -- (P) Chapter Primary Event, (R) Rally, (S) Chapter Secondary Event, (V) VA District Event

All Chapter Picnic

7 August 2010, Saturday
 Glen Maury Park, Buena Vista, VA
 9:00am - 4:00pm

Chapter Games

Dessert Auction

10/15/25/50



Games, prizes

Lots to eat
 Hamburgers, hotdogs,
 all the fixins,
 dessert

Rain or Shine Event

Biker Bits

close to home | John McPherson



I bet these guys do the GPS directions too! See, that u-turn was not my fault!!

Buy, Sell or Trade

FOR SALE: SUMMER MOTORCYCLE JACKET—Powertrip mesh jacket, armor, padded vest, black & cream. Very good condition. Men's size XL. \$30 OBO. Call John, 613-6192

WANTED: Bike Painter. For whole bike or for detailing. If you know of someone, please contact Marty, martin.tengowski@navy.mil

FOR SALE: Ladies Medium Helmet, Black, 3/4, only worn a few times, never dropped. \$25 OBO. Contact kathy@jdscomer.com if interested.

Monthly Meetings

CHAPTER L MEETINGS

4TH TUESDAY OF EACH MONTH

Zino's Cafe

850 Old George Washington Highway
Chesapeake, VA 23323
(757) 485-1468
www.zinoscafe.com

Please come and join us!

Social (meet, greet & eat) starts at 6 pm and
meeting starts at 7:00.



Other Local Chapters

Chapter B—Virginia Beach

2nd Wednesday each month, 7pm

New Location

Village Inn
Independence Blvd
Virginia Beach, VA
(Pembroke Mall area)

Chapter C—Hampton/ Newport News

2nd Sunday each month, 7pm

Angelo's Steak & Pancake House
755 J. Clyde Morris Blvd
Newport News, VA

Chapter O—Williamsburg

4th Sunday each month, 5pm

Belgian Waffle & Steakhouse
14700 Warwick Blvd
Newport News, VA

Contact Information

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RIDER EDUCATOR

TBA

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