



ROCKINGHAM COUNTYWINGS



Chapter NC-W

Eden, NC

February 2008

2008 STAFF	FROM THE CHAPTER DIRECTORS
Chapter Directors Darrell & Kay Hopper	Hello Chapter W and all other Goldwingers,
Asst. Chapter Directors	We would like to thank all of you for the help on our stew. We were able to sell all that we had on Saturday. We also need to thank Dan Valley Baptist Church for letting us use their recreation center at the last minute's notice. When Darrell went to pay them, they returned the check and asked that we donate that amount to Rockingham County Hospice.
Chapter Couple Joe & Barbara Chatman	We are in the process of planning our Rally to be held April 12, 2008, at the Dan Valley Community Building. You should be collecting door prizes and items to stuff the goody bags at this time. We have the letters available, if you need them. We also need to know if you have a job that you would like to do at the Rally.
Chapter Educators Wayne & Molly Byrd	If any of you would like to submit an entry for the WOS logo contest, that will need to be in Dennis and Kathy Hull's hands by April 15th. This year, two guided tours will be offered. The first is to the Wheel Thru Time in Maggie Valley and the second is a Lake Lure boat tour. If you are interested in either of these, please get your registrations in early because there is limited space available. Because this is the 25th WOS , chances on a Silver Wing will be sold this year.
Secretary / Treasurer Rodger & Betty Hodges	We will need a head count for the Myrtle Beach trip (4/25-4/27) so we can get a block of rooms reserved. You can let either of us know if you would like to go. Or if you have a ride that you would like to take, please let Bruce know so he can set it up.
Newsletter Editors Wayne Byrd	Ride Safe Darrell and Kay Hopper NC-W Chapter Directors
Ride Coordinators Bruce & Sandy Burroughs	We gather the 3rd Monday at The Golden Corral at 1566 Freeway Drive Reidsville, NC 6:30 meal 7:30 meeting
Recruit & Retention Clyde & Debbie Lawrence	Please visit our website at www.gwrranc.org
Ways & Means Rickey & Carolyn Vernon	
Sunshine Lady Linda Pendergraph	
Phone Tree Lady Sally Kelley	
Historians Bobby & Jewell Walker	
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FROM THE CHAPTER EDUCATORS



Hypothermia -- Dressing for the Weather

Exposure is a concern, no matter what season we are enjoying. While it is typical to worry about the weather in July as you plan a weekend ride, we need to start thinking about the other end of the spectrum, which can be just as dangerous.

As we start into a new riding season, everyone should start thinking about cold weather gear. Diversity is a luxury that we enjoy here in North Carolina, where we can go from one climate to another very quickly. Did you all get that? So you take off for a nice ride one warm sunny afternoon in March. As you ride, it gets later and the sun starts going down. Do you have your cold weather gear? You are going to need it, even if it's 60 degrees as you start your ride. Are your "omigosh it's cold" gloves in the saddle bags, or are they still at home? How about that electric vest or thermal underwear? Exposure should be a concern for each of us, no matter what time of the year; it is simply a matter of what end of the spectrum we prepare against. This summer, we worried about heat and dehydration; now we need to prepare against cold and hypothermia.

Hypothermia is a lower than normal body temperature. That's fine, but what does it really mean? Basically, as your body loses heat, it starts to malfunction. Do your hands work as well when they're cold and numb? Your brain suffers the same problem in the cold. As you get cold, you lose the ability to concentrate and react to changing conditions which can be fatal on a motorcycle.

HOW DO WE AVOID HYPOTHERMIA??

1. **DON'T RIDE!!** Know your limits and don't ride if it's too cold. If you are riding and you start to get cold, pull off, stop for a cup of coffee, and rest your mind and your body someplace warm until you can continue. If your hands and mind are numb from the cold, are your reactions quick enough to save your life? If you have to ask, then pull over and warm up!!
2. **DRESS APPROPRIATELY!!** Dressing appropriately can mean super-thick insulated gloves and electric clothing, or it can simply mean wearing multiple layers for insulation. A pair of thermal underwear or silk liners for that lighter pair of gloves can make all the difference in the world. The idea is to wear multiple layers of clothing.

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That way, you can add layers to keep warm or remove layers if you get overly warm. Wear multiple thin layers as opposed to one heavy layer. The layers should fit loosely. A windproof outer layer is ideal to prevent the wind from chilling you. The idea is insulation, combined with protection from the wind blast of riding at highway speeds. The better your insulation and protection from the wind, the less heat you lose, thus reducing your risk of hypothermia.

Remember that we ride as a group. If you are cold, let us know so we can stop and let you put on additional layers. To do anything else is unsafe. Even if you don't have the needed gear on a ride, sing out. Someone in the group will most likely have additional gloves or liners or a sweatshirt to get you to where you are going safely. And that's the bottom line -- SAFETY. As an individual and as a group, we need to be prepared for colder weather. It may seem silly, but go ahead and put that sweatshirt or heavier set of gloves in the bike. You (or someone else) may need them down the road.

Wayne and Molly Byrd
NC-W Chapter Educators



FROM THE CHAPTER COUPLE

Hello all,

Joe and I are the lucky couple to hold the Central Couple's Plaque for a short time. We will be giving it to the next lucky couple at our meeting, Monday February 18th, at the Golden Corral on Freeway Drive (Hwy. 29 Business) in Reidsville NC. We eat at 6:30 and hold the meeting at 7:30.

Joe and Barbara Chatman
NC-W Chapter Couple



FROM THE SUNSHINE LADY



Birthdays	Anniversaries
2 nd – Liz Hester 8 th – Bruce Burroughs 10 th – Bill Hester 18 th – Charles Walker 28 th – Clyde Lawrence	Sorry !!

Please visit our website at: www.gwrranc.org

EVENTS



April

12th – Chapter W's "Poot-n-Scoot" Pinto Bean Rally
Dan Valley Community Building, 310 Dan Valley Rd., Mayodan, NC

UPCOMING RIDES

April

25th-27th – Chapter W's Couples Ride to Myrtle Beach, SC

PECAN BREAKFAST BREAD

Sandra C. Burroughs

Bread:

2 cans crescent dough
2 tbsp. softened butter
½ cup sugar
1-2 tsp. cinnamon
¼ cup chopped pecans

Topping:

2 tbsp. honey or syrup
¼ cup confectioner's sugar
2 tbsp. butter
1 tsp. vanilla
¼ cup pecan halves

Bread:

Unroll crescent dough and separate into 16 triangles. Spread butter over each triangle. Combine sugar, cinnamon, and pecans. Sprinkle over each triangle. Roll up each triangle starting at wide end. Place rolls point side down in greased 9 x 5-inch loaf pan forming 2 layers of 8 rolls each. Bake at 350 degrees for 35-40 minutes. Remove from pan. Place right side up and drizzle with topping.

Topping:

In saucepan, combine all ingredients except pecans. Bring to boil, stirring constantly. Stir in pecans. Cool slightly. Pour over bread.

**2008 North Carolina District,
Region N, & Nearby
Events Calendar**

<i>DATE</i>	<i>HOST CHAPTER</i>	<i>LOCATION</i>
	<i>January</i>	
	<i>February</i>	
2	NC District Operations Meeting	High Point, NC
15	NC-C2 Valentines Party	7 PM - Brass Lantern Steak House, I-95 Exit 72, Dunn, NC
16	Leadership Training	Morganton, NC
23	NC-C2 Chili Cookoff	Wilson's Mills, NC
23	Leadership Training	Morganton, NC
	<i>March</i>	
15	NC-H2 Swap Meet	Durham, NC
22	NC-D2 Poker Run	New Bern, NC
29	NC-Y2 Poker Run	Monroe, NC
	<i>April</i>	
12	NC-W Pinto Bean Rally	Mayodan, NC
18 - 19	NC-D Down East Rally	Morehead City, NC
20	NC-E2 Poker Run	Elizabeth City, NC
24 - 26	Tennessee District - Spring Fling	Pigeon Forge, TN
	<i>May</i>	
3	NC-G Open House	Asheboro, NC
4	NC-E Triangle Area Ride For Kids	Jordan Lake State Park, Apex, NC
10	NC-F2 Open House	Garner, NC
23 - 24	NC-U Chicken Rally	Lumberton, NC
29 - 31	Region N - Appalachian Adventure	Kingsport, TN
	<i>June</i>	
14	NC-R Care Bear Ride	Thomasville, NC
21	NC-A2 Care Bear Ride	Lexington, NC
21	NC-Q2 Fun Fest	Newton Grove, NC
26 - 28	West Virginia District - Down Home Rally	Summersville, WV
	<i>July</i>	
3 - 6	Wing Ding	Greenville, SC
	<i>August</i>	
7 - 9	Kentucky District - Blue Grass Blast	Someset, KY
16	NC-T2 School Tool Ride	Albemarle, NC