



# ROCKINGHAM COUNTY WINGS



Chapter NC-W

Eden, NC

November 2009

## 2009 STAFF

**Chapter Directors**  
Joe & Barbara Chatman

**Asst. Chapter Directors**  
Glenn and Becky Fargis

**Chapter Couple**  
Lawrence & Lois Shumate

**Chapter Educators**  
Wayne & Molly Byrd

**Secretary / Treasurer**  
Rodger & Betty Hodges

**Newsletter Editor**  
Wayne Byrd

**Ride Coordinators**  
Bob & Karen Lunsford

**Ways & Means**  
Rickey Vernon

**Events Coordinators**  
Darrell & Kay Hopper

**Sunshine Lady**  
Linda Pendergraph

**Phone Tree Lady**  
Carolyn Vernon

**Historians**  
Bobby & Jewell Walker

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We gather the 3rd Monday at  
The Golden Corral at  
1566 Freeway Drive  
Reidsville, NC  
6:30 meal 7:30 meeting

Please visit our website at  
[www.gwrranc.org](http://www.gwrranc.org)

## FROM THE CHAPTER DIRECTORS

Hi all:

Well, another month has zipped by and caught me by surprise. By the time you read this, we will have had our Fall stew. As I am writing this before the stew, I would like to thank everyone in advance for your involvement, interest, and hard work and I know it will be a great success as it usually is. I would like to remind everyone that our Christmas Party on December 5<sup>th</sup> will be our meeting for December, so we WILL NOT MEET at the Golden Coral in December. The Christmas Party will be held at the same place and time as last year, so if anyone needs directions, you can give us a call. We plan to discuss the party details at our November meeting. So there it is – short and sweet. Have a Merry Christmas and a Super New Year!!!!

Joe & Barbara Chatman  
Chapter Directors – Chapter W

Bubba (“Wild Thing”)



**WHERE IS BUBBA???**

## FROM THE CHAPTER EDUCATORS

### Saving Lives Through Quality, World Class Education Is Our Mission

#### Cold Weather Riding

Exposure should be a concern to each of us, no matter the time of year; it's simply a matter of what end of the spectrum that 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. This can be fatal on a motorcycle.

How do we avoid hypothermia?? (1) Don't ride! Know your limits; don't ride if it's too cold. If you're 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. This 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. In this 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, and 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're going safely. 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 to start talking about this in October, but go ahead and put that sweatshirt or heavier set of gloves in the bike. You (or someone else) may need it down the road.

Wayne & Molly Byrd  
Chapter W Educators



## FROM THE RIDE COORDINATORS



### Past Rides

This year, we had 14 different events. In those 14 events, we had a total of 289 participants which gave us an average of 20.6 participants per event. We had a total of 59 different members participating, which means we only had one or two members who were not able to attend at least one event.

### Ride Coordinator

Karen and I have enjoyed planning the rides this year and hope everyone had a good time. We believe it is now time to let someone else take over and put in some new ideas. We are grateful for the participation that you gave us this year and we hope that you will support the new ride coordinators in their upcoming events.

Bob & Karen Lunsford  
Ride Coordinators - Chapter W



FROM THE SUNSHINE LADY



BIRTHDAYS		ANNIVERSARIES	
Charlie Manley	11/8	Peggy and Curtis Cox	11/10
Larry Saunders	11/13	Darrell and Kay Hopper	11/27
Ed Paisley	11/27		
Beatrice Rodgers	11/29		

## 2009 North Carolina District, Region N, & Nearby Events Calendar

<i>DATE</i>	<i>HOST CHAPTER</i>	<i>LOCATION</i>
	<i>November 2009</i>	
	<i>December 2009</i>	
5	Gifts On Cycles	Goldsboro, Butner, Morganton, NC

