

**Chapter A-2 Staff**

**Chapter Directors:**  
Steve & Robin Deane  
336-998-0863

**Assistant Director,  
Chapter Educator  
and Web Master:**  
Randy Dezarn

**Treasurers:**  
Gary & Debbie Everhart

**Ride Coordinators:**  
AC & Edna Pennington

**Membership Recruiting  
and Retention:**  
Position Open

**Sunshine Lady**  
Cathy Beck

**Technical Advisor:**  
Tim Pennington

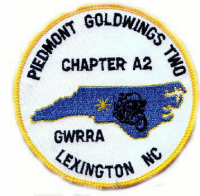
**Special Events  
Coordinator:**  
Ruby Pennington

**Phone Tree Contacts:**  
Bernie Motley

**Newsletter Editor:**  
Betty Dye

**Assistant Newsletter  
Editor:**  
Bernie Motley

**Chapter Couple  
Position Open**



**Piedmont Goldwings Two**

**"Lexington Style"**

**January 2006**

# "GOLD NOTES"

**Resolutions Kept!**  
By Robin and Steve Deane

Each year a large percentage of people make a New Year's resolution at the beginning of the year. There is usually a concerted effort to stick to the resolution and a sincere intention to achieve success at some point during the year. Of course, most of us who make these resolutions forget a crucial step in the formulation of the goal – defining what success would look like, how it would feel, in other words, the essential components of "success."

Last year our resolution was that we wanted to have fun in our chapter Activities. We wanted to make our meetings the kind of get-togethers where most everyone enjoyed themselves and learned something about our chosen sport in the process. However, we left out the step where we would define success and headed out full steam ahead. Along the way we learned a lot about what works and what doesn't, who has talents we didn't know of before, and how tricky it can be to turn wishes into reality. We think we did pretty well in meeting our goals, but there is more to do. There is no formal New Year's resolution this year. We're just continuing to work on the resolution of 2005 – "Have fun and learn something along the way. This year we want to define what would be success (now that we realize it's important to do at the beginning of the year.) Okay, so what is the definition of success for 2006. Here are a few ideas :

- Have fun at Wing Ding in Nashville this July
- Support Randy Dezarn in maintaining or upgrading Rider Education levels for the chapter.
- Plan and participate in some rides to places we haven't been before and visit some favorite places as well.
- Share food, fellowship, and good rides with everybody and make our time together the best it can be.

Our Theme for the January meeting is New Year's Resolutions. If you have a resolution, please share it with us and let us know how we can help you achieve it. It's always more fun to celebrate success with friends, so maybe we can help you achieve success in your resolution, and you may be able to help with ours.

Until then, Happy New Year! The Deane's

## ACD CORNER

### Happy New Year

It's the start of a brand new year. I always look forward to this time. I really feel like it's a chance to do better starting Jan.1<sup>st</sup>. I hope everyone had a great Christmas.

We will be having a ride planning meeting in a few days. It's time to restock the ride calendar. Be thinking of your favorite place or maybe come up with a new ride .The Biggest thing this time of the year to remember –Cold Weather has only begun. Stay Warm. Ride warm. Summertime will be here soon. Randy Dezarn

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### Tim's Tech Tip's

Tim Pennington

At this time of the year some may choose not to ride because of Colder temperatures ( or a broken foot, Ha!! ). Our bikes may be idle for long periods of time .I try to start my bike at least every two weeks.

I will let it run until the temp gauge rises. If you cannot keep fresh fuel in the tank you may choose to add a fuel stabilizer. Be sure to follow the directions and run the engine to move the stabilizer through the fuel system. A fresh oil change is a good idea also. This will keep the impurities that collect in the oil and filter from doing harm while sitting in the crankcase. Now keep the battery ready with a Battery Tender and an occasional check on the water level.



**Rider Educator  
By Randy Dezarn**

## Winter Riding

Since many of us ride all year, being hearty souls ad all, I thought it might be good to discuss the two biggest problems that we encounter when riding in cooler weather: Frostbite and Hypothermia.

Frostbite is when the body tissue freezes. The most susceptible parts of the body are fingers, toes, ear lobes, or the tip of the nose. Symptoms include a loss of feeling in the extremity and a white pale appearance. You should get medical attention immediately for frostbite. The affected area should be SLOWLY re-warmed. The air temperature has to be BELOW Freezing in order for frostbite to develop on exposed skin.

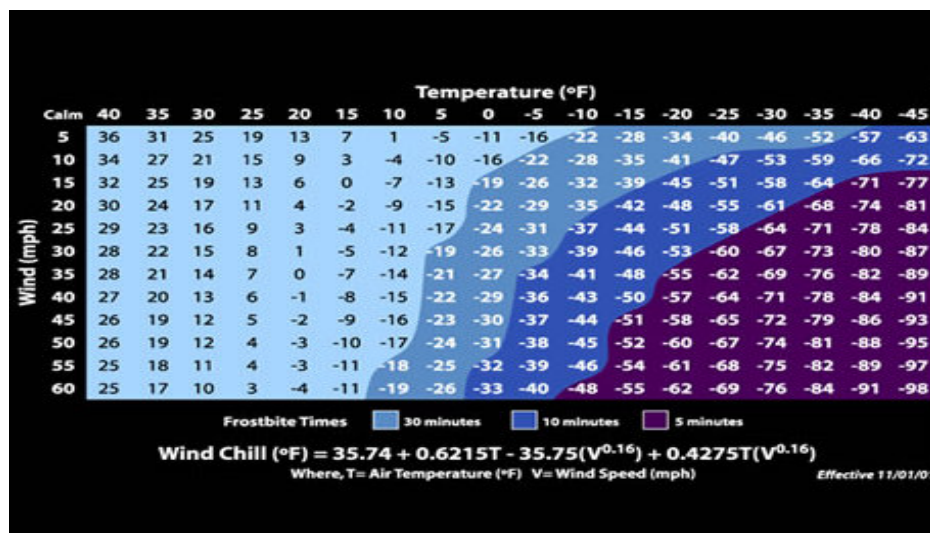
Hypothermia occurs when body temperature falls below 95 degrees Fahrenheit. You can determine this by taking your temperature. Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and exhaustion. You should also get medical attention immediately. If you can't get help quickly, begin warming the body SLOWLY. Warm the body core first, NOT the extremities.

Warming extremities first drives the cold blood to the heart and can cause the body temperature to drop further—which may lead to heart failure. Get the person into dry clothing and wrap in a warm blanket covering the head and neck. Do Not give the person alcohol, drugs, coffee, or any hot beverage or food. Warm Broth and food is better. About 20% of cold related deaths occur in the home. Young children under the age of two and the elderly, those more than 60 years of age, are most susceptible to Hypothermia. Hypothermia can set in over a period of time. Keep the thermostat above 69 degrees Fahrenheit, wear warm clothing, eat food for warmth, and drink plenty of water (or fluids other than alcohol) to keep hydrated. Note: alcohol will Lower your body temperature.

The best way to keep hypothermia and frostbite is to stay dry and warm indoors. When you must go outside, dress appropriately. Wear several layers of loose-fitting, lightweigh, warm clothing. Trapping air between the layers will insulate you. Remove layers to avoid sweating and subsequent chill. Outer garments should be tightly woven, water repellent, and hooded. Wear a hat, because half your body heat can be lost form your head. Cover your mouth to protect your lungs from extreme cold . Mittens, snug at the wrist are better than gloves. Try to stay dry and out of the wind.

Two terms you hear the weather folks use is Wind Chill Factor and Wind Chill Temperature. These terms are almost the same. The wind chill temperature is how cold people and animals feel when outside. Wind Chill is based on the rate of heat loss from exposed skin caused by wind and cold. As the wind increases, it draws heat from your body, driving down skin temperature and eventually the internal body temperature. Therefore, the wind makes it FEEL much colder. If the temperature is Zero degrees Fahrenheit and the wind is blowing at 15 mph, the wind chill is –19 degrees Fahrenheit. At this wind chill temperature, exposed skin can freeze in 30 minutes.

Wind Chill temperature is a unit of measurement to describe the wind Chill Factor. Wind Chill temperature is a measurement of the combined cooling effect if wind and temperature.



As we ride our motorcycles, we can insert our driving speed to estimate the wind speed and the outside temperature. These two parameters combined will give you the wind chill temperature, or how it feels to your skin.

Ride Safe (and Warm)

Randy

## Profile of the Month



**Mr. & Mrs. AC and Edna Pennington**

### **Gwrra Members of Chapter A2**

**AC 14 years**

**AC is a retired Truck driver**

**Edna 12 years**

**Edna retired form Miller Desk Co.**

### **“IN MOMORY OF GENE SIMMONS”**

One of the most memorable motorcycle trips was to Marysville, Ohio for Homecoming, with Gene Simmons and Gerry Grotberg in the year 2000. We left on Thursday night and rode to Princeton, West Virginia where we stayed for the night. The next morning we headed for the U.S. Air Force Museum at Wright Patterson Air Force Base. This museum has the history of flight from the Wright Bros. until Present day. A Great place to visit. we stayed in Bellefontaine during our time at Honda Homecoming. We had plenty of rain on and off all week.

We could leave the hotel dry and return in the rain. After enjoying the events of Homecoming , we left on Sunday, also in the rain and it rained until mid-day. We were in West Virginia on Interstate #77 when it started raining Very hard . I was leading the group and slowed down, as I could not see the traffic Nor an exit until it was too late to get off the interstate.

Gene decided to take the lead at that time and we started again only to have Gerry's Stator give out on his GL-1200. Sounds like we had a terrible trip with the weather, but it was one the Best trips I have had . Gene and Gerry were Great riding companions and I have many fond memories of this time together with them.  
**AC Pennington**

### **Gene Simmons 1950-2003 “Riding his Wing On Streets Of Gold”**



## Chapter Birthdays

January : 3<sup>rd</sup> - Cathy Beck    10<sup>th</sup> – Pam Loveless    24<sup>th</sup> – Gary Everhart    26<sup>th</sup> –Bernie Motley

Wedding Anniversaries  
January 26<sup>th</sup> – Tim and Cathy Beck

# RIDE CALENDAR

Date : Jan 1<sup>st</sup>  
Event : Lake Norman ride  
Departure : Cracker Barrel (Clemmons)  
Time: 8:30 AM

Date: Jan. 6  
Event: Friday Night Dinner Ride  
Place: Chars parking lot in Lexington  
Time: 6:45 PM departure to Restaurant

Date: Jan. 13<sup>th</sup>  
Event: Friday Night Dinner Ride  
Place: Chars Parking Lot in Lexington  
Time: 6:45 departure to Restaurant

Date: Jan. 14<sup>th</sup>  
Event: Ride Planning Meeting  
Place: Venezia's in Advance  
Time : 1:30 PM

Date: Jan. 20<sup>th</sup>  
Event: Friday Night Dinner Ride  
Place: Chars parking lot in Lexington  
Time : 6:45 departure to Restaurant

Date: Jan. 27<sup>th</sup>  
Event: Friday Night Dinner Ride  
Place: Chars parking lot in Lexington  
Time : 6:45 departure to Restaurant

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## COMING SOON TO THE NORTH CAROLINA DISTRICT

If you are a Chapter Director, an Assistant Chapter Director, or someone who expects to assume a leadership role in their Chapter, an opportunity is coming your way that will help you understand and carry out your leadership responsibilities.

Once again the North Carolina Leadership Training Division will be offering four Leadership Training Seminars in January and February in Hickory and Goldsboro.

In order that the CD's, ACD's attending will have some idea of the Seminar content please note the following synopsis of the classes that will be taught in January.

### **"Conflict Management – Dealing With Difficult People "**

*Instructors: Jim & Judy Cooper – Goldsboro Benny Vickrey – Hickory*

The focus of this class is to: (1) understand what makes people difficult to deal with, (2) how to interpret what is motivating ones behavior and (3) how a leader should respond to conflict in any given situation.

### **"The Write Stuff"**

*Instructor: Brenda Vickrey – Hickory*

The object of this class is to increase a leader's ability to handle written communication effectively. Some of the key points that will be discussed are; the five key elements that play a role in written communication, identifying common forms of written communication in the GWRRA, and to identify



when the "Write Stuff" is the "Wrong Stuff."

### **"Chapter Finances"**

*Instructors: Bill Obermiller - Hickory Alice Manning - Goldsboro*

The emphasis of this class will be to bring a better understanding of GWRRA policies concerning chapter finances, to review ways to create chapter funds, and to learn what happens to chapter funds when an officer leaves their position.

### **"Leadership Survival Skills "**

*Instructors: David and Kathy Orr - Hickory*

The purpose of this class will be to provide GWRRA leaders with some of the key life skills they need to make the most of their experience as a leader and to maximize their own personal potential.

### **"Managing Change"**

*Instructor: Lee Fortier - Goldsboro*

This seminar is about change, about how to manage and even control the inevitable. Whether we like it or not, whether it is for better or worse, change is all around us. We can deal with it positively or negatively. We can cause it, reject it, support it, or ignore it, but it is going to exist.

How it affects us often has a lot to do with how we react to it.

### **"Coaching And Mentoring"**

*Instructors: Bob and Sandy Renner - Region N Trainers - Goldsboro*

This class is designed to train GWRRA officers to become more effective leaders by (1) understanding the importance of coaching (2) by learning good coaching techniques and (3) recognizing the characteristics of an adult learner

*PLEASE MAKE A NOTE OF THE SEMINAR DATES:*

***In the West - Jan 21 & Feb 18***

***In the East - Jan 28 & Feb 25***

Looking forward to seeing you there. *Paul Granger*

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## **Couple Of The Year Award**

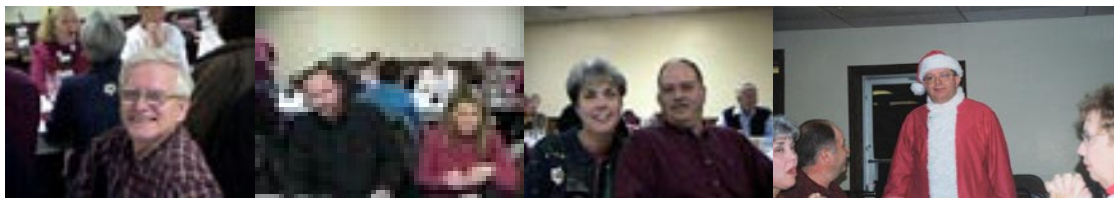
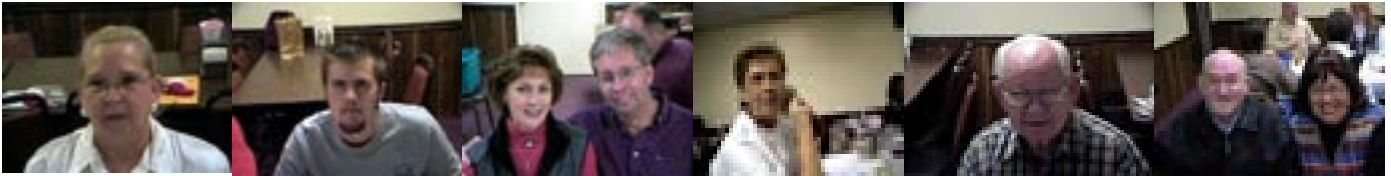
**A-2's Couple Of The Year Award for 2005 goes to Gerry and Peggy Grotberg. They have served as our Chapter Educators for the last 3 years. We have enjoyed their presentations at our monthly chapter meetings and special training sessions at their home and always with great food and plenty of laughs.**

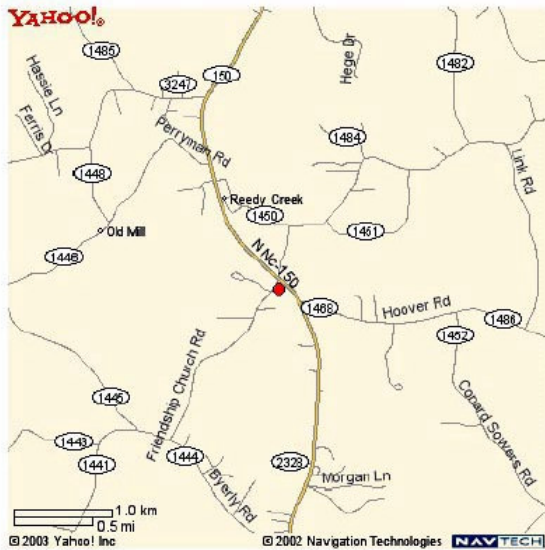
**Gerry and Peggy are Great Examples of what it means to be a Gold Wing Rider and True Representatives of GWRRA.**



**"Feed them and They Will Come"! Congratulations from the members of NC A-2**

## A2 Christmas Party 2005





Directions: US 52 to exit 100. Go west on Hickory Tree Road to first stoplight. Turn left on Highway 150. Cap'n Stevens is 7.5 miles on the right.

Visit us on the Web at [www.geocities.com/gwrranca2](http://www.geocities.com/gwrranca2)

*Friends for Fun, Safety, and  
Knowledge"*  
**– CHAPTER NC-A2**  
*Lexington, NC*

Chapter Meetings: 1<sup>st</sup> Tuesday of  
Every Month  
Cap'n Steven's Seafood  
Hwy 150 & Friendship Church Rd  
Eating at 6:30 – Meeting at 7:30

**NEXT MEETING :**  
**FEBRUARY 7, 2006**

PIEDMONT GOLDWINGS TWO  
BETTY DYE  
781 WAITMAN ROAD  
LEXINGTON, NC 27295