

LEXINGTON STYLE WINGS



GWRRA



REGION "N"

"GOLD NOTES"



NC



A2

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**Next Chapter Meeting
April 7th**

"Lexington, NC"

<http://www.geocities.com/gwrranca2>

Spring is Here!

At this time of year I have a strange way to mark the passage of time. After Valentine's Day I'm ready for Spring.

After St. Patrick's Day I know Spring is just around the corner. Hannah's birthday is the 21st of April. By then I know Spring is here to stay!

This past month Gerry and Peggy, Bill and Deidre and I attended a Leadership Training Skills class. During this training we learned about team building, motivating and managing, communicating and problem solving. These are things that can be useful in many areas, not just Goldwing functions.

Next month we start some serious riding. The first Saturday we will participate in Chapter G's first Johnny's Memorial Ride. It begins at Southgate Plaza shopping center behind Hardees in Thomasville, exit 103 at 9:00. The ride includes a trip through the countryside. The cost is \$20 for the rider, \$15 for co-riders. This includes a T-shirt for each paid participant. This will also be a Care Bear ride so be sure to include those little fellas.

More rides are listed on the Ride Calendar on the web site.

In closing, we are saddened to learn of the passing of Tony Barker. Tony and Janice have served this year as the District Couple of the Year. They have been great cheerleaders and representatives of the District Couples program. Tony not only was involved in North Carolina's first drill team, but was instrumental in the beginnings of some area chapters. Our thoughts and prayers go out to Janice and their families.

Until next time,
Randy D.

April 2009



Rest In Peace Our Good Friend



ACD Corner Peggy Grotberg



I love spring! I love to see the grass turn green again, the trees with flowers blooming on them, the bushes budding...I love all of the new life. I even love the rain, because it means there are more colorful, beautiful things to come. There is just something about the brown grass and naked trees that come with winter that depresses me. I am happy that we are moving into the new season, and I hope you are enjoying it as much as I am. I asked for recipes to print, and some of you really came through for me. This month, I am going to give you two recipes that I received from Lynn and Nick Nicholson. You could add some green beans or a salad to these, and have a very tasty meal.

My thanks go to the Nicholson's for their contribution. Here are the recipes:

Hash Brown Casserole

24-oz pkg. frozen shredded hash brown potatoes (let thaw)	1 stick margarine, melted
1 (8-oz) carton sour cream	1 small onion grated or chopped fine
4-oz grated cheddar cheese (I use more)	1 can cream of celery soup

Mix above ingredients. Pour into a greased 9x13 casserole dish.

Topping

1 ½ pkg. Ritz crackers, crumbled fine
½ stick margarine, melted
Mix margarine and cracker crumbs together, sprinkle top of casserole with crumbs.

Bake at 350 degrees for 45 – 55 minutes.

Note: You can make casserole a day ahead, refrigerate then add crumbs before baking.

Creamy Chicken Casserole

4-5 chicken breasts, cooked and cut into small bite sized pieces (# depends on size of breasts)	1 8 oz. sour cream
1 can of cream of chicken soup	1 stick margarine, + ½ stick - melted
	Pepper to taste
	1 ½ rolls of Ritz crackers, crumbled fine

Spray 9x13 casserole dish with Pam. Spread chicken pieces over bottom, add pepper to taste. Don't salt. Mix together soup, sour cream and melted margarine with a whisk until mixed together real creamy.

Pour cream mixture over chicken, making sure to cover all the chicken pieces. Crumble Ritz crackers fine, mix well with remaining ½ stick melted margarine, sprinkle over chicken mixture. Bake at 350 degrees for 1 hour 15 minutes.

Let sit about 5-6 minutes after you take from oven to set up a little.

Note: Easy and delicious

They also sent me a really good recipe for a Chocolate Chip Pound Cake, but I'm out of room here, so I will have to give that one to you later. In the meantime, try these and enjoy!

Until next month, let's ride! Peggy





Rider ED



I read this article and since I agree with the author whole heartedly I thought I would share it with you. April is the time we start planning our trips and I thought this would give you food for thought.

Formula for a Fatality

There are many people who feel it is a badge of honor to log a thousand miles in 24 hours on a motorcycle. However, close examination shows this to be a rather dubious claim to fame.

To make the required mileage, the rider has to ride at excessive speeds for sustained lengths of time. High-speed highway riding is always high-risk riding, especially at night. Riding at high speed cuts time and distance to react, even in daylight. At night, by the time something breaks the headlight beam, there is no time to avoid it. This is called overriding the headlight. When the object is a deer, a vehicle, or the side of a boxcar, the results are never in the rider's favor.

A rider who pauses only long enough to refill the tank does not take time to mentally refresh himself or to check his bike. His only focus is to get back on the road. He fails to notice a bubble in a tire or a drop in tire inflation. His taillight might have burnt out, or the chain may be loose. A sudden failure, especially at high speed, may result in a potentially fatal fall.

Add to that rider fatigue and you have a formula for a fatality. A fatigued rider's senses begin to dull, impeding judgement and slowing reaction time. Droopy eyes don't search the road effectively. Depth perception diminishes. White line fever develops and the rider's attention strays. Coffee and caffeine pills wear off suddenly, leaving the rider suddenly overcome with the need for sleep.

These factors combine to make a deadly and often fatal mix. Is it worth the risk for a little pin? I think not.

As you plan your trips please give yourselves enough time to rest and enjoy the ride.

As Always Ride Safe Gerry

The Tech Guy

Some of you might have heard of this solution to the marks your head set cord makes on the fuel tank shell. I just saw this on the message board while researching my Tech Tip this month.



The product is called Body Work Protection Kits. It is a clear reusable film that protects the paint from abrasions, nicks and chips! The company offers precut film for almost the entire body of GL1800s but nothing for GL1500.

The website is <http://www.thetankslapper.com/comparison.html> .
Carolina BMW is listed as a local dealer for this product or you may order directly from this site.
Complete kits are offered or you can choose certain sections of your bike to be protected.

Tim Pennington

Chapter A2 COUPLE OF THE YEAR Bill & Deidre Sprinkle



Greetings from your chapter couple. Our hearts are heavy as we have lost a member of our Goldwing Family. Tony was one half of the District Couple and served in that position proudly. We will all miss Tony, but as we move forward, may we continue to rally around Janice giving her support in the coming weeks. Please continue to remember Tony's entire family in your thoughts and prayers as they each begin their healing process.

Bill and I are proud to announce that during the month of march, we visited the remaining Central Chapters and we have now visited all the chapters in the Central District. We also went to the Intermediate Leadership Training Course held in Kernersville along with Randy, Peggy and Gerry. Anytime you have an opportunity to go to any of the GWRRA training seminars, Bill and I would like to encourage you to attend. They are filled with a wealth of knowledge that not only benefits you within the GWRRA community, but also in your life and career. Bill and I have enjoyed every training program we have attended and highly recommend them to everyone

We will still be collecting items for Christine's Easter Basket at our April meeting. We had a wonderful response in March, and thank you to everyone who brought an item for our Easter Basket. We are planning to take the basket to her on April 11, leaving our meeting place at 9:30 and arriving at Horizon's Residential Care around 10:00 a.m. I have scheduled a tour of the facility, along with a visit with Christine. I hope everyone can join us. Again, below is a list of the items Christine might like to find in her basket.

- Shampoo for her hair type – Christina is African American
- Any type of bath and body type lotions with a scent.
- Cologne, with a mild fragrance
- Hair ribbons and clips
- Nail polish – teenage colors
- Conservative earrings for Pierced ears.
- Music CD – Christina likes Gospel music
- Toys that make sounds, vibrate or light up
- Shirts, small in Ladies or XL Girls
- Stretchy Pants with elastic waist size 14/16



Christina is a teenage girl, and she would love anything "Girly"
The home just ask that we not give her any facial creams or lotions.

Until next month, your traveling couple, Bill & Deidre

Golf Tournament for Christine. Aug. 22, 2009
Southwick Golf Course, Graham NC. We are presently working on the flyer
We need the help of Every A2 Member to make this event a success

A2 Canned Food Drive Results:

January 44 items of food
February 93 items of food
March 54 items of food

Total 191 items of food

Keep up the good work!



\$100 Drawing in December for Canned Food Drive

A note from our March meeting

Members 24
Visitors 21

Ride Pot 22.00 Bernie Motley
Vest Drawing \$ 5.00 Gerry Grotberg

50/50 Drawing \$ 32.00 Bill Plyler
50/50 Drawing \$ 32.00 Guy Hanes

Christine's Raffle \$ 54.00 Randy's Mom - Cake
\$ 64.00 Ruby Pennington - Cake



April 6 Deidre Sprinkle
April 21 Hannah Dezarn
April 24 Karen Freedle
April 25 Darrell Freedle



NONE



NONE

We are doing the Ride Coordinator of the Month again this year.

Below are the months that have been signed up for.

April = Randy Dezarn

May = Tim & Ruby Pennington

June = Lynn Nicks and Cathy Broughman

July = Don Pennington

Aug = Steve & Robin Deane

Sept = Sonny & Betty Dye

Oct = Gerry & Peggy Grotberg



Be sure to follow these guidelines:

Choose one or two main rides for the month

Choose the third Friday night dinner ride

If possible include a local GWRRA event

Include at least one Chapter visitation

Publish the ride schedule to the chapter two (2) months prior to your month.

- When planning your rides, check the **District Event calendar** so our members can also attend the District events and help support other chapters like they support your chapter.

The key is to get the ride schedule out as soon as possible to ensure a good turnout!

As soon as you get your ride schedule together, send it to Bernie & Dottie and they will go ahead and publish it in the newsletter so everyone can make plans to attend ahead of time. This is Your chapter so lets get out and get back to Riding Together as a chapter.



Don't forget to update your **Emergency Information Form** and place it in the left front pocket of your bike. In case the EMS need this in an emergency.

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Below is the Raffle List. You do not have to do a cake, although food is popular. You can bring anything you think would be a good raffle item. The raffle is to raise money for Christine's fun raiser. We are trying to buy her a new Wheel Chair (\$10,000). Several Chapters are helping us.

High Point, Greensboro, Burlington, Durham

April	Bernie & Dottie Motley
May	Sonny & Betty Dye
June	Nick & Lynn Nicholson
July	
August	Steve & Robin
September	
October	Gerry & Peggy
November	
December	



Thanks so much...

"RIDE CALENDAR"



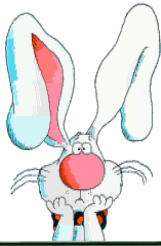
APRIL RIDES & NC DISTRICT EVENTS

April 4	Chapter G – Johnny's Memorial Ride	Details are still pending.
April 9	Chapter Visitation – T2 – Albemarle Ryan's Steakhouse 626 E. Hwy 24/27 Bypass	Eat at 6:30 Meet at 7:30
April 17	Dinner Ride – Battle Branch Restaurant	Lexington Center – 6:45 pm
April 17-18	Chapter D, D-2, Z, C-2 Down East Rally	Morehead City
April 25	B2 Open House Honda of Winston-Salem	9:00 – 4:00 Rain or Shine Drop by any time.
April 23-25	TN District Tennessee District Rally	Pigeon Forge, TN
April 26	Chapter E -2 Poker Run	Elizabeth City




SUPPORT YOUR LOCAL CHAPERS –THEY SUPPORT YOU


MAY RIDES & NC DISTRICT EVENTS

Saturday, May 2	NC-G Open House Asheboro	Leave Lexington Center @ 8:30
Sunday May 3	Chapter E Triangle Area Ride for Kids	Cary
Saturday May 9	Chapter F-2 Team Power Sports Open House	Garner
Saturday, May 9	Girl's Day Out -Pamper Party at The Family Resource Center of The Baptist Children's Homes	Leave Lexington Center @ 9:00
Saturday, May 9	Guy's Day Out – Fort Bragg Museums	Leave Lexington Center @ 8:00
Friday, May 15	Dinner ride to Rainbow Restaurant - High Point	Leave Lexington Center @ 6:45 pm
Saturday May 16	Chapter Q-2 Funfest	Dunn
Fri & Sat. May 22-23	Chapter U Chicken Rally	Lumberton
Saturday, May 23	NC-X2 Chapter meeting Mt. Airy	Leave Lexington Center @ 12:30 for meeting @ 2:00 pm
Saturday May 30	Chapter W Pinto Bean Rally	Mayodan




Cap'n Stevens Seafood Restaurant
Hwy. 150 & Friendship Church Road


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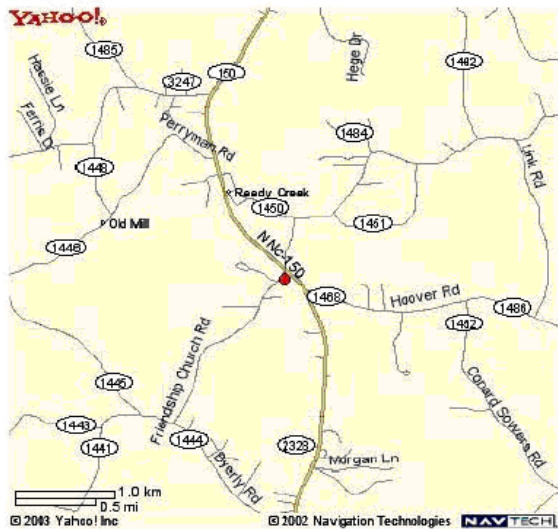
Give us a call, if we don't have it, we can order it and have it in a couple days.

Complete this Form for You and your Co-Rider and place it on your bike in the Left Front Faring Pocket, place another copy in your car and/or truck

Emergency Information Form

Your Name _____ Phone Number _____ Birthday _____ Sex : M ___ F ___ Address _____ City _____ State _____ Zip Code _____	
Emergency Contact : Name: _____ Phone # _____ Relationship: _____ Address: _____ City : _____ State: _____ Zip: _____ Name: _____ Phone # _____ Relationship: _____ Address: _____ City : _____ State: _____ Zip: _____	
Health Insurance: Company Name: _____ City _____ State _____ Policy Number: _____ Number _____ Phone _____	Vehicle Insurance ID's Company Name _____ City _____ State _____ Policy Number _____ Phone _____
Blood Type: _____ Contacts: Yes _____ No _____ Dentures: Yes _____ No _____	
Medicines Allergic To: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____	Medicine Now Taking: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____
PERSONAL PHYSICIAN: Name: _____ Address: _____ City: _____ State: _____ Zip: _____ Phone: _____	SPECIAL NOTES: _____ _____ _____
Note: NO ONE LEAVE AN EMERGENCY MESSAGE ON A ANSWERING MACHINE Contact must be made Directly to an individual. _____	
Deposit this information in a envelope and mark on Front: EMERGENCY INFORMATION : TO WHOM IT MAY CONCERN	
Employment : Company Name: _____ Phone: _____ Contact Person: _____	
EMERGENCY MEDICAL HELP/CARE MAY BE GIVEN AS DEEMED NECESSARY :	
Signature: _____	

Place this in a water proof canister or baggie , on your bike and in your car, it may help save your life some day



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/qwrranca2/

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

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

NEXT MEETING :
April 7, 2009

Lexington Style Wings
201 Starfire Drive
Lexington, NC 27295