

GOLD WING ROAD RIDERS ASSOCIATION



GWRRA



Region N



NC District



Catawba Valley Wings

NC 02 "CATAWBA VALLEY 'WINGS & THINGS'"



March 2011

2011 NC 02 Staff



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Directors of Sunshine:

Gerald & Lena Sipe

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Chapter NC- 02 HICKORY NC

Next Meeting

Sunday, March 20, 2011

Eat at 5 PM Meet at 6 PM

Libby Hill

Hwy 70 in front of Lowe's
Hickory, NC

Third Sunday of Each Month

BRING DOOR PRIZES!!

Trivia Question:

If Barbie was life-size, what would her measurements be?
(find the answer somewhere in this newsletter)

Visit our web site:

www.catawbavalleywings.com

Bring Can Goods to the Meeting

CHAPTER NC-02 ROSTER

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Happy Anniversary
Happy Anniversary

Ron & Beverly Chapman - April 26

Karen Kirby – March 26
Lou Perry – April 24
Tracy Feeback – April 26



February Birthdays:



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HELP US TO HELP OUR COMMUNITY

With Unemployment at 13%
MANY FOLKS ARE IN NEED OF FOOD

NC 02 is continuing our food drive in 2011 for folks in our community who are in need.

Please bring can goods, pasta, or any grocery items which would have a sustainable shelf life. As we collect these items, Barbara and Charles Janus have been delivering the goods to local agencies to be distributed to those in need.

Remember - Small pop-top cans are needed for the homeless.

**NC 02 is making a difference – please help us
continue to make this project a success.**

FROM THE CHAPTER DIRECTOR - NC-02

It is popular these days to “tweet” what you are doing. I am sorry, but I don’t know how to tweet. To me that is what a bird does, so I will just tell you what some of us have been doing for our Chapter.

On February 26th six of us went to the International Bike Show in Greenville, SC. I confess that Ted, Lamar, and I rode in a car. Hats of to Whiskers, Lee Graves, and Mike Edwards who rode their bikes. Great show, you should see the 2012 Honda Gold Wing!

That night 7 of us visited the Morganton Chapter for their gathering where Ron and Beverly captured the couples plaque.

Ron & Beverly, Charles & Barbara took the OCP course in Kernersville on March 5th & 6th. All passed and now are certified officers.

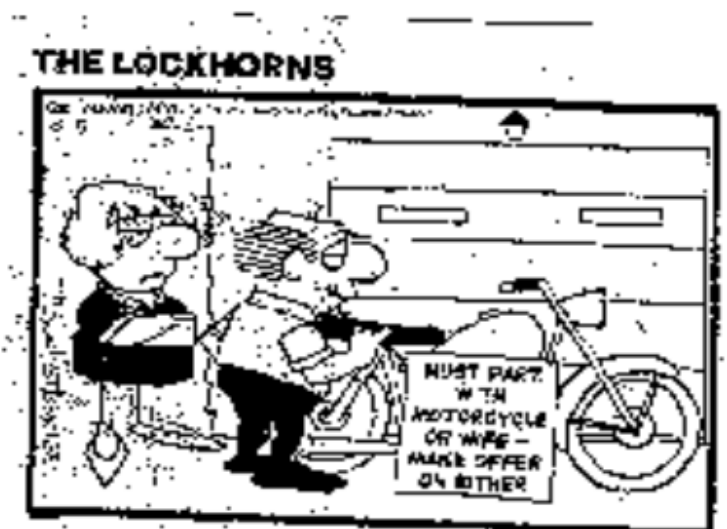
On March 8th Tony & Rita, Charles & Barbara, Lou & I traveled to Forest City so Ron & Beverly could pass the Couples laque to another couple.

Ron & Beverly are doing us proud as our Couple of the Year, and more of us should travel with them as they go to other Chapters. One of the members at Forest City made the comment that they had visited us and it was nice to see NC-02 return the favor by coming to their gathering.

On Sunday, March 20th we will have our Chapter gathering, and we have work to do in making plans for our yard sale on April 23rd. It is important for you to be there and help make plans.

Warm days are around the corner and we will all be riding soon.

Johnny & Lou



From Chapter NC 02 - ACDs

Since our last meeting things have been busy for Beverly and me. We have been on the road chasing the Western Couples Plaque and have captured it two times. We have been getting to know the other couples - not just the West but the Central and the East also. What a great group of people to be having fun with.

We have also attended our first Leadership Training Course and gained a lot of knowledge about how to be more effective leaders of our great Chapter. We also plan to attend the intermediate and advanced Leadership courses.

We also attended the OCP course in Kernersville. I had taken the course last May, but I went along to give Beverly, Charley and Barbara my support. There were 40 GWRRA members in the class. We had excellent instructors who made the class a lot of fun also.

We would recommend all these courses to every member in our Chapter. There is an abundance of knowledge about GWRRA, plus there are many aspects of the training that can be used in our personal and professional lives.

Beverly and I, as your Chapter Couple, will always welcome any of you who would like to attend the other Chapter gatherings with us – as we continue to “chase that plaque” and represent our NC 02 Chapter members. Watch for our emails letting you know where and when we will be going.

Ronald and Beverly Chapman

Leadership Training Class





CHAPTER EDUCATOR

LaMar Shelly

Fifty Ways

There was a song back in the 70's entitled "50 Ways To Leave Your Lover". Now I know none of you have ever used any of those ways. I also know there are that many ways to keep your lover.

All that hogwash out of the way, I got an article from Tom FitzGerald that is even more intriguing to me. It was entitled "50 Ways To Lose Your Life". I am not going to bombard you with all of them at once. I will run these during the next couple months. Without further ado here is the first part of them.

50 Ways to Save Your Life (the first 13)

We are what we repeatedly do. Excellence, then, is not an act, but a habit. --Aristotle
writer: The Motorcyclist Staff

The best bike in the world is scrap--or soon will be--unless you learn how to use it. The most powerful piece of high-performance hardware is between your ears. To help you program it with the right information, we've assembled 50 potentially lifesaving bits of street savvy. Some you'll know, some you won't. All are worth remembering, because when it comes to riding motorcycles on the street, the people over at the Motorcycle Safety Foundation (www.msf-usa.org) have the right idea with their tagline: The more you know, the better it gets.

1. Assume you're invisible

Because to a lot of drivers, you are. Never make a move based on the assumption that another driver sees you, even if you've just made eye contact. Bikes don't always register in the four-wheel mind.

2. Be considerate

The consequences of strafing the jerk du jour or cutting him off start out bad and get worse. Pretend it was your grandma and think again.

3. Dress for the crash, not the pool or the prom

Sure, Joaquin's Fish Tacos is a 5-minute trip, but nobody plans to eat pavement. Modern mesh gear means 100-degree heat is no excuse for a T-shirt and board shorts.

4. Hope for the best, prepare for the worst

Assume that car across the intersection will turn across your bow when the light goes green, with or without a turn signal.

5. Leave your ego at home

The only people who really care if you were faster on the freeway will be the officer and the judge.

6. Pay attention

Yes, there is a half-naked girl on the billboard. That shock does feel squishy. Meanwhile, you could be drifting toward Big Trouble. Focus.

7. Mirrors only show you part of the picture

Never change direction without turning your head to make sure the coast really is clear.



Mirrors only show you part of the picture.

50 Ways to Save Your Life -- continued

8. Be patient

Always take another second or three before you pull out to pass, ride away from a curb or into freeway traffic from an on-ramp. It's what you *don't* see that gets you. That extra look could save your butt.

9. Watch your closing speed

Passing cars at twice their speed or changing lanes to shoot past a row of stopped cars is just asking for trouble.

10. Beware the verge and the merge

A lot of nasty surprises end up on the sides of the road: empty McDonald's bags, nails, TV antennas, ladders, you name it. Watch for potentially troublesome debris on both sides of the road.

11. Left-turning cars remain a leading killer of motorcyclists

Don't assume someone will wait for you to dart through the intersection. They're trying to beat the light, too.

12. Beware of cars running traffic lights

The first few seconds after a signal light changes are the most perilous. Look both ways before barging into an intersection.

13. Check your mirrors

Do it every time you change lanes, slow down or stop. Be ready to move if another vehicle is about to occupy the space you'd planned to use.

The weather is cooperating very well, so lets all get out and RIDE!!!!!!!!!!!!!!

LaMar Shelly
Chapter Educator

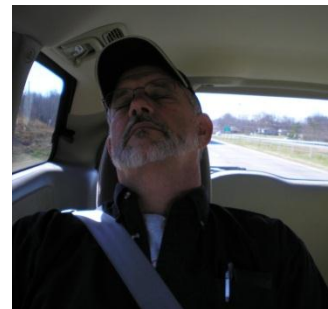
RIDER EDUCATION

Our Motto...

"Safety is for Life"

Our Mission...

" To Save Lives Through Quality, World Class Education"



Shhhhh..... This weary traveler has had a busy day. Looking at new motorcycles at the International Motorcycle Show in Greenville, SC. sure was exhausting.

Julie Kochert's Computer Tip for the Month

Want to save an image of what's on your computer screen?

That's called a screenshot, and some users know that one tap of the **Prt Scr** key will copy the entire screen to the clipboard, where you can then paste it into the image editor of choice. (Even smarter users press **Alt-Prt Scr** to capture just the active window.)

That gets the job done, but now there's a better way:

The Snipping Tool. It's built into Windows 7, it lets you capture just that chunk of the screen that you want.

To get started, click the *Start* button, type **snip**, and then click *Snipping Tool*.

The program will start "activated," meaning it's immediately ready for you to start snipping. (This dims your screen somewhat, which is normal, so don't freak out.) Clicking and dragging a box (which you'll see outlined in red) around the area of the screen you want to save. The moment you release the mouse button, that captured area will appear in the Snipping Tool window.

From there you can save the snip (in your choice of GIF, JPEG, PNG, or HTML formats) or paste it into any other type of document or even an email.

Julie Kochert



New GWRRA Event Scheduled

TRIKES & BIKES RALLY

September 30-October 2, 2011

Bowling Green, KY

YOUR Chapter Couple of the Year - Ron & Bev

As Ronald and I have been visiting other chapters, we sometimes have the opportunity to take our granddaughter with us.

Sarah was with us when we visited the Morganton chapter in February and she got to meet some of our new Couples of the Year friends from other Chapters. Sarah was thrilled with the rose Morganton gave her for Valentines, and with the special door prize she received, and of course with the \$5 Sleepy gave her. Johnny asked me to introduce our Chapter that night (as he was exhausted from his trip that day to the International Motorcycle Show) and of course I told everyone that Sarah was our special guest and everyone applauded. When I sat back down Sarah whispered to me “Hey Mamaw, it’s like I’m famous now!”.

Everywhere we go everyone in GWRRA makes Sarah feel so special. And the Chapter of the Year couples she has met are no exception. Brenda Leonard, who is ½ of the Winston Salem Chapter Couple, even sent Sarah the Mickey Mouse puzzle her team used during an OCP training exercise.

Last Saturday Sarah went with us to the Mooresville gathering. Well, you never know what to expect when you go to Mooresville. Margaret sang a special birthday song to David Orr. You may have heard this song before: “Do your ears hang low, do they wobble to and fro? Can you tie ‘em in a knot, can you tie ‘em in a bow? Can you throw ‘em o’r your shoulder like a continental soldier, do your ears hang low?” Only—Margaret did not say “ears” – if fact some might say it was an X-rated song. But Sarah thought it was so very funny, and she was still singing Margaret’s version Sunday afternoon. (AND informed me that she thinks she knows a lady who can do those tricks.)

Ronald and I are having a great time visiting other Chapters and getting to know more GWRRA friends. We have been to Monroe, Gastonia (twice), Forest City, Mooresville, Morganton and of course Hickory. Counting our win at the Ops meeting, we have captured the Western Couples Plaque 3 times now. We have the plaque now and will be giving it away at our Hickory gathering this Sunday, March 20th. The main reasons we are YOUR Chapter Couple is to represent YOU at other gatherings and to try and bring more GWRRA members to our gatherings in Hickory through capturing the Couples plaque close to the time of our gathering. We want to thank those of you who have been going with us to the Chapter gatherings. We welcome everyone to go with us whenever possible. Watch for our emails.

Barbara, Charley, and Beverly – “Graduation” at OCP





GREAT ADVICE FROM TED MACMILLAN



Salt is Salt (sodium chloride)

After talking to my family doctor, my heart doctor, the nutritionist at the Catawba Valley Medical Center Heart Rehab Center and reading articles from Prevention Magazine, Reader's Digest and the Mayo Clinic, I have come to the conclusion that salt is salt.

The difference between iodized table salt and sea salt is that sea salt contains traces of iron, magnesium, calcium, potassium, manganese, zinc and iodine. Sea Salt may sound as though it is healthier for you, however, **pound for pound, table salt and sea salt contain the same amount of sodium chloride.** Again, salt is salt.

This silent killer is hidden in all packaged and processed foods. It is used as a preservative, while adding flavor, color and texture.

Salt is addictive, makes you fat and it will kill you. I know this as fact; it was one of the contributing factors of my sister's death. She loved salt so much that she salted, salted potato chips, along with everything else she ate.

Did you know that salt has been linked to diabetes, dementia, sleep apnea, cancer, osteoporosis, kidney disease, high blood pressure, heart attacks, strokes, severe headaches, etc, etc, etc...

Some fast food chains are advertising that they now use only sea salt leading you to believe their food is healthier for you. One more time..... salt is salt!

Ted MacMillan



Tips on Reducing Salt in Your Diet

It really is quite easy to cut back on unnecessary salt. Here are a few suggestions from the book *The Salt Solution*.

1. Watch for the foods that are obviously heavy in salt. Processed foods are the biggest criminals in the salt world. Read the labels sometime on some of your favorite processed food items. The high levels of sodium will shock you! What are some of the other culprits? Movie popcorn, pickles, chips, processed lunch meats, salted nuts, and bacon, to name a few. Cut them out all together, or at least greatly minimize your intake.
2. Try a salt substitute. Some of these salt substitutes contain 54% less sodium than salt! That is a huge reduction and definitely an avenue to consider. You can also try other seasonings like garlic, onions, and peppers.
3. Order smart at restaurants. Restaurant soups and a variety of dishes served in restaurants are incredibly high in sodium. Remember this point: very few restaurants are conscious about the health effects of different food items. They are in the business of creating great tasting meals, and rightly so. Be very aware of what you're ordering. It might even be best to stick with fresh items such as salads and grilled meats with no salty seasonings.

IN HONOR OF WOMEN'S HISTORY MONTH

here are some women who have influenced the lives of our members.....

As for most people, my mother has most influenced my life by setting the good examples. She is loving, kind, caring, generous, funny, responsible, strong, faithful, and is friendly to everyone. She raised her children to be respectful and live by the golden rule. She taught us the importance of education and hard work. She knew when she had to let us go to make our own decisions and mistakes. She had 2 sayings that I will always remember: 1. You can catch more flies with honey than vinegar. 2. We can be poor but we can be clean.

People of Finnish decent tend not to be real showy with affection but there was never a doubt of my mother's love.

Lisa Logsdon

This woman that has influenced my life grew up in a loving home, knowing the love of her family, parents, grandparents, aunts, and uncles. They all shared just about all special holidays together. They shared life's ups and downs with each other. The woman is a devout Christian, growing up in the Lutheran Church, having served as a lay person, women's groups, Sunday School teacher, served on various committees, and sang in the choir. She made sure that both daughters went to Church and were also brought up to be fine women. She has had a career teaching in the public school systems, and after retirement went back to giving of her time and talents to help others in a Learning Assistance Lab at the Community College. She was diagnosed with a life changing disease when she was in the prime of her life. Most people would have given in, but not her. She made her mind up that this thing that took half of her eyesight (loosing the site in her right) was not going to keep her from living out her life and doing things that she wanted to do. The best thing about the disease in her case was that she learned when to say No, and when to rest when she was too tired to continue to push herself as she had done for years. She is forever helping two daughters and loves her grandchildren with all her heart. She is a caregiver for her Mother who has Alzheimer's disease. She really deserves a special spot in Heaven for all she has to tolerate and for managing her Mothers life and affairs as well as her own. If you haven't guessed it by now, this woman is the Love of My Life and I don't know what I'd do without her, although sometimes I don't think I tell her that enough. You probably have figured out who is writing this and also who I am writing about ----- my Rita .

Tony White



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Phone: (704) 485-4756
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“Let’s Talk Patience”

NC District Training Program Coordinators– Alan & Carolyn Little

Hi Wingers,

This month our LTP means “Let’s Talk Patience”. It’s often quoted that patience is a virtue, but for many of us who ignorantly ask for it, patience can often seem like a vulture. Patience, much like muscle, is gained only through pain. It’s through the pain of experience, the pain of repetition, and the pain of tribulation. So be prepared when you ask for patience; be prepared to be forced to learn to be patient. You’ll probably be placed in positions and situations where the only way out is through a door of learned and developed patience. Patience is not given as an undeserved, nonchalant gift, but must be developed through perseverance. But don’t feel discouraged, my fine feathered winging friend. It’s worth the pain.



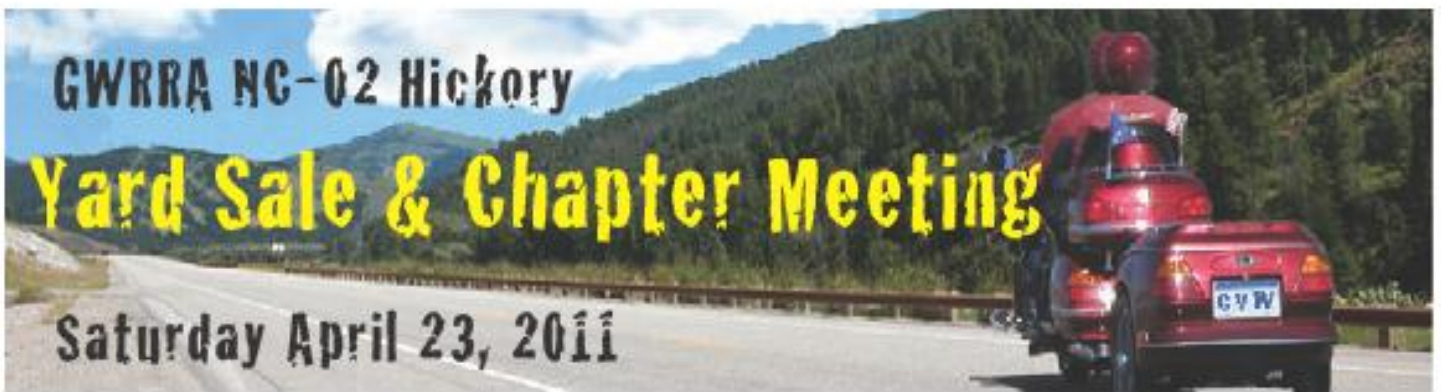
If you’re a GWRRA leader, certainly you’ve experienced how challenging it is to work on the same team with folks who possess different levels of passion, drive, enthusiasm and yes... patience. We often attribute it to ambition and the desire to accomplish a task quickly, when it may just be impatience. As team players, it’s far more enjoyable to simply allow the task “runs its course to completion”, rather than push the envelope of our team member’s tolerance level as they are forced to put up with our frantic drive, or impatience.

We often view those we call “good leaders” as those motivating folks who don’t mind being out front, encouraging us, driving and leading by example. Why do some of these good leaders seem to burn out so quickly? Maybe they’re tired of pulling, tired of the feeling that they’re tugging on the harness alone and seeming to get nowhere. Or perhaps they haven’t realized that the workers on the team simply pull at different speeds. We may have a few thoroughbreds in the stable, but it’s just as likely to have a couple plow horses too. And we need them both. Our projects need the enthusiasm and energy and drive of the movers and shakers, and we’ll certainly need the stability and endurance of the slow pacers, to carry us through our sugar crash! Everyone has a talent, ability or gift to offer, but if we lack the patience to let it grow and mature, we may never really learn to appreciate it.

Don’t forget, this is a hobby. Don’t take it too seriously and for goodness sakes, don’t “fret the fun out of GWRRA”. Deep breath – big smile – gimme a hug!!!

Meeting friends, and make memories,
 Alan & Carolyn





YARD SALE - 7:00 – 2:00

CHAPTER MEETING - Starts at 2:00

(Note: This replaces our regular Chapter meeting for April.)



- **Bike Inspection Available**
- **Bike Oil Change** *(bring your own oil & filter)*
Donations Accepted
- **Two Drawings during Chapter Meeting**
 - Vest Drawing
 - 50/50 Drawing
- **Hamburgers, Hotdogs, Desserts, Drinks**
During yard sale

For Information, Call

Johnny C. Perry, CD

(828) 396-3777 (Home)

(828) 381-3051 (Cell)

Ronald Chapman, ACD

(828) 256-7192 (Home)

(828) 244-8003 (Cell)

www.catawbavalleywings.com

Location:

**Springs Road Car Care Center
1875 12th Street Ave. NE
Hickory, NC 28601**

I/We agree to conform and comply with the ideals governing this event, and I/We further agree to hold harmless the GWRRA, Co-sponsoring organizations, and any other property owner or owners for any loss or injury to self or property in which I/We may become involved by reason of participation in this event. I/We also assume responsibility for the property for which I/We knowingly damage.

Directions:

From the West -

- Take Exit 126 off I-40 & turn left
- Travel 3.1 miles on McDonald Pkwy
- Turn Left on Springs Road at traffic light
- 1.1 miles to Springs Road Car Care Center on right

From the East -

- Take Exit 126 off I-40 & turn right
- Travel 3 miles on McDonald Pkwy
- Turn Left on Springs Road at traffic light
- 1.1 miles to Springs Road Car Care Center on right

North Carolina Chapter Information

REVISED 2/8/2011

CHAPTER AREA	DAY	CITY	EAT/ MEET	DOOR PRIZE	MEETING LOCATION POINT OF CONTACT - CHAPTER DIRECTOR
NC-A Central	2nd Thu	Greensboro	6:30/ 7:30pm	No	Captain Bills, 6108 West Market Street (Route 421) Ken & Linda Worland 336-310-3159
NC-A2 Central	1st Tue	Lexington	6:30/ 7:30pm	Yes	Capt'n Steven's Seafood, 4577 N. NC Hwy 150 Gerry/Peggy Grotsberg 36-492-6664
NC-B2 Central	2nd Tue	Winston-Salem	6:30/ 7:30pm	Yes	Mayflower Seafood, 850 Peters Creek Pkwy. Connie & Jim Branham 336-765-4526
NC-C West	2nd Mon	Charlotte	6:30/ 7:30pm		Hillbilly's BBQ, 838 Tyvola Rd Tom & Sherry Wright (704) 392-2656
NC-C2 East	1st Tue	Smithfield	6:30/ 7:30pm	Yes	Parkside Cafe, East Alt Hwy 70, Pine Level, (off I-95 exit 97) Kerney & Connie Eason (919) 965-8830
NC-D East	1st Thu	Greenville	6:30/ 7:30pm	Yes	Mayflower Seafood, 136 Davenport Farm Road, in Winterville NC Bobby & Alice Manning (252) 752-4520
NC-D2 East	3rd Mon	New Bern	6:30/ 7:30pm	Yes	Golden Corral, 400 Hotel Drive (corner of Martin Luther King Jr. Blvd. and Hotel Drive) Pat & Billy Joyner (252) 671-4703
NC-E East	3rd Tue	Cary	6:30/ 7:30pm	No	Perkins Family Restaurant, 908 US Hwy 64 West, in Apex Tom & Carol Scully, 919-469-1600
NC-E2 East	4th Thu	Elizabeth City	6:30/ 7:30pm	Yes	Golden Corral, 406 Halstead Blvd Malcom & Harriett Marquit, 252-426-1254
NC-F East	1st Sun	Jacksonville	2:00/ 3:00pm	Yes	Golden Corral, 209 Freedom Way, Midway Park, NC 28544 Jim & Carolyn McCarthy 910-430-0460
NC-F2 East	3rd Thu	Garner	6:30 7:30 PM	Yes	Carolina BBQ, 733 W. US Hwy 70 (near Vandor Springs Rd) Shawn & Donna Lane, 919-567-9475
NC-G Central	1st Thu	High Point	6:30/ 7:30pm	Yes	Pioneer Restaurant, 10914 N. Main St. (Rt 311), Archdale John & Pam Muncy, 336.880-9639
NC-G2 West	1st Sat	Waynesville	4:00 5:00pm	No	Fat Buddies Ribs & BBQ, 193 Waynesville Plaza (off Russ Ave) Richard & Peggy Wheeler, 828-734-8495
NC-H2 Central	3rd Thu	Durham	6:30/ 7:30pm	Yes	Mayflower Seafood Restaurant, 3742 Chapel Hill Blvd., Hwy 15-501 in Durham, across from South Square Mall. Danny & Dona Bowland, 336-228-6973
NC-I West	4th Sat	Asheville	9:00 10:00am	Yes	J & S Cafeteria, 900 Smokey Park Hwy. Allen & Jean Warren (828) 628-1757
NC-K2 East	4th Sun	Fayetteville	12:30/ 2:00pm	Yes	TBA - CALL CD BEFORE GOING Randy Moore, 910-423-7255
NC-L West	3rd Tue	Gastonia	6:00/ 7:00pm	Yes	Jackson's Cafeteria (Akers Shopping Ctr) 1453 E. Franklin Blvd. Jerry & Signoa Long (704) 483-9460
NC-L2 West	2nd Sat	Mooreville	9:00/ 10:00am	No	Golden Corral, 120 Gallery Center Drive, Mooreville NC Evan & Cindy Parton, 704-938-2705
NC-M Central	2nd Sat	Salisbury	6:00/ 7:00pm	Yes	Blue Bay Seafood, Innes Street (I-85 exit 76) Alyce & Lewis Quinn, 704-467-2678
NC-M2 West	3rd Sat	Hendersonville	8:00/ 9:00am	Yes	Mills River Rest., 4467 Bolston Hwy. (Rt. 280) Mills River Bruce & Barb Lobach, 828-693-7924.
NC-N Central	4th Thu	Burlington	6:30/ 7:30pm	No	Western Charcoal Steakhouse, 142 Graham Hopedale Road - 1 block North from the intersection with N. Church Street. Libby Jennings, 919-732-7961
NC-O2 West	3rd Sun	Hickory	5:00 6:00pm	Yes	Libby Hill Seafood, 2555 US Hwy. 70 SE Johnny & Lou Perry, 828-396-3777
NC-P2 West	2nd Tue	Forest City	6:30/ 7:30pm		Ryan's Family Steakhouse, 115 Ryan's Dr. Mike & Lynn Humphries, 704-300-5595
NC-Q East	3rd Sat	Wilmington	5:00/ 6:00pm	Yes	Carolina Barbecue, 2703 N. College Road (Hwy 132). Gene & Becky Arth, 910-297-6269
NC-Q2 East	2nd Sun	Dunn	1:00/ 2:00pm	Yes	Pizza Inn, 1138 W. Broad St., I-95 exit 73, 1.7 miles North on Hwy 421 to Cumberland Square Shopping Center. Dale & Otis Beasley (910) 892-6604
NC-R Central	4th Tue	Thomasville	6:30/ 7:30pm	Yes	Loflins Restaurant, 108 Randolph St. Richard & Shelia Boles (336) 764-4707
NC-S2 East	4th Sat	Sanford	9:00 10:00am	Yes	Golden Corral, 2618 S. Horner Rd Bobby & Susan Womack, 919-499
NC-T2 Central	2nd Thu	Albemarle	6:30/ 7:30pm	Yes	Blue Bay Family Seafood, 1901 E. Main St. Roger & Brenda Hatley, 704-385-9318
NC-V West	1st Thu	Statesville	6:00 7:00pm	No	Boxcar Grille, 3103 Taylorsville Hwy. (I-40 exit 148) Billy Johns, 704-883-9870
NC-W Central	3rd Mon	Eden	6:30/ 7:30pm	No	Golden Corral, 1566 Freeway Drive, Reidsville Glen & Becky Fargis, 336-635-6564
NC-X East	1st Sun	Wake Forest	8:00/ 9:00am	No	Golden Corral, 11016 Capital Blvd. Bob & Dorothy Richards (919-435-8050)
NC-X2 West	4th Sat	Mt. Airy	1:00/ 2:00pm	Yes	Golden Corral, 2226 Rockford St., (Hwy 601 S.) Gerald Michaud, 336-789-8226
NC-Y West	4th Sat	Morganton	6:00/ 7:00pm	Yes	Granny's Kitchen, 3448 Miller Bridge Rd., Connelly Springs Rick & Jan Dancy (336) 372-4739
NC-Y2 West	1st Sat	Monroe	9:00/ 10:00am	No	Spiros Hilltop Bistro David & Kathy Orr David: 704-560-5446 Kathy: 704-560-0697
NC-Z East	2nd Tues	Rocky Mount	6:30/ 7:30pm	No	Western Sizzlin, US-301 North, 1041 N. Wesleyan Blvd. Cindy & Ralph Wahl, 252-937-7540

Chapter Gathering Changes

NC-H2, Durham, will **CHANGE** their meeting for **MARCH ONLY** to be held at their Swap Meet event on March 19th

NC-E2, Elizabeth City, will **CHANGE** their meeting for **APRIL ONLY** to be held at their Poker Run / Ride For Kids event on April 10th

NC-L, Gastonia, will **CHANGE** their meeting for **APRIL ONLY** to be held at their Poker Run/ Fun Day event on April 30th

NC-L2, Mooresville, will **CHANGE** their meeting for **APRIL ONLY** to be held at their Open House event on April 9th

NC-O2, Hickory, will **CHANGE** their meeting for **APRIL ONLY** to be held at their Yard Sale event on April 23rd

NC-Y2, Monroe, will **CHANGE** their meeting for **APRIL ONLY** to be held at their Open House & Poker Run event on March 26th

NC-A, Greensboro, will **CHANGE** their meeting for **MAY ONLY** to be held at their Fun Fest event on May 14th

NC-F2, Garner, will **CHANGE** their meeting for **MAY ONLY** to be held at their Open House event on May 28th

NC-G, High Point, will **CHANGE** their meeting for **MAY ONLY** to be held at their Open House event on May 21st

NC-M, Salisbury, will **CHANGE** their meeting for **MAY ONLY** to be held on May 7th. Same place & time.

NC-Q2, Dunn/Benson, will **CANCEL** their meeting for **MAY ONLY**.

NC-Q2, Dunn/Benson, will **CHANGE** their meeting for **JUNE ONLY** to be held at their Fun Day event on June 11th.

NC-Q2, Dunn/Benson, will **CANCEL** their meeting for **JULY ONLY**.

From National – “GWRRA Wingin’ It”

2011 Events



Wing Ding 33
“Rollin on Rocky Top”

July 6 - 9, 2011

<http://www.wing-ding.org/>

Region H	March 24 - 26th
Region K	July 29 - 31
Region L	August 4 - 6
Region I	August 4 - 6
Region E	September 2 - 4
Region A	September 15 - 17
Region D	September 15 - 17

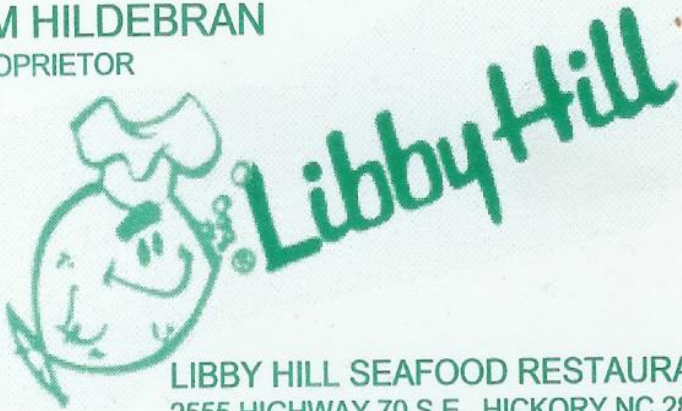
Missouri District	March 5	Minnesota District	July 15 - 16
Florida District	March 17 - 19	Washington District	July 22 - 23
Alabama District	March 31 - April 2	New England Districts	July 28 - 30
Louisiana District	April 7 - 9	Kentucky District	August 11 - 13
Tennessee District	April 14 - 16	New York/New Jersey District	August 11 - 13
South Carolina District	April 28 - 30	Kansas District	August 26 - 27
Missouri District	April 28 - 30	Idaho District	September 2 - 4
Texas District	May 12 - 14	Pennsylvania District	September 8 - 10
Arkansas District	May 26 - 28	North Carolina District	September 22 - 24
Georgia District	June 16 - 18	New Mexico District	September 22 - 24
West Virginia District	June 16 - 18	Virginia District	October 7 - 9
Nebraska/South Dakota District	June 9 - 12	Arizona District	October 28 - 30
Idaho District	June 11	Oklahoma District	October 28 - 29

Don't see your Region or District event listed?

Contact the Insight Newsletter Editors
Rick & Madalena Buck

Email: Rmbuck@tampabay.rr.com

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