

GOLD WING ROAD RIDERS ASSOCIATION



GWRRA



Region N



NC District

"In North Carolina, we can do it!"

September 2010

"CATAWBA VALLEY 'WINGS & THINGS'"

NC 02 Staff

Chapter Directors:

Archie & Brenda Reynolds
828-465-0201

goldwinger1@bellsouth.net

Assistant Chapter Directors:

MAD

Johnny & Lou Perry

828-396-3777

jcperry@embarqmail.com

Treasurers:

Goody Sales

Charles & Barbara Janus

828-396-4376

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Chapter Educators:

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Chapter Couple

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George & Susan Huttman

828-855-0677

inktye@MSN.com

NC District Treasurers:

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tednmed@charter.net

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MED

Gerald & Donna Southers

828-459-9935

gdsinc@peoplepc.com

Directors of Sunshine:

Gerald & Lena Sipe

828-465-3225

gunslingersp@juno.com

Newsletter Editors:

Ride Coordinator:

Ronald & Beverly Chapman

828-256-7192

ronbevch@charter.net



NC 02

Chapter NC- 02 HICKORY NC

Next Meeting

BRING DOOR PRIZES!!

Sunday, September 19, 2010

Eat at 5 PM Meet at 6 PM

Libby Hill

Hwy 70 in front of Lowe's
Hickory, NC

Third Sunday of Each Month

PLEASE BRING CAN GOODS

A request from J Iverson Riddle:

I have a favor to ask. We need to find a source where we can buy shoelaces in bulk . . . just plain shoelaces; nothing special. The color doesn't even matter. We have several residents who play with them and they go through them rather quickly.

Blair Ellis -- Volunteer Services

J. Iverson Riddle Developmental Center

300 Enola Road

Morganton, NC 28655

828.433.2604

CHAPTER NC-02 ROSTER

Archie & Brenda Reynolds Chapter Directors 1407 9th Ave NW Conover, NC 28613 (828) 465-0201 goldwinger1@bellsouth.net	Johnny & Lou Perry Asst Chapter Dir. & MAD PO Box 285 Granite Falls, NC 28630 (828) 396-3777 jcperry@embarqmail.com	Charles & Barbara Janus Chapter Treasurer & Goody Sales 3111 Dry Ponds Road Granite Falls, NC 28630 (828) 396-4376 theace327cmp@aol.com
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David & Martha Propst 1052 30th St NE Conover NC 28613 (828) 256-8409 davidrp94@yahoo.com	Tracy & Crista Feedback PO Box 2053 Drexel NC 28619 (828) 391-8845 tfeedback21@charter.net	John & Arleta Turner 4318 Jefferson Place Granite Falls NC 28630 (828) 313-2465 arletajohn@embarqmail.com

Region/District Directors

POSITION	E-MAIL US!	SNAIL-MAIL US!	CALL US!
Region N Director	Frank & Kathy Albert fjalbert@comcast.net	310 Newman Drive Kodak TN 37764	(865) 932-2994
District Director	Dennis & Kathy Hull emphrogs@bellsouth.net	1304 Blackberry Road Boone NC 28607	(828) 295-6856
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Assistant District Director- Central	Andrew & Vickie Butcher vbbutcher@aol.com	501 Powell Way Archdale NC 27263	(336) 861-7140
Assistant District Director- East	Dean & Terry Lanning wingingit@bellsouth.net	3435 Horse Branch Rd Willard NC 28478	(910) 259-5672
Assistant District Director- West	Tom & Terri Pennoni t_pennoni@hotmail.com	818 Kemp Road Mooresville NC 28117	(704) 660-5887
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District MED Coordinator	Roger & Brenda Hatley rhatley@windstream.net	6916 Saint Timothy Road Marshville NC 28103	(704) 385-9318
District Recruiting/Retention Coordinator & Goodies Sales	Jim & Gail Simpson jagsimpson@earthlink.net	170 High Meadows Road Advance NC 27006	(336) 998-1618
District Newsletter Editor	Bernie & Dottie Motley goldwingrider02@att.net	201 Starfire Drive Lexington NC 27295	(336) 764-5321
District Webmaster	Bill Stevenson webmaster@gwrranc.org	2608 Mary Marvin Trail Fuquay Varina NC 28526	(919) 639-9864
District Couple Of The Year	Evan & Cindy Parton elparto@aol.com	6573 Roanoke Drive Kannapolis NC 28081	(704) 938-2705
District Couple Of The Year Ambassador	Janice Barker erinandhaliesmom@yahoo.com	344 Running Stream Lane Thomasville NC 27360	(336) 442-2338
District Care Bear	Kathy Hull emphrogs@bellsouth.net	1304 Blackberry Road Boone NC 28607	(828) 295-6856
District Vendor Coordinators	Joel & Mary Beth Roach bodykneeds@gmail.com	2405 Hickory Forest Drive Asheboro NC 27203	(336) 254-2542

Happy Birthday

Happy Anniversary

Lisa Logsdon – September 7
Susan Huffman-September 16
Steve Pruitt – September 17
Brenda Reynolds – October 20
Meredith MacMillan – October 30
Diane Nantz – October 30

Gerald & Lena Sipe – September 2
Gerald & Donna Southers – September 2
Lamar & Sara Shelly – September 6
Charles & Barbara Janus – October 9
John & Arletta Turner – October 25



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When we took the food over last month we found that there is a big food shortage, please help if possible. Thanks, Barb



HELP US TO HELP OUR COMMUNITY

NC 02 is continuing our food drive in 2010 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.

Small pop-top cans are needed for the homeless.

NC 02 can make a difference – please help us continue to make this project a success.

"In North Carolina, we can do it"

FROM THE CHAPTER DIRECTOR - NC-02

On the Road with your Chapter Directors

We have had some good rides and all of them have been safe and that is the key to very good rides! But we need to sharpen our skills some to make them more enjoyable! First thing that comes to mind is our intervals between each other while on the move. The correct space between you and the bike straight in front of you is two seconds and the bike diagonal in front would be one second. To some this seems a little too close for comfort but if you increase the time intervals the ride turns into a game of “catch-up if you can!” The lead bike sets the pace and as you go through the group of miss-spacing the last ones are missing turns and are running way over the speed limit to keep-up! The long spacing allows side traffic to cut-across the group and now things are getting scary! We have communications on the bike that are to used for letting lead and tail bikes aware that a problem is at hand or the pace is to fast for you! If there is need to slow down, please let someone know! If you would like to see more of the scenery or if you need to stop key-up and talk! We need to ride as one in a group! As the skills become easy, and they will with practice, the ride becomes more fun for all and safe out in the jungle of hazards! This is the job of our rider educator and he has talked about this at the meetings. If you feel you need more training on group riding please let the rider educator know or talk to the ‘Road Captains” in the group!

Fall leaf rides are coming and the trees should be putting on some great colors! The air is drying out and the hot weather is getting over with! Wings over the Smokies is about to happen and Brenda and I have already started to pack the trailer! We hope that we win that great prize, not going to say what, but you know what it is don't you?! I have a couple of Shadow tickets left over and will bring them to the meeting for your last minute shopping before the mad rush at the rally! So see me for the tickets before they are all gone!!!!!!

Your Chapter Directors
Archie and Brenda Reynolds
Ride Safe and We Will See YOU on the Road!!!!



From the Chapter NC 02 ACD

Have you ever said “I hate to miss out on a good thing?” Most of us have at one time or another and I think members of NC-02 believe in this. When NC-02 rode to Shatley Springs for breakfast, we had 18 members go along. I think everyone would say we had a good ride and an enjoyable time. Our thanks to Steve Pruitt for removing the fog each time we ran into heavy fog. He has powers you would not believe. Though we scattered after breakfast, all made it home safe though a few got into rain. That is what you get for not taking Steve with you.

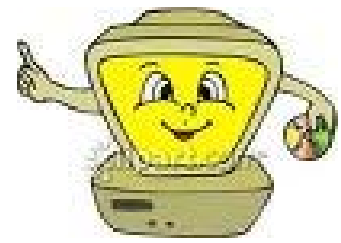
On a Sunday when we rode to the “Ride for Kids” we had 8 bikes, about 10-12 NC-02 members and 3 guests. Another beautiful day of riding. Lou & I have donated some money for this event, but have never ridden until this year. We had a great time and want to make sure we ride each year for this event. After a police escort from Asheville to Lake Lure we were given a bag lunch and heard about the people and groups that had worked this year to raise money. I almost fell out of my seat when they pulled out the banner showing this event had raised \$117 thousand plus dollars. I understand there are 40 such events put on during the year.

If you are one of the few that have missed some of our rides, remember “you don’t want to miss out on a good thing.”

Johnny & Lou Perry
ACD’S



Computer Tip of the Month



Julie Kochert

Here's a dirty little secret about the Internet:

Though you may not pay a dime to use Facebook, search on Google, or watch YouTube videos, you pay in other ways. Every profile update, search query, or viewed video is an opportunity for these sites to bombard you with more advertising--and the more information the advertisers have about you, the more effective their targeting can be. Thanks to the tracking cookies embedded in almost all Web ads, advertisers know which Websites you're visiting, too.

Cookies can do useful things, such as saving your log-in and password information for certain Websites. But the banner ads you see everywhere are probably also sticking you with tracking cookies that report back to the advertising agency every time you go to a Website the agency advertises on. The resulting data doesn't contain your name or any personally identifiable information, but you probably don't want advertisers building up a history of your Web activity anyway.

Your browser can block these third-party cookies, though the option is not enabled by default. Here's how to activate blocking:

Internet Explorer: Choose *Internet Options* in the Tools menu, click the *Privacy* tab, and click the *Advanced* button. Check the *Override automatic cookie handling* box, and choose *Block* under the 'Third-party Cookies' heading.

Julie Kochert

THANK YOU JULIE FOR THIS INFO
Beverly

RIDE FOR KIDS – ASHEVILLE 2010



OUR FAVORITE RIDE OF THE YEAR

Sunday, August 29th we went on our favorite motorcycle ride of the year – Ride for Kids with Brain Tumors. (Pediatric Brain Tumor Foundation) They have 40 rides each year – all across the nation. There are 10 children diagnosed with brain tumors every day!

Last year I met a girl named Sarah, red hair, and so cute. She rode in someone's side car on our ride, as she did again this year.

I searched for her this year in the crowd and I got to talk to her and her "Nana". Sarah's brain tumor was found when she was 5 and she is now 10. It is located deep in her brain and is inoperable. Sarah's beautiful red hair was gone this year .

Ronald and I talked to Sarah's doctor who was there from Duke Hospital, and they are now going to send her to Jacksonville FL for a new type of treatment. Please join me in praying that it works – her name is Sarah Simmons. I told Sarah S about my granddaughter Sarah starting school this year, and I asked her if she had any advice. She said "Tell her to remember that Q comes before R."

The Asheville Ride for Kids raised over \$117,000 which goes to research, help for the families, and scholarships for the children who survive and are able to attend college. There were 390 riders on over 200 bikes. One man brought a check for \$25,000 – money he had raised during the past year. He was also the top fund raiser last year.

There were 6 children and young adults there, from the Asheville-Greenville area, who were part of the ceremonies after the ride. Two are in college with scholarships from The Foundation.

(Thank you Ted and Med for introducing us to Ride for Kids!)
Ronald and Beverly



September is Fruits & Vegetables – More Matters Month

Research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day.

How to Add Fruits and Vegetables into Your Diet

- Add fruit to your breakfast cereal or oatmeal (not just bananas — also try apples, grapes, berries, peaches, or mandarin oranges)
- Snack on mini-carrots or dried fruit at work instead of candy
- Add fruits and vegetables to your take-out dinner
- Microwave a vegetable to add to your dinner and eat fruit for dessert

How Fruits and Vegetables Can Improve Your Health

Fruits and vegetables contain essential vitamins, minerals and fiber that may help protect you from chronic diseases. Compared to people who consume a diet with only small amounts of fruits and vegetables — those who eat generous amounts, as part of a healthy diet, are likely to have reduced risk of chronic diseases. They also are less likely to have a stroke, cardiovascular diseases and certain cancers.

Don't you just LOVE this T Shirt?? And Ain't it the TURTH??



During a visit to my doctor, I asked him, "How do you determine whether or not an older person should be put in an old age home?"

"Well," he said, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person to empty the bathtub."

"Oh, I understand," I said. "A normal person would use the bucket because it is bigger than the spoon or the teacup."

"No" he said. "A normal person would pull the plug. Do you want a bed near the window?"

NC 02 2010 EVENT CALENDAR

August 15th	NC 02 Chapter Meeting	Eat @ 5, Meet @ 6
August 21st	Shatley Springs	6:00 AM
August 25th	Dinner Ride	6:00 PM
August 29th	Ride for Kids - Asheville	
September 4th	Steve's Church BBQ	
September 11th	Blue Ridge Parkway Ride	8:00 AM
September 19th	NC 02 Chapter Meeting	Eat @ 5, Meet @ 6
September 23rd - 25th	2010 Wings Over Smokies	
October 10th	Dinner Ride	6:00 PM
October 16th	Lamar's Ride & Cookout	12:00 PM
October 17th	NC 02 Chapter Meeting	Eat @ 5, Meet @ 6
October 25th	Dinner Ride	6:00 PM
November 6th	Progressive Supper	
November 15th	Vet's Day @ Golden Coral	
November 21st	NC 02 Chapter Meeting	Eat @ 5, Meet @ 6
December 4th	J Iverson Riddle Christmas Party	
December 11th	NC 02 Christmas Party	

2010 NC District and Region N Special Events Calendar

<i>DATE</i>	<i>HOST CHAPTER</i>	<i>LOCATION</i>
August 2010		
5 - 7	Kentucky District Rally	Somerset, KY
14	NC-T2 School Tool Ride	Albemarle, NC
15	North Carolina Couples Picnic	Lake MacIntosh, NC
21	NC-M Day Rally -NC Transportation Museum	Spencer, NC
September 2010		
11	NC-Z O'Berry Center Fund Raiser	Rocky Mount, NC
23 - 25	Wings Over The Smokies	Fletcher, NC
October 2010		
2	NC-P2 Relay for Life Poker Run	Forest City, NC
7 - 9	Virginia District Rally	Salem, VA
16	NC-Y Poker Run	Morganton, NC
23	NC-G Tony's and Johnny's Ride	High Point, NC
30	NC-A Stew	TBA
December 2010		
4	Gifts On Cycles	Goldsboro, Butner, Morganton, NC



GWRRRA



REGION 'N'



NORTH CAROLINA

NC GWRRRA CHAPTER MEETING LIST

CHAPTER	DAY	CITY	TIME	LOCATION
NC-A	2 nd Thu	Greensboro	7:30 pm	Captain Bills, 6108 West Market Street (Route 421)
NC-A2	1 st Tue	Lexington	7:30 pm	Cap'n Steven's Seafood, 4577 E. Hwy 150
NC-B2	2 nd Tue	Winston Salem	7:30 pm	Yacht House Seafood Restaurant, 4881 Country Club Road.
NC-C	2 nd Mon	Charlotte	7:30 pm	* Hillbilly's BBQ located at 838 Tyvola Road in Charlotte
NC-C2	1 st Tue	Smithfield	7:30 pm	Parkside Cafe, East Alt Hwy 70 Pine Level, (off I-95 exit 97)
NC-D	1 st Thu	Greenville	7:30 pm	* Hibachi Grill & Buffet @3437 South Memorial Drive Greenville
NC-D2	3 rd Mon	New Bern	7:30 pm	Golden Corral, 400 Hotel Drive
NC-E	3 rd Tue	Cary	7:30 pm	Perkins Family Restaurant, 908 US Hwy 64 West, in Apex
NC-E2	4 th Thu	Elizabeth City	7:30 pm	Golden Corral, 406 Halstead Blvd
NC-F	1 st Sun	Jacksonville	3:00 pm	Logan's Road House, 1177 Western Blvd.
NC-F2	3 rd Thu	Gamer	7:30 pm	Carolina Barbeque, 733 W.US Highway 70 East, Gamer.
NC-G	1 st Thu	High Point	7:30 pm	Pioneer Restaurant, 10914 N.Main St. (Rt 311), Archdale
NC-G2	1 st Sat	Waynesville	5:00 pm	Fat Buddies Ribs & BBQ 193 Waynesville Plaza, Waynesville
NC-H2	3 rd Thu	Durham	7:30 pm	Mayflower Seafood Restaurant,3742 Chapel Hill Blvd.,Hwy 15-501
NC-I	4 th Sat	Asheville	10:00 am	J&S Cafeteria 900 Smokey Park Highway Exit 44 from I-40
NC-K2	4 th Sun	Fayetteville	2:00 pm	Hudson Bay Seafood Restaurant, 2816 Ramsey St.(Hwy 401
NC-L	3 rd Tue	Gastonia	7:00 pm	Jackson's Cafeteria (Shopping Center), 1453 E. Franklin Blvd.
NC-L2	2 nd Sat	Mooreville	10:00 am	Golden Corral, 120 Gallery Center Drive, Mooreville
NC-M	2 nd Sat	Salisbury	7:00 pm	Blue Bay Seafood, Innes Street (I-85 exit 76)
NC-M2	3 rd Sat	Hendersonville	9:00 am	Golden Corral, 2530 Chimney Rock Hwy, Hendersonville
NC-N	4 th Thu	Burlington	7:30 pm	Western Charcoal Steakhouse, 142 Graham Hopedale Road
NC-O2	3 rd Sun	Hickory	6:00 pm	Libby Hill Seafood Restaurant on 2555 Highway 70 S.E.
NC-P2	2 nd Tue	Forest City	7:30 pm	Ryan's Family Steakhouse, 115 Ryans Dr, Forest City,
NC-Q	3 rd Sat	Wilmington	6:00 pm	Carolina Barbecue, 2703 N. College Road (Hwy 132).
NC-Q2	2 nd Sun	Dunn	2:00 pm	Pizza Inn, 1138 W. Broad St., I-95 exit 73
NC-R	4 th Tues	Thomasville	7:30 pm	Loflin's Restaurant, 108 Randolph St
NC-S2	4 th Sat	Sanford	10:00 am	Golden Corral on Horner Blvd. Sanford
NC-T2	2 nd Thu	Albemarle	7:30 pm	Blue Bay Seafood 1901 East Main Street, Albemarle
NC-U	2 nd Sat	Lumberton	3:00 pm	Golden Corral, 4928 Kahn Drive (I-95 Exit 22)
NC-U2	4 th Sat	Laurinburg	7:00 pm	Golden Corral, 904 US 401 Bypass North
NC-V	1 st Thu	Statesville	7:00 pm	Boxcar Grille, 3103 Taylorsville Hwy, (I-40 exit 148) Statesville
NC-W	3 rd Mon	Eden	7:30 pm	Golden Corral, 1566 Freeway Drive, Reidsville
NC-W2	3 rd Thu	Jefferson	7:00 pm	Smoky Mountain BBQ, Hwy 194/Business 221, West Jefferson
NC-X	1 st Sun	Wake Forest	9:00 am	Golden Corral, 11016 Capital Blvd.
NC-X2	4 th Sat	Mt. Airy	2:00 pm	Golden Corral, 2226 Rockford St. (Hwy 601 S.)
NC-Y	4 th Sat	Morganton	7:00 pm	Granny's Kitchen, 3448 Miller Bridge Rd, Connelly Springs (I-40 exit 116)
NC-Y2	1 st Sat	Monroe	10:00 am	Spiro's Hilltop Restaurant & Bistro, 1602 E Roosevelt Blvd.
NC-Z	2 nd Tue	Rocky Mount	7:30 pm	Western Sizzlin, 1041 N. Wesleyan Blvd. (US-301 North)

*** New meeting locations and meeting changes**

Pease Check the NC District website for Chapter Gathering updates before heading out to a gathering.

gwrranc.org

Chapter Gathering Changes

September

NC-Y, Morganton, will **CHANGE** their meeting for **SEPTEMBER ONLY** to be held on September 18th, as to not conflict with WOS, Same time and place.

NC-Z, Rocky Mount, will **CHANGE** their meeting for **SEPTEMBER ONLY** to be held at their Fund Raiser event on September 11th,

NC- S2, Sanford will **CANCEL** their **September 25** meeting due to WOS.

October

NC- P2, Forest City, will **CHANGE** their meeting for **October ONLY** to be held at their Poker Run on **October 2**

NC-Y, Morganton, will **CHANGE** their meeting for **OCTOBER ONLY** to be held at their Poker Run Event on **October 16th** @ 2:00 PM.



The NC District Staff cordially invites you and your friends to the

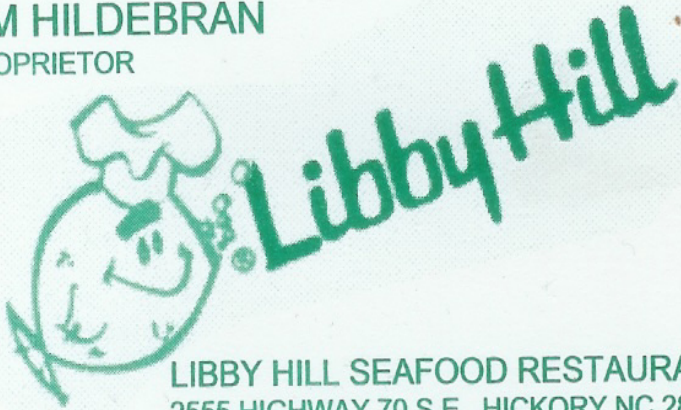
27th Annual Wings over the Smokies

...Winging to the County Fair...

September 23, 24, 25, 2010



JIM HILDEBRAN
PROPRIETOR



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