

VIRGINIA RIDER

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MAGAZINE™



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**Holiday Edition
December 2022**
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from the editor's desk



Well friends, here we are closing up another year of riding and another year of bringing you Virginia Rider. We love doing this magazine for you all so much... words can't begin to describe the joy that it brings us each and every month of the year. We really mean it when we say that we're here for you. We speak the same for our advertisers and rider friendly businesses as they are here for you also. Please support the rider-friendly small businesses in your communities around the states of Virginia and West Virginia. It's the little places that support your poker runs and events so they can help out as much as possible... they need you to support them throughout the year so they can be here for you again and again in the coming years. We are all passionate people bringing you the best of everything we can and know how for your riding lifestyle and your love for our motorcycle communities.

I'd like to send this New Year's wish out for all of you...

That you have someone to love, have meaningful work to do, and have things greater than yourself to believe in; that you have a reason to smile every day, and a shoulder to cry on when you need it, that you keep your integrity even when the choices are hard; THAT YOU LOVE DEEPLY, give freely, forgive willingly, laugh easily, and live well enough to be grateful for every day.

From all of us here at Virginia Rider, we wish you the very best of the season and a healthy, happy & comfortable new year ahead. We love you all! Get ready 2023, here we come!!!

Stay AWESome!

Kelly



IN THIS ISSUE



MOTORCYCLE HAND SIGNALS wraps up this month with five more throughout this issue to help you learn or refresh your skills of using hand signals to message fellow riders. When you're out on the road, communication is key! Stay safe out there!



RUFF RIDERS covers Stu and Janell Clarke, an Aussie couple who are travelling the world on two motorbikes with their dogs Weeti, Shadow and Azra. The adventure started in 2014 and they have since crossed 101 countries. In the second installment of the story, we meet Shadow, whom the Clarkes rescued after the dog had been hit by a car and lost one eye.



WINTERIZING YOUR MOTORCYCLE is important this time of year. We've got a complete checklist of everything you should do to get your bike ready to hibernate (or maybe run?) through the cold winter months ahead.



And in a related article to the above article, in **How To Store Your Motorcycle For The Winter**, we cover everything from finding a proper place for storage, fuel stabilizers, cleaning your bike thoroughly and using stands to storing your bike outside and covering it properly.

GOOD FOR YOU



GOOD FOR YOU and **FIT FOR THE ROAD** ring in the New Year with tips on how to get a great start on 2023. There are both physical and psychological aspects to good health. Here we cover good sleep, proper diet, and ways of addressing social and family concerns that will help you welcome the new year.



THE LIGHTHOUSE is the story of a woman named Nancy, who lost her husband to cancer, and a tradition of placing white envelopes in her Christmas tree, both in memory of her husband and also a reminder of the true meaning of Christmas.

Tom McGrath's Law Group continues the theme of winter preparation and riding with some practical tips on how to stay safe while enjoying the cold weather, as well as further tips on keeping your bike in shape for the season ahead.

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ON OUR COVER:
Nothing beats going out and finding the perfect Christmas tree. Bringing it home on a vintage motorcycle with a sidecar and a couple of your closest friends? Priceless!



MOTORCYCLE HAND SIGNALS

A RIDER'S UNIVERSAL LANGUAGE

Part 3 of 3

Over the years, there have been other hand signals created and used by motorcyclists. Sometimes groups have their own secret signals aside from the basic universal ones. Most of the time, these are just used among the riders in that group and the universal hand signals are still used to signal other motorists. Either way, we all have to share the road with each other. Being able to communicate with each other can make our journeys much safer for all motorists, regardless of the vehicle.

We zoomed in on eleven different individual hand signals throughout our Fall and November 2022 editions. This month you'll find five more throughout this issue to help you learn or refresh your skills of using hand signals to message fellow riders. When you're out on the road, communication is key!

If you know of any other hand signals that we haven't covered, drop us a line so we can share them also.

Stay safe out there!



Fuel stop

Take your left hand and point your index finger towards the fuel tank. Most vehicles on the road run off of some sort of fuel. This means the tanks have to be refilled at some point. This signal allows the group to know that there will be a fuel stop coming up.



GOOD FOR YOU AND FIT FOR THE ROAD

TEAM UP FOR THE BEST NEW YEAR EVER!

When the New Year begins, we feel that we need to make changes in our life, start on a new path, do new things, and say goodbye to old habits. The New Year is like a book with blank pages. How you fill those pages is up to you. If you need some ideas on what you can do to start your new year off in the right direction, and hopefully keep it going that way, here are some of the best things ever that you can start for a happy and healthy new year:



Get your full eight hours - Just as a healthy diet and regular exercise are necessary and important for good health, so is sleep. Cutting back on snooze-time can lead to an out-of-control appetite (some studies show that people who sleep less are more likely to be overweight), a greater risk for coronary heart disease and type 2 diabetes. So try and get the recommended eight hours of sleep needed for good health, safety, and optimum performance.



Rise and shine — and eat - Breakfast gets your body’s metabolism going again after a night of sleeping, and gives you the gradual and adequate energy you need to get through the morning. You don’t have to eat snacks to supplement your energy

needs and expenditure. It doesn’t have to be complicated too. Microwave instant oatmeal, topping it with skim milk or yogurt and berries; in minutes, you’ll enjoy filling fiber with a protein and vitamin boost. Hard-boiled eggs, whole-grain toast with almond butter or a fruit and yogurt smoothie are also quick, nutritious choices.



Wash your hands - From banishing cold and flu germs to preventing food borne illnesses, frequent hand-washing is one of the smartest preventive habits you can adopt. Wash your hands with warm water and soap before handling food, eating, or touching your face, and after using the bathroom or coming into contact with potentially contaminated objects such as doorknobs, toys and menus. Be sure to clean the entire surface of your palms and the tops of your hands, as well as under your nails. A thorough hand-washing should take about 20 seconds.

Know your family health history - Your family’s medical history can give you important information about your own health. Many diseases, such as heart disease, breast cancer, diabetes, and depression, can have a genetic component. The more you know about the health of your relatives, the better informed you’ll be about your own risk factors and how to manage them.

Eat mindfully - One of the significant differences between people who successfully manage their weight and people who constantly struggle is mindful eating. Turn off the TV or computer, sit down at a table with your food on a plate, and focus on eating. Savor the smell and enjoy the taste. Put your fork down between bites, and take time to really enjoy your meal. Chances are you will eat less and feel more satisfied.

Add variety to your diet - Wild salmon and sardines are just a couple of the fish that provide heart-healthy fats such as omega-3, which lower your risk of cardiovascular disease and help preserve your cognitive function. Aim for two servings a week; more than that may add too much mercury to your system. On occasion, indulge in a glass of red wine (or any alcoholic beverage) or a bite of dark chocolate that contains at least 75% cocoa-both contain antioxidants that can benefit your heart. In

addition, both may relax blood vessels, which reduces clotting somewhat and makes it easier for blood to get to the heart. And finally, try to eat 5-7 servings a day of fruits and vegetables, and minimize your intake of carbohydrates.



Volunteer - In addition to helping others, volunteers themselves often benefit from “giving back” to the communities in which they live and work, and enjoy a rewarding sense of doing something good for someone else. As a volunteer, you gain valuable experience, learn new skills, make friends and meet others who share the same interests. At Scripps Memorial Hospital La Jolla, volunteers also enjoy perks such as special events and wellness programs.



Maintain strong family and social networks - Research has shown that people who have family and friends they can turn to for support and companionship may be healthier and less likely to experience depression than those who spend most of their time alone. Looking for new friends? Join a club, take a class or volunteer.



Take a time out - At least once a day, close your eyes and focus on taking 10 deep, full breaths. Inhale through your nose, feel your diaphragm expand, and exhale through your mouth. Deep,

focused breathing slows your heart rate, calms the body and, as a result, calms your mind and reduces stress. Mix in at least 30 minutes of moderate physical activity at least five days a week as well. Choose something you enjoy and will stick to. Recent studies found that brisk walking is just as good for your heart as jogging, or try biking or swimming. You needn’t do it all at once; two 15-minute workouts or three 10-minutes blocks work equally well.



Drink more water - Drinking water prevents constipation, dehydration and other related diseases. Whether you drink bottled, filtered or tap, water helps keep your cells hydrated, flushes out toxins, and prevents dehydration. Tea, juices and sports drinks count, too, but watch out for added sugar, artificial flavorings and caffeine, all of which can detract from the benefits.

We hope that you stay healthy and fit for the road as we ride into 2023. There are endless possibilities of great “starts” for the new year and we hope that you find yours so you can begin filling your blank pages with the greatest story ever told!





WINTERIZING YOUR MOTORCYCLE

For many motorcyclists across the country, the end of fall marks a crucial maintenance time for their cycles. Some fortunate riders enjoy year round suitable cycling climate. If you are not one of the fortunate, you need to follow a few important steps to protect your cycle over the winter months ahead. The following steps are helpful guidelines to assist you in winterizing your motorcycle to assure come spring, you can get back on the road with little trouble.

Gather up the tools necessary for winterizing your bike. You will need, cleaning cloths, spark plug wrench, a trickle battery charger, four or five quarts of high quality oil, new oil filter, oil can or device to get oil in the cylinders, chain lube (if you have a chain drive), fuel stabilizer, spray can of WD40, a breathable motorcycle cover, kitchen plastic wrap, rubber bands, vinyl or plastic gloves, items to clean and wax your bike. Lastly a nice location for the bike to spend the winter, a heated secure garage would be ideal. Avoid wind, dripping water, vermin, mildew, and chemical fumes.

Give your bike a thorough cleaning. A gentle wash detergent and water will suffice. By removing road grime and insects you will protect the finish of the bike. Avoid spraying water directly into the opening of the muffler. If baffles get wet and are not dried prior storage, internal rust could result. Likewise avoid moisture in the air cleaner housing. If the housing becomes saturated, it could act as a choke, making cycle difficult to start. Dry completely with a good chamois. Clean and polish all aluminum and stainless surfaces with the appropriate metal polish. Finally finish up with a coat of good wax polish on all painted and chrome surfaces. Clean the chain (if you have one). Spray off all the built up residues with WD40. Lube the chain.

Add a fuel stabilizer to the gas tank. Fill your tank with gas as full as it can go. This is very important. As fuel ages, more volatile components tend to change, leaving sludge and gummy substances that can affect the carburetor. Run the bike so the gas and fuel stabilizer get to the carburetor and fuel injectors. then turn off the fuel and run it dry.

If you have a carburetor, drain your float bowls. Shut off the gas petcock and drain the gas from the carburetor bowls. Consult your manual for location of drain screws. Of course if you have a fuel-injected bike, there isn't anything to drain.

Once the engine is warm, you can change the oil and filter. Oil chemistry changes over periods of extended storage. Old oil can develop acidic qualities, which can corrode engine parts.

Using an oil-squirting device, put oil over the stationary tubes on the front forks. Get on the bike, hold the front brake and bounce the bike up and down to work the front suspension. This will keep the rubber seals from drying out and protect the exposed fork tubes.

Remove spark plug wires, and carefully with a spark plug wrench remove the plugs. With your oil-squirting device, get some motor oil in the cylinders. Approximately one teaspoon of oil will work

well. Tuck the plug wires away somewhere safe so they do not arc, then spin the motor with the starter for a few revolutions to get the oil spread around. Remember to keep your face away from the spark plug holes. Oil will squirt out! Clean and gap the plugs and put them back in. Replace plug wires.

You may want to remove the battery. Some batteries may require charging every four weeks with a "Battery Tender" type of charger. Built up sulfates on the plates can ruin a battery during cold storage and inactivity. A thin coat of Vaseline to the terminals on the battery can prevent corrosion. This small step will mean an easier spring start up and no extra cost of battery replacement.

If your bike has a liquid cooling system, check it's level of anti-freeze with a hygrometer. Drain, flush and replace antifreeze if necessary. We suggest this replacement be done every two years. Do not leave the antifreeze level low or empty, this could lead to rust or corrosion of the cooling system. Check all other fluid levels at this time.

Lube your cables. Lube suspension and pivot points. Lube the drive shaft (if you have one). Check the air cleaner and the fuel filter. Look at brake pads. Give your bike a good once over.

Clean and treat all leather with a high quality dressing

If your storage location is bare concrete, we suggest using a piece of plywood, MDF, or old thick carpet. This will insulate the bike from becoming damp. We also suggest storing your bike with all the weight removed from the wheels. A bike stand or some blocking works if you have a wheeled lift. A center stand and some blocking will work too. Do not store your bike near any ozone emitting devices, such as motors, freezers, furnaces or electric heaters. The gasses created by the above will deteriorate rubber parts.

With a clean cloth, wipe good quality light machine oil over all the metal surfaces, except the disc brakes. Spray a little WD40 in the tail pipe(s). Cover your tail pipe opening and the air intake with plastic wrap and a rubber band. You can also cover drain hoses as well. This will prevent any opportunistic pests from making a cozy winter home in your bike.

Do not run the engine for short periods of time over the storage period, this can lead to condensation due to engine and combustion byproducts in the oil.

By following the above steps you will protect your bike over months of nonuse. When more favorable weather arrives, simply remove the shield or storage cover, check tire pressure, give bike a good wash, install battery if applicable, remove plastic cover, give it a good tune up, and you are ready to hit the road. Safe Riding!



How to: Pimp Your Motorcycle for Christmas

I spent last Christmas lying on a hospital bed with a broken elbow, thinking about what I would do if I wasn't injured. Well, this is one year late, but better late than never! Here's the result of a few zip ties and a \$9.90 car antlers set. Looking forward to a merry Christmas! Ride safe!

Source:
<https://ridingbible.blogspot.com/2013/12/how-to-pimp-your-motorcycle-for-christmas.html>

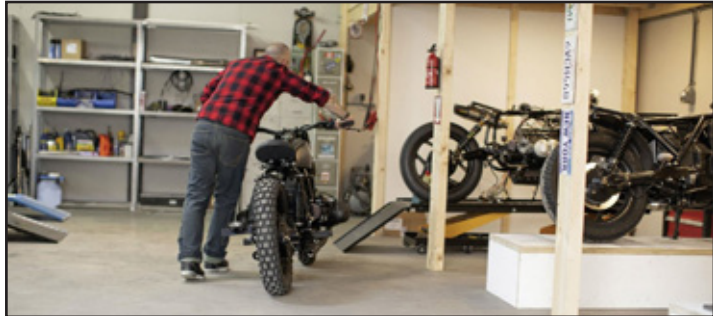


Refreshment stop
Take your left hand, make a fist, and place your thumb to your mouth. Everyone needs nourishments and sometimes during a long ride, you will get thirsty. This signal lets the group know that there will be a stop for refreshments and possibly food.

How To Store Your Motorcycle For Winter



We get it. Cold weather riding isn't everyone's jam. We also know your bike is your pride and joy and you want it to feel the love, too. You can reduce the chances of frustrations and repair costs in the spring by making a small investment now—in cost, time, or space—to winterize and store your bike. Here's what you should consider to protect your bike and save money on potential repairs down the road.



Choose an appropriate location to store your motorcycle

If you don't have a place to store your bike over winter, commercial motorcycle storage options range from \$200 to around \$750. This may seem pricey, but if you want someone else to handle storage for you, this could be a great option. Some motorcycle dealers may even store your bike for free if you include several hundred dollars of service work as part of the process.

If you're looking for a cheaper option, consider storing your bike yourself. The most ideal situation is a covered environment that'll protect your bike from the elements, like a garage or shed.

Parking your motorcycle outside in the winter

If you don't have access to a garage, you might wonder if it's safe to store your ride outside over winter. The answer is yes; however, location and preparation for the elements are important. If possible:

- Choose a place that's not exposed to winter traffic, snow plowing, or road salting.
- Try to store your bike under or near a structure that can provide some protection—such as a carport or breezeway.
- Use an appropriate motorcycle cover to help keep your bike dry and clean.
- Avoid storing it near trash cans, which can make your motorcycle a more likely target for a rodent nest.
- Park it in a lighted area to decrease the risks of theft and vandalism.

Add fuel stabilizer to your motorcycle

After you've determined your storage location, think about winterizing your motorcycle. During the last few refuels before you plan to store your motorcycle, use pure gasoline versus an ethanol blend. Because ethanol

gasoline is more likely to absorb water vapor and has a short storage life, getting the ethanol out will reduce problems caused by water in the tank. It'll take at least two tankfuls to get rid of most of the ethanol.

On the day you plan to store your motorcycle, take a ride that's long enough to fully warm the engine. Add fuel stabilizer to the fuel tank and top it off with pure gasoline. Then, ride at least another 10 miles to ensure the stabilized fuel has run through the whole fuel system.

Change the motor oil and filter

After caring for the fuel system, change your motor oil and oil filter. Even if you're not due for an oil and filter change, it's an important part of winter storage prep. The process of internal combustion creates byproducts that contaminate your motor oil. Leaving oil with acidic combustion byproducts sitting in the motor for months could cause internal damage.

For this oil change, consider switching to the cold-weather grade oil recommended by your motorcycle's manufacturer. This is beneficial if you think you might take your bike out for a ride when the weather is still cold. Early spring can have clear roads and cold mornings—winter grade oil makes starting your bike easier at lower temperatures.



Clean your bike

Once your motorcycle has cooled down and has fresh oil, it's time for a thorough wash and dry. This should be the most detailed cleaning your motorcycle receives each year.

After you wash your bike, remove, clean, and inspect the saddle and any side covers. You might be surprised to see how much road grime can get into the parts of your motorcycle that you can't see. Part of the goal here is to make sure there's no foreign material that can hold moisture and promote rust over the winter. This is also an opportunity to check for frayed wires or loose components that could cause problems when you start your bike in the spring.

Run your motorcycle one more time to warm it to full operating temperature. This will help evaporate any water trapped in nooks, crannies, and the exhaust system. Check the oil one last time and wax your motorcycle to help protect the paint.

Lubricate parts and check motorcycle fluids

Consult the owner's or service manual for a complete list of all components that need lubrication. Cables, levers, side stand pivots, and the final drive chain are just a few items you should lubricate. For some riders, this will be the only time of the year these components get much attention. Make it a point to inspect them for adjustment and wear. This is also a good time to check the fluid level and condition of hydraulic systems, like brakes and the clutch. If the transmission and primary drive use separate fluids from the motor oil, check the levels and condition of those as well.

On a shaft drive motorcycle, check the fluid in the final drive gear case. If you're comfortable with doing so and have the equipment, remove the rear wheel to inspect and grease the splines between the wheel hub and final drive.

Take care of the battery

A dead battery is a nuisance to any motorcycle rider on a perfect spring day when you want to go for the first ride of the year. Don't fall victim to this annoying situation.

Check your battery

- Inspect your battery terminals for signs of corrosion.
- Clean the terminals and apply dielectric grease, if necessary.
- If you have a voltmeter, check the charge state of the battery with the motorcycle turned off. It should be more than 12 volts; around 12.75 volts is ideal.
- If the battery is low, charge it and retest—a weak battery will likely be short lived in the spring.
- Perform a load test.

Maintain your battery

After you've checked and cared for your battery, decide how you're going to care for it over winter—remove it and maintain the charge or leave it on the bike and use a trickle charger.

- If you're storing your motorcycle outdoors, removal may be the only realistic method.
- If you're storing your bike indoors, leaving the battery in and connecting it to a trickle charger allows you to easily take a spur-of-the-moment ride when the weather is good. Always follow the charger manufacturer's instructions and your motorcycle manufacturer's directions for battery maintenance.

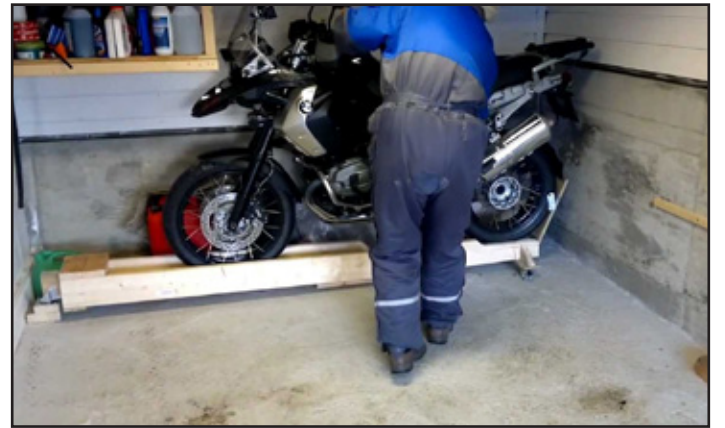
Prepare the exhaust and air intake

Mice and other rodents can look at exhaust pipes as ideal places to make a winter nest—especially if you store your motorcycle in a shed or outside where food sources are nearby. You can buy commercially made plugs to seal your exhaust. They're usually bright red or orange so you remember to remove them in the spring. You can also cover the openings with plastic, but be sure to avoid anything that can hold moisture so you don't inadvertently cause rust.

Rodents also like to make nests in the intake to the air box. Sealing the air box may take a little more ingenuity than sealing exhaust pipes, but you can use similar methods. However you choose to seal your bike's intake and exhaust, remember to remove the seal and complete an inspection before starting the motorcycle in the spring.

Inflate your motorcycle's tires

Make sure you store your motorcycle with the tires inflated to the correct riding pressure, but be careful not to overinflate them. If possible, check the pressure at least once a month during the winter and maintain proper inflation. While you're prepping the bike for storage, check the tread at the tire wear indicators. If the tires have been on the motorcycle for more than one season, check the sidewalls for age cracking. If your tires are wearing or aging out, replace them when you take the bike out of storage in the spring.



Consider storing your motorcycle on a stand

There's a school of thought that storing your motorcycle on a stand keeps the tires from flat spotting. Concerns about flat spotting have been around for decades, though it typically isn't an issue for modern motorcycle tires—your tires won't flat spot if they're properly inflated. However, using a stand may reduce the amount of space your motorcycle occupies in your storage area and it allows you to easily move it around.

Cover your motorcycle correctly

If you're storing your motorcycle outside, a high-quality motorcycle cover designed for outdoor use is essential. These covers help reduce condensation and resist rain and snow. Never use a plastic tarp or similar cover—they'll hold in moisture. If you store your ride in strong winter sunlight, remember to cover the tires to avoid damage from the sun. If possible, use a locked cover to help prevent theft or vandalism. If you're storing indoors, a cover probably isn't necessary, but a lightweight cover will help keep dust off your bike. If you do cover it and didn't complete some of the protective measures we mentioned earlier, be sure to check under the cover from time to time to ensure rodents haven't moved in.

Keep your bike in peak condition

The effort it takes to prepare your motorcycle for winter storage is well worth it. In addition to the peace of mind that comes from knowing your motorcycle is resting safely and will be ready for spring, you help increase its longevity and protect its value. Plus, finding any problems during the winterization process allows you time to schedule and budget for repairs if you find anything that needs service.

Remember to check on your motorcycle throughout the winter—it helps reduce surprises in the spring.



Source:

www.dairylandinsurance.com/motorcycle/on-the-road/safety/winter-motorcycle-storage

APPLES TO RING IN THE NEW YEAR AND A NEW WAY TO EAT THEM



Apple Gifting Day is celebrated every year on January 1, as part of the many traditional ways of marking New Year’s Day. Because apples symbolize good health, giving people apples on New Year’s Day is wishing them good health for the rest of the year.

Now for the new way to eat them....
Every once in a while I find out information that blows my mind such as the day that I learned that I’ve been eating apples wrong my entire life. Apples...that delicious fruit that comes in red or green, sweet or tart & almost always juicy. An apple a day keeps the doctor away. It’s the perfect healthy addition to a school lunch. The apple is even so influential that it’s supposed to be the cause of original sin.

So, as such a universally well-known fruit, you’d think apples would be relatively straightforward to eat such as biting into it eating all the deliciousness around the core, right? WRONG.

The core is edible, meaning it doesn’t actually exist. Mind blown.

To help you with your inevitable fruit-related identity crisis, I’ve devised two techniques for approaching the long shunned apple core:

Technique 1: Started from the bottom, now we here

1. Wash the apple and remove the stem to the best of your ability. I know, revolutionary stuff here.
2. Look at the bottom of the apple and stare at that weird hole thing. You might be thinking, “I really don’t want to eat that.” But you’re wrong. You want the apple, weird bottom part and all. It’s just screaming, “Bite me.”
3. Process the progress you’ve made. You’re doing it. You just bit into the “core” of the apple. Keep going from the bottom. You might see what looks like hairy fibers. I usually pick those out and keep eating, but if you’re into it, you do you.

4. Once you get to the part with the seeds, you can either bite into it and spit out the seeds like a champ or pick them out like a slightly less hardcore (pun fully intended) champ. Judgement-free zone here.



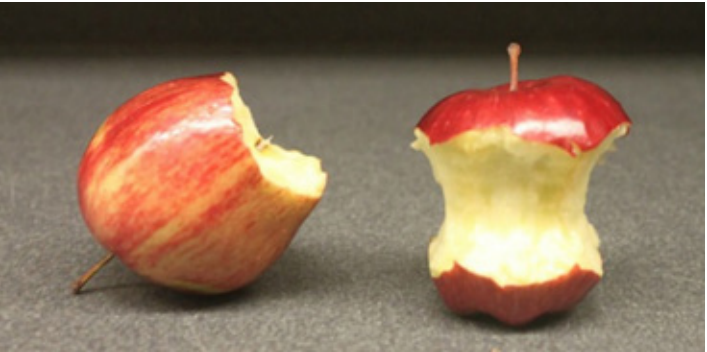
5. Finish the apple. Pretty self explanatory, but essential.

Technique 2: Eating the core last, aka Being the Uneducated Eaters’ Trash Can

Say you’re reading the article and already ate most of your apple the “normal” way or your friend “finishes” her apple, but hasn’t eaten the core. Well, just take that core and take a bite from the bottom. Embrace the look of surprise from your non-core consuming companions. You’re decreasing food waste and eating a delicious piece of fruit. #Sustainability #GoGreen

Finish the apple as described above. Revel in your newfound apple eating skills because you are an apple-eating rockstar. Give the gift of apples on New Year’s Day and share your new-found knowledge with your friends so they too, can enjoy the satisfaction of a properly eaten apple. Happy 2023!

Source:
<https://spoonuniversity.com/how-to/youve-eating-apples-wrong-whole-life-heres>



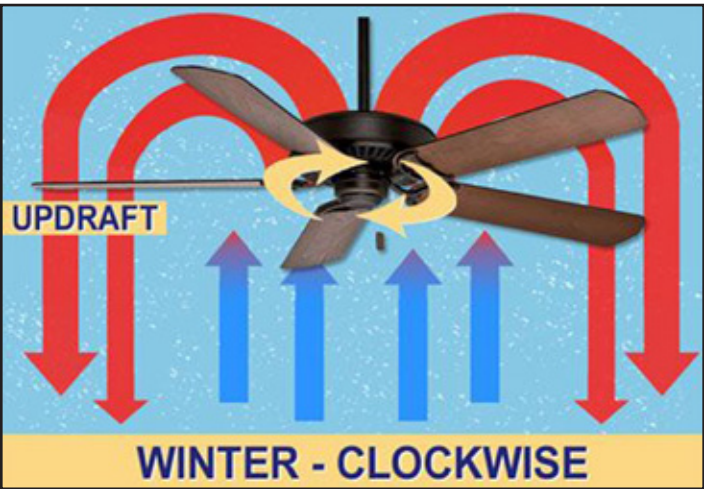


EVER WONDER WHAT THE TEMPERATURE IS AT RIDING SPEEDS...

RIDING SPEED (mph)	AIR TEMPERATURE (Degrees F)															
	30	35	40	45	50	60	55	65	70	75	80	85	90	95	100	
5	27	32	37	43	48	58	53	64	69	74	79	85	90	95	100	
10	16	22	28	34	40	53	47	59	65	71	77	84	90	96	102	
15	9	15	22	29	36	49	42	56	63	69	76	83	90	96	103	
20	4	11	18	25	32	47	39	54	61	68	75	82	89	97	104	
25	0	8	15	22	30	45	37	52	60	67	74	82	89	97	104	
30	-3	5	13	20	28	43	36	51	59	66	74	82	89	97	105	
35	-5	3	11	19	27	42	35	50	58	66	74	81	89	97	105	
40	-6	2	10	18	26	42	34	50	57	65	73	81	89	97	105	
45	-7	1	9	17	25	41	33	49	57	65	73	81	89	97	105	
50	-7	1	9	17	25	41	33	49	57	65	73	81	89	97	105	
55	-8	0	9	17	25	41	33	49	57	65	73	81	89	97	105	
60	-8	1	9	17	25	41	33	49	57	65	73	81	89	97	105	
65	-9	1	9	17	25	41	33	49	57	65	73	81	89	97	105	



You take the lead
Place your left arm at a 45 degree angle and wave it from front to back while pointing your index finger. This signal is a way to give someone else the lead.



A Christmas Story

It's a lengthy story but well worth reading through it.
Merry Christmas everyone!

The old man sat in his gas station on a cold Christmas Eve. He hadn't been anywhere in years since his wife had passed away. It was just another day to him. He didn't hate Christmas, just couldn't find a reason to celebrate. He was sitting there looking at the snow that had been falling for the last hour and wondering what it was all about when the door opened and a homeless man stepped through.

Instead of throwing the man out, Old George as he was known by his customers, told the man to come and sit by the heater and warm up. "Thank you, but I don't mean to intrude," said the stranger. "I see you're busy, I'll just go."

"Not without something hot in your belly," George said.

He turned and opened a wide mouth Thermos and handed it to the stranger. "It ain't much, but it's hot and tasty. Stew ... Made it myself. When you're done, there's coffee and it's fresh."

Just at that moment he heard the "ding" of the driveway bell. "Excuse me, be right back," George said. There in the driveway was an old '53 Chevy. Steam was rolling out of the front.. The driver was panicked. "Mister can you help me!" said the driver, with a deep Spanish accent. "My wife is with child and my car is broken." George opened the hood. It was bad. The block looked cracked from the cold, the car was dead.

"You ain't going in this thing," George said as he turned away.

"But Mister, please help ..." The door of the office closed behind George as he went inside. He went to the office wall and got the keys to his old truck, and went back outside. He walked around the building, opened the garage, started the truck and drove it around to where the couple was waiting. "Here, take my truck," he said. "She ain't the best thing you ever looked at, but she runs real good."

George helped put the woman in the truck and watched as it sped off into the night. He turned and walked back inside the office. "Glad I gave 'em the truck, their tires were shot too. That 'ol truck has brand new ." George thought he was talking to the stranger, but the man had gone. The Thermos was on the desk, empty, with a used coffee cup beside it. "Well, at least he got something in his belly," George thought.

George went back outside to see if the old Chevy would start. It cranked slowly, but it started. He pulled it into the garage where the truck had been. He thought he would tinker with it for something to do. Christmas Eve meant no customers. He discovered that the block hadn't cracked, it was just the bottom hose on the radiator. "Well, shoot, I can fix this," he said to himself. So he put a new one on.

"Those tires ain't gonna get 'em through the winter either." He took the snow treads off of his wife's old Lincoln. They were like new and he wasn't going to drive the car anyway.

As he was working, he heard shots being fired. He ran outside and beside a police car an officer lay on the cold ground. Bleeding from the left shoulder, the officer moaned, "Please help me."

George helped the officer inside as he remembered the training he had received in the Army as a medic. He knew the wound needed attention. "Pressure to stop the bleeding," he thought. The uniform company had been there that morning and had left clean shop towels. He used those and duct tape to bind the wound. "Hey, they say duct tape can fix anythin'," he said, trying to make the policeman feel at ease.

"Something for pain," George thought. All he had was the pills he used for his back. "These ought to work." He put some water in a cup and gave the policeman the pills. "You hang in there, I'm going to get you an ambulance."

The phone was dead. "Maybe I can get one of your buddies on that there talk box out in your car." He went out only to find that a bullet had gone into the dashboard destroying the two way radio.

He went back in to find the policeman sitting up. "Thanks," said the officer. "You could have left me there. The guy that shot me is still in the area."

George sat down beside him, "I would never leave an injured man in the Army and I ain't gonna leave you." George pulled back the bandage to check for bleeding. "Looks worse than what it is. Bullet passed right through 'ya. Good thing it missed the important stuff though. I think with time your gonna be right as rain."

George got up and poured a cup of coffee. "How do you take it?" he asked.

"None for me," said the officer..

"Oh, yer gonna drink this. Best in the city. Too bad I ain't got no donuts." The officer laughed and winked at the same time.

The front door of the office flew open. In burst a young man with a gun. "Give me all your cash! Do it now!" the young man yelled. His hand was shaking and George could tell that he had never done anything like this before.

"That's the guy that shot me!" exclaimed the officer.

"Son, why are you doing this?" asked George, "You need to put the cannon away. Somebody else might get hurt."

The young man was confused. "Shut up old man, or I'll shoot you, too. Now give me the cash!"

The cop was reaching for his gun. "Put that thing away," George said to the cop, "we got one too many in here now."

He turned his attention to the young man. "Son, it's Christmas Eve. If

you need money, well then, here. It ain't much but it's all I got. Now put that pea shooter away."

George pulled \$150 out of his pocket and handed it to the young man, reaching for the barrel of the gun at the same time. The young man released his grip on the gun, fell to his knees and began to cry. "I'm not very good at this am I? All I wanted was to buy something for my wife and son," he went on. "I've lost my job, my rent is due, my car got repossessed last week."

George handed the gun to the cop. "Son, we all get in a bit of squeeze now and then. The road gets hard sometimes, but we make it through the best we can."

He got the young man to his feet, and sat him down on a chair across from the cop. "Sometimes we do stupid things." George handed the young man a cup of coffee. "Bein' stupid is one of the things that makes us human. Comin' in here with a gun ain't the answer. Now sit there and get warm and we'll sort this thing out."

The young man had stopped crying. He looked over to the cop. "Sorry I shot you. It just went off. I'm sorry officer."

"Shut up and drink your coffee " the cop said.

George could hear the sounds of sirens outside. A police car and an ambulance skidded to a halt. Two cops came through the door, guns drawn. "Chuck! You ok?" one of the cops asked the wounded officer.

"Not bad for a guy who took a bullet. How did you find me?"

"GPS locator in the car. Best thing since sliced bread. Who did this?" the other cop asked as he approached the young man.

Chuck answered him, "I don't know. The guy ran off into the dark. Just dropped his gun and ran."

George and the young man both looked puzzled at each other.

"That guy work here?" the wounded cop continued.

"Yep," George said, "just hired him this morning. Boy lost his job."

The paramedics came in and loaded Chuck onto the stretcher. The young man leaned over the wounded cop and whispered, "Why?"

Chuck just said, "Merry Christmas boy ... and you too, George, and thanks for everything."

"Well, looks like you got one doozy of a break there. That ought to solve some of your problems."

George went into the back room and came out with a box. He pulled out a ring box. "Here you go, something for the little woman. I don't think Martha would mind. She said it would come in handy some day."

The young man looked inside to see the biggest diamond ring he ever saw. "I can't take this," said the young man. "It means something to you."

"And now it means something to you," replied George. "I got my memories. That's all I need."

George reached into the box again. An airplane, a car and a truck appeared next. They were toys that the oil company had left for him to sell. "Here's something for that little man of yours."

The young man began to cry again as he handed back the \$150 that the old man had handed him earlier.

"And what are you supposed to buy Christmas dinner with? You keep that too," George said. "Now git home to your family."

The young man turned with tears streaming down his face. "I'll be here in the morning for work, if that job offer is still good."

"Nope. I'm closed Christmas day," George said. "See ya the day after."

George turned around to find that the stranger had returned. "Where'd you come from? I thought you left?"

"I have been here. I have always been here," said the stranger. "You say you don't celebrate Christmas. Why?"

"Well, after my wife passed away, I just couldn't see what all the bother was. Puttin' up a tree and all seemed a waste of a good pine tree. Bakin' cookies like I used to with Martha just wasn't the same by myself and besides I was gettin' a little chubby."

The stranger put his hand on George's shoulder. "But you do celebrate the holiday, George. You gave me food and drink and warmed me when I was cold and hungry. The woman with child will bear a son and he will become a great doctor.

The policeman you helped will go on to save 19 people from being killed by terrorists. The young man who tried to rob you will make you a rich man and not take any for himself. "That is the spirit of the season and you keep it as good as any man."

George was taken aback by all this stranger had said. "And how do you know all this?" asked the old man.

"Trust me, George. I have the inside track on this sort of thing. And when your days are done you will be with Martha again."

The stranger moved toward the door. "If you will excuse me, George, I have to go now. I have to go home where there is a big celebration planned."

George watched as the old leather jacket and the torn pants that the stranger was wearing turned into a white robe. A golden light began to fill the room.

"You see, George ... it's My birthday. Merry Christmas."

George fell to his knees and replied, "Happy Birthday, Lord Jesus"

This story is better than any greeting card.
MERRY CHRISTMAS AND GOD BLESS!



GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant

The Swinging Bridge Restaurant

This was one of those rides that just happened at the spur of the moment. Rose and I had it on our list of places to visit, but we couldn't get the weather to cooperate on our days off. The forecast for the next couple of days called for mostly rain, so there was little chance we were going to make the 100 mile journey to Paint Bank and The Swinging Bridge Restaurant.

So, the next day, we headed to Paint Bank. When we got up, the intelligent weather site changed its prognostication from mostly rain to mostly cloudy through 6PM. If we still had Gordon Barnes and Bob Ryan with their markers and boards, drawing weather maps, we probably would have had a better idea of what it was likely to do.

Rose and I made a left at McDowell on one of our favorite roads with little paint, and no banks, on our way to Paint Bank. Rt. 678 lays alongside much of the Bullpasture River, where it turns into the Cowpasture River in Williamsville at its confluence. There is a cool walk bridge, just before the town, and a short hike to a swimming hole that looks like something out of a movie set. We wished we'd brought our swimming suits to it when we were there last summer. It is also a popular place for fishing. And many days, those with the bug, can be seen in the river with their waders and poles. Discoverbath.com says it's, "one of the most dramatic scenic drives in the county."

Team VTX caught Rt. 39 to Warm Springs passing Dan Ingalls Overlook. It was very brisk, and we were in IFR conditions, so there would be no stopping to look at water vapor at 2800' msl this day. We were glad we wore the heated gear. Not that we needed it, but it was comforting in the Bogart, 40s-like, temps. Cloudy 50s would dominate most of the day and I found myself hitting "the juice" more often than not. It's really a game changer. Like rain gear, the only thing worse than putting it on, is not having any. But unlike rain gear, you can look forward to riding in winter.

The winds were from the southeast and for the first time, we rolled past the plant in Covington without wishing we had gas masks. We turned onto Rt. 18, and once outside the city limits, we enjoyed the excitement of experiencing a new road. That



is, until we caught our first "Buzzkill" of the day. Speaking of Bogart, we had to follow him for several miles of smooth, marked pavement, that Nauti would have loved to rapidly adhere her fresh tires to. When we finally got to clear, dotted paint, he gunned it, making our pass even more adventurous. There is a less appropriate term for dotted line speeders that seem to relish being in everyone's way, but for now, I'll just stick to jackass.

Rose and I finally got to enjoy a proper motorcycle road, at proper motorcycle speeds. Limbo from Rush was playing on my android, adding to the majestic ride. Missing on this overcast day, were shadowed barcodes on the tarmac from our celestial halogen shining through the trees. That usually hypnotic effect was replaced by the roar of Nauti's Hard Kromes, passing over Potts Creek, more times than we could count.

We arrived at Paint Bank and passed our destination. We saw the sign, but it was too late. We made a U-turn at an old gas station with rusted Gulf Oil pumps. We saw where we needed to be and immediately noticed how charming and clean this small town was. We parked at a "motorcycle only" parking space. I saw cornhole boards next to horseshoe pits. Rose was already making her way to the fish pond by the mill, before I could get unplugged. There was a statue of a cow, duck, pig thingy breaking out of an egg, along the way. The sign stated it was an "UDDERLY CHIC(K)". We filed that one in the Jackalope folder and kept it moving. The pond had large trout and a gumball machine loaded with fish food. Guess who was responsible for the sudden panic of splashing as the feeding frenzy ensued.

There was a small stream that cascaded down from the pond to the creek where Tingle's Mill was on the property. A pipe, running from the pond, fed the wheel, which was turning. It was closed, but we later learned, the mill was in the process of being restored to its original state. It was another movie set.



We found a table once inside the restaurant next to a window. Places this warm and inviting are hard to come by. With lots of taxidermy, wood and stone, I immediately got the feeling this place was something truly extraordinary and special. Adding to its charm, a functional walk bridge, the restaurant is named for, spanned overhead. Topping it off, the restroom was a place many would consider remodeling ideas in their own homes.

We really enjoyed the whole experience. The food and the service were both excellent. I couldn't help but think what a great place this would be for a group ride for lunch, or even an overnigher, with the converted depot across the street for lodging. We really didn't want to leave, but we both had to work the next day. Motorcyclists don't need that big of an excuse to ride 100 miles, or more, for lunch. Couple that with a place to hang within walking distance from base camp, and a store for "provisions", the universe may have just unfolded a perfect place for riders to go. We should have called in sick. And next time we will make sure we have a couple of days off!

Cheers and thanks for reading!

Marc Ritchie
Photos and obsessive feeding disorder (OFD) professional:
Rose Grant

Wishing everyone Cheerful Holidays and a Happy New Year!!



White Envelopes

It’s just a small, white envelope stuck among the branches of our Christmas tree. No name, no identification, no inscription. It has peeked through the branches of our tree for the past 10 years or so.

It all began because my husband Mike hated Christmas. Oh, not the true meaning of Christmas, but the commercial aspects of it, overspending, the frantic running around at the last minute to get a tie for Uncle Harry and the dusting powder for Grandma, the gifts given in desperation because you couldn’t think of anything else.

Knowing he felt this way, I decided one year to bypass the usual shirts, sweaters, ties and so forth. I reached for something special just for Mike. The inspiration came in an unusual way. Our son, Kevin, who was 12 that year, was wrestling at the junior level at the school he attended, and shortly before Christmas, there was a non-league match against a team sponsored by an inner-city church.

These youngsters, dressed in sneakers so ragged that shoestrings seemed to be the only thing holding them together, presented a sharp contrast to our boys in the spiffy blue and gold uniforms and sparkling new wrestling shoes. As the match began, I was alarmed to see that the other team was wrestling without headgear, a kind of light helmet designed to protect a wrestler’s ears. It was a luxury the ragtag team obviously could not afford. Well, we ended up walloping them. We took every weight class.

And as each of their boys got up from the mat, he swaggered around in his tatters with false bravado, a kind of street pride that couldn’t acknowledge defeat. Mike, seated beside me, shook his head sadly, ‘I wish one of them could

have won,’ he said. ‘They have a lot of potential, but losing like this could take the heart right out of them.’ Mike loved kids, all kids, and he knew them, having coached little league football, baseball and lacrosse.

That’s when the idea of his present came. That afternoon, I went to a local sporting goods store and bought an assortment of wrestling headgear and shoes and sent them anonymously to the inner-city church. On Christmas Eve, I placed the envelope on the tree, the note inside telling Mike what I had done and that this was his gift from me. His smile was the brightest thing about Christmas that year and in succeeding years.

For each Christmas, I followed the tradition, one year sending a group of mentally handicapped youngsters to a hockey game, another year a check to a pair of elderly brothers whose home had burned to the ground the week before Christmas, and on and on. The envelope became the highlight of our Christmas. It was always the last thing opened on Christmas morning and our children, ignoring their new toys, would stand with wide-eyed anticipation as their dad lifted the envelope from the tree to reveal its contents. As the children grew, the toys gave way to more practical presents, but the envelope never lost its allure.

The story doesn’t end there. You see we lost Mike last year due to dreaded cancer. When Christmas rolled around, I was still so wrapped in grief that I barely got the tree up. But Christmas Eve found me placing an envelope on the tree, and in the morning, it was joined by three more.

Each of our children, unbeknownst to the others, had placed an envelope on the tree for their dad. The tradition has grown and someday will expand

even further with our grandchildren standing around the tree with wide-eyed anticipation watching as their fathers take down the envelope.

Mike’s spirit, like the Christmas spirit, will always be with us.

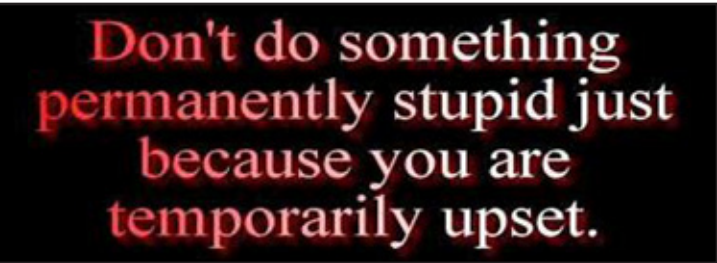
Written by Nancy W. Gavin
Circa 1982

This is a true story and inspired four siblings from Atlanta, GA to start The White Envelope Project, a non-profit organization dedicated to promoting this tradition and charitable giving. The White Envelope Project founders are regularly in touch with the family in the article and are thrilled to have their support. The Gavin family and now thousands of others continue to celebrate the ‘white envelope’ tradition each year.

<https://www.whiteenvelopeproject.org/>
A man’s gift makes room for him and brings him before the great. – Proverbs 18:16



Keep Jeans in Place
When Wearing Boots
By Using Mitten Clips



This January start the year with an empty jar. Each week add a note with a good thing that happened.

On New Year’s Eve empty the jar and read about the amazing year you had.



WE WANT YOU TO JOIN



Why should you join ABATE? For the preservation of your freedom to ride a motorcycle, on and off road, today and into the future. Meet other motorcycle enthusiasts in your community and join them to promote motorcycling through participation at State and Chapter meetings, meeting with Virginia legislators and local officials, chapter rides, rallies, benefit rides, bike shows and more.

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- ◆ Meet people who love freedom and having a good time
- ◆ Enjoy discounted memberships for additions in the same household
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Check out the local chapter nearest you at abateva.org
BECOME INVOLVED AND JOIN TODAY!

Alone For The Holidays

This is a wonderful time of year but for many, the holidays bring out a vast mix of deep emotions. Yes, it can certainly be a time of fun and anticipation, gift buying, gift giving, wonderful foods. Christmas. Hanukkah. Kwanzaa. Family. Friends. But holiday times are particularly difficult for those of us who have lost our partners or a loved one because we tend to reminisce and remember past holiday seasons with those we have lost, which magnifies our loss. For many of us, holiday cheer isn't so cheerful. In fact, it just reinforces the fact that we are alone.

If this is the first year that some of you are experiencing being alone at the holidays, the pain of your loss may be exquisite. For some who have gotten through the first year or years, the holidays may be easier to get through.

Here are some tips to help get through the holiday season. They apply not only to those who have lost a loved one but to anyone who is alone during the holidays and wishing not to be.

- Don't run from the pain. Cry if you need to. Get angry! Take a tennis racket and hit a big pillow with it. Shout out your rage. Use obscenities if you want to. (Best done in privacy!) Be honest about your emotions. They are real and you hurt. If you let the feelings out they will ease and you will be able to find some joy in the holiday season.

- Let someone know you are alone and would like some company. You may have no family nearby, your friends are occupied and forget that you don't have anyone to be with, so it can be a very tough time. More often than not, they would be happy to include you in their plans. But they cannot read your mind, so let them know.

- Find others who are alone and invite them to share your own table. There are many people out there who share the same feelings and circumstances as you. Together you can have a lovely enriching time. Ask them to bring something they love to eat on the holidays so that all will be feasting on favorite foods and learning about what others enjoy.

- Nurture yourself. This one is so important! Sometimes you may prefer to be alone rather than in the company of others...too much noise...too much gaiety...too much talk when that's the last thing you want to do. So, stay home and treat yourself as beautifully as you would a guest. Buy yourself flowers. Cook yourself a lovely dinner. Put on your favorite music. This is the time to concentrate on you and give yourself the love and attention you would give to someone else. YOU are the most important person in your life.

- Rent your favorite funny movie....the one that is sure to make you laugh. A hearty laugh is as therapeutic as a good cry. Whatever you love. Watch it and laugh!
- Volunteer to serve a meal at a shelter or soup kitchen. Your help will be greatly appreciated and you will be reaching out and touching others with your good will. This is something that would surely make you feel good and has so much value.

- Create a ritual that has meaning for yourself. For instance: write a note or a prayer to your loved one, or one for yourself and your new life. Put it in a balloon and let it fly. Whatever ritual you create will be the best one.

- Be grateful. Keep a positive attitude about all you do have and focus less on what you have lost. It brings great rewards in terms of your wellbeing. Write down what you are grateful for and keep it where you can see it.

- Get out in Nature. Take a long walk or drive to a spot that gives you comfort and peace. It helps us realize that there is something much bigger than our own pain.

- Give yourself permission to be happy. You may sometimes feel disloyal to your lost loved one if you are having a good time, even in your own company. Allowing yourself to enjoy the life you have paves the way to a fulfilling future.

Whatever you do, wherever you go, here's wishing you peace and blessings on your journey.

Have a MERRY CHRISTMAS & HAPPY NEW YEAR!



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Small businesses give more to our local charities, youth teams and events. But they can't support our community without your patronage.

SHOP LOCAL THIS HOLIDAY SEASON

Visit virginiarider.com to find rider-friendly businesses near you!

VIRGINIA RIDER Magazine



Police up ahead

With your palm facing down, tap on the top of your helmet. This is a heads up that the police are up ahead and to some, it can be used for a signal that highbeams are on. If the lead rider signals oncoming traffic of their highbeams, it can prevent the rest of the group from being temporarily blinded by the lights..

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IF IT SAYS:	IT REALLY MEANS:
Rare model.....	Nobody liked them when new either
Older restoration.....	Can't tell it's been restored
Needs engine work.....	It's been frozen for 30 years
Uses no oil.....	Just throws it out
No rust.....	Body and fenders missing
Rough.....	It's too bad to lie about
One owner.....	Never been able to sell
No time to complete.....	Can't find parts anywhere
Needs interior.....	Seats are gone
Rebuilt engine.....	Has new spark plugs
May run.....	But it never has
Low mileage.....	Third time around
Many new parts.....	Keeps breaking down
29 coats hand-rubbed paint....	Needed that much to cover rust
Clean.....	It sat out in the rain yesterday
Best offer.....	About what I expect to get
Always driven slowly.....	Won't go any faster
Prize winner.....	Hard luck trophy 3 times in a row
Stored 25 years.....	Under a tree
Real show stopper.....	Orange with purple fenders
Easy restoration.....	Parts will come off in your hand
Ready to show.....	Just washed it
Top good.....	Only leaks when it rains
Good investment.....	Can't depreciate any more

ELFIN' AROUND

Woke up this morning. Ready to not be an elf for the parade. But I looked in the mirror and said “You’ve got to pull your-elf together!” So I did. And I sleighed.

David Green of MotoMember Manassas getting ready for the Manassas Christmas Parade.



THE COUNTDOWN IS ON!

It can seem impossible to eat healthy and exercise during the holiday season. ... One of the best ways to prevent holiday weight gain is to stay physically active. Exercise helps to counterbalance the inevitable added calorie intake and improve insulin sensitivity. Here’s your 12 days of fitness challenge ... Do it. Rest. Repeat! It’ll keep your body moving every day to help ensure a happy & healthy new year ahead!

CHALLENGE:

The 12 days of Fitness

DURATION:

1 - 10 minutes

FOCUS AREA:

Full body accumulator workout

ALWAYS REMEMBER
WARM UP &
COOL DOWN!

FIRST DAY	FIFTH DAY	NINTH DAY
1 MINUTE PLANK	5 STAR JUMPS	9 CHAIR DIPS
SECOND DAY	SIXTH DAY	TENTH DAY
2 MINUTE WALL SQUAT	6 PUSH UPS	10 TUCK JUMPS
THIRD DAY	SEVENTH DAY	ELEVENTH DAY
3 MINUTE BRIDGE	7 MOUNTAIN CLIMBERS	11 LUNGES
FOURTH DAY	EIGHTH DAY	TWELTH DAY
4 BURPEES	8 SQUATS	12 CRUNCHES

TRIBESPORTS



You're not alone.

Help is available.

988 Suicide & Crisis Lifeline

988 or 988Lifeline.org

Veterans Crisis Line

Dial 988 and Press 1

Disaster Distress Helpline

1-800-985-5990

SAMHSA's National Helpline

1-800-662-HELP (4357)

Behavioral Health Treatment Services Locator

findtreatment.samhsa.gov

SAMHSA

After all these years I’m finally learning when the 12 days of Christmas really are. I always thought they were the 12 days just prior to Christmas day....Buzzzz! – Wrong!

The 12 days of Christmas is the period in Christian theology that marks the span between the birth of Jesus Christ and the coming of the Magi, the three wise men. It begins on December 25 (Christmas) and runs through January 6 (the Epiphany, sometimes also called Three Kings’ Day).
Interesting to know is that in Puerto Rico, similar to stockings at Christmas, many children leave out their shoes the night before Three Kings Day. The shoes are filled with hay to feed the Three Wise Men’s camels, and in exchange, the Three Wise Men leave candies and toys in the shoes of good children.

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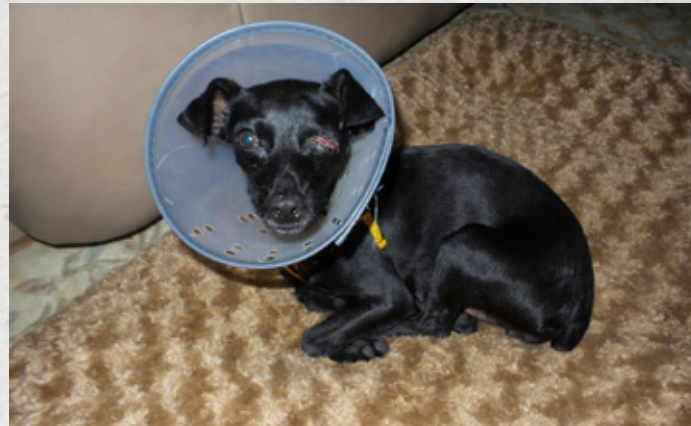
12 DAYS OF CHRISTMAS



THE PACK TRACK Part 2 of 3



Aussie couple, Stu and Janell Clarke, are travelling the world on two motorbikes with their dogs Weeti, Shadow and Azra. The adventure started in 2014 and they have since crossed 101 countries in North and South America, Africa, Europe and Asia. While the majority of the travel is on our BMW motorbikes, we have had to utilise other forms of transport including ferries, cruise lines, sleeper trains, planes, buses and more to move around cities, among continents and flee snow storms. Our three girls travel safely and comfortably in their respective Pillion Pooch motorcycle dog carriers. Coming up next for the team is South Korea, South East Asia, possibly a return trip to North America and then of course our girls need to explore their new home, Australia.



Second up, meet SHADOW!

Shadow Clarke

Shadow is a Miniature Pinscher and may be small but she's ready to take on the World with 85 countries across 5 continents under her belt. Shadow was on the highway in rural Colombia and Stu narrowly avoided her on his motorcycle. In his rear view mirror he saw the car following run directly over the top of her so he pulled over immediately and ran back to pick her tiny body up off the road. She was petrified but alive and with clear damage to her left eye. With no owner and no home in sight, she rode to Bogota with Stu and Weeti and to a vet clinic where her eye was removed. The motorcycle is her safe place, she always wants to be on it even if it's just parked in a garage. Shadow has a heart of Gold, she has fostered kittens and cared for puppies. Shadow is the heart and soul of our pack.

Our journey is not over yet so if you'd like to follow our adventures through South East Asia and Australia please join us on Instagram (@ThePackTrack), Facebook (@ThePackTrack), Youtube (youtube.com/ThePackTrack) or our website (www.ThePackTrack.com). If you are considering travelling with your dog nationally or internationally and have questions for us including motorcycle dog carriers please don't hesitate to reach out through social media or email. Time spent with a dog is time well spent.



Mongolia



Turkey



Denmark



Greece



Croatia



9 WINTER SAFETY TIPS

By Matt Danielson,
The Motorcycle Law Group

Cold weather is upon us. While it doesn't mean we have to stop riding altogether, it does mean we should take certain winter weather precautions. Below are 10 tips to keep you safe – and warm – on the road this winter.

- **Watch road conditions.** Watch out for slippery areas like oil spots, painted lines and black ice. When oil spots get wet from rain or snow, they become slippery, compromising your tires' ability to grip the road. Avoid riding close to the painted lines, which can collect fuel and dirt deposits and become slick. Same goes for black ice; be alert and never assume it's just water on the roads in the wintertime.

- **Protect your bike and yourself.** Salt on the roads can have a corrosive effect on your bike, so keep that in mind when riding after salt has been applied to roads. Also remember that after the snow melts the salt and gravel remains and can severely affect traction, especially in curves.

- **Check your tires.** Cold weather usually means colder tires and less traction. To push heat into your tires, accelerate and brake (in a safe, flat, dry place) if your tires are cold at the start of your ride or after stopping for a while. When temperatures drop, so does your tire pressure, so check that, too. Make sure your tires are in good condition before getting on the road.

- **Slow down – and enjoy the ride.** Slow down around sharp turns or corners. And don't speed up, brake or gear down too quickly. Your bike will react differently in winter conditions than it did during the summer, even on the same familiar roads.

- **Layer up and stay dry.** Wind- and water-proofing yourself during winter rides is critical. Layer yourself so you're warm without being constricted. Inner layers should be fleece or wool, something that provides insulation. Outer layers should be wind-proof (leather is your friend), and protect your body, hands, head and neck. Wind chill is a serious factor that can cause hypothermia.

- **Hydrate.** This one is important. We all know we need to drink more water during a hot summer ride, but the same is true for winter. Though you may not feel as thirsty when it's cold out, your body still needs to be hydrated, so stop and drink some water, often.

- **Use thinner oil.** But, only if your owner's manual says you can use different weights of oil. Using thinner oil can help improve your bike's performance in cold weather. Don't forget to switch back once it warms up.

- **Heat packs.** For long-distance rides, consider heated clothing or disposable heat packs. If you want to spend a little more, you can also add grip, seat and foot warmers to your bike. Keep in mind though, these take power from your battery. So if you use them, consider an alternator and/or battery boost.

- **Eat – and drink – well.** Eat healthy foods and avoid alcohol and caffeine while you're riding this winter. Remember, your body is fighting to keep warm in low temperatures: a healthy diet will make it easier.

- Stay safe and enjoy another season of scenic views from behind your handlebars.

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Follow Me
Extend your left arm upward and have your palm facing forward. This signals to other riders in the group that you are the leader and they should follow you.



EASY DOES IT

Good Food Simply Made

Good food doesn't have to be complicated! Three ingredients is all you need to enjoy these good eats! The holiday season is here!

Wreaths bring the spirit of Christmas and the happiness of the New Year to your table! Early Romans gave gifts of green branches at New Year's, bestowing the wish for health and vigor upon friends and family. Eventually, the branches were shaped into wreaths, symbols of joy and victory in classical times.

These pizzalicious holiday appetizers are so simple and fun to make! You might want to make a second batch because they are sure to disappear as quick as St Nick going up the chimney!

Here's your 3 ingredient line up:

- Two cans of refrigerated Pillsbury Grands Jr. Golden Layers or Flaky Layers Buttermilk Biscuits
- Colby-Jack cheese, cubed ¾ oz each (or string cheese would be good too)
- Jar of Marinara or pizza sauce

*Extras: 1 raw egg, beaten with fork for egg wash, parmesan cheese to sprinkle & Italian seasoning

Here's all you do:

- Heat oven to 375°F. Spray large cookie sheet with cooking spray. Separate 1 can of biscuits; keep second can refrigerated. Press each biscuit into 3-inch round
 - Lay a cube of Colby-Jack inside each biscuit
 - Fold the biscuit around the cheese, pinching edges to seal and form ball. Repeat with remaining can of dough and cheese
 - Leaving a 4-inch hole in center, arrange 8 balls, seam side down and sides almost touching, into ring on cookie sheet.
- Arrange remaining 12 balls, sides almost touching, around outer edge of first ring. Brush rings with beaten egg. Sprinkle with Parmesan cheese and Italian seasoning.
- Bake 18 to 20 minutes or until golden brown. Meanwhile, in small microwavable bowl, microwave marinara or pizza sauce, loosely covered, on High 45 to 60 seconds or until warm.



- Carefully slide wreath from cookie sheet onto serving platter. Place bowl of sauce in center of wreath. Garnish with fresh oregano, if desired. Serve warm.

***Another great thing about these pizza bite wreaths is that you can change up the recipe depending on what style of pizza you like. Just switch out the chicken Alfredo filling for your favorite pizza toppings. Here are a few suggestions on pizza bite varieties: Pepperoni Pizza Bites. Use a mix of marinara, mozzarella and pepperonis.

Supreme Pizza Bites. Use olives, marinara, mozzarella, cooked sausage, onions and peppers.

Chicken Pizza Bites. Use shredded chicken with alfredo sauce.

Hawaiian Pizza Bites. Use pineapple tidbits (drained) with mozzarella and Canadian bacon.

Greek Pizza Bites. Use olives, peppers, feta, Greek meat and marinara sauce.

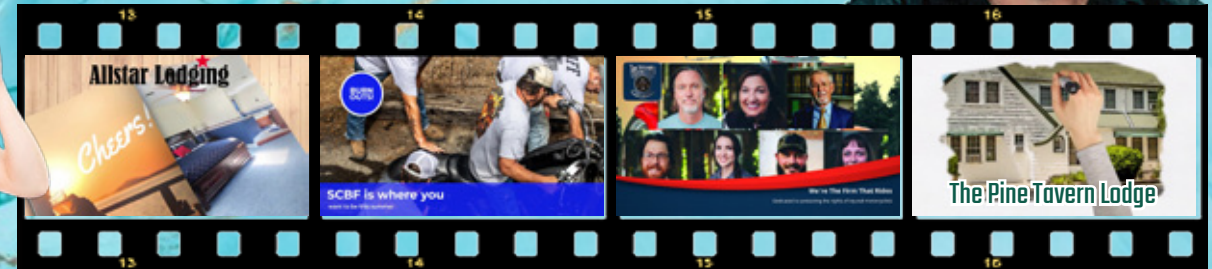
Five Cheese. Use a blend of five Italian cheeses with Italian herbs and marinara sauce.

Enjoy the rest of the holiday season & Cheers to the new year! Bon appetit!!!

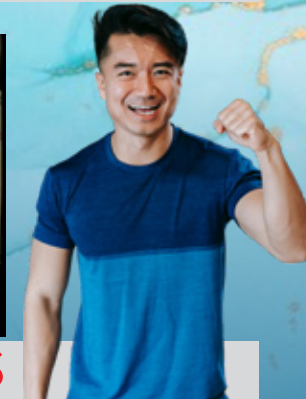
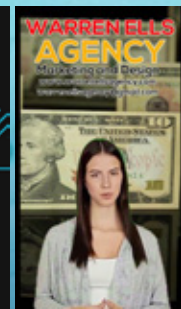
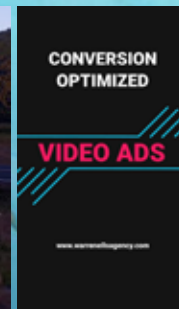
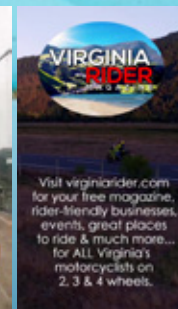
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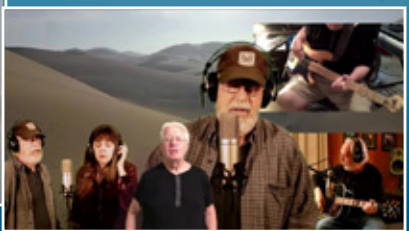
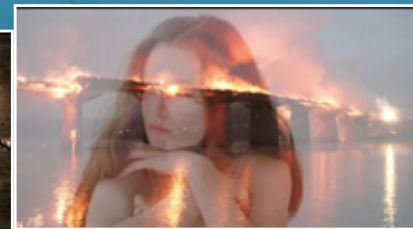
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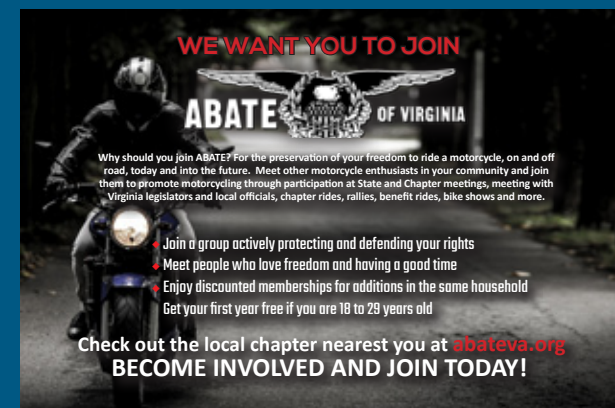
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