



GWRRA New York District

July 2007

Northeast Region



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GWRRA homepage:
<http://www.gwrro.org>

Region Website:
<http://www.gwrro-northeastregion.org/>

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NY District Website:
<http://www.gwrro-ny.org/>

News from National...



- GWRRA Officially celebrated its 30th anniversary on June 4.
- **Wing Ding 30 will be in Greenville, SC!**

News from the Northeast Region

“You are invited”

...To the Northeast Regional Couple of the Year Selection Process.

We have 4 great District Couples vying for the honored position of Northeast Region B Couple of the Year 2007-2008:

| | |
|--------------|--------------------------------------|
| **Delaware | Bob & Diane George |
| **Maryland | Rick & Gerry Yeager |
| **New Jersey | Dan & RuthAnn Camire |
| **New York | Ronald & Patricia Schroth |

The Selection Process is important to the Couples. Having the support of their Chapter and District, along with family and friends will mean a lot. So, please be there for them!!!

Come out and show your support on Saturday, August 11th at the New York Rally in Newark, New York. The time slot for this great event is right around 9:30am.

See you there!!!!

Mike & Julie Walters
Northeast Region B
Couple of the Year Coordinators

Rallies Around the Region

The Districts around the Region are gearing up for their rallies. The New England Rally in West Springfield, MA, will kick off the summer rally season with their rally (July 19-21).

The New York Rally will be next in Newark (August 9-12) followed by the PA Rally in Lancaster (August 23-25).

The Rolling Hills Rally in Mt. Olive New Jersey will close out the rally season (September 6-8).

All of these rallies are a lot of fun. If you would like more information on any of these rallies, drop Ed a line (wingin-it@stny.rr.com) and he will see that you get information.

From the District Director

The riding season is now in full swing as Americade kicked off an excellent June weather wise. The NY District hosted the GWRRA booth at Americade and many folks helped out. Thanks go out to Rocco and Karen Cole (CD NY L), Dick Norton (Region Educator), and Pete St. Amour, Will and Carol O'Brian, Paul and Suzette Wood, Bob and Cathy Turner, Jack and Donna Seeley (all NY District Staff) for their help. While I “worked” as an Americade Tour Guide, Dottie organized and held down the fort to make sure things ran smoothly at the booth. I did do my tour on Saturday after the GW breakfast that was attended by some 56 GW members. Karen Cole won the 50/50!

Hosting the booth was a very interesting experience and we did sign up some new members, handled some renewals and answered many questions about GWRRA. I think it was a worthwhile effort and I believe we will be doing it again next year. The nicest part was it gave us a chance to meet and greet a lot of friends from throughout

the region and Canada as they were passing through Tour Expo. While “working” as a tour guide, I had a chance to see Steve and Nancy Denton, Al and Emily Stahl, Rich and Lois Brown, Ron Schroth, Ron Harris, Dave Perry and many more I know I have forgotten who are loyal Americade workers from New York GWRRA. We saw a large number of NY GWRRA members in Lake George. It was nice to have a chance to talk to everyone and I hope to be able to make more time next year.

After getting rested up from Americade, we attended the Ribs and Wings event sponsored by the “Cool” Chapter—NY C. While there we had the opportunity to meet with the Kelly’s from NY H to quiz them about their travels and camping in Florida. It looks like we may be visiting them next year in Florida. There were many members of Chapters C, F, H and Y who went home happy with great door prizes. The food was excellent and no one went away hungry and many took a meal home to enjoy. Well done NY C!

Finally, the Traveling Plaque has moved! NY C captured the plaque on June 30th. Let’s keep it moving. Contact CD Bob Beach to see what they have on their schedule next. His number is 315-594-1144

Ed & Dottie Bahrenburg
District Director

RALLY NEWS

Wow! The NY Rally is coming up soon...only one more month! If you want to attend the banquet on Saturday night, you should get your registration in soon, as seating is limited to the first 225.

Other rally news...

- **Geocaching...** Thanks to Dave Duval from NY-C, geocaching has been added to the list of activities at the NY Rally.
 - **What is Geocaching?** Geocaching is an entertaining adventure game for GPS users. Participating in a cache hunt is a good way to take advantage of the wonderful features and capability of a GPS unit.
 - **How do you pronounce Geocaching?** You pronounce it Geo-cashing, like cashing a check. The word Geocaching broken out is GEO for geography, and CACHING for the process of hiding a cache. A cache in computer terms is information usually stored in memory to make it faster to retrieve, but the term is also used in hiking/camping as a hiding place for concealing and preserving provisions.
- **Food...** Every Gold Winger knows that food is important, especially ice cream!
 - Thursday – there will be an ice cream ride to a well-known area ice cream shop – Tom Wahl’s. It’s also a place you can get burgers and such.
 - Friday
 - Breakfast
 - There will be a breakfast ride to Sodus Point
 - Breakfast at the hotel
 - Lunch
 - Available at the hotel
 - In the vendor area
 - Many area restaurants

- Dinner
 - Weather permitting the hotel will have BBQ chicken, burgers, etc. available outside under the tent
 - Hotel will be serving dinner in its restaurant
- Ice Cream Social
 - Provided by NY Chapter C and open to all attendees
 - Fun and entertainment provided by Nancy Motley, NY-W
- Saturday
 - Breakfast – Same as Friday
 - Lunch
 - Food available under the tent during lunchtime and throughout the Street Fair
 - Dinner – Banquet and closing ceremonies
- **Street Fair**
 - Canal Boats for the Canal Boat Team Challenge were constructed this past weekend. All they need are some finishing touches. I hope you have your 4-person team ready for the challenge. Don't forget that there is a prize for the fastest time through the obstacle course as well as for the "best dressed" mule. Thank you to Jack Seeley and Dave LaBelle for their help and mechanical expertise in building the boats.
 - Have you ever raced a duck? Come to the Street Fair and you will have your chance. We are introducing "Duck Racing" as never before experienced.
 - Other carnival games are being developed and should be ready by the Rally.
 - Rider Education will be holding its slot car races during the Street Fair.
 - Come join the fun!

From the District Educator



HOT weather motorcycle riding is not cool

Now that summer has finally arrived, there are certain things we should consider when riding in the hot weather. What you wear, your physical condition and what you eat, are all factors for motorcycle survival in hot weather.

Trip Planning - Plan your ride and ride your plan. Most long distance riders recommend doing the majority of the ride on the first day when you feel the freshest. Break up your long ride into manageable mini trips. Investigate possible construction areas in advance that may slow down your desired

destination. Avoid areas that may have you sitting too long in the sun. If you are tired from extreme heat, STOP! Don't try to get in a couple extra miles if you are overly tired.

Physical Condition - Make sure you are well rested, your trip has been planned and you have eaten a healthy meal. Have a clear head when you ride so you can concentrate on your ride and not some issues at work or home that may distract you. Cleanse your mind of those distractions or better yet, leave the distractions at home where they belong!

Diet - Drink lots of water and keep drinking it. Hydrate before your ride as early as the day before, and continue to drink at least 1 quart of water for every 150 - 200 miles you ride. Do not wait until you are thirsty, or you will become dehydrated. Extreme dehydration can be fatal. Use a water bottle or even a backpack type water container attached to a tube to drink water safely while riding. If you don't feel the need to go to the bathroom at each gas stop, you are not drinking enough water. Stay away from caffeinated drinks such as soft drinks or coffee. Do not over eat at any one time as it can make you drowsy. At the first sign of unusual behavior or inattention while riding, pull over, you need a break! Find some shade and chill out. It is also possible to drink too much water. Also eat some salty food such as potato chips jerky or similar types of snacks for the salt to help retain water. Drinks that contain electrolytes can also be used to replenish the correct fluids in your body. If you use mints or hard candy, try not to ride with them in your mouth, you may hit a bump and choke on it.

Clothing - Wear light colored clothing and keep your body covered as much as possible. While black clothing may be the cool color to be seen in, it is not the color to stay cool in. Some may think they will be too hot to cover their arms, hands and legs, but you actually lose more water by being exposed to the sun and wind than being covered up. Long sleeved shirts or jackets with venting are best. Look at what people wear in the desert, they keep their body completely covered to protect them from the sun. Long distance rides in extreme heat can soak their tee shirts in water and wear a jacket over the shirt to reduce body heat. Cool scarves and cool vests work great too. Try mesh jackets.

Options - Wear sunscreen on your face if it is exposed to the sun to help prevent sunburn. Lip balm is helpful to prevent burns or chapped lips as well. Take a spray water bottle and mist your face when you stop, it helps to feel cooler. Use a bandana and soak it in water to wear around your neck or even under your helmet to help keep your body temperature down.

Plan your ride and stay cool for safe summer rides.

Practice Safe Riding - Gary Mandak - Chapter "W" Educator

From the District Trainer

Laughter...It is the Best Medicine!

How often have you found yourself at a GWRRA gathering, event or rally and found yourself surrounded by laughter?

Lately as Ed and I have traveled through the Northeast visiting different Chapter and District events, we have found that laughter and good times prevail within GWRRA.

Nothing makes a person feel more welcomed than being able to share a laugh with others. Can you think of anything better than being surrounded by laughter and fun?

Did you know that sharing a laugh with your friends in GWRRA or anyone else actually has tremendous health benefits? Yes, laughing is good for you!

Here are 12 serious reasons to laugh:

1. Laughter boosts your respiration and circulation.
2. Laughter reduces the stress hormones in your body.
3. Laughter stimulates your immune system so you're better able to fight off infections and diseases.
4. Laughter triggers the release of feel-good endorphins, the body's natural painkillers. Laughter gives you an all-over sense of well-being.
5. Laughter is good exercise. Researchers estimate that laughing 100 times is equal to 15 minutes on an exercise bike (and more fun too!). Hearty laughter is a workout for your whole body.
6. Laughter gives you a different perspective on your problems. As comedian and actor Bill Cosby has said, "*If you can laugh at it, you can survive it.*"
7. Laughter builds and strengthens relationships. As comedian and pianist Victor Borge like to say, "*Laughter is the shortest distance between two people.*"
8. Laughter raises your self-esteem. You feel more confident and relaxed in social situations. *Tip:* It's more important to have fun than to be funny.
9. Laughter makes you feel more optimistic about life. You're less likely to feel sad, hopeless, anxious, and depressed.
10. Laughter releases pent-up negative feelings – like anger, frustration, and fear – in a positive, healthy way.
11. Laughter can make you more alert, creative, relaxed, resilient, and productive. It can sharpen your memory and improve your skills in decision-making, negotiating, organizing information, and communicating.
12. Laughter is free.

(As listed in **Life Lists** by Pamela Espeland)

Next time you recruit a member, remember to mention all of the fun and laughter that is an integral part of GWRRA. In the GWRRA motto, "*Friends for Fun, Safety and Knowledge,*" "**Fun**" comes first! And with the fun and all of the laughter that follows it, safety information and knowledge are shared!

Have fun this summer as you visit with other GWRRA members and attend the many diverse activities available in our GWRRA network. Remember, share in the laughter, it will make you healthier. And, it is more fun than an exercise bike!

Miles of smiles and laughter!

Dottie & Ed Bahrenburg

Northeast Region Trainers

From Your District Membership Coordinator

Profile update

Every month we receive a few lists from National, one contains your Member profile, some of information listed is your place of residence, how long you have been a member, your Membership expiration date, phone number and so on. After sending out information to some of our members I noticed that about one out of three E-Mail

addresses need to be updated. In order to update your profile information that National has on you, just call them up or go on line in order to make changes to your profile, this will make it much easier for your Chapter Director to send you information otherwise he or she may have to spend a day making calls to find out your E-Mail address, even if he does, next month we will get the list from National with your former E-Mail Address.

Up until a few months ago we, at district level, could provide this service for you but now due to the privacy act you are the only person that can do this, please call them up today .

District Rally

Our District Rally is approaching very soon , as a reminder of how much fun we had at the last one we had in 2005 with our Pirate's Gold ,Chapter **G** recently set up a new Website including a large amount of Photos from that Rally, check it out at www.tiptopwebsite.com/gwrra and send out your registration to Jack at .pedlesjack@aol.com

Pete & Marielle St-Amour

NY District Membership Coordinator
"Every Member is Special"

From District Public Relations

Last month, I wrote about the importance of having your automotive, motorcycle, and homeowners insurance reviewed as companies add initiatives and more discounts for a variety of things. With this article, I will be furnishing information on certain discounts that some insurance companies may offer, but you may not be aware of. This is a list I obtained from only one of the major insurance companies-you may want to check with your insurance company to see if they offer these discounts. This particular company offers Motorcycle Organization Discount provided the insured is a member of a certified motorcycle organization who promotes safe motorcycle riding programs. These organizations are as follows:

- American Motorcycle Association
- BMW Motorcycle Owners of America
- Gold Wing Road Riders Association
- Harley Owners Group
- Honda Riders Club of America
- Motorcycle Safety Foundation
- Venture Touring Society.
-

Some will offer a discount if you are a certified Motorcycle Safety Foundation instructor.

This particular company offers extensive discounts up to 40%-more than most competitors-as their ad states. Listed below are the additional discounts-which can add up to 40% off your premium.

- Good Rider Discount (up to 5%) - no accidents and no more than one minor violation in the last 60 months.
- Multiple Motorcycle Discount (up to 35%)-own more than one motorcycle insured with this particular company.
- Multiple policy discount (up to 30%)-have a homeowners, condominium or auto policy with this particular company.
- Transfer Discount (up to 10%) – had motorcycle with another company within the last 30 days.
- Motorcycle Organization Discount (up to 10% on liability) – member of a specified motorcycle organization (as listed above).
- Safety Course Discount (up to 5%) – completed a Motorcycle Safety Foundation course.

This particular company will insure most motorcycle types from scooters to high-performance cycles. They will even insure you with a motorcycle permit. This surprised me. Check to see if your insurance company offers towing coverage at no additional charge for Touring, Touring Sport and Harley Davidson motorcycles. Also, do they offer Lease Loan Gap coverage for newer cycles? Do they offer accident forgiveness with the new motorcycle product? Having customized equipment is increasing in popularity-check to see if your company offers extensive optional equipment coverage.

I don't know of anyone that would not like to save money. In order to do that, we need to ask questions of our insurance companies.

From a personal standpoint, I had the same company for over 35 years. I had done some research and requested quotes-with the ones I had contacted not one could beat what I was paying with this company. However, October 2006, I changed as I found one that saved me almost \$100 a year and provided me with better insurance. Hey, you never know.

Chapter C Ribs and Wings BBQ was outstanding. Great job everyone. The food was absolutely outstanding-I could not put anymore on my plate. If you didn't come-you missed out; however, there is next year.

I am headed to Wing Ding in Billings, MT. I am looking forward to meeting up with old friends and catching up on news and meeting new ones.

August 9-11, is the New York District Rally in Newark, NY. Hope to see you all there. In the Finger Lakes Vacation Guide, the rally is listed. Also, the Rally will be listed in the weekly "Jump Start" insert for that week.

Now for some humor.

ACCOMPLISHMENTS

There are three ways to get something done: Do it yourself, hire someone to do it, or use reverse psychology (meaning, forbid your children to do it.)

“One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating. “ Luciano Pavarotti with William Wright.
Isn't this what Wingers do best-EAT!!!!

Until next time, be good to yourself.

Linda Waterman
District Public Relations Coordinator

From the District COY Coordinators

. NY District COY

We want to recognize our New York District Couple of the Year, Ron and Patty Schroth who hail from Chapter NY-F! They are the epitome of a dedicated couple who are dedicated to each other first, and have served GWRRA in many, many ways. They have attended most of the Wing Dings since they joined GWRRA, and have served the organization as chapter directors and assistant chapter directors, assistant district directors, chapter treasurer, newsletter editors, and the list goes on and on. Everyone who has had the privilege of knowing Ron and Pat appreciate their wonderful sense of humor, dependability, candidness, dedication to home and family, and all the other attributes that combine to make them a truly outstanding couple! We heartily salute and recognize Ron and Patty, our friends, colleagues and fellow GWRRA members! Please help us encourage and support Ron and Patty as they represent our great district!

In addition, we send our best wishes to all our five chapter couples that have been chosen within the NY District! Congratulations! It is good to see chapter participation in the COY program and know that very special chapter couples are being honored by their peers! We encourage all of our chapter COYs to participate in this year's selection at the District Rally. It's a very special time for each DCOY participant, creating lots of wonderful memories! Each couple is unique and special and we appreciate our GWRRA family and their encouragement toward our chapter Couples of the Year.

If you haven't already registered for our district rally, PLEASE do so. It's going to be an outstanding and exciting time for everyone! Don't miss out on the fun, friendship and fantasy that awaits each attendee! See you there!!!

Rich & Lois Brown
District Couple of the Year Coordinators

District Ambassadors

Dates to Remember

August 12 District Meeting following Level 4 Breakfast
September 15..... New York District Ride Out; Fox & Hound Ride, hosted by Chapter Y

Around the District...See any familiar faces?

- **Americade...**



Yes! There was snow on White Face Mountain!

Anyone recognize this GWRRA Member?

Bubbles! What are you doing?



▪ Ribs & Wings....NY Chapter C...June 16



Canal Boat Test

