



GWRRA
New York District
February 2008
Northeast Region



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<p><u>REGION COY COORDINATORS</u> DAN & RUTHANN CAMIRE</p> <p><u>REGION COY</u> DAN & RUTHANN CAMIRE</p> <p><u>REGION CPR/FA COORDINATORS</u> TIM & ANNA GRIMES</p> <p><u>REGION WEBMASTER</u> TOM EVANS</p> <p><u>REGION CHOY COORDINATOR</u> CLAUDETTE CYR</p> <p>GWRRA homepage: http://www.gwrra.org</p> <p>Region Website: http://www.gwrra-northeastregion.org/</p>	<p><i>News from National...</i></p> <ul style="list-style-type: none">As presented at the recent District Meeting, The Northeast Regions' Wing Ding assignment is the Grand Parade. We need help in lining people up for the parade, helping carry the state flags and handing out water. Dottie and I have helped out a few times. It is a fun as well as it gives me an opportunity to check over a lot of really nice bikes. The line up starts at 3:00 on Friday the 4th. Please let us know if you can help.GWRRA's Home Office hours have changed. Customer Service will be available Monday - Thursday from 6:30 a.m. to 5:30 p.m. MST. Please pass this information on to your Members.Please remember that you must check your information online to make corrections. Our Membership Coordinator is unable to make these changes. Privacy issues mean that you must make any changes.Wing Ding Posters are available for you to print at http://www.gwrra.org/oconnect/November07/images/WD30OfficialPoster-adjustablesize.jpg	<p><u>DISTRICT MAD COORDINATORS</u> JOE & MARSHA GAWORECKI</p> <p><u>DISTRICT COY COORDINATORS</u> RICH & LOIS BROWN</p> <p><u>COUPLE OF THE YEAR</u> RON & PATRICIA SCHROTH</p> <p><u>DISTRICT MEMBERSHIP COORDINATOR</u> PETE & MARIELLE ST. AMOUR</p> <p><u>DISTRICT PUBLIC RELATIONS</u> LINDA WATERMAN</p> <p><u>DISTRICT AMBASSADOR</u> WILL & CAROL O'BRIEN</p> <p><u>DISTRICT TREASURER</u> JACK SEELEY</p> <p><u>NEWSLETTER EDITOR</u> WILL O'BRIEN</p> <p><u>DISTRICT WEB MISTRESS</u> SUZETTE WOOD</p> <p>NY District Website: http://www.gwrra-ny.org/</p>																										

News from the Northeast Region

- We just got back from Maryland's Winter Thing. We had a great time. While there we were joined by 6 people from NY Y and Pete and Marielle St Amour our NY G CD's and MED Coordinators. We did get to see some bikes, looked at some chrome, ate and watched some different "stars" from the 70's and 80's put on a show! The various Districts laid out their Rally plans and it appears that it will be another fun-filled rally season.
- The Northeast Region is responsible for organizing the Grand Parade, where GWRRA will go into the Guinness Book of World Records for having the most Gold Wings in a single parade. The Guinness officials will be on hand to witness and authenticate the event. So here is your chance to go down in History. Oh, by the way, the Northeast Region is also responsible for the Grand Light Parade as well. So we will be looking for volunteer help then as well. What can you do to help? Well the main thing we need is to get the volunteer manpower lined up to handle the events. . The Grand Parade is where we need the most help. Due to the anticipated large turnout, we need at least 50 volunteers available. Of course, the more volunteers the better for everyone. We will need to split into 2 groups; one group for the parade staging and one group for the parade de-staging. As far as the Lighted Bike Show, we can probably get by with about 20 volunteers. Our main goal is for the members that attend Wing Ding to have a good and safe time. And having the proper manpower helps accomplish that goal.

From the District Director

Well the District Meeting is over and we had almost 100 % attendance by the CD's and all of the District Staff was there. We even had a returnee—Rich and Lois Brown have stepped up to re-take the District Couple of the Year Coordinator position—I guess they could not stay away and we are glad to have them back. The paperwork is done and has been sent in to Region so now we can concentrate on the FUN part of the DD job!

Your CD's and ACD's should be passing along the information presented at the meeting so I will only hit the high spots.

- The District is in good shape financially as well as leadership wise.
- I am really happy about the quality of the people who are leading the chapters and helping in the District.
- The 2008 Rally is going to be in Newark again with a NASCAR theme. Lot's of chapters have stepped up to help so we all should have a fun time with no one working too much at the Rally.
- If you have people on your staff that work with membership information emailing out the Newsletters or helping to call the members on the Area Report, please have them sign the Confidentiality Agreement. We do not need a copy here but you need to keep it. It is important to make sure that all volunteers understand how important it is to use our Member's information only for GWRRA purposes.

We had three break out sessions with the Rider Ed session handled by Dan Corby, the CD's facilitated by me (Ed) and the ACD's and others lead by Dottie. It was interesting that a major concern in both the sessions that Dottie and I handled was the presence of "toxic" individuals in chapters and the harm that they are causing. We had experienced this in our home chapter some years back and know first hand how it hurts. In the next month or so we will try to address some thoughts on how to handle this problem in the newsletter.

Please, if you have a problem that you need help in handling, please give us a call. We can give you a friendly ear and you can always bounce ideas off us on how to handle the situation.

Ed & Dottie Bahrenburg
District Director

RALLY NEWS

A lot of decisions were made at the District Meeting regarding the New York Rally scheduled for August 7-9, 2008.

1. To go along with our theme, there will be a NASCAR "car show". More information will be made available soon.
2. We will be looking into holding some type of Geocaching event.
3. The Basket Raffle will be back and each Chapter is encouraged to provide a basket. The rules will be similar to last year and will appear in the next District Newsletter.
4. Many Chapters have volunteered:
 - a. NY-C: Breakfast Rides
 - b. NY-D: Thursday Registration and Hospitality
 - c. NY-F: COY reception and selection
 - d. NY-G: Friday AM Registration & Hospitality
 - e. NY-H: Assist Rider Education
 - f. NY-L: Saturday Registration & Hospitality
 - g. NY-N: Assist Will O'Brien with the Bike and Light Show
 - h. NY-R: Organize and oversee Bike Games
 - i. NY-W: Organize and lead Rally rides
 - j. NY-Y: Friday night entertainment
5. The theme of the rally is ***The Race is On to the New York District Rally***. And, to go along with that theme, a logo was selected by all members attending the District Meeting. It was a very close decision with some excellent entries. The logo selected was entered by Paula Wright.





From the District Educator



Is this the Perfect Time??

First thing that I wanted to do was to say thank you to all who attended the District meeting. It was nice to put some faces to the names!! For those who were not able to make it, please feel free to contact me at any time for details on what went on. We had a great little get together, and the weather even cooperated, so no one got snowed in!!

With the winter upon us, what better time could there be than right now to take a good hard look at things. First, why not take a good hard long look at yourself in the mirror. Are you looking in the mirror and being thankful that you are there and healthy? What else should you be considering?

I think that we need to take a deep breath, and consider what we can do to make ourselves a safer, more secure rider or passenger. This is a perfect time of the year to tackle those items that would otherwise occupy your precious riding time during the short summer months. Why not take a few minutes, and make a list! Here are some things that I came up with.

- 1) Riding Skills
 - a) What skills do I need to better myself on
 - i) Swerving
 - ii) Braking
 - iii) Group Riding
 - iv) Slow Speed maneuvers
 - b) Where can I get more information on those skills
 - i) Wing World
 - ii) Other Magazines
 - iii) Chapter Educator
 - iv) District Educator
 - v) Riding Schools
- 2) Other Skills
 - a) First Aid / CPR
 - i) Are my skills / card current
 - ii) Where can I update them
 - (1) Chapter Educator
 - (2) Red Cross
 - (3) American Heart Association
- 3) Machine Maintenance
 - a) Brakes
 - i) Pads OK?
 - b) Tires
 - i) Tread Depth
 - ii) Tire Pressure
 - c) Cleaning
 - i) Entire Bike
 - d) Oil Changes
 - i) Engine
 - ii) Brake Fluid
 - iii) Front Suspension
 - iv) Rear Drive System
- 4) Other Items
 - a) Helmets
 - i) Do they need replacing?
 - ii) Shields
 - (1) Are they clean and scratch free?
 - b) Clothing
 - i) Does it need to be replaced?
 - ii) Rain Suits
 - (1) Good Condition
 - (2) Do they need to be waterproofed
 - c) Insurance
 - i) Shop around for pricing
 - ii) Is your coverage adequate?
 - d) Registrations
 - i) Bike
 - ii) Trailer
- 5) Fun Things
 - a) Trips
 - i) Why not start planning now!
 - b) Group Rides

Have Fun, Get Educated, Ride Safely!!
Dan Corby

From your District Trainer

The New York District is looking for someone interested in becoming the District Trainer. The Trainer is the person who organizes "non-bike skill" related seminars such as the Horizons Program, Knowledge Enhancement, etc. The Trainer does not need to be the Instructor for these programs but would recruit the Instructors and organize the programs. Please let Ed or Dottie know if you are interested or even if you know someone who you feel would do a good job.

From the Region Trainer

Who you are is far more important than the knowledge you possess as a leader. Once long ago, when asked by a reporter if he had a message he wanted the world to hear, Gandhi replied, "My life is my message." Whether we like it or not, this statement is just as true for you and me today as it was for Gandhi then.

Our presence that we express is far richer and truer than what we say in words. So when you stand up in front of your Chapter members and present your material, what you are really presenting is yourself. Your deepest thoughts, feelings, fears, hopes, and aspirations come through as an unspoken wave of information that others pick up at a level often below their conscious awareness. Amazingly, this influences others more powerfully than mere words. So in a sense, we are our material, and our life is our message!

The experts say that non-verbal communication, otherwise known as your body language, is as important as verbal, if not, more so. If your Chapter members appear bored, angry, or frustrated, then they probably are! Effective leaders need to be conscious of the power of their own body language. For instance, using open posture; standing where you can be seen by all; moving deliberately and for a purpose; using gestures to strengthen or enhance your communication; not using podiums or other objects to hide behind; making regular eye contact with everyone; and being expressive, amplifying what you are feeling and saying with your facial expressions.

So, the next time you stand up in front of your Chapter, remember that it is not only what you say, but how you say and present it.

Positive Body Language

Direct eye contact (no staring)	Upright but relaxed posture
Warm, open smile (teeth revealed)	Firm handshake
Nodding	Double hand clasp handshake
Head tilted	Feet firmly planted
Open, inclusive gestures (palms showing)	Chin up
Fully facing others	Sitting forward
Leaning forward	Eyebrow flash upon greeting

Negative Body Language

Eye contact not met	Chin into chest
Tight or no smile	Arms crossed or Legs crossed
Down and away or dropped glances	Body sagging
Not fully facing, at an angle	Legs outstretched while seated
Leaning away	Absent-minded gazes
Hunched shoulders	Staring
Too-stiff posture	Fidgeting
Weak handshake	

Patty Hoffman, Region Trainer

From Your District Motorist Awareness Coordinator (MAD)

What all drivers should know.

1. Motorcyclists often slow by downshifting or merely rolling off the throttle, thus not activating the brake light. Allow more following distance, say 3 or 4 seconds. At intersections, predict a motorcyclist may slow down without visual warning.
2. Turn signals on a motorcycle usually are not self-canceling, thus some riders, (especially beginners) sometimes forget to turn them off after a turn or lane change. Make sure a motorcycle's signal is for real.
3. Motorcyclists often adjust position within a lane to be seen more easily and to minimize the effects of wind, road debris, and passing vehicles. Understand that motorcyclists adjust lane position for a purpose, not to be reckless or show off.
4. Because of its small size a motorcycle seems to be moving faster than it really is. Don't think motorcyclists are speed demons.
5. Because of its small size, a motorcycle may look farther away than it is. When checking traffic to turn at an intersection, predict a motorcycle is closer than it looks.
6. Because of its small size, a motorcycle can be easily hidden by objects inside or outside a car (door posts, mirrors, passengers, bushes, fences, bridges, blind spots, etc). Take an extra moment to thoroughly check traffic, whether you're changing lanes or turning at intersections.
7. Stopping distance for motorcycles is nearly the same as for cars, but slippery pavement makes quick stopping difficult. Allow a motorcyclist more following distance because it can't always stop "on a dime".
8. Maneuverability is one of a motorcycle's better characteristics, but only at slower speeds and with good road conditions. Don't expect a motorcyclist to always be able to dodge out of the way.
9. Carrying a passenger complicates a motorcyclist's task. Balance is more difficult. Stopping distance is increased. Maneuverability is reduced. Predict more problems when you see two on a motorcycle, especially near intersections.
10. Mirrors are smaller on a motorcycle and are usually convex, thus giving a motorcyclist a smaller image of you and making you seem farther back than you really are. Keep at least a three or four second space cushion when following a motorcyclist.
11. There are a lot more cars and trucks than motorcycles on the road, and some drivers don't "recognize" a motorcycle and ignore it (usually unintentionally). Look for motorcycles, especially when checking traffic at an intersection.
12. At night, single headlights and taillights of motorcycles can blend into the lights of other traffic. Those "odd" lights could be a motorcycle.
13. When a motorcycle is in motion, don't think of it as motorcycle; think of it as a person.

From the MSF Rider Coach Guide and the PA District newsletter

From Your District Membership Coordinators

**FOR SALE: SPACE on our NORTHEAST REGION
INTERNET SERVICE PROVIDER**

www.gwrra-northeastregion.org

**Is your chapter looking for a reliable
and reasonably priced ISP for your website?**

Then search no more because the Northeast Region has your solution.

**For as little as \$5.00 PER MONTH
you can purchase space on our provider
while supporting your Region as well.**



It's an EASY 3-STEP PROCESS!

Step 1: Select your domain name. For the sake of consistency, we recommend you follow the suggested pattern that many chapters have already adopted.

IE: gwrra; followed by a hyphen; followed by the district; followed by a hyphen; followed by the chapter letter designation; followed by. Org. www.gwrra-ny-y.org

Step 2: Set-up your I SP. Once your domain name has been registered, you will receive a password and log-in to upload the content and set-up your information through your webmaster, then you're ready to go... if you complete Step 3.

Step 3: Pay your yearly domain registration fee and I SP service fee. The domain fee is \$10.00 per year. The I SP fee is \$5.00 per month; \$60.00 per year, payable annually to: GWRRA Northeast Region. (The best deal you will ever find...unless you have a friend that gives it to you FREE.)

It's an EASY 1-STEP PROCESS to get started!

Step 1: Contact the Region Webmaster. Tom Evans is our Webmaster and the only contact you need to get everything done. He can be reached at: evans@att.net (732) 291-2355 (H).

NOTE from Tom: While waiting for the process and set-up to be completed draft your web content and work out your layout and text information so, once everything is in place, you will be prepared to set-up your web pages and get rolling.

Tom needs from you...

- Tom receives request for Web Site
- Tom replies with Word document to gain admin and Billing contact info, as well as Registrant info and requested initial password.
- Chapter returns requested information, which is then forwarded to Doc for domain acquisition.
- As a parallel activity, Tom has discussion with Chapter regarding provisioning options.
- When Doc has domain name viable, Tom provisions site and sends chapter Webmaster login and password info.
- Tom E-mail's Treasurer Information to start annual billing.
- Chapter uploads and manages content. As they need new functionality in life cycle, they can contact Tom.

Pete ST-Amour

NY District Membership Coordinator

From the District MED

Couples of the Year May NOT Participate in Consecutive Years

By Tom and Kathy Peck

Couple of the Year Coordinators

We have received a number of emails from officers, coordinators and interested members about the new procedures appearing in the revised *Couple of the Year Program Manual* regarding participating in consecutive years. The wording in the *Manual* appears as follows:

- In order to provide an opportunity for other deserving couples, the same Couple shall not be named as Chapter Couple of the Year in two consecutive years. (Page 3)
- A Couple may not participate in the District, Region or International selection process in consecutive years (i.e. in back-to-back-years). (Page 5)

Our decision to add this stipulation was made after much discussion with lots of folks from many Regions, and it was decided that this is best for the overall Couple of the Year Program. We recognize that lots of folks have different opinions, and we knew that this decision would cause some short-term difficulties for a few Districts and Regions. But we strongly believe that once everybody gets into the process of following these procedures, it will be really good for everybody, and it will be much better having all playing by the same rules.

We list here the concerns raised by those who have contacted us questioning the new policy, and our responses to those concerns.

- *Concern: Small Chapters, and Districts with small Chapters would be unable to have a Couple of the Year due to the limited number of couples that wish to participate.*

Response: The fact that a Chapter is small is not a reason for not having a Couple of the Year. Remember, we don't ask if they want to be a Couple of the Year – we simply announce which couple is going to be honored this year. And there is no problem “recycling” – you just need to hold off for a year. We have been active participants in Chapters in 3 states for 24 years and have seen Chapter participation rise and fall. Even when it hits the very bottom, there are usually at least two or three couples that can be depended upon.

- *Concern: Couples selected after one year of membership, are just learning about the program and GWRRA during their first year. During their second year, they become more involved and more of an asset to their Chapter or District.* Response: Give them even one more year to learn by selecting another deserving couple in between. We have had a concern expressed by couples that don't want to participate at the District level because they have to go up against couples that participated the previous year. To us, this is an even greater concern than the one initially identified. We believe this new policy will eventually bring more participation at the District level by eliminating that concern.
- *Concern: Couples who deserve to be honored for two years in a row can no longer be selected.* Response: In our opinion, the most important part of this program is the aspect of honoring couples at the local level, in our 900 or so Chapters. We want to make sure that couples are selected, not because the Chapter thinks they are the best candidates to win at the District, but because they deserve to be honored. You run the risk of turning off the other couples that is supportive if you focus on just one for more than a year. Even though this continues to be the outstanding couple in the Chapter, you can provide a lot of motivation and encouragement to the others by showing that you recognize and appreciate their accomplishments as well. We all know how individuals blossom and usually take on more responsibility when given a little recognition.

We appreciate the responses we've received from everyone, both when we asked for input during the revision stage, and also from those of you who expressed concerns about the final product. It is your involvement and input that keeps this great Association on the right track, always promoting *Friends for Fun, Safety, and Knowledge*. You may continue to contact us with your input about the Couple of the Year Program at tomkatpeck@msn.com. We look forward to hearing from you.

Submitted by Pete ST-Amour NY District MED

From District Public Relations

Where has the time gone? A little while ago we were celebrating the New Year and here it is February. I like to call February the month of love. So, for those of you who have significant others, make sure you recognize each other on February 14.

I read an article that got me to remembering something my mother used to say to me when I was growing up, perhaps I was a teenager (me- a teenager-yes-at one time I was one of those). My mother would comment that there would be days that I would come home from school with a storm cloud look on my face and other times the look of serenity.

So, I would like to share this article with you. Written by Iyanla Vanzant.

“AWARENESS: It is intuitive knowledge; the ability to recognize and harness the spirit of truth in action; knowledge or information void of emotional charge or judgment. A teacher once told me, “If one person says you are a horse, you don’t have to listen. If two people say you are a horse, you probably need to pay attention to what you are doing. If three people say you are a horse, more than likely you have hay hanging out of your mouth and a saddle on your back!” In other words, people looking at you can see things that you may not be aware of.

Very often we are unwilling or unable to discuss with one another the unpleasant aspects of ourselves. Rather than discuss what we feel, we criticize one another. People always told me I looked angry. When they were not saying I looked angry, they were saying that I was defensive and combative. Whenever these things were said to me, I would become offended and would go into a long tirade about people not knowing me, what I thought, or what I felt. I usually ended my little speech by saying how sick and tired I was of being criticized, and that I was not angry, damn it!

When you refuse to pay attention to what life is saying to you, life will make its point very clear. Life wants us to be aware of ourselves so we can make the necessary adjustments in order to live more harmoniously. Life was trying to make me aware that I was acting like a horse, but I kept insisting that I was a kitten. Life was trying to remind me that I was a unique individual and acting like a complete fool. One day, it became very clear that I had hay hanging out of my mouth.

Becoming aware of yourself and the impact you have on the world is not an easy task. It is not for the faint of heart or the weak of mind. It requires the same kind of determination I imagine that most Olympic distance runners must have. You must be willing to listen, keep plugging away learning to accept, understand, and love yourself exactly as you are, coming from where you have been.”

After reading this, I thought of the many faces I wear throughout my day whether at work, or being around friends. I would hope that if I have hay hanging out of my mouth, someone would feel comfortable enough to tell me 😊.

So, what are you and your face portraying to others? Do you have hay hanging out of your mouth, or a storm cloud hanging over your head, or a chip on your shoulder just waiting for the unsuspecting person to try and knock it enough?

Ever wonder what others see when they meet you or see you on the street. I know I do and boy, it is a definite awakening.

Now for some humor:

A young man was determined to win the heart of the woman he wanted to marry. He began a campaign that he was sure would earn her love—he sent her a small token of his affection every day for a month.

After the last gift had been delivered, the young lady had indeed fallen in love...with the UPS deliveryman.

HAPPY VALENTINE'S DAY.

Linda Waterman
District Public Relations Coordinator

From the District COY Coordinators

Maybe it could be called “un-resigning” as New York District Couple of the Year coordinators. With Ed and Dottie’s approval, we have returned to our post and begin 2008 anew.

We were pleased to welcome all the new and continuing 2008 District Staff, Chapter Directors and Assistant Chapter Directors. Attending the NY District meeting on Saturday, January 26th, proves that our GWRRA District is in good hands!

We understand three Chapter Couples have been appointed already; a great start for both chapters and chapter couples. A whole year lies ahead with ever-changing opportunities and gazillions of wonderful memories! As soon as we’re updated by the chapter directors, Couple of the Year pins and hangers will be sent to them. We will include the revised Couple of the Year Program Manual if needed. It’s a wonderful opportunity to be chosen Chapter Couple of the Year and we look forward to meeting all the new district couples throughout the coming year.

Please feel free to contact us if you have questions, concerns, or updates on the GWRRA Couple of the Year Program. It’s a lot of fun with no other requirements and a very special opportunity for chapters to honor an outstanding chapter couple. We ENCOURAGE each NY District chapter/chapter director to appoint the couple who will represent their chapter to all of GWRRA.

In conclusion, we’re back as District Couple of the Year Coordinators and are anxious to see 2008 off to a great start with our chapter couples! Happy New Year and God Bless!

Rich & Lois Brown
District Couple of the Year Coordinators

Around the District



New York is blessed with a great team of Chapter Directors. Above are New Chapter Directors and Assistant Chapter Directors 2008!



NY-Y Scores 2 points for Dash for Cash at the Maryland Rally in January.