



GWRRA
New York District
October 2008
Northeast Region



Chapter Directors

<i>Chapter C</i>	<i>Bob & Georgina Hanlon</i>
<i>Chapter D</i>	<i>Rick Reardon</i>
<i>Chapter F</i>	<i>Rich & Lois Brown</i>
<i>Chapter G</i>	<i>Pete & Marielle St. Amour</i>
<i>Chapter H</i>	<i>Garry & Shirley Sauls</i>
<i>Chapter K</i>	<i>Lawrence Showman</i>
<i>Chapter L</i>	<i>Rocco & Karen Cole</i>
<i>Chapter N</i>	<i>Gary & Donna Cork</i>
<i>Chapter R</i>	<i>Mike Hernandez</i>
<i>Chapter T</i>	<i>Bo Shapley</i>
<i>Chapter U</i>	<i>Joe & Marsha Gaworecki</i>
<i>Chapter W</i>	<i>Mike & Ginny Schelkun</i>
<i>Chapter Y</i>	<i>Jack & Donna Seeley</i>

NEW YORK DISTRICT STAFF

DISTRICT DIRECTOR
 ED & DOTTIE BAHRENBURG

ASST. DISTRICT DIRECTORS
 PAUL AND SUZETTE WOOD
 BOB & CATHY TURNER

DISTRICT EDUCATORS
 Dan & Kathy Corby

Asst Educator
 Tony & Michelle
 VanSchaick

District Trainer
 Dottie Bahrenburg

DISTRICT MAD COORDINATORS
 JOE & MARSHA GAWORECKI

DISTRICT COY COORDINATORS
 TBA

COUPLE OF THE YEAR
 AL & EMILY STAHL

DISTRICT MEMBERSHIP COORDINATOR
 PETE & MARIELLE ST. AMOUR

DISTRICT PUBLIC RELATIONS
 LINDA WATERMAN

DISTRICT AMBASSADOR
 WILL & CAROL O'BRIEN

DISTRICT TREASURER
 JACK SEELEY

NEWSLETTER EDITOR
 WILL O'BRIEN

DISTRICT WEB MISTRESS
 SUZETTE WOOD

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

News from National...

Incident Report: GWRRA is implementing a new policy effective immediately.

- As an Officer, anytime you are holding a GWRRA function such as: monthly meetings, rides, rallies, potlucks, fun-runs, etc., and there is an accident or incident, you must fill out an Incident Report and send a copy to the Home Office within three days of the incident.
- Copies should be sent to the Chapter, District, and Region Directors as well.
- The Report should be filled out for incidents of injury or extreme confrontation. If a report is filled out immediately, the incident is fresh in everyone's mind, and details can be recorded before they have a chance to fade from memory. This will help everyone involved in the event that a lawsuit should arise from the incident.
- The report is available at:
http://www.gwrra.org/oconnect/pdf/Incident_Report_Form.pdf

EXECUTIVE DIRECTOR
 MELISSA NORDEOFF

REGION DIRECTORS
 LORRAINE & EARL KNIGHT

REGION EDUCATOR
 KEITH & ELAINE PRICE

REGION TRAINER
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REGION PR
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REGION MEMBERSHIP
 DONNA WHEELER

REGION COY COORDINATORS
 DAN & RUTHANN CAMIRE

REGION COY
 JPORGE AND JULIE PEREZ

REGION CPR/FA COORDINATORS
 TIM & ANNA GRIMES

REGION WEBMASTER
 TOM EVANS

REGION CHOY COORDINATOR
 CLAUDETTE CYR

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

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

News from National...

Protocol for helmets and flags: GWRRA **does not** have a protocol for wearing helmets while riding. We do **suggest** you adhere to state laws, and we suggest you wear a helmet even if the state does not require it. We also hope that all GWRRA Members ride with proper riding gear at all times; not just in parades. Just remember - we can't make people do anything.

The position of flag placement on motorcycles has risen numerous times. GWRRA **does not** have a policy regarding flag placement. Flag placement may vary depending on the group or parade you are riding in. The participants should always follow the rules that the parade officials set.

New Email Address

Please make a note that Melissa Eason's email address has changed. The new email address is: meason@gwrra.org . All emails from her former email address, mnordeoff@gwrra.org will be forwarded to my new address for a short time. Please be sure to change this in your records so she can continue to receive your correspondence without interruption.

New GWRRA Membership Benefits

National has been working diligently trying to obtain new benefits for our Members. Melissa would like all of you to do a survey of what benefits the Members would most like to have. This would help to focus our ideas in one or two directions.

The survey doesn't have to be anything formal. CD's should poll members at their next gathering, and then simply jot down the results. Once the CD has the survey results, he/she can email it to Peggy Lee at plee@gwrra.org. Please put "Benefit Survey" in the subject line.

Motorcycle Repair Shop List Now Online

You asked for it - you got it! The Gold Wing Motorcycle Repair Shop List is now available online to Members only. You'll find the site very user-friendly. All you need to do is go to the GWRRA homepage, www.gwrra.org , and click on the Gold Wing Repair Shop link on the right hand side.

Once you have accessed the page, you will be required to enter your Member number and password. (The instructions for obtaining your password, if you don't know it, are located at the bottom of the Motorcycle Repair Shop Login Page.) You will then have access to the list that you, the Members, created. It's that simple! Remember – we will constantly be updating the list; so if you have a reputable shop you'd like to ecommend, you can submit it to motorcycleshops@gwrra.org.

News from the Northeast Region

When attending the many region rallies, we had the opportunity to speak with many chapter directors and members. The general consensus was that many of our

communications, such as our region newsletters and RIFY email announcements, are not getting passed on to some chapter directors and/or the CD's are not informing their members of some very important and pertinent information that they should be aware of. So we would ask you, once again, please forward any information you receive from us, that would be of benefit to members. Your cooperation in this matter would be appreciated.

From the District Director

Fall has officially arrived and with it, the best riding of the year. I really like to ride during the cool temperatures of the year because the bugs are generally gone, the armored pants and jacket are cooler and the scenery with the fall colors is beautiful. There are a few opportunities to collect the **Dash for Cash** points so call up those chapters that you have not visited and schedule a ride to see them. The contest ends on Nov 1 which is just in time to cover the Chapter Charter fees. Some Chapter will also get a \$100 check for having the most points. In case of a tie—Each Chapter will receive a \$100 check.

The Fall Ride Out was a huge success and a big THANK You goes out to NY F for being the host. A rough count of 72 people attended and the rain held off! NY D, F G, L, W and Y received a point for **Dash for Cash**. At least 1 chapter reportedly is looking for a point for being at NY F's Gathering, which was held at the Ride Out.

At the Ride Out I was able to present to NY D a certificate of appreciation from National for 25 Years of continued involvement in GWRRA. A picture and article about NY D's history has been forwarded to Wing World and we hope to see it in about three months.

As we go into the fall months, it is a good time to do your planning for the next year. If a CD is stepping down, please let me know so we can get the paperwork in place for your replacement ahead of time. I know of at least 2 Chapters that have a retiring CD and they already have let me know—Are there any others? On the District level we have an opening for the C O Y Coordinator. If you are interested please let us know, as we do want to fill this position.

We have started planning for the New York Rally that will be held in Norwich, NY on August 6th – 8th. The host hotel is The Howard Johnson's with a telephone number of 607-334-2200. We are planning to have Accident Scene Training complete with Fire and EMS response. There will also be an extra cost event held on Friday night where we will have a private tour of the Antique Car Museum and a World Famous Brook BBQ dinner. We will be posting details as they are firmed up.

Ed & Dottie Bahrenburg
District Director

RALLY NEWS

The 2009 rally will be held in Norwich, New York, on August 6-8, 2009 at the Howard Johnson's Hotel. Please take note of the date. We had originally announced that the rally would be held one week later, but there was a conflict with the hotel regarding that date.

The theme for the Rally will be ***Come to the Country!*** So all of you artists out there, get ready...we need a logo for the Rally to go with the theme.

- The logo should be submitted to Ed Bahrenburg by January 1, 2009.
- No more than 4 colors may be used.
- Colors should be carefully indicated
- The name of the rally, Come to the Country! New York District Rally 2009 should be included in the design
- A Gold Wing Motorcycle must be part of the design
- If your logo is selected, you will win one free basic registration to the Rally. The options for Friday night are excluded.

From the Region Educator

You can make a big Difference!

When I took the job as Regional Educator, I was tasked with increasing the number of Rider Course Instructors in the NE Region. In this we have had limited success in certifying instructors in courses which were not the ones they originally certified in.

Sometime next summer we are going to do something totally different. The NE Region is planning on holding a GWRRA Advanced Rider Instructor certifying course. This program is designed to train and certify instructors who are not currently certified by either GWRRA or MSF. However, like the MSF Rider Coach course, this instructor program is NOT easy. It is difficult, time consuming, and will involve some expense on the part of the instructor candidates.

This instructor certifying course has three parts. The first part is called the Classroom Instructor Development Module (CIDM). This is a one day seminar which will be presented by Ed and Dottie Bahrenburg at a date and time to be determined. This will be presented three to four weeks prior to the next part. The second part is Rider Course Instructor Training (RCIT) which lasts for a total of four days, the last of which is a practice teaching a live ARC course. This portion of the class will likely be held in the Oswego, NY area at a date and time to be determined. The last part of the class involves the teaching of two actual classes under the supervision of an experienced instructor. These classes are scheduled when available and at the convenience of the new instructor.

In order to be considered to participate in this program you must:

- Have no more than 4 points on his/her motorcycle license
- Have NO DUI convictions in the last five years
- Be current in Level 3 or above in the REP*
- Demonstrate safe riding habits by always wearing proper riding gear as defined in the REP Handbook
- Be a GWRRA Member in good standing

*Certain rare exceptions are allowed

If you want to make a huge difference in the lives and well-being of your friends and fellow members, please consider participating in this new ARC Instructor Program next summer. It won't be easy but it will be immensely rewarding. You may actually make a real difference in the lives of your friends and you will attain proficiency with your Wing that you didn't think possible. If you are interested please contact me directly at pricewingk@aol.com. I will send you further information and an application form. I will also place your name on the list of candidates. If we can find 8 to 12 candidates Tony Van Schaick and I will plan the details of the program as to when, where and how it will happen. Please give this offer some serious thought. You can make a huge difference. I look forward to hearing from you.

Thanks

Keith Price
N. E. Regional Educator GWRRA

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 fall 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 Bahrenburg, District Trainer

From Your District Membership Coordinators

Membership Retention Program



*We just looked at a nearly perfect chapter; now let's look at a typical, real world chapter, similar to most of ours. This will be the same basic chapter down to the point where the expiration rate is a hypothetical 9%-12%. For this discussion, we will assign a natural attrition level of 3% and an overall expiration level of 10%.

This means we have 7% of our expirations in a category that WE CAN DO SOMETHING ABOUT! This 7% will often be members that are unhappy about what is being done or the way it is being done, or they are hitch hikers (those that attend and participate without paying membership fees).

Often times, these hitch hikers will con their way into discounts meant for members only. Efforts to retain these members are generally successful if pursued energetically. Successful Membership Retention does not happen without some effort. Most Chapter Directors do not find time to handle it all without some help. A supportive staff member can handle a lot of the reminders, but some members need the attention and communication from the CD or ACD to get the desired response.

Sometimes the DD or RD needs to make the contact. If that is what it takes, do it. Many people like to be approached by a person of authority, but it is best to start with a person they are familiar with.

This contact is best handled, face to face, but phone calls are a good option. Contact by the CD is normally the answer to most retention problems. It gives the member a chance to air complaints or ideas that they may have and at the same time it lets them know that the Director is concerned about them.

Remember, we owe it to our GWRRA friends and other friends to get them involved in GWRRA. The additional members will make the GWRRA experience better for all of us. Each district and in turn each chapter must establish a program that assures that each new member is made to feel welcome even if they do not attend the first few meetings after becoming a member. This should include things like a welcome phone call, welcome letter, recent newsletter copies, current newsletters and being put on the mailing list, an introduction at their first meeting and having chapter greeters that take them under their wings and make them feel welcome and answer the usual questions. This process requires finding out immediately when a potential member has been signed. This requires the assistance of the recruiting person or contact.

We must never forget that our most effective recruitment and retention person is a HAPPY CHAPTER member. If the members are happy, they will talk about it to their friends and co-workers and the end result will be that a friend comes to the next meeting or ride and they will join in the FUN.

*Extracted from our National Website.

Pete and Marielle St-Amour

NY District Membership coordinator

From District Public Relations

HAPPY FALL Y'ALL. This is truly a beautiful time of year. The days are getting shorter and we look forward to spending restful evenings as the chill sets in.

The changes from spring to summer quietly slip in; unlike the changes from summer to fall with the blaze of reds, oranges and yellows that absolutely take the breath away. Also with the change into fall, comes the time when we may be looking into some beautiful doe-like brown eyes, no gentlemen, not your wife's eyes. The eyes come with four legs better known as DEER. Below are some safety tips for avoiding car/deer crashes:

An accident involving an animal can cause extensive damage to a vehicle, take an emotional toll on the motorist and cause injury or death to the animal or occupants. Here are some defensive driving tips....

- ✓ Be attentive from sunset to midnight and hours shortly before and after sunrise. These are the highest risk periods.
- ✓ Drive with caution when moving through deer crossing zones, deer seldom run alone.
- ✓ Do **NOT** veer your vehicle to avoid striking a deer or any other animal. It is better to strike the animal than another vehicle or fixed object.
- ✓ When driving at night, use your high beam headlights when possible. This will better illuminate the eyes of the deer or animal near the road.
- ✓ Always wear your seatbelt while driving.
- ✓ Brake firmly when you notice a deer in or near your path, but stay in your lane.

- ✓ If your vehicle strikes a deer, it is best not to touch the animal. If the deer is blocking the roadway and poses a danger to other motorists, you should call law enforcement.
- ✓ Always drive at a safe and prudent speed.

Collisions with deer or animals are covered under the Comprehensive portion of your automobile insurance policy.

I will be making a couple of changes in my life that will affect my association with Chapter C. I have taken a position with the VA Outpatient Clinic in Rochester, NY. I begin my job there on 14 Oct. I have already obtained a beautiful apartment in Webster and will be moving at the end of October. I welcome and embrace this change.

Bob and Georgina Hanlon will be stepping down as Chapter C Directors and Nick and Gail, present Assistant Chapter Directors, will be stepping up to assume the position of Chapter Director. Thank you, Bob and Georgina, for all the hard work you put into Chapter C. The District wishes you the best.

The District wishes to express its sincere sympathy and send prayers to Rose Kleisle and her family on the passing of Poor Billy. The first time I met this man-he made quite an impression on me. We will all miss him.

Chapter C has a beautiful all day fall ride scheduled for 5 October to Lowville (windmills), Adirondacks and to Van's in Barneveld. I am sorry that I will not be able to accompany the group-not as nice on four wheels as it is on 2 wheels ☺.

Dottie Bahrenberg is recovering nicely from her recent shoulder surgery. In fact, she stated she is doing much better with this surgery than she did with the first one and for that we are happy and wish her complete recovery. Her trike has already been put away for the riding season-come next year-she will be out and about.

For some humor to lighten your day:

A man and a woman were having dinner in a fine restaurant. Their waitress, taking another order at a table a few paces away noticed that the man was slowly sliding down his chair and under the table, with the woman acting unconcerned.

The waitress watched as the man slid all the way down his chair and out of sight under the table. Still, the woman dining across from him appeared clam and unruffled, apparently unaware that her dining companion had disappeared.

After the waitress finished taking the order, she came over to the table and said to the woman, "Pardon me, ma'am, but I think your husband just slid under the table."

The woman calmly looked up at her and replied firmly, "No, he didn't. He just walked in the door." ☺

Enjoy this time of year and embrace whatever changes come your way, as there can be some amazing discoveries with this embrace.

*Linda L. Waterman
Public Relations Coordinator*

Chapter of the Year Program

Beginning in 2007, each Region within GWRRA selects a Chapter of the Year from the Region. From these Region Chapters of the Year, National selects one Chapter as the Chapter of the Year and recognizes that Chapter.

Last year our friends in Chapter D in New Jersey were selected as the Chapter of the Year for our Region. They went on to come in 2nd in the National selection.

As the year winds down, you may want to check to see if your Chapter qualifies for the Chapter of the Year program. Information can be found on the Officer website: <http://www.gwrra.org/oconnect/> under Officer Resources: http://www.gwrra.org/oconnect/documents/coty_programinfo.pdf

From Asst. District Directors

REVIEW TIME

The days are getting shorter, the nights colder, and bright colors are appearing in the trees. Yes, our riding season is drawing to a close.

It has probably been a busy one too. New York riders know how to make the most of our 6 or 7 months of good weather. While racking up the miles this season, you probably noticed some roads and destinations that deserved further investigation when time allowed.

Now is the time to write down those roads and places. Our busy lives cause us to forget more things than we care to admit. Don't let the restaurant on that curvy mountain road become one of the casualties of mental overload. It is far better to arrive at the Chapter ride planning meeting with a list than a vague memory of something you saw 8 months prior.

How did things go for your Chapter this season? Were the rides well attended? Was there confusion on meeting locations and departure times? Is it time to replace some of the old familiar destinations with new ones? Are most of the participants happy?

Now is the time to get the answers, while the issues are fresh in everyone's mind. Maybe most people won't pay much attention to these details, but Officers need to pay attention. Constant improvement should be your goal.

Set aside time your next Chapter staff meeting or Gathering for a review. It will go a long way to making your next riding season even better.

Ride safe and often,

Paul

From the District Educator

Are you Prepared?

The other day as I was riding down the Route 90 at a fairly leisurely clip, I happened to notice something in the road. As I was looking to determine what it was, I was also scanning the road to see what type of position I was in. Here was my situation. I was on the right side of two tractor trailers. They were in the middle lane not moving too fast, and I was in the right lane which was moving along quite a bit quicker. I was moving with traffic. This was a three lane section of road. As I realized that the object in the center lane was a 2 x 4, I decided that my best course of action was to brake fairly hard and get out of harms way. Here is what happened. As I braked, the first tractor trailer passed over the object missing it completely (to my relief). As the second tractor trailer passed over it I was not so lucky. It struck the 2 x 4 and not only hurled it out from under the tractor trailer, it turned it into a hundred smaller pieces. I watched as one piece flew by barely a few yards from me. Boy was I relieved!

What was so important about the near miss you ask? Most important was that I did not get hurt, and secondly, my trusted steed suffered only a small nick in the windshield. The important lesson here is that I was paying attention! You need to pay attention not only to where you are going, but also to everything going on around you! How many times have you gone down the road and said to yourself, boy I missed the last few miles! What was there, and more importantly, what close calls were there.

Remember, pay attention, as the cage drivers certainly don't!! Ride safely, and watch out for the four legged creatures, as this is the time of year they start coming out earlier each day!!

Have Fun, Get Educated, Ride Safely!!

Dan Corby

Around the District



Chapter F did a fantastic job hosting the Fall Ride Out for the District.

Thank you Chapter F!!!!



Chapter D is proudly celebrating their 25th year as a Chapter.

Congratulations Chapter D.