



**GWRRA**  
**New York District**  
**August 2010**  
**Northeast Region**



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## ***News from the Northeast Region***



Northeast Region

**Keith & Elaine Price - Region Educators**

**Tim & Anna Grimes - Assist. Region Educators**

**This article is from my good friend and former Assistant International Director of Rider Education, Tony Van Schaick**

**MUST READ!** What YOU need to know about night vision.

If you are or know a person affected by what we sometimes refer to as night blindness, you owe it to yourself to read the articles linked below. The first explains night blindness, and the second explains how men and women see differently based on actual physical differences. The last article relates to how alcohol affects vision, with references to the impact on night vision.

Did you know that women can actually see better at night? Men see better in bright light. Many women complain of “night blindness” when on-coming lights impact their ability to see (no longer a low light situation). Now you know it is a natural physical difference between the sexes.

“Impaired Night Vision” and “Night Blindness” by the National Institute for Rehabilitation Engineering.

Some of the topics covered include:

1. Background: The Cellular Dynamics of Night Vision (a simple explanation of how the eyes work in low light)
2. Types of NIGHT VISION IMPAIRMENT (4)
3. [Who is] Mostly affected
4. Causes
5. Remedies

To wet your appetite, I have listed the four main categories of “night vision impairment” or “night blindness.”

**Category 1 – Blurred Vision in Dim Light** ... with sharp vision in moderate to bright light. *These people see clearly in daylight but with blurred vision at night or in semi-darkness.* They usually do not complain of “too little” ambient light and they do not complain of glare. People

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with this problem are the most numerous of all the people with night vision impairments and are often in their 40's or 50's. MOST CAN BE HELPED EFFECTIVELY with a pair of prescription glasses prescribed especially for night driving or outdoors night vision at distance.

**Category 2 - Blinding Glare and/or Halos Around Lights** - disruption useful night vision or blinding the driver... but with sharp vision in dim light when there are no lights to cause glare. *These conditions can cause deadly auto accidents.* People with this problem are very numerous and often are not otherwise handicapped. Typically, glare problems of this type are caused by lesions in one or both eyes.

**Category 3 - Insufficient Perception of Dim-Light may lead to accidents.** There may be different causes for different people. Possible causes and possible solutions are discussed below. This condition, often referred to as: "**Night Blindness**" may be caused by something as simple as a **vitamin deficiency**, or by a controllable disease process such as **glaucoma**, or by a less controllable, progressive disease such as **retinitis pigmentosa** (which damages or kills the retina's rod cells). Even when less correctable (as with retinitis pigmentosa), there are some special optical devices available that can be functionally helpful.

**Category 4 - Combinations of Two or More of the Above Conditions** in the same person can result in the person becoming even more functionally handicapped. Sometimes, each problem can be separately helped ...after all have been identified. In other cases, some but not all of the problems can be helped, leading to functional improvements but not necessarily complete restoration to normal functioning.

See the full article at [http://www.abledata.com/abledata\\_docs/Night\\_Vision.htm](http://www.abledata.com/abledata_docs/Night_Vision.htm)

### **The difference of vision in the sexes**

"Men and women even see some things differently. Women see better in the dark. They are more sensitive to the red end of the spectrum, seeing more red hues there than men, and have a better visual memory. Men see better than women in bright light. Intriguing results also show that men tend to be literally blinkered; they see in a narrow field - mild tunnel vision - with greater concentration on depth. They have a better sense of perspective than women. Women, however, quite literally take in the bigger picture. They have wider peripheral vision, because they have more of the receptor rods and cones in the retina, at the back of the eyeball, to receive a wider arc of visual input."

*From <http://www.theabsolute.net/misogyny/brainsx.html>*

Excerpts from BRAIN SEX: The real difference between men and women, by Anne Moir, Ph.D. and David Jessel. Dell Publishing (paperback), New York, 1992.

You are right to discover that this is another advantage that can be gained by having a woman as a co-rider, based on the wider peripheral vision discussed above. (lends credence to the phrase *behind every great man is a great woman*)

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## Effects of Alcohol on Vision

“Consuming alcohol can have short-term negative affects on vision. For a low blood alcohol level, visual performance is less affected by the visual changes than by alteration in brain functions. Brain functions can be impaired by alcohol within minutes of consumption since alcohol is absorbed in the blood and the brain is supplied with more blood than other organs.

When the legal blood-alcohol level is reached and surpassed, depth perception and night vision are affected. It becomes impossible to accurately judge how far away objects are when depth perception deteriorates. Vision becomes **blurred** or you may see **double** since eye muscles lose their precision causing them to be unable to focus on the same object.

Alcohol affects night vision by keeping the **pupils from adapting from darkness to light**. The oncoming headlights of a car will cause a drunk driver to be dazzled much more severely than a sober driver. Alcohol consumption also produces tunnel vision and can make night blindness worse. [One study indicates that vision is limited to 20% of normal vision!]

Contrast sensitivity can be reduced preventing an intoxicated driver from detecting obstacles in his field of view in some situations. A reduction in **contrast sensitivity** combined with changes in ocular-motor control and attention deficits may have a strong effect on performance while under the influence of alcohol. During the daytime, under normal driving conditions, reduction in contrast sensitivity might not cause any problems. In more unfavorable conditions, such as fog or at night, alcohol can reduce the visibility of an object to the point of being below the threshold of detectability. Under conditions where an object is moving rapidly with respect to the driver or flickering quickly this deficit is likely to be enhanced.

Alcohol adversely affects performance on many tasks. At moderate blood alcohol levels and possibly lower levels, a slowed **perceptual speed** is a component of the task performance.”

Excerpt from the article found at:

<http://www.cs.wright.edu/bie/rehabengr/vision/visionalcohol.htm>

Anthony & Michelle Van Schaick  
Grand Master Tour Riders 1461 & 1985

## GWRRR Region B CPR/-FA Trainer

Tim & Anna Grimes

If you are like most of us, when you get on your bike for a romp through the country-side, you have a tendency to neglect the basic needs of the body. On a long trip, this can be a disastrous mistake. The mind and body must operate in sync with each other and proper hydration is the catalyst for mind and body function. So, what happens when we do not maintain a proper level of hydration?

Read below to find out.

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## Dehydration

Dehydration occurs when you lose more fluid than you take in and your body doesn't have enough water and other fluids to carry out its normal functions. If lost fluid remains un-replenished, you may suffer serious consequences.

Common causes of dehydration include intense bouts of diarrhea, vomiting, fever or excessive sweating. Inadequate intake of water during hot weather or exercise also may deplete your body's water stores. Anyone may become dehydrated, but young children, older adults and people with chronic illnesses are most at risk. Mild dehydration can cause symptoms such as weakness, dizziness and fatigue. Severe dehydration is a life-threatening medical emergency.

You can usually reverse mild to moderate dehydration by increasing your intake of fluids, but severe cases need immediate medical treatment. The safest approach is not to become dehydrated in the first place. You can do that by monitoring your fluid loss during hot weather, illness or exercise, and drinking enough liquids to replace what you lose.

### Signs and symptoms

Mild to moderate dehydration is likely to cause:

- ◆ Dry, sticky mouth
- ◆ Sleepiness or tiredness — children are likely to be less active than usual
- ◆ Thirst
- ◆ Decreased urine output — fewer than six wet diapers a day for infants and eight hours or more without urination for older children and teens
- ◆ Few or no tears when crying
- ◆ Muscle weakness
- ◆ Headache
- ◆ Dizziness or lightheadedness

Severe dehydration, a medical emergency, can cause:

- ◆ Extreme thirst
- ◆ Extreme fussiness or sleepiness in infants and children; irritability and confusion in adults
- ◆ Very dry mouth, skin and mucous membranes
- ◆ Lack of sweating
- ◆ Little or no urination — any urine that is produced will be dark yellow or amber
- ◆ Sunken eyes
- ◆ Shriveled and dry skin that lacks elasticity and doesn't "bounce back" when pinched into

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a fold

- ◆ In infants, sunken fontanel — the soft spots on the top of a baby's head
- ◆ Low blood pressure
- ◆ Rapid heartbeat
- ◆ Fever
- ◆ In the most serious cases, delirium or unconsciousness

Unfortunately, thirst isn't always a reliable gauge of the body's need for water, especially in children and older adults. A better barometer is the color of your urine: clear or light-- - colored urine means you're well hydrated, whereas a dark yellow or amber color usually signals dehydration.

## **Treatment**

The only effective treatment for dehydration is to replace lost fluids. The best approach to dehydration treatment depends on your age, the severity of your dehydration and its cause.

### **Treating dehydration in sick adults**

Most adults with mild to moderate dehydration from diarrhea, vomiting or fever can improve their condition by drinking more water. Avoid coffee, tea and other beverages that contain caffeine, as they may temporarily increase dehydration. Fruit juices and sodas can make diarrhea worse.

### **Treating severe dehydration**

Children and adults who are severely dehydrated should be treated by emergency personnel arriving in an ambulance or in a hospital emergency room, where they can receive salts and fluids through a vein (intravenously) rather than by mouth. Intravenous hydration provides the body with water and essential nutrients much more quickly than oral solutions do — something that's essential in life-threatening situations.

## **Prevention**

To prevent dehydration, consume plenty of fluids and foods high in water such as fruits and vegetables. According to the Institute of Medicine, letting thirst be your guide is an adequate daily guideline for most healthy people. Fluids can be obtained not just from water but also from other beverages and foods. But, if you're exercising, don't wait for thirst to keep up with your fluids.

Under certain circumstances, you may need to take in more fluids than usual:

- ◆ **Illness.** Start giving extra water or an oral re-hydration solution at the first signs of illness — don't wait until dehydration occurs. And although they might sound appealing,

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traditional "clear fluids" such as ginger ale or other sodas contain too much sugar and too little sodium to replenish lost electrolytes.

- ◆ **Exercise.** In general, it's best to start hydrating the day before strenuous exercise. Producing lots of clear, dilute urine is a good indication that you're well hydrated. Two hours before an endurance event such as a marathon or half - marathon, drink 2 cups of water. One to 2 cups of water is usually adequate before shorter bouts of exercise. During the activity, replenish fluids at regular intervals, and continue drinking water or other fluids after you're finished. Keep in mind that drinking too much not only can cause bloating and discomfort, but may lead to a potentially fatal condition in which your blood sodium becomes too low (hyponatremia). This occurs when you drink more fluids than you lose through sweating.
- ◆ **Environment.** You need to drink additional water in hot or humid weather to help lower your body temperature and to replace what you lose through sweating. You may also need extra water in cold weather if you sweat while wearing insulated clothing. Heated, indoor air can cause your skin to lose moisture, increasing your daily fluid requirements. And altitudes greater than 8,200 feet (2,500 meters) can also affect how much water your body needs. If dehydration occurs when you're exercising in hot weather, get into a shady area, recline, and begin your re-hydration.

**Until next month, Ride Safe, Ride Often and Keep the Shiny Side Up.**

**Tim & Anna Grimes**

### **From the District Director**

Hello NY District,

We had a good tour of the mid-west on our way to Wing Ding. Ten days out, 2,800+ miles and we only rode in rain for three or four hours. After taking the super-slab to eastern Ohio, we stayed on US and state routes most of the way to Lincoln, Nebraska. The two lane roads are much more enjoyable than the interstates. We found some curves, hills, shaded sections, and some good local restaurants. We rode on a section of the Great River Road in Illinois, which had some great views of the Mississippi River. Crossing the length of southern Iowa on state route 2 was an unexpected pleasure. This road goes through the Loess Hills area, which has lots of curves and interesting scenery. Other areas of Iowa offered some good riding as well. It was definitely NOT what we expected.

Wing Ding in Des Moines was very good. We were unsure about the "downtown" location, but navigating the streets was easy, and parking was a snap. The planners did a fantastic job by blocking off sections of streets, and securing free parking in a nearby ramp. The events we attended were very good. The International Couple of the Year selection was fascinating. A couple from Texas won it. The BBQ and comedy show were good as well. We spent a lot of time in the vendor area, and took a trailering course. Honda had some demo bikes there. I tried out an NT700V, which is very popular in Europe. Powered by a 700cc V-twin, this lightweight bike is a lot of fun. Wing Ding attendance was around 8,600. We had a great time!

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Next years Wing Ding will be in Knoxville, Tennessee. There is already a lot of excitement brewing about the location.

In addition to the aforementioned trailering class we also took the GWRRA Advanced Rider Course, which was held in Rochester in June. It had been 5 years since my last formal rider training class. I learned a lot in these two recent courses, and am now trying to break some of my bad habits. We are fortunate to have an excellent Rider Education Program in NY. I highly recommend that our members take full advantage of it. Lately, in the local news, there have been several reports of fatal motorcycle accidents. Rider Education could keep you from being one of them.

Happy 10<sup>th</sup> Anniversary to Chapter NY-T! They held an Anniversary party in the well-shaded Forest Park in Camden on July 11. Their mystery gift auction was a lot of fun, and there was plenty of good food. We enjoyed sharing their Anniversary with them.

Congratulations to Chapter NY-G on their 25<sup>th</sup> Anniversary. Their party will be held later this summer.

August is shaping up to be a busy month for GWRRA activities. The Bi-State Convention is the first weekend. The Pennsylvania District Convention is on the last weekend. Chapter X is planning their kickoff party on either August 14 or 15. We plan to attend all these events and hope to see you there as well.

The Dash for Cash activity seems a little light. As I write this, Chapter N is in the lead with 15 points. Summer is passing by quickly, so start Dash-ing! Remember to check the Interactive District Calendar when planning your visitations.

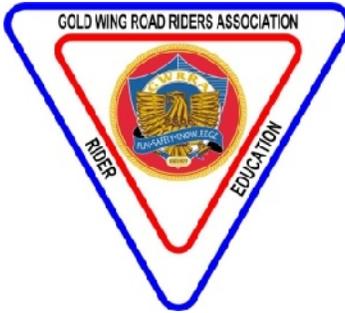
The 4-inch NY District patches are still available. There are a few Chapters that haven't ordered any, so please check with your participants to see if they would like them.

Ride safe and often!

Paul & Suzette Wood  
GWRRA NY District Directors

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From the District Educator



## ***Why is Rider Education so Important!***

GWRRRA is a very unique organization. Not even for motorcyclist, but private motorist totally. It is one of the very few that strongly encourages and provides its own education courses and curriculums.



So why do we need this training and why do we strongly encourage renewing our training every two or three years. To understand this reasoning, we need to look at the origins of the human race. I know when we look way back in our history, we have a lot of experiences as carnivores, but primarily we have found our food on the ground using foraging techniques. That is why we are very comfortable looking down on the ground.

Now along comes the motor vehicle evolution and we need to learn to start looking much further ahead. 12 seconds is our strong recommendation. But this goes against our grain so we are fighting our ancestry.

So to keep our selves safe and overcome Mother Nature we need to develop strong muscle memory. This relates to the two major items the rider coaches emphasis, head and eyes up and looking through where we want to go. Please remember, look down, go down. This is so important as we come to a stop. I don't have to see the rider's eyes to know where they are looking as they come to a stop. This is just as true for trikes as bikes. If you are looking down, rather than out in front, chest high to the average person, your stop will be wobbly, rather than in a straight line. We need to get that as a comfortable feeling for every stop. Looking down should feel very uncomfortable.

The same is true in all corners. We need to look through the corner. If we look at the outside guard rails, that is where you will go. Same thing if you look at the pot hole or road debris, you will hit it.

We know that this doesn't always feel comfortable, that is why we need to renew our riding habits every couple of years, please. In most cases, the courses are FREE, so there is no excuse.

Please ride the safest you are able to train for and ride, but as a last resort, dress for the crash!

Your Rider Educator, Al Stahl

[astahl@nycap.rr.com](mailto:astahl@nycap.rr.com)

518-587-2420 (H) 518-598-8981 (C)

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## **From Your District Membership Coordinators**



In explaining the different types of membership, I think it is best to offer a true personal experience. When my husband joined GWRRA he applied for an individual membership. I accompanied him to Chapter activities and meetings and was welcomed with open arms. I even accepted a staff position of Chapter Membership Enhancement



Coordinator. Boy!! I was having fun and enjoying everything the chapter had to offer. As time went on and I learned more about GWRRA and the different memberships that were offered, I soon came to realize that in essence I was what may be referred to as a free loader. I had not realized just because my husband was a GWRRA Member did not automatically make me one. The Chapter participants may not have realized I was not a member or they were being too nice to say anything. Regardless of the reason, as my knowledge of GWRRA grew and I learned of the different types of membership, I called National Headquarters to find out how to upgrade to the Family Membership. I wanted a Membership card with my name in print. Selfish, maybe, but it sure would make me feel better. At that time I found for a minimal cost of \$10.00 we could have a Family Membership. To make a long story short, we have had a Family Membership since that day.

You may say that \$10.00 is a lot of money to spend when adding yourself to the membership, but think of the savings you are going to obtain by upgrading to the family membership. When you go to Rallies, the Member can get in at one price and the non-member must pay more. We all enjoy Wing Ding and this is a prime example of cost difference when thinking Individual verses Family Membership. A GWRRA Member pays \$40.00 to pre-register, a non-member pays \$50.00. Our District Rallies have different cost for members and non-members ranging from \$5.00 to \$10.00. When attending a Region Rally, District Rally or Wing Ding the cost savings have made up for the \$10.00 difference in the membership cost.

From the Webster's Seventh New Collegiate Dictionary the definition of an individual is: "being an individual or existing as an indivisible whole, intended for one person, existing as a distinct entity". The definition of a family is: "household as well as kin of the householder, a group of individuals living under one roof and usually under one head of household".

GWRRA Members are part of a family of more than 78,000 Members. That is where we will start when explaining the difference in an Individual Membership and a Family Membership. We have different types of membership to accommodate any person or persons who would like to join our GWRRA family. We offer these different types of memberships to ensure we have a membership to fit all our existing and potential members' needs. Individual or Family Membership.

Any individual or family who owns a Gold Wing or Valkyrie motorcycle and pays the annual membership fee. The Family Membership applies to all persons living within the same household, who desire membership within the Association and are registered with GWRRA. Individual or Family Associate Membership.

Any individual or family that does not own a Gold Wing or Valkyrie, (they do not need to own a motorcycle at all), but is interested in GWRRA Membership and pays the appropriate membership fees. The Family Associate Membership applies to all persons living within the same household who desire membership within the Association. Associate Members are welcomed and encouraged to hold staff positions, but are not eligible to hold a line officer position. An Associate Member may serve as Rider Educator if properly qualified and with the

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approval of the appropriate Leaders. We welcome everyone and all makes and models of bikes into our GWRRA organization. We are Family.

Is your spouse a Member? If you have an Individual membership and you have a spouse just call 1-800-843-9460 and acquire a Family Membership for only an additional \$10.00 fee. You won't be sorry.

Submitted by

Pete & Marielle St. Amour  
District Membership Coordinators

### **From District Public Relations**

Happy summer to all of NY District. The weather has been definitely cooperating in many ways for us to get out there and ride the Wings and check out places that we may not have been to before.

That certainly was the case with the ride that Chapter W put on Sunday, 11 July. We started off by making our way to Chapter H's meeting at the Basket Factory in Millport. If you have never been there make it a point to go. You cannot beat the breakfast buffet. Because there were so many of us (11 bikes out of Chapter W) we had the meeting out on the deck along side the canal. From there we proceeded to go on a mystery ride and a mystery it was. We took a break at Whirl Pool State Park, in Niagara Falls. I never knew this place existed-very beautiful and to watch the water swirl in a spiral movement-amazing. Greg Eames had picked out this restaurant for us to have dinner at-and GUESS WHAT! It was closed-I heard him say "So that's why they did not answer the phone." We ended at Paulters in Clarence-good food and the prices were very reasonable. I managed to get off the bike at 7:30pm. Tired-you bet I was tired, hot and sweaty-what a day with a lot of memories. Thanks, Greg, for a wonderful day with surprises around every corner. I would not trade it for anything. I would like to thank Larry Helber for providing me with the back seat.

While at Chapter H's meeting-we were advised that a new member had a very serious motorcycle accident-side-swipe hit and run on his way to Wing Ding. He was recently taken off a ventilator; he is going to need many surgeries and rehab. I already have sent a card from Chapter W and from the District. I am sure he and his family would appreciate knowing there are prayers and encouragement from his Gold Wing family. His address and the email from his sister-in-law, Carol, are as follows:

Mark McNichol, #Powell 466  
c/o Iowa Methodist Medical Center  
1200 Pleasant Street  
Des Moines, Iowa 50309  
p: 515-241-6212

Please be advised that Mark McNichol will not be available for any rides in the near future. Mark was in a serious motorcycle accident in IOWA on his way to the "wingding"... He is currently off the ventilator and breathing on his own, but his right side is pretty destroyed.... A lot of surgery, rehab and prayers are needed!

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Thank you for thinking about Mark and please ask all "hobos" for prayers!  
Sincerely,  
Carol (Marks sister in law)

In mid-June, I attended the PIF (Pay it Forward) in Grand Rivers, Kentucky. Thanks to a special friend from Hogansville, GA I was able to make this trip. At present, he is on his way back from a trip to Alaska on his Wing. We donated \$2000 to the Family Resource Center that is responsible for 3 counties and they assist families in getting back on their feet. The inn that I stayed at was Patti's Inn and Suites off I-24 in Grand Rivers. Next year the PIF is in Mt. Pleasant, Michigan. While in Grand Rivers, I had the opportunity to meet up and spend sometime with my brother and his son, whom I had not seen in 6 years. We took a trip to Paducha's Four Rivers Harley Davidson (he rides a Harley) and it was a very large store.

Coming up in a couple of weeks is the Bi-State Convention and from what I am hearing and reading-New Jersey has pulled out all the stops for this get together. Yours truly will be attending and working the Convention-I am not one for standing around twiddling my thumbs. I hope to see a lot of you there. It promises to be a lot of fun, rides to some of the places from Diners, Drive-Ins and Dives (hmmm-wonder if I find a back seat for that one).

Coming up on ~~14 August~~ (Editor's note: to be scheduled in September), Chapter X, Rockport, NY will be having their official kickoff and everyone is invited to celebrate this special moment. Pete St. Amour and Rocco Cole ☺ put their heart and sole into pulling this together. I will be accompanying the District Director to this Kickoff.

My sister from Evansville, IN was in town for about a week and I was able to have dinner with her one night. We have not seen each other in 6 years (our Mom passed away at that time) so it was great getting together and just spending sometime before she headed back.

I would like to leave you with this thought:

*When you think of others, you are happier; when you think of yourself, you are saddened. HH  
Dali Lama.*

Linda L. Waterman, Public Relations

### **From the NY District Couple of the Year**

Summer is upon us and we hope everyone is enjoying the riding season. We have been busy riding with our Highway Hobo Chapter members. On July 11 Chapter W visited our chapter and then led a great Mystery ride in Niagara, Erie and Genesee counties. Of course we stopped to eat and then stopped again for ice cream. We sure did enjoy riding with them!!

We have been members of the Motorcycle Travel Network for the past two years. However, until this summer we haven't been able to take advantage of staying with other members or hosting members. In June we hosted the Becks from New Zealand as was mentioned in the July newsletter. In July we hosted Ted and Ethel Nelmes from Chester, VA. They are members of VA-D in Richmond. What a lovely couple!! We had such a good time meeting them and welcoming them to our home. In August we are hosting a couple from Texas who ride a BMW and a Gold Wing. It is always fun to share our experiences with other motorcycle riders. For those of you who do a lot of traveling, you might want to check out the

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Motorcycle Travel Network website.

At the end of July we will be attending the New England Convention. Then in August we will be at the NJ/NY Bi-State and PA conventions. We look forward to meeting many new GWRRA friends and renewing our friendships with those we already know. We have enjoyed serving as the NY District Couple this past year. It has been great fun traveling not only in our District, but in other districts and attending GWRRA events. Everyone has welcomed us with open arms and we have made many lasting friendships. I am sure the new NY District Couple will enjoy the honor as much as we have.

Bob and Sandy Kelley  
NY District Couple of the Year

### **Around the District**

#### **Co-Rider Tips – by Pam Pearson Chapter D**

I took my first motorcycle ride as a co-rider in 1979 on a wing purchased from Sally & Will Williams (former CD's of Chapter D). Twenty-five years passed before I rode again. A lot has changed since then – motorcycles/technology, riding gear and me - realizing how much a co-rider is also instrumental for safe travels. Some things are common sense and others I've gained from gentle reminders from my rider that my conduct isn't conducive to safety. That being said I'll share what I've learned in my traveling adventures with Rick (along with training as a GWRRA member):

- ❖ *Don't move or act too quickly without the rider knowing you are doing so.* i.e. Mounting/dismounting the bike, readjusting your position, waving to a girlfriend alongside the road, looking back at something interesting you've just passed. If you see broken roads, road obstructions or steel bridges remain still. Both riders and co-riders should try to cover, move the microphone or at least warn the other party prior to a sneeze, cough or B-U-R-P!
- ❖ *Talking to your rider/other riders & co-riders:*
  - Keep talk to a minimum when in congested areas, maneuvering, etc. unless critical to safety.
  - Do not yell to a friend (or an inconsiderate rider on more than 2 wheels) you see along the roadside – unless you move or turn off your microphone.
  - If you see the rider is busy or not picking up on a safety concerns use your push to talk button to inform other bikes.
- ❖ *Learn to read the rider.* A rider could be fatigued (or even upset) before they realize it. Even if they say they are ok suggest a rest – or say you need a bathroom stop – whatever it takes!
- ❖ **Riders appreciate:**
  - Your extra set of eyes.
  - Co-riders being their “bling” on the bike more than chrome, lights or any other “purchased accessory”!!!
  - Shoulder , backrubs /scratches and hugs, and “whispers” between each other when the times are appropriate.
  - Encouragement - like when you have encountered the second nail in your rear tire on another far away trip.
  - Praise when they drive responsibly and safe.
  - Hand motions to those following you on bikes of road hazards. This doesn't include the

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- universal finger sign to non bikers that are not courteous to us.
- You keeping your mic turned on (even if you are upset with the rider)!
- Your help in cleaning the bike.
- Seeing the pictures you take that they may have missed.
- Your respect for them and the bike.
- Gifts for the bike. (i.e. Chrome World, Wingstuff, Honda Direct Line, etc)
- When you're single... "Ex" In-Laws introducing you to Co-riders – Rick (and Pam) say thank you Sally and Will!

Now to the most critical part of being a co-rider.....**If a Rider becomes incapacitated** - Taken from Wing World Magazine and GWRRA Rider Ed Training. We recently practiced these steps during our "Bi-Tech day" (Chapters T&D). Thank you to Rick Reardon and John VanDeusen for conducting this very important co-rider scenario. Even the seasoned co-riders were surprised at what they learned when they "acted" this out using a wing while on its center stand.

**Three basic steps for a co-rider to remember:**

- ***Determine the Situation:***
  - Can the rider lead you to safety? If so have them pull over to a safe place to stop. If not then:
- ***Get/Gain Control of the Motorcycle:***
  - Lean forward with minimal motion over the rider's shoulders and grasp both handlebars at the SAME TIME without turning the throttle keeping your feet planted and bent at your hips. Activate the kill engine switch; do not try to use the hand brakes;
- ***Prepare for a crash:***
  - Look where you want to go; delay the impact as long a possible; stay low; stay on the bike; keep your arms and legs close to the bike; try to avoid being trapped under the bike. Realize the bike will tip over once it comes to a complete stop.
  - Once the bike has stopped and if you are able warn oncoming traffic and assist the rider. i.e. placing a helmet in the road to warn oncoming traffic of a situation.

From my point of view it's a privilege, responsibility, fun AND the best seat on the bike being a co-rider!

Don't miss the NY District Ride Out Flyer on the next page!!!

NY DISTRICT RIDE OUT  
2010  
SEPT 24-25-26  
LAKE GEORGE, NY

Come and enjoy the weekend with  
**GWRRA CHAPTER N**  
In the famous  
**ADIRONDACK MOUNTAINS**



## 2010 NY District Ride Out Weekend LAKE GEORGE, NY

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thru the **Famous Adirondack Mountains**
- \* **Benefit BBQ for Ride For Kids** at Country Cottages & Motel
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- \* **Watching 90+ Hot Air Balloons** take to the air at  
The **Adirondack Balloon Festival** Sept. 23-26
- \* **Send Off Breakfast** at the Elk's Club Sunday morning
- \* **All day Craft Fair** at the Elk's Club in Queensbury

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**Charlie and Virginia Portes at**

**518-668-0488**

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