



Traveling Plaque Location - L

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District Director's Message

Hello NY District,

The 2013 NY District meeting was a big success. Over 70 Officers and members attended. That number would have been higher if so many people hadn't taken ill at the last minute. There was a lot of information presented, and it was a great time to meet friends from all over our District. We are astounded at the number of Rider Education and Medic First Aid/CPR training courses being offered this year. Honestly, we cannot list all of them here. Please check the newsletters for the details of all these events. There are very few Districts that can compare to us in this area.

Perhaps the biggest meeting announcement that relates to our members was that we are now on Facebook. When you are logged on to FB, search for Gold Wing Road Riders Association NY District and LIKE us. We plan to use this site to communicate and build excitement about our events. We thank Chapter NY- H's Shawn Hayes for becoming our Facebook page administrator. Send your pictures and event info to him at:

facebook.nygwrro@yahoo.com

The Facebook page does not negate the importance of Chapter newsletters and websites. If your Chapter does not have one or both of these important communication tools, please contact us. We may be able to help you get up and running.

As previously mentioned, there is a LOT happening in our District. We want all of our members to be informed. The Region, District and Chapter newsletters are sent to every Chapter Director, and we count on them to distribute this info to their members.

The Dash 4 Cash program is running again in 2013. We have added some incentives for claiming the Traveling Plaque. These are based on mileage, so the farther you go to get the Plaque, the more points you get. There have also been some clarifications made to the rules. The updated rules were distributed at the District meeting, and they should be posted on the District website soon. Assistant District Directors Gary & Donna Cork work very hard administer the Dash program. Please help them by following the rules when making submissions for points. They get many dozens of submissions every year and the non-compliant ones are taking up too much of their valuable time. Oh, and give them a big "thank you" next chance you get.

The next District- level event is on Saturday, March 2 in Batavia, NY. Several Rider Ed. seminars will be presented as well as the full Medic First Aid/CPR course. The University Trainer Development Program course will also be offered. This is the class you need to complete to become a Rider Ed. and/or Leadership Training seminar presenter. Look for the flyer in this newsletter.

Although [Americade](#) seems like an eternity away, it will arrive. When it does, we will need to have 7 days' worth of volunteers to staff the GWRRA booth at TourExpo. Yes, the beach vendor area will be open from Saturday to Saturday this year. See the details later in this newsletter.

There is another opportunity to help at [Americade](#) as well. NY District Membership Enhancement Coordinators Pete & Marielle ST-Amour would like to try something new. They are looking for volunteers to distribute GWRRA hanger tags in the Warrensburg and Lake George areas. See the flyer later in this newsletter.

Wishing all of you a short winter,

Paul & Suzette Wood
GWRRA Sr. NY District Directors



AMERICADE BOOTH HELP NEEDED

Once again, the NY District is hosting the GWRRA booth at Americade's TourExpo vendor area. Our volunteers do a great job representing our fine Association to the motorcycling public at our booth.

This year we have a special challenge with staffing the booth, since TourExpo will be open for 8 days. That's a lot of volunteer time, my friends.

We need your help representing GWRRA at the booth. There are 3 hour shifts available from Saturday, June 1 to Saturday, June 8. These shifts are 9AM to noon, noon to 3PM, and 3 until 6PM.

Yes, this is FUN. All of our volunteers from past years have remarked how much they enjoyed the experience.

If you wish to volunteer, or would like more information, please e-mail us at gwranydd@gmail.com

Can't wait to hear from you!

Paul & Suzette Wood
GWRRA NY District Directors





We often talk about the GWRRA Handle Bar Hanger as a recruitment tool - we also talk about Americade being one of our favorite motorcycle events. How about combining these two things to do something that has never been attempted before? Let's have a coordinated effort to utilize the Handle Bar Hangers during Americade to increase our Membership.

Who is needed?

GWRRA volunteers to fill these shoes and hand out Handle Bar Hangers during Americade week.

Where are volunteers needed?

Our first priority is to target the Warrensburg area. If we have enough help we could also cover the Lake George Village area.



What does this task entail?

Walk thru the target area and tag the parked Wings and Valkyries.

Who is the contact person?

Pete ST-Amour
NY District MEC
monsieur@nycap.rr.com
518-490-1031

District Education

NY District Rider Education

Pam & John Van Deusen
H 315-687-9138
C 315- NY Assistant Educator
415-3064
Email vandeusen2@hotmail.com

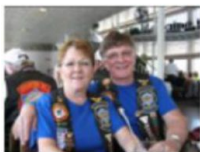


With a new year comes new idea's. GWRRA Rider Education Program has been hard at work for us and is committed to providing quality training to its members. In recent years GWRRA has added some interesting seminar topics to its core group of seminars. Listed below are the 14 seminars available.

1. **Co-Rider** - Designed to instruct both the rider and co-rider to ride in a coordinated team effort. Increase your awareness and reduce and understand the risk associated with riding a motorcycle. For co-riders this seminar is recognized for your level II requirement.
2. **Co-Rider 2** - Supplement to the co-rider seminar. Reviews the co-riders job for braking, cornering and communicating. Explains what a TCLOC is and why it is done. Learn how the highway system is set up and understand basic map reading.
3. **Group or Team Riding** - To aid and inform you about the benefits of team riding. Suggestions on planning and conducting a team ride.
4. **Road Captain** - Designed for all, but most helpful for those who want to be a group leader on group rides. Everyone will learn something about team riding. One hour road session is also included with this seminar to help become a team leader.
5. **Motorcycle Crash Scene Response** - Purpose of this seminar is to suggest an appropriate course of action when a crash has occurred in your group or if you come upon a crash prior to emergency service arrival. This seminar will help better prepare members to respond with knowledge and confidence.
6. **Level Up** - Explains what the GWRRA Levels Program is about, including information about the different levels, safe miles, master recognition and the new Data Base.
7. **High Side Scenarios** - Discussion on the 3 ways you can lose rear wheel traction, how to avoid loss of rear wheel traction and what to do in a High Side Fall.
8. **Riding with New and Inexperienced Riders** - All of us were inexperienced riders at some point in time. How do we assist them, while making it safe and fun?
9. **Dealing with Different Elements** - What to expect, what to do and how to better prepare for the different elements we encounter on the road.
10. **Riding in the Heat** - Educate and inform riders about hot weather riding. Tips for riders, co-riders and their machines to safely ride in the heat including recognizing signs of heat trauma.
11. **Going, Going, Gone** - This seminar deals with Trip Planning, Mapping, Packing for a trip and explains why tow a trailer.
12. **Night Riding** - Learn about the problems associated with riding at night. You will also get helpful hints and learn some tricks you can use to lessen your risk while riding at Night.
13. **Trailering** - The objective of this seminar is to provide education and information about the various aspects of pulling a trailer. You will have a better understanding of potential problems and will help reduce your risk associated with pulling a trailer.
14. **Motorcycling for the Mature Rider** - This seminar is intended to provide education and information focused on the physical changes associated with age. Offer new approaches and concepts of rider skills and techniques once learned and enhance Co-rider involvement.

Hosting a seminar for your chapter is a fun way to get your chapter together or join up with a neighboring chapter. If you are looking for a seminar presenter for your next seminar, your chapter educator can go to the Rider Education Web Site and locate seminar presenters in your area.

District Membership Enhancement



“Toot Your Own Horn”



It is not too late to “Toot Your Own Horn” and joins into the Chapter of the Year competition for 2013.

Please go to the Membership Enhancement website at <http://www.gwrra.org/> and check out the Chapter of the Year Program. Chances are you are already doing everything you need to compete. Of course, someone will have to record all of your activities and make sure it gets submitted at the end of the year.

We recommend you appoint someone in your Chapter as the Chapter of the Year Coordinator for this purpose. Each year the program may have subtle changes. Be sure you are using the current program guide and score sheet. Each year we receive a few suggestions on how to improve on the program; this is one of the many reasons the program guide will change slightly each calendar year. The purpose of the Chapter of the Year program is to encourage Chapters to get involved in the many wonderful, FUN activities and programs those are available.

The program is also designed to help make your Chapter a strong, growing, healthy Chapter. With these changes, it is our hope that the Chapter of the Year Program will remain current and FUN for your Participants to enjoy.

If you are a new Chapter Director, or just want to know how you can help your Chapter grows and gets healthier...check out the Chapter of the Year program. It is all there for you...a map of how to guide your Chapter into the future.

We can all agree that GWRRA is the greatest motorcycling organization going. We all want the Association to grow and continue to offer the great programs and benefits that we, as Members, enjoy. The Chapter of the Year program can lead to an improvement in the overall growth of the Association. The Chapter of the Year program encourages recruiting of new Members. If these new Members, as well as our current Members, are having a terrific time, getting involved and gaining safety knowledge, they will remain Members.

Bottom line...”Toot Your Own Horn”. Let us know what your Chapter is doing. Compete in the Chapter of the Year Program. The rewards are countless.

Thanks to Mike Prince for this article.

Submitted

Pete ST-Amour
NY District MEC

District Training



NY DISTRICT LEADERSHIP TRAINERS



February is the month for lovers. It also reminds us to be kind to one another because sometimes we get so caught up in our daily lives we forget to be considerate of each other for a better place tomorrow.

If you were able to attend the NY District Meeting you heard there are lots of changes in the Leadership program. Change can take you out of your comfort zone and with our busy lives can feel very disruptive. So why do we continually change things? Change is good. It keeps you on your toes and keeps you sharp to your surroundings. Is it more work? Yes, it is. It is worth the time you give it because change helps us to move forward. We need to have balance though and we need to understand what the change is and why it is being introduced.

So GWRRA headquarters realized that we had three main programs offered to our members; (Fun) Membership Enhancement, (Safety) Rider Education and (Knowledge) Leadership Training and they were keeping a member database for each program which was redundant and unnecessarily time consuming. Remember I said change is good, well here is a very good reason to revamp our database so that it will track each member in one database and record what activities they have accomplished so that they can award those members who have supported their chapter, their district and their region, which supports GWRRA nationally. WOW! Do you see how each of us can do just a small contribution and it grows and helps so many people. Think about it.

So what did GWRRA do to incorporate this change? In “Leadership Training” the trainers presented a program called “Instructors Development Certification Program”. This is how our members developed to be instructors to assist the membership in leading by example and guiding the membership to a greater end. We presented seminars and attended seminars to improve our Leadership Skills. The Region Trainers Tim and Eileen Guile presented to the District Trainers a new program called GW University. This new program has a new title for each level of Leadership Training. An attendee first earned their “Instructor” badge in Leadership Training. Then, as you present many seminars and Officers Certification Program trainings you can earn your “Senior” Instructor badge. Then as you present and earn merits over a period of time a “Master” instructor badge which entitles you to instruct members so they may also become an “Instructor” in the future.

Now in Rider Education and Membership Enhancement programs the same process is done, the Rider Educator is called a Certified Presenter.

Regardless of which program you are availing yourself you will move to the following positions.

First step will be to take the University Trainer Development Program (UTDP).

After completion an instructor or presenter will be known as a “University Trainer” (UT). As you continue to keep up with your certification by presenting seminars, the next step up will be as a “Senior University Trainer” (SUT).

And finally again you must keep up your certification and practice presenting seminars to the membership you may earn the title of a “Master University Trainer” (MUT). A Master University Trainer is the only trainer that is allowed to instruct the University Trainer Development Program (UTDP).



The Rider Education program already has a database for all their presenters and all those members who have taken different “Rider Ed Courses”. Now Leadership Training will be included. The Membership Enhancement Program (MEC) is in the process of setting up MEC programs and will be tracked in the same database.

So here is what is important to you the member taking a seminar or program, be very sure that you remember to sign into the seminar or program on the Official Sign-In Sheet which will be available for all training events.

I know this may be a bit confusing at first but as you take future seminars and programs you will understand the purpose of one database so everyone earns and gets credit for all seminars and programs and it is fun to earn and display your badges. It says I am involved in my association and very pride of it and myself as I strive for a better tomorrow.

Remember 2013 is about FUN, Safety and Knowledge and we look forward to meeting you and answering any questions you may have and best of all

HAVE FUN!

Richard and Claire Aylward
NY District Leadership Trainers
raphco@verizon.net
516-449-8299



District COY Coordinators



February Greetings From NY District Couple of the Year Coordinators



Happy Valentine's Day to all of our GWRRA family. We arrived in Florida on Jan. 11 and are enjoying the great weather. Our trike has already seen many miles as we have visited GWRRA chapters and friends. The Lakeland Fireball's, FL2-L, Fun Day was great. We got to see friends from FL1-B (Brandon), FL1-L2 (Wesley Chapel), FL2-F (Punta Gorda), and FL1-S, (Zephyrhills). The games were fun and we even won some neat prizes!! Good Friends, Good Fun and Good Food, what more could you ask for? It was wonderful to visit with Ed and Dottie Bahrenburg and see their new home!! We anticipate many more hours of riding with them this winter.

As we are now in 2013 and looking forward to the riding season, we hope that all of our NY District chapters have selected a **Chapter Couple of the Year**. Each chapter has members who are enthusiastic about GWRRA, who have participated in Chapter activities for at least a year and who would be wonderful ambassadors for GWRRA. **Remember...it is an honor to bestow this recognition on a deserving couple.**

It is with pleasure that we congratulate **Bruce and Doreen Krebs** from **NY-H** who have been selected as the Chapter Couple for 2013. **Chapter Directors**, please send us the names, e-mail addresses, phone numbers and mailing addresses of your 2013 Chapter Couple. We will be sending out personal congratulations to them.

Mike and Nancy Mandell, region B Couple of the Year Coordinators, have the Couples' medallions (\$15.00 each) and name tags (\$10.00 a pair) available for those chapters who would like to present them to the Chapter Couples. This is a wonderful way to recognize your couple and let others know how special they are. Please e-mail Mike at: Michael@MandellPlumbing.com or call at: **732-887-0374** to order.

As you know, participation in the NY District Selection at the Bi-State Convention in August is strictly up to the couple. However, we know that if they do decide to participate they will find it a very worthwhile and enhancing experience. We will be there every step of the way to encourage and help them

There is a link on the NY District Website, (on the COY page) to the Couple of the Year handbook. It contains very good information about the Couples Program, as well as the resume' for the District Selection.

Get involved with your **GWRRA** chapter, meet **wonderful friends**, have your own **great** adventures and enjoy the **Fun!!!**

As your District Couple of the Year Coordinators we are here to help your chapter and/or Chapter Couple of the Year in any way we can. If you have any questions or need more information about the Couple of the Year Program, please feel free to contact us at rlkelley48@gmail.com or at 716-830-9569.

Be Safe and Enjoy the Ride!
Bob and Sandy Kelley
NY District Couple of the Year Coordinators

Around the Region



From the Region Trainers

Eileen and Tim Guile

The more you know the better it gets!



HAPPY NEW YEAR TO ALL!!!!!!!

We hope that everyone had a Merry Christmas (Hanukah or Kwanzaa) and is off to a great start to the New Year! I thought I would take the time and explain the seminars under Member Orientation. The seminars are: Helpful Information for New Members; How To Participate in GWRRA; Member Benefits Overview; Structure of GWRRA; How to Have Fun at a GWRRA Event; Training the Members; History of GWRRA; and Horizon Program Overview.

Helpful Information for New Members

This seminar focuses on:

- Assisting new members in selecting a Chapter
 - Where you fit in the big picture
 - Selecting the right Chapter
- Identifying the importance of a chapter orientation
 - Getting oriented
- Identifying the differences in meetings, events, and gatherings
 - Discuss the differences
- Discussing various ways for a new member to get involved in GWRRA
 - Getting involved
 - The more you know, the better it gets - our tagline as your Region B Leadership Trainers

How to Participate in GWRRA

This seminar focuses on:

- Who is this for?
 - Everyone - Members (New and Old) and Officers
- Learning how to match talents with positions
 - Everyone is good at something - you just have to talk to people
- Describe ways Members can participate on the team and other ways Members can help
 - Officers
 - Ride Coordinator, help at a fundraiser, Sunshine person, door greeter, etc.

Member Benefits Overview

The focus of this seminar is:

- Learn how and why GWRRA is different
 - GWRRA ideals and purpose
 - GWRRA motto is “Friends for Fun, Safety and Knowledge”
- Understand the benefits of GWRRA membership
 - Wing World, Gold Book, Rider Education, Leadership Training, Membership Enhancement and much more.....
 - Discount Programs
 - Vacation Center
 - And much more
 -

Structure of GWRRA

This seminar focuses on:

- Understand how the GWRRA Officer Network is organized
 - The structure starts with the Chapter
 - The five primary areas of responsibility: Operations, Rider Education, Membership Enhancement, Leadership Training, Finance
- Understand the lines of communication within GWRRA
 - Who reports to the Director of GWRRA?
 - Communication flows up and down the reporting structure

How to Have Fun at a GWRRA Event

This seminar focuses on:

- Gain a better understanding of how to maximize fun at an event
 - Attitude, attitude, attitude!
 - It is up to YOU to get involved, participate and have FUN
- Describe the planning process that goes into an event
 - Registration, schedule, daily activities, etc.
- Describe the planning process for the attendee
 - YOU make the fun happen

Training the Members

The focus of this seminar is:

- Where does Leadership Training fit?
 - Leadership Training is the KNOWLEDGE branch of GWRRA
- What does Leadership Training do?
 - Training keeps things consistent, it provides a service to our Members free
 - Leadership Skills, People Skills, Life Skills, Practical Skills, etc.
- Who is the training for?
 - Any Member who is interested
 -

History of GWRRA

This seminar focuses on:

- Become acquainted with the founders of GWRRA
 - Paul and Shirley Hildebrand
- Learn the reason why GWRRA was established
 - The Members are what and why we are
- Understand it's Purpose and Goals
 - To provide a social organization for pleasure, recreation, safety and information exchange
 - And more.....

Horizon Program Overview

This seminar covers:

- What is the Horizon Program?
- Who can attend?
 - Anyone
- Teambuilding
 - Teams and teamwork is a major building block in the training
- Expectations
 - Attendees will learn something about themselves during the training
- Communications
 - Communication and presentation skills are discussed and practiced
- Effective gatherings
 - Role playing exercise
- The Officer Couple
 - Couples are encouraged to attend together

Eileen Guile, SI

Eileen & Tim Guile
Region B Trainers
gwrri.ny.dt@hotmail.com

The more you know, the better it gets!



GWRRA Region B CPR/-FA Trainer

Keith and Elaine Price



CPR – First Aid

The Gift of Life

The Heart of the Matter

The heart is an incredible thing. It starts beating months before we are born and continues steadily throughout our lives. At birth it beats at a rate of nearly 180 beats a minute. During the average lifespan it will beat over 2.5 billion times. If it should stop for more than eight minutes, irreversible death will occur. Yet, in the United States, heart disease is the leading cause of death in men and the second leading cause in women. In this first of a series of articles, I would like to explore the causes of heart disease.

The heart, like every other living part of the body, requires a constant supply of oxygenated blood in order to survive. Coronary artery disease, or CAD, is the leading culprit in reducing or stopping the supply of blood to the heart. CAD is not like the flu or a cold. You don't go to bed one day, and wake up the next morning with coronary artery disease. It literally takes years or even decades to show itself. Over time the arteries change from being smooth and flexible to becoming hard and having an interior that is rough and blocked.

It is thought that coronary heart disease starts when the inside wall of one or more coronary arteries are damaged in some way. One theory is that a bacterial infection may be the cause of the damage. This may have occurred many years before symptoms of the disease are noticed. Deposits called plaque begin to form in at the sites where the damage occurred. These plaque deposits are made of blood lipids (fats), minerals, and cellular debris. Plaque deposits typically have a hard outer crust and a soft fatty interior. As time goes on the plaque deposits get larger until they start restricting blood flow to the heart. During times of exertion this restriction is felt as a pain in the center of the chest known as angina. Pain may also be felt radiating down either arm, or neck. If the pain recedes after a few minutes of rest it is called "stable" angina and is not a sign of an impending heart attack. However angina IS a warning that you need to do something about your heart's health. Frequently nitroglycerine is prescribed for angina as it dilates (expands) the arteries and allows greater blood flow.

Causes of CAD are divided into two main groups; non-preventable and preventable. Non-preventable causes are those about which you have no control over. Such factors as AGE, GENDER, or FAMILY HISTORY (genetics) are things that we can do little about. Obviously the older we are the more likely we will have CAD. Males over the age of 45, women over 55 are more susceptible to CAD. If heart problems run in your family it is likely that you will experience them as well.

Preventable causes are things that we can do something about. Smoking is the principle culprit. In addition to the toxins it releases into the body, smoking also contracts the width of the blood vessels, reducing blood flow; increases blood pressure and the tars in smoke can damage the linings of the arteries. Smokers are twice as likely to have a heart attack than non-smokers. Diabetes, unless tightly controlled, can severely weaken the heart muscle. Obesity is a huge factor. Not just can obesity lead to diabetes, every pound of excess body fat can add $\frac{3}{4}$ of a mile of blood vessels that the heart must pump blood through. If someone is 100 pounds over-weight, that amounts to a least an additional 75 miles of blood vessels! It's no wonder that being 100 pounds overweight is considered "morbidly" obese. Another risk factor is high blood pressure. Not just is high blood pressure a strain on a weakened heart, it also can damage the lining of the arteries themselves. High blood pressure can also damage the kidneys, which leads to even higher blood pressure. Finally having high cholesterol, especially low-density cholesterol, and triglyceride is a huge risk factor. Remember that plaque deposits are primarily composed of cholesterol and fats in the blood.

It is important to realize that these preventable causes of coronary artery disease can be controlled through changes in lifestyle, medications, or both. It is vital to work with your doctors and follow their advice. If medications are prescribed, take them as directed. Changes in lifestyle are never easy but remember the alternative. The most important thing to remember is that any change in lifestyle must not be temporary. They are for life!

NEXT: YOU'VE IGNORED THE WARNINGS, NOW WHAT.

Take care of yourself

Keith & Elaine



Region B ARL Coordinators

Pete and Marielle ST-Amour



"Remember"
WE ARE VOLUNTEERS!

There are many avenues to pursue in GWRRA. Our Motto, "Friends for, "FUN", Safety and Knowledge" is only the beginning. Members participate in various Programs to promote our Motto. Whether we choose Rider Education, Leadership Training, or Membership Enhancement, we incorporate our thoughts and ideas, along with our own personalities, to get as much from the Program as we can. All this makes GWRRA what it is today.

No matter which avenue you choose to pursue in GWRRA, you can find a vast number of guides, documents, websites, and other information on how to go about ", and at the same time staying within the guidelines of GWRRA. The most important thing you need to remember is that having the most "FUN we are all Volunteers in this great Association. No matter what position you hold or the job you

are assigned, you are a Volunteer.

If you are a Chapter, District or Region Team Member you need to remember that those Members who help you accomplish your goals and mission are Volunteers. We want to accomplish our goals but we must do it in a way in which our Volunteers can feel comfortable and can deal with the situations. Volunteers need to have knowledge of what is expected of them. If they are not doing what is expected or in the manner you feel it needs to be done, take some extra time to mentor them. Again, remember, like yourself, they are Volunteers.

We are all busy in this fast paced world, but a few extra minutes of explanation and mentoring will go a long way toward accomplishing your goals. This will also help Volunteers to grow and enable them to mentor others along their way. We all have the opportunity to grow in Knowledge, Safety and “FUN”. Taking time to “Thank” a Volunteer will be one of the best things you can ever do; no matter how much we say “Thank You”, it will never be enough. There is always room for improvement in anything we do; let’s strive to do the best we can for all our Members in GWRRA.

As Volunteers of GWRRA, let’s make a goal in 2013 to work together, help each other, and make GWRRA, “Our” Association, the best it can be.

Thanks to Ed and Linda Johnson for their contribution to this article
Submitted by
Pete St-Amour
Region B ARL Coordinator

Who's Who in GWRRA

NY District Officers - <http://www.gwr-ra-ny.org/officers.htm>

District Directors	Paul & Suzette Wood	585-343-8903
Assistant District Directors	Bob & Cathy Turner	631-368-8982
Assistant District Directors	Gary & Donna Cork	518-877-4917
District Treasurer	Kathy DeGross	315-289-1308
District Educators & MFA Coordinators	Al Stahl & Vicki Ross	518-598-8981
Assistant District Educators	John & Pam Van Deusen	315-687-9138
District Trainers	Claire & Richie Aylward	516-449-8299
District Couple of the Year Coordinators	Bob & Sandy Kelley	716-772-7807
District Couple of the Year 2011-12/ Region Couple of the Year 2012-13	Tim & Eileen Guile	518-877-8481
District Membership Coordinators	Pete & Marielle St-Amour	518-490-1031
District Public Relations	Linda Waterman	315-224-4144
District Webmaster	Suzette Wood	585-343-8903
District Newsletter Editors	Phil & Tammy Coons	845-758-9088

Region B Officers - <http://www.gwrra-northeastregion.org/node/41>

TITLE	NAMES	PHONE	E-MAIL
Region B Directors	Tom & Renee Wasluck	570-474-1014	regionbdirectors.tom.renee@gmail.com
Region Educator	Tim & Anna Grimes	(301) 994-1394	tim@gwrramdi.org
Assistant Region Educator	Al Stahl & Vicki Ross	518 598-8981(C)	alstahl45@gmail.com
Region CPR/FA Coordinators	Keith and Elaine Price	(716) 625-9577	pricewingk@aol.com
Region Couple of the Year Coordinators	Mike & Nancy Mandell	732 751-8522 (H) 732-887-0374(C)	michael@mandellplumbing.com
Region Chapter of the Year Coordinator	Mike & Shirley Prince	(717) 225-6499	rbchoy@gwrrapav.org
Region Couple of the Year (2012-2013)	Eileen & Tim Guile	518-877-8481	gwrra.b.rt@hotmail.com
Region Trainer	Eileen & Tim Guile	518-877-8481	gwrra.b.rt@hotmail.com
Region Membership Coordinators	Mike and Nancy Mandell	732 751-8522 (H) 732-887-0374(C)	Michael@mandellplumbing.co
Region WebMaster	Clark Clemens	(315) 762-4339	cwcleme@twcny.rr.com
Region Area Report List Coordinator	Pete and Marielle St-Amour	518-490-1031	monsieur@nycap.rr.com
Region Treasurer	Connie Keiper	570-822-2294	SIXTHCHILD01@AOL.COM
Region Newsletter Editor	Bob and Debbie Anthony	(973) 366-0044	Bobanth1@gmail.com

National Officers - <http://gwrra.org/nationalofficers.html>

Director	Jere Goodman
Rider Education Director	Tony Van Schaick
Leadership Training Director	Paul & Cheryl Brosher
Member Enhancement Director	Ed & Linda Johnson
Wing World Editor	Sharon Stanley
Global Affairs Director	Dan Sanderovich
International Deputy Directors (Regions A,B,D,K,L,N)	Mike & Angie Mitchell
International Deputy Directors (Regions E,F,H,I,J)	Dave & Gwen Carter

NY Chapter Information - <http://www.gwrra-ny.org/chapters.htm>

Chapter D http://gwrra-ny-d.org/		
Chapter Directors	Assistant Chapter Directors	Gathering
Robert & Christine Makai Liverpool, NY 315-506-0340	William & Lisa Nickal Chittenango, NY 315-430-7377	Euclid Restaurant , upstairs Route 31 & Morgan Rd Clay, NY 2nd Wednesday Dinner at 6 pm Gathering at 7 pm
Chapter F		
Chapter Directors	Assistant Chapter Directors	Gathering
Ronald & Patricia Schroth Breesport, NY 607-739-5421	Richard & Lois Brown Burdett, NY 607-546-4111	Ichabod Lounge (back of Manos' Diner) 357 Elmira Road Ithaca, NY 3rd Saturday @ 10:00 am
Chapter G http://www.tiptopwebsite.com/gwrra		
Chapter Directors	Assistant Chapter Directors	Gathering
Mike & Carol McGinness Ballston Lake, NY 518-376-8061	Jerry Deyoe Rensselaer, NY 518-465-3051 Bobbi Hardman Albany, NY 518-608-5892	Wolf Road Diner 219 Wolf Rd Albany, NY Last Wednesday Dinner @ 6 pm Meeting @ 7 pm
Chapter H http://www.highwayhobos.com/		
Chapter Directors	Assistant Chapter Directors	Gathering
Keith & Elaine Price North Tonawanda, NY 716-625-9577	Bill & Dorothy Hardenbrook Kendall, NY 585-281-2414	The Wilson House Restaurant & Inn 300 Lake St Wilson NY 1st Sunday @ 10:00 am

Chapter K http://www.gwrra-ny-k.org		
Chapter Directors	Assistant Chapter Directors	Gathering
Richie & Claire Aylward Huntington Station NY 516-449-8299	William & Linda Reichling Bellport, NY 516-313-9157	Bertucci's 881 Walt Whitman Road (Rt 110) Melville, NY 11747 2nd Tuesday, Dinner @ 7:00 pm Meeting @ 8:00 pm
Chapter L http://gwrranychapter1pictureplace.shutterfly.com/		
Chapter Directors	Assistant Chapter Directors	Gathering
Douglas & Linda Eighmey West Hurley, NY 845-679-7423	TBD	Koch's Restaurant 969 Main St Leeds, NY 2nd Friday Dinner @ 6:00 pm Meeting @ 7:15 pm
Chapter N http://www.gwrra-ny-n.org/		
Chapter Directors	Assistant Chapter Directors	Gathering
Steve & Katy Nutting Saratoga Springs, NY 518-587-1076	Ken & Donna Granger Greenwich, NY 518-692-7525	Carl R's Cafe / Restaurant Corinth Rd. Exit 18 West Glens Falls NY 3rd Friday Dinner @ 6:15 pm Meeting @ 7:00 pm
Chapter T http://www.gwrra-ny-t.org		
Chapter Directors	Assistant Chapter Directors	Gathering
David & Linda Fletcher Stittville, NY 315-865-4458	TBD	Vienna Hotel 2805 New York 49 (Rt 49 & Rt 13) Blossvale, NY 4th Thursday @ 7:00 pm

Chapter U http://mysite.verizon.net/imtruble4sure/		
Chapter Directors	Assistant Chapter Directors	Gathering
William & Yvonne Spoon Lakewood, NY 716-763-9417	TBD	Belle-View East 7 E. Main St, Falconer, NY 1st Sunday Lunch @ 2:00 pm Meeting @ 3:00 pm
Chapter W http://www.gwr-ra-nyw.org/		
Chapter Directors	Assistant Chapter Directors	Gathering
Greg & Dee Eames Pittsford, NY 585-334-7609	Larry Helber Webster, NY 585-737-6914 Barbara & Raymond C. Fedeli Rochester, NY 585-458-8039	Panorama Restaurant 730 Elmgrove Rd Rochester, NY 3rd Thursday Dinner @ 6:00 pm Meeting @ 7:00 pm
Chapter X http://hudsonvalleywings.org/		
Chapter Directors	Assistant Chapter Directors	Gathering
Paul & Sheryl Breau Newburgh, NY 845-562-8327	Alex & Natalie Borrero Newburgh, NY 646-752-1761	Gateway Diner 1292 Rt-300 Newburgh, NY 3rd Sunday 3:00 pm
Chapter Y http://gwrranewyorkchaptershutterfly.com/		
Chapter Directors	Assistant Chapter Directors	Gathering
David & Michelle Perry Chenango Forks, NY 607-765-7744	TBD	Gramma's Country Cafe 3599 State Route 79, Harpursville, NY - 1st Tuesday @ 6 pm



**Gold Wing Road Riders
Association
Western New York District
Training Day**



*Western New York
District Training*

Come One, Come All

- *The New York District and Chapter NY-W are hosting a training event.*

Date: *Saturday, March 2nd, classes beginning at 9 A.M.*

Location: *Batavia First United Methodist Church
8221 Lewiston Road, Batavia, NY 14020*

- **Lunch available**
- **Rider Education Seminars**
 - Team Riding
 - Motorcycle Crash Scene Response
 - Night Riding
 - Co-Rider
 - Riding with New / Inexperienced Riders
 - Trailing
- **Training**
 - Medic First Aid/CPR
(Full Certification course, provides credit for either new or re-certification)
 - Gold Wing University Trainer Development Program
Would you like to present Seminars in the Rider Education, Leadership Training, or Membership Enhancement Programs?
Take the first step. Attend the University Trainer Development Program
Must be registered by 2/16/2013



Goldwing Road Riders Association

2013 Western New York District Training Day

Agenda/Registration

The training event is scheduled for March 2nd with classes beginning at 9 A.M. The event will be held at the Batavia First United Methodist Church, 8221 Lewiston Road, Batavia, NY 14020. Coffee and pastries will be available prior to the start of the seminars. Lunch will be available at a cost of \$12.00. We **will not** have a Dinner afterwards this year. Please note that we will be providing the full course for the Medic First Aid/CPR. If it has been more than two years since you took the course, it will be necessary for you to renew your certification. This class will satisfy both requirements.

8:30 A.M. – 9:00 A.M.

- Morning Coffee and Pastries

9:00 A.M. – 10:15 A.M.

- Medic First Aid/CPR (Certification and Re-certification)(Full Day)
- Team Riding
- Night Riding
- University Trainer Development Program(9 hour course)

10:30 A.M. – 12:00 P.M.

- Medic First Aid/CPR (Continued)
- Team Riding
- Motorcycle Crash Scene Response
- University Trainer Development Program (Continued)

12:00 P.M. – 1:00 P.M.

- **Lunch (pulled pork sandwiches, baked beans, cole slaw, chips, dessert and beverages which will be coffee, tea and a cold beverage such as soda pop or lemonade.)**

1:00 P.M. – 2:15 P.M.

- Medic First Aid/CPR (Continued)
- University Trainer Development Program (Continued)
- Social Hour

2:30 P.M. – 4:00 P.M.

- Medic First Aid/CPR (Continued)
- University Trainer Development Program (Continued)
- Riding with New / Inexperienced Riders
- Trailering

4:00P.M. – 5:00P.M.

- Open Discussion / Feedback



Goldwing Road Riders Association Western New York District Training Day

March 2, 2013
9:00AM

Batavia First United Methodist Church, 8221 Lewiston Road, Batavia, NY 14020

Rider Name: _____

Co-Rider Name: _____

Address: _____

City, State, Zip: _____

Phone Number: _____

GWRRA Membership No.: _____

Chapter: _____

Seminar (Please select which seminars you wish to attend)

- _____ Medic First Aid/CPR (Certification and Re-certification) (Full day course)
- _____ Team Riding
- _____ Night Riding
- _____ Crash Scene Response
- _____ Riding with New / Inexperienced Riders
- _____ Trailering
- _____ University Trainer Development Program (9 hour course)

The Medic First Aid/CPR class is limited to a maximum of twelve students. There is a \$30 registration fee.

Lunch Reservation (\$12.00 per person, includes morning coffee and pastries) _____

If you are interested in registering for the University Trainer Development Program, you must reply to me by February 16th as materials need to be ordered for the course.

Please send your completed registration, along with your check for the meal, made out to GWRRA New York District, to Jim Pearson, 3562 Sunset Lane, Williamson, New York 14580 by February 22, 2013.

Email any question to Jim Pearson at jpearson6@rochester.rr.com or call Jim at 585-766-2880.