



**GWRRA NY Chapter "T"**  
**Taberg, NY**  
**January 2009 Newsletter**

Chapter T meets at the Vienna Hotel on the corner of Rt. 13 and Rt. 49  
on the fourth Thursday of the month.  
Join us for a bite to eat @ 6PM with the meeting to follow at 7PM



**District Staff:**

Region B Director: Lorraine & Earl Knight  
District Director: Ed & Dottie Bahrenberg  
Asst. District Director: Paul & Suzette Wood  
Asst. District Director: Robert & Cathy Turner  
District Treasurer: Jack & Donna Seeley  
District Educator + D COY AI & Emily Stahl  
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District COY: AI and Emily Stahl  
District MAD Coordinators: Joe and Marsha Gaworecki  
News Letter: Will & Carol O'Brien  
Public Relations: Linda Waterman  
Membership Coordinators: Pete/Marielle St-Amour

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**A quick note from the new Editor:**

Let me start by apologizing for the untimely lateness of the news letter this month. The plan was to get it out right after we returned from our trip to the Winter Thing in Maryland. Though the trip went well, it all so threw a couple of us a surprise we weren't expecting. This has kept me from completing my tasks on the letter in a timely manner. This will be a rather short letter this month due to the time constraints.

Thank you for your patience. Jim

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## *From the District Director*

The New Year has started and we are excited about the prospects for this year. Our District has 3 new Chapter Directors that will be joining us in Leadership positions in GWRRA; Nick Habel for NY C, Al Yerdon for NY T and Roland Teribury for NY Y. I know these fine folks and feel they will do an excellent job for their Chapters. Please introduce yourselves to them at the District meeting.

The District Meeting is scheduled for January 24<sup>th</sup> at the Chenango Fire Station. We have a great deal to discuss at this meeting since there have been several new initiatives at the National Level. This meeting is especially important because we are going to discuss the joint Rally with New Jersey. The Rally will be called the Bi-State Rally.

We were approached last summer about the possibilities of combining the New York and New Jersey Rally for 2009 or 2010. You might recall that I spoke to a number of people at our 2008 Rally about the situation and received positive input. Well, it is now a reality for 2009. The New Jersey District Director and some of his staff will be joining us at our District meeting so you will have a chance to interact with them.

Please bring your year end paperwork to the District Meeting, so I can send it in to our Region Director. I have posted several times the various documents that are required. You also need just the December bank statement not all 12. Also, please do not forget to provide me with an estimate of how much of your 2008 fund raising efforts went to charity. The home office is looking for that information. We are NOT looking for any sort of "proof" just a number—I think the total will surprise everyone. If you have any questions at all, please call me or Jack Seeley so we can help you.

The District is looking for a Chapter to host the Ride In. If you are interested please talk to me at the meeting. My recommendation is that it be held after Americade but before the end of June graduations etc. You can keep it as simple as the 2008 Ride Out hosted by NY F, but it is an opportunity for your chapter to do a fund raiser and a point for **Dash for Cash**. If you have developed a ride schedule, please bring it to the meeting so it can be shared. I have heard that a couple of Chapters are talking up a ride into Canada. Dottie and I have done a lot of riding there and we are looking forward to hearing about those plans so we can be sure to tag along. In talking to several of our Canadian friends, it appears they would not mind joining us so it could be a huge **Dash for Cash** point event.

As I write this article, it is a toasty 7 degrees above zero. Since the temperatures are not conducive to riding our favorite motorcycle, it is a great time for ride planning, progressive dinners, and all sorts of fun indoor Chapter activities. Remember GWRRA is all about FUN!

Dottie and I wish you a Happy New Year, filled with lots of great riding, fun and friendship.

Ed & Dottie Bahrenburg District Director

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## *From the District Ride Educator*

*AHHHHH, with a big yawn! It's New Years. We've survived another holiday season and can settle in for a long winters nap.*

Well, maybe not so quick, I, your District Rider Educator have a few tasks that really need to get done. My first request is to my fellow Chapter Educators and Chapter Directors. I like all of you, absolutely hate paperwork, but in many cases it can't be avoided. We really need to get in our monthly N.6 Rider Education Report (Revised April 2008). Besides myself from Chapter N, I only have Chapter G's report for November and December 2008. And why are these reports so important? We need to show this information for the IRS to keep our exemption status for our rider education fund raising. So, please do your very best to get me those reports in a timely manner. You may snail mail them to my address below, or e-mail them to me to the link below. Please help me on this matter.

Ok, enough business, next let's talk about New Year's Resolutions. I will be honest and tell you about my rider education history. For about 25 years, I was the typical motorcyclist, just rode, read a little and thought I knew everything I needed about riding my bike. I didn't need anybody to teach me about riding. Then, the United State Air Force told me I had to take a Basic Rider Course if I was going to ride on the base. Well, guess what, like most riders, most of my riding habits were bad habits. My eyes were opened and they will stay open as long as I continue to learn.

So, all you riders that know everything there is to know, including trike riders, may I beg you all to make and keep a resolution to take at least one rider education course this year. It may just save your skin or your life.

Thank you, ride safe and always practice what we have learned through our education!  
Your Rider Educator, Al Stahl



## From Your Chapter T Director: Alvin & Linda Yerdon

Hi! Everyone, hope you had A Merry Christmas and a Happy New Year 2009!

We had 3 foot of snow here in Redfield Jan. 7<sup>th</sup>. day we left for Maryland Winter Thing.

Jim & Trish Thayer and Linda and I had a good time in Maryland. We met up with some from Chapter D and District Directors Ed and Dottie Bahrenburg.

Jan. 11<sup>th</sup>. Ride Committee meeting at Bo & Bonnie's from 10:00 to 1:00. Coffee and Donuts will be provided. Bring some ideas for rides.

### Dates to Remember:

Our Chapter Gathering is Thursday Jan. 22<sup>nd</sup>. At Vienna Hotel 7:00 pm.

NY District Officers meeting in Binghamton, Sunday Jan. 24<sup>th</sup>. 2009 .

Horizon Class Saturday Feb. 28<sup>th</sup>. 2009 in Norwich at the Howard Johnson.

Syracuse Cycle Expo 2009 On . Sat. Feb.7<sup>th</sup>. and Sun. the 8<sup>th</sup>. Sat. 11:00 am to 6:00 pm Motorcycle Showcase and Swap Meet. Sun. noon to 5:00 pm. At the NY State Fair Grounds.

### Our new Staf for Chapter T in 2009 are as follows.

Director: Alvin & Linda Yerdon

Asst. Director: Dave Secor

Treasurer: Jack Bisgrove

Rider Educator: OPEN

Couple of Year 2009: Laina & Bill Sweatman

Tech advisor: Daniel Brown

Webmaster: Howard Love

Photographer: Dan Brown

Newsletter: Jim & Trish Thayer

Sunshine and Sec.: Bonnie Davenport

James Learned is doing well, still doing therapy to get movement and strength back in his arm.

Sharon Learned's mother was in the hospital, but is out now at a rehabilitation center for therapy to get her strength back, so she can go back home to her apartment.

Kathy Sweatman is doing good, and has gone back to work after having surgery on her foot again. This time she says it is not as painful as before.

Al & Linda Yerdon



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**Something From The Maryland "Winter Thing":**

Two of us missed most of the doings at the Winter Thing. You see Linda Yerdon & I became quite ill in the early hours of Saturday and wound up missing all the events that day. So Al & Trish had to fill in for us for the rest of the convention.

Linda did manage to win a 50/50 on Friday night for \$90.00 and Trish raced a Hot Wheels car for me on Saturday afternoon and took 1st place for \$30.00. Even though we were sick puppies we were still winners.


One seminar, (at the Winter Thing) that I did make it to with Al on Friday was on stress management, and was given by Dottie Bahrenberg.

Stress effects all of us in different ways. It was explained that even though there is good and bad stress, that all stressful situations when piled on too high will push us past a healthy balance for ourselves.



I will try to share some of the literature gathered at the seminar in the next few news letters. For now here (on the next page) are some of the simple ideas to beat back those stressed out feelings that you already recognize.

Jim T. /Editor

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**Your Hosts:**  
**Mitch and Tanya Yerdon**

2/1/03

# Take a 10 minute Stress Break 10 Simple

## Ways to Beat Stress

### Do nothing:

At least once during the day, take 5 or 10 minutes to sit quietly and do nothing. Focus on the sounds around you.

Focus on any aromas.

Focus on your emotions.

Focus on tension in any part of your body.

Doing nothing can be a real struggle.

### Laugh Out Loud:

Keep something handy that makes you laugh.

It could be a cartoon, a funny song, a photograph Make your laugh come up from your toes!

### Tune In:

Play soothing music.

Nature sounds, classical music, not Metallica

### Think Happy:

Focus on someone or something you care about deeply for about 15 seconds to 5 minutes. Picture a scene from a peaceful vacation.

Picture yourself surrounded by friends or family and feeling safe, secure and happy.

### Hit the Road:

Get up and move.

Take a ten-minute walk.

### Breathe Easy:

For five minutes practice "slow breathing"

About 6 deep breaths a minute

Inhale for about 5 seconds, exhale for about five seconds Make sure these are deep-belly breaths, not shallow breathing.

### Rise Relaxed:

Before bed, or just after the alarm goes off in the morning, take time to relax your entire body

Tense your toes, then relax them

Move to the muscles of your feet, tense and relax...

Move all the way up your body until you tense your face muscles and then relax.

### Use Your Senses:

Touch – Use a worry stone / marble or a stress ball

Smell – scented candles, perfume, flowers

Sight – serene scenes, favorite photos

Hearing – calming music

Taste – chocolate, savor it slowly

### Jot it Down:

Keep a journal

Write down troubling thoughts and then throw them away

### Bracketing:

Visualize your stress

Picture wrapping it up in a big all

Put it on a shelf, in a closet, basket, etc.

Promise yourself you will take it out when you feel you can handle it.



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# Christmas Party 2008

## A Good Time was Had by ALL!



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For  
Some*



**The Changing of the Guard  
Gives us  
Our Chapter's it's  
Newest Director  
& Assistant Director.**

**P.S. Many Thanks to Dave for the  
Musical Interludes.**

**They really made it feel like Christmas.**

