



March 2007 Gold Wing Road Riders Association

Friends for Fun, Safety, and Knowledge- <http://www.gwrra-northeastregion.org>

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M A K E - A - D I F F E R E N C E

From The Region Director

Looks like this may turn out to be a mild snowy winter for the southern part of the Region. Of course, March could bring its fair share of snow. The good news is, it should not be around too long. By now, most of us are thinking about upcoming events and getting the bike back on the road. March 3 will see NJ hold its "Bikers & Babes" evening. The name changes, but the event is around the same time each year, so Linda & I are looking forward to another fun-filled NJ event.

Wing Ding in Montana will be the premier event this year, so make your plans. The Northeast Region will be involved with the Light Parade this year and we anticipate a slight change. Watch for an official announcement in an upcoming Wing World Edition.

Our web sites throughout the Region contain valuable information, so visit these different sites on a Chapter, District, & Regional level to stay in the know. Lots of informative articles in this month's edition of your Region Newsletter so enjoy the read, ride safe and be well!!!

Sincerely,

Jere & Linda Goodman
Northeast Region
Directors
BEEP! BEEP!

From The Region Assistants

Well, here we are, in the "heart" of our winter season. We, here in Southern New England have been blessed with a very mild winter thus far. There have been only about a half-dozen days when the temperature dipped below the freezing point. Had we known, the weather would have stayed so mild, we would have ridden into Winter Thing, in Ocean City, MD on our Wing. This January's weather, by the shore, was the most beautiful we have ever experienced. People were walking the beach, with only sweatshirts. We were sitting out side on the patio conversing. It was just superb.

However, the weather outside could not compare to the "hot" entertainment inside. It's always an adventure attending Maryland's District Winter Thing, and 2007 was no exception. Charlie Gallagher, Jeanny Hall and their staff did an outstanding job this year. The only problem they have now is trying to outdo themselves for 2008. They have raised the bar in "booking" quality talent for their Friday night entertainment. We never expected to be entertained by Hawaiian Dancers, Tina Turner and the other talented guest. Again, kudos to everyone involved in the success of this year's Winter Thing.

Winter Thing also helped us work towards our 2007 goal, getting to know all our District Directors, just a little better. We really enjoyed conversing with Charlie & Jeanny, Chuck & Evelyn, Brian & Missy, Mike & Julie, and Ed & Dottie, not to mention the added pleasure to "root" for the Eagles, and Ravens, with some awesome fans. (Too bad we won't be seeing them again in February.)

What an awesome feeling to have come full circle in meeting our 2007 goal, by the end of January. We did that when we met with the other Northeast Directors at the New England Rally Staff meeting in Rutland, VT. this past weekend. We had a very productive meeting and an absolutely delicious 4 course dinner to round out the evening. It seems that the New England Rally in West Springfield, MA this July should be another fun filled event.

Thank you to Carol & Bruce, Wayne & Shirley, Alan & Claudette, Wayne & Kim, and Nate & Linda for a great weekend and some crazy conversation.

We took the opportunity to leave on Friday to spend the night with our RI friends, Joe & Carol Coyne, (former RI Chapter B Assistant directors who, pending paperwork, are soon to be the new VT-Chapter A Directors).

They retired this year, and now make their home on a mountain top in Plymouth VT. (Why, I still don't know.) Friday, was logged as THE COLDEST DAY of this winter (so far). We left RI at 3PM at a fringed 16 degrees. The best entertainment of the trip was watching the digital temperature display, on the dashboard, rapidly changing with every mile north we go. We had a "discussion" about whether the gage displays temperatures lower than Zero. Well, as we were ascending Joe & Carol's Mountain top, we had our answer. We never knew that the display can go as low as -6 degrees. Then, we asked ourselves again, "We are coming to VT in January, why?, Oh that's right, we just want to have fun and visit with some great people." And so we did, and so it was -6 and counting DOWN through the night. We did wake up to a Winter Wonderland, and a white car (it should be Navy). The snow had just started to fall ever so silently and beautifully. We had a leisurely morning and then headed on to our meeting (ever so cautiously) in Rutland.

We came home Sunday, to a delightful 38 degrees, with the satisfaction of knowing we have already met our 2007. So we created a new one, getting to know the rest of our Region Staff, just a little bit better. But we may just take a little longer to do that, for after all, we still have lots of winter left and a whole new riding season ahead of us.

Stay warm, and healthy and get ready for Spring.

*Lorraine & Earl Knight
Northeast Region Assistants
RI District Directors*



Leadership Training

Eat That Frog!

I have finally learned to eat that frog!

My husband accuses me of procrastinating. I agree that sometimes, I put off a task that I know is important because I need more time to think about it and analyze it in my mind. But once I take that first step toward accomplishing the task, I find that it really isn't that hard and I probably shouldn't have put it off.

Are you like me? Are you a procrastinator? Or do you just have trouble getting started on a project that you do not really wish to do? Do you end up in a mess because you didn't get something done on time? If you are, you might want to check out the book, *Eat That Frog! --- 21 Great Ways to Stop Procrastinating and Get More Done in Less Time* by Brian Tracy (Berrett-Koehler, 2001).

Many times we put off starting on a project or activity because we are not sure where to start or we feel overwhelmed because there is so much that needs to be done for the project to become a success.

The ability to dissect the project into smaller tasks makes it manageable. You need to be able to select the most important part of the project at that particular moment, start on that task and get it done quickly and well. If you accomplish even a small part of a major task with success, it is a motivating force that will keep you going strong. The first step will probably have the most impact on your success with the project.

Make it a habit to set clear priorities and then get those important tasks completed as quickly as you can without sacrificing the quality of the outcome. If you are able to establish priorities and a timely sequence you will run circles around those who talk a lot and make wonderful plans, but get very little done.

According to Tracy, there is an old saying that... *"If the first thing you do each morning is to eat a live frog, you can go through the day with the satisfaction of knowing that that is probably the worst thing that is going to happen to you all day long!"* Your "FROG" is the one task you are most likely to put off or procrastinate on. It is also the one task that can have the greatest positive impact.

Tracy also says that... *"If you have to eat two frogs, eat the ugliest one first!"* This is another way of saying that if you have two important tasks before you, start with the biggest, hardest, and most important task first. Discipline yourself to begin as soon as feasible and then to persist until the task is complete before you go on to something else.

Eating that frog or deciding which of the two frogs might be the ugliest can be considered a test or personal challenge. Can you resist the temptation to start with the easiest task first? Remind yourself that one of the most important decisions you make is your choice of what you will do immediately and what you will do later.

One final point Tracy makes is *"If you have to eat a live frog, it does not pay to sit and look at it for a very long time!"* If you spend too much time thinking about a difficult task, you will think yourself out of taking the necessary steps to get it done.

The main idea behind *Eat That Frog* is to help you develop the ability to tackle major projects or tasks in a timely manner. Not to "over analyze", but to take the first step. Successful, effective people are those who launch directly into their major tasks and then discipline themselves to work steadily and single-mindedly until those tasks are complete.

How can you successfully tackle that project?

1. Think on paper! Decide exactly what you want to accomplish. One of the very worst uses of time is to do something very well that need not be done at all!
 - a. *Write it down!* Clear written goals have a wonderful effect on your thinking.
 - b. *Set a deadline on your goal*
 - c. *Make a list of everything that you can think of that you are going to have to do to achieve your goal*
 - d. *Organize the list into a plan*
 - e. *Take action on your plan immediately!*
2. Resist the temptation to clear up small things first. You are always *"free to choose"* the task that you will do next! Your ability to choose between the important and the unimportant is the key determinant of your success.
3. Long-term thinking improves short-term decision making. Begin with the end in mind. Future intent influences and often determines present actions.
4. Law of Forced Efficiency = There is never enough time to do everything, but there is always enough time to do the most important thing.
5. There will never be enough time to do everything you have to do.
6. Slice and dice the project into manageable pieces.
- 7.

After reading *Eat That Frog*, I know that over-thinking a project is not a good thing. Over-thinking the project makes me and I think anyone, more apprehensive of their ability to accomplish the task. The more you think about it, the bigger and more daunting the task it appears. Now, I sketch the project out on paper with a clear picture of what I would like to accomplish. Set goals and action steps and assign each a date or time to be accomplished. Tackle the most difficult piece first...and then I'm on a roll.

You might want to check out the Brian Tracy's ideas in *Eat That Frog*. It really is a tongue in cheek approach to *time management*, and *setting goals and action steps*.

*Dottie Bahrenburg,
Northeast Region Trainer*



Rider Education

Hi Everyone

February is all but a snowy memory, and March usually brings out the first riders of the season. Remember that snow, ice, dirt and road salt do not just disappear over night. In some of the shadier areas it can linger into June, especially in the higher areas like the mountains in our more Northern Districts. So, if you are out on your two wheeler be extra vigilant for those shady spots.

How many of you will take your trusting Co-Rider with you on that first ride? They probably want to ride also. Don't do it! Ride solo for awhile to become re-accustomed with the motorcycle. Do a "T-CLOCK insp. And take a couple of solo rides. You are not the Rider you were last October, yet.

Speaking of Co-Riders, from Sandy Yaple, Ohio Chapter X-2

THE REAR SEAT

There are lots of jokes out there regarding the co-riders. As everyone knows, no matter what happens on the bike it is always the co-riders fault.

This article is going to give a different point of view. Yes we are behind our driver, but we are not just sitting there watching the countryside go by. We as co-riders are the second and sometime the first pair of eyes and ears to our drivers, and many times we can see things to alert our drivers of dangers they might not see since they are always focused on the road and keeping us safe in traffic and trying to anticipate what the car traffic is going to do. We can keep our eyes trained on potential hazards longer then our fellows. For instance, we can utilize the rear view mirrors to keep an eye on the traffic that is gaining on our back doors, especially when coming to a stop. We are always scanning the traffic ahead to alert when we see brake lights. Any of us that have been riding for any length of time know that we are always scanning the roadside for the ever present deer, or any other wildlife that may decide to run in front of us.

A few weeks ago I was on 75 just north of the Franklin exit. I had some of my co workers in the car with me and right off the road in a clump of bushes was a deer. I mentioned it to my passengers and they could not believe that I had spotted the deer. I explained it was my experience being a motorcycle passenger and always being on the lookout for those types of danger.

We can also be of help by being ready to dismount the bike when stopping for gas, and for being a help to the guys by perhaps paying for the gas so they don't have to go inside, or maybe refilling their drink cups, and then by being ready to take off again when the time is called for.

I know many of the fellows won't admit it to their co-riders but we are very important to them not only as company and their friends but as their help mates so that our riding together is more enjoyable and not to mention making our rides more safe for everyone.

I know you guys appreciate us but it is nice to hear it from you now and then so next time, give your co-rider a thank you and an "I couldn't do it without you. It always makes us feel good. Thanks for your time and keep it safe out there. Sandy Yaple-Phil's wonderful co-rider (Assistant Rider Educator)

One other note, when you are warning us of upcoming obstacles, it helps greatly if you can describe the location, as if on a clock. Twelve o'clock is directly ahead of us, and six o'clock is directly behind us. This makes it much easier when something bad goes on. Practice it all the time, and it will become second nature, and you will do it automatically when the "you know what" hits the fan!!

*Northeast Region Educator
Dick Norton*



Public Relations

"Recruiting in Wintertime"

Snow, snow, snow. Well we do have winter and with winter comes the snow. It's not what we as motorcycle people like to hear or see. It is how ever a great time, now that our pride and joy's are taking a short rest, to put thought into doing some recruiting.

Wintertime is a great opportunity to get out there and let the people know what GWRRA is all about. I'm sure all Chapters have plenty of wintertime activities where they get out among the public, be it at bowling, bake sales in a mall or just out to a Chapter dinner.

Our social affairs know no season. We continue to spend time with our friends even as the snow flies Use this time to do a little Public Relations work.

We can use these cold months to invite some one to attend one of the Chapter gatherings. It doesn't matter what kind of motorcycle they drive, invite them in to see that our season never ends. Be a good neighbor and a recruiter at the same time. If we invite people in they will surely find out how much GWRRA has to offer them as members and that GWRRA can provide a full year of fun and entertainment through Chapter participation.

In GWRRA where fun and friendship as well as safety and education never stops, recruiting, retention and good public relations as well never comes to a end.

So be a good neighbor and rescue these people from a winter of bad television and cabin fever Invite them into the world of GWRRA.

Always put your best foot forward.

*Mort & Ruth Smith
Northeast Region, PA. District PR Coordinators*



Region Couple of the Year 2006-2007

Carol and I would like to thank everyone for their cards and Prayers after the passing of Carol's grandson. It is nice to know that your thoughts were with us in our time of need. As we all know, GWRRA is truly a great organization.

Thank you all again.

*Steve & Carl; Daley
Region 2006-2007 Couple of the Year*



NE Region & District Web Pages

- Northeast Region B at <http://www.gwrra-northeastregion.org>
- Connecticut at <http://www.gwrra-ct.org>
- Maine at <http://www.geocities.com/gwrramaine/index.html>
- Maryland at <http://www.gwrra-md-district.org>
- Massachusetts at <http://www.gwrrama.org>
- Delaware..... <http://www.gwrradedist.org>
- New Hampshire at..... <http://www.orgsites.com/nh/gwrra>
- New Jersey at <http://www.gwrranj.org>
- Pennsylvania at <http://www.gwrrapadist.org>
- New York at <http://www.gwrra-ny.org>
- Vermont at <http://users.adelphia.net/~trikeinvt/index.html>