



# Gwr r a chapter k newsletter



Chapter K Newsletter Editor: Claire Aylward

December 2012 Newsletter

## Who's Who in GWRRA

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NY Assistant Directors:

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**Gary & Donna Cork**

NY District Leadership Trainers:

**Richard & Claire Aylward**

NY District News Editor:

**Phil Coons**

N.E. Regional Directors:

**Tom & Renee Wasluck**

N.E. Regional Leadership Trainers:

**Eileen & Tim Guile**

N.E. Regional Membership:

**Pete and Marielle St Amour**

N.E. Region Assistant Rider

Educator: **Al Stahl**

N.E. Region Web Master:

**Clark Clemens**

GWRRA Director: **Jere & Linda**

**Goodman**

## December Gathering

The last meeting of the year was definitely a busy one, as we watched our CD Richie Aylward start the holiday festivities with a dancing hat with lights and song upon his head. He danced around the room and had lots of members giggling as they had their picture taken with him.

We all stopped fooling around as we held our Pledge of Allegiance and then CD Richie Aylward announced:

From the District of New Jersey please welcome Tim and Desi Smith (pic below) (GWRRA District MEC.) It was great having visitors from another chapter and district, we hope they enjoyed themselves, as we enjoyed having them.



CD Richie announced birthdays for the month, Ed Blum and Keith Griff.

**CD's Richie and Claire Aylward talked about the Chapter Couple of the year and how important the selection was.**

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Special points of interest:

- **What's new in the Chapter**
- **What's new in NY State District**
- **What's New in GWRRA**

Seminars

Meetings

Ice Cream Socials

Conventions

### ATTENTION: GATHERING PLACE FOR NEXT MEETING:

NEXT MEETING IS January 8, 2013, HELD AT BERTUCCIS RESTAURANT, **881 Walt Whitman Road (RT 110) Melville, NY 11747 ....Dinner at 6:30 pm and Meeting starts 7:30 pm.**

Directions to location: Long Island Expy exit Rt # 110, Huntington North , heading north, go under viaduct for Northern State Parkway, Bertuccis Restaurant is on the left (west) side of the road.

Come and join us and help us plan future rides and events.



G w r r a c h a p t e r k n e w s l e t t e r  
d e c e m b e r 2 0 1 2 N e w s l e t t e r



December Gathering continued from page 1:

CD Claire thanked and had the group applaud 2012 COY Bob and Cathy Turner. Claire went on to speak about how wonderful it was to be able to select a new COY couple for 2013.

Claire and Richie had Linda and Bill Reichling stand up and the group applauded as we presented each of them with a COY Manuel, COY 2013 Rocker, COY Name plates and COY pins and best of all each received a Medallion with their names engraved on the back of the Couple of the year Medallions. We look forward to working with them in 2013.

**Our Rider Educator, Rob Bellasai presented to the group "Seasoned Riders". Rob Bellasai stressed how as we get older we need to be aware of our limitations. He did a couple of tests with members present. One test was how fast you can catch a falling ruler that is falling through your hands. Karl Mann did very well while others struggled a bit. A second test was a seeing eye chart from across the room, Bill Reichling and Bob Ingenito did very well while others struggled. The tests were just to make you aware and to concentrate more because you may not be as sharp as you were at twenty. Rob Bellasai passed out flyers to the group as reminders and more information.**

CD Richie discussed our charity function to be held on December 22nd and 23rd, Saturday @ 1-4pm and Sunday @ 4-6pm total volunteers needed were 16, 6 on Saturday and 10 on Sunday,. A sign up sheet was passed out. Claire passed out the Winter Thing Flyer held in Ocean City, Maryland the second weekend of January.

**Claire also discussed "Do you know the Signs of a Person having a Stroke". Claire also passed out an information sheet for the group. Reminder we have Rockers and 10" patches in stock for anyone who needs them. Please ask your vendors to take out a yearly ad for our newsletter.**

Our Holiday Party team has been doing a great job preparing for the Holiday Party this upcoming Friday night, **December 21st. Bob Turner said he had the right cable to hook up to a tv for our videos, that's great. Bob Turner also secured a Karaoke Machine as the group wanted it but no one said they had one., thanks Bob.**

CD Richie and Claire reminded everyone, District Meeting being held in Syracuse, NY followed by a OCP Training. We are holding a CPR/First Aid Training at \$30.00pp and is being held here on Long Island, February 2nd., a sign up sheet is being passed around. Only ten may attend this first class as Tim Guile is coming down from upstate to give this training and that is the limit this time. See Claire with your money, first paid first come. **CD Richie's "Are you wearing your GWRRA Patch" raffle was won by Rob Bellasai. Bob and Cathy Turner handled the 50/50 raffle which was won by Bill Reichling and the chapter proceeds were \$57.00.**



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CHAPTER K GATHERING IN DECEMBER



< **Rob Bellasai presenting “Seasoned Riders”** demonstrating how slow our reactions are as we grow older. He kept giggling as he continued to fail many of us, hmmm.

**We did have a couple of “Seasoned Riders”** who did well.

>Chapter K members at our December Gathering, sharing, laughing and learning.



Hurricane Sandy Assistance

As many of you know the Hurricane Sandy that hit Long Island and Staten Island, really did a lot of damage to many, many families. GWRRA chapters from upstate NY and across the country have generously offered donations for those who are in need of funds. An email went out and a request was made for those needing assistance to please respond. A second email reminder also followed up. The response was that there were those who did lose a lot but felt others lost more and the assistance should go to help them. So far we have only one request for assistance.

As your Chapter K Director, Richie Aylward, please respond to us so we can inform all those generous members who want to help. Please either email; [raphco@verizon.net](mailto:raphco@verizon.net) or call 516-449-8299. We just need the name, address, phone number and a brief description of damages suffered.





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### December Gathering

#### *Welcome New Chapter K Members and Attendees*



< Meet (on left) Linda Torres, a new GWRRA member as of November 2012. Linda is GWRRA member (on right) Jaime Alston's favorite squeeze and she has accompanied Jaime and at Chapter K gatherings and rides. Linda and Jaime joined us at the Ride Out this past September. This picture from our last gathering, Linda is proudly holding up her new GWRRA back patch.

We look forward to 2013 rides and fun events with this fun couple.

> Meet Bob and Lorraine (Raine) Ingenito. Lorraine has joined us on many rides, Ride In, Wing Ding34, Road Captain Courses etc. Bob has been a member of GWRRA for over ten years. Bob finally remembered to add his wife, Lorraine to his membership. **Amazing what a "lot" of nagging from the Chapter can accomplish.** Bob tells us he will not forget for a long time as he signed "Raine" up for the next five years, Yipee! A great couple who are very active and helpful and enjoy a good laugh and can really take a joke. Welcome Lorraine, look forward to a great 2013 with you both.



< Meet GWRRA member Gus Argyros who joined us for the first time at our December Meeting. Gus also attended a ride out to the East End of Long Island in November 2012. Gus fit right in. We look forward to enjoying many rides and events in 2013. Welcome Gus! Happy New Year!



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## November Vermont Breakfast & Ride



### DECEMBER MEETING

—LOOK AT ALL THOSE GREAT SHIRTS WORN BY THE GWRRA CHAPTER K MEMBERS







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## Holiday Party 2012

Pictures speak a thousand words. As you entered our Party Room you saw a Christmas tree and decorations thanks to the Moose Lodge of Greenlawn. We want to thank GW member Joe Senatore for allowing us to hold our party at the lodge. On the television screen were pictures of all the GWRRA events captured by our local chapter members and put together so everyone could see the year in pictures. If you have been on Facebook lately you saw our Chapter K singing on top of their lungs: "I Saw Mommy Kissing Santa Claus". The room was filled with happy, fun revelers as they sang, sat on Santa's (Bill Reichling) Lap and got brought



up to Santa by his Elf (Richie Aylward). Everyone sat on Santa's lap and then got a gift which we all enjoyed oohing and ahhhing as they unwrapped their gifts. Lots of pictures were taken and lots of laughs were had by all. From the consensus everyone had lots to eat, plenty to drink and lots of goodies to take home. In between all the fun we did take time out to thank Rob Bellasai, for doing such a wonderful job all year long as our Rider Educator. Chapter K presented Rob with a gift, a GWRRA buckle for his belt and we hope to see him wear it at the next meeting.



After a GWRRA Chapter K cake, Canoles (by Rob), Fruit Bowl and a Chocolate Fountain were enjoyed by all, we finished the evening with a Karaoke machine hooked up to the TV (thanks Bob Turner), and sang our hearts out to closing at the bewitching hour of 12:00 midnight. What a great party!

Our very own Phil Genova sang Blue Christmas, you would think **Elvis was in the room**.....>>>

Richie and Claire Aylward want to thank all those who stayed and helped us pack up and clean up, that seems to be the Chapter K way and we are very proud of you all. Happy New Year!

## Chapter K Holiday Pictures

Rob Bellasai accepting his gift from Chapter K



Chapter K Holiday Cake, Yum!



Now that is a gathering of food and fun



Hello Ed Thomas with CD Richie



Hello Joyce and Phil Genova



Hello Mike and Joanne Lauro





MEET SOME OF THE MEMBERS AT THE HOLIDAY PARTY 2012

OUR COY 2013 LINDA AND BILL REICHLING



HELLO KAREN AND HAL MULLER



HELLO GARY NEPELL AND HIS FAVORITE  
SQUEEZE SUSAN DITHRIDGE



HELLO LORRAINE AND BOB INGENITO



We had so many more having fun at this holiday party and if we did not get your picture up here it is because your editor did not have all the pictures at the posting. When all the pictures are in we will include more next month. 2013 should be as much fun as 2012 and we all will have it made.





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## Charity Function December 22nd and 23rd

We want to thank all the GWRRA Chapter K volunteers who helped the Manna Ministries Food Pantry sorting and packing all the donations and then distributing them to the seventy-eight families who received those donations the weekend before Christmas.







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### STROKE IDENTIFICATION:

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) .she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening

Jane's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 pm Jane passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this...

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough...

### RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR . Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S \*Ask the individual to SMILE.

T \*Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. It is sunny out today.)

R \*Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue.. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

A Cardiologist says if everyone who gets this e-mail sends it to 10 people; you can bet that at least one life will be saved. I have done my part. Will you?



## GWRRA CHAPTER K NEWSLETTER 2012

### UPCOMING EVENTS FOR 2012 MARK YOUR CALENDAR

December 11, 2012 Meeting, Bertuccis in Melville, NY

December 18, 2012 to be announced

December 21, 2012 Holiday Party, Greenlawn, NY

January 6, 2013 Ride tbd

January 8, 2013 Gathering Meeting, Bertuccis, Melville, NY

January 10-12, 2013 Maryland Winter Thing

January 19-20, 2013 NY District Mtg, Syracuse, NY

February 2, 2013 First Aid CPR Class

February 12, 2013 Gathering Meeting, Bertuccis, Melville, NY

February 19, 2013 Chili Party, Second Annual, details TBA



We are on the Internet:  
[www.gwrra-ny-k.org](http://www.gwrra-ny-k.org)



NEXT MEETING IS January 8, 2013 HELD AT BERTUCCIS RESTAURANT, 881 WALT WHITMAN RD., MELVILLE, NY 11747. DINNER AT 6:30 PM AND MEETING STARTS 7:30 PM

Come and join us and help us plan future rides and events

GWRRA Chapter K  
c/o Richie & Claire Aylward  
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