



G w r r a c h a p t e r k n e w s l e t t e r



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February 2013 Newsletter

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 Trainers:
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Phil Coons
 N.E. Regional Directors:
Tom & Renee Wasluck
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 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
 GWRRRA Director:
Jere & Linda Goodman

February Gathering

Our February meeting opened with the Pledge of Allegiance. As the members settled in and decided on their dinner choice, Chapter Director Richie reminded everyone that our ACD Linda Reichling was recovering in the hospital from knee replacement surgery. Chapter K sent her flowers.

ACD Bill Reichling told everyone how great she was doing and called her a real trouper. Ahhh. We all wished Linda a very speedy recovery. Meet Ed Torres a new GW member who has joined us on our breakfast gatherings and tonight has joined our meeting, Welcome Ed. After dinner Richie announced that Bill and Linda Reichling were sworn in as ACD of Chapter K up in Syracuse, NY at the NY District meeting.

We had only one member present who was celebrating his birthday in February. Bill (for Linda) distributed birthday cards to Robert Turner and to January birthday members who were not present at the last meeting.

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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 GWRRRA**
 - Seminars
 - Meetings
 - Ice Cream Socials
 - Conventions

ATTENTION: GATHERING PLACE FOR NEXT MEETING:

NEXT MEETING March 12, 2013, HELD AT BERTUCCIS RESTAURANT,
881 Walt Whitman Road (RT 110) Melville, NY 11747Dinner 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.



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F E B R U A R Y 2 0 1 3 Newsletter



February Gathering continued from page 1:

Richie Aylward announced that Chapter K had its first GWRRA CPR/First Aid Course on February 2nd and that it went off very well. Our instructor Tim Guile and assisted by Eileen Guile came down from Ballston Lake, NY to present this course, we at Chapter K are very appreciative of the time and effort that it took to come and inform our group. All those who attended learned a lot and found it all very interesting.

At our February meeting GW member Larry Unger who attended this "CPR Course" did a very informative presentation with a AED Defibrillator demonstration which he personally owns. Larry stressed that all his children are well trained on this unit which not only was a working AED but also a training tool. Chapter K wants to thank Larry for sharing this knowledge and time with the group.



Our Rider Educator Rob Bellasai was working in Chicago, IL, during this gathering but he prepared a presentation "Rules of The Road" in which Michael Lauro our new "Motorist Awareness Coordinator" graciously presented to the group. Michael did a great job. We thank both Rob and Michael for keeping the group up to date with all the new rules. Michael said if you have not gone for a permit or license in a long while it is a good idea to pick up one of the permit ready books to refresh your memory and also learn of any changes. You can also go onto the web to the DMV website for about \$2.50 Vehicle and Traffic Law book.

On Sunday, February 17 we are gathering at Lindenhurst Moose Lodge, for a Sunday breakfast, for our members to come and relax and get more of their questions answered and make suggestions especially for our Rider Coordinators and Motorist Awareness Coordinators.

On schedule this month is our second annual "Chili Party" to be held Tuesday February 19 at the Huntington Moose Lodge, Greenlawn, NY in which participants are making the Chili. We have four volunteers who are making Chili. Richie Aylward announced that Walt Russell from Ready Riders MC Shop will be attending. Walt has been doing Chili Parties for the last nine years in his shop so he offered to come and help be the "judge".

Richie Aylward distributed yellow raffle tickets to members wearing their 10" GW back patch and the winner of \$5.00 was Phil Genova.

The 50/50 raffle was won by Larry Unger, see "those who do good get good things" and the Chapter proceeds were \$30.00.



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Welcome New Chapter K Officers & Staff

Congratulations Chapter K >>>
 William & Linda Reichling,
 Assistant Chapter Directors
 Sworn in January 19, 2013 up in
 Syracuse, NY District Meeting



<<<<Meet Michael Lauro
 Congratulations!
 Chapter K our new
**“Motorist Awareness
 Coordinator” (MAP)**

**Congratulations! our new “ Motorist
 Awareness Liaison” Robert & Cathy
 Turner to assist MAP Coordinator
 Michael Lauro>>>>**





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Febr uar y 2013 Newsl et ter



Welcome New Chapter K Officers & Staff

NEW RIDE COORDINATORS TEAM

Congratulations! >>
GW Members
Jaime Alston and
Linda Torres



<<< Congratulations!
GW Members
Karl and Carolynne Mann



CHAPTER K - RIDER EDUCATOR: *Rob Bellasai*

Helmets – Part 2 of 5

How and Why a Helmet Works

Different helmets do different things. There are hard hats on construction and heavy-industry heads; football helmets on **athletes' heads, and Kevlar® caps on military heads. None** are interchangeable.

Motorcycle riding helmets are very sophisticated and specialized for the activity. They've been developed carefully and scientifically over the years.

Four basic components work together to provide protection in the motorcycle helmet: an outer shell; an impact-absorbing liner; the comfort padding; and a good retention system.

What we see first is the outer shell, usually made from some family of fiber-reinforced composites or thermoplastics like polycarbonate. This is tough stuff, yet it's designed and intended to compress when it hits anything hard. That action disperses energy from the impact to lessen the force before it reaches your head, but it doesn't act alone to protect you.

Inside the shell is the equally important impact-absorbing liner, usually made of expanded polystyrene (commonly thought of as Styrofoam). This dense layer cushions and absorbs the shock as the helmet stops and your head wants to keep on moving.

Both the shell and the liner compress if hit hard, spreading the forces of impact throughout the helmet material. The more impact-energy deflected or absorbed, the less there is of it to reach your head and do damage. Some helmet shells delaminate on impact. Others may crack and break if forced to take a severe hit; this is one way a helmet acts to absorb shock. It is doing its intended job. Impact damage from a crash to the non-resilient liner may be invisible to the eye; it may look great, but it probably has little protective value left and should be replaced

The comfort padding is the soft foam-and-cloth layer that sits next to your head. It helps keep you comfortable and the helmet fitting snugly. In some helmets, this padding can even be taken out for cleaning.



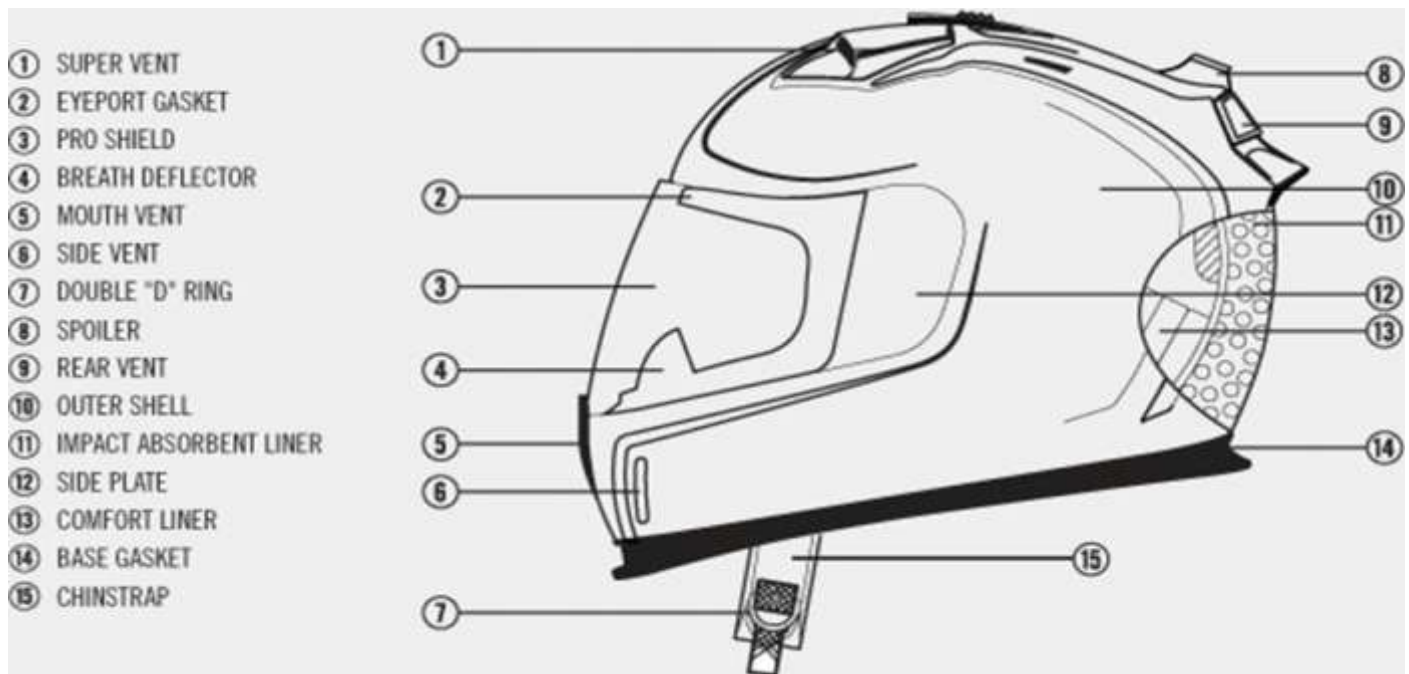
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CHAPTER K—RIDER EDUCATOR continued from page 5

The retention system, or chin strap, is very important. It is the one piece that keeps the helmet on your head in a crash. A strap is connected to each side of the shell. Every time you put the helmet on, fasten the strap securely. It only takes of couple of seconds. To ride without your helmet secured would be as questionable as driving without your seatbelt fastened.

Look out for part 3 of 5 next month!!



Rob Bellasai

Chapter K - Rider Educator



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SUNDAY Breakfast with Chapter K Family

Sometimes we meet at the Patchogue, California Diner for our members who live out east on the island for a nice get together on Sunday for breakfast. Your chapter realizes that some of our members live on the east end of Long Island and travel a good 45 minutes to an hour to get to a Tuesday night meeting. On the other hand we have members who live in and very close to New York City and they too have a 45 minute to an hour ride to our Tuesday night meetings. Our meetings are set as close to the middle of the island as possible with LIE #495 expressway and Northern State Parkway exits very close to our Tuesday night meeting location at Bertuccis Restaurant. This restaurant also gives us a meeting room for free as long as the majority of the attendees purchase food and drink which works out well as many members are coming off of work and head directly to the meeting. In Nassau County do you have a nice restaurant that can accommodate 12-15 for breakfast seated together? If so let us know so we can schedule a breakfast closer to where you live.



Of course our favorite breakfast place is at the Lindenhurst Moose Lodge, in Lindenhurst, NY on the south shore of Long Island. This is because the early breakfast runs \$7.00pp all you can eat and we can sit at large round tables and can have a relaxed conversation without lots of restaurant chatter to compete with.

We were there this past Sunday and we enjoyed answering and asking questions. As **the “Lodge” only does these breakfasts twice a month, watch for your emails and be sure and join us for breakfast.**



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SECOND ANNUAL CHILI PARTY

FEBRUARY 19, 2013

Lots of fun was had by all who attended the second annual Chili Party. Again we were able to hold the party at the Huntington Moose Lodge in Greenlawn, NY. First we want to thank GW member Joe Senatore for giving us such a nice space to have fun. We want to thank our chefs who did a great job



making Chili. We had five Chili Entrees and some of the members even made lots corn bread and appetizers with chips, and brownies etc. Those who did not make Chili contributed beautiful cupcakes, lemon cake, and cookies.

Walt Russell, from “Ready Riders Shop” in Dix Hills, joined us and judged the



Chili’s explaining in detail how much he enjoyed each of the different types of Chili. Walt made up and gave out certificates for each of 😊 our Chefs. The best was get-ting together and enjoying everyone’s company. Bill Reichling was taking pictures for Linda as Linda was home recover-

ing from “knee replacement” surgery. Bill made a video of each member wishing Linda a speedy recovery.





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UPCOMING EVENTS FOR 2013 MARK YOUR CALENDAR

February 2, 2013 First Aid CPR Class

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

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

March 2, 2013 NYW Training Day, Batavia, NY

March 12, 2013 Chapter K Meeting Bertuccis, Melville, NY

March 2013 "Motorist Awareness Presentation" details to follow.

March or April 2013 OCP Training details to follow

May 5, 2013 PLP Long Island

May 2013 Motorist Awareness Day

May 2013 BR-2 Course



We are on the Internet:
www.gwrra-ny-k.org



NEXT MEETING IS March 12, 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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