



December 2007 Gold Wing Road Riders Association



[Newsletter Updated: December 7th 2007](#)

News from National

What's new from National?

Membership Enhancement Division Appointment, from June Agee

"I have asked and Barbara Malone has accepted a position on my Membership Enhancement Division "TEAM" as the Membership Enhancement Division Lady Riders Representative. We are looking forward to having Barbara on the "TEAM" and know she is going to be a great asset to the Lady Riders, the Membership Enhancement Division, and the GWRRA Organization. Barb will be representing the Lady Riders by promoting the Special Interest Group, helping in our Recruiting and Retention efforts, helping the Lady Riders with their questions, etc. Barbara is from New Jersey and rides with the F-Troop Chapter."

Warm Regards,

June Agee

Membership Enhancement Division Director

New National Program...

Chapter of the Year Program for 2008

The purpose of this new program is to acknowledge extraordinary efforts and performance of a chapter at the National Level. The selection of the National Chapter of the Year will take place at Wing Ding, in Greenville, SC in June.

Besides receiving the honor of being selected, the **National Chapter of the Year** receives numerous CHOY Awards - such as: a GWRRA Banner; CHOY Rocker; Pin; Patch; Reserved seating at opening & closing ceremonies at Wing Ding; The chapter has the opportunity to lead the Grand Parade; the members would receive $\frac{1}{2}$ price discounts on their registration at Wing Ding 2009; The yearly Chapter Charter Fee will be paid for them; There will be a framed group photo hanging in the Home Office; Wing World will recognize the chapters efforts and successes with an article.

The **Region Chapter of the Year** will be recognized with a trophy and special honors throughout the year.

Recognition for outstanding achievements by Region Chapter of the Year candidates will be honored as well. Details of these recognitions will be announced soon.

- **How does a Chapter reach the National Level?**
 - Each District selects a Chapter of the Year
 - Each Region selects a Chapter of the Year from those selected by each District
 - Chapter selected by region will represent us for National CHOY at Wing Ding 2008 and win the Region Trophy

- **How does the selection process work?**
 - Chapter with highest points in each District is selected as District CHOY
 - The Chapter with highest points within the region is selected as Region CHOY

- **What is the Selection Criteria?**
 - There are Specific Qualifications for eligibility as National CHOY
 - Point System...based on
 - Chapter Event (ride) schedule
 - Increased Chapter membership
 - Increased participation in Rider Education Program
 - Participation in the Couple of the Year Program
 - Chapter Director's participation in Leadership Training programs
 - Chapter web site
 - Extraordinary Chapter Events or Activities

- **Who can serve as the Program Coordinator?**
 - Chapter Director, Assistant Chapter Director or MED Coordinator.
 - The coordinator will submit their completed form to their
 - District Director, Assistant District Director or District MED Coordinator
 - The District coordinator will submit their district selection to the
 - Region CHOY Coordinator -Claudette Cyr



From our Region Directors

Lorraine & Earl Knight



Holiday Greetings to everyone. For us, this is the time when we sit back and reflect on everything we accomplished this past year. So, let's see. We became region directors. We made new friends. We toured out west a couple of times. We made new friends. We put on about 12,000 miles on our beautiful Gold Wing. We made new friends. We selected what we feel is the most fantastic Region Staff. We made new friends. We hosted a successful Region staff meeting. We made new friends. We spent quality time with our family. We

formed new bonds. Yours truly retired from the print media advertising business. We lost a couple of friends. But we gained more time to spend with our new friends.

Do you see a pattern here? We do. We found that whatever we do in our lives, we touch someone and we come out the winners with the reward of new friendships and new relationships. That is the greatest gift anyone could ever give us. It is like experiencing the holiday spirit all year round, the spirit of giving.

We would like to thank everyone who has already given us their holiday gift this year, their time, their support, their friendship, truly the Greatest Gift of ALL. Our wish for you is to find peace and happiness in everything you do. We hope you are blessed with good health, love and friendship throughout the rest of your lives. We look forward to new changes, ideas and challenges in the coming year. Together we can accomplish the impossible. Together we are a GREAT TEAM!

*Happy Holidays,
Lorraine & Earl*

What's new from Region?

It is with great pride and pleasure that we announce that Dan & Ruthann Camire have accepted the position of Northeast Region Couple of the Year Coordinators. Dan & Ruthann hail from Shamong, New Jersey and can be reached at 856-354-1660 rcamire@wn.com or goldeaglewings@verizon.net

Dan & Ruthann have been a part of the Couple of the Year program for many years. They will bring a vast amount of knowledge and experience to the position, having been selected as their Chapter Couple, District Couple as well as our current 2007-2008 Northeast Region Couple of the Year. They will be representing our region at Wing Ding in Greenville, South Carolina. They are extremely visible throughout our Regions as well. We are very fortunate to have them on our staff.

Please join us in welcoming Dan & Ruthann Camire to their new Region position.

Chartering Fees -- \$50 per chapter

Send **directly to Home Office Payment due NOW!!!**

Confirm payment via email with Region

FYI...The chartering fees serve several purposes, but most importantly the annual premium coverage for the liability insurance, for the Chapter, District and Region.

New MOU - for ALL CURRENT DIRECTORS

Region, District & Chapter Directors & Assistants **must sign** this New Agreement
Need by January 31, 2008

It is NOT necessary to put a date for probation period for existing officers

Changes in the MOU: For new appointments only, there is now a 6 month probationary period from the date of appointment, which should be the first day of the appointing month.

NOTE: When submitting the new MOU for a Current or renewal appointment, the probation period line should remain blank as it does not apply as the Officer Candidate is not on probation.

Remember, the form must be signed by the Officer Candidate being appointed AND by the appointing director as well. Please date the signature with the same date as the above appointment date you entered on the front of the form.

Tenure Program - Directors

Same program at Region, District and Chapter Level

All current positions will be reviewed on a yearly basis,

Position renewals are at the discretion of the appointing officer.

New Officer Appointment worksheet, per officer, per year is required for ALL renewal appointments

NO MOU is required for renewals, if there is one already on file.

All Officer Appointment Renewal forms are needed by January 31, 2008.



WE WANT YOU...

To Enjoy a FREE RALLY for TWO this SUMMER!!

Select any **District Rally of your choice from within the Northeast Region** and receive **TWO FREE Rally Registrations + TWO RALLY T-SHIRTS**

Enter to win the

NORTHEAST REGION LOGO CONTEST

We are looking for a new logo to identify our region.

Who better to help us in our search but YOU the members?

All you have to do is create a design that best represents our region and submit it for consideration.

Designs may be submitted electronically, or by mail.

If you have an idea but can't draw a straight line, submit your idea and we will have it created for your final approval.

Each design must include the GWRRA logo; and the words Northeast Region.

The winning design will be made into patches and pins

. The patch will be no larger than 4".

The pin will be no larger than 2".

Designs or ideas must be submitted no later than January 31, 2008.

Please submit to: Lorraine Knight at lknight33@cox.net

or Mail to: 71 Harris Street, Pawtucket, RI 02861

FOR SALE: SPACE
on our **NORTHEAST REGION**
INTERNET SERVICE PROVIDER
www.gwrra-northeastregion.org

**Is your chapter looking for a reliable
and reasonably priced ISP for your website?**

Then search no more because the Northeast Region has your solution.

For as little as \$5.00 PER MONTH
you can purchase space on our provider
while supporting your Region as well.

It's an EASY 3-STEP PROCESS!

Step 1: Select your domain name. For the sake of consistency, we recommend you follow the suggested pattern that many chapters have already adopted.

IE: gwrra; followed by a hyphen; followed by the district; followed by a hyphen; followed by the chapter letter designation; followed by .org. www.gwrra-ny-y.org

Step 2: Set-up your ISP. Once your domain name has been registered, you will receive a password and log-in to upload the content and set-up your information through your webmaster, then you're ready to go....if you complete Step 3.

Step 3: Pay your yearly domain registration fee and ISP service fee.
The domain fee is \$10.00 per year. The ISP fee is \$5.00 per month; \$60.00 per year, payable annually to: GWRRR Northeast Region. (The best deal you will ever find...unless you have a friend that gives it to you FREE.)

It's an EASY 1-STEP PROCESS to get started!

Step 1: Contact the Region Webmaster. Tom Evans is our webmaster and the only contact you need to get everything done. He can be reached at: evans@att.net (732) 291-2355 (H).

NOTE from Tom: While waiting for the process and set-up to be completed draft your web content and work out your layout and text information so, once everything is in place, you will be prepared to set-up your web pages and get rolling.

Tom needs from you...

- Tom receives request for Web Site
- Tom replies with Word document to gain admin and Billing contact info, as well as Registrant info and requested initial password.
- Chapter returns requested information, which is then forwarded to Doc for domain acquisition.
- As a parallel activity, Tom has discussion with Chapter regarding provisioning options.
- When Doc has domain name viable, Tom provisions site and sends chapter webmaster login and password info.
- Tom E-mail's Treasurer Information to start annual billing.
- Chapter uploads and manages content. As they need new functionality in life-cycle, they can contact Tom.



From our Region Trainers

Patricia & Donald Hoffman

Have You Hugged Your Chapter Director Lately

Who is usually the first person at the gatherings, the first one to greet you at the door and usually the very last person to leave the gathering? It's your Chapter Director.

Your Chapter Director needs your help if they are going to succeed in leading your Chapter. How many of you have heard the expression, "It's lonely at the top?" If your current Chapter Director is going to step down this year and a new Chapter Director will be stepping up to the plate, and asks for volunteers to become a staff member, please consider it. If you are not sure what all is involved in the proposed position, ask your Chapter Director or the person that is currently in the proposed position. If you are still unsure, contact your District Trainers and ask them if there are any workshops or fun shops scheduled that you may attend. These workshops and fun shops can answer a lot of questions, maybe the questions that you currently have or even some that you never thought of.

Your Chapter Director puts a lot of thought and effort into making your Chapter experience a fun and enjoyable time. The Chapter Director spends a lot of time at home trying to think of ways to have his/her members interact, whether it is just between the Chapter members or with other Chapters. At one time you used to see a group of Chapter members get together, whether it was in an evening or during the weekend, to go visit another Chapter which was holding a fundraiser, bike show or even a Chapter gathering. Unless there is some type of incentive, such as a traveling award involved, you don't see much visitation between Chapters any more. If your Chapter Director comes to the gathering and shows you a flyer of another Chapter that is holding a Chapter gathering, party or some other type of activity and you are free, try and get a group of members together and go join in their fun, you just might like it.

So, when you attend your next Chapter gathering, whether upon entering or leaving, walk up to the Chapter Director and give him/her a hug, just to let him/her know how much they are appreciated.

Remember, it's lonely at the top.

From our Region CPR/FA Coordinators



Tim & Anna Grimes

Now that Thanksgiving has passed and Christmas is just around the corner, we thought it appropriate to include the signs, symptoms and treatment for a common condition that may occur: Gastroenteritis. Please remember; if you experience the signs and symptoms, listed below, and diarrhea continues for a prolonged period of time, dehydration may occur and could become a very real threat.

We would also like to take this opportunity to wish each and every one of you, our friends and family, a **VERY MERRY CHRISTMAS** and a **PROSPEROUS NEW YEAR**. May your lives be filled with love and happiness and may all of your hopes and aspirations become reality.

Gastroenteritis: First aid

Gastroenteritis is an inflammation of your stomach and intestines. Common causes are:

- Viruses.
- Food or water contaminated by bacteria or parasites.
- Reaction to a new food. Young children may develop signs and symptoms for this reason. Infants who are breast-fed may even react to a change in their mothers' diets.
- Side effect from medications.

Characteristic signs and symptoms include:

- Nausea or vomiting
- Diarrhea
- Abdominal cramps
- Bloating

A low-grade fever may accompany these signs and symptoms. Depending on the cause of the inflammation, symptoms may last from one day to longer than a week.

If you suspect gastroenteritis in yourself:

- Drink plenty of liquids, such as Gatorade or water, to prevent dehydration.
- Ease back into eating. Gradually begin to eat bland, easy-to-digest foods, such as soda crackers, toast, gelatin, bananas, rice and chicken. Stop eating if your nausea returns. Avoid milk and dairy products, caffeine, alcohol, nicotine, and fatty or highly seasoned foods for a few days.
- Consider acetaminophen (Tylenol, others) for relief of discomfort, unless you have liver disease.

Get medical help if:

- Vomiting persists for more than two days.
- Diarrhea persists for longer than several days.
- Diarrhea turns bloody.
- Fever is 101 F or higher.

- Lightheadedness or fainting occurs with standing.
- Confusion develops.
- Worrisome abdominal pain develops.

If you suspect gastroenteritis in your child:

Allow him or her to rest.

- When your child's vomiting stops, begin to offer small amounts of an oral re-hydration solution such as Pedialyte. Don't use water — in children with gastroenteritis, water isn't absorbed well and won't adequately replace lost fluids.
- Gradually introduce bland, easy-to-digest foods, such as toast, rice, bananas and potatoes. Avoid giving your child dairy products and sugary foods, such as ice cream, sodas and candy. These can make diarrhea worse.
- Consider acetaminophen (Tylenol, others) for relief of discomfort, unless your child has liver disease. Avoid aspirin.
- If you have a sick infant, let your baby's stomach rest for 30 to 60 minutes, then offer small amounts of liquid. If you're breast-feeding, let your baby nurse. If your baby is bottle-fed, offer a small amount of an oral re-hydrating formula (Pedialyte, Infalyte) or regular formula.

Get medical help if your child:

- Becomes unusually drowsy.
- Vomits blood.
- Has bloody diarrhea.
- Shows signs of dehydration, such as dry mouth and skin, marked thirst, sunken eyes, or crying without tears. In an infant, be alert to the soft spot on the top of the head becoming sunken and to diapers that remain dry for more than eight hours.
- Is younger than age two and has a fever for longer than one day or is age two or older and has a fever for longer than three days.

Until next month, Ride Safe, Ride Often and Keep the Shiny Side Up

Please let us know if there is a specific topic that you would like to see discussed in our articles. **We are here to serve you.** We would also like to remind everyone that the Maryland District Rally (WinterThing) is just around the corner. Please get your reservations in before the deadline. We are looking forward to seeing everyone there.

From our Couple of the Year



Dan & Ruthann Camire

We are very sorry, that we did not have an article in the October and November newsletters. We had an article in our computer in October ready to send to our editor. Our computer crashed. We are finally back on line, we hope. Lorraine asked us why didn't we mail it? Dah, that thought never occurred to us. With new technology we forget about the past, snail mail...we can still use.

In September we were fortunate to attend two great Rallies. The first was the PA District Rally. We had a fantastic time at the PA District Couple of the Year Reception and Selection Process. We saw many old friends, and as usual at any GWRRA event we met many new friends. The new PA District Couple of the Year for 2007- 08 is Bruce Wilbur and Joyce McComsey from New Holland, PA. They are a fantastic Couple with many new ideas.

The other Rally we attended for only the 6th consecutive time is the NJ District Rally. We feel everyone who attends this Rally has an awesome time. Not that RuthAnn and I are prejudice or anything like that, but it is our home District Rally. We not only attended the NJ District Couple of the Year Reception and Selection Process, we also had the honor and privilege of escorting and introducing the Chapter Couples of the Year that were in the NJ District Selection Process. Both of the Couples were fantastic. But in the Selection process only one Couple can be given the honor of being selected. RuthAnn and I handed over the title of NJ District Couple of the Year to Jorge and Julia Perez of Chapter "H". They will do a fantastic job as District Couple of the Year for NJ 2007-08.

Also, in September, RuthAnn and I volunteered with many other GWRRA members from all the NJ District. The MS Society has a fund raiser called the City to Shore Bicycle Ride. It is 75 miles on Sat. and 75 miles on Sunday. Thus the name MS 150. This year they had over 8000 bicyclists and approximately 1000 volunteers from many organizations and companies. Every year this event helps the MS Society to raise more money than the year previous. This year they raised over 4 million Dollars. For our small part we attempt to make the event safer for the bicyclists.

We have attended the NE Region Staff Meeting where we had the opportunity to talk about the Couple of the Year Program to the District Directors. On that note, RuthAnn and I would be very pleased if when the District Directors are planning their Staff Meetings, they would contact us with their upcoming meeting. We would like to talk to all of their Chapter and Assistant Directors about the Chapter Couple of the Year Program, from the Chapter we get the District Couple of the Year.

We have also, attended the NJ District Staff meeting, where again we talked about the Chapter Couple of the Year Program to Chapter and Assistant Directors pertaining to the program. To the many Chapters in the NE Region if, you would like RuthAnn and I to visit with your Chapter and our schedule permits, we would enjoy that very much.

We are writing this on Thanksgiving Day. We are very Thankful for all that we have, we are spending the Holiday with our daughters, son-in-laws and grandchildren. We are truly blessed. We ant to wish everyone Happy Holidays, Happy Hanukkah, Happy Kwanzaa, a Very Merry Christmas and a Happy and Prosperous New Year. ***Until Next Time... Ride Safe, Ride Smart!***



From our Region Educators

Keith & Elaine Price

The Advanced Riding Course

One of the up - and - coming things in Rider Education is the Advanced Rider Course (ARC). The ARC is considered a step above the Experienced Rider Course (ERC) which we have been used to for years. In our home district, New York, GWRRA cannot legally present an ERC class but we can put on an ARC class. I have signed up to take the ARC at Wing Ding this coming summer and encourage others to do the same.

Currently we have only two or three certified ARC instructors in the Northeast Region. For a region as large as ours we need to certify more rider course instructors including ARC instructors. Rider Course instructors are the most important leaders in the entire rider education organization. In order to be considered for certification to be an instructor you must:

- Have no more than 4 points on your motorcycle license
- Have no DUI convictions in the past 5 years
- Be current in Level 3 or 4 in the REP
- Demonstrate safe riding habits by wearing the proper riding gear
- Be a GWRRA member in good standing

There are two ways to become an instructor. The first, the simplest, is to be already certified by MSF or CSC. An MSF Rider Coach who desires to be certified as a GWRRA needs to take some class work, possibly some homework, lay out a range and finally present an actual ARC class under the supervision of a Master Trainer or Master Instructor. This is normally done at a rally. The second method to become an ARC Instructor does not require the candidate to be an MSF Rider Coach. It is, however, not as easy as the first method. Approximately forty hours of training over several days is required prior to the presentation of the class is required. After the class work and homework are completed, the range must be laid out and an actual ARC class is presented, all under the direct supervision of a Master Trainer or Instructor.

In order to increase the availability for our people to obtain ARC training we propose that the region hold an ARC Instructor course during 2008 at either the New England, New York, or Pennsylvania rallies. There are two requirements that must be met to do this. The first is that suitable facilities must be found at the rally site. A classroom or meeting room at the host hotel must be obtained. A "range" or parking lot must also be found. The range should be clear of obstructions, ie. light poles, relatively flat, and not used by other vehicles during the class. Its dimensions should be at least 300' x 300'. A parking lot owned by the host hotel is ideal. In order to secure these facilities the assistance of local members is a must! We can provide documentation of insurance if required by the owner of the facilities.

The other requirement to hold this course is sufficient interest of our people to take the courses, both the instructor class and the ARC class itself. At this time one individual has announced his desire to become an instructor. If there are any more members

who want to be the most important leaders in Rider Education, please let me know. If your people would like to take a course that is a step above the ERC, let me know.

If you are organizing a rally next year and are willing to help arrange the required facilities to hold this all important class, PLEASE let me know. Local help is a must. We can only provide our people with the benefits of a vibrant rider training program if we all pull together. *As always, ride smart - ride safe!*



From our MAD Coordinators

Keith & Kathleen Eddy

Happy Holidays!

Hopefully everyone is having an enjoyable holiday season. Even though it has been too cold to ride - it is still nice to just get together with GW friends. It was great to see everyone at the Region staff meeting. There are a lot of good ideas coming out of our region of which we should be proud.

Since riding season is slowing down, this is now a great time to do some presentations to groups who don't ride promoting awareness of those of us who do. Even though they aren't seeing as many of us on the road, it still is a good idea to give them the information to keep in the forefronts of their minds. If anyone needs any brochures or other information, please give us a call. The National office has the new brochures available. If you have difficulty getting them, please let us know.

Enjoy the holidays.



From Our Region Public Relations Coordinator



Mort & Ruth Smith

WORKING TOGETHER

Here in GWRRA we have volunteers step up to take the lead on our many tasks. These volunteers are the finest people that put forth great effort to create the atmosphere necessary to the type of success we enjoy in GWRRA. But there is another important element that many people forget about that ties everything together and produces success. That element is TEAMWORK. To succeed today in any endeavor that involves more than

one person it requires TEAMWORK. Here's how the dictionary defines TEAMWORK—1,- cooperative effort on the part of a group of persons acting together as a team or in the interests of a common cause. 2. work done with a team Lets look at the Regions first. We have a Region Director who is just a GWRRA member the same as the rest of us. The big difference is that he has stepped up and accepted the challenge on our (members) behalf He is willing to do this job because someone must take this position in order that organization can function. The District Director is the same, as is the Chapter Director. Unless you've been in one of these positions you cannot imagine how important TEAMWORK becomes. If you have ever tried to accomplish something with a few people and they aren't working together you can then understand how hard it is for these officers of ours when they must try to work with the many numbers of people they are required to deal with. Let me give you an example. Lets say that the Region, District, or Chapter decides to run a ticket raffle to raise funds because they want to do something special for you the members. They ask the members to help to sell these tickets. If all the members take some tickets and sell them the task is very easily accomplished. That's excellent TEAMWORK , the job gets done quickly and thoroughly with little effort on any ones part, everyone benefits. The job gets done. No needless strain is put on the officers or anyone else. If only half the people help sell the tickets that puts more work on the people selling the tickets because they have to sell twice as many to get the job done, but at the same time the good deed that the ticket money will support will be done for all the members that are involved that includes the ones that didn't help sell the tickets. This last example is POOR TEAMWORK and puts undo pressure on the people. I used the ticket sales example because I believe that everyone has been involved in ticket sales some time or another, even if it wasn't in GWRRA, and you can relate to what I am trying to point out. Remember any time these Officers take on a challenge on your behalf get behind them and support them with the WHOLE TEAM and see how easy your forward progress becomes and also how strong the organization becomes. You never know maybe sometime in the future you may be one of those officers and you'll be looking for TEAMWORK from your constituents. TEAMWORK is a winner.

"A very **MERRY CHRISTMAS** to all"



From our MED Coordinators

Donna & Joe Wheeler

We want to thank Lorraine and Earl for a great Region meeting. We got to see some old friends and made some new ones.

Listening to all the District Directors, they all have a common problem:

Retention. So what can we do about it? That's the easy part.

Getting members involved with your chapter activities is the number one thing to do. From having them do the sign in sheets and 50/50 tickets to having someone be the official greeter at the door.

When a new member attends a chapter meeting for the first time, they tend to sit in the back of the room. They are testing the waters, so it's up to the Chapter Director to not let them drown. Chapter Directors need to pay attention to who is visiting for the first, second or third time.

New members will feel more welcome when their names are announced and noticed. When a new prospective member comes to a chapter meeting it is a good idea to have an older member make it a point to meet the new prospective member and let them know that you are there for any questions that they may have.

Getting old members and new members involved with the chapter activities is the positive side. Being ignored is a disappointment to anyone.

Next month we will talk about the negativity in chapters.

Till next month, keep warm and get out there and enjoy what is left in this year of 2007.

Merry Christmas to everyone.



From our Region Newsletter Editor

Debbie Casale

It seems like just the other day we were participating in the Northeast Region Staff Meeting in PA. I learned a lot that weekend, and it was great to have the opportunity to meet and chat with many of you in person. Thanks Lorraine and Earl for all your hard work! And now Thanksgiving has come and gone; everyone is thinking and planning for the upcoming holidays...Hanukkah, Christmas and Kwanzaa. Here's a little background on each holiday:

Hanukkah is the annual Jewish festival celebrated on eight successive days, beginning on the 25th day of Kislev, the third month of the Jewish calendar, corresponding approximately to December in the Gregorian calendar. It is also known as the Festival of Lights, Feast of Dedication, and Feast of the Maccabees. **Hanukkah** commemorates the rededication of the Temple of Jerusalem by Judas Maccabee in 165 BC after the Temple had been profaned by Antiochus IV Epiphanes, King of Syria and Overlord of Palestine. This year **Hanukkah** will be celebrated from December 5th - 12th.

Christmas is an annual holiday on December 25th each year, celebrating the birth of Jesus. **Christmas** festivities often combine the commemoration of Jesus' birth with various secular customs, many of which have been influenced by earlier winter festivals.

Kwanzaa is non-religious African American holiday which celebrates family community and culture. It is celebrated for seven days, December 26th - January 1st. The name **Kwanzaa** is derived from the phrase "matunda ya kwanza", which means "first fruits" in Swahili. Each family celebrates **Kwanzaa** in its own way, but celebrations often include songs and dances, African drums, storytelling, poetry reading and a large traditional meal. On each of the seven nights the family gathers and a child lights one of the candles on the Kinara (candleholder). Then one of the seven principles is discussed. The principles, called the Nguzo Saba (seven principles in Swahili) are values of African culture which contribute to building and reinforcing community among African American.

No matter what holiday you will be celebrating, I wish you a happy, healthy and safe one!!!

GWRRA Northeast Region B Staff

Friends for Fun, Safety, and Knowledge- http://www.gwrro-northeastregion.org		
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Claudette Cyr, NE Region Chapter of the Year Coordinator 207-375-4811 Angelmom1948@roadrunner.com		

NE Region & District Web Pages Northeast Region B www.gwrro-northeastregion.org

Connecticut	www.gwrro-ct.org
Delaware	www.gwrradedist.org
Maine	www.geocities.com/gwrramaine/index.html
Maryland	www.gwrro-md-district.org
Massachusetts	www.gwrrama.org
New Hampshire	www.orgsites.com/nh/gwrra
New Jersey	www.gwrranji.org
New York	www.gwrro-ny.org
Pennsylvania	www.gwrrapadist.org
Rhode Island	www.gwrro-ri.org

Vermont	users/adelphia.net/~trikeinvt/index/html
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