

Gold Wing Road Riders Association

Northeast Region

THE GREEN TEAM

CHAPTER NH G



2012

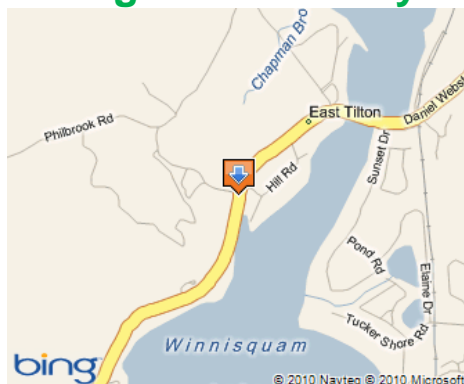
Director of GWRRR	Mike Stiger	director@gwrra.org	800-843-9460
Regional Director Ed & Dottie Bahrenburg		gwrra.ed.dottie@gmail.com	607 427-8777
NH District Director	Pat & Dick Thibaudeau	thibfrog@hotmail.com	978-827-6091
NH Asst District Director	Mary Tarbell	nhwing@myfairpoint.net	603-224-4516
NH District Educator	Dave & Sue Perrin	dbp@tds.net	603-746-5090
Chapter G Director	Ed & Denise Heath	nhg-gwrra@hotmail.com	603-934-4168
Chapter G Educator	Michael Goldsmith	mpgoldsmith@mac.com	603-485-9971
Treasurer	Len Swanson	LSwanson448@metrocast.net	603-267-6357
MED Coordinator	Please volunteer		
Chapter Store	Bob & Kaye Hamel	rhamel2@myfairpoint.net	603-524-6360
Ride Coordinator	Jim Venne	gwrra-nhg@comcast.net	603-435-5151
Asst. Ride Coordinator	Len Swanson	LSwanson448@att.net	603-267-6357
Webmaster	Carol Cloutier	cvclutr@worldpath.net	603-569-3288
Newsletter Editor	Jim Venne	gwrra-nhg@comcast.net	603-435-5151
Chapter Trainer	Please volunteer		
Photographer	Please volunteer		
Activities Coordinators	Mark & Ginny Perkins	mperkins@metrocast.net	

Chapter G website www.gwrranhg.org

NH District website www.gwrranh.org

Monthly Get Together every second Sunday of the month at **THE FAMILY TREE RESTAURANT 927 Laconia Rd (Route 3) Tilton - 8:30am unless otherwise noted.**

Get-Together January 8th



Chapter Director Words



Happy New Year to the GW family and Denise and I hope that everyone had a safe and enjoyable holiday season. We enjoyed spending time with family and watching our 4 yr old grandson Hunter opens his gifts. This is really what the holiday is about, the kids!

Condolences go out to Len Swanson on the loss of his mother and Dick Breton on the passing of his brother. It is always tough to lose a loved one, but especially tougher around the holiday season. On December 9th, 16 of us gathered for our Holiday party at the Family Tree and we were entertained by Ethan Ungar on the guitar and banjo, thank you Ethan !

I had the opportunity to visit Chapter F at the final meeting the first of December and I want to personally thank Bill and Dee Bascom for all they did in keeping the chapter going as long as they did. I have recently learned with sadness that Ginny Gula has had to step down as Chapter Director of Chapter K and unfortunately will be closing the chapter also. Losing two chapters in our small state is a great impact. I wish the Gula's the very best.

Also, congratulations goes to Chapter G member Patrick McNaughton who was featured on channel 9 WMUR on ways to protect yourself and valuables during the holiday season.

Our first gathering of the New Year will be on Sunday January 8th at the Family Tree.

At this meeting, we will be discussing the upcoming riding/ dine out season.

Please bring your ideas to the meeting so we can have a great schedule.

Hope to see you there !



Rider Education **Headaches And Other pain** **Getting rid of then could prove fatal!**

By: James R. Davis

You are out on the road and a headache begins. At the next stop you take some over-the-counter medicine to get rid of it. No problem with that, you think, especially because you're not taking any other medication nor have you been doing any drinking. An hour later you fail to negotiate a turn and end up hurt ... or dead.

You have an abscessed tooth and your dentist prescribed a ten day supply of penicillin for you. You are not allergic to it and are not taking any other medication. The swelling has gone and so has the pain. The curve that you were going to take a little fast turned out to be your worst nightmare and you could not negotiate it at all. Penicillin, it turns out, does not cure road rash nor the loss of that leg.

These are not examples that just can't happen - they have!

Over-the-counter medication does not have to cause drowsiness to be a problem. Even if after reading the warning labels and finding that there are no side effects to be worried about, you should

still be careful. An experienced certified MSF instructor recently described an accident he had that simply should not have happened. He was not riding too fast. The road and weather were perfect. The curve was relatively tame. But the antihistamine he took to help him get over a pollen induced headache caused him to become confused and less than competent in that curve. He ran off the road and was very lucky to have survived the experience.

In the case of penicillin, I was in the middle of my MSF instructor training class and out on the range working with 'students' on one of the more complex exercises. The abscess I had was no longer a problem and I had only two days left of the medication to go. While out on that range I suddenly got terribly confused. When asked to end the exercise by the other instructor, I was to signal the students to 'restage' and direct them to the staging area. Instead, I merely slowed them all down as they passed me, then WALKED OFF THE RANGE as if the exercise was done. The students kept riding around the range, without my supervision. It could have been worse. I could have directed those students into trouble. As it was, we were all lucky.

Why did these things happen even without the complication of mixing other drugs or alcohol? Because some medications act very strangely in combination with high heat environments! It was well over 90 degrees in my case and I had been out on the range all day long. I'm led to believe that heat was also a contributing factor in the incident the other instructor was involved in.

So, if you find that you are fighting a headache or some other pain and decide to take care of it and continue your ride, think again! At the very least, slow it down and tell yourself that you may think you are 100%, but the headache or other pain has already told you that SOMETHING is not right with you and you took some medication that, hopefully, is strong enough to get rid of those SYMPTOMS. If the medication is strong enough to do that, it is strong enough to make you less than a 100% rider.

In the real world you may have to ride a ways before you can get off the bike and park it until all is well with you. SLOW DOWN and drive with the knowledge that you are NOT 100%. No shame in that. But dying to prove how tough you were was hardly the smartest thing you ever did when you were alive.

Can one person make a difference? You bet he can!



Allow me to introduce you to Ed Heath, I had the pleasure of meeting Ed for the first time at the N.H. Extravaganza 3 years ago. My first impression, great guy, loads of FUN and a real down to earth person. My impressions were all correct; however I missed some very important attributes that Ed is fortunate enough to possess: The desire to assist his friends, the ability to help and the drive to see it all work. Ed is a very valuable member of our G.W.R.R.A. family; he always recognizes other individual's qualities, offers praise to friends for what they do and gives of himself to benefit others.

Ed is the Chapter Director for N.H."G" as well as the Membership Enhancement Coordinator for the District of New Hampshire and has been working very hard following up on the Area Report List for the District to keep New Hampshire membership growing. In addition he supports the Chapter and Couple of The Year Programs and offers guidance to all 3 N.H. chapters.

Last year I spoke with Ed and he was very proud of Ernie and Donna Brown, two wonderful folks that he had selected and honored with the title: "Chapter Couple of The Year". I was fortunate enough to work with Ed on an article about Ernie and Donna for the Region newsletter, it was wonderful for me

to get acquainted with them and I look forward to meeting them in person. This year Ed has endorsed the 'Couple of The Year Program" throughout the N.H. District and he has made a difference, he proudly and with a BIG smile which he always wears is letting everyone know New Hampshire now has 100 % participation, 3 chapters with the distinction of having appointed "Chapter Couples".

Chapter "A" proudly boasts Bruce and Linda Hartley, Chapter "E" has selected Karen and Ted Zitney and Chapter "G" shines with Donna and Ernie Brown. We would like to say "Thank You" to all of the Chapter Directors and "CONGRATULATIONS" to all the wonderful Chapter Couples. We hope to see all of you participating in the N.H. District selection process this year.

Selecting a Chapter Couple or getting involved in the Chapter of The Year Program is not something you do for "National" or "District", it is what you do for yourself, for your members, for your friends. These programs are the lifeline for the survival of chapters and the nucleus for having FUN for all members. The Couples Program allows you an opportunity to recognize individuals that consistently go above and beyond for their fellow members, these are the people that are like "light fixtures" they are just guiding the way. Remember everyone works for a paycheck, in a volunteer organization that paycheck is simply a "Thank You" or recognition for all he or she does and how well they do it. In addition the program is self serving, volunteers are energized by the simple words "Thank You" and when they get the recognition they more than deserve they graciously continue to serve and keep on serving. Enthusiasm breeds energy, which raises excitement, that ends in positive results: nobody will ask to be selected as Chapter Couple, but when they see their friends enjoying the title and the recognition, they also will realize the honor and perhaps put in a little more effort so perhaps they will be selected as their next chapter couple.

So, to answer the question: Can one person make a difference? If his name is Ed Heath you bet he can! And so can YOU! The more involved YOU get, the more FUN YOU will enjoy. Involving your chapter in these programs is simple: it takes little to no effort and creates goals for all your members to work to achieve. Working together as a TEAM provides the "stickiness" to chapter participants to "get "R" done. The end result is a Happy, Healthy FUN group of friends. If you have any questions ask your chapter or district M.E.C. or feel free to contact us anytime, we would love to hear from you. Thank You Ed, for all that you do and how well you do it!

Ride safe! Have FUN!

Mike & Nancy Mandell

N.E. Region "B" Membership Enhancement Coordinators

Cell 732-887-0374

E-mail- Michael@mandellplumbing.com

Special Days

Happy Birthday to;

Cheryl Hrasna 1/11

Peter Venne 1/15

Ernie Brown 2/10

Donna Brown 2/26

Linda Allard 2/27

Happy Anniversary to;

Sue & Jim Venne 2/10

Please fill out an information sheet or send email to gwr-ra-nhg@comcast.net so we can include your special day.

FOR SALE
1975

1ST YEAR GOLDWING TEAL WITH GOLD DESIGN INSPECTED AND RUNS, 27,233 ORIGINAL MILES \$3,300

CALL BOB 603-448-3707 Or Email harryr70@hotmail.com

2008 GL 1800 With Motor Trike Kit Dark Red, With Aqua Shields, Rear Light Bar, CB, Comfort Package, Nav System, EZ Steer, Trailer Hitch, Pass Armrest, Extra lights, Driving Lights, Lots of Chrome.

Excellence Condition. Always Garaged. Mint Condition. Call for more information. Can send Pictures. \$31,000. Call Bob 603-448-3707 Email harryr70@hotmail.com.

Bob Sprague
8 Bassy Street
Lebanon, NH 03766

For Sale:

Black 1995 KOMPACT KAMP Trailer. \$500.00 Roy Bushey 43 Otter river road Gardner, MA. 01440 978-632-8129

GL1800 Ultimate custom heated saddle with rider and passenger backrest, only used 3 months, in perfect condition.

Ken Couch 603-210-2138

2009 metallic black saddle bags from trike conversion, looking for MC camping trailer Everette Blaise 603-796-2252

Place your motorcycle related ad here for FREE

Please let our sponsors know you saw their ad in the NH-G newsletter



Jim & Sue Venne
815 Route 129
Loudon, NH 03307
Toll free (866) 648-3626
NH (603) 435-5151
FAX (603) 375-6218

Venco Wings
LLC.

Honda Gold Wing Specialists
sales@vencowings.com WEB <http://www.vencowings.com>



POLARIS SUZUKI HONDA SEAWOO ski-doo

HK
POWERSPORTS

TILTON
35 Tilton Road
Tilton, NH 03276
Ph: 603.286.8800

HOOKSETT | LACONIA | TILTON
www.hkpowersports.com




420 Second Street, Manachester, NH 03102 (603) 669-7220
www.naultshonda.com 800-366-7220
email: sales@naults.com Fax (603) 669-7280



Our Family Tree Restaurant
 927 Laconia Road, Tilton NH 03276
 (603) 524-1988
Restaurant Hours
 Monday - Closed
 Tuesday -Thursday 7am to 2:00pm
 Friday - 7am to 8pm
 Saturday & Sunday 7 am to 2 pm
 Deck/Bar open during regular hours
 NH G meets 2nd Sunday here



Serving Investors Since 1925
 Member NYSE/FINRA/SIPC

RICHARD V. BRETON, CFP®
 Senior Vice President, Investments
 richard.breton@wedbush.com

RICHARD L. BRETON
 Vice President, Investments
 rick.breton@wedbush.com

WEDBUSH SECURITIES INC.
 617 Main Street
 Laconia, New Hampshire 03246
 (603) 528-5212 office / (603) 528-5219 fax
 (855) 426-5240 toll free
 www.wedbush.com



TEL. 225-9661
TEL. 226-2818

QUALITY CASH MARKET, LLC
 CHOICE CUT MEATS
 GROCERIES & BEER
 HOT & COLD SANDWICHES TO ORDER

11 EASTMAN STREET
RIGHT OFF I93 - EXIT 16
E. CONCORD, NH 03301

TONY HEATH