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New Hampshire Chapter E

J.P. Stephen's Restaurant & Tavern

377 Route 202, Rindge, NH

MONTHLY MEETING - 9:30 A.M.

LAST SUNDAY OF THE MONTH

"WHERE GOOD FRIENDS MEET"

Webpage <http://gwrra-nh-e.weebly.com/>



July 2015

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Hello NH-E, Last month at the meeting Fred LeBlanc stepped up to be our Rider Educator. Thank You Fred.

On Saturday 6/27/15 Maine-C came to NH to go to the Cathedral of the Pines. NH-A, NH-G and NH-E met Me-C in Chichester ,N.H. Me-C led the ride to the Cathedral of the Pines with 27 bikes and 35 people. We went to Kimball's for lunch then we went to Charlie's Olde Tyme Creamery for Ice Cream.

The New England Rally is coming up in Lewiston Me. 7/23 - 7/25 Our meeting will be on Sunday 7/19/15 at JP Stephens 9:30am Paul's Ride will be Saturday 7/18/15 led by Ted & Karen Zitnay. Meeting at the Horse in Winchendon, Ma 8:30am Thanks Ted & Karen.

The 75th anniversary of Sturgis bike weeks will be from 8/3 -8/9, and Fred, Armand, and Pat will represent NH-E. , so please

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ride safe and have fun!!

Our ticket sales are going well, so please keep selling tickets

Sunday 7/5/15 Susie and I went up to VT-K for their meeting and went for a nice ride for Ice Cream. Laurie Barnett gave us a route home that was a really nice ride.

Just a reminder of the Trike and Trailer course on August 15th and August 16th, the class portion will be at JP Stephens Restaurant on Saturday and the riding portion on Sunday August 16th at Conval High School., Peterborough. Remember first come first serve, as class size is limited.

Ron & Susie Black



Chapter Officers, NH-A, NH-G, Maine C, NH-E



MAINE C RIDE TO CATHERDRAL OF THE PINES

UPCOMING EVENTS

18-Jul	Sat	The Horse	8:30AM	Paul's Ride NH-E Get-Together - Change Due to NE
19-Jul 23-Jul - 25	Sun	J.P.Stephens	9:30AM	Rally N.E. Districts Rally Lewiston, ME
26-Jul	Sun			
1-Aug	Sat	D&D Swanzey	10:00AM	Mt Grey Lock Picnic Lunch or Restaurant
2-Aug	Sun	More Info Later		NH-A Let's Go Chasing Waterfalls
8-Aug	Sat	D&D Swanzey	8:00AM	A&W Texas Falls Middlebury VT
9-Aug	Sun			

Comment [PT1]:

Comment [PT2R1]:

Comment [PT3R1]:

Chapter Educator



Fred LeBlanc

As your new Chapter Educator I'd like to introduce myself to those who may not know me. I have actually been a member of Chapter E with my wife Lisa since 1997 and for a few years in the early 2000's we were the District Educators for NH. I have spent the last 35 years in the Fire service. For 27 years I was a career Firefighter/EMT in the City of Leominster retiring in 2006 as the Chief of Department. I still work in the business as an educator and trainer for the state fire academy in Massachusetts and for a community college. Over the years I have been a CPR and First Aid instructor for Red Cross but after retiring I let those certifications expire. I am still very much aware of the changes and techniques for both but found that time didn't allow me to keep the certifications active. I currently ride a 2005 Goldwing 1800 but have owned a 1500, 1100, and a 1000 over the last 20 years.

Now that summer is upon us and we are all out riding whenever time allows, I want to take a moment to talk about hydration and dehydration. In the business I was in proper hydration was paramount to survival in many instances. The same holds true in motorcycling. The body requires water to stay hydrated and in doing so you are able to keep your senses sharp and accurate. When you fail to take in proper amounts of water you cause various negative reactions within your body to take place. That is when dehydration occurs. Any time your body loses fluid, it needs to be replaced. We lose fluid by sweating, breathing, air flowing over bare skin, and just basically having our body properly function. What most people fail to realize is how dehydrated they may be. Loss of body fluid can affect your ability to reason, make decisions, and physically react. I would consider these functions extremely important for anyone operating on two wheels at any time.

So without getting into the science of the body I will give you a few indicators to be aware of. How can I tell I'm dehydrated? One simple indicator is the color of your urine. If it is yellow and dark you are dehydrated. If you have stayed hydrated by taking in water regularly you might see the urine to be more clear.

If you feel thirsty you are extremely dehydrated. The thirst mechanism is kicking in because the body is calling for help. It needs water.

Diarrhea and vomiting are another indicator. Ever spent a long day riding or working and have these symptoms? Again the body is reacting to lack of water.

Drinking lots of coffee or caffeinated drinks will cause dehydration. Coffee is a diuretic which means it makes you want to pee. Thus you lose fluid. On that hot day or bike ride skip the coffee and go for water. Your body will appreciate it.

Some people will try a sports drink to deal with hydration. I will only say that it's best to dilute it with water by 50 % to have the best effect on the body. Soda is also a no no.

Drinking room temperature water is better than ice cold water. Less stress on the stomach.

I could spend more time on this topic but I find that a simple approach with some basic facts tends to get the message across better. In future articles I'll keep that in mind. **STAY SAFE BY STAYING HYDRATED.** It makes that journey that much better.

[Chapter Newsletter Editor Notes](#)



Pat Thibaudeau

Hello Everyone

I would like to begin my article by welcoming back a former Chapter Educator, Fred LeBlanc as the new Chapter E Eductaor. Fred is a very knowledgeable safety person and it is wonderful to have Fred return to this position.

July is already over half over, and it seems to me that summer goes by faster and faster. We have not had an official heat wave this summer, and as of late the summer showers are plentiful.

The New England Rally will be held next week, and hopefully many of you will get to attend. I am uncertain if I will be able to attend this year as I took a part time job to fill some of my free time. I only work about twelve to fifteen hours per week, but my scheduled hours are usually weekend hours. I continue to try to get on with my life, without Dick, by taking baby steps such as this job. However, it appears I am a slow learning to walk, but I keep trying. I know Dick's greatest concern before he passed away was for me to live a happy life, and I am trying to honor his memory by doing so.

I hope many of you get to take advantage of the fun time, the New England Rally provides. The Directors and Madalyn, the district treasurer, devote a lot of time and effort into making this a great time each year. A special event at this year's rally is dinner with Santa and Mrs. Claus and that sounds like a really fun event, be sure to sit on Santa's lap and get your Christmas list in early for all those wing accessories.

Happy and safe travels to Armand, Fred and Pat Brems on their trip to Sturgis. All of your Chapter E friends will be thinking of you, and waiting to hear all about your experience.

Pat



Happy Birthday

July

None

August

Pat Bascom August 2
Roger Packard August 3
Leo Goodwin August 27

Happy Anniversary

July

None

August

Ron and Sandi Jones August 14

District Notes:



Ed Heath

Ed's letter has not been posted as yet, so check out the NH/VT District Website to review Ed's article. I am certain that Ed is quite busy with rally preparations.

The Truth About Ultraviolet Rays

UV: Just the Facts

UV levels are three times greater in summer than winter

Sunlight reflected off of water, snow and pavement intensifies UV and makes it more

20% of cataract cases are due to UV rays

3.2 million go blind every year due to prolonged UV exposure

Here's What to Do:

Protect Your Eyes! Wear the right kind of sunglasses when going outside – even when it's overcast. The sun's rays can be just as damaging on a cloudy day.

Talk to Your Eye Care Professional: All sunglasses don't provide UV protection. The color of the lenses has nothing to do with it – it's a function of the lens material or a

treatment the lens has had. That's why some clear lenses can protect you, while some colored lenses can't!

Wear Sunglasses that block 100% of UV rays: If you're not sure, have your Eye Care Professional measure the lenses for UV capability. It takes just a few seconds for complete peace of mind.

Don't Forget the Kids! They need UV protection too! Have them wear proper sunglasses and hats, too. It's also smart to keep them out of the sun between 10:00 a.m. and 2:00 p.m. when the sun's UV rays are the strongest.

Get checked Yearly! Early detection makes all the difference in recognizing, preventing and treating eye diseases. So don't delay

Jaffrey's Country Cafe

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~		Mon-Wed. 7am-2pm
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