

©



# 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/>**

## February 2015



Abel Gallardo  
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**NH/VT District Educator**  
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**NH/VT Member Enhancement**  
Please volunteer

**NH-A Chapter Director**  
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[gwrra.nh.a@gmail.com](mailto:gwrra.nh.a@gmail.com)

**NH-G Chapter Director**  
Mike Valliancourt  
[mvonmywi@msn.com](mailto:mvonmywi@msn.com)



Hello NH-E Members

In January at our monthly meeting NH-G captured the flag. We discussed prizes for our fund raiser, \$5.00 each. \$500 \$300 and \$200 to be drawn at October 2015 meeting. Our sponsors are American Trike Motorsports and the Jaffrey Country Cafe. If everyone could get at least one sponsor each it would help out. There will be a CPR/MFA Medic First Aid. Class in Concord at Banks Chevrolet Manchester St. Concord, NH on Saturday 2/28/15 9:00a.m. Cost is \$25.00 Checks should be mailed to:

Madalyn Sprague  
8 Bassy St  
Lebanon NH 03766

Thank you to Pat Thibaudeau for a great job on the News Letter, Thanks to Bill Bascom for a great job on the Ads, Face Book,, Web Site. Thank you Ted for rider Ed, Karen for raffle tickets, Barb for keeping our funds in line. Thank You to Jeanne for all the cards. Thank You to Michelle for the new ride schedule.

**Chapter Directors**  
Ron and Susie Black  
[darkcat1@myfairpoint.net](mailto:darkcat1@myfairpoint.net)

**Asst. Chapter Directors**  
Armand Guilmette  
Michelle Shepard

**Chapter Treasurer**  
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**Ride Coordinator**  
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**Chapter Educator**  
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**Newsletter Editor**  
Pat Thibaudeau  
[thibfrog@hotmail.com](mailto:thibfrog@hotmail.com)

**Chapter Couple of the Year**  
Ron and Susie Black

**Chapter Photographer**  
Please Volunteer

**Chapter Webmaster**  
Bill Bascom  
[nhe.webmaster@gmail.com](mailto:nhe.webmaster@gmail.com)

**Goodwill Ambassadors**  
978-297-1220  
Leo and Jean Goodwin  
[wing982@netzero.net](mailto:wing982@netzero.net)

Our February 8<sup>th</sup> Ride Schedule Meeting was a snowy day and only three of us from Jaffrey made it to the meeting due to the snow. We will hold a ride schedule meeting at our monthly Meeting on the 22<sup>nd</sup> of Feb. at JP Stephens. Due to all the snow I have been attached to my pick-up truck for weeks. Susie has been keeping the fire and coffee hot for me.

I hope you are all warm well and safe.

Thanks

*Ron and Susie*

### Chapter Educator



**Ted Zitnay**

## **Rider Education Article – 2/22/2015**

**SUBJECT: Tips for Snow Shoveling from the National Safety Council**

Hello, everyone.

Below is a list of tips from the National Safety Council for shoveling (or NOT shoveling) snow. Let's just hope we don't have any more snow to shovel this season !

While shoveling snow can be good exercise, it can also be dangerous for optimistic shovelers who take on more than they can handle. The National Safety Council offers the following tips to help you get a handle on safe shoveling:

- Individuals over the age of **40**, or those who are relatively inactive, should be especially careful.
- If you have a history of heart trouble, do not shovel without a doctor's permission.
- Do not shovel after eating or while smoking.
- Take it slow! Shoveling (like lifting weights) can raise your heart rate and blood pressure dramatically; so pace yourself. Be sure to stretch out and warm up before taking on the task.
- Shovel only fresh snow. Freshly fallen, powdery snow is easier to shovel than the wet, packed-down variety.
- Push the snow as you shovel. It's easier on your back than lifting the snow out of the way.
- Don't pick up too much at once. Use a small shovel, or fill only one-fourth or one half of a large one.
- Lift with your legs bent, not your back. Keep your back straight. By bending and "sitting" into the movement, you'll keep your spine upright and less stressed. Your shoulders, torso and thighs can do the work for you.
- Do not work to the point of exhaustion. If you run out of breath, take a break. **IF YOU FEEL TIGHTNESS IN YOUR CHEST, STOP IMMEDIATELY.**
- Dress warmly. Remember that extremities, such as the nose, ears, hands and feet, need extra attention during winter's cold. Wear a turtleneck sweater, cap, scarf, face protection, mittens, wool socks and waterproof boots.

For those of us at risk, perhaps the best tip is to hire a neighborhood school kid to do the shoveling for you!

Have fun, and Be Safe.

Ted Zitnay

NH-E Chapter Educator



## Chapter Newsletter Editor Notes



**Pat Thibaudeau**

Greetings from snow free Florida!

It appears that New England is breaking records with the amount of snow you have received this winter, from everything I have seen on the news and the information I have received from phone conversations with family and friends it sounds like a terrible winter. Florida has been exceptionally cool this year as well, and is the coldest winter I have experienced in Florida. We are expecting a frost later on this week, which is very unusual for this time of year. I am not complaining and am really very thankful that I am in Florida and away from the snow, ice and frigid temperature.

Yesterday I had a wonderful visit with our District Director Ed Heath, it was great seeing Ed and I truly appreciated Ed taking the time from his busy vacation schedule to visit me. Ed and his family are enjoying all the parks in Orlando and he is building wonderful memories with his family.

I had a wonderful time on my cruise last month, got to do some cave tubing in Belize, swim with the Dolphins and got to visit Sting Ray city on Grand Cayman Island. I did not get to do as much snorkeling as I would have liked, but enjoyed all our excursions and all the wonderful food. There were twenty people from our campground on the cruise and we all enjoyed ourselves.

Speaking of enjoyable times, please plan to attend the New England Districts rally in July, the rally is a great time and the districts need your support. The rally is the District's yearly fund raiser and the District funds help pay for educational seminars, assists the chapters with the charting fees each year, and various other expenses required for the district. Many of you are suffering from the winter doldrums, so make your rally and hotel reservations now and make plans to enjoy yourselves with your GWRRA friends and family.

*Pat*

## UPCOMING EVENTS

NH-E Chapter Meeting  
with ride schedule meeting following the breakfast.

Sunday, February 22, 2015

CPR training  
Banks Chevrolet  
Manchester Street  
Concord, NH

Sunday, February 28, 2015

## District Notes:



**Ed Heath**

### DIRECTOR'S MESSAGE

What started out as a “low snowfall” “winter almost over” thoughts were really brought to a halt the end of January and the first of February, with all the snowfall, and it’s not over yet!



As you are reading this, I am hopefully basking in the sunshine of sunny Florida enjoying family time at Disney World and other parks.

I recently received sad news concerning members Don and Marlene Allen, former Chapter Directors of VT-A. A devastating fire consumed their home on the night of February 5<sup>th</sup>. They are safe and currently living in a motel, looking for an apartment in the Springfield, VT area. The Chapter members of VT-A collected \$190.00 at their monthly meeting to give to the Allen's. Thanks to all that made a donation. If anyone would like to send a donation to assist them, their address is

Don and Marlene Allen  
PO Box 772  
Springfield VT 05156

I am sure they would appreciate any and all help.

My Assistant Director, Dave Bolster, District Educator Dick Bernier, and I attended the Chapter VT-A meeting on Saturday February 7<sup>th</sup>. Dick did a video presentation. “Why looking twice deserves a second look” If you have not seen this video, please take the time. It is only 8 minutes long, but it has a huge impact. This link to this video is in Dick's article below.

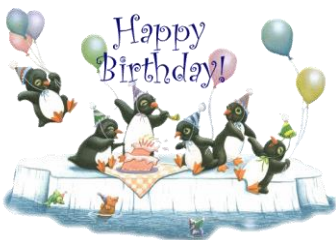
Prior to visiting VT-A, Dave, Dick and I visited Stratton Mountain Resort as a possibility for the 2016 All New England Rally. I will keep you informed as the selection process continues. Speaking of the Rally, before we know it, July will be here, and the New England Rally is being

held in Lewiston Maine. "Christmas in July" is the theme and you can bet it will be a great time. If you have not reserved your room yet, DO IT NOW. Call the hotel directly at 1-207-784-2331 and make sure you mention GWRRA to get the correct rate.

CPR/MFA class will be held on Saturday, February 28<sup>th</sup> at Banks Chevrolet, Manchester St., Concord, NH. Start time will be 9:00AM. The cost for the class is \$25.00. A check, made out to NH DISTRICT, can be mailed to  
Madalyn Sprague, 8 Bassy St, Lebanon, NH 03766  
Space is limited, if you need to be recertified, make sure that you sign up today.

All of the financial reports have been turned in to me and the reports have all been forwarded to the Region. I wish to thank the Chapter Directors and Chapter Treasurers for all of their work in getting this task done.

Before we know it, it will be riding season. I am asking all Chapters to send me their ride schedule when it is finalized so I can post them on the District website.



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### February and March

Roy Bushey      February 12

NONE

No Birthdays in March

NONE



**377 Route 202 Rindge, NH. 03461**  
**Web... [www.jpstephensrestaurant.com](http://www.jpstephensrestaurant.com)**

**603-899-3322**



## Heart Disease & Stroke Prevention

Heart disease and stroke are an epidemic in the United States today. Many of the people who are at high risk for heart attack or stroke don't know it. The good news is that many of the major risk factors for these conditions can be prevented and controlled. Talking to your health care professional about your heart health and getting your blood pressure and cholesterol checked are important first steps to reduce your risk. Many other lifestyle choices—including eating healthy, exercising regularly, and following your health care professional's instructions about your medications—can all help protect your heart and brain health.

- [Remember Your ABCS](#)
- [Talk to Your Health Care Professional](#)
- [Control Your Blood Pressure and Cholesterol](#)
- [Eat Healthy for Your Heart](#)
- [Get Moving](#)
- [Quit Smoking](#)
- [Barriers to Effective Heart Disease & Stroke Prevention](#)
  - Remember Your ABCS

Keep the ABCS in mind every day and especially when you talk to your health care professional:

- Appropriate Aspirin Therapy for those who need it
- Blood Pressure Control
- Cholesterol Management
- Smoking Cessation



- Talk to Your Health Care Professional

Share your health history, get your blood pressure and cholesterol checked, and ask if taking an aspirin each day is right for you.

- Control Your Blood Pressure and Cholesterol

High blood pressure is one of the leading causes of heart disease and stroke. One in 3 U.S. adults has high blood pressure, and half of these individuals do not have their condition under control.

Similarly, high cholesterol affects 1 in 3 American adults, and two-thirds of these individuals do not have the condition under control. Half of adults with high cholesterol do not get treatment.

If your blood pressure or cholesterol is high, take steps to lower it. This could include eating a healthier diet, getting more exercise, and following your health care professional's instructions about medications you take.

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80 Peterborough St. Jaffrey (603) 532-6885

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