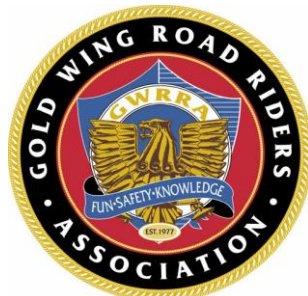


**GOLD WING ROAD RIDERS ASSOCIATION**  
**NORTH EAST REGION B**  
**NH DISTRICT**  
**CHAPTER F**  
**OCTOBER 2010**



**CHAPTER DIRECTORS MESSAGE**

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**BOB AMMEL**  
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**CHAPTER EUCATOR**  
**PLEASE VOLUNTEER**

Well riding season is ending and time to put up our Motorcycles for the winter. And it looks like it going to be a cold winter this year so make sure you prep your bike for the winter.

Now I know it is only October and its Halloween but We need to plan for Christmas and we are planning our party for AJ's in Claremont and will need to get a head count. So we can make reservations

We will be collecting toys for Toys For Tots a \$10 gift unwrapped this will be on December 2<sup>nd</sup> at 6pm and as in the past you can order what you are going to eat off the Menu.

And on another note Novembers Get together is canceled due to Extravaganza weekend in Gorham with Chapter A as hosts.

## DISTRICT DIRECTORS MESSAGE

Hello Everyone,

Wow, summer is gone, the leaves are turning color and our short riding season will be coming to an end shortly. The feel of autumn is in the air. We had a great summer in New England and one of the best riding seasons that we can remember for the last few years.

We held our District Picnic at the Glen House in Gorham, NH on Sunday and once again we got rain. Three years in a row, talk about raining on our parade. We enjoyed seeing everyone at the event, and though it was cloudy outside, inside our GWRRA family made it sunny and warm. We would like to know your feelings about any ideas, and/or suggestions you have for the NH District next year. I would like to continue to have one general get together with all chapters, participating, and certainly welcome any suggestions along those lines. Any other thoughts you have regarding our District will be greatly appreciated.

Chapter NH-E held their annual Hobo Stew, and a great time was had by everyone. Many folks went home with some nice game prizes. On October 10, Chapter NH-G will be holding their annual Fall Foliage Poker Run to benefit the Ride for Kids. This is always a great ride so please come out and support Chapter NHG and enjoy the beautiful fall scenery along the way.

The Convention Committee visited the hotel chosen for next year's rally, and we think that all of you will enjoy the location. The Ramada Conference Center in Lewiston, Maine will be the host hotel. A rally flyer should be posted shortly. There are two floors in the hotel and no elevator to the second floor. If you want a first floor room, be sure to make your reservations early. The room rate is \$89.90 plus tax. Please be sure to mention GWRRA when you call. The telephone number is (207) 784-2331. There will be self contained camping allowed for \$25.00 per night and electrical outlets are provided in the RV area. The theme for next year's convention is Hollywood in Maine, so start thinking about costume ideas.

As promised last month, Mike Stiger made the announcement that Dottie and Ed Bahrenburg from New York have been named as the new Region B Directors. There is a short article from Dottie and Ed on page four of the newsletter.

Dottie and Ed will make excellent Region B Directors. Please join us in welcoming them and congratulating them on their new appointment. We would also like to congratulate them on the birth of their new granddaughter, Cassidy Wild Campbell, born on September 4, 2010.

If you are interested in attending OCP training, there will be a program presented in Saco, Maine on October 23 and 24<sup>th</sup>. If anyone is interested please talk to your Chapter Director and we will make arrangements for you to attend, and to assist with your lodging expenses. The OCP is an excellent program; it is very informative and we encourage anyone who is interested to attend. You will also get the opportunity to meet our new Northeast Region B Directors, Dottie and Ed.

Dick and I will be leaving for Florida on Friday, October 1<sup>st</sup>. I believe all of you have our cell phone number and our address. Please feel free to call anytime, (we have unlimited minutes) or email us, with any questions concerns, or just to say Hello. We would love to hear from you, and you are never bothering us. If you should be coming south anytime during the winter please get in touch. We will be back in New Hampshire for the month of December and hopefully we will get to visit with many of you at that time.

Until next month,

Ride safe, and Ride often (before the New England winter comes)

*Pat and Dick*

## DISTRICT EDUCATORS

*Dave and Sue Perrin*

Flu Season & Prevention

With flu season right around the corner, your mother, doctor or other, will no doubt be reminding you of the usual preventive measures: Get a flu shot. Cover your nose and mouth when you cough or sneeze. Turn your head to the side and down as you cough or sneeze into your shoulder. Wash your hands with an alcohol-based hand sanitizer or, even better, with soap throughout the day. But there's something else. Another step to ensuring virus-free hands: making sure they're dry.

A new study in the *Journal of Applied Microbiology* found that wet hands after washing increases the spread of bacteria:

The degree of wetness of hands appears to greatly influence bacterial transfer and dissemination to surfaces and items touched. This probably occurs not only because of the physical aspects of moisture droplets transferring between one surface and another, but also because the bacteria may be maintained in a physiological state that makes them better able to survive in the new environment.

Patting your hands dry with paper is best. The new Airblade jet dryers, which do the drying work for you by forcefully stripping moisture away from your hands, came in second. And traditional air dryers came last, because people tend to use a rubbing motion under the air stream. The rubbing, the hands together rapidly, actually makes bacteria previously embedded in the skin come to the surface.

## REGION B DIRECTORS

*Dottie and Ed Bahrenburg*

Greetings New Hampshire GWRRA!

We would like to thank all of the New Hampshire members who have either called or emailed us to wish us well in our new position as Northeast Region Directors. We really appreciate your support. Dottie and I have been members of GWRRA for 12 years and have enjoyed every minute. The fun we have experienced and the enthusiasm of the members has made our time with the association one we will always cherish.

One of our great joys has been to ride in New Hampshire. What wonderful roads and beautiful views are available within your District. We will be enjoying the great scenery on our way through New Hampshire in early October riding with our home Chapter as we travel to Maine. We also hope to meet more New Hampshire members when we attend the NH-A Extravaganza in early November.

We realize that New Hampshire as well as New England that there are some problems. However, we have been hearing a lot about what is right and good in the area also. Dottie and I would like to start our journey as Region Directors by focusing on what works well within the Region and then to build on what works to build a stronger Region. We would like to hear from the members about what they consider is right and works well within their Chapters and District. Our wish is to **“Highlight what is Right!”** We would like to hear your positive thoughts about what is “right” in your GWRRA experience. Feel free to email us at [gwrri.ed.dottie@gmail.com](mailto:gwrri.ed.dottie@gmail.com)

We are looking forward to serving the members to the best of our abilities.

Ed and Dottie Bahrenburg

North East Region B Directors

**UPCOMING EVENTS**

**October 23, 24**

**OCP Training, Saco, Maine**

**October 10, 2010**

**NH-G Fall Foliage Poker Run**

**November 6,7, 2010**

**NH-A Weekend extravaganza at Town & Country,  
Gorham, NH Remember to make your room  
reservations.**

December 2<sup>nd</sup> 2010 6pm Chapter F Christmas Party AJ's in WRJ

Unwrapped \$10 gift for toys for tots

