

Gold Wing Road Riders Association

Northeast Region B

September 2017

Vermont District Newsletter

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Favorite Sites

<http://gwrra.org/>
<http://www.gwrranortheastregion.org/>

From the Director's Chair



Hello to all members of VT-A and VT-K!

It is September! Where did the summer go? Did you get out and enjoy the riding season? Weather has been fantastic and the VT A Maine weekend was fun for all who attended. It is great to see members riding and having fun.

As we look to the last quarter of 2017, we see that both chapters are engaged and have planned rides, events, and get togethers. This is what GWRRA is all about. Great job to both Chapter Teams and their members for being engaged and keeping it FUN!!!!

In October, November, and December, we look forward to Foliage rides, Stuff A Bus, Sponsor A Family, Christmas Parties, and as much riding we can do!

Keep up the great work!



From the Assistant District Directors

Pat and I would like to take this month to “get to know us “, better!

We have been married for 52 years. Born, raised, and have lived most of our lives in the State Vermont. We have two Daughters and Five Grandchildren. We have ridden our Gold Wing through the entire East coast from Nova Scotia to Key West Florida and as far West as Memphis Tennessee. We returned from the Florida trip only to be caught in hurricane Floyd. We spent two days riding in very heavy rain but no heavy wind. We were home about an hour before the wind caught up with us. Even with Gor--Tex rain gear we were wet in places that are supposed to be water proof! On another trip back from Virginia Beach we were crossing the Chesapeake Bay Bridge and stopped at the first landing for a pause for the cause. There we noticed Navy ships pouring out of Norfolk under full power using both channels. We also noticed tanker and cargo ships on anchor outside the Chanel. Very strange, as many times we have crossed the Bay Bridge we had never have seen anything like this before. At this point you may have guessed what was going on? You are right, it was 911! We returned to the Wing at a trot as we never had such a strange feeling of being on a tiny Island with water all around and a long way to go to reach the main land. I picked the left lane and gave the Wing her head and broke all speed limits until we were on the dry land on the other side of the Bridge. (Please don't tell your children about the speed thing) We spent the rest of that day with the radio tuned to the news. That night in a motel room just south of the Cape Mary Ferry dock we said many Prays. In the AM we were lined up waiting to board the Ferry when we were scanned by Police with long handle mirrors and bomb sniffing dogs. That dog was really interested in the beef stick we had in the cooler! But we were not asked to open the trailer. After checking out our papers we were allowed to board the ferry. Upon reaching dry land we stopped at the first rest area and asked if any bridges were opened up in New Jersey and New York. The Attendant called up to NJ and reported that all bridges would be opened by 11 am we would be there shortly after noon. As we approached New York City on the NJ side we could see the yellow smoke over the City and soon we drove into some windblown dust that stung our eyes and lungs. We were soon by the dust storm, but Pat coughed for 6 weeks after we arrived back home safe and sound. Perhaps being a pound short and a day late may have been a good thing? Where were you on 911?



From the District MEC



September...Welcome Autumn!



And now comes September, when the sky is deep and blue, bright with sunshine, and flotillas of clouds slowly scud over forests brightening red and orange...and fields of hay bake golden in the final throes of summer warmth.



And as the the days of Indian Summer roll on, we feel the magic of



Autumn in the warmth of the day, and we are energized—ready to enjoy some of the best riding weather of the year...and yet, there is a twinge of sadness, knowing that the end of the riding season draws nigh...



So we fill our September with weekend rides and gala celebrations, such as the VT-A Wells-Ogunquit/Maine weekend held annually at the Wells-Ogunquit Motel Resort and Cottages...the third weekend in September.



This year, as in many years past, GWRRA friends from many parts of New England, New York, and beyond, gathered to share good food, great times, and amazing rides along the coast of Maine.

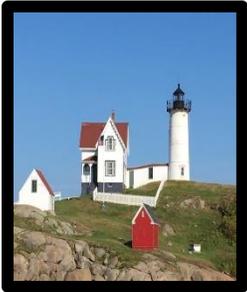


Friends gathered to share warm moments and to share magical memories, riding to destinations such as: Mt. Agamenticus, Sebago Lake, Reid State Park/Five Islands (Georgetown, ME), Biddeford, Kennebunk, and Nubble Light (York, ME), Portland Head Light (Cape Elizabeth, ME), and Sydney, ME.

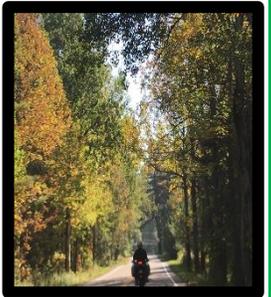


No matter where an adventure will take you...take advantage of the opportunities that September brings.

Soon, the leaves will fall, crisp and ripe with the scent of autumn. Cascading showers...tunnels of whirling leaves will surround us in a brief, but blazing panorama of orange, red, and gold.

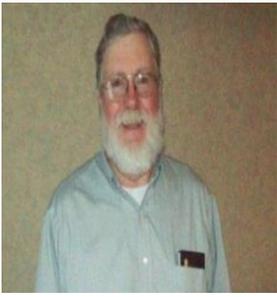


As the warmth of summer lingers, take the time to share the magic of autumn, and the golden glow of languid afternoons...by taking a ride through the mountains, rivers and streams of Vermont, the patchwork peaks of the Kancamagus Highway in New Hampshire...or the blue skies and gull-specked beaches of Maine...with friends and family. Two-wheels...three-wheels or four—it makes no difference...sharing the warmth of a moment...the magic of autumn not only spreads a little warmth, a little love...and fosters our dreams of adventure, through the winter, and into Spring...when new journeys and friendships wait to bloom...



*Safe travels ... Wishing you all a warm
October! Dee ♥♥♥*





District Rider Education

Protect yourself from the heat – Inside and Out

With the riding season in full swing for most of, there are two things we need to know. Proper hydration and riding gear. It is extremely important to keep our bodies functioning at a very high level with ample amounts of water and/or sports drinks, with minerals and electrolytes. Dehydration is an insidious condition that quickly develops and can have grave, even deadly consequences. The wind and sun dry us out. As this happens, the body sends us signals, and you must recognize them and act quickly. If you are thirsty-the first sign- you are already heading down the dehydration path. Do not ignore this sign! You may also feel slightly nauseated and light headed. When you get to this stage, pull over and stop. Once you have reached this point, you aren't far away from losing consciousness.

Wearing the right gear also offers an advantage.

Some think that in extreme heat, the right gear is a Tee shirt and shorts. On the contrary, the less protective gear, the faster the elements drain your fluids. In addition, your skin is exposed to the sun's harmful rays and subject to sunburn.

The right gear can help you retain that much needed moisture. When we get hot, we sweat; this is the first step to staying cool. Next, add a jacket that allows you to open and close vents as needed. In doing so, you have just created your own personal swamp cooler (evaporative cooling). But remember, the more you sweat, the more water loss to your body. Keep drinking water.

Full coverage helmets are a good investment, as they protect your face from the wind, which can reduce evaporation. Let the internal vents of full coverage helmets do their job. That is to keep your head cooler. Vented gloves are also a good investment for summer riding. Forget the fingerless glove, and chose vented full finger gloves.

As for pants, there are few that do a satisfactory job of cooling this is one time that a mesh pant might be the best option.

Managing your body heat and physical condition is essential in extreme heat, and while proper gear can go a long way to making your ride more comfortable, you will still need to drink plenty of water.

And remember, if you aren't urinating on a frequent basis (at least at each gas stop) you need to drink more water. Consider drinking one or more sports drinks per day to replenish the essential salts and minerals depleted by perspiration.

Ride safe, and enjoy the trip





From the District Trainer

Training classes are being reviewed and a schedule will be created. I will keep both chapters informed of dates and topics, as soon as I have it completed.

In the meantime, please let me know if you have any specific needs and I will consider scheduling them.

What's Happening in Vermont

VT A

VT-A held their yearly fundraiser the Wells Ogunquit resort motel, in Moody, Maine, Sept 14th-Sept. 17th

We had a packed motel with rides going out every day and held a BBQ event on Saturday night serving meals for around 100 GWRRA members from around New England. The Chapter would like to thank everyone that came to our event. It was a great time and we all had FUN!

The ride scheduled for sept. 30th, was canceled due to weather.

We lost a dear friend and founding member, Jesse Parsons and we cancelled our monthly gathering was canceled so we could attend his funeral.

October will focus on our last scheduled ride for 2017 and our mileage contest entries.

The Chapter team looks forward to seeing all of you next month!

VT K

(Submitted by Lynn J. Gauthier)

Chapter K's September meeting was held on the 9th at JP's in Essex. There were nine members and guests in attendance

After the meeting we had a group ride to Bill & Penny Malloy's where they hosted a Picnic/BBQ. There was a total of 13 people attending. Despite the cool weather we had a good time and lots of food. Thank you Bill & Penny!!!

Birthdays:

Earl P. -September 1st. Laurie B. September 10th and Steve G. September 7th.

Anniversaries:

Starr and David LaJoice - September 1st. Happy Anniversary Starr and David

David & Starr LaJoice, along with Dave & Lynn Gauthier, also stopped on their way home from an afternoon ride to see Muriel M. who has been recuperating from a broken ankle and as a result side-lined from riding this season.

Laurie attended VT Chapter A's get away weekend to Wells Ogunquit Motel Resort and Cottages in Maine. There were sunrise events, rides, food, group rides and more. The New Hampshire Chapter also held a Road Captain's Course which Laurie attended along with several Chapter member's from around the area.