



## Gold Wing Road Riders Association

# TRI-B WINGS

January 2010

Edition

OH-B3

“Friends for Fun, Safety & Knowledge”

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B-3 Couple of the Year 2010 - Harry and Sandy Durbin

B-3 Individual of the Year 2010 – Tom Eden

**B-3 Meets the 1<sup>st</sup> Saturday of every month at  
9:00 a.m. 8:30 am Donuts and Coffee  
(No get together in July or December) At the  
Village of Obetz Community Center  
1611 Chillicothe Street, Obetz, OH 43207**

#### GWRRA National Staff

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## Greeters for January – Harry & Sandy Durbin

*Let's all remember to wish these folks a Happy Birthday and a Happy Anniversary*

<b>January</b>	<b>Birthdays</b>	<b>Anniversaries</b>
Jan 08	Frank Shoemaker	
Jan 13	Evelyn Delong	
Jan 17	Joe Theado	
Jan 30	Linda Frank	

Give Esther Ford 740-927-3048 or Ben Bayes 614-875-7326 or Jim Bontrager 614-539-3423 a call if a get well or sympathy card needs to be sent.



*Flowing Needle*  
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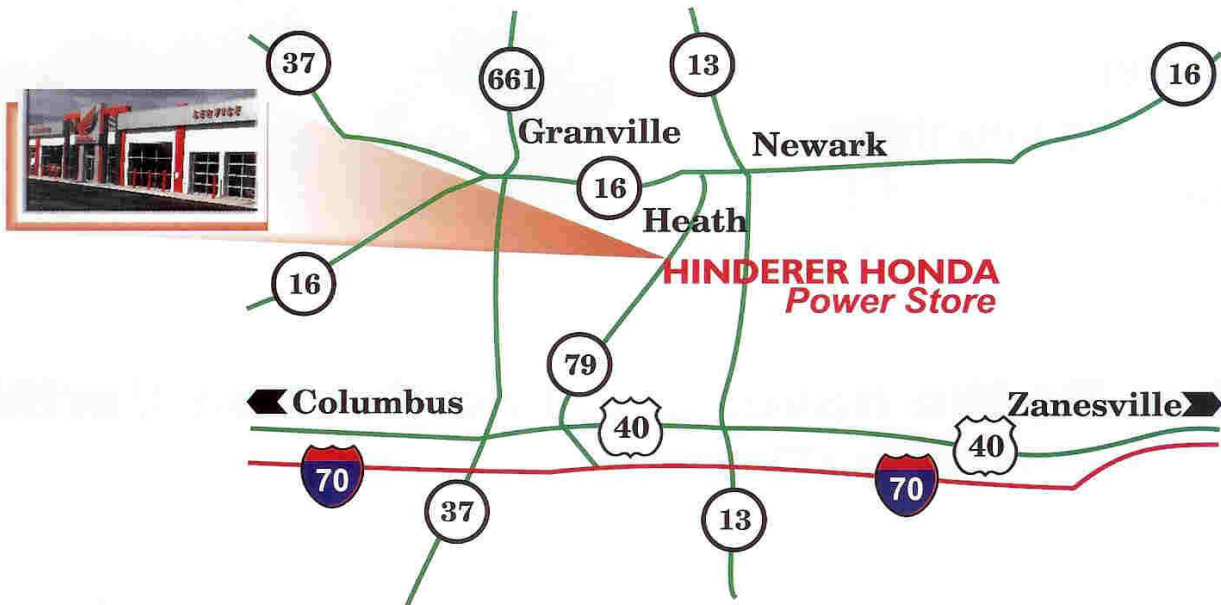


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Mon~Thurs 9am~9pm  
Fri 9am~6pm; Sat 9am~6pm  
Sun 12 noon~5pm

<http://www.gwrraohb3.com>

FROM BEN BAYES CD  
CHAPTER B-3  
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Here we go into another New Year with great expectations for another great year and hopes for many new adventures. We accomplished a lot of new and exciting things as a Chapter in 2009 and have a lot of new and exciting things scheduled for the coming year. JJ and Margaret did a fantastic job of leading us for the past two years and I hope to continue to try new adventures see new things that the Chapter has always been able to do. We have a lot of rides scheduled along with many Seminars and with the Rally's there will be many things to choose from.

Starting with our Chapter New Years Day breakfast at Frisch's on Hamilton Road on January 1<sup>st</sup> at 10:00 AM and the Chapter meeting on January 2<sup>nd</sup> we will have a Mature Riders Seminar following the meeting. We would like to get together after the meeting for lunch together if anyone is interested. I know we all like to eat and socialize.

Chuck and Karen Evey will be holding CPR and First Aid training the last two Saturdays of February starting at 9:00 AM. I know several of us need to get re-certified so this will be a good time to do it.

Our Christmas Party was a great success with 46 attending and lots of Great Food and fellowship enjoyed by all. There was lots of Awards presented. Wendell & Sue won first place for high mileage for the year. Harry and Margaret first place for the most events attended for the year, Patrick Pallos for being the Chapters youngest member, Larry & Gladys Carter for all their years for service to GWRRA and Chuck & Karen Evey for all they have done by presenting and teaching CPR & First Aid. There were also many more presentations given out.

Once again this year our Chapter presented the Obetz Centers Food Bank with a good supply of food for letting us have our Chapter Meetings there. This is something our Chapter has always done and hopes to continue doing. Harry, Sandy, Mary and I delivered the food to the Center and they were very thankful for receiving it.



Hope to see all at the New Years Breakfast. Ben Bayes CD- Chapter B-3

FROM MARY BAYES MEC  
CHAPTER B-3

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It is now the most wonderful time of the year, a time of good Cheer, a time to Count Your Blessings, and to look forward to a New Year.

It is a special time that we all are guilty of wishing for new things; a new Gold Wing, a new Car, a new home or other things that seem special to us. To others it is a special time to enjoy family and friends,

We encourage everyone to take a few minutes to look back at 2009 and reminisce about the Fun, Safety and Knowledge you have through GWRRA this past year. Take time about ways we can improve our Association during the coming year.

In "OUR" Gold Wing family, we wish to take time to thank each of you for supporting CHAPTER B3. Again we want to thank J.J. And Margaret for all their time and hard work they have done for Chapter B3.

This has been a FANTASTIC year, may the New Year be even better.....

**'MERRY CHRISTMAS AND A VERY HAPPY NEW3 YEAR'**

Gary Ballou  
Assistant Rider Educator  
Karen Ballou  
Chapter Coordinator -- Motorist Awareness Division

FROM THE RIDER EDUCATORS – JANUARY 2010

### The Importance of Winter Exercise

Now that the rush of the holidays is over, and our motorcycles are tucked away ‘til Spring, we should be reminded about the importance of keeping *ourselves* “tuned up” for next riding season. During the winter, it’s too common to lose some of our muscle tone and stamina, and put on another couple of inches where we didn’t need them. *BUT IT’S NOT NECESSARY!!*

In just a few months, the robins will be back and the urge to put a few miles on our “Wings” too. Motorcycle riding can be physically demanding, and we will re-acclimate more quickly to those demands, if we try to keep ourselves fit all year round. During these colder months, we should try to set a regular exercise routine.

All that is required for winter-time exercise is some planning and paying attention to safety precautions. Some of the more important are:

- 1) Especially since most of us are (ahem) “mature”, we should probably discuss any exercise program with our doctor, before we begin. Simple WALKING is best, in almost all cases.
- 2) Dress properly (in several layers). When we exercise, it can feel as if it is 30 degrees warmer than it is. You need to be able to remove a layer or two as you warm up. This leads to... NO SWEAT. The layer closest to your skin should allow moisture to be wicked away. If you get wet, you’ll get chilled. Hypothermia is no fun and can be avoided.
- 3) Drink up! Even if you don’t feel thirsty, drink plenty of water. You can become dehydrated before you realize it (Just like when we ride our bikes in the summer!).
- 4) Get outside during daylight hours if possible. It’s good for our morale to see the daylight. If you must go out after dark, use the same common sense that we do when riding. Practice Motorist Awareness as a pedestrian too. Be visible. Wear bright & reflective clothing. Carry a light. You can leave the chrome at home.

For those of us who have canine companions, don’t forget to take them along. They need the activity and having an exercise partner will help to keep us motivated too.

There are many good resources for winter exercise tips on the internet. Many of these tips were extracted from two resources, which you may want to check out:

[www.emaxhealth.com/43/1194.html](http://www.emaxhealth.com/43/1194.html) and [www.mayoclinic.com/health/fitness/HQ01681](http://www.mayoclinic.com/health/fitness/HQ01681)

See you at Cabin Fever!

## Ride Schedule

\* All Rides leave from Frisch's Big Boy 3920 Hamilton Rd, unless otherwise noted \*



## January 2010

Jan 1	Breakfast & Ride 10:00 A M	Frisch's Hamilton Rd Possible short ride
Jan 2	<b>B3 Gathering</b>	Obetz Community Center, 9:00 AM Mature Ride Seminar
Jan 16	Fun Day, Pot Luck	Wendell & Sue's 1:00 P M
Jan 19	Ice Cream, 6:30 PM	Grater's Rt. 256
Jan 22	<b>Staff Meeting</b> Ben & Mary's	6 PM Pot Luck, 7 PM meeting



## February 2010

Feb 6	<b>B3 Gathering</b>	Obetz Community Center, 9:00 AM Team riding Seminar
Feb 12-14	Cabin Fever	Crown Plaza
Feb 17	Dinner Ride 6:30 PM	BG Mongolian -Worth Ave, Easton
Feb 20	CPR Recertification	9:00 AM Lithopolis
Feb 26	<b>Staff Meeting</b> Jim & Alice's	6 PM Pot Luck, 7 PM meeting
Feb 27	CPR/First Aid	9:00 AM Lithopolis

Sue Gundy, B3 Ride Coordinator If need information contact Ben or myself  
Check the web site for changes: [www.gwrraohb3.com](http://www.gwrraohb3.com)

<http://www.gwrraohb3.com>

Frank and Mary Bayes

Grove City, OH

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