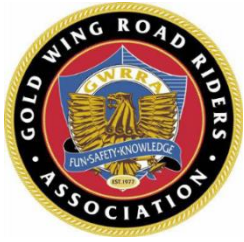


©



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/>

MARCH 2015



HAPPY EASTER

Abel Gallardo
GWRRR President
abel@gwrra.org

Director
Ray & Sandi Garris
director@gwrra.org

NE Region B Directors
Tom & Renee Wasluck
regionbdirectors.tom.renee@gmail.com

NH/VT District Directors
Ed & Denise Heath
nhg-gwrra@hotmail.com

NH/VT Assist. District Directors
Dave & Bonnie Bolster
gwrra.nh.a@gmail.com

NH/VT District Educator
Richard Bernier
richardbernier530@comcast.net

NH/VT Member Enhancement
Please volunteer

NH-A Chapter Director
Dave & Bonnie Bolster
gwrra.nh.a@gmail.com

NH-G Chapter Director
Mike Valliancourt
mvonmywi@msn.com



Hello GWRRR NH-E,

We think the Snow Clouds may have finally run dry. Hopefully everyone is doing well. February was a real tough month for most of us. We hope for those of you who didn't get to enjoy the snow you got to see some pictures. If you didn't see any pictures let us know. We will send you some to view. We hope everyone had a great Valentine's Day. Our Ride Schedule meeting on 2/8/15 was a snow out. Pat Brems, Susie and I were the only ones to be able to make it since we only had a few miles to drive. Our Monthly Gathering on 2/22/15 was also a snow out. The ride schedule meeting has been rescheduled for Sunday 3/15/15 at 10:00 am at J P Stevens.

On February 28, a CPR/MFA class was held in Concord, NH at Banks Chevrolet. Class was taught by Ron Black and Meri Hirtle. After the class Ron drove back to Jaffrey to pick up his Valentine and drove to Manchester to attend the NH-A Valentine Party. There was dancing, Karaoke, Chocolate fountain and it was a lot of fun.

On March 7th we had a Sleigh Ride at Silver Ranch and went to dinner at JP Stephens. There were twelve people on the Sleigh Ride with two

Chapter Directors
Ron and Susie Black
darkcat1@myfairpoint.net

Asst. Chapter Directors
Armand Guilmette
Michelle Shepard

Chapter Treasurer
Barbara Stone
memebarb@comcast.net

Ride Coordinator
Rod Stone
memebarb@comcast.net

Chapter Educator
Ted Zitnay
tedkaren@zitnay.com

Newsletter Editor
Pat Thibaudeau
thibfrog@hotmail.com

Chapter Couple of the Year
Ron and Susie Black

Chapter Photographer
Please Volunteer

Chapter Webmaster
Bill Bascom
nhe.webmaster@gmail.com

Goodwill Ambassadors
978-297-1220
Leo and Jean Goodwin
wing982@netzero.net

possible new members John and Linda, and Wendy from the Jaffrey Country Café (one of our sponsors), and there were seventeen people for dinner.

We have raffle tickets ready to be distributed at the March 29th meeting. Karen did a great Job! Thank You Karen

Effective as of March 31st, Ted Zitnay has stepped down from his position as Chapter Educator. Ted has done an outstanding job as Chapter E's educator for the last several years. Susie and I along with all the members of NH-E wish to express our gratitude to Ted for his hard work and dedication. Ted's resignation leaves Chapter E with a vacancy to fill, so if you think you could volunteer your services as Chapter Educator please contact me.

The RI Kick- Off Breakfast is coming up and this year you must register to attend the breakfast. We will have information at the meeting March 29th.

We were at Park Place Bowling Lanes in Windham, N.H. on March 15th with NH-A then we went to dinner at the 99 Restaurant we had a great time bowling, a great meal and for dessert -NH-A gave us the FLAG!

Thanks

Ron and Susie



Sleigh Ride NH-E



Sleigh Ride NH-E



Bonnie and Dave Bolster NH-A



Susie Black NH-A Valentine's Dance

Assistant NH/VT Director's



Bev and Roy Bushey NH-E
(It's great Seeing You)



Capturing the flag from NH-A

Chapter Educator



Ted Zitnay

Hello, everyone.

Before I get into the meat of the article, I would like to make an announcement;

It was with great joy, honor and pride that I took over the position of Chapter Educator back in the spring of 2009. I have enjoyed fulfilling this position, and it has kept Karen and I working closely with the Chapter leadership. However, due to new constraints being put on to our time, as well as increasing health issues, I feel it is now time to step down as Chapter Educator.

I have always felt that there should be regular changes in these positions anyway, just to keep things 'fresh', so after (6) years in the position, that is just one more reason for stepping down at this time. Karen and I will remain close to the chapter, and offer any assistance we can to the Chapter, and to the next Chapter Educator. Our hopes are that someone will step up quickly to take over this position, and support Ron & Susie, and the Chapter as a whole.

As I mentioned to Ron a couple of weeks ago, the plan is that I will be stepping down effective 4/1/15 after this month's meeting and Rider Ed Article. I look forward to meeting with the next Rider Educator (hopefully in April) to pass the reins over.

Following now is the Rider Ed Article for March. It discusses the T-CLOCKS, which I feel is very important. They certainly should be performed complete every spring, but preferably before every ride as well. Without further ado:

SUBJECT: De-Winterizing, T-CLOCKS and Safety Checks for the New Riding Season

N.17 T-CLOCKS

T- CLOCKS ITEM	WHAT TO CHECK	WHAT TO LOOK FOR	CHECKOFF	
T --- TIRES & WHEELS				
Tires	Condition	Tread depth, wear, weathering, evenly seated, bulges, embedded objects.	Front	Rear
	Air Pressure	Check when cold, adjust to load/speed	Front	Rear
Wheels	Spokes	Bent, broken, missing, tension, check at top of wheel "ring" OK -- "thud", loose spoke	Front	Rear
	Cast	Cracks, dents	Front	Rear
	Rims	Out of round/true = 5 mm. Spin wheel, index against stationary pointer.	Front	Rear
	Bearings	Grab top and bottom of tire and flex: No free play (click) between hub and axle, no growl when spinning.	Front	Rear
	Seals	Cracked, cut or torn, excessive grease on outside, reddish-brown around outside.	Front	Rear
C --- CONTROLS				
Levers	Condition	Broken, bent, cracked, mounts tight, ball ends on handlebar lever.	Front	Rear
	Pivots	Lubricated		
Cables	Condition	Fraying, kinks, lubrication: ends and length.		
	Routing	No interference or pulling at steering head, suspension, no sharp angles, wire looms in place.		
Hoses	Condition	Cuts, cracks, leaks, bulges, chaffing, deterioration.		
	Routing	No interference or pulling at steering head, suspension, no sharp angles, wire looms in place.		
Throttle	Operation	Moves freely, snaps closed, no rewing.		
L --- LIGHTS				
Battery	Condition	Terminals clean and tight, electrolyte level, held down securely.		
	Vent Tube	Not kinked, routed properly, not plugged.		
Lenses	Condition	Cracked, broken secure, mounted, excessive condensation		
Reflectors	Condition	Cracked, broken securely mounted.		
Wiring	Condition	Fraying, chaffing, insulation.		
	Routing	Pinched, no interference or pulling at steering head or suspension, wire looms and ties in place, connectors tight, clean.		
Headlamp	Condition	Cracks, reflector, mounting and adjustment system.		
	Aim	Height and right/left.		

O --- OIL				
Levels	Engine Oil	Check warm on center stand, dipstick, sight glass.		
	Hypoid Gear Oil	Transmission, rear drive, shaft.		
	Hydraulic Fluid	Brakes, clutch, reservoir or sight glass.		
	Coolant	Reservoir and/or coolant recovery tank -- cool only.		
	Fuel	Tank or gauge.		
Leaks	Engine Oil	Gaskets, housings, seals.		
	Hypoid Gear Oil	Gaskets, seals, breathers.		
	Hydraulic Fluid	Hoses, master cylinders, calipers.		
	Coolant	Radiators, hoses, tanks, fittings, pipes.		
	Fuel	Lines, fuel taps, carbs.		
C --- CHASSIS				
Frame	Condition	Cracks at gussets, accessory mounts, look for paint lifting.		
	Steering Head Bearings	No detente or tight spots thru full travel, raise fr. Wheel check for play by pulling/pushing forks.		
	Swing Arm Bushings / Bearings	Raise rear wheel, check for play by pushing/pulling swing arm.		
Suspension	Forks	Smooth travel, equal air pressure/damping anti-dive settings.	Left	Right
	Shock(s)	Smooth travel, equal pre-load/air pressure/ damper settings, linkage moves freely and is lubricated.	Left	Right
Chain or Belt	Tension	Check at tightest point.		
	Lubrication	Side plates when hot.		
	Sprockets	Teeth not hooked, securely mounted.		
Fasteners	Threaded	Tight, missing bolts, nuts.		
	Clips	Broken, missing.		
	Cotter Pins	Broken, missing.		
S --- SIDESTAND				
Center stand	Condition	Cracks, bent.		
	Retention	Springs in place, tension to hold position.		
Side stand	Condition	Cracks, bent. (Safety cut-out switch or pad if equipped)		
	Retention	Springs in place, tension to hold position.		

N.18 Trike Check



GOLD WING ROAD RIDERS ASSOCIATION

**RIDER EDUCATION PROGRAM
 TRIKE CHECK**



<u>Tires</u>		<u>Front</u>	<u>Rear</u>
Condition	Tread depth, wear, dry rotting, bulges, and foreign objects		
Air Pressure	Check when cold, adjust to load and speed		
<u>Controls</u>			
Throttle	Operation, moves freely, snaps closed, no revving		
Levers	None bent, broken. Ball on end of lever		
Cables	No interference, fraying or kinks		
Hoses	No cuts, cracks, bulges		
<u>Lights</u>			
Battery	Terminals clean, tight, electrolyte level, vent tube & charge		
Lenses	No cracks or excessive condensation, securely mounted		
Headlamp	Bulb works, aimed correctly, not loose in mounting		
<u>Oils</u>			
Engine	Check warm, is it at the minimum		
Coolant	Reservoir and recovery tank at correct level		
Fuel	Tank full ready to ride, Check gage or tank		
Leaks	Check for oil, fuel, coolant or rear-end leaks		
<u>Chassis</u>			
Forks	Check air pressure, check for leaks, is travel free		
Shock(s)	Check air pressure, pre-load springs and free travel		
Steering-Head	Check for tight spots and play by pushing/pulling forks		



Happy Easter!

N.19 Trailer Check



GOLD WING ROAD RIDERS ASSOCIATION

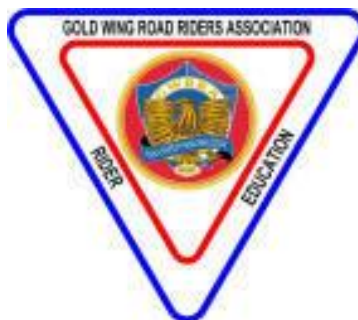
RIDER EDUCATION PROGRAM TRAILER CHECK



Items to Check	Condition to Check	OK(Y/N)
Lights	Brake lights, turn signals, running lights	
Wiring	Breaks, cracks, pinches, chafing. Clean connections	
Tires	Tread, cracks, correct pressure (don't forget the spare if you carry one)	
Wheels	Rust, lug nuts (on and tight), wheel bearings	
Hitch	Locking shoe adjustment, pin or ball clamp, bolts and frame connections, rust, loose connections	
Ball or Pin	Unusual wear, cleanliness, lubrication	
Safety Chains	Adequate length, strength, rust, attachment hooks	
Suspension	Correct pressure in air shocks, rust, loose mountings, spring tension	
Chassis & Frame	Rust, cracks, broken frame members, cracked welds Tongue Rust, cracks, trailer frame bolts	

Ted Zitnay

NH-E Chapter Educator



Chapter Newsletter Editor Notes



Pat Thibaudeau

Hello Everyone,

I would like to add take this opportunity to express my gratitude to Ted Zitnay for all the safety articles he has provided to NH-E Newsletter every month and the safety information he provided at our chapter gatherings. Ted's articles always supplied important safety information which were pertinent to the safety concerns of the season. All of us in Chapter E truly appreciate all the time you have devoted to Chapter E and thank you for a job well done!

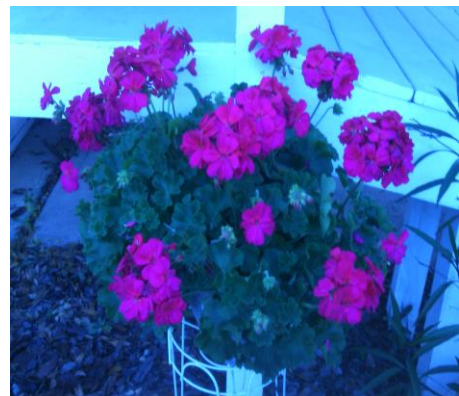
Okay everyone, enough talk of cold weather and snow. (And no my pictures of snow, think spring). In Florida it already feels like summer. I spent Saturday at the beach, went riding with Liz Kinsey former director of the Winter Haven Chapter and am running the air conditioner. The orange blossoms are fading and my flowers are in full bloom. (See photos below) The weather has been just beautiful. I am very busy, and try to enjoy life but unfortunately busy does not always mean happiness. Cookouts, line dancing, swimming, raking leaves (yes leaves fall all the time in Florida) and friends are wonderful but life is not the same without the love of my life, Dick. I am not returning to Massachusetts until May 7th or 8th and although I miss everyone in New England, I am beginning to think that I may become the little ole lady from Winter Haven.

The photos of the sleigh ride looks like everyone had fun and enjoyed the dinner after. Roy and Bev it was great seeing your photo at the dinner. It is great to see the chapters joining in with other chapters for bowling, dancing and other activities. The capture the flag was instituted when I was the District Director and the intent was to get chapter interaction, although it took some time for the game to catch on, the flag seems to be doing its job. In the beginning it was Bill and Dee Bascom and Chapter NH-A which participated the most, but now all the chapters are enjoying the fun.

Our next newsletter will not be posted until after Easter so I want to wish all of you the joy, love and peace of our Risen Lord. Should any of you be fortunate enough to receive a basket from the Easter Bunny, be careful not to eat too many chocolates or jelly beans all at once.

If by chance some nice weather comes along, and you can't resist the call of your bike, please be careful, the roads are probably full of sand and motorists are not used to looking for motorcycles.

Pat



UPCOMING EVENTS

NH-E Monthly Gathering
RI Kick-Off Breakfast

Sunday, March 29, at 9:30 A.M. J.P. Stevens Restaurant
Sunday, April 26

District Notes:



Ed Heath

March is here, and daylight savings time happened this past Sunday, March 8th. Can spring be far behind?

February is the shortest month of the year, but for us in New England, with all the snow storms and the cold weather, it seemed like the longest. My family and I were fortunate to spend 9 days in Florida during the middle of the month. The warmer weather and sunny skies were welcomed by us, and being able to see the excitement in the eyes of our 7 year old grandson, Hunter, as we visited Disney, was priceless.

I took the opportunity to visit with Pat Thibaudeau in Winter Haven and she is doing quite well. She knows how much snow we have here, so she informed me that she may not be back until May. By that time the snow may be gone.

On Saturday February 28th, 9 GWRRA members attended the CPR/MFA recertification at Banks Chevrolet in Concord, NH. The Class was led by Meri Hirtle from NH-G and Ron Black, NH-E Chapter Director. They did a great job working together and the knowledge we gained may someday save a life. Thank you to Mike Vaillancourt for making arrangements for the use of the conference room at the dealership. If you have taken CPR/MFA in the past, check the date that you took it. Remember you need to recertify every two years to maintain your Rider Levels.

Even with all the snow on the ground, there is still time to get together with other GW members. Coming up the weekend of April 10-12th, Maine Chapter C will be hosting the "End of Winter Bash". Here are the details from Allen Cyr Maine District Director:

Our "End of Winter Bash" will be held April 10 – 12 at the Green Granite in North Conway, NH. Friday night folks arrive to relax and meet up. We hope to see many of you there. It is meant to be a weekend away to enjoy. Saturday morning we will have 2 different seminars, and then you can shop, swim or just relax. We usually have an afternoon social with cheese and crackers and then all go to dinner at the Muddy Moose Restaurant.

We then head back to the Green Granite for ice cream and some games. The rooms this year are \$79.95 per night, plus tax, if booked by April 1st. After that date, they go up to \$129.95 per night. Start making your reservations any time after February 25th and make sure you tell them you are with the Gold Wing Road Riders group to get the lower price. The Green Granite's phone numbers is 1-800-468-3666. Remember to tell them you are with the Gold Wing Road Riders Group. This is a great weekend to just kick back and relax. If you plan on attending, make sure you get your room reservations in by April 1st.

Also coming up at the end of April, Rhode Island Chapter B is holding its Kick-Off Breakfast on Sunday, April 26th. The flyer is included in the newsletter.

I am still in need of a District Member Enhancement Coordinator for New Hampshire and Vermont and a webmaster for both Districts. If you have any interest in either of these positions, let me know.

New Assistant Regional Directors Named

Tom and Renee Wasluck recently announced that they have appointed Kevin and Georgia Lablond, Massachusetts District Directors, as their new assistants for Region B. Kevin and Georgia will do a great job for the region while maintaining the excellent job of running the Massachusetts District. Congratulations Kevin and Georgia on your appointment.

Until Next month, with warmer temperatures and less snow, be safe!

Ed Heath
NH/VT District Director



March None

March None

April
Rod Stone April 24th
Sandi Jones April 25th

April
Leo and Jeanne Goodwin April 12th
(50 + years Congratulations!)

Bill and Dee Bascom April 20th
(30 years)



s Flowers (There is green and flowers in Florida!)

MARCH IS NATIONAL NUTRITION MONTH

There's no better time to kick unhealthy eating habits to the curb than [National Nutrition Month](#). The annual eat-right campaign, which begins in March, comes right about the time many people's New Year's resolutions start falling to the wayside and is a reminder to maintain a wholesome diet and exercise regimen. Here are our tips for eating better, some suggestions for healthy recipes, and a few ideas for maintaining a balanced diet.


The Web is full of diet plans galore, but nutritionists say a true miracle menu doesn't exist. "There is no one pill, food, drink, or machine that is the key to achieving optimal health. A person's overall daily routine is most important," "Pick fruits, vegetables, whole grains and fat-free or low-fat dairy more often. Make time to exercise daily beyond your normal daily routine. Be aware of portion sizes. Even low-calorie foods can add up when portions are larger than you need."

The [benefits of eating right](#) are numerous. A balanced diet has been linked to reduced risk of some chronic diseases like heart disease and Type 2 diabetes, lower blood pressure and cholesterol, and can even prevent some types of cancer.

To get on the right path, HelpGuide [suggests](#) not getting consumed by calorie counts or portion sizes. Instead, consider your plate a vessel for color and variety. Look for recipes that incorporate a few fresh ingredients. Don't think of certain foods as being off-limits. "When you ban certain foods or food groups, it is natural to want those foods more, and then feel like a failure if you give in to temptation," according to HelpGuide. "If you are drawn towards sweet, salty or unhealthy foods, start by reducing portion sizes and not eating them as often."

According to the [President's Council on Fitness, Sports and Nutrition](#), when you look at your plate, you should see half of it filled by fruits and vegetables. Such foods are a great source of fiber and essential vitamins and minerals. Look for color – reds, oranges and dark greens. Broccoli, sweet potatoes and tomatoes are always a safe bet. Whenever you can, choose whole-wheat bread instead of white bread. Lastly, cut down on your solid fat intake – cakes, cookies, pizza, sausage, bacon and ice cream, to name a few.

When going for protein, choose leaner sources. Substitute a chicken or turkey breast or seafood for a piece of steak, and look for ways to incorporate dry beans or peas, eggs and nuts. To add more fruit to your diet, start by slicing up a banana in your morning cereal, or serve a sliced apple with a small portion of brown sugar for desert. If you're a yogurt fiend, throw in some blueberries or raspberries. One trick to reduce portion size is to simply get smaller plates. Save any leftovers for lunch the next day. Are you someone who frequents restaurants? There are a few habits you can change to make dining out healthier. Forgo the soda for a glass of water or unsweetened tea, and substitute fries out for a side salad. The U.S. Depart. of Agriculture [suggests](#) ordering steamed, grilled or broiled dishes instead of deep fried or sautéed. Ask for salad dressing on the side, order foods that don't have gravies or creamy sauces, and consider sharing a main dish with a.

Jaffrey's Country Cafe		
Dine in ~ Take Out		Hours of Operation Mon.-Wed. 7am-2pm Thurs.-Fri. 6am-2pm Sat.-7am-2pm Sun.-7am-1pm
Delicious home style breakfast and lunch.		
80 Peterborough St. Jaffery NH (603)532-6885		



377 Route 202 Rindge, NH. 03461
Web... www.jpstephensrestaurant.com

603-899-3322

**WE'RE YOUR
BIKE, TRIKE, ATV,
ON - ROAD, OFF - ROAD,
SERVICE, PARTS,
ACCESSORIES,
GUNS, AMMO,
FRIENDLY HELP
HEADQUARTERS.**



(978) 249-2244

SHOP AND BROWSE ONLINE!
CYCLEDESIGNONLINE.COM
PHILLIPSTON, MA | KEENE, NH



(603) 354-7740