



# 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/>**



## June 2015

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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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**NH-G Chapter Director**

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Hi to NH-E, June started off really good with a weeklong trip to Americade for Armand and Michelle, Skip and Sandy Smith, Susie and I. A great ride up as we were joined in Fitzwilliam by a group of Armand and Michelle's friends, we all rode to Bob's Diner in Manchester, VT for lunch. After lunch Armand's friends left to go to other destinations. Armand, Michelle, Skip, Sandy, Susie and I continued to Lake George, NY. It was a warm sunny day. We got there dry covered our bikes and then the rain began. Sunday and Monday we had rain. Tuesday through Sunday weather was great. Armand led us on some really great roads. Thursday Pat Brems joined us for the rest of our week. Rod, Barb, Rick and Donna came to Americade on Saturday 6/6 for a day ride and stopped by for a visit. Clothes, Toys and Paint were bought and enjoyed by all. If you have never gone to Americade you really should go for the experience.

On Saturday 6/13/15

**Chapter Directors**

Ron and Susie Black  
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**Asst. Chapter Directors**

Armand Guilmette  
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**Ride Coordinator**

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**Chapter Educator**

Please volunteer

**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**

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**Goodwill Ambassadors**

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|  |   |  |
|--|---|--|
|  | Dick's Dunkin Donut ride to the Kangamangus had a great turn out. We had 19 bikes and 1 Corvette. NH-G, NH-A, and Ca-1L. Yes we |  |
|--|---|--|

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had a guest Chris Ferris from Orcutt, California found out about the ride and came along for the ride. Pat Thibaudeau rode as co-rider with Pat Brems. We had a beautiful day for the ride even though the weather was sounding really bad at the beginning of the week. We stopped at the top of the Kangamangus and took a group picture with the mountains as a background. Pat Thibaudeau took this as an opportunity to thank everyone who rode along. After the photo we rode to The Yankee Smoke House for lunch. The Smoke House was expecting us at 12:30pm and Susie kept them informed that we were going to be there at 1:30pm. When we arrived there were a bunch of people waiting on the ramp into the building and they watched 30 Gold Wingers just walk in and get seated. Great job Susie! A Frog Mascot was presented to Pat Thibaudeau earlier at Irving station on exit 24. The frog had not received his vest yet. At Charlie's Olde Tyme Creamery Pat presented the frog back to Susie for seeing a camel, not just a camel a double hump camel she said.

On Sunday 6/14/15 Susie and I went on the NH-A Picnic ride to capture the Flag.

NH-E challenged all of the chapters in region to come ride with us to the Rock of Ages Quarry and to the Hope Cemetery in Barre, VT. We had 17 bikes 23 people. NH-G and VT-A joined us. Brian & Dee Thomas took us on a guided tour from South Royalton,VT to Barre,VT. Thank You Brian & Dee. We ate lunch at the Fire House Inn the Ladder 1 Grill. Service and food was excellent. VT-A captured the flag at lunch. After lunch we split into two groups one group went to the Hope Cemetery the second group went to the Quarry first then to the Hope Cemetery. A great ride and a lot of fun with friends.

*Ron and Susie*



*Susie and Pat*



*NH-E, NH-A, NH-G, Ca 1-L*



*Steve Roy, Pat B. and Pat T*



*NH-E's New Mascot - Name??*



*NH-E capturing Flag from NH-A*



*VT-A capturing Flag from NH-E*

## **UPCOMING EVENTS**

27-Jun Sat Ride with Maine C

28- Jun Sun J.P. Stephens 9:30AM NH-E Get-Together & NH-A Cookout/Bug Run

4-Jul Sat More Info. Later

NH-G 4th of July Ride "Pit Stop & "High Tide

7/9/15-7/11/15 Wings over the Smokies in NC

11-Jul D&D Swanzey 9:30 AM Rt.30 To Rt.100 to Saloon Restaurant & Hogback Mt. 12-Jul Sun

18-Jul Sat The Horse 8:30AM Paul's Ride

19-Jul Sun J.P. Stephens 9:30AM NH-E Get-Together - Change Due to NE Rally 25-Jul Sat

NE Districts Rally Lewiston, ME 7/23-7/25

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## FITTING (OR NOT FITTING) A HELMET

MC GARAGE

MOTORCYCLIST MAGAZINE

Submitted by Brian Catterson POSTED March 20, 2012

<http://www.motorcyclistonline.com/how-to/fitting-or-not-fitting-helmet>



With the weather changing for the better in much of the US, lots of people will be looking to purchase a new helmet. And with the purchase of any new helmet, it's most important to make sure it is a high quality, full face helmet from a recognized manufacturer that fits properly (ok... and that it looks good as well). Fit is critical as recent studies by the Mayo Clinic have shown that a properly fit helmet will reduce the chance of a concussion by 42%. But how do you properly fit a helmet? (This isn't new information, but it's worth repeating.)

1. **Determine Your Head and Helmet Size:** Start by measuring your head at a point approximately one inch above the eyebrows in front and at a point in the back of the head that results in the largest possible measurement. Measure and check the size chart of the helmet manufacturer. Many experienced riders already have a predisposition to a particular brand and know their helmet size. Regardless, it still makes sense to go through this procedure.
2. **Determine the Proper Helmet Shape:** Heads vary in shape. Heads that seem to be the same size when measured by a tape may not necessarily fit the same size motorcycle helmet. Most helmet manufacturers today offer a number of different shell shapes; typically oval/narrow (example, Arai Profile, Shoei X11), neutral/intermediate (Nexx Carbon, Shoei X-12) and round (Arai Quantum-2). You can determine your head shape by looking in the mirror. If your head is long from top to bottom and narrow from side to side, you are going to fit best in an oval shape. If you're not sure, try an intermediate shape.
3. **Try It On:** Tug the chin straps outward to widen the helmet and place it over your head. If the helmet goes on without pulling the straps, the helmet is too large. The helmet should fit snugly and comfortably on your head and tightly against your forehead. Grab the helmet in your hands, one on either side of the helmet, hold your head steady, and try to rotate the helmet from side-to-side. Note any movement of the forehead skin while doing this as well as the amount of resistance to movement. Next check movement up and down, again noting skin movement and resistance. If in either test there was little or no skin movement, and/or the helmet moved very easily, the helmet is too large. A properly fitted motorcycle helmet will cause the skin to move as the helmet moves. It will feel to the wearer as if evenly distributed pressure is being continuously exerted around the head. Pretend you are chewing gum your teeth should just scrape against your gums and not bite into them. Most good helmets have replaceable cheek pads of varying sizes - so swap out cheek pads to customize the fit. Make sure the helmet fits at the crown/forehead before adjusting cheek pads. Keep in mind that helmets, like shoes, will break in over time. For this reason, the best approach is to select a helmet that is as snug as possible.
4. **Check Helmet Retention:** Fasten the chin strap. After the strap has been tightly fastened, hold your head steady and reach over the top of the helmet, grabbing the bottom edge with your fingers. Try to roll the helmet off your head. If it comes off, it is too large. Go to the next smaller size and go back to step number three.
5. **5. Walk Around:** If you wear glasses while riding, put them on and make sure the helmet fits properly over and around them. Keep the helmet on for ten minutes as sometimes pressure points will show up once the helmet has been removed. Sit on a bike similar to yours and make sure the helmet is still comfortable and it's easy to rotate your head. Finally when you take the helmet off look at your face to see if you have any red spots, this will indicate excessive pressure. Again, keep in mind that a helmet will compress and break in with time. After four hours or so wearing your helmet it will begin adjusting to your head shape and feel more comfortable.

Your helmet should last for four or five years assuming you don't hit it during an accident or drop it on a hard surface from more than four feet. Good helmets aren't inexpensive but they are worthless if they don't fit correctly. Don't mess with your head.



**Pat Thibaudeau**

Hello Everyone,

Can you believe it, June already! Summer solstice has gone by, and riding season is in full swing. Time sure does go by quickly.

It hardly seems possible that my best friend Dick will be gone one year on June 30<sup>th</sup>, it seems like forever since I have seen his smile, or heard his laugh. The past year has been very difficult, yet in other ways I can't believe that a year has gone by. All of you, my GWRRA family have been so kind, and supportive to me, during the last few difficult years.

The ride to the Kangamangus was awesome, I can't thank you enough, it was a wonderful tribute to Dick's memory. I know that it took a lot of work and planning to have the day turn out so wonderfully. Special thanks to Ron, Susie and the NH-E members for planning the event, and of course to Pat Brems for taking me as his co-rider. It was wonderful riding with the group again, hopefully I will be able to join you again this summer. I must admit that I enjoy riding wherever I am, but riding in the mountains of New Hampshire offers such beautiful scenery

The New England Rally is approaching quickly, and hopefully many of you are planning on attending this fun event, and I will get to visit with you in Maine. The District Directors and the District Treasurer put a lot of time and work into planning the events for each year's rally, and this is the major fund raiser for the districts. If at all possible please come join the fun, and support your district at the same time.

Looking forward to seeing everyone at the June get together.

*Pat*

**Happy Birthday**



**June**

Dave Whitcomb June 8<sup>th</sup>  
France Roy June 12

**July**

None

**Happy Anniversary**



**June**

Roy nd Bev Bushey June 11th  
50+Years Congratulations

**July**

None

## District Notes:



**Ed Heath**

June is here, and I can see by the pictures that are posted, all the chapters and members are enjoying some great riding. The weather in May has been good for riding and I hope everyone is enjoying the riding season. Always be careful when you are on the bike. I recently read an obituary of a motorcyclist that died in a motorcycle accident (not a GWRRA member). The obituary read that the rider lived by the creed AGATT (all gear all the time). GWRRA strongly promotes AGATT but sometimes even that is still not enough. I don't know the details of this accident, but please be diligent when riding. It isn't always the motorcyclist's error that causes the accident (and, in this case, death). Keep your eyes out for other drivers, animals, etc. One motorcyclist's death is one too many.

There has been a change in my life recently, and I am excited about it. After nine (9) years of working at a family business, I am changing careers. I have accepted a position at Northeast Delta Dental in the customer service department. The down side of taking this job is my accessibility during the day via cell phone calls and emails will be limited. Feel free to contact me as usual via email and I will get back to you as quickly as possible.

The All New England Rally is just around the corner, July 22-25<sup>th</sup> in Lewiston Maine. The host hotel will be the Ramada Inn. You can find a registration form in the newsletter. It is always a great time.

Kudos to Chapter NH-A and Chapter NH-G, who held a garage day at the home of Mike Vaillancourt on May 9<sup>th</sup>. It was well attended by many Chapter Participants.

At the garage day, I spoke to Mike Goldsmith who has "retired" from active riding and he has given me many items to sell. I have listed the items in this Newsletter and a description of the items. If anyone would like to know more about the items or purchase them, please contact me. All of the money raised will go towards the New Hampshire/Vermont District Rider Education Program. It is sad to see Mike give up riding, but his generosity will help out the District in the future. Thank you, Mike!

Congratulations to Chapter NH-A's Dick and Julie Bernier on the graduation of their daughter Katie from College. Katie was rewarded by her parents for her accomplishments with what else.... A new motorcycle! Congratulations Katie!

We are in the final stages of securing a location to hold a trike course. This is the most requested course by the members and it has taken time to find a location. Stay tuned for more details!

Until next month, ride safe!

*Ed*

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