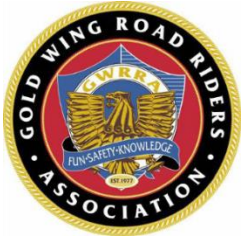


©



New Hampshire Chapter E

J.P. Stephen's Restaurant & Tavern

377 Route 202, Rindge, NH

MONTHLY MEETING – 11:30 A.M.

LAST SATURDAY OF THE MONTH

“WHERE GOOD FRIENDS MEET”

Webpage <http://gwrra-nh-e.weebly.com/>



Happy Thanksgiving

November 2015

Abel Gallardo
GWRRA President
abel@gwrra.org

Director
Ray & Sandi Garris
director@gwrra.org

NE Region B Directors
Tom & Renee Wasluck
regiondirectors.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
Carol Sheehan

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

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



Hello NH-E,

On October 25th we met at The Country Cafe to do the Cash Raffle. We had 14 people from our Chapter. The last few tickets were sold prior to the drawing. First prize of \$500 went to Bob Hicks Sanford Fla. Second prize of \$300 Michelle Douston, Jaffrey, NH Third prize \$200 to KimHan Doung, Jaffrey, NH. Thanks for all the help selling the tickets. After the Raffle was done Michelle, Susie and I rode to Cracker Barrel for lunch. Then of course to Dairy Queen in Hudson, NH.

On October 31st we had our Halloween Get Together at JP Stephens. Lynn (NH-A) and Carole (NH-G) were the judges for the costume contest. First place, Ron & Susie scarecrows \$25 DD card. Second place, Lisa & Fred Hot Chili Pepper and Cat \$20.00 Gift Certificate to JP Stephens. Third, Bob & Hazel Pumpkin King and Queen \$10.00 Gift Certificate to Jaffrey Country Cafe. Fourth Bonnie Bolster Deviled Egg \$10.00 DD card. Fifth Michelle Department of Corrections \$5.00 DD card. NH-G captured the flag at our get together.

On Sunday Nov. 1st We went on our Polar ride led by Frank Clayton around Lake Winnepesaukee. We ate lunch at the Center Harbor Diner.

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
Fred LeBlanc

Newsletter Editor
Pat Thibaudeau
thibfrog@hotmail.com

Chapter Couple of the Year
Ron and Susie Black

Member Enhancement
Bob Young

Chapter Webmaster
Bill Bascom
nhe.webmaster@gmail.com

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

Armand, Michelle and I went to NH-G's get together on November 8th to capture the flag only to find a very large group from NH-A in attendance, allowing them to capture the flag.

Saturday Nov. 14th we met to plan our Ride Schedule for 2016. A lot of great ideas came from the eleven people that attended. Thanks to all of you that attended. 2016 looks to be real exciting.

On Friday night, November 20th, Jane Brinck, Armand, Michelle, Bob & Hazel, Rod & Barb, Ron & Susie went to the NH-A Gathering to Capture the Flag and we were successful, with nine NH-E members visiting. Jane took the flag from Dave Bolster, CD of NH-A for our Chapter. Thanks to everyone that helped.

I would like to Welcome Jane Brinck to NH-E Jane has been with GWRRA since 2003 She has transferred from SC. to NH-E.

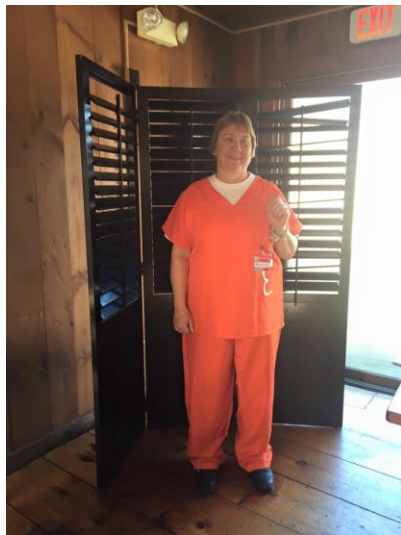
Our November Get Together will be held Saturday, November 28 at 11:30am at JP Stephens. Our Christmas Party will be Sunday, December 6, at 3:00 p.m. with a Yankee swap \$10.00 gift. Hope to see you there.

This year we are going to plan some bowling/dine outs. Hopefully another sleigh ride.

Thanks

Ron & Susie Black

GWRRA NH-E Directors
(603)532-9342



Michelle Dept. of Corrections



Jane capturing flag from Dave Bolster



Our Favorite Scarecrows Susie and Ron!!

THANKSGIVING TRIVIA

1), In what year did the first Thanksgiving occur?

2), What Indian tribe was at the first Thanksgiving?

3), What country other than the United States celebrates Thanksgiving?

4), Who was the first department store to hold a Thanksgiving Day parade?

5), What is the name of the famous rock where the Pilgrims supposedly landed?

6), Which President signed Thanksgiving into Federal holiday status?

7), What does the term cornucopia mean?

8), True or False, it is believed that only 5 women had were present at the first Thanksgiving.

9), How many days did the first Thanksgiving last? _____

10). True or False Thanksgiving is held on the final Thursday of November each year?

Answers on Next page

- 1) 1621. The Plymouth colonists and Wampanoag Indians shared an autumn harvest feast which is acknowledged today as one of the first Thanksgiving celebrations in the colonies.
- 2) Wampanoag
- 3) Canada
- 4) Gimbles in Philadelphia, 1920.
- 5) Plymouth Rock
- 6) Franklin D Roosevelt
- 7) Horn of Plenty
- 8) True. And they cooked the meal!
- 9) 3
- 10) False it is held on the fourth Thursday of November, if there should be five Thursdays it would be held on the fourth not the final Thursday, to extend the Christmas Shopping Season.

UPCOMING EVENTS

November	26	Happy Thanksgiving
November	28	NH-E Chapter Get Together 11:30 a.m. J.P. Stephens Restaurant
December	6	NH-E Christmas Party 3:00 P.M. J.P. Stephens Restaurant

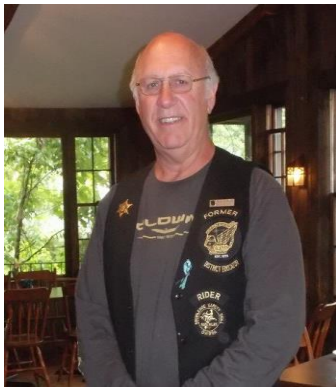
Bob and Hazel Young



Happy Fall and Happy Thanksgiving

As I write this article, Bob and I are visiting our son and family in Glen Rock, Pennsylvania. We had planned this trip as a bike trip. Doug has a motorcycle, and we wanted to do some riding together. We left on Friday, October 9th, and the weather was not too bad. We drove in and out of clouds and sun. We hoped to miss the impending rain, but unfortunately, that did not happen. As we rode through Scranton, PA, the rain started to fall. We drove a ways before we found an exit with a large gas station, to pull off and put on rain suits. We got back on the road, the rain was still falling, but at a slower pace. A few miles down the road I saw a flash of lightening, and we kept going. However, the next flash of lightening was followed by a sharp crack of thunder, followed by a torrential downpour so bad, we could not see anything in front of us. We did see a sign that said an exit was about one mile away and we made the decision to get off the highway. It was raining so hard, I had to raise my face shield, in order to spot the exit. Fortunately there was a gas station with a covering over the pumps. Needless to say, we turned in and stayed there for at least 20 minutes, until the downpour let up. We hit the road as the rain eased up and then stopped, and the skies cleared. We figured we would complete the rest of the trip in a timely manner. However, we ran into a traffic jam on I-81, and it took us over two hours to drive 8 miles to our exit, and then we still had another hour on the road. What should have been a 6 to 7 hour trip turned into a 13 hour trip. We arrived at our son's house very wet and tired. We were glad to be off the road.

Fred LeBlanc
Chapter Educator



As the riding season comes to an end we start to prepare to store our beloved Goldwings for the Winter. Here are a few items for consideration. First and foremost we should top off the fuel tank with fresh gasoline and add fuel stabilizer. Make sure the stabilizer is for fuel with ethanol in it. Ethanol is a major concern for our machines, since without it, fuel will often separate out the water that is mixed into the ethanol. Keeping the tank full keeps out exterior moisture from building up on the inside of the fuel tank as well. Many articles have been written about the consequences of ethanol in motorcycles and other recreational vehicles. None of them look favorable. The newer the vehicle, the less problems but simple steps can often avoid a problem.

Next consider changing the oil and filter. After a season of riding, contaminants and other materials may be in the oil that will only do damage sitting for extended periods of time. Things such as acidic reactions, moisture, and particles only spell dollars later on if ignored.

Take a look at the coolant level. If not to the marks for full you should top off the coolant level. Again we are always trying to keep moisture out of the various systems.

If your bike is stored at a storage facility or someone's garage that may not have electricity, take the battery out. Never leave the battery on cement flooring for the Winter. This is a good way to kill it for sure. I find by keeping it on a battery tender it will stay fully charged and avoid a freeze up. I've had batteries last several years by using a battery tender. It is cost effective and keeps them reliable.

Be nice to your machine by giving it a good wash and wax before storage. I treat my bike very nice. Removing dirt and grime not only makes it look good but stops any chemical breakdown of the finish. A good waxing adds another layer of protection to the finish.

Then last but not least cover the bike. We all like to have blankets on at night in bed, think of the bike in the same way. This keeps it protected from people, dirt, dust, and maybe critters. After its long winter's rest it will be nice and shiny when Spring rolls around and we are ready to ride again.

Three Amigos Travel to Sturgis by Fred LeBlanc

The journey began on July 29th, 2015 for three members of GWRRRA New Hampshire Chapter E after several months of discussing a trip to the 75th Annual Black Hills Moto Classic in Sturgis South Dakota. Pat "The Ratman" Brems, Armand "The Hammer" Guilmette, and Fred "The Chief" LeBlanc would make this journey together. The three dubbed these names as the trip began to unfold. All endearing in their meaning. Pat got the name because he had everything but the kitchen sink in his tent/trailer, Armand because he could drop the hammer and move us out when needed, and Fred, well because that's what he was. Day 1 began with the three of us meeting at the Charlton Rest Area along the Mass Pike to begin the quest for Sturgis. 672 miles would be our first day along I-90 in MA, NY, PA, and Ohio. The first night was in Westlake Ohio at an Extended Stay.

Up early and on the road Day 2 would be a long hot day of 777 miles. Making it to Loveland, Iowa just past Des Moines. This night would be at the Desoto Inn being the only place with a vacancy since bike traffic was now picking up. Again up early the next day with breakfast at Penny's Diner. This was the old style diner offering great food and hospitality. Apparently Penny is the server, cook, and head bottle washer. Back on the road for Day 3 after a great breakfast for 559 miles and our destination in Belle Fourche SD. This is the geographical center of the United States. Along the way we kept seeing signs for Wall Drug Store. Like a hundred miles of signs. Well we found Wall South Dakota and low and behold in the center is Wall Drug Store established in 1939. It had a little of everything. Pat even found a statue that had a striking resemblance of him. We continued on to what would be home for the next 7 days at Wyatt's Hideaway Campground. Supper would be at the Branding Iron where the owner and server gave us great information about the roads and places to see.

Day 4 is our first official day being in the Sturgis area. We took in Devil's Tower in Hulett Wyoming, Spearfish Canyon, Deadwood, and a Buffalo Jump all in South Dakota. The Buffalo Jump was an archeological dig where bones of buffalo had been uncovered. It was a giant sink hole that the natives would herd the Buffalo to then over the edge so they could collect the hides, meat, and bones for winter survival. They figure it was done this way from the 1500's to early 1800. This day we logged in 179 miles.

Day 5 was "Welcome to Sturgis" time. We walked the famous LaSalle and Main Streets checking out vendors, Indian dealership, Bushtec dealer, T-shirts, and motorcycles by the hundreds. Great stunt shows at the Harley and Indian dealerships. Burnouts, wheelies, and more. Lunched at the Easy Rider Saloon. Found a traveling museum of the FDNY tribute to 9-11. An amazing tribute. After a great day sleep came easy that night.

Our day 6 saw us heading to Mt. Rushmore, Custer State Park, Needles Highway, and the wildlife loop. Lots of Buffalo. Ask Armand what he was standing in. Mt. Rushmore was simply breathtaking. We spent a fair amount of time at the exhibits to learn how they created this monument. 14 years to build it. 245 miles this day and back to camp for burgers. One stop at Wal Mart as Fred's air mattress had sprung a leak.

Day 7 was a low mileage day of 60 miles but a great day just the same. We headed out early to get to the famous Full Throttle Saloon for T-shirts. I guess we got ours just in time since it burned to the ground just recently. It's only 3 miles from the center of town but took over 1 hour to travel that distance. Breakfast this day was at the Sturgis VFW. Awesome food and great company as the line was out the door. Military Veteran or non-Veteran the respect was there from everyone. Shared some great conversations. Stayed in the downtown area for the day as storms were predicated in the area. We managed to stay dry the whole day. While having a buffet lunch at a local Chinese restaurant a B-2 bomber did a flyover and we thought the roof was coming in. Spent the rest of the day people watching and buying more stuff for our machines.

Another hot day for Day 8. This day we ventured to Rapid City. First we stopped at the Black Hills National Cemetery. Very inspiring. As we dismounted from the bikes in the cemetery we were looking at a headstone of a Medal of Honor recipient from the Indian Wars. Can't imagine the story that goes with that one. On to Rapid City and the Harley dealership that had more vendors than Americade and Laconia combined. I tried two trikes while there. An Indian and a Goldwing. The Goldwing for me was the most comfortable. Stopped at Rice Honda for free hotdogs and a look at the inventory. Back to Sturgis late in the day where we test rode a Can Am. Thumbs down from me and Pat but Armand seemed to like them. Back to Belle Fourche and the Branding Iron for the famous steak buffet. This day was 101 miles.

Day 9 saw us split into two directions. Pat and Armand headed for the Lakota Reservation and the Badlands while Fred explored more of Rapid City. Found the Firehouse Brewery downtown. Had to check out this old firehouse now a pub. Along the way found statues of all the Presidents on various street corners. Pat and Armand had much to tell about their travels. Including where

the massacre at Wounded Knee took place. We rejoined forces at Sturgis and spent the remainder of the evening in downtown. Watched hours of people and bikes parading by. Saw some unique and fascinating machines on two and three wheels. Place was jammed packed but fun. We figured this would be our last night in Sturgis and wanted to see all the humanity we could since the next day we decided to start packing up and heading east. The weather forecast was our motivation and proved to be the right one.

Day 10 was time to pack up. We took the morning to break camp and get everything back into the bikes. We stated our trek east at around noontime. Our route home would be the northern route since storms were brewing south. We actually outran a severe thunderstorm for a few hours and made it to Mitchell South Dakota staying at the Thunderbird Lodge. Supper was at Marlin's Family Restaurant and was fabulous. All you can eat buffet. We managed to put in 325 miles that afternoon.

Again up early on Day 11 and headed into Minnesota and Wisconsin dropping down into Illinois by supertime making our stop in Rockford Ill. One thing about Minnesota was they have hundreds of windmills. Put in 580 miles and stayed at a Motel 6. Not our first choice but it was OK. Apparently a big Frisbee convention was happening in town.

Day 12 started out foggy but cleared after we made Indiana and Ohio. Cleveland was a challenge with major construction and the only place I know of that an interstate highway makes a 90 degree turn. Got through PA and into NY State finding a Best Western in Jamestown NY. An older couple overheard us talking about finding a place to eat when they stepped forward and said come with us and we'll all go out together. So we rode in their car to an Olive Garden and enjoyed a nice meal with great conversation. They were Roy & Bev Parsons from western PA. Wonderful couple married 60 years they said. 580 miles was what we put on this day.

Day 13 was our final day of the adventure. Made it through NY State and into MA by midafternoon and got off the Pike at Ludlow and took Route 21 to 202 and 2 and then split off to our own homes. As I approached my final turn off of Route 2 at 31 my mileage for the whole trip hit 5,000. At 5:30 I rolled into the driveway just as my wife Lisa pulled in from work.

To say this was a great trip would be an understatement. There was not one negative moment during the entire trip and the three of us basically agreed on whatever we were going to do. There were lots of laughs, great conversations, and a new respect for how great this country is. From rolling green hills, to prairie, lakes, mountains, and more, we saw some fantastic views and scenery. This had been on my bucket list for some time and I am grateful that the opportunity presented itself. We all keyed off of each other and lent each other a hand whenever needed. We never lost site of the journey as well as the destination. We had fun together, kept it safe for each other, and gained knowledge of the country, ourselves, and one another. Guess that the motto for GWRRA of friends, fun, safety and knowledge really is true.



Pat and Friend Wall S.D.



The campsite in Belle Fourche, SD. The little tent is Fred's with Armand behind him. The big tent is Pat's palace

Chapter Newsletter Editor Notes

Pat Thibaudeau



Hello Everyone

Can you believe it is already Thanksgiving time, it sure does not feel like November in Florida, we have been having July weather, temperatures in the high 80's every day, with high humidity. The news has reported that this will be the warmest November for Florida in history.

Monday is supposed to be cooler, so a group of us are going to visit Sea World, I guess I am still a kid at heart because I try to visit all the Disney Parks and Sea World every year. The Holidays are a wonderful time to visit, because of all their magnificent decorations, and shows. This will be the least year for the Hollywood Studios special light show, so I am planning on visiting that next weekend. (It is great having friends that work at the park, that share their admission passes with me).

Congratulations on capturing the flag from NH-A, I think it is wonderful that nine of you went to Manchester to bring the flag back to NH-E. Way to Go!!!

Unfortunately I will not be attending the Christmas party this year, as I have a wedding to attend in Florida on December 5th, this will be the first year I can remember missing the party, it is always such a fun event. Maybe I should skype you to see who gets the best present!!!

I wish to extend my deepest **THANKS to the Special Goldwing Angels in New Hampshire E**, who graciously renewed my yearly membership to GWRRA. The email I received from national was a wonderful surprise and I thank God for such wonderful friends.

Happy Thanksgiving to my wonderful NH-E Friends!!

Pat

PS if anyone didn't know the bike photo last month week was a 1993 1500 GW owned by the Thibaudeaus and then Pat Brems



Happy Birthday

November

Ron & Susie Black	November 1
Roger & Bev Packard	November 8

Steve Roy	November 4
Ron Jones	November 9
Michelle Guilmette	November 12
Susie Black	November 29

December

Noelle Vestal	December 2
Hazel Young	December 4
Barbara Stone	December 5
Bev Packard	December 14
Bill Bascom	December 16
Pat Brems	December 24
Pat Thibaudeau	December 24



November



November is [National Diabetes Month](#), and it's unfortunate that we need to dedicate an entire month to increasing awareness about this disease. It's estimated that 29 million folks in the United States have diabetes, and even more surprising, 1 out of 4 of us don't even know that we have it.

Individuals develop diabetes because they aren't producing enough of the hormone insulin, and/or have developed a resistance to insulin, such that their cells do not respond to the hormone when it arrives. Obesity has been identified as one factor that increases the cell's resistance to insulin.

Insulin's job in the body is to direct glucose, the most abundant sugar in foods, into the cells to be used as immediate energy or stored in another form for later use. With diabetes, insulin may be available in the blood but the cells' decreased sensitivity to it interferes with its ability to work properly in the body. The bloodstream ends up becoming flooded with glucose that can't enter the cells for its use. Because of this, many individuals have to take medication to help the insulin work properly and/or inject themselves with insulin to manage their blood glucose levels.

But there is an even larger elephant in the room. More than a third of Americans, 86 million adults, have [prediabetes](#). These folks are on deck to develop diabetes in the future. Prediabetes is a condition whereby individuals have higher than normal blood glucose levels but not quite high enough to be classified as having diabetes. Unfortunately, individuals with prediabetes not only have a higher risk of developing diabetes but also heart disease and stroke.

The good news is that [research](#) suggests that those with prediabetes can [prevent](#) or delay getting diabetes by as much as 58 percent by losing a modest amount of weight (7 percent of a person's body weight) and moving regularly (walking 2.5 hours weekly).

According to registered dietitian nutritionist Toby Smithson, author of "Diabetes Meal Planning and Nutrition for Dummies" and a spokesperson for the Academy of Nutrition and Dietetics, studies have shown that meeting with a registered dietitian nutritionist, who can design an eating plan that meets your needs, reduces both the need for medications and the risk of developing the health complications from diabetes. You can find a RDN who specializes in diabetes on the [AND website](#).

The appointments could be covered by your [health insurance](#). This could be the best way to tackle the elephant in the room.

District Notes:



ED Heath
District Director

The riding season has all but ended for most of us, and now we have to experience 4 months of PMS (parked motorcycle syndrome). Just because the bikes are parked, doesn't mean that chapter activities slow down. The holidays are fast approaching and it is also a great time to get together as a group and give thanks to the chapter officers who give their time to run the local chapters. These members take these positions totally voluntarily, give of their time, sometime taking time away from family, in order to provide guidance and leadership for GWRRA. For the officers who take these positions, their reward is not monetary, rather the thanks they receive from the members for doing the job.

I, along with Dave and Bonnie Bolster, Dick Bernier, and Carole and John Sheehan attended the region meeting in Round Lake, NY on Saturday November 7th. It was a day filled with new information and ideas from national. I was presented with the Director's Award for Meritorious Service for the districts of New Hampshire and Vermont. This award was presented at Wing Ding in Huntsville, AL last September and was accepted on my behalf by Tom and Renee. I am honored to accept this award and it really belongs to all of the chapter officers in New Hampshire and Vermont who work hard, providing for their members.

Another subject brought up at the meeting was a reminder that it is that time of year to nominate and select your chapter Couple of the Year. These couples are your ambassadors for the chapter, and, as it was said at the meeting, you don't ask a couple if they would like to be Couple of the Year, you select them as your Chapter Couple of the Year. It is an honor to the couple who are already actively involved with the chapter. Any questions on this drop me an email.

This is also the time of the year to make any changes necessary or adding officers to the chapters. A chapter should have as full a slate of officers as possible. The more officers, the less responsibilities for the Chapter Director to manage. If there are any officer changes in your chapter, please fill out the Officer Change Form and forward a copy to me by December 1st. I in turn, will submit this information to Region and National by January 1, 2016, as required. If you have an officer stepping down, please make sure to thank them for their service.

Here is a link to the Officer Change Form.

http://gwrro.org/oconnect/pdf/OfficerChangeAppointmentFormVer11_2011.pdf?v=2015

The All New England Rally will be here before you know it and now is the time to register for the rally and reserve your room. The rooms are filling up fast, so don't get shut out. Make your room reservations today. The Flyer for the Rally is in the newsletter and the Rally team is working to make this a great Rally. The only thing that might be missing is YOU! Reserve your room and send in your registration today!

Just a reminder that there is still time to submit your ideas on how to advertise GWRRA and your chapter. As I stated in last month's newsletter, Chapters are eligible to receive up to \$200.00 from the District for coming up with ways to promote your chapter. The deadline is December 31, 2015. In closing, I would like to wish everyone a Happy Thanksgiving, and until next month. Be safe.

Ed Heath

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