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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/>



October 2015

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Hello NH-E,

October is winding down and so is the riding season. If you choose to still ride be safe. This winter we will be planning to do some bowling and sleigh rides. If you have any suggestions of things to do let us know. We thought of a movie night or a day of shopping?

Sept. 13 at the NH-G Monthly Gathering Bill & Dee Bascom, Ron & Susie Black captured the Flag and we still have it. We road with NH-G on the backroads to York, ME to have lunch at Fishermen's Dock.

Sept. 18, 19 & 20 Armand & Michelle, Ron & Susie went to the Wells/Ogunquit Motel & Resort for the VT-A weekend Get-Away. Lots of rides even at Sunrise which Ron was delivering fresh DD coffee to all those going on the ride. Other rides left later at 9:00am to go have a kite flying contest and Armand won the first kite in flight. There were rides to the coast for lunch. VT-A served a Lobster and Steak tips dinner that was better than any restaurant could have done. Dick Bernier NH-A was the DJ and had us doing Karaoke. Lots of Fun was had by all.

Oct. 9-14 Ron & Susie Black with John & Carole Sheehan NH-G went on a 6 day road trip to Killington, VT where we met up with VT-A for a ride to Smugglers Notch with breath taking views of incredible foliage. The next day we met NY-K members at the Cold Hollow Cider

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Mill in Waterbury, VT, They were excited to meet us. Later we went on to Lake Placid and stayed the night in Lake George and back to VT. to ride up Mt. Equinox then stayed the night at The Big Bear Lodge in W. Dover VT. The last day we road up Mt. Greylock and road the Mohawk Trail to end our trip at Charlie's Olde Tyme Creamery what a great trip.

Sept. 26 was our first Sat. 11:30am Monthly Get-Together we were joined by Judy & Chuck Fowler VT-A who just wanted to visit and have lunch with us. After lunch Fred & Lisa LeBlanc lead us on a nice ride to Kimball's in Westford, MA.

On Sun. Oct. 25 9:30 a.m. we will meet at The Jaffrey Country Cafe, one of our sponsors, located at 80 Peterborough St. Jaffrey, NH (across from McDonalds) for breakfast. Then at 10:00 a.m. do the Fund Raiser Raffle Drawing. If the weather is nice we will go on a ride.

On Sat, Oct.31 at 11:30 a.m. at JP Stephens in Rindge, NH Our Monthly Gathering will be a Halloween Costume Party, come and win a prize for best costume. Come with ideas for how to advertise for GWRRA and we could win a Grant of \$200.00. Ideas need to be submitted by Dec. 31, 2015.

We are coming up with ideas for a new Logo to add to new Chapter shirts. This may take a good part of the winter to complete. The people at Bulldog Shirts are willing to work with us. Any and all ideas are appreciated.

On Saturday, November 14, we will meet at 11:30 a.m. at JP Stephens to schedule 2016 rides and winter events. Please come join us with your ideas. Also if you cannot show up please submit your ideas by email.

On Oct. 6 our first Snow Bird took flight. Pat Thibaudeau is now in Florida.

Ron & Susie Black

GWRRA NH-E Directors

(603)532-9342



NY-K, NH-G, NH-E at Cider Mill



*Our own Chapter Educator
Fred Leblanc, a man of many
Talents!*



*Carol S, Bill, Dee, Susie capturing Flag
From NH-G*



VT-A Beach weekend



Fred, Lisa, Hazel, Bob and Ron

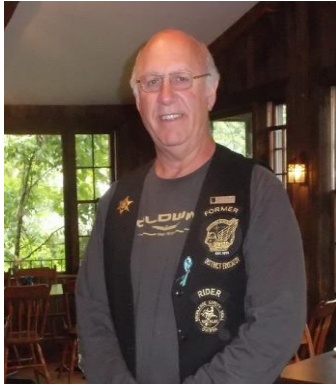


*NH-E Trivia, What two owners in Chapter E
owned this bike, what color was it?*

UPCOMING EVENTS

- | | | |
|----------|----|---|
| October | 25 | (Sunday) 9:30 a.m. Chapter breakfast and fund raiser raffle at Jaffrey Country café, ride following weather permitting. |
| October | 31 | (Saturday) Chapter Get together J.P. Stevens 11:30 A.M. |
| November | 1 | Polar Ride ???? |
| November | 14 | Winter Events/ Ride Schedule planning meeting for 2016 |
| December | 6 | NH-E Christmas Party J.P. Stevens |

Chapter Educator
Fred LeBlanc



In this day and age of cell phones and general distractions, being seen is now a critical issue more than ever. Traditional motorcyclists have usually worn black jackets or blue jeans as standard riding apparel.

Many occupations conducted outdoors wore the same color scheme. But just ride down the road now and we see construction workers, police officers, firefighters, rail workers, refuse collectors, and many others now wearing Hi Visibility colors. Why you ask...so they can be seen. The same holds true for motorcyclists. The other day I was stopped at an accident waiting for traffic to flow; two officers were about 200 feet ahead. One wearing a Hi Vis vest and the other his standard blue uniform. I could clearly see the Hi Vis officer waiving traffic through and did not even notice the other until I was closer. The same situation occurred the other night when I saw a person walking their dog at night. What I saw from the distance was the reflective leash and harness on the dog and the vest on the person. Without those I never would have seen them until dangerously close.

All of this has to do with the spectrum of the eye. There is a phenomenon called “in attentional blindness” that relates to things people fail to see even though they are in the direct line of sight. The classic example is the car that pulls out in front of a motorcyclist. The car driver expects to see another car but when the driver doesn’t the motorcycle does not register in their mind.

All the more reason to have something that triggers the mind to see you coming. A means to increase visibility is specific colors. The spectrum of the eye is more sensitive to bright fluorescent colors of neon yellow, orange, and green. Night time visibility counts on material that reflects light. In the case of the walking dog it was that material that I saw first. So a combination of the two gives us an advantage over the traditional riding gear. A fact that I never realized was that blue is a color that is more difficult to see along with black. The two basic colors we’ve all worn for years. Fortunately we have seen the styles of motorcycle gear change so we now find riders accepting the Hi Vis gear because it looks cool.

My wife and I have two Hi Vis vests that we are able to don over any riding gear. This gives us the option of wearing different levels of gear and still have Hi Vis over it. Mostly all the major manufacturers of riding gear offer the Hi Vis clothing. Whatever your choice is, try to invest in some Hi Vis option. I like being seen. Do you ?

Typo error to last month’s article: Do Not cut in front of trucks or buses.

Chapter Newsletter Editor Notes Pat Thibaudeau



Hello Everyone

Joy and I arrived in Florida on October 6th, after an uneventful flight, which was great. Joy behaved herself thanks to composure treats and no one knew she was on the plane. She is a great companion, as she gently purrs and talks to me with her very vocal meows.

It was great having breakfast with Chapter E before leaving, and hopefully I will catch up with some of you when I return to MA. in December. It is wonderful to see Lisa and Fred LeBlanc participating in NH-E once again, as so many of our original members are unable to participate in our Chapter due to various health issues, and/ or leaving the area. I hope to visit with Margo and Bruce Koch sometime within the next month as I am anxious to see them, and their two little dogs

I know that the leaves are falling and everyone is trying to get in their last bike rides of the season, so please remember that the leaves on the roadway are very slippery. Until next month, Ride Safe, and stay warm. *Happy Halloween*
Pat

PS Rod Stone, I think of you often in Florida, pink flamingos everywhere



Happy Birthday

Happy Anniversary

Belated Anniversary wishes to Lisa and Fred Leblanc who celebrated their anniversary on September 24th!

October

October

Karen Zitnay	October	4
Armand Guilette	October	10
Ted Zitnay	October	14
Lisa LeBlanc	October	18

Bob and Hazel Young	October 2
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November

November

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

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

GET WELL WISHES: BEV BUSHEY





OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

We feel safer when we think domestic violence happens somewhere else to someone else.

In reality, domestic violence occurs in our neighborhoods and in our families. Anyone can be a victim of domestic violence, regardless of race, age, ethnicity, sexual orientation, or economic status. Abusers control and terrorize our daughters, bosses, sisters, friends, and even our sons – who are most often abused by their male partners and sometimes their female partners. While I work to end domestic violence for so many reasons and in honor of so many people, rarely a day goes by when I don't connect the work I do to the life and experiences of my aunt; a highly respected doctor and beloved mother.

There is a myth that women who are victims must have low self-esteem, but this is exactly that: a myth. My aunt was a trail blazer. She went to medical school when most women were told that their career options were limited to nurses, secretaries or teachers (three honorable and critical fields, but a narrow list at best). When my aunt was assaulted by her former partner, she tried to get the local justice system to hold the offender accountable. When the justice system failed her, she moved 500 miles to keep her and her children safe. She testified in front of the state legislature to help improve a system that would create a safer world with effective and real protections for victims and their children.

Never doubt that all survivors are incredibly strong. They get up every day knowing that the person who should be most supportive will likely spend the day threatening to harm the children and pets, controlling and monitoring their activities, and verbally or physically abusing them. Victims get out of bed every day despite the odds against them to persevere, raise their children with love, and make the world a safer place for the next generation.

As Domestic Violence Awareness Month comes to an end, let us all continue to do our parts to make the world safer for our aunts, colleagues, neighbors, and the next generation. Here is what you can do:

Continue to bring up the issues of controlling partners, encourage healthy relationships, and talk about what safety at home means wherever and whenever possible. You never know who you might reach and whose safety you might increase.

Never tolerate a friend or relative belittling or controlling his or her partner. Tell your friend or relative that what they are doing is not okay.

Donate new items and gift cards to a local shelter throughout the year. Your gift can ensure that moms residing in an abuse shelter feel supported on Mother's Day and children wear a new backpack filled with school supplies when they walk down the shelter steps to their first day of school.

Sign up to receive NNEDV's action alerts and tell your elected officials that ending domestic violence is important to all of their constituents.

Donate critically needed funds to NNEDV, your state coalition, and local program. Your donation helps us keep our lights on, our phone lines open, and allows us to work valiantly every day to make the world safer.

While there are so many good causes, rarely will you find an issue that impacts 1 in 4 women. It is likely that someone in your neighborhood, office, or extended family is in danger right now from an abusive partner.

Thank you for helping us raise awareness and end domestic violence throughout this past month and going forward.

- *Written by Cindy Southworth, Vice President of Development and Innovation*

Read **DVAM Blog Series #1**: Each day, 3 women die because of domestic violence

District Notes:



Not sure if I missed Ed's article, please check the NH/VT District website

ED Heath
District Director

Jaffrey's Country Cafe

Dine in		Hours of Operation
~		Mon-Wed. 7am-2pm
Take Out		Thurs-Fri. 6am-2pm
		Sat-7am-2pm
		Sun-7am-1pm

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