



New Hampshire CHAPTER E

Cyprus Grove Restaurant
ROUTE 119 Rindge, N.H.

MONTHLY MEETING - 8:00 A.M.
LAST SUNDAY OF THE MONTH
"WHERE GOOD FRIENDS MEET"

Webpage <http://www.gwrranhe.com>

September 2009

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NH-E Director's Message



Welcome to Autumn everyone. What a beautiful time of year. The only downside is that the end of the riding season is quickly approaching. You can feel the chill in the air each morning but the afternoons warm up.

This month really flew by. All the preparation for our Hobo Stew kept us hopping but it was worth it. The day was quite a success. We collected over 425 cans of food for the food bank !!! This year has been a particularly difficult one for many families and this contribution will help feed a lot of people. Once all the expenses have been tallied a cash contribution will also be made to the food banks so that Thanksgiving Baskets can be given out to those in need. Thank you all for your participation.

On the 20th our Chapter E had a great showing at the MA-W BBQ, (no thanks to Ted & I, but we did enjoy the wedding in New York). The BBQ is always a fun time and we look forward to it each year. Thanks to all those that attended. MA-W supports a great charity.

Coming up on Sept. 27th after our NH-E Gathering will be the NH District Picnic at the High Tides Restaurant in Hillsboro, NH. The District will provide drinks and dessert along with paper goods. You may pack a picnic lunch or purchase a meal at the restaurant. We hope to see you all there.

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Also, on our upcoming events list is the NH-G Fall Foliage Ride on October 11th. It is always a fun day and a beautiful ride. Let's hope for a bright and sunny day.

We all need to be aware of the upcoming Flu season. This year they predict a very serious outbreak. If you get the opportunity, please consider getting the flu shot. For more information regarding the flu please refer to the article from Debbie Casale on page 8 of this newsletter.

**Hope to see you at our next meeting on the 27th,
Ted & Karen**



Chapter Educator:

SUBJECT: Autumn Leaves: Pretty – and Pretty Dangerous

Well, it's that time of year again. The leaves in our area will soon be bursting with color, and indeed, our northeast region boasts one of the best areas in the country to view these spectacular colors. However, we cannot forget that these same beautiful leaves can also be extremely dangerous, for a whole variety of reasons.

First, and most obvious, is that when the leaves begin to fall, they are still loaded with sap and moisture. A collection of these leaves on the roadway can be as slippery as ice, especially on a wet or damp roadway, such as after a rain shower, heavy dew, or frost.

Also, even after the leaves have dried, they can also cover up a variety of dangerous "gotcha"s, such as potholes, sand and gravel, and sharp road debris. In fact, these dangerous elements tend to collect and keep the leaves in and around themselves. Therefore, even though the temptation might be great to ride through a pile of leaves and spray them about, we really should resist that temptation.

Another reason that leaves can be dangerous is that while we are looking at the vibrant colors, it can take our minds off our primary objective – riding safely. We need to keep our attentions focused on the roadway and all of the usual hazards (other vehicles, pedestrians, bouncing balls, etc.), *plus* the slippery leaves.

Finally, please keep in mind that other drivers are also distracted by the beauty of the colorful leaves. They are paying even less attention to us and their own driving (is that even possible ???), therefore putting us at further risk. It is one more thing we need to be aware of, and paying even closer attention to, this time of year.

This is not to dissuade anyone from enjoying the riding on these crisp, autumn days and taking in the beautiful New England scenery, but please just keep in mind that we need to be a little extra vigilant at this time of year.

**Ted Zitnay
Acting NH-E Chapter Educator**



Newsletter Editor:

As I expected the HO-BO'S had a good day and the good weather I sent was appreciated. Needless to tell you I was wishing I could be there. At times I said [to myself] "They must be having donuts", "The games must be going on now", "Oh, the stew time is on". I heard the many new comrades pitched right in for a perfect fit with chapter E seasoned members. Hoping to meet them soon.

I guess I missed the riding days with you and sure hated to hear those motorcycles out on Route 2 EVERY NICE DAY we had. Almost feel guilty to admit the rainy days made me somewhat sad for those of you who could be out.

Sure hope the next biking SEASON will find me on the wing with Paul and all of you too!!!! I missed the COMARADERIE. When we joined in 97 I heard that word and laughed thinking of war days and Adolf HITLER. Did chuckle but now I know the meaning of friends to share good laughs with!!!

Well get in those last rides and I plan to get out by the SPRING!!!!!!!!!!!!!!!!!!!!!!

Take care and let that threat of those flu bugs pass you by..... We plan to!!!

Loretta & Paul Zamitis N H E EDITORS



District Notes:

Our long awaited summer was here ever so briefly and it appears it is already gone. Children are back in school and Monday is Labor Day. It hardly seems possible, but Dick and I have been District Directors for a year already, and we have enjoyed our duties very much. We have been able to visit each of our chapters, and have met many new friends in our GWRRA family. We hope to see our membership in GWRRA continue to grow, and most of all we hope to retain all of our current members. This is your District; Dick and I are here to assist and support all of the New Hampshire members and we welcome your comments and suggestions.

All of you, in GWRRA are part of our extended family and we realize that many of you have experienced some difficult issues this riding season. Some have had illnesses themselves or within their families that have prohibited them from riding as much as they would like, (some have not been able to ride at all); others have experienced financial difficulties due to changes in their employment situation. Please remember if ever anyone needs anything please feel free to contact us or any members of your GWRRA family. **WE ARE HERE FOR YOU.** We miss those of you who have been unable to join us this summer; you are in our thoughts and prayers.

Our District Picnic will be held Sunday September 27th at 12:00 at the High Tide Restaurant in Hillsboro, NH. The District will provide drinks and dessert along with paper goods. You may pack a picnic lunch or purchase a meal at the restaurant. There is both indoor and outdoor seating available, and this is a rain or shine event. We would like to take advantage of this opportunity to discuss any issues or suggestions you may have for our District along with any thoughts you would like to share regarding next years rally in Gorham. New Hampshire is the host state for the rally and it is our opportunity to *SHINE*.

Last Saturday, Dick and I had the pleasure of joining Chapter NHG for their first progressive dinner. We had a great time, the food was yummy, so much to eat, and in true GWRRA fashion, we had choices of all kinds of ice cream sundaes for dessert, with or without brownies!! **We enjoyed visiting with all of you, thanks for welcoming us into your homes.** Although the weather was rainy, it did not dampen the spirits of those attending the dinner. We want to give special recognition to **Jim Venne**, who was a great sport and joined in the dinner festivities, even though we overheard rumors that Jim was not to fond of the original dinner plans.

Chapter NHK held their first fund raiser on Sunday. Unfortunately Dick and I were not able to join in the festivities, but we understand everyone enjoyed the mini golf tournament and that the event was a huge success. Way to go Chapter NHK.

In closing, enjoy the remainder of your riding season, cold weather will be here quicker than we would like. Have a fun and safe Labor Day.

Until next month,
Ride safe, Ride Often
Pat and Dick



***District Picnic
September 27, 2009
High Tides Restaurant, Hillsboro, N.H.
District will provide, drinks, dessert, paper goods
Bring suggestion for NH District and for 2010 RALLY***

Regional Notes:



Lorraine and Earl Knight
Region B Directors

When last we met— we had just returned from the New England rally and were headed for a whirl wind of a month of August. Well, we were home 1 weekend in the month of August. (That is why this newsletter is late again this month.) It was just enough time to celebrate our son and daughter-in-law's birthdays, do some back-to-school shopping for our granddaughter Briana (going into Grade 2) and some school shopping for our other granddaughter Caroline (entering Pre-K). We were informed by her that she was not going "back-to-school" because she had not been "to" school yet.

Anyway, after spending some quality time with this family, it was back to spending some quality time with our GWRRA family (and quality time it was, too!)

New York/New Jersey Bi-State Rally

The first weekend found us in Norwich, NY for the first Bi-state rally along with Bob & Judy Burns, RI District Directors. Under the skillful, direction of Ed & Dottie Bahrenburg and Jorge and Julia Perez, this was an overwhelming success all around. The rally staff from both districts, worked harmoniously together just like a well directed symphony, with each person knowing their part in keeping everything on key and flowing perfectly throughout the weekend—all while making it look easy and FUN!

The biggest question was, "How do you serve 400 people in a banquet room that only seats 300?" Together, as a team, the committee found a solution to **make it work** so no one would be turned away from the delicious food and FUN. Together, there was always a solution to any problem. It was all about team work....and it worked.

One of the big benefits to this entire event was the incredible cooperation and support from the town of Norwich and the Host Hotel staff. Because of this, (among other things) the rally was able to present the delegates with a realistic Crash Scene Response Re-enactment. The town provided an outdoor public address system, 2 patrol officers with 2 patrol cars, 2 rescue vehicles as well as making a "live" 911 call line available. They even included the "crashed motorcycle" and some bleacher seats that they set up at the intersection of the crash site strategically placed under a large shady elm tree. We couldn't ask for anything more.

Check out the links below to the front page newspaper articles that the local newspaper ran covering the details of the rally.

Thursday, August 6th. <http://www.evesun.com/news/stories/2009-08-06/7594/Honda-Gold-Wing-bikerrally-starts-today-in-Norwich/>

Friday, August 7th. <http://www.evesun.com/news/stories/2009-08-07/7602/Norwich-greets-Gold-Wing-Riders/>

Monday, August 10th. <http://www.evesun.com/news/stories/2009-08-10/7615/Lighted-parade-highlight-of-Gold-Wing-Rally/>

So, after getting home from NY, doing some wash and paying a few bills, it was off to Johnstown, PA. But, in true GWRRA fashion, we detoured and let Mrs. Garmin plan an exhilarating ride along scenic byways through New

York, touring the gorgeous windy back roads filled with scenery in every shade of greenery imaginable. By design, we landed in Corning, NY. There we (along with Joel Johnson, our Region Treasurer) met up with Bob & Hazel Young, former NH District Directors, and Bob & Kay Hamel, former NH Assistant District Directors. We all arrived at our hotel within 15 minutes of each other, exchanged hugs, checked-in and asked each other, “Where is the closest ice cream stand?” Actually, our primary purpose for this side trip was to visit the Corning Glass Museum, where Bob Hamel’s neighbor had an exhibit of several pieces from his handmade glass collection. We found his collection, all right. One piece alone was worth \$17,000. That gives you an idea about the caliber of glass displayed in this Museum. It may not sound exciting, but this place would make for an exciting chapter weekend destination. Admission includes a 2 day pass (which takes 2 days to see all the artifacts and demonstrations) and an impressive, educational, display of everything relating to glass from Pre-historic, Egyptian, European and Early American to present day faux art- deco glassware.

Pennsylvania District Rally

Now it was time to head for the REAL FUN, Johnstown, PA to celebrate “THE STONE AGE—back to BEDROCK” in honor of the PA District Directors, Chuck and Evelyn STONE. So it was no surprise that Fred, Wilma & Pebbles Flintstone along with Dino were in attendance all weekend long. Lucky us! We made it to Johnstown just in time for the brontosaurus bash. We sampled some scrumptious brontosaurus burgers. Funny, they tasted just like our modern day hamburgers.

The “Residents of Bedrock” were busy all weekend long. They competed for a championship in “The Stone Capades”. Then they dressed in their Bedrock Sunday best attire and proudly presented their Prehistoric Pet along the streets in the Prehistoric Parade. (It is unbelievable what things members will wear in the name of GWRRA FUN!) Following the parade, it was our honor to judge the cutest, most original, most emotional, most endearing, most perfect prehistoric pet. Somehow, we whittled it down to one, but, truth be told, they were all classic, quality perfect specimens and worthy of a perfect score. After leaving the pets home, our friends from Bedrock had a wild night at the bowling lanes. They teamed up in their best prehistoric bowling shirts and rocked the house. Again, it was our dubious honor to find the most enthusiastic original bowling team attire. What fun we had, and what a pleasure for us to have served as judges in these fun activities. These antics just prove that Pennsylvania is definitely rich in diverse talent.

Congratulations to Chuck Stone and his entire rally committee for doing a fantastic and outstanding job in making their rally FUN for everyone. Their organizational skills and team approach to hosting a successful rally year after year, makes it look so easy and such FUN while working as a team. GREAT JOB EVERYONE!

New Jersey District Picnic

How do you follow an act like these last two intense rallies? Well, you ask the New Jersey District to host a picnic. What do they come up with? Why not have a picnic onboard the USS New Jersey battleship and invite some out of state guests besides the district. Be careful what you wish for. The result was a cut-off of 500 registrations and disappointing another 100. Because of the overwhelming response, a parade from the host hotel to the battleship had to be organized with short notice. Over 300 motorcycles were escorted by police cruisers from three different towns over a 5 mile parade route. The bikes were all strategically parked along the pier, thus creating an impressive image of pride and respect for our home and country. This moment was captured by an aerial photo from a helicopter above, who was invited to the picnic as well.

Upon embarking onto the battleship, we were escorted to the fantail where tents were set up for the picnic and a memorial ceremony to open the day’s events.

One of the most shining memorable moments as region directors we will ever remember, is the honor we had to be asked to toss a wreath out to sea, in a tribute of remembrance for all of our deceased GWRRA members. Jorge & Julia Perez had the honor of tossing a wreath in honor of all deceased veterans. To say this was an extremely emotional event is an understatement. By the end of the day, we all went home with a memory of a unique experience and a warm feeling of friendship, family, home and country.

We headed home the next day, on a high note, knowing that if it were not for our membership in GWRRA, we would not have had all this Fun, friends and memories that will last us a lifetime.

God Bless GWRRA and all its members!

Lorraine & Earl Knight



National Notes:



Reminder about the NEW RECOGNITION PROGRAM

Melissa Eason, announced a new Recognition Program back in January. The program began January 1, 2009 and will run through December 31, 2010

This program is designed to say thank you to all GWRRA Members for sharing GWRRA with other motorcyclists. For every two new households you recruit, you will receive a \$5 gift certificate that could be used for Goodies, Membership Renewal, or for Wing Ding Registrations. There are no limitations on how many certificates you can receive but they are non-transferable and only valid for one year.

We have brought back the Hanger Tags to help our Members take part in this program. The Hanger Tags, for those who are not familiar, are cardstock, pre-addressed forms that you can fill in a potential Member's information, and they can receive a FREE copy of *Wing World* magazine or even join GWRRA right then and there. Or you can simply place the card on someone's antennae, if they are not near their Gold Wing and they can fill in the information and mail it in later. Make sure you add your information, so you can get the recruiter credits! All you have to do is e-mail or call Customer Service, and they will be more than happy to send these great recruiting tools to you.

Call 800-843-9460 or 623-581-2500 to get more information or to receive your Hanger Tags NOW!



From Our Region Newsletter Editor

Debbie Casale

Key Facts About Seasonal Influenza (Flu)

Well...hate to be the bearer of bad news...but rumor has it that we are in for a nasty “Flu Season” 2009/2010. Being in the health care industry, I certainly want to keep up on the latest information. Health care facilities, along with information from the CDC in Atlanta, have been very instrumental in alerting the public about “Swine Flu”. So, I thought I would share some things I’ve learned from the CDC with all of our GWRRA family.

What is Influenza (Also Called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year.

Every year in the United States, an average:

- 5% to 20% of the population gets the flu;
- More than **200,000** people are hospitalized from flu-related complications; and
- About **36,000** people die from flu-related causes.

Some people, such as older people, young children, and people with certain health conditions (such as asthma, diabetes or heart disease), are at high risk for serious flu complications.

Symptoms of Flu include:

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- stomach symptoms, such as nausea, vomiting and diarrhea also can occur, but are more common in children than adults.

Complications of Flu can include:

- bacterial pneumonia
- ear infections
- sinus infections
- dehydration
- Worsening of chronic medical conditions, such as congestive heart failure, asthma or diabetes

How Flu Spreads

Flu viruses are thought to spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it, and then touching their mouth or nose. Most healthy adults may be able to infect others beginning one (1) day before symptoms develop and up to five (5) days after becoming sick. That means that you may be able to pass the flu to someone else before you know you are sick, as well as while you are sick.

Preventing Seasonal Flu: Get Vaccinated

The single best way to prevent the flu is to get a flu vaccination each year. There are two types of vaccines:

- **The “Flu Shot”** – an inactivated vaccine (containing killed virus) that is given with a needle. The flu shot is approved for use in people six (6) months of age or older, including healthy people and people with chronic medical conditions.
- **The Nasal-Spray Flu Vaccine** – a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). LAIV is approved for use in healthy people 2-49 years of age who are not pregnant.

About two weeks after vaccine, antibodies develop that protect against influenza virus infection. Flu vaccines will not protect against flu-like illnesses caused by non-influenza viruses.

When to Get Vaccinated

Yearly flu vaccination should begin in September, or as soon as vaccine is available, and continue throughout the influenza season, into December, January and beyond. This is because the timing and duration of influenza seasons vary. While influenza outbreaks can happen as early as October, most of the time influenza activity peaks in January or later.

Who Should Get Vaccinated

In general, anyone who wants to reduce their chances of getting the flu can be vaccinated. However, certain people should get vaccinated each year, either because they are at high risk of having serious flu-related complications or because they live with or care for high risk persons. During flu season, when vaccine supplies are limited or delayed, the Advisory Committee on Immunization Practices (ACIP) makes recommendations regarding priority groups for vaccination.

People who should get vaccinated each year are:

- children, age 6 months up to their 19th birthday
- pregnant women
- people 50 years of age and older
- people of any age with certain chronic medical conditions
- people who live in nursing homes and other long-term care facilities
- people who live with or care for those at high risk for complications from flu, including:
 - health care workers.
 - household contacts of persons at high risk for complications from the flu,
 - household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated).

Use of the Nasal Spray Flu Vaccine

Vaccination with the nasal-spray flu vaccine is an option for healthy people ages 2-49 who are not pregnant, even healthy persons who live with or care for those in a high risk group. The only exception is healthy individuals who care for persons with severely weakened immune systems that require a protected environment; these healthy persons should get the inactivated vaccine.

Who should not be vaccinated?

Some people should not be vaccinated without first consulting a physician. They include:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination in the past.
- people who developed Guillian-Barré Syndrome (GBS) within 6 weeks of getting an influenza vaccine previously
- Children less than 6 months (influenza vaccine is not approved for use in this age group).
- People who have a moderate



Upcoming Events (see the ride schedule for more details):

- Sept 27 – NH-E Gathering followed by NH District Picnic
- Oct 4 – Gillette’s Castle
- Oct 11 – NH-G Fall Foliage Ride
- Oct 18 – Pickup ride
- Oct 25 – NH-E Gathering

Special Days:



Birthdays in October

Karen Zitnay	10/4
Armand Guilmette	10/10
Jim Bronson	10/12
Ted Zitnay	10/14
Liz Bronson	10/18
Lisa LeBlanc	10/18

Anniversaries in October

Hazel & Bob Young	10/2
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October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
					Bob & Hazel's Anniversary	3
4 Gillette's Castle	5	6	7	8	9	10 Armand Guilmette's Birthday
11 Karen Zitnay's Birthday	12 Jim Bronson's Birthday  Columbus Day	13	14 Ted Zitnay's Birthday	15	16	17
18 Pickup Ride Liz Bronson's Birthday Lisa LeBlanc's Birthday	19	20	21	22	23	24
25  NH-E Breakfast 8:00 Cyprus Grove	26	27	28	29	30	31  Halloween

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1 Daylight Savings Time Ends	2	3	4 Steve Roy's Birthday	5	6 NH-A Extravaganza Weekend	7 NH-A Extravaganza Weekend
8 NH District Meeting - Gorham NH Roger & Bev Packard's Anniversary	9 Ron Jones' Birthday	10	 11 Veterans Day	12 Michelle Shepard's Birthday	13	14
15	16	17 Tammy Collier's Birthday	18	19	20	21
22 Tony Dichard's Heart & Kidney Anniversary	23	24	25 Dick & Pat's Anniversary	 26 Thanksgiving Moe Bailey's Birthday	27	28 Matt Pellerin's Birthday
 29 NH-E Breakfast 8:00 Cyprus Grove	30					