



# Red Knights

Mass Chapter 2 — January 2009

<http://www.rk-mass2.org>

*Loyal to Our Duty*

From the President's  
Desk

Welcome to 2009! In the November 2008 AMA "American Motorcyclist" magazine there was an article about *Arm Chair Motorcycling*. The author said that, "When you cannot ride, you can always read!" I agree. Reading about bikes, whether it is in magazines or in books will help you be a better rider. Don't just read the fun stuff about the new styles, new bikes, new gear, and new chrome — also read about your skills and how to keep them sharp and improve on them. Read what others like yourself say about their road trips, about their close calls, about their maintenance issues, about their love for the ride. Because all that knowledge that you can soak up into your head will make riding better for you.

But let's expand on the *when you cannot ride* idea a little bit more. When you cannot ride, you can come out with your Red Knights friends and:

Now is the time to start thinking about all those miles that we are going to ride in the New Year. In 2008 our chapter as a whole rode 168,112 documented miles — **WOW!** Let's set a goal of 200,000 FUN miles for 2009!

What a great thought it would be to boast that all our members joined us in a RKMC event during 2009. Whether it is on a bike or in four wheels, we hope that you can all join us at some time during the new year.

If you have not gotten your end '08/beginning '09 mileage in, drop Kevin Martin an email or call so he can log you in to this year's "race for the mileage." Terry Attwood was the top mileage getter for 2008 with 16,840 miles in the saddle, with Armand Guilmette a close second.

Best wishes to all of you for a blessed and happy new year!

are involved. So take advantage of those miles — no matter where they take you, and we will see you on the road in 2009!

Ride safe...

- Come to the breakfast clubs (and laugh and eat),
- Come to our day of Curling (and laugh and eat),
- Come to the Boston Bike Show (and laugh and eat),
- Come to our Winter Pot Luck and Sledding Party (and laugh and eat).

Part of the winter is the opportunity to think about all those miles you did in 2008 as well. Those miles may be on your own or with the club, but they are still memories. As you day dream in the stories written by the national motor-journalists and their exploits in the magazines, remember that the authors are just like you and me. Yes, they may get to visit all the rallies and try out new bikes as they travel on their employers' dime via two wheels. But they also take advantage of their "routine" transportation needs via their motorcycles while at home, just like we do. Recently Clem Salvadori wrote, "I have a mildly regulated life, like making a noon-time run to the post office six days a week. The shortest round trip to the P.O. is 4.8 miles, though I have been known to extend it to 43."

I can relate to that statement. While on our bikes, the shortest distance between two points is not necessarily a straight line — so that errand to Wal-Mart that takes 50 miles is an option to be taken on occasion!

Some of those miles we traveled in 2008 were to places like Sandusky, Killington, Lake George, Wells and Hampton Beaches — and some were for a gallon of milk, a cup of coffee, a stop at the hardware store, or our commute to work. They are all good miles and I look forward to the 2009 riding season with some miles solo, some miles with Diona as my co-pilot, and some miles with each of you.

Life is short, and best savored every day, every hour, every minute (and every mile). Savored especially when motorcycling and our motorcycling (and Red Knights) friends

## Mass Chapter 2 Motorcycle Safety Foundation Rider Education Scholarship

The chapter is again providing MSF Rider Scholarships for 2008. We will be giving out two basic rider course scholarships that are available to anyone and two experienced rider course scholarships that are available to our members.

Deadline for submission is **February 1, 2009** and the scholarships will be awarded in March. An application for the scholarship is enclosed and they are also available on the webpage.

Please share the scholarship information with someone who would benefit from the training program.

Please help us get the word out about the Red Knights and our scholarship program by posting the scholarship flyer (enclosed) at your local fire department and your favorite local bike shop!



Don't forget to join us for an afternoon of Curling and a pasta dinner starting at 1:00 p.m. on Sunday, January 18 at the Petersham Curling Club. (Curling with lessons and then our pasta dinner later in the day)

*On the road with our friends...*

- Our first Breakfast Club meeting in October saw the mercury on the thermometer struggling to reach 30 degrees, but we still had seven bikes and two-four wheelers. After a stop for a couple of pancakes and sausage we were out enjoying the blue skies with a stop at the Hardwick Vineyard — and then most of the group headed south to Storrs and UConn ice cream; because it is NEVER too cold for ice cream! Our December breakfast was amidst a snow storm, but we still had a handful of members dodge the snowflakes to share a hearty breakfast!
- It was a cloudy and cool day in October for Ashburnham's dedication parade for their new FD/PPD complex—but we had a dozen bikes show up adorned with flags to participate in the festivities. It was a great community celebration and thank you's go to our members in Ashburnham for inviting us along!
- Our Polar Bear Ride lived up to its name this year! It was 20 degrees when I rolled out of bed, 31 degrees as we left the house, and I think it averaged about 36 degrees on the ride. But all that said we ended up with 15 bikes, and 21 people by the time we stopped for lunch at the Penn Valley Restaurant in Barre. We also made a stop at the Red Knights Memorial in Boylston to leave a tribute on behalf of the chapter for our members who are no longer with us.



**Membership news...**

Our sincere condolences go out to Phil and Bea Jordan and their family on the passing of Phil's dad. Russ was a member of our chapter in the early years and loved to ride with the Red Knights. Also, our condolences go out to Lori and Rick Oliver on the passing of Lori's grandmother.

Congratulations to our friend Kent Armstrong of Vermont-2 on his appointment as RK International Quartermaster.

It's 2009—another new year and another opportunity to improve ourselves and the lives around us. Look to our K-9 friends for some guidance when it comes to this year's New Year's Resolutions:

- Never pass up the opportunity to go for a joyride.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- When loved ones come home, always run to greet them.
- When it's in your best interest, practice obedience.
- Let others know when they've invaded your territory.
- Take naps and stretch before rising.
- Run, romp and play daily.
- Eat with gusto and enthusiasm.
- Be loyal.
- Never pretend to be something you're not.
- If what you want lies buried, dig until you find it.
- When someone is having a bad day, be silent, sit close by and nuzzle them gently.
- Thrive on attention and let people touch you.
- Avoid biting when a simple growl will do.
- On hot days, drink lots of water and lie under a shady tree.
- When you're happy, dance around and wag your entire body.
- No matter how often you're criticized, don't buy into the guilt thing and pout. Run right back and make new friends.
- Delight in the simple joy of a long walk (or that long awaited first ride of spring).

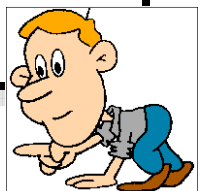
## Winter Potluck

- Saturday, February 14 (Valentine's Day!)
- 1:00 pm
- Outdoor sledding if Mother Nature allows!

We'll be meeting at the new Ashburnham Fire Station on Route 101 in Ashburnham to take advantage of their new, spacious quarters.

Bring a dish to share and something to wet your whistle and we will share stories from the past and look ahead to the new riding year.

We will have the ride schedule for 2009 printed and ready for distribution – so don't miss it!



It won't be long and we will be planning our week at Americade! We had 21 people show up at the Dembek's in Athol to watch the 2007 Americade DVD to help us endure the long hiatus away from Lake George!

## HAVE YOU THOUGHT ABOUT THE 2009 CONVENTION YET??

The Sunshine State welcomes and awaits The Red Knights International Firefighters Motorcycle Club for its 27th Annual Convention August 19th – 22nd 2009.

The Bahia Mar Resort and Spa [www.bahiamarhotel.com/](http://www.bahiamarhotel.com/) is the official location for the convention in Ft Lauderdale. The resort's surroundings offer 44 acres along the Intercoastal waterway. Walk the docks of the oceanfront marina, home to many of the world's finest luxury yachts. Stroll across our skywalk to Ft Lauderdale Beach where you can soak up the sunshine on the shores, and enjoy countless water sports, ranging from sailing and sport fishing to jet skiing and diving.

Early registration on or before 3/1/09 at \$65.00 per person entitles you to enter a raffle for THREE FREE NIGHTS AT THE HOTEL AT CONVENTION.

Registration includes Convention Journal, Convention Pin, Goody Bag, Hospitality Room, Continental Breakfast Every Morning, Friday Ice Cream Rides and RKMC License Plate Dedication, Bike Show, Saturday Banquet Supper and Entertainment, and the Sunday Breakfast.

Registration From 3/2/09 to 7/30/09 \$65.00. After 8/1/09 \$80.00. Deadline Date For Convention Registration is August 10.

## Guy's Day out in Boston 2009

The Boston Motorcycle Show is the weekend of February 7-8 at the Bayside Expo in Boston.

It is always a great time looking at all the bikes, vendors, and wares at this show. Come join us on **Saturday, February 7.** We will meet at the Leominster train station about 9:00 a.m. for the ride into Boston and see if we can find our way — and always with a smile and a laugh!



A stop at the Red Knights Memorial on our Polar Bear Ride in November.



Some say the world will end in fire, Some say in ice.  
From what I've tasted of desire, I hold with those who favor fire.  
But if it had to perish twice, I think I know enough of hate  
To know that for destruction ice Is also great — And would suffice.  
*Robert Frost*

Our Christmas party was well attended with 39 members and friends — and was a haven for those of us bearing through the weekend's ice storm and extended power outages (that stretched into the next week)!

It was great to see everyone, especially Donna M. visiting home from Qatar and Les Berg from VT-2. As always, the food was fantastic with a roast beef dinner put on by the staff at the Apple Hill Farm. And we have booked the 2nd Sunday in December 2009 for next year's party as well.

We donated nearly two-dozen children's gifts to the Fishes and Loaves program... many thanks.

I hope you all had a wonderful holiday season and we will see you on the road shortly!

There were many stories to listen to as Donna Moreau told us of her first semester teaching in Qatar. With the warm (hot) desert temperatures, our New England December was a bit of a shock to her system!

One story she told is that she is the first female to have a license to ride a motorcycle in Qatar. Their laws forbid women from riding on two wheels. Donna had to get special permission and a special license to allow her to ride... and her new Sportster awaits her return back in the Middle-east.

Ride safe Donna, see you in June!



Our **Breakfast Clubs** have started up again! The riding season may have wound down, but that does not mean that the fun is going to stop.

**Every third Saturday** from October through April we will gather for breakfast and fellowship. Meet at the Westminster FD for 8:00 a.m. and we will discover a different breakfast haunt for the month.

January 17, February 21, March 21,  
and April 18



Road Captain training program ??!

If you have paid your dues for 2009 (Thank You) and have not received your membership card yet it should be enclosed with this mailing. If you have not paid your dues yet for 2009 (oops) this will be your last newsletter as we will have to purge our list soon.

If you have any questions, please contact Treasurer Tim Kilhart.

**A**s a member of the Red Knights, our primary mission together is fellowship between friends — and a “loyalty to our duty” as the club’s motto states. Our chapter is very fortunate to share friendships as we ride and laugh together, and enjoy each other’s company in whatever we do.

But, we can also offer each other an opportunity to improve ourselves. Improve as riders, improve as friends helping friends, and also improve by expanding our knowledge. It is always a good idea to share things we each have learned in our lives.

I wanted to share with you a great book that I read. It is “Blood, Sweat, and Second Gear” by Doctor Flash Gordon (yes, that is his real name). He writes the column “Medical Motorcycling” for Motorcycle Consumer News. His writings are medical snippets and how they relate and effect us as motorcyclists. This is a very good book with a lot of useful information, and I think all of you would enjoy reading it. I got mine through Barnes and Noble on line, but it is available elsewhere as well. Always strive to keep expanding your knowledge base and skills — sometimes that improvement is from physical skill practice and sometimes it may come from printed words... but any improvement for each of us is beneficial! So to do my share, here is a chapter from Dr. Flash’s book (*reprinted without permission*), for you to enjoy!

### FARTS — By Flash Gordon, MD

In cold weather, wearing a completely zipped up Aerostich and then eating a lot of beans is a hazardous combination. A well-made riding suit negates one of the true joys of motorcycling – being able to fart with impunity. Windproof clothing can preserve farts longer than you’d expect. Arriving at someone’s home, removing the ‘Stich, and releasing the fumes can be embarrassing. Here’s a suggestion – open the zipper for the last mile or so.

To tell the truth, human beings aren’t responsible for farts. The bacteria that live in our colons are the culprits – they produce methane (AKA, swamp gas), hydrogen and mercaptans, among other gases, after metabolizing nutrients you didn’t absorb. In other words, bacteria fart, not people.

Sadly, healthy diets can increase fart production. We all remember “Beans, beans, the magical fruit...” Beans cause farts because they contain certain oligosaccharides, which are the sugar molecules that we can’t break down, digest, and absorb. In addition to beans, other fruits and vegetables that contain oligosaccharides include cabbage, oats, wheat, chickpeas, peanuts, lentils, peas, soy-content foods, broccoli, Brussel sprouts, carrots, corn, leeks, onions, parsnips, and squash. For you Scrabble fans, these oligosaccharides are raffinose, stachyose, and verbascose. Such complex sugars are combinations of simple sugars that we normally have no problem digesting, like fructose, sucrose, galactose, and glucose. But since we can’t absorb them, these complex sugars pass through the small intestine and end up in the colon, where the bacteria live.

Your colon makes up about the last 4 to 6 feet of your gut, and is packed with E. coli bacteria. More than three-quarters of the weight of each bowel movement is live bacteria- no, *umm*, kidding. These bacteria love raffinose, stachyose, and verbascose, and consequently, the bacteria fart up a storm when these nutrients

arrive in the colon. Maybe the reason that these bacteria get away with farting so much is that it’s dark inside your gut, and the other bacteria can’t tell which bacterium is responsible, “Hey! Who did that?”

Some of the farts nastiest smell components are mercaptans which contain sulfur. Mercaptans also give natural gas its smell, and skunks us it in their, *umm*, perfume. When you eat foods with more sulfur, like eggs, cauliflower, and meat, more mercaptans are produced in your gut, causing the fart to smell much worse. Vegetarians (and vegetarian animals) tend to produce farts that aren’t anywhere as pungent as carnivores’ farts. Remember that when choosing a tent-mate.

Methane is common to all farts. Also, some substances in our food can pass unabsorbed completely through the digestive tract. Garlic, for example, contains substances that not only pass through your gut, but can even be found in your sweat if you eat enough of it. And although it has no odor, the nitrogen in the air many people swallow passes unchanged through the gut. And what goes in, must come out, as Fudd said.

If desired, you can prevent farts. I say, “if desired,” because most guys will probably admit, if questioned using a lie detector, that they don’t mind their own farts much. If you live alone in the wilderness and never see other human beings, controlling farts doesn’t make much sense. For those of us who don’t fit that description, here’s one useful tip: Soak your beans overnight and change the water at least once. This will remove many of the beans’ oligosaccharides, which will starve some of your gut bacteria.

Beano is a good fart preventer. It contains an enzyme that breaks apart the oligosaccharides that your body otherwise couldn’t digest; then, your own body can absorb the simple sugars that make them up. To use it, just add five drops to fart-producing food when you start your meal. It’s important not to add it to food that is too hot to eat. You’ll stop the action of the alpha-d-

galactosidase enzyme, and it won’t work. But when used properly, it’s quite effective.

We men know that farting is one of mankind’s oldest pleasures, and one of womankind’s oldest gripes. I almost believe there’s a Y-chromosome linked trait that lets men enjoy (or at least tolerate) farts – the absence of this gene leads to typical female repulsion. If you remember that wonderful scene from “Blazing Saddles,” everyone around the campfire was male. (Note: This scene was sadly chopped from the television version).

Here’s more proof that there’s a fundamental difference between the way men and women perceive farts. Many years ago, I felt a fart coming on. I said to my (then) girlfriend, “Listen!” I then proceeded to play the first seven notes of “Over the Rainbow,” using mostly methane. I was delighted and proud – I hadn’t played a wind instrument in years. She got up, got dressed, and left, and that was the end of the relationship. Go figure. Obviously, she didn’t appreciate music.

On the other hand, farts can be good news, as anyone who’s had intestinal surgery knows. After surgery, you won’t get any food ‘til you fart, which indicates that your gut is starting to work again.

The sociology of farts is interesting. We all know that after passing a silent fart we should look at someone else in the room, raise our eyebrows, and look away with a slightly pained expression. (Don’t try this with only two people in the room).

Another time-honored ploy is to say “Rex! Bad dog! Go outside!” shaking your head ruefully. This is a useful ploy, but you must know certain facts to make it work. First, the fart must have been silent (dog farts make no noise). Next, it requires the presence of a dog. If you try this on your cat, it will lose whatever little respect (if any) it has for you.

By the way, if “Rex” farts a lot, there’s a version of Beano that dogs can use. They like the taste, and it works very well. And it has the most perfect name of any consumer product I have ever encountered.

The product is called CurTail.

• • • • •  
• You didn’t expect the •  
• newsletter to be so •  
• educational did you !? •  
• • • • •



The Sunshine State Welcomes  
The Red Knights International Firefighters  
Motorcycle Club, Inc.

To The 27<sup>th</sup> Annual Convention August 19<sup>th</sup> - 22<sup>nd</sup> 2009  
Weather you ride down the East or West Coast of Florida  
There is plenty to do and see!

The Beautiful Bahia Mar Resort and Spa is the official location for the Red Knights International Motorcycle Club, Inc. Set your bearings for Bahia Mar Beach Resort and Yachting Center, located at 801 Seabreeze Boulevard, Ft Lauderdale, Florida 33316, Ph 954-764-2233. Where magnificent surroundings and legendary service await you. This time-honored destination offers 44 breathtaking acres along the Intercostal waterway. Walk the docks of the oceanfront marina, home to many of the world's finest luxury yachts. Stroll across our skywalk to Ft Lauderdale Beach where you can soak up the sunshine on our pristine shores, and enjoy countless water sports, ranging from sailing and sport fishing to jet skiing and diving.

Driver \_\_\_\_\_ Passenger \_\_\_\_\_

Address \_\_\_\_\_ State/Prov \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_ Arrival Date \_\_\_\_\_

Chapter/MAL \_\_\_\_\_ Departure Date \_\_\_\_\_

Mode of Transportation (circle) motorcycle with trailer plane auto

Early registration on or before 3/1/09 at \$65.00 per person entitles you to enter a raffle for THREE FREE NIGHTS AT THE HOTEL AT CONVENTION. One entry allowed per paid registration.

Registration includes Convention Journal, Convention Pin, Goody Bag, Hospitality Room, Continental Breakfast Every Morning, Friday Ice Cream Rides and RKMC License Plate Dedication, Bike Show, Saturday Banquet Supper and Entertainment, Sunday Breakfast  
**MAKE PLANS TO COME EARLY AND STAY LATE!**

Registration From 3/2/09 to 7/30/09 \$65.00. After 8/1/09 \$80.00  
Deadline Date For Convention Registration is August 10, 2009

Normal Registration \$65.00 per person times-----( ) = TOTAL\$ \_\_\_\_\_

Late Registration \$80.00 per person times-----( ) = TOTAL\$ \_\_\_\_\_

One Hour Air Boat Ride \$13.00 per person times-----( ) = TOTAL\$ \_\_\_\_\_

Thursday Night Boat Cruise & Diner \$ 37.00 per person times--( ) = TOTAL\$ \_\_\_\_\_

T-Shirts \$12.00 Each (circle) S M L XL XXL XXXL times-( ) = TOTAL\$ \_\_\_\_\_

DATE OF CHECK \_\_\_\_\_ CHECK # \_\_\_\_\_ AMOUNT OF CHECK \_\_\_\_\_

*PLEASE MAKE PAYMENT IN U. S. FUNDS, Thank You*

Make Payment To: RKMC FL Chapter 1 Contact: Club House Phone (954) 474-7291

Mail To: Treasurer Paul Comeau, 1402 N W 8<sup>th</sup> Street, Dania, Florida 33004