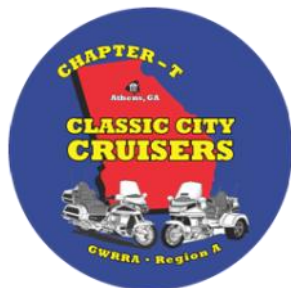


CHAPTER
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TEAM



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CHAPTER 'T' TEAM



Chapter Director From your Chapter Director!

- **Chapter Directors**
Debbie & Ralph Stewart
- **Newsletter Editor**
Tommy Martin
Ph 678-725-1632
martintv@bellsouth.net
- **Treasurer, Ticket & Goody Sales**
Charleen Dennis
- **Membership Enhancement**
Sid Cohen
- **Ticket Sales**
Charleen Dennis
- **Ride Coordinator**
Sid Harris
- **Event Coordinator**
Donna Cohen
- **Sun Shine Lady**
Sylvia Stogden
- **Member Contact Coordinator**
Jim Stogden
- **Couple of the Year**
Tommy & Vicky Martin
- **Individuals of the Year**
Donna Cohen
Charleen Dennis

November is the time each year we all reflect on the many blessings each of us have been given. For us, it begins with our families and our friends. We stop to give thanks for all these blessings. We should all be able to give thanks of course for all the good things, but we should all give thanks during the bad times as well.

Our wish for all of you is that you cherish all your blessings and that you pass it forward to someone else. One act of kindness could change someone's life.

We have had several members that have been sick, some had surgery, and some had family health issues, and some suffered loss of family members and friends, with that being said, I hope all of you are on the mend and are feeling better.

We do have some great people in Chapter T so please continue to help our Chapter be fun for all of us. If you have helped plan rides in the past I want to thank you too. It takes ALL of us to make "Chapter Life" fun.

We are looking forward too many new adventures, rides, new places to eat and things to do.

We hope that you all will join us for the adventures of Chapter T. Check out our schedule of events.

Continued

FRIENDS for FUN, SAFETY and KNOWLEDGE

PARTICIPATION IS THE KEY TO HAVE FUN WITH CHAPTER T
Riding, friends, fun and of course food...what could be better?

As usual please watch your email or listen for a phone call for more information on rides and dinners.

“DECEMBER GATHERING CANCELLED”
Chapter T Christmas Party December 14th

Next Monthly Gathering... Thursday, January 9th. 2020

Where: Loco's Grill and Pub, 1985 S. Barnett Shoals Road, Athens, GA 30605

Ride Safe and Have Fun,
Debbie and Ralph Stewart
Chapter T Director



**Monthly Gathering - Second Thursday of each Month at:
The Loco's Grill & Pub, 1985 S. Barnett Shoals Road, Athens, GA
30605**

**We join to eat at 6:00 PM and the meeting starts at 7:00PM.
(where we share GWRRA information & fun activities)
“Come Join Us and get the most out of your GWRRA Membership”**

FRIENDS for FUN, SAFETY and KNOWLEDGE

2018-2019 Georgia District COY

We have been home since August, and would you believe that we have not been on the trikes but a couple of times, and reason being, health issues, weather, house affairs and getting the trikes back in top running condition. To some heavy riders, not a good excuse, but an excuse otherwise!

All that being said, Chapter T has some great events coming up. I am personally looking forward to hearing about those that were able to make the Loretta Lynn Ranch road trip. The Chapter T Cook Out at Ralph and Debbie's "Ranch" coming up – YAHOOOO. Jim was wondering if we brought beans could we cook them over an open fire, (sorry, he's just being silly).

Back on the serious side, Chapter T has a lot of fun filled activities planned. Our regular monthly meeting on 14 November at Loco's in Athens – Come and join us for food, fun and fellowship, we eat at 6:00p and meet at 7:00p. Our Christmas gathering is going to be a great event; and another fun event will be our New Years Day ride to Unicoi Springs weather permitting. It will be Gerbing wear for sure for those of us who ride. YAHOOO !!! (Sylvia's victory yell.) Of course, we will make sure that we do it safely and if we have to cage it, we will.

Now, there are several members that do not ride anymore. This would be a great time to drive and share in the fun, food and fellowship. Jim talks with several on the telephone but hasn't personally met them to shake their hand. It would be great to have all the members of Chapter T at the meetings or various events and we could all shake your hand and give you a warm Chapter T hug !! So with all that being said, we wish you a Blessed Day – MAY HE KEEP YOU AND YOURS IN THE FOLDS OF HIS ARMS.

Jim & Sylvia

FALL RIDING AND ACTIVITIES

There is nothing better than riding in the fall of the year! We set out early on Saturday October, 12 for a ride to Ellijay for the Apple Festival. The weather was great and the company was even better. I invited a new friend, Tucker Adams to come along and go on his first ride with Chapter T and everyone made him feel like part of the family and welcomed him with open arms.

We visited the festival and ate some really good festival food before stopping at B J Reece for some apples. The store was busier than I had ever seen it so lucky for my weight, did not stand in line for any fried pies or baked goods.

Tucker and I stopped at Culver's for an early dinner and I had my first Culver's hamburger. It was delicious.

We are looking forward to hosting Chapter T's game night on 11/16/19. We will be ordering pizza so you don't have to cook. Just show up with a roll of quarters for LRC and plan on having a great time. If you don't know what LRC is you must come and find out!!!

Charleen

FRIENDS for FUN, SAFETY and KNOWLEDGE

Membership Enhancement Coordinators

The heart is an incredible thing. It starts beating months before we are born and continues steadily throughout our lives. At birth it beats at a rate of nearly 180 beats a minute. During the average lifespan it will beat over 2.5 billion times. If it should stop for more than eight minutes, irreversible death will occur. Yet, in the United States, heart disease is the leading cause of death in men and the second leading cause in women. The heart, like every other living part of the body, requires a constant supply of oxygenated blood in order to survive. Coronary artery disease, or CAD, is the leading culprit in reducing or stopping the supply of blood to the heart. CAD is not like the flu or a cold. You don't go to bed one day, and wake up next the morning with coronary artery disease. It literally takes years or even decades to show itself. Over time the arteries change from being smooth and flexible to becoming hard and having an interior that is rough and blocked. It is thought that coronary heart disease starts when the inside wall of one or more coronary arteries is damaged in some way. One theory is that a bacterial infection may be the cause of the damage. This may have occurred many years before symptoms of the disease are noticed. It has been suggested that the same bacteria that causes tooth decay may also cause damage in the coronary arteries. Deposits called plaque begin to form at the sites where the damage occurred. These plaque deposits are made of blood lipids (fats), minerals, and cellular debris. Plaque deposits typically have a hard-outer crust and a soft fatty interior. As time goes on, the plaque deposits get larger until they start restricting blood flow to the heart. During times of exertion, this restriction is felt as a pain in the center of the chest, known as angina. Pain may also be felt radiating down either arm, or the neck. If the pain recedes after a few minutes of rest, it is called "stable" angina, and is not a sign of an impending heart attack. However, angina IS a warning that you need to do something about your heart's health. Frequently, nitroglycerine is prescribed for angina, as it dilates (expands) the arteries and allows greater blood flow. The inventor of nitroglycerine, Alfred P. Nobel, thought it ironic that, later in his life, he had to take it for heart pain. Causes of CAD are divided into two main groups; non-preventable and preventable. Non-preventable causes are those over which you have no control. Such factors as AGE, GENDER and FAMILY HISTORY (genetics) are things that we can do little about. Obviously, the older we are, the more likely we will have CAD. Males over the age of 45, and women over 55 are more susceptible to CAD. If heart problems run in your family, it is likely that you will experience them, as well. Preventable causes are things that we can do something about. Smoking is a principle culprit. In addition to the toxins it releases into the body, smoking also constricts the blood vessels, reducing blood flow, increases blood pressure, and the tars in smoke can damage the linings of the arteries. Smokers are twice as likely to have a heart attack as non-smokers. Diabetes, unless tightly controlled, can severely weaken the heart muscle. Obesity is a huge factor. It can not only lead to diabetes, but every pound of excess body fat can add $\frac{3}{4}$ of a mile of blood vessels that the heart must pump blood through. If someone is 100 pounds overweight, that amounts to a least an additional 75 miles of blood vessels! It's no wonder that being 100 pounds overweight is considered "morbidly" obese. Another risk factor is high blood pressure. It is not just a strain on a weakened heart, it also can damage the lining of the arteries, themselves.

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High blood pressure can also damage the kidneys, which leads to even higher blood pressure. Recent studies indicate that a target systolic pressure (the value when the heart contracts) of less than 120 millimeters of mercury could significantly reduce the number of heart attacks and strokes in this country. There is a tradeoff, however. Some people, especially the elderly, may experience serious side effects from having low blood pressure. Finally, having high cholesterol, especially low-density cholesterol, and triglycerides is a huge risk factor. Remember that plaque deposits are primarily composed of cholesterol and fats in the blood. It is important to realize that these preventable causes of coronary artery disease can be controlled through changes in lifestyle, medications, or both. It is vital to work with your doctors and follow their advice. If medications are prescribed, take them as directed. Changes in lifestyle are never easy, but remember the alternative. The most important thing to remember is that any change in lifestyle must not be temporary.

They are for life!

Remember; What we teach saves lives!

Sid & Donna Cohen

Membership Enhancement Coordinators

Wow! November is here. The year has certainly gone by. A few things are going on. First is Veterans day on November 11th. We would like to thank all that served our great country. That not only goes for the Veteran but the spouse. Being a military spouse is the toughest job in the military. Also Thanksgiving is November 28th.

The annual Christmas concert at the Classic center is around the corner. The dates are Saturday December 7th at 8pm and Sunday December 8th at 3pm. As a chapter we have decided on the Sunday December 8th date. Tickets are free and will be given away November 25th at 10am at the Classic center box office. Donna and I will try and get as many tickets as we can. So here is the deal. We are writing down names of those who want to attend with the chapter. The classic center will only give 4 tickets per person so if you need tickets from us we will arrange 2 tickets for you. If you want more than 2 join us on ticket give away date. Since we always enjoy a meal together, at the time I wrote this article we have not made up our mind. We will decide at the gathering whether to have lunch before the concert or dinner afterwards. This event is not just for the ladies but everyone. If this does not make since we will talk about it at the gathering. If you cannot make the gathering let us know how many tickets you want.

Being a Lady or Gentleman never gets old.

Sid and Donna Cohen

Event coordinator

Membership coordinator



Gary & Debbie Lewis 11/6



Sylvia Stogden 11/11
Linda Fields 11/19
Tommy Martin 11/24

Sick



**Carl Deaver Recovering from knee surgery
& cold/flu**

**CONDOLENCES
to the family of
Ralph Stewart
for the loss of his brother
Stevie Stewart**

GEORGIA DISTRICT TEAM

Frank & Melinda Brothers - Directors
 Vance & Fern Oakes - Assistant Directors
 Barry & Barbara Owens - Assistant Directors
 Lawana Woodard - Treasurer
 Murry & Dawn Cail - District Educators

Norman & Wendy Morton- Membership Enhancement
 Carlos Lozano - Web Master/Vendor Coordinator
 Bob & Karla Greer - Motorist Awareness
 Jim & Sylvia Stogden District Couple of the Year



FRIENDS for FUN, SAFETY and KNOWLEDGE





Count your blessings, name them one by one. Count your many blessings see what God has done.

1.

2.

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November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9 Cook Out at Ralph & Debbie's
10	11	12	13	14 Chapter Gathering	15	16 Game Night at Charleen's 5pm
17	18	19	20	21 Chapter Meet & Eat 6:30 at Friends	22	23
24	25	26	27	28 HAPPY THANKS- GIVING	29	30

FRIENDS for FUN, SAFETY and KNOWLEDGE

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Salvation Army Toy Ride
8	9	10	11	12	13	14 Christmas Party 11am - 4pm
15	16	17	18	19	20	21
22	23	24	25 Merry Christmas	26	27	28
29	30	31				