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## CHAPTER 'T' TEAM

- **Chapter Directors**  
Debbie & Ralph Stewart
- **Newsletter Editor**  
Tommy Martin  
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- **Treasurer, Ticket, Goody Sales & Ticket Sales**  
Charleen Dennis
- **Membership Enhancement**  
Sid Cohen
- **Ride Coordinator**  
Sid Harris
- **Event Coordinator**  
Donna Cohen
- **Sun Shine Lady**  
Sylvia Stogden
- **Member Contact Coordinator**  
Jim Stogden

**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,  
the meeting starts at 7:00PM.**

**"Come Join Us and get the most  
out of your GWRRA Membership"**

## Chapter Director

Several people have asked me what is going on with the men of Chapter T? Well here is the scoop:

Tommy had a heart attack and had surgery to insert some stents, he is feeling better now,  
Mike had open heart surgery, had 5 bypasses and is still in the hospital as I am writing this, he is not feeling very good at all due to some issues that have come up, Sid H had an MRI on his knee and is hopefully going to have knee surgery soon and Ralph had to have a stress test, which he failed, we are going for a consultation with the cardiologist on Friday the 13<sup>th</sup> to hear what our plan of action is for him, Jim is still seeing the effects on his lungs from his bout with pneumonia.

Now for the ladies: Sylvia is going for more blood work for some lung related issues, Linda is trying to stay strong for Mike, Jeanne is still limping around from her knee surgery and I am just holding on in faith that Ralph will be ok.

Now for some exciting news:

Chapter T's third annual "Spring Fling" is coming up on May 15<sup>th</sup> and 16<sup>th</sup>. We have had some fantastic response to this event. I thank each of you in advance for registering and getting your reservations made. This is going to be **ALL** hands on deck to provide a great time for everyone. Friday Night is our 3<sup>rd</sup> annual appetizer extravaganza, it is like nothing you have ever experienced.

**Continued Next Pg**

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**Continued:**

There will be campfires, music and a whole lot of laughter. Saturday we will start the day with our pancake and sausage breakfast, then a guided ride after breakfast, scavenger hunt, 50/25/25 raffle and then our spaghetti dinner, then more campfires, music laughter and who knows what else. I am so excited about this and I hope you are too!! **ATTENTION:** All chapter T members, we are planning to do a skit at our Spring Fling...go ahead and volunteer, see Tommy, before we have to draft you.

Please check out our calendar of events and come join in on the fun.

**Riding, friends, fun and of course food...what could be better?**

**“Participation Is the Key to Enjoying Life with Chapter T”**

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

**Next Monthly Gathering..... Thursday, March 12th**

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

**We will eat at 6:00PM and meet at 7:00PM**

**Ride Safe and Have Fun,**



**Debbie and Ralph Stewart  
Chapter T Director**

**Motorcycles On The Road!**

We are experiencing some warmer temperatures and motorcycles are everywhere. If you are out riding and I hope you are. Please be watchful for hazards in the roadway. There are all kinds of hazards to be mindful of such as sand and road debris washed up in curves from the recent heavy rains, potholes, critters and don't forget about other drivers that are not looking out for you! Please check your bike over good before each ride and ride defensively and safely.

Tommy

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## LIFE AS I SEE IT

As we continue to unwind from our unplanned trip to Arizona, we continue to ask ourselves, where have the days gone?? I don't know if it's because we are older (or as Sylvia says, "more mature"). It seems as if we just had our monthly meeting last week, but in reality it's been a month, and soon these months will turn into another year.

We have not been on the bikes since we came home from our last trip in 2019, and I catch myself going to the garage, sitting down and just looking at the trikes and sometimes I start them up. I think of the many rides we have been on, when we growled at the rain, maneuvered through traffic, braved the cold. But I have to confess, now the cold just seems to go right through the body. Truth of the matter is that I am starting to understand why some of our members don't get out more ~~ we have gotten too comfortable in our "non-riding" times or "it's just too cold, although lately it has been cold & rainy."

You might even say that our lives are like riding our bikes thru the highway of life, and we are on the planned course of life. Life is like that you know! To be honest with you, I went back to that Great Book that says, that "for everything there is a time and place, it's called a season in time". We will all experience a season in time, some seasons may be pleasant, some seasons may be painful ... but all in all, things always work for the best don't they?

The other day as I was coming home thru the back roads in my truck, I came upon a large herd of cows grazing on grass -- some were eating from the hay that was set out for them, and I noticed that a couple of them were set apart from the rest, as they had their head between the wire fence trying to graze on the grass that was just out of their reach. "The grass is greener on the other side of the fence", you say. Sometimes we are always try to reach for the "greener grass on the other side", but like the two cows, never able to reach it. Again, I got to thinking, maybe we're not supposed "to reach for some of that green grass on the other side -- maybe we should just be content with staying on the main road.

Because we cannot alter the pattern that is in our destiny, we are left to just Trust and Believe that in time, our season will come. At the appointed time we will ride again - either here or in that undiscovered country from which no traveler ever returns.

God Bless

Jim



None



Gary Lewis 3/6  
Mike Fields 3/12  
Debbie Stewart 3/16



Jim & Sylvia Stogden  
Mike Fields  
Ralph Stewart  
T J Martin

### GEORGIA DISTRICT TEAM

Frank & Melinda Brothers - Directors  
Vance & Fern Oakes - Assistant Directors  
Barry & Barbara Owens - Assistant Directors  
Traci & Ken Thrasher—Treasure  
Lawana Woodard - Event Coordinator

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



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## Chapter T's

### Calendar Of Events

<u>DATE</u>	<u>EVENT</u>	<u>DESTINATION</u>	<u>LOCATION</u>	<u>STANDS UP</u>
03/12	Monthly Meeting	Loco's	Athens	6:00PM
03/19-21	Chapter Ride	Florida Rally	Altamonte Springs	9:00AM
03/27-29	Chapter Overnight	Little White House	Warm Springs	10:00AM
04/04	Chapter Cook Out	Ralph & Debbie's	Buckhead	2:00PM
04/09	Monthly Meeting	Loco's	Athens	6:00PM
04/16-18	Chapter Ride	South Carolina Rally	Clemson	11:00AM
04/25	Chapter Ride	Benny Paul's	Buckhead	11:00AM @ RaceTrac
05/09	Motorist Awareness	Marigold Festival	Winterville	8:00AM
05/15-16	2020 Spring Fling	River Vista RV	Dillard	8:00AM
05/23-25	Memorial Day Ride with Chapter S		NC	TBD

**Mark your calendars and come out and join in the FUN!!**

#### **Something to Ponder!**

Have you ever wondered; how do new and visiting members see us as a Chapter/Chapter Participant? Wouldn't you think that in order for a Chapter to grow and be successful, the members would need to be INVITING, FRIENDLY, ACTIVLY RIDING, PROVIDE RIDER SAFETY EDUCATION and display a POSITIVE ATTITUDE, WITH EVERYONE WORKING TOGETHER AS A TEAM? These things are **not only** accomplished by the Chapter Officers. You as a Chapter Participant are key players in making YOUR CHAPTER THE BEST IT CAN BE.

Does your Chapter display these qualities and are you an Active Team Player in your Chapter? The welcoming invitation, attitude and team support that you display may be the deciding factor for these potential new chapter members. Will they find your chapter to be that Friendly, Positive, Fun and Active Chapter that they just have to be a part of? I sure hope so, we all should be proud of the Chapter/s that we participate with and do our best to make sure it is the best that it can be. I think this is a most important and accurate statement that we all should consider, **"It's not about what the Chapter can do for me, but what can I do to help my Chapter."**

Tommy

***FRIENDS for FUN, SAFETY and KNOWLEDGE***

I know this article does not really fall under Membership Enhancement but in the light of the last month with 3 members I feel it is worth submitting.

For many years, we have been told that the villain of coronary heart disease was cholesterol. Problem with this is why do half of the people who are admitted to the hospital after suffering a heart attack have normal or near normal levels of cholesterol? But all heart attack victims do have inflammation of the heart's blood vessels. It appears that the real culprit is inflammation of the lining of the arteries of the heart. Everybody experiences inflammation somewhere in one form or another. You have a small cut and the area around it turns red - that's inflammation. Inflammation is actually the body's defensive response to a microbial attack. It fights infection and stops bleeding, but it apparently wreaks havoc in the heart's blood vessels. This is what they now believe is the progression of coronary artery disease: It apparently starts out as a bacterial infection occurring possibly decades before the cardiac event occurs. Surprisingly, the same bacteria that cause tooth decay seem to be the main culprit. The bacteria enter the circulatory system and attack the lining of a coronary artery. There aren't any symptoms or pain caused by this initial bacterial attack. The body responds to the attack by covering the affected area of the vessel with - you guessed it - low density (LDL) cholesterol. Cholesterol plaque does not build up like scale in a pipe. It actually builds up inside the lining of the artery. Over time, the buildup increases in size to the point where blood flow becomes severely restricted, causing the chest pain known as angina. Eventually, the lining of the vessel can become eroded at the site of the inflammation, until it ruptures. Upon rupturing, a blood clot immediately forms and completely blocks the flow of blood. This is a cardiac arrest! A doctor can prescribe a test that can better predict the possibility of long-term arterial damage, and thus cardiac problems. The body releases a compound called "myeloperoxidase" (MPO) in response to the arterial attack. MPO is both good and bad. It helps eliminate the low-density cholesterol that does the damage, but in addition to fighting LDL cholesterol, MPO also eliminates the "Good Cholesterol" (HDL) that scrubs the "bad cholesterol" out of your arteries. MPO also causes hardening of the arteries, which tends to increase the chances of a plaque rupture. So, instead of helping your heart, MPO actually worsens the problem. This is the perfect storm - but it can be detected. All this is not to say that high cholesterol is OK. A high level of cholesterol in your blood is always dangerous. But the problem of what causes coronary artery disease is much more complicated than we ever thought before!

Please, always follow the advice of your physician. If, for some reason, you don't agree with your physician, get a second opinion. It's your life, and you matter.

Thanks to the NY District  
Sid and Donna

# March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12 Chapter Gathering	13	14
15	16	17	18	19 Florida	20 District	21 Rally
22	23	24	25	26	27	28
29	30	31				

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