



# PALMETTO WINGS PIPELINE

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Chapter SC-E, Greenville, SC  
Friends for Fun, Safety and Knowledge  
Since 1986



VOLUME 10 ISSUE 12

A Duly Chartered Chapter of GWRRA, Region A

DECEMBER 2010

## Chapter "E" Team

### Directors

Tom & Ann McIlroy  
Tom 864.770.5468  
Ann 864.360.0558

### Asst. Directors

Jodi & Rick Hughes  
864.845.0832

### Educators

Jerry & Teresa Hill  
864.908.6114

### Membership Coordinator

Joyce Spooner  
864.834.9876

### Ride Coordinator

Deb Franks  
864.246.0767

### Treasurer/Goodie Sales

Paul & Joyce Workman  
864.244.5463

### Project Gift Coordinators

Milt & Sandra Richards  
864.483.738

### Friendship Dinner

Jan Brown  
864.836.3916

Couple of the Year Jerry & Teresa Hill

### Webmaster

Lori Post  
lpostster@gmail.com

### Scrapbook Coordinator

LaRue Hallman/Connie Lavigne

### Newsletter Editor

Rick & Jodi Hughes

## Director's Corner

We want to thank everyone for their support over these last years. We will be stepping down as of January 1st and Jodi and Rick Hughes will become Chapter E's next Chapter Directors. They have lots of great ideas and are very enthused about the coming year. Please encourage them and support them in any way you can. Jodi and Rick have always worked hard to help in any way to make Chapter E one of the best Chapters in GWRRA. We know that they will continue doing their best to help Chapter E grow in all directions. It will make their job a lot easier if everyone gets involved and works with them for the betterment of the Chapter. We also want to thank our staff for all the hard work they have put in. We have had the pleasure to work with some great people and it has truly been fun most of the time. We appreciate everyone in Chapter E and we will continue to be a part of the Chapter.

We hope to see everyone at the Christmas party on December 11 at 5:30 at the Ruritan Building on Hwy. 25 just passed the Greenville Memorial Gardens on the right. This is the same place we had our party last year. We will be exchanging gifts and will have the usual Santa Steal. Please remember to bring gifts of \$15.00 each and your food to share. If you haven't signed up for the party, come anyway. You can pay at the door. We sure would like to see all of our members there.

Tom and Ann



EDGE

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## SC District Team

### Director

Charles Coleman

### Asst. Directors

Buddy & Kim Summer

### Trainers

Larry & Mary Rosselot

### Educators

Jesse & Sue Sammons

### Asst. Educators

Jerry & Teresa Hill

### MEC

Glenn & Donna Bumgarner

### Treasurer

John & Janet Crabtree

### Couple of the Year

Ron & Becky Lees

### Distict Ambassadors

Faye Hood  
Steven Smith

### Goodie Shoppe

Faye Skipper

### Webmaster

Dennis & Sue DeFendi

## Chapter Gathering

Second Saturday of the Month  
Carolina Fine Foods  
Simpsonville, SC

5:30 to Eat 6:30 to Meet

## FROM THE DESK OF THE ASSISTANT DIRECTORS

We would like to take this opportunity to thank Ann and Tom for the great job they have done over the past couple of years. They have guided the chapter to achieving many awards not the least being chapter of the year.

The chapter takes a lot of time and effort with all the paper work GWRRA requires and trying to keep the majority of the chapter happy has not been a small task.

Rick and I are asking the chapter members to help us all they can. We will be going in to our 6th year as GWRRA members soon. That is not a long time and we still have plenty to learn, so we will be relying on each and every one of you.

We waited to accept this challenge for almost a year before stepping up. We wanted to give anyone interested in becoming a Director first choice.

Some great members have agreed to be officers, but, we still need more if You are interested contact us we would love to have the help and guidance.

Please try and make the Christmas Dinner and lets start 2011 off right.

Happy Holidays and remember our troops.

Rick & Jodi



\*\*\*\*\*  
Remember to have your current GWRRA card in your possession, and chapter shirt or vest on, in case your number is called for Chapter Pride.  
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# Membership Corner



Chapter E held their November gathering on the 13th with 49 Chapter E folks and one guest. Our guest was Peggy Luther a friend of Sandra and Milt. Milt had a death in his family located in Tennessee. We missed you Milt but I think Peggy filled in Really well.

This year is about over with many memories for 2010. I know it was a bad year for Robert and myself, but we are looking forward to a better year in 2011. It has been great hearing about all the rides and trips Chapter E folks have had in 2010. Enjoying the fellowship of others and our beautiful country is part of making the world go around.

I need to get a personal information sheet from all Chapter E members for 2011. I received some at the November gathering, but, I missed some also. This is just to update Chapter E records and have information to get in touch with you and send the weekly e-mails. I will also have these at the Christmas party. So please see me if you did not fill one last month. I need these for the new membership coordinator for 2011. It is always good to update records as we have new people coming in and some moving on. We have lost some members and gain some new GWRRA members. Let's continue to invite and continue to keep Chapter E the greatest Chapter in South Carolina.

I have enjoyed working with everyone and had lots of fun with you. Thanks for your kindness during the years. **I say thank you.** I am a proud member of Chapter E and I am not going anywhere.

See you at our Christmas party on December 11, 2010.

**Merry Christmas and Happy New Years.**

Always, ride safe,

Joyce



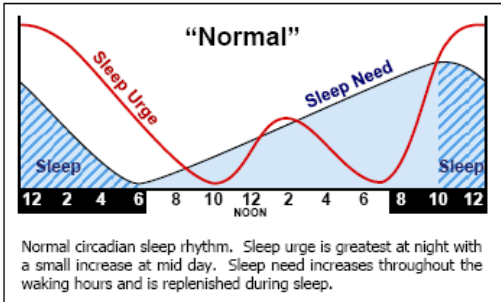


# RIDER EDUCATION

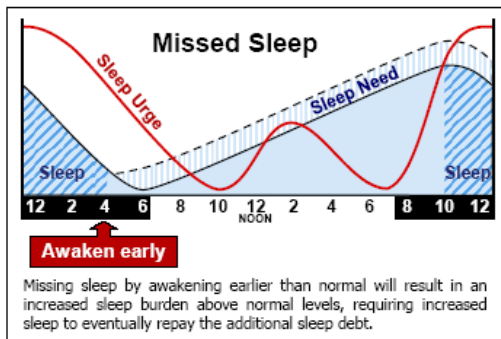


As promised this is the second segment of last month's article.

## Circadian Rhythm



Our internal physiologic clocks regulate all of our body's automatic functions – including the sleep-wakefulness cycle. Each person is programmed with his or her own requirements and cycle times. This internal clock tries to keep us on a 'normal' 24 hour sleep rhythm and is synchronized to light (day) and dark (night) cycles. Traveling through different time zones shifts the clock forward or backward, temporarily disrupting the normal circadian rhythm. In general, accommodation takes one day for every time zone traversed.



Light deprivation at night has two effects. Our body's sleep center interprets darkness as a signal to initiate sleep. Compounding this circadian signal, the lack of stimulation and visual cues at night deprive the brain of the activity which would help maintain alertness. Without the higher level of stimulation offered during daylight hours, our brains more easily slip into the sleeping mode. Increasing external stimulation may help extend wakefulness by temporarily overcoming the circadian preference to induce sleep. Studies have shown that physical fitness also seems to allow individuals to tolerate circadian rhythm shifts better.

Researchers have also documented a **Drone Effect** which describes individuals who become momentarily functionally incapacitated, also known as **"micro sleeps."** These periods manifest as a few seconds of open-eyed sleep, paralysis, blurred vision, or other effects of which the victim might be unaware except for a vague feeling of having missed something – parts of a conversation or a section of highway. Traveling at 70mph (113kph), a rider covers 103 feet (31 meters) per second – that's the length of a football (football) field in just 3 seconds.

THESE FACTS ARE GIVEN TO US BY DON AUTHOR, M.D.

HOPEFULLY THIS INFORMATION WILL BE HELPFUL, AS INDIVIDUALS I KNOW THAT WE ALL PUSH THE ENVELOPE BEYOND THAT REASONABLE TIME FACTOR. REMEMBER TO ALWAYS LISTEN TO OUR BODIES, AS THEY SEEM TO KNOW AND UNDERSTAND MORE THAN WE WANT TO GIVE THEM CREDIT.

ALWAYS RIDE SAFE. ESPECIALLY DURING THESE COLD DAYS AND NIGHTS.



JERRY & TERESA HILL  
ASST DISTRICT RIDER EDUCATOR





# Calendar of events



## DECEMBER 2010

*DECEMBER 4TH,*  
PLAQUE CAPTURE, CHARLESTON.

*DECEMBER 11TH,*  
CHAPTER E CHRISTMAS PARTY.

*DECEMBER 12TH,*  
ANNUAL VETERANS CHARITY RIDE COLUMBIA.

## JANUARY 2011

*JANUARY 1ST,*  
CHAPTER E ANNUAL FROST BITE RIDE.

*JANUARY 8TH,*  
CHAPTER E MONTHLY GATHERING.

## FROM THE KITCHEN OF VANNA TAYLOR

ONE BOX OF GRAHAM CRACKERS  
TWO & ONE THIRD CUPS WHOLE MILK  
TWO PACKAGES OF (3.4OZ) JELL-O FRENCH  
VANILLA PUDDING AND PIE FILLING  
ONE 12 OZ TUB OF COOL WHIP ONE CAN  
PILLSBURY CREAMY SUPREME CHOCOLATE  
FUDGE FROSTING

MIX MILK AND PUDDING TOGETHER, INA LARGE  
BOWL BEAT 2 MINUTES, CHILL FOR FIVE  
MINUTES. BUTTER A 13" X 9" GLASS BAKING  
DISH. PLACE A LAYER OF GRAHAM CRACKERS  
ON BOTTOM OF DISH. REMOVE PUDDING FROM  
REFRIGERATOR AND BEAT IN COOL WHIP.  
SPREAD ONE HALF PUDDING ON CRACKERS.  
TOP WITH ADDITIONAL LAYER OF CRACKERS.  
SPREAD REMAINING PUDDING ON TOP OF  
CRACKERS. ADD A 3RD LAYER OF CRACKERS.  
WITH KNIFE STIR FROSTING AND SPREAD ON  
TOP OF CRACKERS. COVER AND REFRIGERATE  
TO SET. KEEP REFRIGERATED.

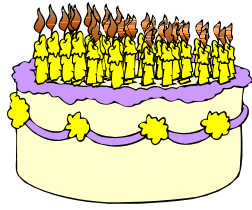
IF YOU WOULD LIKE TO SHARE ONE OF YOUR  
FAVORITE RECIPES FOR THE CHAPTER TO ENJOY,  
E-MAIL JODI A COPY BY THE 20TH OF THE  
MONTH. MONONTH.MONTHMONTH. TO GET IT  
IN THE NEXT MONTHS NEWSLETTER.

## Chapter E Information Line

Updated Every Sunday & Thursday night (864) 242-1923

Friendship Dinner Hosts for December

Check Information Line on  
Sunday for host and location  
of Friendship Dinners



GRETCHEN FRUECHTENICHT 12TH  
 HARRY HIGGINS 15TH  
 JESSE SAMMONS 21ST  
 CURT SHOWAKER 26TH  
 JACKIE DUNAGIN 27TH  
 FRANK WELLS 30TH

ROBERT & JOYCE SPOONER 10TH  
 KEN & VANNA TAYLOR 18TH  
 TIM & PEGGY HORMELL 19TH



# NOVEMBER GATHERING

**Project Gift Donation..... MILT & SAUNDRA RICHARDS**

**Project Gift Winner..... JERRY HILL**

**Monkey Shine (Coleman) Award..... CARL HALLMAN**

**Helping Hand Award..... KEITH & KIM STIDHAM**

**Recruiter Award.....NONE**

**Chapter Pride..... LORI POST**

**50/25/25.....SANDRA KELLY/JOYCE SPOONER**

**High Mileage Award ..... CHARLES DUNAGIN**