



# PALMETTO WINGS PIPELINE

www.schapters.com

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



VOLUME 10 ISSUE 11

A Duly Chartered Chapter of GWRRA, Region A

NOVEMBER 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

Here it is November already and our weather is finally getting cooler. We'll need to be putting our coats and chaps on so we can ride a little longer. We still have some good riding time left. We had some great rides in October and had good turn out for them.. Thanks to Steve Lavigne and Connie, also Carl Hallman and LaRue and Willis Smith and Virginia for leading these rides. Anyone wanting to lead a ride, please let us know. Someones always ready to go.

Our gathering will be coming up on Nov. 13 and we have lots to talk about. Don't forget to be thinking about Christmas presents for the Christmas party , if we want to do away with them and do something different. It's also time to start thinking about Charities for the coming year so let your voice be heard.

We are very pleased that Jodi and Rick Hughes will be taking over as Chapter Directors for 2011. It's time for new ideas and new people. They have most of their staff lined up for next year but are still looking for people to help. Please support them in anyway you can and give them encouragement . Jodi and Rick have always been very active in Chapter E and have worked very hard to help in anyway possible.

Thanksgiving is coming some so let us say now we hope everyone will have a blessed Thanksgiving and don't eat to much Turkey. Enjoy your family and your friends and give thanks for your many blessings.

**STAY HAPPY, STAY SAFE and STAY UPRIGHT.**

Tom & Ann

<b>THIS MONTH</b>	Assistant Director	2	Anniversaries & Birthday	6
	Membership Corner	3	Gab	6
	Rider Education	4		
	Calendar of Events	5		

## SC District Team

### Directors

Charles Coleman

### Asst. Directors

Buddy & Kim Summer

Joe & Nadine Cooper

### Rider Educator

Jesse Sammons

### 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

### Goodie Shoppe

Faye Skipper

### District Ambassadors

Steve Smith

Faye Hood

### 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

Can you believe how time has flown it seems summer just begun and now the holidays are around the corner.

We would like to take this opportunity to thank the members who have been getting up the rides. So much thought and effort goes into planning these rides and sometimes we forget to thank them.

Should you have a ride in mind let Tom and Ann know and they will get the information out to the Chapter, if you are uncomfortable with leading a ride someone else will step up and lead.

The news thru the grapevine many of our members are not participating in the rides because of the speed. With motorcycle accidents and deaths, I am sure we are all in agreement to slow down. (I know the Hughes family has). Sometimes the leader doesn't know the speed is too fast for you, just let them know, they will slow down, the object of the ride is to have fun not win a race.

This past year has been difficult to say the least for many of our Chapter E Families. Let keep everyone in our thoughts and prayers in this upcoming holiday season.

Remember our troops  
And  
Happy Thanksgiving  
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.

# Membership Corner



Chapter E had their October gathering on the 9th. There were 53 Chapter E folks and 8 guests present. Steve and Connie's grandson, Christopher came, along with Sam and Linda's grandson Wes and his wife Jennifer. It was great to see Gene and Donnie Rockwell who was part of Chapter E a few years ago they got a motor home and started traveling now they are in Gray Court some of the time.

A big welcome and congratulations to Ron and Becky Lee (from Chapter T) on being the 2010/2011 Regional Couple of the year, good luck to them in Knoxville @ Wing Ding, next year.

It was great to have Scott Stevens from Harvest Hope Food bank, Scott gave us some interesting information on Harvest Hope. Thanks to all the Chapter E folks who have supported this cause with their donations of food and monies. We appreciate all our guests and welcome them back soon.

Thanks to the state staff for a fun picnic on Saturday, October 9th. Chapter E had a great crowd and a good ride back to Simpsonville for our Chapter E gathering.

Folks it is time to think of our Christmas Party on December 11th, Tom and Ann will have a lot of questions about what you want to do this year. Please have your ideas ready and they will be discussed, at the November gathering.

I will be passing out a new information sheet for you to fill out and I would like to have them back at this gathering. Anyone who is not at the gathering, I will get in touch with. I would like to have everything in order by January 2011.

I will be stepping down, December 31, 2011. The years with Chapter E have been great, I am not going anywhere, we will continue to be a member of the greatest Chapter in South Carolina.

The ride we went on a few weeks ago with Steve and Connie was super. I went to the map and I haven't found the crooked roads he took us on yet. So many funny things happen on this ride.

I just wish Robert and I were feeling better because it seems like some great rides are going on. Keep riding and enjoying all the fun things Chapter E has going on.

Now let's all get ready for a happy Thanksgivings and finish out 2010.

**Ride safe see you soon,**

**Joyce**



# RIDER EDUCATION



Good evening,

As we enter into the fall riding season, and perhaps the last time for as we all know the fall riding season is very short, we will be approaching winter. Right now let's all focus on the riding at hand, the article that I would like to place before you is one that I feel is important to all of us and that is.

## FATIGUE

Our brains are complex organs that fatigue during waking hours, accumulating a physiologic debt that is repaid only by sleeping. During sleep, the chemical balance is restored in those areas of the brain which are required for conscious activity. This cycle is normal and immutable. The exact mechanism has been extensively studied and is so complex that, for all practical purposes, Fatigue is something that we all face one time or another. For the next several newsletters I would like present various articles on fatigue, and its effects on the human body. We as experienced riders need to know our limits and what we as individuals can do to help eliminate this deadly killer amongst our friends and family.

As the sun sets and the miles pass, fatigue becomes our shadow but never our friend. The pleasures of a riding vacation can melt into frustration if a rider pushes the day's miles beyond his or her abilities. This article discusses the elements of fatigue, how to recognize its subtle signs, and how to ride more safely.

## SLEEP

It could be called 'magic.' Each individual requires a specific, genetically set, amount of sleep. Most people require about 8 hours of sleep but the 'normal' range is somewhere between 6 and 10 hours. Einstein required 10 hours of sleep each night. Sleeping 2 hours less than required significantly decreases one's performance and alertness. These affects are cumulative - sleeping less each night eventually results in a sleep 'debt' which must be repaid to return the brain to baseline function. The good news is that the debt does not have to be paid in full hour-for-hour but it must eventually be paid by obtaining deep sleep, not multiple short naps. Unfortunately, one cannot 'bank' sleep accumulate sleep in anticipation of the need.

Hopefully this article is helpful, and as always ride safe.

Jerry & Teresa Hill, Chapter E Rider Educators  
SC District Assistant Rider Educators

# Calendar of events

## HAPPY THANKSGIVING

### MONTHLY CHAPTER MEETING

NOVEMBER 13TH



## MERRY CHRISTMAS

### CHRISTMAS PARTY

DECEMBER 11TH

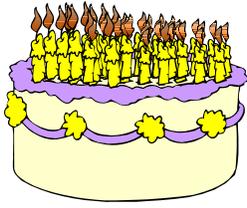


## Chapter 'E' Information Line

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

Friendship Dinner Hosts for November

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



Sam Stidham	11 th	Kim Stidham	18th
Neil Cannon	13th	Vanna Taylor	18th
Ann Mcilroy	13th	Serita Freeman	24th
Milt Richards	13th	Skip Wiggins	24th
		Charles Franks	29th

Keith & Kim Stidham	5th
Larry & Sandra Kelly	13th
Ron & Leigh Robb	27th
Jesse & Sue Sammons	23th
Rick & Jodi Hughes	28th

# October Gathering Gab

**Project Gift Donation**.....Charles & Jackie Dunagin

**Project Gift Winner**.....Becky Lees

**Monkey Shine (Coleman) Award**.....Carl Hallman

**Helping Hand Award**.....No One

**Recruiter Award**.....David Gosnell

**Chapter Pride**.....Mike Bouvier (not present)

**50/25/25**.....Peggy Holder & Steve Lavigne

**High Mileage Award** .....Tom Mcilroy