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# Downeast Goldwings Chapter NC-D

## July 2018

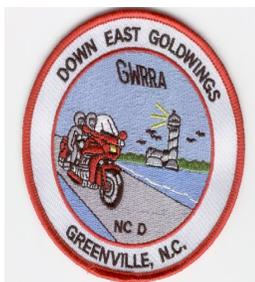
# The Beacon

Since - 1988

**GWRRA Motto:**

Friends for Fun, Safety, and Knowledge  
Chapter NC-D Greenville, N.C.

We meet the first Thursday night of each month at:  
Golden Corral Steak House  
504 SW Greenville Blvd. Greenville, N.C. 27858  
Phone: 252-756-4412



*"I pledge allegiance  
to the Flag of the  
United States of  
American, and to the  
Republic for which it  
stands, one Nation  
under God, indivisible,  
with liberty and justice  
for all,"*



Gather at: 6:30 Meeting at 7:30 pm We always start our meeting with prayer. Door prizes are a part of our meeting, remember when you bring one make sure it's something that can be used by others

Webpage—[www.downtowncd.weebly.com](http://www.downtowncd.weebly.com)



C.D. Chat's

Here we go again testing my one brain cell trying to think of something to write about: it can only hold so much knowledge. Like everyone else the heat has really worked on me, can't take it like I use too. I'm keeping the water companies in business. I'm drinking a lot of it. When we go out to eat they ask what we what to drink, I tell them a gallon of water, but only get one glass, guess what I keep them busy filling up that one glass.

When your meeting falls around a holiday you never know if you will have anyone or not, what a wonderful surprise we had 39 visitors and 21 members. What a joy that was!

I went to Rocky Mt's meeting along with Glenn and I wore a shirt the color of the District Staff shirts, so Roy said he was going to give me a job on district. It was going to be the Ice Cream Social coordinator, (Fat Chance), I'm going to stay just where I am, of course I knew he was joking, but we got a good laugh out of it.

WOS is coming up soon, so be ready to go. We are working on Friday this year as in the past. Thanks to those that have signed up to work and if you haven't signed up we can still use your help. We always have fun at our job, doing the silent auction is very easy, (you just have to be silent) just joking you have to point out all the fine baskets and home made items that is there to bid on. Selling tickets on the door prizes is a lot of fun, you have to get out there and act crazy and bring the people to you, some of them don't come to you so you go get them. If you work it make it a fun job.

Before WOS, there is Wing Ding. We went to Knoxville for Wing Ding the last time it was there, the weather wasn't the best. It rained and they had to move stuff around and everyone didn't know where things were. You know how it is when a plan doesn't go as you had planned It happens all you can do is move on. We are going again this year, as bad as we have needed rain I hate to say I hope it doesn't rain. We along with Ronnie & Gerald have volunteered to work for a few hours, we will be at the welcome stations I think we can handle that. Do whatever to show off our shirts with Chapter NC-D on them.

Alice tries to have something to help entertain us at our meeting, sometimes it goes good sometimes not so good. That's life. At anytime you have an idea please let us know and you can take care of it at the meeting. She said she is glad that she doesn't have to answer the question because she wouldn't know any of the answers. Each chapter tries to have something, from marbles, to Zride, and D2 have tokens, X has sing along, and so on.

Again thanks to all our visitors that attend our meeting's, we need for our members to let them know who you are and let them know we are friendly. It's a time to meet new and old friends, please take the time to get out of your chair and speak to people and let's make them feel welcome and thank them for coming. I try real hard to do this but Alice is everywhere she wants to make sure that everyone has been greeted. She will do this at other meetings, I tell her that it's there meeting and they will do the greeting but as she told me if she was going to a meeting and sit in a chair she would stay home and be in her recliner. I guess what I'm saying let's all put a few extra minutes into the socializing before the meeting. Well, enough on that.

Any suggestions that anyone has please share, it can be about how our meeting goes or anything regarding the functions of **OUR CHAPTER.**

**Winners:**

Peggy & Austin money

Tommy Upton money

Glenn Alphin money

Betty puzzle

Ronnie guessing basket

Forgot who won the bike tickets

We were all winners, we were together and enjoyed each other for an hour or so.

As the saying go's - Laugh and be happy

Ride safe, help someone when you can—you may need help one day

Bobby

## Greetings from your ACD's – Ride Coordinator

I hope everyone is enjoying the summer weather and are anxiously awaiting the cool fall weather to step in. Some days have been better than others for riding and we have enjoyed short day rides during that time.

How many of you have made this statement "If I have to trailer my bike, I'll just sit home"! We sure have but age and situations change things. The heat can make riding very uncomfortable as all of us know so we decided last year to make that big step and try it out when we went to Wings Over The Smokies. We borrowed our son in law's motorcycle trailer and Bobby and Alice loaded their trailer and off we went. Actually, we really enjoyed the trip very much. When we arrived at our motel, we parked our truck and trailer, unloaded our bikes and left the trucks and trailers parked until time for us to head back home. We had a great time riding in the mountains where the temperature is better than at home because of the humidity and did not have to be concerned about the long ride home in the heat.

We recently bought our own enclosed trailer and are looking forward to Wing Ding in August. Due to Ronnie's upcoming knee surgery we won't be going to Wings this year. We'll miss being with everyone, but the surgery date doesn't allow enough time for recovery.

Whatever your situation, adjust and adapt so you can continue to do what you love to do. Be safe and remember to stay hydrated.

Your ACD's – Ride Coordinator Gerald and Ronnie



### **Did you know how hush puppies got it's name????**

The name is often attributed to hunters, fishermen, or other cooks who would fry some basic cornmeal mixture (possibly that they had been bread-coating or battering their own food with) and feed it to their dogs to "hush the puppies" during cook-outs or fish-fries.



### **Linda Baker November 9, 1942—July 8, 2018**

Linda and her husband joined our chapter somewhere around 1997 and became very active from the get go. Not long into them joining Billy became sick and had to drop out but Linda stayed on and was our treasurer for a number of years, she was our assistant for a couple of years. Then became the Chapter Director, during her time Billy passed away and it just became I lot on her. She remain to do all she could for Chapter D as long as her health allowed her. She will be missed. You don't realize how much fun you have with people until they are gone.

*Rest In Peace my friend*



As most of you know our sunshine lady has behind a cloud for a couple of weeks but the sun is trying to filter though, she became dehydrated and had pneumonia. She had a vacation at Vident for four days, not the good kind of vacation, but the food was good, (HA-HA) Just joking that's no vacation and the food is awful. She knows better days are ahead.

When we heard dehydrated we totally think of people that are working outside in the heat. Not true. You can dehydrate in your own home. I never thought about office workers getting dehydrated. You have to make sure your input is more than your output. When you get dehydrated your body starts using the liquid from your organs. That's when danger sets in. So be very careful.

## *Happy Birthday*

*Shirley Rouse 8-1*

*Betty Cutler 8-3*

*Gene Donovan 8-11*

*Michael Rhodes 8-11*

*Russell Spain 8-21*

*Edward Cutler 8-25*

*Jackie Rouse 8-31*

*No Anniversaries*





Preacher Cliff corner:

A NEW INTERPRETATION OF BEING REALLY POOR.....

Bought vs Homemade (it just doesn't get much cuter than this... note the expression in the picture).....  
Six year old Annie returns home from school and says that today she had her first family planning lesson at school. Her mother, very interested, asks: "Oh... How did it go" "I nearly died of shame!" she answers. "Sam from down the street says the stork brings babies, Sally said you can buy babies at the orphanage, and Peter says you can buy babies at the hospital." Her mother answers laughingly, "But that's no reason to be ashamed." "No... but I can't tell them that we were so poor you and daddy had to make me yourselves! Just to funny!

A Doctor was addressing a large audience in Tampa .

'The material we put into our stomachs is enough to have killed most of us sitting here, years ago.. Red meat is awful. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High fat diets can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water. However, there is one thing that is the most dangerous of all and we all have eaten, or will eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it? After several seconds of quiet, a 75-year-old man in the front row raised his hand, and softly said, 'Wedding Cake.'

A newlywed young man was sitting on the porch with his father on a hot, humid day; sipping ice tea with his father. As he talked about adult life, marriage, responsibilities, and obligations, the father thoughtfully stirred the ice cubes in his glass and cast a clear, sober look on his son. "Never forget your friends," he advised, "they will become more important as you get older." "Regardless of how much you love your family and the children you happen to have, you will always need friends. Remember to go out with them occasionally, do activities with them, call them ..." "What strange advice!" Thought the young man. "I just entered the married world, I am an adult and surely my wife and the family that we will start will be everything I need to make sense of my life." Yet he obeyed his father; Kept in touch with his friends and annually increased their number. Over the years, he became aware that his father knew what he was talking about. In as much as time and nature carry out their designs and mysteries on a man, friends were the bulwarks of his life. After 60 years of life, here is what he learned:

Time passes. Life goes on. The distance separates. Children grow up. Children cease to be children and become independent. And to the parents, it breaks their heart but the children are separated of the parents. Jobs come and go. Illusions, desires, attraction, sex ... weaken. People do not do what they should do. The heart breaks. The parents die. Colleagues forget the favors. The races are over. But, true friends are always there, no matter how long or how many miles away they are.

A friend is never more distant than the reach of a need, intervening in your favor, waiting for you with open arms or blessing your life. When we started this adventure called LIFE, we did not know of the incredible joys or sorrows that were ahead. We did not know how much we would need from each other. Love your parents, take care of your children, but keep a group of good friends. Dialogue with them but do not impose your criteria. You might send this to your friends (even those you seldom see); who help make sense of your life ... I just did...GOD BLESS.....Preacher Cliff



**Kevin Tripp:** He fought a long battle and I'm not sure if they really know everything that was going on with him. He stayed in a induce coma for a long time at the Durham VA, Kevin serviced in the Navy. He was one that called D and D-2 as his home chapter. To us it didn't matter just as long as he came. He was a delightful person. He loved chicken and picking on people. He loved picking on you and he enjoyed even more when you picked on him. Him and Bobby always had something going. There was a memorial for him on Monday July 16th. Kevin you will be missed but we know that you are having all the fry chicken you want.

***Just for laughs"***

A barber asked a boy, "How would you like your hair cut, buddy?" "Just like Daddy's!" the boy replied. And don't forget the round hole on the top where his head come through.

A ladies New Year's resolution was to help all her friends gain 10 pounds each,, so I can look skinnier.

A bill collector came to my house the other day. I handed him a stack of old bills.

## Why I Like Retirement ! Gene Donovan Corner

### We might as well all laugh at this! I can relate to some of it

**Question:** How many days in a week? **Answer:** 6 Saturdays, 1 Sunday

**Question:** When is a retiree's bedtime? **Answer:** Two hours after he falls asleep on the couch.

**Question:** How many retirees to change a light bulb? **Answer:** Only one, but it might take all day.

**Question:** What's the biggest gripe of retirees? **Answer:** There is not enough time to get everything done.

**Question:** Why don't retirees mind being called Seniors? **Answer:** The term comes with a 10% discount.

**Question:** Why do retirees count pennies? **Answer:** They are the only ones who have the time.

**Question:** What is the common term for someone who enjoys work and refuses to retire? **Answer:** NUTS!

**Question:** Why are retirees so slow to clean out the basement, attic or garage? **Answer:** They know that as soon as they do, one of their adult kids will want to store stuff there.

**Question:** What do retirees call a long lunch? **Answer:** Normal ..

**Question:** What is the best way to describe retirement? **Answer:** The never ending Coffee Break.

**Question:** What's the biggest advantage of going back to school as a retiree? **Answer:** If you cut classes, no one calls our parents.

I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.

The nice thing about being senile is you can hide your own Easter eggs and have fun finding them.

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.

I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour.

But, by the time I got my leotards on, the class was over. Know how to prevent sagging? Just eat till the wrinkles fill out.

#### DID YOU KNOW THE STORY BEHIND THE TAPS

If any of you have ever been to a military funeral in which taps was played; this brings out a new meaning of it. Here is something Every American should know. We in the United States have all heard the haunting song, 'Taps...' It's the song that gives us the lump in our throats and usually tears in our eyes. But, do you know the story behind the song? If not, I think you will be interested to find out about its humble beginnings. Reportedly, it all began in 1862 during the Civil War, when Union Army Captain Robert Elli was with his men near Harrison's Landing in Virginia. The Confederate Army was on the other side of the narrow strip of land. During the night, Captain Elli heard the moans of a soldier who lay severely wounded on the field. Not knowing if it was a Union or Confederate soldier, the Captain decided to risk his life and bring the stricken man back for medical attention. Crawling on his stomach through the gunfire, the Captain reached the stricken soldier and began pulling him toward his encampment.. When the Captain finally reached his own lines, he discovered it was actually a Confederate soldier, but the soldier was dead. The Captain lit a lantern and suddenly caught his breath and went numb with shock. In the dim light, he saw the face of the soldier. It was his own son. The boy had been studying music in the South when the war broke out. Without telling his father, the boy enlisted in the Confederate Army. The following morning, heartbroken, the father asked permission of his superiors to give his son a full military burial, despite his enemy status. His request was only partially granted. The Captain had asked if he could have a group of Army band members play a funeral dirge for his son at the funeral. The request was turned down since the soldier was a Confederate. But, out of respect for the father, they did say they could give him only one musician. The Captain chose a bugler. He asked the bugler to play a series of musical notes he had found on a piece of paper in the pocket of the dead youth's uniform. This wish was granted. The haunting melody, we now know as 'Taps' used at military funerals was born.

#### The words are:

Day is done. - Gone the sun. - From the lakes - From the hills. - From the sky. - All is well. - Safely rest. -God is nigh. - Fading light. - Dims the sight. - And a star. - Gems the sky. - Gleaming bright. -From afar. -Drawing nigh. - Falls the night. - Thanks and praise. - For our days. - Neath the sun - Neath the stars. -Neath the sky - As we go. - This we know. - God is nigh I too have felt the chills while listening to 'Taps' but I have never seen all the words to the song until now. I didn't even know there was more than one verse. I also never knew the story behind the song and I didn't know if you had either so I thought I'd pass it along. I now have an even deeper respect for the song than I did before. Remember Those Lost and Harmed While Serving Their Country. Also Remember Those Who Have Served And Returned; and for those presently serving in the Armed Forces. Please send this on after a short prayer. Make this a Prayer wheel for our soldiers ... please don't break it. I didn't!



**Thanks Jimmy for the pictures:**



Deanne telling everyone her life story



I give up, I can't do a thing with these people at this table.



If you weren't eating out of someone else plate you wouldn't need that napkin



Hi Glenn! How is Little Matt doing these days?



Remember Roy you have to ride home with Cindy



Libby we are sorry that Roy said no to giving you a raise



Looks like some serious thinking going on at this table



Nick that's some bad eyes you giving somebody. Shirley isn't sure that's real tea.



United we stand  
strong.

## Brainiacs and Smartypants

W G D E T F I G T W O P O I E G N O P S  
 A B C E E E S G N N N D E C N A V D A R  
 O F A V N U U M L O G I C I O D S G D U  
 R C U K I I M N E I A P N M X A Q L F Q  
 E B R N M G A S X T M O E O E E B N L F  
 V Y E I R P L R M C S E G D E L W O N K  
 E G F H E H A X B A M V I S U A L I Z E  
 L U E T T D H U E R R Y L I N H X T K M  
 C O N C E N T R A T E T L W I W Q O P T  
 E E M E D I O G F S N T E U R M O M O H  
 A K R R Z M P Y T I V I T A E R C E Q I  
 N N J E J O Y V G D G W N A H E O M O V  
 K O X B B V H H E I F U I B C P R O O Z  
 E F O R G E T F U L E A R N A S T R R O  
 Y W I A W M L C O N F U S E D H E Y Z P  
 K W E L A E I L D A Y D R E A M X F N Y  
 N E U R O N S B U F O C U S E L Z Z U P  
 H X E T A T I D E M M W Y T H G U O H T

- |                       |                        |                     |                    |
|-----------------------|------------------------|---------------------|--------------------|
| <b>mind</b>           | <b>logic</b>           | <b>creativity</b>   | <b>daydream</b>    |
| <b>learn</b>          | <b>puzzles</b>         | <b>emotion</b>      | <b>nightmare</b>   |
| <b>neurons</b>        | <b>knowledge</b>       | <b>headache</b>     | <b>meditate</b>    |
| <b>think</b>          | <b>wisdom</b>          | <b>movement</b>     | <b>visualize</b>   |
| <b>smart</b>          | <b>cerebellum</b>      | <b>gifted</b>       | <b>ideas</b>       |
| <b>forgetful</b>      | <b>hypothalamus</b>    | <b>reasoning</b>    | <b>clever</b>      |
| <b>scatterbrained</b> | <b>cerebral cortex</b> | <b>confused</b>     | <b>witty</b>       |
| <b>advanced</b>       | <b>brain stem</b>      | <b>intelligence</b> | <b>genius</b>      |
| <b>concentrate</b>    | <b>figure</b>          | <b>focus</b>        | <b>distraction</b> |
| <b>memory</b>         | <b>determine</b>       | <b>thought</b>      |                    |

To answer the trivia questions, look for words or phrases that are hidden in the puzzle, but not in the word list.

**Trivia #1:      What is the only multicellular animal without a nervous system?**

**Answer:** \_\_\_\_\_ (one word)

**Trivia #2:      The human brain weighs about 3 pounds (1.4 kg). What animal boasts the largest & heaviest brain, weighing 17 pounds (7.8 kg)?**

**Answer:** \_\_\_\_\_ (two words)

Your Name \_\_\_\_\_

Have Fun

# August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Shirley Rouse	2	3 Meeting  Betty Cutler	4
5	6	7	8	9	10	11  Michael Rhodes Gene Donovan
12	13	14	15	16	17	18
19	20	21 Russell Spain	22	23	24	25  Edwood Cutler
26	27	28	29	30	31  Jackie Rouse	

Congratulation to Michael Rhodes he's a new granddaddy to a baby girl

## **Dehydrations doesn't only happen to people that work in the heat. It can happen to anyone**

Dehydration is a common condition that results from the body losing more fluids than it takes in. Typically, dehydration occurs when a person does not drink enough water. Our bodies lose water in a variety of ways including sweating, going to the bathroom, and even breathing! We need to consume enough water to keep our bodies balanced and working to their fullest capacity. If you are experiencing any of the following symptoms, get yourself some water!

**1. Your urine is a deep yellow.** The longer urine stays in your body, the deeper in color it will be. Your urine should be only slightly yellow or straw-colored. If your urine is darker yellow or orange, you should drink more water. Staying hydrated helps flush toxins out your body and makes your urine an appropriate color.

**2. You are having difficulty concentrating or thinking clearly.** Our brains require sufficient water to function properly. If you are dehydrated, your brain will not be working at its optimal level. This presents itself in a number of ways. If your brain is dehydrated, you may notice a change in your cognitive function or in your mood. If you suddenly find yourself confused or unfocused, have a glass of water and see if you feel better.

**3. You have halitosis (bad breath) or a dry mouth.** When you are hydrated, your mouth produces enough saliva to keep it from feeling dry. Since saliva has antibacterial properties, saliva keeps the level of bacteria in your mouth in check. When you are dehydrated, your mouth will not produce adequate saliva. When your mouth is dry, microbes can form on the tongue which is a leading cause of bad breath. If you constantly feel like your mouth is dry or has a bad taste in it, try drinking more water to rebalance your mouth's bacteria.

**4. You are constipated or have other digestive issues.** If you are experiencing constipation or having hard stools, you may be dehydrated. As the food you eat passes through your digestive system from your stomach to your colon, your body absorbs nutrients and liquids. If you are dehydrated, your body will be trying to absorb even more fluid from what you've eaten. This leads to very uncomfortable experiences in the bathroom. You can keep your stool softer by drinking plenty of water.

**5. You have sudden food cravings.** The body often mistakes thirst for hunger. When you are dehydrated, your body cannot properly absorb nutrients from the food you eat. Your liver also needs water to release energy to your body, triggering your body to crave more food. If you are dehydrated, your body may crave any kind of food, but it is likely you will want something sweet. This is because your body needs help producing glycogen. Instead of grabbing something sugary, have a big glass of water. Fill up with fruits and vegetables which contain lots of water. Foods like cantaloupe, strawberries, watermelon, cucumber, celery, lettuce, and tomatoes are more than 90 percent water.

**6. You suffer from fatigue or lethargy.** Many people who feel fatigued may actually be dehydrated. Even professional athletes can experience this. They often feel fatigued because they are not drinking enough water, not just because their muscles are overworked. Water helps your body regulate blood sugar and oxygen levels in the body, helping you feel energized. If your body doesn't have enough water, you will likely feel tired.

**7. You feel your heart racing.** Some symptoms of dehydration can be very scary. Some people who are dehydrated experience heart palpitations. Being dehydrated throws off your body's electrolytes and can lower blood pressure. This puts extra strain on various parts of your body including your heart. If you can feel your heart racing or have an abnormal heart rate, it may be a sign that you need water ASAP.

**8. You have scaly, dry skin or lips.** Water helps your skin look healthy. Well-hydrated skin appears doughy and bounces back when you pinch your skin. You may think of dehydrated skin as sweaty, but once you go through all the stages of dehydration, your skin will get very dry. Your blood volume drops, and your skin loses its elasticity. If you experience this, you should go get yourself a glass of water. If you have chronic dry, scaly skin, you should try drinking more water on a regular basis.

### **9. You have joint or muscle pain.**

As you've hopefully figured out by now, our bodies need water to perform optimally. If you are dehydrated, your joints and muscles will not have enough fluid to work properly. When your joints and muscles aren't well lubricated, you'll likely be in pain. You may especially notice this if you work out regularly. Take a break, rehydrate, and see if your joints and muscles feel any better.

**10. You have headaches or dizziness.** Being dehydrated can wreak havoc on your body. When you don't drink enough water, you may get a headache. This occurs because of the brain's anatomy.

The brain is protected by a fluid sac that needs plenty of water to keep a comfortable barrier between your brain and your skull. When the fluid sac gets low due to dehydration, you can get a massive headache. Dizziness can occur because your body is not able to process nutrients without water. If you have constant headaches or dizziness, see if drinking some water doesn't help you feel better.

### **How much water should you be drinking?**

Your total water intake is a combination of the water you drink, the water you take in from the foods you eat, and water you get from other beverages you consume. Guidelines from the Institute of Medicine suggest that women get 12 cups of water a day and men get 15 cups a day.

This is nothing to play with