



G2 Roadrunner NEWS

**GWRRA Region H "South Central Texas District
Chapter G2 Greenville, TX
March 2014***** Established October 2001**

Spring is right around the corner. Now is the time to get out there and do a TCLOCKS on you motorcycle. No one wants to be out on a ride through some beautiful rural back roads and have a serious problem occur with their bike which could have been avoided with some minor maintenance.

Harry is on the road and doesn't have the time to get any education articles together, so I will attempt to find articles for the newsletter, and I will try to get them in our next newsletter.

I apologize for the lateness of the March newsletter. I rode down to San Antonio for a get together with some of my family for a expected newborn coming soon. The weather and circumstances prevented me from getting back in time to get the newsletter to Danny for printing. I should have taken my laptop with me, but I never dreamed the Ice and cold would come up so fast. I WILL DO BETTER!!

CHAPTER OFFICERS

**CHAPTER DIRECTORS - HARRY & IONE WHIPPLE -
skcmss@yahoo.com**

CHAPTER EDUCATOR - HARRY WHIPPLE

CHAPTER TREASURER - ERIC FLYNN - iericflynn@yahoo.com

**CHAPTER NEWSLETTER EDITOR - R.B. WILSON -
ZZBEAR52@HOTMAIL.COM**

**CHAPTER RIDE COORDINATORS - TOMMIE & JUDY ELLIOTT -
tdejle@yahoo.com**

**CHAPTER CONTINGENCY - IONE WHIPPLE -
skcmss@yahoo.com**

CHAPTER WEBSITE - DAN RYMARZ - dan@rymarz.com

G2 MONTHLY GATHERING

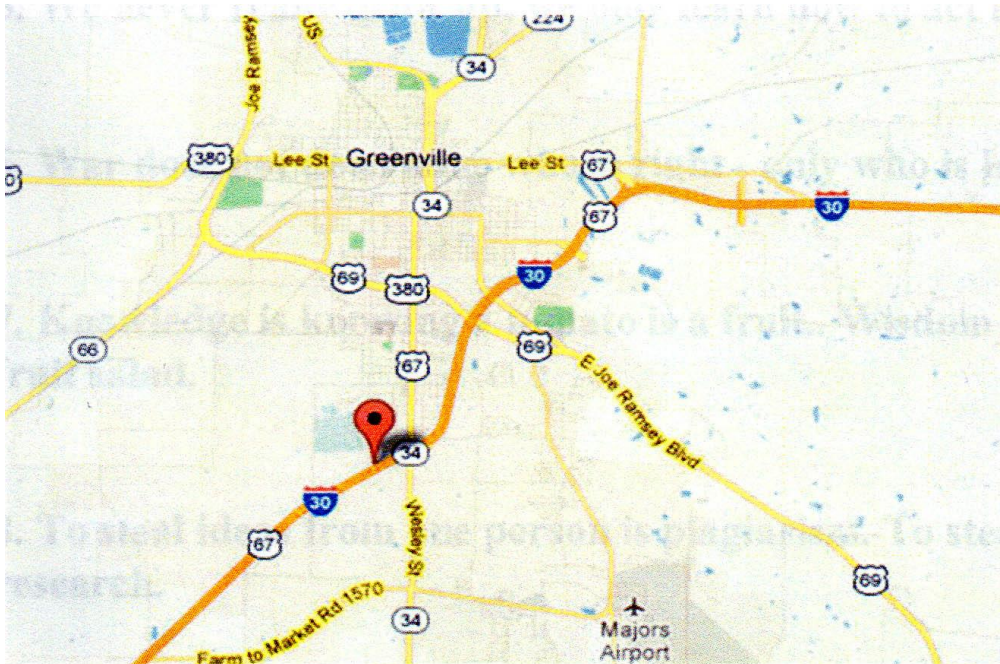
1ST TUESDAY OF EACH MONTH

@ FAMILY BUFFET RESTAURANT

3202 W. I-30 @ SAYLE ST.

GREENVILLE, TX. 903-455-6888

6PM FOR DINNER/7PM FOR MEETING



4 GETTING OLDER....

Statistics show that at the age of seventy, there are five women to every man. Isn't that an ironic time for a guy to get those odds?

Old age is when it takes longer to rest than to get tired.

By the time a man is wise enough to watch his step, he's too old to go anywhere.

Old age is when you have stopped growing at both ends, and have begun to grow in the middle.

Old age is having a choice of two temptations and choosing the one that will get you home earlier.

A man has reached old age when he is cautioned to slow down by his Doctor instead of by the police.

**Don't worry about avoiding temptation.
As you grow older, it will avoid you.**

You're getting old when "getting lucky" means you find your car in the parking lot.

THE RIDE THAT SHOULD NOT HAVE BEEN

Saturday 2-8-14 the chapter had a scheduled ride to Ballard's cafe in Wylie. We had been watching the weather all week and knew it was going to be cold to start off with but the high was suppose to be around 53.

Since the doctor released me due to my accident I was really looking forward to it .Dan was looking forward also so he could try out his new heated gear..The roads we were going to travel was clear of any snow, ice, or rain. Since the leave time was 10:30 am I figured it would be relatively warmer than the 27 when I got up. Wrong---it was only 33 and we pondered as to whether to just go in the car, but didn't ponder long. We put as much winter clothing on as we thought we would need. Since Dan was the only other one going he just met us at our house and we left from there.

When we left the temperature was still only 33, but have no fear the good old weather man said the high would be around 50. We had made it to Princeton when I said to myself " I think I made the wrong decision. Why are we out in this--cloudy, cold, windy?" But I didn't say anything. I just kept leading the three some forward. The further we went the more numb each part of my body became. The top of my head was freezing, even though I was wearing a full face mask. I made the ride much shorter than I had planned. I was totally miserable all over. I don't know why either--we have ridden in 28 degrees when visiting our daughter in Utah.

We arrived at Ballard's around 11:20. In talking with Judy and Dan neither was near as cold as I was, especially Dan who had his heated gear. He said he was toasty and feeling fine. Judy said the only thing that was really cold was her hands. Bill and Sharon met us there for some good food and conversation. After about an hour inside we headed straight home. Dan came by to visit a little longer then he headed his way. Needless to say I did not journey outside again.

I guess if there is a moral of this story, I would say "Listen to your body" and do what it tells you to do. Even though I was cold I had a good time, enjoyed the food and especially the ones I was with. Hopefully our next ride want be as cold.

Tommie

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FOR SALE

2002 Goldwing with Motortrike conversion, 72,000 miles, well maintained, lots of chrome, Corbin heated seat, wired for Gerber heated clothing, Dart trailer (color match). \$24,500



David A David, Sr.
Office: 972-412-1723
Cell: 214-384-3438

THE IRS DECIDES TO AUDIT GRANDPA

The IRS decides to audit Grandpa and summons him to the IRS office. The IRS auditor was not surprised when Grandpa showed up with his attorney.

The auditor said, "Well, sir, you have an extravagant lifestyle and no full-time employment, which you explain by saying that you win money gambling. I'm not sure the IRS finds that believable."

"I'm a great gambler and I can prove it," says Grandpa. "How about a demonstration?"

The auditor thinks for a moment and said, "Okay. Go ahead."

Grandpa says, "I'll bet you a thousand dollars that I can bite my own eye."

The auditor thinks a moment and says, "It's a bet."

Grandpa removes his glass eye and bites it. The auditor's jaw drops.

Grandpa says, "Now, I'll bet you two thousand dollars that I can bite my other eye."

Now the auditor can tell Grandpa isn't blind, so he takes the bet.

Grandpa removes his dentures and bites his good eye.

The stunned auditor now realizes he has wagered and lost three grand - with Grandpa's attorney as a witness. He starts to get nervous.

"Want to go double or nothing?" Grandpa says, "I'll bet you six thousand dollars that I can stand on one side of your desk and pee into that wastebasket on the other side, and never get a drop anywhere in between."

The auditor, twice burned, is cautious now, but he looks carefully and decides there's no way this old guy could possibly manage that stunt, so he agrees again.

Grandpa stands beside the desk and unzips his pants, but although he strains mightily, he can't make the stream reach the wastebasket on the other side, so he pretty much urinates all over the auditor's desk.

The auditor leaps with joy, realizing that he has just turned a major loss into a huge win.

But Grandpa's own attorney moans and puts his head in his hands.

"Are you okay?" the auditor asks.

"Not really," says the attorney. "This morning, when Grandpa told me he'd been summoned for an audit, he bet me twenty-five thousand dollars that he could come in here and pee all over your desk and that you'd be happy about it!"

I keep telling you! Don't Mess with Old People!!

The third "Nile" virus is coming

I thought you would want to know about this e-mail virus. Even the most advanced programs from Norton or McAfee cannot take care of this one. It appears to affect those who were born prior to 1965...

Symptoms:

1. Causes you to send the same e-mail twice. Done that!
2. Causes you to send a blank e-mail! That too!
3. Causes you to send e-mail to the wrong person. yep!
4. Causes you to send it back to the person who sent it to you. Aha!
5. Causes you to forget to attach the attachment. Well darn!
6. Causes you to hit "SEND" before you've finished. Oh, no not again!
7. Causes you to hit "DELETE" instead of "SEND.." And I just hate that!
8. Causes you to hit "SEND" when you should "DELETE." Oh No!

IT IS CALLED THE "C-NILE VIRUS."

Have I already sent this to you? Or did you send it to me?

The Sweetheart Soiree From Hades

Nineteen of us gathered at a restaurant in Greenville for our 7th annual Sweetheart Dinner. Harry was unable to make it as he was still on the road. Attending were: lone, Connie, George, Terry, Linda, Paul, Clara, Pat, RB, QP, Vicki, Ken, DeeDee, Vic, Lori, Dan, Donna, Tommie and me. I won't mention the name of the restaurant so I can give those of you who were not in attendance a correct account and not fear a lawsuit. What has always been a really nice evening AND restaurant turned out to be a long drawn out evening of errors. I'd made arrangements a week in advance to reserve a table of 20 for Saturday, February 15th at 5PM. I called to confirm the number early in the day of the 15th. When we arrived at 4:30, lone was already there. We were directed to the room we always have it in, but there was only seating for sixteen. There were two other tables, each seating ten, but they were split. We found a waiter, and he told us that there was another party in the same room, due to arrive at 5:30 and the table for sixteen was for them. We told him split tables was unacceptable for our group. He went and got another waiter, and neither of them could figure out how to rearrange the tables to accommodate both groups. Tommie, George, lone and I had to show these professionals how to set up the room so neither group would be split up. After we got the tables set up, lone and I started putting out Hershey kisses, rose petals, flowers, favors and candy hearts at each place setting as people were arriving.

Arriving to a disorganized room sort of set the tone for the evening as far as service went. The waiter took drink orders. He forgot two when he brought them out. He eventually took our orders. After a thirty minute wait someone went to tell management that we ought to at least have bread by now. Salads were eventually brought out, but the requested dressing on the side by most was ignored, and one salad was not what was ordered. After everyone else was done with salads, the wayward salad and two drinks were finally brought out. We waited some more. Then four orders were brought out. One was cold. Then, orders were brought out two at a time over the course of an hour and forty five minutes. It was like there was one cook, and he was doing orders one at a time. Poor Vic and Lori were the last ones served, and to make that worseyou remember I said that a party of sixteen came in thirty minutes after we did? They got served before Vic and Lori did! Orders were wrong, drink refills were almost non-existent depending on what you had to drink, entrees were missing meat etc etc, etc. FOUR of our nineteen did not even eat. Two got up and walked out, saying the wait was ridiculous. Pat and RB were brought a salad they didn't even order. The correct salad was never brought to them. So they left without eating. It was the worst restaurant experience we have ever encountered.

Tommie and I complained to the manager several times, as did others. lone got tired of waiting for a refill on her coffee, went back and got her own. She tried to

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bring the pot into our room to refill everyone's coffee, but management stopped her. The manager did give us a 20% discount and didn't charge for drinks, at least on our ticket. I ended up writing a two page letter to the owners of the restaurant, and have not gotten a response. Not sure I will, but at least they are aware that there is a serious problem with the way the restaurant is being managed.

There were some positive things about the evening. I was so proud of you guys! In the spirit of camaraderie and looking out for each other, you passed down your candy to Vic and Lori so they didn't starve to death, and even though some of us had been through with our meals for an hour, everyone except the two who left early in the evening stayed until they were done eating. I walked by their place settings on one of my trips back to management and saw the evidence that mass candy consumption had gone on there. I was very upset at the service, but on the flip side of that I couldn't help but feel all warm and toasty inside about the fact that you'd give up your CANDY so Vic and Lori didn't starve to death. On another positive note, the extreme wait left us plenty of time to visit. With the one exception of the food being cold, the food was outstanding. To say service was lousy would be an understatement, but the cooks sure know their business. Even poor Vic ended the evening with a positive attitude by mentioning that the food was fantastic.

It was determined that Pat and RB were the most recently married couple in the group (Ken and DeeDee had already left by that time), and QP and Vicki got honors for the longest married couple. They were each presented with a heart shaped dish of chocolate covered strawberries.

I guess it doesn't matter what we do as a group, we have fun and take everything in stride. We had a bad experience, but as Tommie always says, "it was just another adventure." We made the best of it, enjoyed each others' company and celebrated the love and camaraderie between us as individuals, couples and as Roadrunners. That's what it was all about anyhow.

Judy

SUNDAY DINNER IN WINDHAM

Sunday, 2-16 Judy, Dan, Donna, myself and three others we haven't seen in a while, Bobby, Joetta, and Vick met at the Valero and headed out to the Feed Sack in Windom. Sunday is one of the days they have a full buffet with several different meats vegetables, salads, and desserts. It's an all you can eat situation. I led and had a good route planned, but after we left on the journey I knew we would not get there in the time limit I had planned. I wanted to get there around the time they opened at 11am, but looking at my route I had to change and reduce

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the planned route, (this un-beknownst by the rest of the group. We arrived around 11:15. Once inside everyone filled their plate with all the goodies we could handle on the first plate. About 20 minutes into the eating and talking the place was totally filled. So we got there just in time. After finishing we all mounted and took some of the back roads back toward our homes.

It was good to see some old new faces and hope they will return. The weather was great, food excellent, but the company was even better. Thanks to all that came and hope to have many more rides this summer.

Tommie



Cinnamon and Honey; Whoever thought?

Honey is the only food on the planet that will not spoil or rot. What it will do is what some call 'turning to sugar'. In reality, honey is always honey. However, when left in a cool dark place for a long time it will "crystallize". When this happens loosen the lid, boil some water and sit the honey container in the hot water, but turn off the heat and let it liquefy naturally. It is then as good as it ever was. Never boil honey or put it in a microwave. This will kill the enzymes in the honey.

Cinnamon and Honey

Bet the drug companies won't like this one getting around. Facts on Honey and Cinnamon: It is found that a mixture of honey and Cinnamon cures most diseases. Honey is produced in most of the countries of the world. Scientists of today also accept honey as a 'Ram Ban' (very effective) medicine for all kinds of diseases. Honey can be used without side effects for any kind of diseases.

Today's science says that even though honey is sweet, when it is taken in the right dosage as a medicine, it does not harm even diabetic patients. Researched by western scientists:

HEART DISEASES: Make a paste of honey and cinnamon powder, apply it on bread instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also, those who have already had an attack, when they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as one ages the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and the veins.

ARTHRITIS: Arthritis patients may take daily (morning and night) one cup of hot water with two tablespoons of honey and one small teaspoon of cinnamon powder. When taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week (out of the 200 people so treated) practically 73 patients were totally relieved of pain -- and within a month, most all the patients who could not walk or move around because of arthritis now started walking without pain.

BLADDER INFECTIONS: Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

CHOLESTEROL: Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water given to a cholesterol patient was found to reduce the level of

cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, when taken three times a day, any chronic cholesterol is cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.

COLDS: Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and, clear the sinuses.

UPSET STOMACH: Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from its root.

GAS: According to the studies done in India and Japan, it is revealed that when Honey is taken with cinnamon powder the stomach is relieved of gas.

IMMUNE SYSTEM: Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacterial and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles (where DNA is contained) to fight bacterial and viral diseases.

INDIGESTION: Cinnamon powder sprinkled on two tablespoons of honey taken before food is eaten relieves acidity and digests the heaviest of meals

INFLUENZA: A scientist in Spain has proved that honey contains a natural 'Ingredient' which kills the influenza germs and saves the patient from flu.

LONGEVITY: Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Use four teaspoons of honey, one teaspoon of cinnamon powder, and three cups of boiling water to make a tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans increase and even a 100 year old will start performing the chores of a 20-year-old.

RASPY OR SORE THROAT: When throat has a tickle or is raspy, take one tablespoon of honey and sip until gone. Repeat every three hours until throat is without symptoms.

PIMPLES: Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it off the next morning with warm water. When done daily for two weeks, it removes all pimples from the root.

SKIN INFECTIONS: Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin Infections.

WEIGHT LOSS: Daily in the morning one half hour before breakfast and on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. When taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to

accumulate in the body even though the person may eat a high calorie diet.

CANCER: Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder three times a day for one month.

FATIGUE: Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, even when the vitality of the body starts to decrease, when taken daily after brushing and in the afternoon at about 3:00 P.M., the vitality of the body increases within a week.

BAD BREATH: People of South America, gargle with one teaspoon of honey and cinnamon powder mixed in hot water first thing in the morning so their breath stays fresh throughout the day.

HEARING LOSS: Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing. Remember when we were kids? We had toast with real butter and cinnamon sprinkled on it!

You might want to share this information with a friend, kinfolks and loved ones. Everyone needs healthy help information ~ what they do with it is up to them. You may also want to share this with your email buddies... They deserve to be healthy too!

BIRTHDAYS & ANNIVERSARIES

BIRTHDAYS

LORI CULBERSOME - 03/06

FRANK RETTMANN - 03/15

CLARA MEHNE - 03/19

ANNIVERSARIES

