

Southern Cruisers Riding Club

Augusta, Georgia

The **Dec 2008 Social/Christmas dinner** is a "potluck dinner". It will be held Saturday Dec 6 at a Subdivision Club House in the Brandywine / Woodleif Subdivision off of Hereford Farm Road in Evans, GA.

Please RSVP to the 1st officer Randy or his wife Lisa you can call either of them at 706-832-0189 or email ltaylor@augustaga.gov or crt3@knology.net. They need to know what you are /can bring and who is coming.

Please check the forum for updates.

Directions to the Clubhouse:

To get there from I- 20 take exit 190 (Grovetown exit), Turn north heading toward (Waffle House) Evans on Lewiston Rd. Cross Columbia Rd., where it becomes Hereford Farm Rd. Follow for approx. 2.5 miles and you will see BRANDYWINE / WOODLEIF subdivision (in a hard right hand turn). The turn will be on the left side of the road coming from this direction. Once you turn in follow Brandywine Drive until you get to the first street on the right (Wells Drive). Turn onto Wells Drive, Troy's house is the first house on the right with the flagpole. The CLUBHOUSE is just after the house on the LEFT.

MEETING INFO:

We have two regular scheduled Monthly Meetings, one is the Monthly Social, held the first Saturday of every month at 7:00pm at various locations and the regular Monthly Meeting held the third Saturday of every month at 1:00pm:

See above:

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Regular Monthly Meeting - held third Saturday of the month. Time - 1:00pm. Location is at the **Side Track Bar and Grill** on Washington Road in Martinez. The next monthly meeting is on Saturday Dec 20, 2008.

NOTE:

If you no longer wish to receive future newsletters please let me know and I will remove your name from the email list. If you would like to have your name removed from being a member of the Augusta SCRC Chapter Riding Club please let our 1st Officer Randy know at the following email address - crt3@knology.net, he will then ask me to remove your name from the email list.

This newsletter is intended to provide basic information about what is going on with the Augusta SCRC Chapter **Please take the time to visit our Forum web page on Delphi Forums -** <http://forums.delphiforums.com/augustachapter/start> there is no cost for the basic membership. There you will find the latest ride information and general discussions about events going on with the chapter. There is also a link to our new web site - <http://www.augustascrc.net/default.aspx>

There is also info about the mileage program and other news about the chapter.

Remember if you are joining the forum page for the first time, introduce yourself to everyone in the "New Members" tab with your forum name and your real name so the rest of us will know who you are.

ONGOING RIDE(S): NONE

LOCAL CSRA EVENTS:

Check the following web link: <http://www.metrospirit.com>

6 Dec 08 - Dixie Thunder of Aiken County - 24th Annual Toy Run for Helping Hands, Inc. Start lining up at the Midland Valley Plaza at 12 noon. The Police Escorted ride starts promptly at 1:00pm
Please bring a new unwrapped toy between the ages of newborn to 17 years. For more info visit: dixiethunderaiken.com

6 Dec 08 - Harris Custom Cycles, Washington, GA - Chilli Cook Off and Toy Run. Jon is leading a ride to there if anyone is interested. He is meeting at 9:15 at the Circle K in Appl;ing, GA. KSU at 9:30. WE WILL LEAVE HARRIS'S BY 2:00pm so we can be back in time for the Christmas Social.

7 Dec 08 – ABATE Augusta Toy Run – Corner of 6th and Broad St., Augusta – Leaves 1 pm

Kenny is meeting @ 10am @ IHOP, 3125 Peach Orchard Road, Augusta, GA. to eat. KSU from IHOP @ 1130am, Remember to bring at least 1 new, unwrapped toy per person. poc

gman 706.832.4862.

13 Dec 08 - MCG Children's Cancer Ward Ride

Ride will leave Aces and Eights Tattoo Parlor on Wrightsboro Road at 10:30 a.m.

Bring a new unwrapped toy/stuffed animal.

UPCOMING OVERNIGHT / DAY RIDES:

Road Captains are working on plans for other day and weekend rides. Ride times are usually announced on the Forum, keep checking the forum for latest info.

MOTORCYCLE SAFETY COURSES

Georgia Motorcycle Safety Course

Tobacco Road Elementary School & Ft. Gordon, Augusta, GA

(800) 245-4410

<https://online.dds.ga.gov/motorcycle/index.aspx>

South Carolina Motorcycle Safety Course

Aiken Technical College

(803) 593-9954, ext. 1230

In Person: Aiken Technical College

700-800 Building

WBDD Registration Desk

Mon. - Thurs. 8 a.m. - 6 p.m.

Fri. 8 a.m. - 5 p.m.

They have three levels, beginners, intermediate and advance.

MONTHLY HEALTH TIP: by Randy Taylor

This months Health Tip is about **WILL POWER:**

To break deeply imbedded habits like overeating, impulse eating or exercise procrastination takes more than will power. Our own resolve is often not enough. We also need reinforcement from people and programs that can hold us accountable and responsible. This sense of responsibility to someone or something other than ourselves becomes more powerful than our changing moods or circumstances and we find the strength to keep the promises and resolutions

we make. For example, if we begin by getting up early in the morning to have a healthy breakfast, we will earn our first victory of the day, albeit a private one, and we'll gain a certain sense of pride. We can then move on to more public victories during the rest of the day. And, as we deal well with each new challenge, we unleash within ourselves a fresh capacity to reach new heights.

Most of us make two fundamental mistakes as we try to change our habit patterns. First, we really don't have a clear knowledge of who we are. We fail to see that we are not our habits, which can be made and broken. Without being secure in this knowledge, we are likely to mistake our habits for our identity and so, resolving to change a habit will feel a threat to the security of our identity. Second, we don't have a clear picture of who we want to become, so our resolutions are easily broke, we get discouraged and give up. Replacing a deeply imbedded bad habit with a good one involves much more than being temporarily "psyched up" by some simplistic success formula, such as "think positively" or "try harder." It takes a deep understanding of ourselves and a willingness to learn and face potential failure in order to grow.

Advice I have given in the past, still holds true today. Whether a New Year's Resolution, fitness routine or a diet, do not set yourself up to fail. Set realistic goals, goals that you know you can accomplish. Don't tell yourself and others you are going to lose 50 pounds, set it in smaller increments, like 10 pounds at a time. Start an exercise program and easy into it, and prepare your body and mind to deal with the changes you are making. I promise you will stick to it much longer and get better results.

Be Health,Ride More!

Thanks,
Randy "X-Man"
Augusta SCRC Chapter 62
1st Officer

Hope to see you out on the road.

Ken "Ax"
Augusta SCRC Chapter 62
2nd Officer