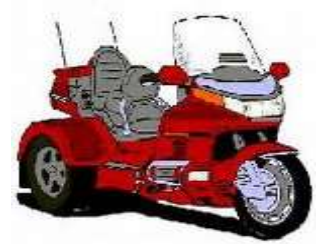


CHAPTER K NEWSLETTER



OCTOBER 2016



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Brenda Tuten

CD CORNER

Well, the hot and humid weather seems to be behind us now and we can start planning for some comfortable rides. I was not fortunate enough to experience the hot humid rides, as my trike was out of commission the whole summer. I had to rough it by driving the van for all of our trips. I just got my trike back this past Friday and have put 300 miles on it already. Can you see me smiling?

We had our monthly chapter meeting at Denny's with a larger group than usual of 13 in attendance. It was good to see Tom & Connie Raby, Boogie Beasley, and Floyd Burdette's wife at our meeting. We discussed some trending events, future events and rides. We had 3 more individuals sign up for their riding levels.

Brenda and I were saddened by the loss of our brother-in-law due to cancer. Just before Labor Day we had to leave for Alabama. We notified our Asst CD's, Jesse and Brenda Tuten of the situation and they gracefully stepped up and said they would take care of the Chapter meeting in our absence. We returned the night of the Chapter meeting after driving all day. They had us just relax and enjoy the meeting. This is a prime example of a Chapter being a family. We would again like express our sincere gratitude to all of those who assisted us during our time of need.

We had a smaller group of 4 show up for the tire kicker but we had a great time of food and fellowship. There were several who had gone to Wings Over The Smokies and they can tell you about their adventures and rides.

Ride safe and enjoy the cooler, less humid weather.

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Melanoma Awareness Education and Early Prevention

Americans have a 1 in 74 lifetime risk of developing melanoma, which kills almost 7,800 people each year. Melanoma is often curable if detected and treated early.

Can it happen to me? -Prolonged exposure to sun, no daily sunscreen used, fair complexion, red hair, freckling and increased age. Do you fit one of these criteria then yes it can happen to you! Melanoma is most often found in men on the area between the shoulders and hips or on the head and neck. It is found often on the legs of women. Folks with an increased risk for melanoma also include those with a personal or family history of pigmented skin blemishes or melanoma, a fair complexion, red hair, or severe childhood sunburn.

Prevention and risk reduction includes protecting yourself from prolonged exposure to sunlight or ultraviolet radiation [tanning booth], always wear sunscreen SPF 15+ outdoors, and have an annual full-body screen by a dermatologist.

The sudden appearance of a new mole in or near an existing mole or a mole that has changed shape or color should be considered suspicious.

Cancerous and malignant lesions are typically irregular in shape with uneven borders with many shades of brown + black and larger than 6mm [the size of a pencil eraser] and grow quickly. Benign or non-malignant moles are typically round or symmetrical with smooth, even borders, a single shade of brown, smaller than 6mm and grow slowly.

Treatment includes excision, lymph node dissection and then possibly injection treatments of Interferon after surgery. Riding your bike during all this treatment may not be an option!

Awareness is your key to another wonderful year of bike riding, so pay as close attention to your body as you do to caring/polishing your Goldwing. Go to www.melanoma.com for more information and pictures.

Ginny Gula
Chapter Director NHK



OCTOBER
22 OCT – JOHN RODGERS
22 OCT – BRENDA TUTEN
27 OCT – BRENDA JONES



OCTOBER
16 OCT – BILLY & VIVIAN CLARDY

UPCOMING EVENTS

1 OCT– Dinner Ride
13 OCT– Monthly Meeting
25 OCT - TIRE KICKER
21-30 OCT – ANNUAL CAMPING TRIP, REED
BINGHAM STATE PARK

CLASSIFIEDS