



Community Christian Riders Newsletter

A ministry of Community Christian Church

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Message from the Group Leader

Fellow Riders and Friends,

It's well into the evening as I begin to write this message to all of you. Earlier today I received Ken's reminder of the deadline for submitting my message for the next newsletter. It really caught me off guard. We are just buried in our business right now and I just totally overlooked our second Tuesday of the month deadline, not to mention any thoughts of a message.



We all lead busy lives with work, kids, exercise, little league, yard work, house work small group, volunteer work, Church activities, spiritual growth, hobbies and hopefully enough time for family and friends. The challenge for all of us is to juggle all the parts of our lives and achieve that right balance.

As I have gotten older I have found my pleasures in simple little things like riding my motorcycle to the gym to work out. That ride home after a hard aerobic work out is one of the most relaxing parts of my day. Then to top that off with dinner at home with my 3 girls, now it doesn't get much better than that for me. Wow, that Saturday ride we did to Warm Springs and Pine Mountain sure was awesome and certainly helped recharge my batteries

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**CCR meets the 1st Tuesday of every month at
Partners II Pizza in Summer Grove at 7pm.**



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from the week. For you it might be something else that relieves the stress and chills you out from your fast busy day or week.

Over this last year I have also learned more about the peace that comes with following Christ and accepting the grace he offers all of us if we just believe in Him. Having Christ in my life has helped me to start putting all those busy pieces of my life in the right place and order. Putting our lives in His hands, laying our life's stuff at His feet is all part of it. Ed and Jason have been preaching on this the last few weeks. I encourage you to get a copy of the CDs if you did not hear their messages.

Some of you are much farther down the road than me in your walk with Christ. Others of you may be just beginning. I look forward to sharing this journey with each of you as we all move closer to full devotion to Him.

I also look forward to riding through different zip codes and crossing state lines with all of you very soon.

God Bless

Mark Jenkins
Group Leader

May Meeting Notes... by Jimmy DePlasita

Website Report (Vaughn Smith)

Vaughn announced that the CCR website is up and running but still being worked on and volunteers to help would be appreciated. It was announced that anyone that wanted a CCR E-Mail Address to let him know what you wanted your e-mail address to be. If you were not present and want an E-Mail address send your info to Vaughn. It will be YOURCHOICE@Communitychristianriders.net.

Secretary/Treasurer Reports (Jimmy DePlasita)

The Current funds at the beginning of the meeting were \$75.16. Paid out for web site \$54.24. Vaughn paid half so we only paid out \$27.25. Thanks Vaughn for the donation.

Ride Coordinators Report (Jimmy DePlasita)

The May ride scheduled for the 6th of May has been changed. The ride will now go to Warm Springs, then to Pine Mountain to eat our picnic

lunches, then the long way back to Newnan. Meeting at Community Christian Church at 9:00 am and kick stands up at 9:30. Mark distributed a sign up sheet for Meet and Eat Rides into the Community. Each person that signed up is responsible for the time and location and also a reservation if needed. I will send it out or you can to the group to get responses. These rides will be the third Thursday of the month. Future CCR Rides were announced. June 10th to Andersonville, Ga. June 24th to Helen, Ga. Our first overnight ride this year. (Interstate Riding) July ?? to Ashville, Brevard, Hendersonville North Carolina. 2 night and 3 day ride with definite interstate riding.



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Prison Ministry Report (Mark Jenkins)

Mark reported that the prison visits for The State of Georgia Ride on April 29-30 was a big success. Testimonies were given by all who went. Rachel Miller, Susan and Art Holbrook, Sam Conner, Jimmy DePlasita, and Mark Jenkins. Sam Connor reported there were 480 servants, 94 which were Bikers and 6 from CCR. There were 20 facilities covered and 1,500 First Time Salvations and 3,364 total decisions for Christ. The next 2 Prison Ministry rides would be June 9th & 10th and August 12th.

Special Guest (Jennifer Capell form BLUR)

Jennifer reported on the success of the Ice Cream Social at the Newnan Hospital Nursing and Rehab Center. Testimony was given by Lewis Cramer. Luau and Cookout to be on May 20th at 5:00pm. Volunteers and donations are greatly accepted

Public Relations & Apparel Committee (Lewis Cramer)

Lewis reported that the Static Cling Decals were ready to be ordered and if you pre-ordered you could get 4 for \$10.00. Pre-order of Flags were also taken \$15.00 each. The committee also discussed the need to copyright the logo and will cost approximately \$35. Please contact Lewis for details.

Newsletter Editor Report (Ken Wolf)

Ken reported that Committee Chairs should forward scheduled rides, events to Ken to be placed in the newsletter on the calendar page. The newsletter should be available at the Church through Grand Central. New Flyers will be produced to be distributed to local Motorcycle Shops.

Safety Report (Ken Wolf)

No new business to report. A class regarding bike maintenance has been requested. On-going safety tips will be available in the newsletter each month.

Special Events (Susan Holbrook)

There are a few up coming benefit rides in May and also the July 4th Parade in Newnan which Susan has contacted the proper people and it looks like CCR will attend. It is still in the planning to do a concert in the CEC parking lot this summer. This would be an effort to introduce our Church to individuals in the community. The Special Events committee is meeting with BLUR and the teen band to discuss their interest and support of this event. Other benefit rides were discussed and will be posted on the web site. There are to many to list.

Next Ride:

When: Saturday, June 10, 2006

Where: Historic Andersonville, Georgia

Time: Be there about 8:00am with stands up approximately 8:30 p.m.

From: Meet at Community Christian Church

Be sure to fuel up before you arrive and be ready to go.

Pre Ride meeting and Prayer at 8:20

Jimmy DePlacita
Secretary/Treasurer



Safety: Riding Gear... by Ken Wolf

Now that the weather is starting to heat up, it is appropriate to discuss riding gear. The March Safety article presented “Three Degrees of Separation” for motorcycle riders; a mental strategy, riding skills and protective clothing. Last month, we discussed SEE as a mental strategy, this month we will cover protective gear with a focus on keeping cool during hot weather. Many riders tend to shed their protective clothing during hot weather. This is really a bad idea. Wearing protective riding gear is just as important in the heat of summer as it is in cooler weather. Riding gear has two basic purposes: comfort and protection. The essential components are:

Headgear

In Georgia, we are required to wear helmets, so a detailed discussion of their merits is not necessary. However, you should know that, per mile traveled, the number of deaths on motorcycles is about 16 times greater than the number in passenger cars. The Hurt Study found the use of the safety helmet the single most critical factor in reducing head injuries. Helmets save lives.

Clothing

Leather clothing is a favorite with motorcyclists because it's durable, wind resistant and gives good protection against cold and injury. The next most durable fabrics are corduroy and denim. Mesh riding jackets have become popular in recent years. They provide good abrasion protection (most have body armor) and are great for hot weather riding. While protecting the body, the mesh lets air pass through providing the opportunity for body cooling. Regardless of temperature, you should always wear a long sleeve shirt or lightweight jacket. You can burn before you know it. Also, the wind will dry out your skin and could cause dehydration.

Wearing a light colored, long sleeved shirt will not make you any hotter than riding in a tee shirt. On hot, sunny days, it is best to wear light colored clothes and helmet.

Lighter colors reflect the sun's rays, rather than absorbing them like darker colors. This can make a difference of 10 degrees or more on hot days.



Gloves

Leather gloves that fit snugly improve your grip on the handlebars and protect your hands from sun and wind. In the heat, sweaty hands or fingers may slip off the controls. Gloves offer a buffer against this. They also provide some level of protection against flying objects, such as rocks picked up by traffic or insects that may collide with your hands. If you fall, full-fingered gloves will minimize cuts and bruises to your hands. Seamless gloves will help prevent blisters.

Footwear

Over-the-ankle leather boots will help protect your ankles from flying road debris, burns from hot exhaust pipes, and foot injury in case you spill. Buy boots with oil-resistant, rubber-based composite soles to give you a strong grip on the pavement and help keep your feet on the pegs. Beware of dangling shoelaces, the loops can get caught on foot controls and prevent you from being able to put your foot down when you stop. Tie shoelaces securely and tuck the loops and loose ends into your boots or shoes.

Keeping Cool

Riding when the temperature exceeds 90 degrees

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can be dangerous to your health. Unless you take care to keep your body temperature under control even rides as short as an hour can result in heat-prostration or even sun-stroke. If you keep your neck cool, because the large blood vessels that feed your brain are so close to the surface, you greatly diminish these health risks. A popular device that is simple and effective in this regard is called a 'cool collar' and is made from a tube of bandanna material that contains some water absorbing beads sewed into it. The beads increase in size about 50 TIMES over when they are dry. Water will evaporate from the collar over a several hour period. Any evaporation activity cools - but only marginally so from the wearer's point of view. That is, within half an hour of putting one of these collars around your neck, even if it had been in a cooler before you put it on, the collar will be very nearly at the temperature of the air around it. Thus, you usually find that people that use them have two - one of which is always sitting

in an ice-chest. You can also soak the shirt in water and it will act as a natural air conditioner – when it dries out it's time to stop and soak it in water again.

Wind, sun, hours on the road—it's easy to dehydrate. Dehydration can be very serious but it is preventable. Signs are less frequent urination (urine passed will be less in volume and darker in colour), fatigue, headache, dizziness and cramps. Don't wait until you're thirsty and have a headache to drink. Chug down water or fruit drinks whenever you get the chance. Avoid caffeinated soft drinks, coffee, or tea—they're diuretics that can actually contribute to dehydration.

Portions of this article were taken from the American Motorcycle Association (AMA), "Safe Rider's Guide" by SAFECO Insurance Company of America, "Safe Riding" by Allstate Insurance Company, and "Tips & Techniques" by James R. Davis of the Master Strategy Group.

Newspaper article... submitted by Paula French

Motorcycle Fatality trends worry officials

As number of older bikers rises, so do deaths, safety experts say

By DAVID SHARP
Associated Press

Portland, Maine - Mike Cullinan made a mid-life course correction, breaking up with his girlfriend and buying a Harley-Davidson motorcycle: a 620-pound Dyna Low Rider with a 1,450-cc, fuel-injected engine.

Lots of baby boomers and middle-age Ameri-

cans like Cullinan, 38, are getting motorcycles, whether to recapture their lost youth or pull through some kind of midlife crisis.

As a result, riders 40 and over are accounting for an alarming number of motorcycle deaths.

Safety experts suspect that older riders with a lot of disposable income are buying more machine

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than their out-of-practice bodies can handle.

Across the country, the annual number of motorcycle fatalities among 40-plus riders tripled in the past decade to 1,674 in 2003, while deaths among riders under 30 dropped slightly to 1,161, according to the National Highway Traffic Safety Administration.

According to the NHTSA, the average age of motorcyclists killed in accidents rose from 32 in 1994 to 38 in 2003.

"It's really kind of astonishing. The ages of these fatalities are so high. You would think it would be all of the young kids on those fast bikes, but it's not," said Carl Hallman, highway safety co-ordinator with the Maine Department of Public Safety.

The surge in deaths among older riders helped push motorcycle fatalities higher over-all. They jumped by nearly half during the past five years, from 2,483 in 1999 to 3,661 in 2003.

"From a career standpoint, they have a little extra time and a little extra disposable income. The kids have grown up, so they're looking for hobbies," said Rae Tyson, an NHTSA spokesman who specializes in motorcycle safety. As for why so many riders in their 40s, 50s and beyond are dying, big, powerful bikes appear to be part of the explanation. NHTSA data show that both engine size and deaths among riders with the largest class of engines rose during the past decade.

NHTSA figures also show that riders in their 30s and 40s who died were more likely than their younger counterparts to have been drinking.

In addition, safety experts say many older riders are either returning to motorcycling after many

years or are trying it for the first time.

"They haven't ridden in 20 or 30 years, so their skills are rusty. Motorcycles have changed, and they're getting bigger motorcycles. And they're getting on without a refresher course," said Cathy Rimm, program director for Motorcycle Rider Education of Maine, a non-profit organization that offers safety training.

Finally, safety officials point out that older riders' eyesight and reflexes are not what they used to be.

"In our experienced rider courses, we do take into account the way your body changes, that your reaction time will change and that your eyesight will change," said Mike Mount, spokesman for the Motorcycle Safety Foundation in Irvine, Calif.

Cullinan, a repair shop manager from Standish, had not ridden for 15 years, and his life underwent a big change when he broke off a relationship. He spent more than \$18,000 on his black lowrider with chrome.

"I went for the largest bike I could handle, or that I hope I can handle," he said.

Though many states require classes for new riders to get motorcycle licenses, there are no such requirements for a license holder who decides to get on a bike for the first time in decades.

And no state requires continued periodic education, said Kathy Van Kleck of the Motorcycle Safety Foundation.

Cullinan said his eyes were opened by the statistics. He has bought a helmet, which is not required in Maine, and is taking a refresher course.

"I'm hoping I will learn something that'll make me safer," he said. "I'll be riding this spring and summers with my eyes open."

Interested in a MSF Rider Training Course? Use the following link to find course locations and telephone numbers throughout Georgia.

<http://nm.msf-usa.org/msf/ridercourses.aspx?state=GA>



Pitch-In and help the Church

CCR would like to have a team of volunteers to help cut the grass at the church periodically. If you would be willing to give some of your time to this effort, please contact Mark Jenkins. Our expectation is that this is not a major commitment of time.

Monthly Dinner Rides

CCR will have a dinner ride on the 3rd Thursday of every month beginning in May. Each month, a CCR member will be responsible for choosing a restaurant, making appropriate reservations, and notifying other CCR members of the details via e-mail.

These are social events to be held at local restaurants. We will ride our bikes when weather permits, but it is okay to come by car. The monthly dinner ride is intended to give us some additional social time together during the month and to provide us the opportunity to invite others to see what CCR is all about. So invite some of your motorcycling friends to come along with you and remember to wear your CCR shirts.

May is Motorcycle Safety Awareness Month

Governor Sonny Perdue proclaimed May 2006 as "Motorcycle Safety Awareness Month" to remind motorists of the seasonal return of many motorcycle enthusiasts to Georgia's highways. The campaign objective is to reduce the number of motorcycle crashes, injuries and fatalities on our roadways. The target audience of the awareness campaign includes both vehicle drivers and motorcycle operators. The principle concerns are to increase driver recognition of motorcyclists in traffic, while at the same time encouraging motorcyclists to engage in the overall safe operation of their motorcycles.



Upcoming Events

Rides and Dates

May 18 Dinner Ride coordinators: Ken & Elsie Wolf. Details to be sent by e-mail
June 10 Andersonville, Ga (Bring your own picnic lunch)
June 24 Helen, Ga (Overnight Ride with some interstate riding.)
July ?? Ashville, Brevard, and Hendersonville, North Carolina
(2 night 3 day ride with interstate riding.)

Other Ride Suggestions We Are Looking At

Madison Ga. Historic and shopping ride. (Day Ride)
Macon Ga. Music Hall of fame other historic sites. (Day Ride)
Cartersville to visit the Budweiser Plant. (Day Ride)
Milledgeville Ga. (Day Ride)
Ashville N.C. (Overnight Ride)
Helen Ga. (Overnight Ride)
Lynchburg TN. Jack Daniels Distillery (Overnight Ride)
Deal's Gap Robbinsville, NC. **Tail of the Dragon** Overnight.

We need ride suggestions from all, Day Rides, Overnight Rides, Meet and Eat Rides, or just a spur of the moment rides.

Ride Questions and Comments sent to Jimmy.DePlasita@Worldspan.com

Non CCR Events

May 20, Welcome House Benefit Ride sponsored by Georgia Motor Trike, 9:30 am
Contact Dean Mullins at 770-252-2207
May 20 BLUR Newnan Hospital Nursing and Rehab Cook Out 5:00pm.
May 27, Coweta County Special Olympics Bike Show, Coweta County Fair Grounds 10:00 am
June 3, Ride to Read, Whitesburg Elementary School, 9:30 am
Contact Greg Symons at 678-873-4278
July 4, Newnan Parade, Newnan Square 6:00 pm



Prayer Requests

We pray that God will watch over Art & Susan Holbrook as they travel to China to pickup their new baby girl Anna and that He will bring the Holbrook family home safely.

We ask God to lead Lynn & Christina Minick to an energetic and God filled church in their new Indiana home.



Birthdays

<i>Nora Maloy</i>	<i>Jun 6th</i>
<i>Mike Maurer</i>	<i>Jun 21st</i>



Anniversaries

<i>Sam Conner</i>	<i>Jun 5th</i>
<i>Buddy & Patti Powers</i>	<i>Jun 10th</i>
<i>Vaughn & Bridgette Smith</i>	<i>Jun 21st</i>

We Need Your Input

In order for this newsletter to remain interesting and informative, we need your contribution. If you have an article that you think would be of interest to other members, send it to me. Always wanted to be a writer? Try your hand at writing about your next ride or someplace you have visited. Share a favorite recipe or post an item for sale. Send a prayer request . Tell us what God is doing in your life. Or perhaps you would just like to share a humorous story. Remember, this is YOUR newsletter and it will only be as good as you make it.

Send your literary contributions to:
Ken Wolf
Newsletter Editor



Our mission:

To reach those unconnected to Christ through a common interest in riding motorcycles, and together grow to full devotion to Him.

CCR welcomes all riders. You do not have to be a member of Community Christian Church or Community Christian Riders to participate. Come join us for fellowship and great riding.

Community Christian Church

1717 Highway 154, Sharpsburg, GA 30277

Phone # 770 251-9516

general@community-christian.net

A Non-Denominational Community of Christians

If you're looking for a church where you're expected to get all dressed up in your 'Sunday Best', listen to 500 year-old organ music, have some preacher yell at you, and have everyone act holier than you, then you need to find another church!

Sunday Celebration Services



May 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 CCR May Meeting	3	4	5	6 Ride to Warm Springs, GA
7	8	9	10	11	12	13
14	15	16	17 CCR Dinner Ride	18	19	20 Welcome House Benefit Ride / BLUR Cookout
21	22	23	24	25	26	27 Special Olympics Bike Show
28	29	30	31			



June 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 CCR June Meeting	3 Ride To Read Whitesburg Elementary School
4	5	6	7	8	9	10 Ride to Andersonville, GA
11	12	13	14	15 CCR Dinner Ride	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



Community Christian Riders Merchandise Order Form

NAME: _____
ADDRESS: _____
CITY: _____
STATE: _____ **ZIP** _____
PHONE: _____

Short sleeve T-shirts, all sizes.....\$10.00
Long sleeve T-shirts, all sizes.....\$13.00
Henly shirts, s/sleeve, all sizes.....\$20.00
CCR Patches.....\$3.00 ea. or 2 @ \$5.00

PLEASE INDICATE NUMBER OF EACH SIZE:

SHORT SLEEVE T SHIRT LONG SLEEVE T SHIRT HENLY SHIRT

SMALL _____	SMALL _____	SMALL _____
MEDIUM _____	MEDIUM _____	MED. _____
LARGE _____	LARGE _____	LARGE _____
X-LARGE _____	X-LARGE _____	X-LARGE _____
XX-LARGE _____	XX LARGE _____	XX-LARGE _____
XXX LARGE _____	XXX LARGE _____	XXX-LARGE _____

Number of Patches _____

Order Total \$ _____