



Chapter 9—Chapter Nine—Chapter 9—Chapter Nine

TRAILER TRACKS

November 2020 Issue

Chapter Officers for 2020-2021

President: Betty Bush
bettybush01@yahoo.com
503.705.9872

Vice President: Rick DeYoung
rrdeyoung@gmail.com
541.315.2830 /541.580.3790

Assistant Vice President-Terry Hilty
terimasonhilty@gmail.com
760.522.4534

Treasurer: Wayne Spearse
wspearse@me.com
423.914.6984

Secretary: Jackie Deal—Summer
jackie_deal@yahoo.com
503.507.3600

Secretary: Larry Heath—Winter
larryandmarieheath@gmail.com
951.818.6627

Editor: Suzi Rupert
rvsuzi01@gmail.com
541.543.5982

FOR MORE INFO ON RALLIES, ETC
VISIT
www.timbervalleyskp.com

President Betty's Update

Here we are another month has gone by and Fall is upon us. We are envious of our Snow Birds who are enjoying sunny weather while we are hunkered down with nights in the 30's and the days in the 50's. But the leaves are changing color and they are beautiful.

Not a whole lot has changed since last month with Covid 19 so we are still on lockdown, so to speak. We would love to have some sort of get together but will see how the month shakes out.

I know a lot of you know my husband, Don Bush, had a heart attack and had open heart surgery, aorta replacement and quadruple bypass; he is doing excellent for only one month out of surgery.



I know we are all looking forward to Thanksgiving and how that will pan out. All I can say is be thankful for what we have, keep a smile on your face and this too shall pass!

MONTHLY MEETING COVID POSTPONED UNTIL

FURTHER NOTICE

ALL ESCAPEES ARE WELCOME

2nd Wednesday of the month at 9 AM,
Abbys Pizza, 1011 W Central, Sutherlin. Please sign up at TV clubhouse by the Tuesday before.

OF THYMUS GLANDS AND THUMPS

By Jackie Deal

Boy! What a surprise! We've probably had enough of the Covid 19 articles: wear a mask, wash your hands, social distancing. Right? So I thought let's do an article on the Thymus Gland. Huh? Thymus gland? What's that? You have one you know. It's a gland that's very important in our immune system and our ability to fight off infections. But what was the surprise? It seems my thymus gland (and yours too) is depleted and nothings left but fatty tissue! Gross! This deterioration takes place after about 60 years of age.

Okay, let's back up, now that I've got your attention. The thymus gland is located behind your breast bone. It is larger in infants and up to puberty when it begins to shrink. The thymus gland receives the immature T cells from the bone marrow and "educates" them and matures them and then releases them into the body to fight infection. For the most part that's enough to protect us the rest of our lives. But researchers are beginning to think that maybe one of the reasons older people are more susceptible to infections is this decreased thymus action. It's also suggested that if we could stimulate the thymus gland to continue functioning we might be able to "reverse aging". H'mm. Unproven yet.

There's a very simple treatment that's recommended by Alternative and Eastern medicine. Now, I'm very suspicious of Alternative medicines since much of it is not scientifically proven. But, on the other hand, Eastern medicine has been around a whole lot longer than "Traditional medicine". Maybe they know a few things we don't! There's a motto: "do no harm". And the "thymus thump" that is suggested certainly doesn't seem to do any harm. Does it do any good? Who knows?

The thymus thump is part of our Chi Gong exercises (Monday, Wednesday, Friday, 10 am in the Clubhouse!!) and it's also recommended by several Alternative medicine references. It's simple. Thump gently over your sternum (breastbone) several times a day. I've found suggested 20-60 - thumps 3 or more times a day. There seems to be no agreement so do what pleases you. Probably anything is better than nothing.



One amusing reference compares it to a gorilla thumping his chest before he attacks! Maybe he's not only trying to scare the daylight's out of his opponent but is also stimulating some body functions!

We don't have to face real gorillas only the gorilla in Covid clothing. Will thumping help? Again, who knows? Will it hurt? I don't see how it can. You don't have to make yourself black and blue.



Guess what? 2020 has some great news!

Our partner SYKL Power Bikes is making life a little easier for RVers with their folding and full-frame electronic bikes. And right now ALL 2020 MODELS ARE ON SALE FOR \$200 OFF!

*****You can save an additional \$50 on a SYKL e-bike during this sale just by using your Escapees benefits.*****

Visit Member Discounts under Benefits on your

member dashboard

for more info on this and other savings.

