



Happy Holidays
To You

Revolution Review

December 2019

Volume XII
Issue 4

Upcoming Events, Cruises & Holidays

- 12/1 Long Beach Swapmeet
- 12/5 T5R Ladies Only Day Out - *Canterbury Gardens*
- 12/7 In-N-Out - *Scripps Poway Parkway*
- 12/8 Pomona Swapmeet
- 12/8 32nd Annual Street Masters Christmas Cruise for the Kids - *San Diego*

NO MEETINGS IN DECEMBER

- 12/15 T5R Christmas Party - *Bishops Rough Edges Ranch*
- 12/25 **Christmas Day**
- 12/31 **New Years Eve**

2020

- 1/1 T5R New Years Day Cruise - (*Harvey*)
- 1/9 T5R Ladies Only Day Out - *TBD*
- 1/12 Long Beach Swapmeet
- 1/16 T5R Meeting - *Hamburger Factory, Poway (Keller)*
- 1/19 Pomona Swapmeet
- 2/8 Dr. George Charity Car Show - *Indian Wells*
- 2/20 T5R Meeting - *Hamburger Factory, Poway (Ward)*
- 2/20-22 Big 3 Auto Swapmeet
- 3/5 Cruise to MATO - *meeting at Albertsons parking lot in Alpine*
- 3/6 - 8 Midnight at the Oasis - *Yuma, Az*
- 3/19 T5R Meeting - *Hamburger Factory, Poway (Harvey)*
- 4/3- 5 20th Del Mar Nationals - *Del Mar Fairgrounds*
- 4/16 T5R Meeting - *Hamburger Factory, Poway (Bishop)*
- 4/30 Cruise to Bakersfield - *Tri 5 Western Invasion*
- 5/1 - 5/3 American Tri-Five Western Invasion -
Bakersfield/Famoso Raceway
- 5/21 T5R Meeting - *Hamburger Factory, Poway (Correia)*
- 6/18 T5R Meeting - *Hamburger Factory, Poway (Geiman)*
- 7/16 T5R Meeting - *Hamburger Factory, Poway (Clements)*
- 8/20 T5R Meeting - *Hamburger Factory, Poway (TBD)*
- 9/17 T5R Meeting - *Hamburger Factory, Poway (Rindskopf)*



Red Font is an all club attending event.
Green Font is a club member submitted event.
 For site links, information, details
 & event flyers visit our website at:
<http://www.tri-fiverevolution.com>





*Sunday, December 15th 2:00pm
at Rough Edges Ranch Ramona
Dress casual or in your favorite holiday attire.
Pot Luck Turkey & Ham Dinner
Holiday gift game - \$20 limit
(bring your own gift, participate as a couple or just watch the fun)*



Save the Date

***T5R New Years Day Cruise
January 1st***

More information at the T5R Christmas Party



HAPPY NEW YEAR



Tri-Five Revolution Ladies Day Out



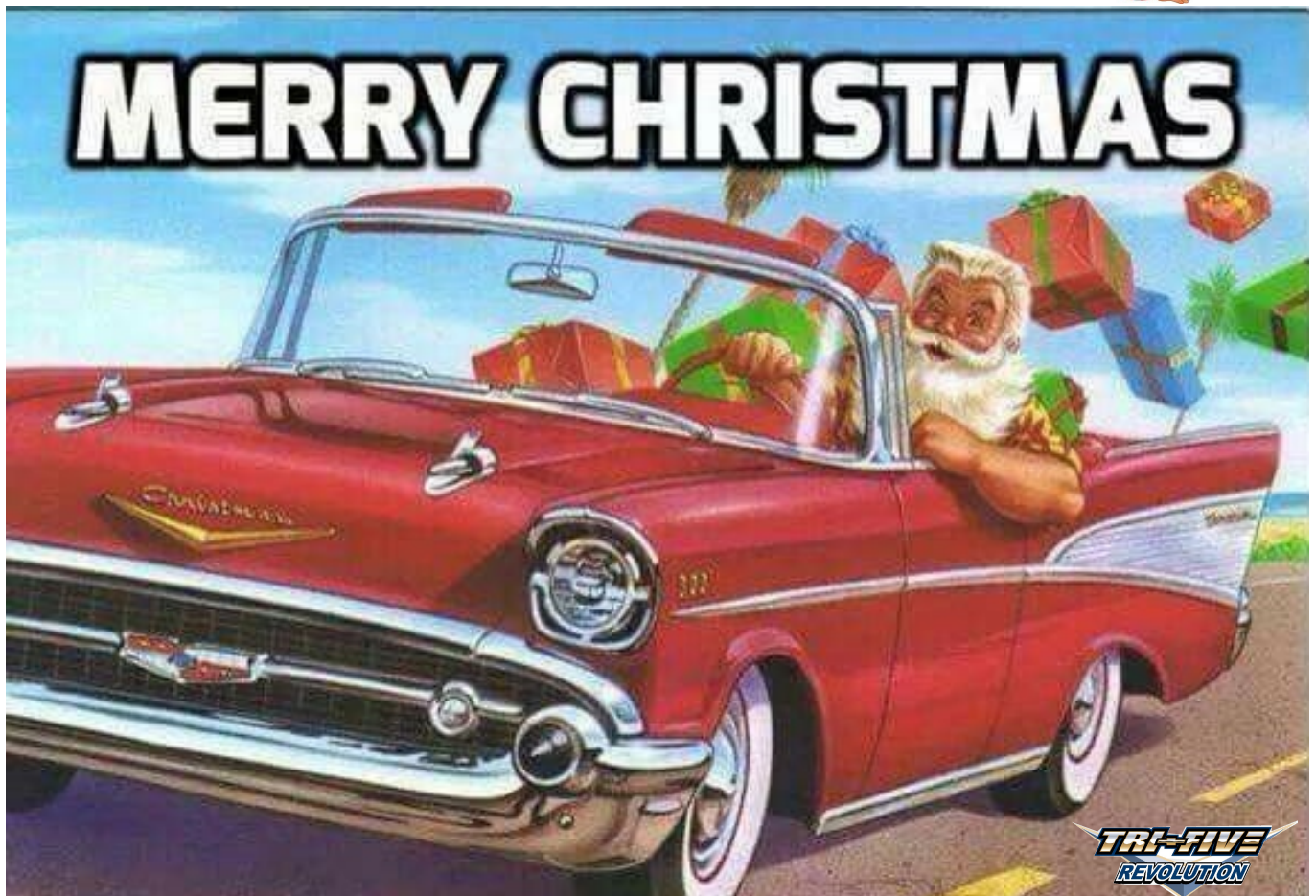
December 5th, 2019

**Starting at Canterbury Gardens, Escondido
at 10 am**

<https://canterburygardens.com/>

**then having lunch at the
Brigantine - 421 W Felicita Blvd.
Escondido at 11:30 am**

Please let Ava know by Monday Dec 2nd if planning to attend.



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Claudia's Corner



GRATITUDE

With the Holidays approaching, some of us feel a sense of loneliness, and sadness during this time of year.

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

Gratitude may just be the strongest tool in the kit when it comes to pulling ourselves out of a funk. Here are some simple exercises that can enhance your sense of gratitude all year round.

SAVOR

Slow down. Stop. Breathe. Take notice and delight in the present moment. Let yourself get excited about little things. Cultivate tiny moments of joy.

PLAN EXPERIENCES

What can you plan this season that will make your holidays more memorable? Be purposeful about planning and creating special experiences, and you will reap the rewards.

PLAY MUSIC

When you play music that resonates with you, it heightens your senses and gives you a greater feeling of awe and reverence for life. Make a ready playlist.

WRITE A LETTER TO YOUR YOUNGER SELF

This simple act can transform your past (by showing yourself compassion) and can transform your present. Read your letter and you will likely find advice you can still use today.

MAKE A HIGHLIGHTS LIST

What are your standout experiences for each month of this year? Capture those in a simple list. You will experience more gratitude as you recall special experiences, trips and treasured memories.

FALL ASLEEP TO GRATITUDE

In a journal, write down what you feel thankful for each day. Capture specifics and small details. Make this the last activity you do before you fall asleep.

MAKE A RESILIENCE LIST

Write down five tough times and how you made it through. We all need reminders that we are stronger than we think.

TAKE THE FOCUS OFF YOU

Do something nice for someone else that is totally unexpected. Leave a happy note for your waitress, pay for that eggnog late for the car behind you or call someone you haven't talked with in a while.

Tri-5 Upcoming Shows, Cruises, Partys & Events



**T5R Meeting
Hamburger
Factory
in Poway
5:30pm**



**In N Out
Cruise
Scripps
Poway
Parkway
11am**

December 7

NO MEETINGS IN DECEMBER
Happy Holidays

2020

January 16 (Keller)
February 20 (Ward)
March 19 (Harvey)
April 16 (Bishop)
May 21 (Correia)
June 18 (Geiman)
July 16 (Clements)
August 20 (TBD)
September 17 (Rindskopf)



**Tri-Five Ladies Only Day Out
Thursday, Dec. 5th
10:00am & 11:30am**

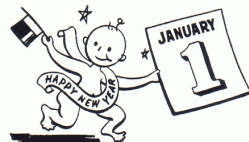
Starting at Canterbury Gardens 10am
then the Brigantine for lunch at 11:30am
Please RSVP Ava by Monday Dec. 2nd
so we can make reservations.



**Tri-Five New Year's Day Cruise
Wednesday, Jan. 1st**

Save the Date

Information at the T5R Christmas Party
or contact Mike Harvey



**Tri-Five Christmas Party
Sunday, Dec. 15th -2pm**

Rough Edges Ranch - Ramona

Pot Luck Turkey/Ham Dinner

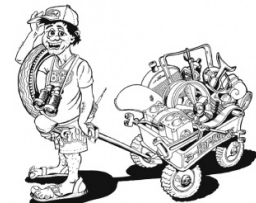
\$20 Gift Exchange

If not already signed up
please contact Ava ASAP



**Midnight at the Oasis
Cruise to Yuma Thursday, March 5th
(start at Albertsons parking lot Alpine)
Events - Friday, March 6th - 8th**

**Big 3 Parts Exchange
Thursday, Feb. 20th -
Sat. 22nd
SDCCU Stadium**



T5R December Anniversaries



Claudia & Danny Gayhart 12/13



Therese & Rich Correia 12/20

**Happy
Birthday**



Lance Ruiz 12/7


Please let Ava know if we missed your special day: Ava@Tri-FiveRevolution



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Contact Us at
club@tri-fiverevolution.com



Tri-Five Online

<http://www.tri-fiverevolution.com>



Tri-Five Web Designer - Brooks Bishop
brooks.bishop@gmail.com

*Check out our new and improved website.
Now Iphone and Ipad friendly.
To see past event pics go to
<https://tri-fiverevolution.com/events>*

*Newsletter submissions are due by the 25th of each month.
Send to Ava@Tri-FiveRevolution.com
Classic friends are welcome to send information about
your upcoming events.*



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