

February 2011

TEXAS CHAPTER Z2



GWRRA Region H MCKINNEY, TEXAS

Meeting the fourth Thursday at Fuddruckers,
2045 S. Central Expy. McKinney, Texas
Dinner at 6:30 PM Meeting at 7:00 PM



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From the Director's Chair.....

It has been fantastic to once again see some weather that is good for getting out the scooter and getting in some rides. It is probably too early to think that winter is over – but it is fun to think about it.

We have a lot of things to get done in the next month in preparation for the Region H Convention in Plano. Now that we have decided on “what we want to be when we grow up...”. we have to get to work to get our hat decorated to reflect what is great about “being a Texan”. The final touches are going on the paint job for our Pinewood Derby car – and with a little luck....it might not only look good – but be fast, too! The next couple of meetings will be dedicated to getting our entries ready for the Convention.

Our Chapter has been asked by Region H Membership Enhancement to put together two fun run routes for the Region Convention. We have decided on the routes and have done a “test run” on them – so now we will need to fine tune the directions, and submit them to Region H. Our sister chapter, G2 in Greenville, will also be submitting two routes – and then Region H will put the stamp of approval on the routes they prefer to use during the convention. We may be asked to be the Road Captains for our routes, if selected, so one may be tapped on the shoulder to lead a fun run ride during the Convention. If our routes are selected, we would like to have our Chapter help man the “Fun Run” sign up table – so that we can answer questions about the ride routes, and to point out “points of interest” along the way.

Once the Region Convention is done, efforts will be re-directed into preparing our “Hero” for the Texas District Convention in May. Think about the heroes in your life – as everyone's input is needed to decide what hero should be presented.

With the onset of better riding weather, we hope that all will finally be able to actually ride their bike on the dinner rides – and that we can get everyone to turn out for all of our rides and events.

There are a lot of fun and exciting things coming up – and participation of our membership is what makes them fun....so saddle up and plan on being a part of the fun!

Rick & Dorinda

Chapter Talk

The Lonestar Z2 Chapter of GWRRA was called to order on January 27, 2011 at 7PM by our new Chapter Directors, Rick and Dorinda Maier. The Pledge and a Moment of Silence were recited and observed, respectively. Dorinda read a thank you note that was received from Meals on Wheels for our box of food donation from last October's food drive. Rick made a presentation of a plaque to Tim and Cindy Franklin for their great job as our chapter's Rider Education Directors. Unfortunately, they will not be able to continue in that position, so if anyone would like to volunteer...let Rick know ASAP!!! Rick talked about some things that were covered at the Mid-Winter Round-Up in Killeen. "Rallys" will now be called "Conventions!" GWRRA will be getting more involved with chapters...people selected for positions in chapters must be approved by the District officers before they can take office. It was discussed and agreed upon that we should revive the Tri-fold brochure about our chapter. Everyone was encouraged to pre-register for the Region H Convention which will be at Plano Center, March 24-26, 2011. The theme for this year's convention is "When I grow up, I want to be...." We will decorate a hat using that theme...for us, ending with "a Texan." We also will be entering a pinewood derby car to race at the convention. In the meantime, everyone needs to think about the contest at the District Convention in May...."Hero." Who is your hero? Whom might you want to depict? How will you decorate a figure to show that person? Hopefully, we will have some great ideas at the next meeting about that! Rick explained the safety article in the newsletter...that the co-rider needs to practice taking control of the bike in the event that something should happen to the rider. It was a very interesting topic to all of us! Prizes and 50/50 were awarded. The meeting was adjourned at 8:25PM.

Pearls of Wisdom

Last week, I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister, and now wish to withdraw that statement..

- Mark Twain

The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible

- George Burns

Santa Claus has the right idea. Visit people only once a year.

- Victor Borge

First Aid Kits

Does yours need a check-up?

By: Cash Anthony

Do you carry a First Aid kit on your bike? If so, when is the last time you took a look inside? Many riders probably carry kits which were purchased to meet a perceived safety requirement (or to qualify for a safe-riding badge), but if you don't know what your First Aid kit contains, you may be unpleasantly surprised if you ever need to use it.

What passes for a First Aid kit from sources such as discount stores and auto supply shops (and sometimes given away as Poker Run prizes) may be woefully short of what is needed for our sport. In case of a motorcycle accident, I dislike to say it, but band-aids ain't gonna help much, folks.

I was lucky enough to take a First Aid course a couple of years ago with some of the best EMS people I've ever met, at the home of our Assistant CDs for GWTA Chapter "I", Kathy and John Holly. The team who taught the course had handled serious accidents on a daily basis -- in fact, the woman in charge told me it was rare for them to be on the job for a shift without having to perform CPR at least once -- and they had come upon a number of accidents involving motorcyclists. They stressed several things that have really stuck in my mind.

- Your First Aid kit needs to have a really good pair of scissors in it, to cut away (thick) clothing. If you can't see the injured area, it's hard to figure out what is best to do. You may find it worthwhile to invest in a heavy-duty shears which can handle thick material.
- Every rider should carry a pair (several pairs is best) of latex gloves to be used in case of an accident where blood is spilled. Having them on your bike may allow persons who want to assist you to make that decision without fear of contamination, as well as being available to you to help someone else.
- A good First Aid kit should have a number of triangle bandages in it, which can be easily made from inexpensive muslin purchased at any fabric or discount department store -- I got mine for about .99 a yard. These pieces should be large enough that you can make a sling from them, or fold them to use as a pressure-point type bandage, or put them on a head injury to hold other bandages into place. Mine are about 30" by 30" and are cut on the diagonal. These are just unbleached muslin, but they are clean and strong and BIG. I've NEVER seen a commercially purchased First Aid kit with these supplied. If you need more than one (for example, after making a sling for an arm, it's a good idea to immobilize that arm by binding it to the upper body), you can tie several of these together if the patient is a large individual. Carrying a minimum of three triangle bandages would be a good idea.
- I've also seen very few kits that have anything like enough sterile gauze pads. If you need to put pressure on a bleeding wound, you'll go through these items fast and will want enough to add another clean one often. NOTE: **Place a new gauze patch on top of an existing blood soaked patch** in order to prevent tearing any existing clotting that has begun and reopening a wound.
- It is helpful to have a bottle of filtered or distilled water in your kit. This can be useful in case of broken bones, eye injuries, cleaning out other minor injuries, and for dehydration. If you've got a compound fracture, it may be helpful to put a muslin bandage over a damp gauze bandage on the end of the exposed bone, to keep it from drying out, though an experienced EMS person has advised to simply use a clean (sterile), dry, dressing as you would any other open wound. Many minor problems can be dealt with initially by washing them with clean water, and debris in the eye can often be relieved by this, with nothing else required. (Even if the water isn't distilled or filtered, it can still be used if it's of potable quality.)
- In the case of very bad head injuries, it's not unusual to have substantial eye injuries. Unfortunately, eyes can come out of place on impact. The recommended First Aid in this situation is to have a cup (like a clean Styrofoam cup) available to contain the damaged and displaced eye, and to strap that cup onto the face with a triangle bandage or use a roll of gauze. The medical folks today can do amazing things to put an eye back into place, but it's a good idea to bandage both eyes to keep the person from panicking (and to slow the 'eye-matching' reflexes, which try to make our eyes work

together), while touching and reassuring the injured party. Having a clean cup in your kit may permit you to do someone an invaluable service by helping to save their sight.

- Those who haven't taken a CPR or First Aid class in a while might be interested to know that the American Heart Association guidelines on CPR have been changing gradually. The last time I took one (about 14 months ago), I found that the procedure was not exactly the same as what I'd been taught in my previous courses. But all these courses do strongly recommend that a person who is going to administer CPR have a barrier available to protect them from the bodily fluids of the injured party. This may be a plastic gadget that looks like a kitchen gripper, with a hole in it for a breathing tube, or a more sophisticated mask that can keep a rescuer's face and lips away from the injured party while he or she breathes for the person who's down. These items are inexpensive and are available at medical supply shops, but I've yet to see a commercial First Aid kit that comes with one.
- Most simple First Aid kits contain some kind of antiseptic ointment or cream. These can be useful for minor sunburns or insect bites, but they should usually NOT be used on an serious injury. When the medical folks start working on a wound, they don't want to wonder what has already been applied to it. When in doubt, throw it out.

In case of an accident, the first response these days is to call 911. In most regions of the country, even in rural areas, emergency assistance can be sent out right away. However, if you ever become a witness to a bad accident, you'll discover how important it is to have current information and adequate First Aid gear, even if you can't really do very much at the scene. It may save a life to know what NOT to do.

When you reach for that First Aid kit, you'll be better prepared if you know what's in it and how to use it. Take some time to look at what you're carrying on your bike, to see if it's what you really need.

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(James R. Davis is a recognized expert witness in the fields of Motorcycle Safety/Dynamics.)

An Old Bikers Request

A man was riding his Goldwing along a California beach when suddenly the sky clouded above his head and, in a booming voice, the Lord said, 'Because you have TRIED to be faithful to me in all ways, I will grant you one wish.'

The old biker pulled over and said, 'Build a bridge to Hawaii so I can ride over anytime I want.'

The Lord said, 'Your request is materialistic, think of the enormous challenges for that kind of undertaking; the supports required to reach the bottom of the Pacific and the concrete and steel it would take! It will nearly exhaust several natural resources. I can do it, but it is hard for me to justify your desire for worldly things. Take a little more time and think of something that could possibly help mankind.'

The biker thought about it for a long time. Finally, he said, 'Lord, I wish that I and all men could understand our wives; I want to know how she feels inside, what she's thinking when she gives me the silent treatment, why she cries, what she means when she says nothing's wrong, and how I can make a woman truly happy'

The Lord replied,

'You want two lanes or four on that bridge?'