



CHAPTER 186 Contra Costa, CA
Star Touring & Riding Association

THE ROTATING WHEEL

APRIL 2011

THE “PREZ SEZ”

It's April already? Wow, this year is flying by. Even though winter looks like she's going to hang on till the bitter end, spring has sprung. The grasses on the hills and in the fields are green and tall. There are flowers in all the gardens and fields. Trees are flowering getting ready to grow new leaves for this year.

Haaaachooo, that's right I have allergies. Like many people, when I get that first attack of the season I head straight for the medicine cabinet to find something, anything for instant relief. I do have a prescription nasal spray but it takes a couple of days for it to take effect. In the meantime I'm looking for help **NOW!** So I rummage around the medicine cabinet and usually find something left over from cold season: an antihistamine to fight the effects of the pollen and a decongestant to help me breathe. This usually helps until the prescription meds kick in.

A word of caution, many allergy medications can cause drowsiness. For example, Benadryl, which is sold as an allergy medicine is the sleep agent in Tylenol PM. No big deal if you're just puttering around the house, but if you're on your motorcycle and you get drowsy... well, we all know what could happen.

To avoid this, read the labels of over the counter medications and find one that doesn't cause drowsiness. If you have a prescription, check with your doctor to make sure the one he/she has prescribed won't make you sleepy. Falling asleep on a motorcycle is no fun, believe me, I know.

Be safe,
Rich Flay
President,

CALENDAR OF EVENTS

Check the website calendar for further information

**** 2011 ****

**CHAPTER RIDE /
EVENTS INFORMATION**

Chapter Rides: 2nd Saturday / 4th Sunday

Chapter Meetings – red

April 9th	Cobb Mountain
April 17th	CA Auto Museum (Sacramento)
April 20th	Chapter Meeting

AND THE MEMBERS SAID ...

This is your section to share with other Chapter members
Ride Reports, etc.

**STONYFORD/SUTTER BUTTES
Chapter Ride**

Saturday, March 12th, 2011

By Warren Darmsted

If you missed the ride on the 12th to Stonyford you missed a “cool” ride. I mean that in two ways actually. It was both “cool” as in **GREAT** and “cool” as in just cool (not cold)...weather wise.

Meeting at the Pleasant Hill location at around 8 a.m. meant, of course, that my wife did not join me that early in the morning and was still asleep in bed in Discovery Bay. After Jeff gave us all the route plan, we started off with about seventeen bikes. This number both grew and dropped as we went along.

Riding in the Sticks with #186

www.star186.org

John Bracket had borrowed a 2011 Arlen Ness Signature Victory Vision. (John had to see if he truly wanted to add one more bike to his stable) and it was a beauty. I think by the end of the day John had made up his mind, he seemed to love it.

The group traveled on up the freeway and end up on Old Winters road where Jeff, our fearless leader, scattered a flock of wide turkeys so the rest of our column could drive through unmolested. Some of us had a discussion about whether or not those turkeys would make good eating but it was a moot point as they scattered in all directions anyway.

On this day I was traveling near the back of the pack, and it was truly a magnificent view along the river with the wide open turns, showing all the bikes in a long neat line. The grass this time of year is emerald green and the red berries and purple blossoms stood out magnificently in many areas. Just beautiful. Several people mentioned that this ride took on a totally different look depending on the time of year you drove it. Today was fantastic!

More lazy turns and on our right was a small herd of Buffalo. They are awesome to see. Maybe it is just the nostalgia of days gone by but they are fun to look at.

We turned onto Hwy 16 East and I think it was near here that we saw four young elk in a field off to our left. Michael and Cecil at the rear of the pack, we treated to seeing them jump one of the many fences in the area as our parade of motorcycles startled them somewhat.

After a few more turns we went into Willows to the Standup Bar & Grill. They were expecting us and met us at the door and guided us into a large room with lots of seating. Large pitchers of water and ice tea were sitting on the tables. Food was good and delivered quickly considering the large crowd we had.

Butts back on bikes and a long lazy ride into Willows, then South on 45 to 113 ending our official ride in Woodland at a Yogurt Shop.

A good time was had by all. I pulled into my garage and parked the bike with only a smidgeon of gas left in the tank. I was too tired to stop along the way. Oh well, I will clean it and gas it tomorrow or the day after or the day after that.

Larry's PhotoShow from the ride today:

photoshow@photoshow.com

[Mike Mendes](#) sent a message to the members of [6th Annual Veterans Memorial Run](#).



[Mike Mendes](#) March 19, 2011 at 6:38pm

Subject: Vet Run

Thank you very much to all who attended, and to all who donated. Even though we had to cancel the ride portion due to the bad weather, today's Vet Run event was a great success. We had a strong turnout at Merced Power Sports, and a large amount of donations were received. Special Thanks goes out to Madera Chapter 399 for their over-whelming generosity and to Patrick Bernard for his outstanding performance of "Taps". Thank you also to Merced Power Sports for their hospitality. We were all a bit disappointed not to be able to ride, but the main goal was remembering our Fallen Heroes, honoring our Veterans, and delivering support to our Troops. Mission accomplished!

[BikerBella.com...The First Super-Boutique For Women Motorcyclists!](#)

[Motorcycle Safety pants and shirt:](#)

<http://bit.ly/fJHxvi>



TIRE TRACKS

Tid Bits of Useless (?) Information

Written by "aka David"

LET THE CAT OUT OF THE BAG

The expression we use to describe a situation in which a secret has been revealed.

Riding in the Sticks with #186

www.star186.org

I am fully convinced, boys and girls, that idle hands are the Devil's workshop. And as I sit here, looking, no kinda pouting really, out of the window at the rain, the ol' workshop doors are swinging wide open.

I would have been alright had the weather cooperated and the planned Chapter ride had materialized, but that was not to be. So, I began to think about...stuff. You know ..."stuff". That's the material of which dog houses are made.

Anyway, I was thinking about how much I **really** needed a nice, shiny, new set of highway bars for my Roadstar. After all, and I'm sure you will all agree, that highway bars are the required safety equipment. Now, I have been riding without these beauties for thousands of miles at my own peril. You see, I had this agreement with Mrs. aka, although it was not in writing, and therefore unenforceable in a court of law, that because of the economic times, I would only buy *safety* items and nothing (as she would later come to describe it) that made my bike "prettier", faster or more comfortable.

That's when I ran from the window to the comfort of my favorite Yamaha dealer's website. You see, I already knew which bars had the highest "safety rating". I placed the order and awaited their arrival. But before they could grace the port and starboard side of my bike, she caught me! You see, I neglected to click off the Yamaha site to her favorite website (something called ZAPPOS). So there it was, right there for the world to see...Highway Bars not to be used as safety equipment but as possible protection from minor engine damage in the event of a tip over.

Well, with this news then, I guess the cat was out of the bag. But what cat was this? It was surely raining cats and dogs, but the only animals I could see was ol' Fido next to me in the ol' canine abode.

It seems that this little ditty comes from back in the day of the medieval markets. It seems that back then there were these merchants that were something less honest. Having been shown a nice suckling piglet for sale, the buyer and the merchant would begin to haggle over the price. While these negotiations were taking place, the piglet was put into a bag for the customer to take home. But, and here is where the trickery comes in, the vendor

would often have the piglet substituted by a cat when the customer was distracted. The deception would only be revealed when the buyer reached home and *let the cat out of the bag* ...

Anyway, that's my story and I'm sticking to it!!! ☺

KEEP THE SHINY SIDE UP!

Safety Tips/Tech Talk

This is your section to share "techie" stuff

Safety Tips:



OTHER SAFETY INFORMATION

Keys to riding safely - How?

(Submitted by Lone Eagle)

Take time to practice these motorcycle maneuvers, on your own motorcycle, in a safe area every chance you get. Time per exercise could be as little as 5 minutes, but practicing these key control areas often will hopefully keep you smiling and riding another day. Also, consider reading safety articles, the MSF books, the book Maximum Control by Pat Hahn.

1. Maximum Braking

Stopping your motorcycle in the shortest possible distance is a skill every rider needs. To achieve it, practice simultaneously (and smoothly) squeezing the front brake and clutch levers, and pressing the rear brake, while keeping the bike in a straight line.

Riding in the Sticks with #186

www.star186.org

2. Swerving

A swerve is two consecutive quick handlebar turns using counter steering, the first to avoid an obstacle, the second to return to the original direction of travel. Counter steering involves pressing forward on the side of the handle bar for the direction you want to go (press the left handgrip to go left, press the right handgrip to go right). Practice while maintaining constant throttle, without braking.

3. Stopping in a Curve

The best technique for stopping in a curve requires enough room to get the motorcycle perpendicular to the road, standing the motorcycle upright (aka: "squaring the handlebars), then applying the maximum braking technique. If conditions don't allow a straight-line stop, brake smooth and gradual while leaned over.

4. Controlled Skids

Skids sometimes occur during maximum braking situations. If a rear wheels skid should occur on dry pavement, be sure to keep the rear brake applied until the motorcycle comes to a stop. If a front tire skid should occur on dry pavement, release the front brake immediately and reapply appropriately. It is possible to practice straightline, rear wheel skids. This can help riders to be comfortable should it occur during a ride.

5. Obstacles

Practice riding over a small obstacle (such as a 2x4) by approaching it at a 90-degree angle, the bike upright. Rise slightly off the seat, shift your weight rearward and roll on the throttle slightly as the front tire strikes the obstacle while keeping your knees bent and braced against the fuel tank.

You must schedule a time to practice these techniques sooner than later!

TECH TALK

This is your section to share "tech" stuff

DRIVE SHAFT MAINTENANCE

If there's one component overlooked in motorcycle maintenance, it's the driveshaft. Contrary to popular belief, they do require looking after in regular

intervals.

Almost all shaft-drive systems have oil reservoirs that need draining, cleaning and replacing. And when you replace the rear tire, it's also a great time to grease the driveshaft's spline, as otherwise hard-to-access parts are then exposed and ready for inspection.

Consider the driveshaft as part of a regular routine as you check your tires, brakes, oil, battery and fuel. The engine makes the noise and power but it's nothing if you're stranded on the side of the road from a neglected drive-train.

Although very sturdy, don't forget these steel bars carry dozens of moving parts that rotate as fast as your rear wheel in terms of rotations per second and generate some serious friction and heat.



By Michael Kuttner



For any current or new members that want to become a Star Vet, go to the National Web Site www.startouring.org to get the Star Vet Application (DD Form 214 required) as well as the form to get

Riding in the Sticks with #186

www.star186.org

Star Vet Patches. I'll have a hard copy of the Star Vet Application and Patch Form on our rides.

Let's Say Thanks:

This site allows you to pick out a card, select a message or type one of your own, and is then printed out and sent to the military member. You only have to provide minimal info - your first name and city.

<http://www.letsaythanks.com/Home1024.html>

WELCOME to the VETERANS RESOURCE CENTER

(helpful links to services and organizations in support of veterans)

U.S. Department of Veterans Affairs

<http://www.va.gov>

State of California's Operation Welcome Home

<http://www.veterans.ca.gov>

California Department of Veterans Affairs

<http://www.cdva.ca.gov>

Contra Costa County Veterans Services Office

<http://www.co.contra-costa.ca.us/depart/veterans/index.html>

The American Legion

<http://www.legion.org>

Wreaths Across America

<http://www.wreathscrossamerica.org>

CalVet Home Loan Center

<http://calvethomeloans.cdva.ca.gov/>

Helmets to Hardhats (job opportunities)

<http://helmetstohardhats.org/>

Hiring a Military Veteran

<http://recruitmilitary.com>

Vet Jobs

<http://vetjobs.com/>

Vet Friends

<http://www.vetfriends.com/>

CALIFORNIA FREEDOM RIDE **May 21, 2011**

A NATION THAT RIDES TOGETHER STANDS TOGETHER



A NATION WILL GATHER

Thousands gather across the Nation to Honor & Salute Our Armed Forces on this given day. A day all Stand To Honor, and Show their Support along with Remembrance, Celebrations, Parades, Gatherings, Dedications, Ceremonials, Visitations to Veterans Memorials, Veterans Hospitals along with raising needed Funds for our Veterans and Troops, Donations of Phone Cards, Care Package's, and much more. Many State Coordinators chose a Non-profit Charity of their choice, and these Funds help supply various Veterans Groups, and needed products to our Troops.

Click on the following link for details/further information:

<http://www.naffr.webs.com/>

September 16-18 Fort Bragg/Coast
October 22-24th Pismo Beach

HAPPY BIRTHDAY !!!

[Editor's Note: From the responses that I received]

7th – Lori Brackett
8th – Rich Flay
12th – Dan Hughes
27th – Greg Brackett

OTHER EVENT INFORMATION:

May 28th STAR KNIGHTS Ride
June 3-4 HIGH SIERRA STAR-B-Q (Sparks)
August 12-13 NW STAR-B-Q
(Kelso/Longview, WA)

**CHAPTER RIDE /
EVENTS INFORMATION**

Chapter Rides: 2nd Saturday / 4th Sunday

**Sunday, November 6th, 2011 Daylight savings
time ends**

May 14th Marysville Veterans Museum
May 22nd Mt. Hamilton
May 28th **STAR KNIGHTS** Ride

June 11th Warren's Annual Ride
June 26th River Rock Casino

July 9th North Coast
July 24th Oakland Hills

August 13th Big Basin
August 28th Southern Sierra

September 10th Coulterville/Bear Valley
September 25th Apple Hill

October 8th (T B D)
October 23rd Delta Loop

November 12th Pony Tracts Ranch

12/10/11 CHRISTMAS PARTY

3-DAY CHAPTER RIDES:

Riding in the Sticks with #186
www.star186.org

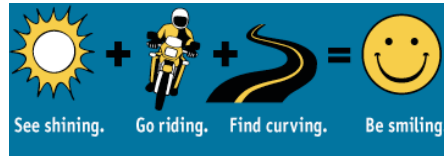




HOP ON AND LET'S GO RIDING!!



Sharing Times And Roads



STAR Touring Mid Cal Region Chapters Ride Schedule
Projected Ride Information – Subject to Change – and / or Additions

UPDATED: February 15, 2011

Compiled By Victor Tibbs – Mid Cal State Director

From information received to date

Please confirm information with individual Chapter's President and/or Chapter Website.

April 2nd – South Stockton Chapter 192 - Jamestown to Columbia ride KSU SHY 9 am

April 2nd – Hayward Chapter 294 – Daffodil Hill's Ride

April 9th – Monterey Chapter 294 – back roads to Priest Valley for lunch

April 16 – Santa Clara #209 – Ride to Sutter Creek

April 17th - South Stockton 192 - Del Puerto Canyon KSU Denny's 9am come early for breakfast

April 17th – Lodi Chapter #102 – ride to San Juan Baptista

April 23rd – Modesto Chapter #294 – *ride to be determined*

May 7th – South Stockton 192 - Klamath Falls, OR long ride KSU determined at April meeting

May 7 – Hayward Chapter 103 - Ride to Cannery Row in Monterey

May 14 – Monterey Chapter 161 – Mariposa Excursion Ride

May 15 – Lodi Chapter 102 - Ride to Mariposa

May 21 – Santa Clara #209 – Ride to Bodega Bay via Lucas Valley Road

May 28th – Modesto Chapter 294 - Ride to Yosemite

May 28th – **STAR Knights Ride – STAR Touring Regional Remembrance Ride – *details tbd***

June 3 – 4 – **High Sierra BBQ, Sparks, NV. – STAR TOURING REGIONAL EVENT**

June 11 – Contra Costa Chapter #186 Ride – Warren's Ebbets Pass Ride

June 18th – Hayward Chapter #103 - Ride to Bodega Bay

June 18th – Monterey Chapter #161 – Los Gatos / Santa Cruz Mountains

June 18th – Santa Clara #209 – Ride to San Francisco

June 19th – Lodi Chapter #102 - Ride to Plymouth for Breakfast

June 25th – Modesto Chapter #294 - Ride to Alice's Restaurant

June 26th – Contra Costa Chapter #186 – River Rock Casino

Riding in the Sticks with #186

www.star186.org

**2011 STAR Touring – Mid California
Chapter Website and President
Information:**



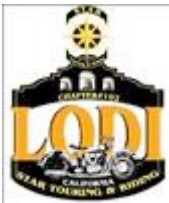
Modesto, CA - Chapter 294

Barry Dias
209-505-1459
<http://www.startouringchapter294.com/>
bmdias64@yahoo.com



Contra Costa Cnty, CA - Chapter 186

Rich Flay
925-354-1412
<http://www.star186.org/>
pres.star186@sbcglobal.net



Lodi, CA - Chapter 102

Don Nordstrom
209-327-3298
<http://www.star102.org/>
don.nordstrom@gmail.com



South Stockton, CA - Chapter 192

Gary Shirey III
209-513-3944
<http://www.startouring192.org/>
garychilla@comcast.net



Hayward Fault, CA - Chapter 103

Ed Carreno
925-519-4796
<http://www.star103.org/>
prez@star103.org



Santa Clara County, CA - Chapter 209

Tony Machado
408-591-5473
<http://www.sccstarchapter209.org/>
scc209pres@aol.com



Monterey Bay, CA - Chapter 161

Kelly Riggs
408-512-3030
<http://www.montereystar.com/>
kelly@painteffects.biz

Mid CA State Directors



Victor Tibbs & Barbara Medeiros
415-706-7421
midcadirector@startouring.org