



APRIL 2008

THE “PREZ SEZ”

Wow – spring is here – days are getting longer, and when you receive this newsletter, we have already celebrated Easter – where does the time go? This means that bikes will be “dusted off” for some, and thinking about some great rides. For many of our members, we have already had (3) great chapter rides, and the list on our calendar only promises to keep getting better and better each month. Be sure to pencil in the dates you see on our calendar, and keep watching the website and my e-mails for additional information, as we know about it.

I also wanted to share a few tips on getting “back into the riding groove”. Have you:

- **Checked your bike over?** All the bolts tight, proper air pressure in the tires, are your tires in good shape, are your lights working, is your battery fully charged, amongst other things.
- **Practice.** For some who have not ridden for a while, pull into a parking lot and practice braking, turning, swerving, for an hour or so. Get yourself back into the “mental” shape of riding.
- **S E E - search, evaluate and execute.** Search and identify potential dangers, do not assume, evaluate then execute what you need to do. Look where you want/need to go, do not look at the problem.
- **What is in your saddlebags?** Tool kit – do you have the essential tool for that emergency fix? Duct tape – very useful in

emergencies. Flashlight – a small LED light could be a lifesaver trying to find that loose screw, or after dark trying to locate/fix something. Sun block / Water – along with the obvious, these can help your mental attitude by not concentrating on pain/thirst, but focusing your attention to the road.

- **Do you ride with a passenger?** Listen to them – are they comfortable? keep them active in planning your route / stops along the way. Let them know what to expect on the ride.

HAND SIGNALS

I would also like to welcome again our new members, and those who have participated in our rides as visitors. Our officer team has been busy planning the next few months. Activities including – but not limited to:

Our next Chapter Meeting – April 24 – 6:30 p.m. at Fuddruckers [upstairs]

The start of our **two a month** chapter rides.

Our Annual **Memorial Day Weekend Ride** to Redding (partially “hosted” by Redding Chapter for Sunday’s events). We are staying at the Super 8 Hotel – 5175 Churn Creek Rd PH: 530-221-8881 – ask for Nicole or mention STAR Touring. May 24 – 26, 2008. Stay tuned for further details.

Safety Day on May 31 (more next time on this event).

High Sierra BBQ at Reno in June.

So, put down the cup of coffee, come out and “ride in the sticks” with all of us – or you will not know what flavor ice cream may be featured on the next ride - LOL!!!

Victor “Lone Eagle” Tibbs

President - **S**haring **T**imes **A**nd **R**iding

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CALENDAR OF EVENTS

Check the website calendar for further information

- April 12th Lake-Cache Meet-n-Eat
April 19th Open House – Lodi Meet and Greet
April 24th Chapter Meeting
April 26th Napa Chapter Charter Signing and ride
April 27th Alice's Restaurant
- May 3rd Road Captain Training Day and Ride
May 4th Picnic with Chapter 153 - Jamestown
May 10th Mt. Hamilton [joint ride with Hayward Fault 103]
May 18th Peruvian Paso Horses
May 24th Star Knights Vet Memorial Ride
May 24–26 Chapter Weekend Ride - Redding
May 31st Motorcycle Skills Training Day
- June 6–8 High Sierra BBQ – STAR Regional Event
June 14th: Air Show at Columbia State Park
June 21st Modesto Chapter's Charity Poker Run
June 22nd Old River Road, Downtown Sacramento [joint ride with Hayward Fault #103]
June 26 Chapter Meeting
- July 12th Holli-STAR Rally
July 20th Scandia Family Fun Center
- August 9th Competche [Ukiah]
August 24th Chapter Ride TBD
August 28th Chapter Meeting
- September 13 Santa Cruz
September 14th Non-Chapter Event – RIP's "BAD" RIDE
September 21st Chapter Ride TBD
- October 11th Chapter Ride TBD
October 23rd Chapter Meeting – Officer Nominations
October 26th Chocolate Ride
- November 8th Chapter Ride - TBD
November 15th USS Alameda [joint ride with Monterey Bay Chapter #161]
November 16th Chapter Ride - TBD
- December 13th Chapter Christmas Party – Officer Elections

Chapter Sanctioned events are set out in blue
Chapter Meetings - red

AND THE MEMBERS SAID ...

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

UNDER THE LEATHER AND BEHIND THE SHADES

Under the leather and behind the shades stands a biker. We ride for the sense of freedom it gives us. The encouragement to take the road less traveled

in the chance that we may encounter something new. We ride for the friendships we make along the way, as well as, the solitude of the open road. We don't really care what you ride, just that you do.

Under the leather and behind the shades is a beating heart. A heart filled with compassion that on any given day will be riding for those in need. Ask one of us for help, but don't be surprised when all of us show up.

Under the leather and behind the shades stands a proud American. We are as diverse a group of people that you could possibly assemble. We are men, women, tradesmen, doctors, lawyers, retirees, military, civilians, and on and on.

USE HAND SIGNALS

Under the leather and behind the shades stands a biker with sons, daughters, brothers and sisters of our own. Beneath the rough exterior are the most compassionate, caring and giving group of people who wander this great nations roads and highways. When called upon we as a group will stand as one under the leather and behind the shades.

[author unknown]

GOLDEN RANCH RUN Chapter Ride

Saturday, March 8th, 2008

by Pauline Carlton

I am having breakfast at Denny's in Discovery Bay at 8:30 a.m. thinking about the upcoming Chapter ride. I already know we're having "company" today with the soon to be new Napa STAR Chapter, and a friend of mine from the Sacramento STAR Chapter joining us. Rimma walked in about 15 minutes later as I was finishing. Going outside, I saw Warren sitting by his bike, smiling, and telling me he's ready to ride.

Walking over to Starbucks, Bob and Debby Bridges are already there, Bob checking his "Find Me Spot" tracking device. Charlotte rolls up, then Larry with Lone Eagle and wife Barbara. Larry and Victor share a quick story about finding a new ride route through Knightsen – complete with 2 U turns (yup, they got lost). Other STARS are also arriving: Jerry, Dan, Sally, Shari, Cecil and Dave. We have a new female riding in on her Harley, Debbie Zaro, a friend of Sally and Shari's whose been invited to ride with us. John and Shelly Gunby arrive next with their son, Brandon. Having ridden dirt bikes, John proudly announces this is Brandon's first ride on John's "back up" V-Star, and first group ride

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since he passed his MSF course. He rode down with them from Woodland and did great. Ed Carreno and Al Simas come sliding in just before we're ready to leave. Lone Eagle has let us know we'll be picking up some member's from South Stockton chapter along the ride route, and the Napa group in Valley Springs.

HAND-SIGNALS

Perry gives his pre-ride meeting speech: in addition to outlining the ride we'll be doing today, he also tells us to check those bikes when you walk back to them, for wear-n-tear on the tires, is the shifter tight or loose? Do your headlights and taillights work? Because the group is so large, we decide to split into two groups: Perry leading the first group with Cecil tailgunning, Shari is going to take the 2nd group with Lone Eagle the tailgunner for that group. Larry's safety reminder for the day: "Object Fixation" - don't focus on the object - focus on where you want to go. Let's ride!

Coming out of Discovery Bay, we're on Highway 4, looking like STARS riding in staggered formation, and single file over the bridges. I'm in the first group, directly behind the new rider Brandon, his Mom and Dad on my left. Debbie, our other guest is riding with Shari in the 2nd half. Coming on and off the freeway, I thought the group was tight and did well with the tailgunners blocking the lanes, so that we can move safely into the other lane [back-to-front]. Off the freeway, Perry, Dan and Larry made it through the signal light. Brandon, John/Shelly and I got stuck at the light along with everyone else. While sitting there, I noticed the South Stockton members who had been waiting for us merge and blend right in behind the other riders. Catching up with them just a few seconds later, we're enjoying the countryside and the sunshine. Outside Linden, all of a sudden, coming around a slight right-hand curve, I see Brandon's bike slide sideways into the dirt, hit the bank, and come tumbling across the lane in front of me; he's flying up in the air.

Oh my God! The "rules" say that when a rider leaves the pack, we're supposed to proceed with the rest of the group, but how can you go on when a rider goes down? I pulled over to the right shoulder, parked the bike, and went running back to see what happened. Shari is there with Brandon, who I can see is conscious. She's talking to him; Shelly is moaning, hysterical and calling 9-1-1. Two field workers from the orchard on the other side of the road start holding up traffic while Pappy (Steve - our mid-state director) tells us to get our bikes off the road, and park by the orchard. Oncoming traffic sees what's happening and graciously allows us to do just that. Lone Eagle and Warren have quickly assumed traffic control duties.

Cool heads, Shari's EMT training, allows everyone to talk among themselves, watching, waiting for the ambulance to arrive, which it does a very short time later. Passing motorist's don't gawk and hold up traffic,

but move along even though they're curious. Lone Eagle asks the first group to go on to Valley Springs where we are to meet the Napa Chapter. I've already called Lisa, leaving a message on her cell phone as to what has happened, we're on our way.

HAND-SIGNALS

This is a really sobering experience, and I can only imagine what the other riders were thinking as they suited up to start back up with the ride. I know what was going on in my mind. Mostly I guess, just wondering "why", because when you know the "why" of something, it makes it easier to understand. Shortly before I left though, John came over telling me that Brandon had come into the corner just a little too hard, hit the dirt, and in a panic, grabbed the front brake. Steve and Dallas called their fellow STAR members in Stockton - Joe and Janet Brown - who offered their truck and trailer to bring the bike back to their home while Shelly goes with Brandon to the hospital. The whole group at this point leaves for our first official stop.

Perry maintained an easy pace getting us into Valley Springs where we met up with the Napa group: Ben/Lisa, Vance/Sandra, Alicia/Ed, Ray Herrera whom I've ridden with before, and I meet Gil, Gary and Jerry. Of course, sharing details is a must before we can proceed onto the Jackson Rancheria for lunch while assuring Perry, who's still shaking, that the incident wasn't his fault.



Putting the Napa folks in the middle of the pack, we're heading out of the Chevron gas station and back on the road. This section is incredible, as we head up Paloma Road and across Pardee Dam (which seemed like we could have been riding over the Great Wall of China). It's a relatively short ride before we're parking the bikes in the garage of the casino, and thinking about the buffet that waits for us inside. While they're setting up the tables to accommodate the 30 of us, I call John. The "he's okay" is good enough for now; I know I'll be talking with John and Shelly later on tonight when I get home.

HAND-SIGNALS

Good food, great conversation sharing stories, full tummies, it's time to head back to the bikes and resume the "golden" portion of our ride. Ray and some of the

other Napa members have to leave us and head back: to Napa; it's been great riding with them. Good people. But the roar of engines, buckling up, it's time to focus on the 2nd leg of today's journey. Our next destination is Daffodil Hill, home to 300,000 bulbs all expected to be in bloom for us.



As we wind through the lush hills and valleys, Larry's bike seemed to need a "rest" in Volcano, but with some coaxing, we are back on the road. Pulling into Daffodil Hill, wouldn't you know it, **they were closed**. We missed the opening of this ranch by one week! Plenty of daffodils were seen on the way in, and we decide to continue on with our journey to our next rest stop in Plymouth for gas. How fun to go through Fiddletown, where the town hall has a huge bass fiddle hanging on the side of their building.

After fueling up, telling more stories, with some wondering what a daffodil looked like, we head out. We ride past the old Rancho Seco Nuclear Power Plant, into Walnut Grove, where the President picks up the tab for all of the ice cream everyone orders.



What a sweet guy, huh? [pun intended] Man, that was a super treat and an awesome way to end the ride for we'll all be going our separate ways from here. A fabulous route planned by the Road Captain (Perry) with various scenic changes, multi-chapter participation, a total of (26) bikes, what a day to ride in the sticks with 186.

Hugs, laughter, a RIDE SAFE, Ben, Lisa and I break off from the rest of the group after the ride over the delta roads leading onto Hwy 160 and the split onto Hwy 12. We take time for a short rest and gas stop at the Chevron gas station in Rio Vista before the ride home.

It's been an emotional day for me, and I'm glad when I roll into the driveway. It was dark when I left this morning at 6:30 a.m., and its dark now when I'm getting home. A lot has happened in between today - extra thought about riding safely and how to do that, being grateful for the friends that I have made and ride with, and feeling very thankful for all my blessings. Now, I can go see Dale. ☺

Other Comments regarding the Ride

Morning Pauline

We had a great time and what a beautiful ride Perry led us on. We are looking forward to many more!
(Warren and Rimma Darmstead)

This one is from Charlotte: "Great ride on Saturday. The roads around Volcano and Fiddletown were wonderful."

Here is a quote from Bob Bridges: "It was a Terrific Ride on a Beautiful Day with a Great Group of People"

KEEP THE SHINY SIDE UP!!

Safety Tips/Tech Talk

This is your section to share "techie" stuff

Larry's Safety Tips:

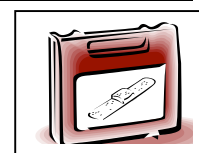
- Watch for cars
- Don't tailgate [cars or other motorcycles]
- "Object Fixation" - don't focus on the object – focus on where you want to go.

USE
HAND
SIGNALS
IN
ADDITION
TO
TURN
SIGNALS

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 hate to say it, but band-aids ain't gonna help much, folks.

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- 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.
- 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.

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- 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, directly to the 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 is helpful to put a muslin bandage over a damp gauze bandage on the end of the exposed bone, to keep it from drying out. 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. 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.

USE HAND SIGNALS

- 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.
- 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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This Month's Event

MERCED STAR CHAPTER'S
SUPPORT THE VETS Run

Saturday, March 22, 2008

On March 22nd at 6:30 a.m. on a glorious Saturday morning before the sun came up, Victor, Larry, Cecil, Pauline, Pauline's friend Dale and I met at the Discovery Bay Starbucks to prepare for the ride to the Merced Vet Support Run.

We left at 7:00 a.m. sharp with a steady pace and the rising sun in our eyes and headed to Modesto Yamaha to meet with the other Chapters before making the trek to Merced. When we got to the Merced there were bikes lining both side of the street and it turned out to be about 165 motorcycles total. Everyone got signed in and enjoyed the free coffee and donuts. It felt great to be around so many Star Members and it wasn't hard to make new friends.



With a Police Escort and Chapter 212 doing a great job of blocking intersections, all 165 motorcycles and the 5 cages in the back made it through the city and onto the highway in no time heading to the [San Joaquin Valley National Cemetery](#) which is just west of Interstate 5 and

Route 140. Once there everyone visited and took pictures, which will be posted on the Web Site.

We decided to break off from the main group and head back early so Victor could get back to his family to celebrate his birthday (39 again). We stopped and got gas and had lunch at Anderson's Restaurant, and yes I did have a cup of their famous Split Pea Soup with my lunch. The food was great and Pauline was on top of things as usual and had a card and desert ready for Victor as we all sang Happy Birthday to him. After a few jokes and picking numbers between 1 and 10, Cecil got the privilege of buying Victor his birthday lunch.

We had a good steady ride home though we had to keep an eye out so we didn't get run over from a lot of cars traveling 90 mph up Highway 5. Even though we had to leave early, it was well worth the ride.

I suggest everyone consider doing this ride next year. The event was a big success with donations and dollars for shipping going to the 184th INFANTRY BATTALION in Iraq.

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

Star National's Star Vets Page for anyone wanting to look at it, get forms or patches.
<http://www.startouring.org/starvet.aspx>

and last but not least ...

Support our Veterans! www.bearhugaussoldier.com

HAPPY HAPPY BIRTHDAY!



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

February

7th – Sally Onstead
15th – Jerry Ferrasci
29th – Shari Olds

March

14th – Larry Thompson
16th – Pauline Carlton
22nd – Victor [Lone Eagle] Tibbs

April

27th – Ada Ritter

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