



DECEMBER 2008

THE "PREZ SEZ"

GREETINGS STARS:

First, and foremost, I would like to wish a very Happy Holidays to all of you and your families. May this Season and the New Year bring you much good health, happiness, and prosperity.

There is a lot for me to be thankful for this year. Through everyone's efforts, this has been a great riding year and growth for our Chapter. I would like to thank all of you for embracing myself, and the new officer team as you did. I feel we did some things right, and could improve upon some things for next year. I welcome all comments and suggestions, so please let me know what you think, and what you would like to see for next year.

There are some very important dates coming up.

- **December 6th is our Christmas Party** starting at 12 noon at Fuddruckers in Concord. We will be sharing in the spirit with our White Elephant Gift Exchange. Please keep it simple and fun; not over \$10.00 in value. We also will have some great raffle prizes to bid on, as well as a 50/50 raffle. Monies gathered from this event will be donated to a charity of our choice to be determined at our January Chapter meeting. If you have not done so already, please let me know if you are able to attend, and remember the whole family is invited. I just need to know how many to set the room up for.

- **January 10th – 2009.** There will be a short ride leaving the Pleasant Hill Shell Station around 10:00 a.m., most likely heading to Buster's BBQ in Calistoga for lunch, and then back to the Concord Police Station for our 2:30 p.m. Chapter meeting.

This is an extremely important meeting and I am urging all Chapter members to attend. We will be reading and signing our STAR Touring Charter for 2009 as required by our bylaws and the Ride Waivers for next year. Please bring with you to this meeting, a copy of your insurance information, M-1 license, and STAR membership card.

We will also be discussing our upcoming plans for next year, and collecting our chapter membership dues for the year. I have the room booked until 5:00 p.m., but expect to get out earlier. Afterwards, we can end our day at the yogurt shop in the Plaza.

- **Feb: 14th Chapter Ride:** wherever we go, we're calling it the "Freeze your Honeybuns Ride" in honor of Valentines Day.
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- **February 21st – 2009.** Dan Soraoka has volunteered to teach us Group Riding Skills in an all day class at the Concord Police Station. This will be a classroom session – vs. a riding day. More information will be available after the first of the year.

This coming year, we have two current officer team positions open: our L.O.S. rep, along with our STAR VET rep. For next year, I will be putting a heavy emphasis on developing our Chapter Shepherd Program, and will be looking for assistance in that area. Joe Smart has accepted a role as a Ride Captain, and will be assisting Perry

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with this role. I will be looking for, and asking for other Road Captains as well, so no one becomes burned out during the year. If you are interested in any of these team positions, please contact me as soon as possible.

Looking over the ride suggestions provided by many of our member's, and aware of the additional activities from other STAR Chapters, Regional and National Activities and Rally's, 2009 promises to be an incredible riding year. One friend of mine mentioned that if we rode to most of the places on our list, I'm going to need a new motor for my bike. ☺ We do have some great trips planned. Here is your invitation to **S**hare the **T**imes **A**nd **R**iding, won't you?

**Victor "Lone Eagle" Tibbs,
President**

CALENDAR OF EVENTS

Check the website calendar for further information

| | |
|------------------------|---|
| January 1st | Polar Bear Run with STAR Chapter #153 |
| January 10th | Chapter Ride/Meeting – Charter Signing |
| January 17th | EZ Rider Bike Show [Sacramento] |
| February 2nd | STAR DAYS Registration Begins |
| February 14th | Chapter Official Ride |
| February 21st | Group Riding Safety Class |
| March 14th | Chapter Official Ride |
| March 22nd | Chapter Official Ride |
| March 28-29 | SW STAR-B-Q [Las Vegas, NV] |
| April 12th | Chapter Official Ride |
| April 18th-19th | Arlen Ness Bike Show [San Mateo] |
| April 23rd-26th | Laughlin River Run |
| April 26th | Chapter Official Ride |
| May 1st | Ladies Ride to Work Day |
| May 9th | CHAPTER SPRING FLING |
| BBQ | |
| May 23rd | STAR KNIGHTS Ride |
| June 6th-7th | HIGH SIERRA STAR-B-Q |
| July 22nd-25th | STAR DAYS [Billings, Montana] |
| August 15-16 | NW STAR-B-Q, [Medford, Oregon] |

Chapter Official events are set out in blue
Chapter Meetings – red
Chapter Supported Events - Black



AND THE MEMBERS SAID ...

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

USS HORNET Chapter Ride Joint Ride with Monterey STAR Chapter Saturday, November 15th, 2008

"The ride to the Hornet was great. It was a beautiful day for a ride and the ship was fun to explore and learn. As a bonus for me, I got my first glimpse of the Zeppelin NT, I am a huge Zeppelin fan so it was very exciting for me" From Samuel.

FEED THE CHILDREN Chapter Ride Saturday, November 22nd, 2008

What a glorious day for a ride, I thought, but with an 8:30 a.m. start time, it's cold. What was Lone Eagle thinking? Riding up to the Shell Station, seeing the other 7 bikes, this wasn't going to be all-bad, and it was starting to warm up. After the pre-ride talk, up we all hopped on the bikes and departed at precisely 8:30, the ride captain (*Lone Eagle*) mentioned that we had places to go, people to see. Making our first stop in Morgan Hill, we were again reminded that this was only a 10-minute stop – hurry up – we gotta go.

Pulling into Hollister and seeing the 53' Feed the Children semi from Oklahoma, and about (40) other motorcycles, was indeed incredible. Robert Gatto, President of the Monterey STAR Chapter and who orchestrated this event, explained that this was an extended Bay Area STAR Chapter effort, and thanking everyone for coming out and assisting for this great cause. Through our collective efforts, this was a first - this was the farthest west a Feed the Children truck had ever come. After loading up our bikes with a box of food, we followed Bob and the semi on a three-mile parade through Hollister to the distribution point. The volunteers from the local food pantry were waiting for us with open arms.

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Bob had enlisted the assistance of the local football team. As us professionals were unloading boxes of food/toiletries/children's games and water from the semi-trailer, the kids were stacking them for distribution. Even though we were stacking the boxes like had been done in the past, after couple of cars went through the line, our own Mike Prawicki decided that there had to be an easier way to do this, and immediately took "charge" re-organizing how everything got distributed. This resulted in reducing the chaos that we had set up for ourselves, and becoming more efficient in getting the families in need through the line in their cars. Approximately 400 local families had food vouchers for this day, and judging by the smiles and thanks of appreciation for this opportunity from the recipients, I felt proud to have participated in this event.

Its 1:30 p.m. and time for lunch, but where to go? After exploring a different road, we wound up in Gilroy – old town Gilroy to be specific. Riding through town, and only seeing one or two Mexican restaurants, Lone Eagle turned into Jack in the Box **WHAT!!!!** Fortunately, we made a U-turn to head back to an INCREDIBLE find – The **GARLIC CITY CAFÉ**. Open just two months, this small café had incredible food, home baked deserts, and fabulous service. We almost didn't want to leave. The owner/chef, Socrates, had been a chef at couple of very upscale restaurants for (20) years, and wanted to pursue his dream of owning his own café. With his wife Margarita and brother helping him, you can bet that we will be back the next time we are in this area.

Special thanks to all who went on this ride – and to Mike for the pictures.

Thank you Mike Prawiki for sending along this photo show where you can view this special event at:

<http://picasaweb.google.com/prawicki/FeedTheChildren>

I had a wonderful time yesterday. The weather was beautiful, the company enjoyable, and the ride comfortable. Jenn.

KEEP THE SHINY SIDE UP!

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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.
- Did you check your tires before you rode?
- Did you check your horn?
- Drink water; stay hydrated.
- **DON'T** grab the front brake when riding
- over gravel.
- **Don't** assume everyone is an experienced rider when you see someone out-n-about on a motorcycle. There are many different skill levels.
- **Look through the curves**
- Make sure everything (screws/nuts etc.) are tight on your bike
- Don't assume everyone in a car is a good driver.



OTHER SAFETY INFORMATION

BYSTANDER ASSISTANCE PROGRAM

On November 15th, Perry and I took an opportunity to attend the **Crash Course for the Motorcyclist** authored and put on Vicki Robert-Sanfelipo, RN/EMT in San Francisco. Based out of Wisconsin, Vicki comes highly credentialed and this course has been endorsed by ABATE, AMA, Wisconsin D.O.T, MSF, and HOG amongst others.

From my perspective, the goals of this class were simple: how to more effectively respond and/or react at a motorcycle crash scene.

There were (4) key areas we worked on:

- **P**revent Further Injury – think Safety First. Securing the scene, moving (only in extreme circumstances) the injured (and the techniques involved i.e. log rolling/blanket drag/recovery position).
- **A**ssess the Situation – Taking less than 60 seconds, but taking that time. Injuries are the result of Deceleration and Compression. I learned two things: take a deep breath, and look beyond what you can see in order to help determine potential injuries and their severities. Keeping an area clear – at least 100 feet all around – for emergency personnel to get in.
- **C**ontact the EMS speaking clearly, calmly, and having specific information. What was the impact force? Have a best guess estimate – don't say someone was going fast, mention, "my estimate of the speed was 55 MPH". Was it a head on, angular, bike lay down, or ejection? One tidbit that I learned was the EMS generally considers a motorcycle accident "significant" if the speed is over 15 MPH often having a helicopter on standby depending on the area if over this "significant" speed.
- **T**reat the injured with life sustaining care. An acronym used here was (in order) – **A** = airway; **B** – breathing; **C** = Circulation (bleeding you can see); **S** = Shock (possibly bleeding you cannot see); and finally **S** = Spinal Immobilization.

Under the Treatment portion of the class, we learned about Full Face Helmet Removal. While we were reminded that in **most** circumstances the helmet should always remain on, only in severe circumstances where an airway is blocked and the person isn't breathing and/or vomiting, would this

two-person removal technique be considered. This technique comes recommended and approved by the American Academy of Orthopedic Surgeons. What I learned here was the same as I recognized under the Assess topic – take a deep breath, calm myself, and take charge.

The main theme within this class was how to recognize TRAUMA from CPR and the different techniques involved.

One such technique is a JAW THRUST method used to create a passageway for air. Neck or spine injuries should be suspected in all non-breathing traumatic injuries. I was following along and comprehending all the information presented, I felt, in the P.A.C. portion of this course, but then totally realized my inexperience and lack of knowledge when it came to the Treatment section. I hope I am never surrounded with an accident, but know that I have better knowledge now on how to deal with one, should one occur.

An all-day class in the basement of Sutter Hospital, on a gorgeous day, I was wondering why I had signed up for this. In the end, I was glad I did, and believe that if this course comes out west again, I would encourage anyone to consider taking this course.

Victor Tibbs
President



by Bob Bridges



For any current or new members that want to become a Star Vet, go to the National Web Site

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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.

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

20th – Jenn
21st – George

When doing your Christmas cards this year, take one card and send it to this address. If we pass this on and everyone sends one card, think of how many cards these wonderful soldiers, who have sacrificed so much, would get.

When you are making out your Christmas card list this year, please include the following:

**A Recovering American Soldier
c/o Walter Reed Army Medical Center
6900 Georgia Avenue, NW
Washington, D.C. 20307-5001**

And another thought and suggestion :

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>



HAPPY December BIRTHDAY !!!

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