



BLUE KNIGHTS West Virginia II



June 2014 Newsletter

Volume 18

Issue 6

PRESIDENT'S NOTES:

Our event went off as scheduled this year. We had 165 registered guest and had 157 attend this year. The set up was different due to the new lodge but it worked out better for us. We were able to keep registration and hospitality close together and the hospitality room as larger this year. If you missed it you missed a great time.

We are trying to get more of our members involved in setting up rides so if you are going out for a ride please let us know so maybe a few members can tag along.

I am working on a ride to Flight 93 in July. Most likely it will be on a Monday, so if you have a Monday off let me know a good date for it.

Ride With Pride

Ed & Rexann Martin

304-622-0135

VICE PRESIDENTS NOTES:

Our next meeting will be Thursday evening, July 10th, 2014, at 19:00 hours, at the Hickory House Restaurant, 1137 U.S. Highway 19 N, Jane Lew, WV, 26378. If you have not got your dues in for 2014 please get them in ASAP. Dues are \$25.00. I hope everyone continues their membership.

Please ask another officer to come to a meeting or go for a ride with you and tell them about the Blue Knights. We have recruitment posters for you to put up at police departments so just ask for some.

I know some of you have already paid in advance so if you have that is great or if you are not sure contact Ed he will have that listed in the membership list. We have received dues from 39 of our 66 members. So if you have not sent yours in yet please do so soon. This year is almost over.

Catch the fever.

Ride With Pride

Richard & Bridget Swisher

SECRETARY'S/TREASURER'S NOTES:

Our next meeting will be Thursday evening, July 10th, 2014, at 19:00 hours, at the Hickory House Restaurant, 1137 U.S. Highway 19 N, Jane Lew, WV, 26378.

Ride Safe, Ride Smart and Ride with Pride. You are the faces of West Virginia II.

Marty McNulty, Secretary

You are the face of our Chapter, Be Safe and Ride with Pride

Marty McNulty, Treasurer

ROLL CALL

Members at June 12th, 2014, at 19:00 hours, at Blackwater Brewing Co., Davis, WV.

Marty McNulty, Bill Bradley, Cathy Conners, DW Conners, Richard & Morgan Swisher, Marshall & Linda Parker, John McCloud, Fred LePera, Eugene & Tsula Botting, Ethel Tyler & Arlie Ewing, Rex & Zadah Talkington, Rene Noe, Walter & Brandi Knight, Rexann Martin, and Ed Martin. Other guest: Larry Bailey, ONT 1, Nick Koumbiadis, Marty Farrell, Bob Blair, Rich Truran, Bob Titoio, Bill Pickle all from NY 1.

Chapter Safety Officer

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.

Ride With Pride

Walter Knight

MDC Safety Officer

D.W. Conners
 Blue Knights WV 2
 MDC Safety Officer
 BKMDCC@frontier.com

Road Captains

I'm Safe

by Jackie Vaughan

Many people use a checklist to prepare for a trip. It might include gas, tire pressure, first aid kit, et cetera. One item often missing is the condition of the rider himself. Yet the rider's condition is at least as important as the condition of the bike.

There is a checklist which allows the rider to check out himself before every trip. Easy to remember, the list is called **I'm Safe**. It stands for illness, medication, stress, alcohol, fatigue and emotion. Let's take a look at how each of these factors affects us.

Illness:

Many illnesses such as diarrhea, headache or fever can blunt our senses and affect our ability to scan aggressively for hazards or our ability to react to these hazards quickly. Recovering from an illness can do the same.

Medication:

Medication such as sleeping pills, even taken the night before, or antihistamines can make us drowsy. Antibiotics do a good job of fighting infections but also leave us fatigued for several days.

Stress:

Just before a trip is not the best time to air our problems. We will be in a much better mood after a good trip. Take time to relax before starting. Another thing to remember: don't bring the kids.

Alcohol:

Alcohol can be summed up in a single phrase-one drink per hour. Make sure there is no alcohol in your system before you ride.

Fatigue:

Working long hours at physical labor before a trip is a sure way to start the trip with fatigue.

Emotion:

We are all aware that being angry or sad at can keep our mind off our riding, but we should know that being very happy can do the same. We need to take time to think things out before we start.

Rene Noe, Walter Knight, Rex Talkington, and John “Spot” McCloud

Chaplain’s Corner

Several years ago I decided that since I lived by the road I should do something to make my place look like someone actually lived here. I enlisted the help of a good friend to suggest and help me plant some flowers. While I think my place looks much better as a result, I have discovered that flowers require a lot of work. They need weeded, dead-headed, watered and even need to be told how pretty they are. Yes, I have been advised that my plants do better if I talk to them.

Sitting on my patio today I noticed that my two hanging baskets were looking quite pathetic. As I preceded to dead-head them, it dawned on me that the spiritual life is like the flowers. Regardless of what you do to take care of you soul, if you do not take care of it your soul will become anemic and eventually be as unhealthy as my petunias. You can’t just it ignore it and expect it to become healthy and robust.

Reading scriptures, making regular time for prayer and reflection, attending worship services are some ways that a person can feed their soul. Discussing spiritual and religious issues with friends is another way. Yes, you can encounter God by the river while fishing or on your bike as you ride to a Blue Knights rally, but these should include some intentional focus on the spiritual life.

As I continue to age, I am aware that I must continue to exercise my mind and my body (even though I had rather not many times) and pay attention the things I eat so as to stay as healthy as the aging process will allow. As officers you are required to give attention to your shooting skills by qualifying twice per year if you are going to maintain your credentials.

I personally believe that like our plants, our mind and body, and like our shooting skills our souls need to be given attention, fed, nourished and occasionally pruned.

Del Parris
Chaplain, Blue Knights WVII

State Rep’s Report

RIDE WITH PRIDE,RIDE SAFE,
MARSHALL PARKER
WEST VIRGINA STATE REP/ MEMBER WVII

From Membership

Have a new business in Fairmont, WV that will give 10% off to Blue Knights members with their membership card.

M & J CYCLE WORKS (Michella & James Nuce, Owners)
1620 Locust Ave, Suite 100, Fairmont, WV 26554 681-404-6057 MJCYCLEWORKS@outlook.com
Hours: Mon-Fri 9 AM to 6 PM Saturday 9 AM to 5 PM
Parts, racing, and accessories for motorcycles, ATV and UTV.

UP COMING EVENTS

2014 Warren T. Holmes Crab Feast & Family Weekend, Hosted by MD I, Crab Feast is Saturday, August 2, 2014. SPX Building Corp, (formerly Knights of Columbus) 3611 Steward Rd, Forestville, MD 20747. More info later. www.md1blueknights.org.

2014 West Virginia II Summer Picnic, Ferguson Memorial Park, 10 North Street, Shinnston, WV, Saturday, August 9th, 2014. Starts at 6 PM until 9 PM. Covered dish.

2014 MDC Fall Conference, Culpeper, VA, August 29 - Sept 1, 2014. Hosted by VA II, Best Western Culpeper Inn, Event includes breakfast buffet, (540) 825-1253; Blue Knights Virginia – II; P.O. Box 2264, Merrifield, VA 22116-2264. 38th Annual Blue Ridge Rally, theme is “Medieval Knights”. Price is \$95.00 per person. Contact Keith Chase (Secretary) 703-893-1823.

2014 West Virginia Chapter of the FBI National Academy Associates: “Motorcycle Ride and Feed”

West Virginia Chapter of the FBI National Academy Associates, Date: Sunday, 14 September 2014 (rain or shine), Location: Camp Dawson Kingwood WV. Registration: 1200 to 1300 - Kicks Stands up at 1315 Hrs. Costs: Ride, Steak Feed, drawings and t-shirt: \$ 25.00 LEOs and retired LEOS (per bike), \$ 10.00 per passenger for steak dinner, \$ 30.00 all others (per bike) Ride, drawings and t-shirt: \$ 15.00 per passenger for steak dinner. This year the West Virginia Chapter of the FBI National Academy Associates will host its 2nd annual “Motorcycle Ride and Feed”.

- Riders will take an escorted ride through scenic West Virginia departing at 1315 and returning at approximately 1700.
- There will be a steak feed with all the fixings immediately after the ride for those who pay (must pre-register for steak feed by email to K.C. Bohrer or Ron See so we can get a count for steaks)
- Riders will be given a drawing, ticket, t-shirt and a gift bag of other items.
- 50/50 tickets will be sold
- Proceeds will go to the WV Chapter of the National Academy.

Ride is open to all LEO's (active and retired), Blue Knights members and friends of Leo's. This is a military reservation and proper ID will be required.

- Lodging is available the night of the event or previous night on a first come first served basis for LEOs (active and retired) only because of this being a military reservation at a cost of \$54.00 per night (approximate).
- Contact Camp Dawson Billeting at 304-791-7001 or billeting@cdmwr.com
- Riders will be required to register and sign a liability release waiver at registration

For advance registration and further information, contact either K.C. Bohrer at wv5pres@gmail.com or Ron See at ronsee@hardynet.com.

2014 West Virginia II, Saturday, October 24th, 2014, West Virginia II chapter Halloween Party (COSTUMES preferred) at Village Square Conference Center, Clarksburg, at 7 PM. Please call and let us know if you will be attending.

2014 West Virginia II, Friday, December 12th, 2014, West Virginia II chapter Christmas meeting/party Village Square Conference Center, Clarksburg. Meeting at 6 PM and Party right after the meeting.

2015 Winter MDC Conference, Danville, VA, February 13 - 15, 2015. Hosted by VA XIII, Comfort Inn & Suites, 100 Tower Drive, Danville, VA, 434-793-2000. \$75.00 per night. (Make sure you tell them you are with the Blue Knights LEMC group). Contact Keith Johnson 434-429-2531, bkshriner@verizon.net

2015 International Convention, July 19-24, 2015. Reno, Nevada. Hosted by Nevada II. Host Hotel: El Dorado Resort Casino, 345 N. Virginia St, Reno, NV 89501. Telephone 1-775-786-5700. More Info to come.

Sick - Ill or in Distress:

Month Meeting Locations

Our next meeting will be Thursday evening, July 10th, 2014, at 19:00 hours, at the Hickory House Restaurant, 1137 U.S. Highway 19 N, Jane Lew, WV, 26378.

Blue Knights® International
Law Enforcement Motorcycle Club, Inc.
West Virginia II
P.O. Box 174
Anmoore, WV 26323-0174



Blue Knights International Law Enforcement Motorcycle Club, Inc.



Drive responsible and always wear an approved helmet.
No matter what you ride.