



BLUE KNIGHTS West Virginia II



February 2015 Newsletter

Volume 19

Issue 2

PRESIDENT'S NOTES:

We have had some members wanting to change our meetings to a Saturday or Sunday. Meet someplace in the morning and then do a chapter ride. Anyone else got some ideas?

Please remember that 2015 is an election year for our chapter. Nomination will be in October so if you are interested in running for a position this is the year for you to do it. I hope that we have members that want to run for office and help move this chapter long.

Also remember that now is the time to make your room reservation at Canaan Valley Resort for Wild Wonderful Knights Weekend.

Please start making your contacts for sponsors and door prizes.

Just want to remind everyone that this year is an International Election year. You will be receiving ballots in the mail in the future.

Please do not just throw them away. I ask you to vote for one of the candidates. Put and mark by the name you vote for even if they are unopposed there must be a mark or the vote does not count. If you do not know any of the candidates you can check on the International Website for their background. Also you can read the WV State Reps Report about who the Mason Dixon Conference Board and chapter presidents voted to endorse for the election. You could just follow their advised. It is up to you but please vote and send your ballots back in.

Ride With Pride

Ed & Rexann Martin

304-622-0135 bkww2@aol.com

VICE PRESIDENTS NOTES:

Our next meeting will be Thursday evening, March 12th, 2015, at 19:00 hours, at the Hickory House Restaurant, 1137 U.S. Highway 19 N, Jane Lew, WV, 26378.

It looks as if we have lost several members for 2015. We have gone from 64 members down to 55 members. Some have sold their rides for one reason or another and a few just do not have the time to participate like they feel that they should. Whatever the reason, I hope that in the future they will get another ride and join back with us. I want to also ask each member to please pass out information at work letting all your coworkers about the Blue Knights. Also have an application with you when talking with coworkers; you never know when you will need one.

Catch the fever.

Ride With Pride

Richard & Bridget Swisher

SECRETARY'S/TREASURER'S NOTES:

Our next meeting will be Thursday evening, March 12th, 2015, at 19:00 hours, at the Hickory House Restaurant, 1137 U.S. Highway 19 N, Jane Lew, WV, 26378.

There was no MEETING IN FEBRUARY.

We need all of our members to let others know when you go for a ride. We should be riding as much as possible.

All bills are paid and chapter doing well.

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

Marty McNulty, Secretary/Treasurer

ROLL CALL

No February meeting

Chapter Safety Officer Panic Situations

Talking to yourself can keep you alive

By: James R. Davis

Throughout the set of articles I have written here there is a clear message, often repeated - you should practice, practice, practice.

Having some confidence in the merits of the material that you have read here, I suspect that most of you accept the premise that practice is worthwhile because it tends to convert what is otherwise difficult to 'doable with some facility' (meaning that as a result of practice you will have the skill and confidence to know that you CAN do whatever has to be done, quickly and without error.) Further, it teaches both our muscles and our minds how to do things in a way that requires very little thought, very little lost time 'finding' the appropriate controls, and just how much force is required when using those controls. In other words, practice allows us to accomplish what must be done without the loss of time and control that would occur should you simultaneously have to learn how when that panic situation presents itself to you.

So, is that all there is to it? Are you assured that if you practice enough you will be ready to do whatever it takes while your body fills itself with adrenaline?

Surprisingly, the answer is both yes and no. You will be READY (and able) to do what must be done, but what you have not practiced is dealing with that adrenaline. You, normally, do not place yourself in situations where panic stops are required in order to save your life when you practice. Indeed, when you practice you should do so in the safest environment possible so that mistakes can be learned from rather than put you in the morgue.

In the real world there is a requirement that you build a bridge from the theoretical to the actualization of your training. Let me give you an example of what I'm trying to get at here: You are rounding a right-hand curve and see that a vehicle is coming towards you in the opposite lane. That vehicle looks like it might be hugging the center line. It has your attention! Indeed, you are target fixated on it!! What do you do about it?

You have learned that motorcycles tend to go where you are looking. You have experienced that phenomenon many times. You know that target fixation can kill you, again, because your motorcycle tends to go where you are looking. So, why are you target fixated? You know better.

Virtually all of your driving experience has been 'practice' in this case. You know that unless you change the focus of your fixation away from the threat and towards an escape route you are likely to steer right into that oncoming vehicle. But as soon as you realized that you were fixated on that vehicle your body started to manufacture a ton of adrenaline and pump it into your bloodstream. You have started a 'fight or flight' panic attack.

All you need to do to get out of trouble is to TALK TO YOURSELF! You need to say something like: 'I need to look where I want to go. Look away from that truck. That direction is where I want to go. Come on, baby, let's go that way!'

Dumb, right? Well, it doesn't matter what words you use when talking to yourself. What matters is that you tell yourself to do what has to be done. That kicks in the lessons learned from all your prior practice and the job gets done.

In the case study found elsewhere on this site you will see an example of how this has saved my bacon any number of times in the past. I was driving immediately behind another rider who, as a result of target fixation, had a catastrophic accident. I had a passenger on my bike at the time and, among other things, I resorted to telling myself: "Control stop this baby!" The result, a smooth but rapid stop that avoided losing control (no locked brakes). Plenty of adrenaline was running its course and trying to get in the way. No time to learn how to stop quickly. Practice had prepared me, and all I needed was that little bridge - a brief chat with myself that insisted that I DO SOMETHING that had to be done, NOW!

Practice is fundamentally important, and so is dealing with the adrenaline that tends to confuse. No need to argue with yourself. Just a quick chat that starts the activity. Muscle memory and familiarity gets the job done from there.

Ride With Pride Walter Knight

MDC Safety Officer

D.W. Conners
Blue Knights, West Virginia II BK-WV II Quartermaster
Mason Dixon Safety Officer
Email BKMDC@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

The season of Lent is a time for both reflecting on our sinfulness and for resolving to strengthen our spiritual life. There is no better way to do both of these than by including prayer in our day. Attached is a model prayer that I use every morning and recommend to you. Of course you can elaborate and be specific in all of its categories.

A MODEL FOR MORNING PRAYER

Jesus, I begin this day in gratitude for another day of life. I know this day is a special gift from you, so I open my eyes to the beauty of the morning, to the splendor of your world, and to the wonder of your love and grace.

I thank you for all the ways you have blessed me: for the necessities of life, for my relationships with family and friends, and for my experiences of the beauty and wonders of your world.

While I hurry about like a crazy man(woman) please help me to delight in all that I do and to acknowledge your presence in my thoughts, in my words and in my actions.

Give me strength to live today with enthusiasm, and give me grace to accept my limitations and failures. Arouse my compassion that I would touch others with the peace and hope that I myself receive from you.

May my faith be sufficient for facing the challenges and the opportunities of this day. Amen

Del Parris
Chaplain, Blue Knights WVII

State Rep's Report

Just a note to say just got back from MDC Winter Meeting in Danville, VA. West Virginia II had a good turn out and it's a shame that other WV Blue Knights Chapters didn't attend. The host Chapter Virginia XIII did a great job. We got there on Thursday and member President Keith Johnson met us and escorted Linda and me along with DW Conners straight to their hospitality room for drinks and snacks. These people of Virginia XIII were always there day and night. The food was very good and Virginia XIII did all the cooking right there on the property. This was their first MDC sponsored conference and when at the MDC Meeting the bid was put out for 2016 MDC Conference there were no other chapters placing a bid and Virginia XIII accepted the request from MDC Board to return to Danville, VA for the 2016 Winter Mason Dixon Conference.

I believe there were 19 Blue Knight chapters at the meeting. The membership voted to endorse the following people for the International Election: Frank Gennari for President, Russ Harper for Vice-President, Karen Borza for Secretary, and Jim Borza for Treasurer.

Votes will be counted at the International Meeting this summer at the International Convention, in Reno, NV.

The MDC Board is asking all members to support these guys and vote for them when you receive your ballots.

The Blue Knight patch was approved by the International Board, however have not seen his new patch or if we as Blue Knights will change patch. Our President Ed Martin will have information on this later. There is also a Brookers Best Whiskey coming out with the Blue Knights Logo in the summer. Not sure how or where we as members can get one, again maybe President Ed will have more information on this for members who want one of these bottles.

Again not too much going on now, too cold for most of us to ride. However there has been much talk with Blue Knights WV II members about making this a ride year. Hope this works out. Let's try and have rides together as often as permitted by work and weather. If you're on your bike make some quick calls to other members to see if they may be able to join in.

RIDE WITH PRIDE, RIDE SAFE,

MARSHALL PARKER

WEST VIRGINIA STATE REP/ MEMBER WV II

From Membership

~2015 Maintenance Day~

Spot and I (Rick Eve) are going to host a **Maintenance Day** for the upcoming riding season for the chapter. Should you chose to attend you will be able to give your bike a check-up, change your fluids, detail your bike, add something to your bike that you need the help of others, etc...

Basic tools, an air compressor, and water will be provided for washing and detailing. John will be bringing his bike lift should someone need it. If you want to change your oil I will take care of the used oil. I have a concrete pad to work on the bikes and it should be able to get the bikes rotated through rather easily. The grill will be at the ready and I will more than happy to fire up and grill some hot dogs and hamburgers for the day. We can work out the particulars in the March meeting.

If you want to participate, bring your cleaning supplies, oil, etc... to get your bike ready for the season. Bring any special tools you may need just keep in mind that this is pre-season checkup of your bike and not an overhaul.

Weather permitting we will do get together on Saturday March 28th starting at 11:00AM and close up later in the day when the work is done. You don't have to be there at 11:00AM that's just a start time so stopping by later in the day is also good. I will fire the grill up at 1:00PM if we chose to enjoy a lunch. Should there be bad weather, we will have a rain date of the following weekend at the same time on April 4th.

Directions to my home are:

US50 to Wilsonburg Road (New BFS Store is there)

Turn right at Stop Sign

Turn Left onto Old US50/Wilsonburg Road towards the 7-Eleven/BP Store

Follow old US50 for 1.8 miles and turn right onto Sardis Katy Lick Road

Follow Sardis Katy Lick Road 1.5 miles and watch for BKWVII Sign on mailbox

Turn Right onto gravel driveway

For the GPS folks:

39.308255, -80.438965

UP COMING EVENTS

2015 Spring MDC Conference, Chesapeake, VA, May 22 – 24, 2015. Hosted by VA V, Chesapeake Marriott, 725 Woodlake Drive, Chesapeake, VA 23320. 757-523-1500. Rooms are \$94.00 per night. (Make sure you tell them you are with the Blue Knights LEMC group). Contact "Spike" Johnson 757-418-1935 or spike102@verizon.net. Event is \$79.00 per person or \$150.00 per couple.

2015 Wild & Wonderful Knights, Canaan Valley Resort, Davis, WV. Hosted by West Virginia II. June 12, 13 & 14, 2015. FOR ROOM RESERVATIONS CALL: CANAAN VALLEY RESORT, CALL 1-304-866-4121; TELL THEM YOU ARE WITH THE BLUE KNIGHTS, Online registration go to www.canaanresort.com Group ID #15363, Password 40. To be guaranteed a room at the discount rate you must contact Canaan Valley Resort before May 1, 2015. CABINS AND CAMPSITES ALSO AVAILABLE. Rooms \$85.00 per night for standard and \$95.00 for Junior Suites.

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.

2015 Martinsburg Bike Night, August 15th, 2015; Martinsburg, WV, hosted by West Virginia V. More info to come.

Sick - Ill or in Distress:

Drawing

Drawing at this meeting was for \$15.00, and the name that was drawn was Gerry Menendez. Since he was not there, that means that the March 2015 meeting will be worth \$20.00.

Month Meeting Locations

Our next meeting will be Thursday evening, March 12th, 2015, at 19:00 hours, at the Hickory House Restaurant, 1137 U.S. Highway 19 N, Jane Lew, WV, 26378.

There will be an Executive Board Meeting at 18:30 hours (6:30 pm) just before the regular meeting.

2015

WILD AND WONDERFUL KNIGHTS Blue Knights West Virginia II

PLEASE COPY

\$75.00 PER PERSON PRE-REGISTRATION

After May 1st, 2015 Registration is \$90.00 Per Person

June 12th, 13th, and 14th, 2015

CANAAN VALLEY RESORT, DAVIS, WV

NAME: _____ Age: _____ Miles to Event on Motorcycle: _____
CO-RIDER: _____ Age: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____
PHONE: _____ Chapter: _____

PRE-ORDER T-SHIRTS \$15.00 EACH: # _____ SIZES: _____ # _____ SIZES: _____

Please mail this form to:
BLUE KNIGHTS WV II
P.O. BOX 174
ANMOORE, WV 26323-0174

CONTACT:
Ed Martin
304-622-0135
bkwv2@aol.com

PLEASE READ AND SIGN:

PARTICIPANT'S AGREEMENT TO INDEMNIFY AND HOLD HARMLESS THE BLUE KNIGHTS INTERNATIONAL LAW ENFORCEMENT MOTORCYCLE CLUB, INC., WEST VIRGINIA CHAPTER II, AND CANAAN VALLEY RESORT, AND TO RELEASE THE BLUE KNIGHTS INTERNATIONAL LAW ENFORCEMENT MOTORCYCLE CLUB, INC., WEST VIRGINIA CHAPTER II, AND CANAAN VALLEY RESORT, FROM LIABILITY. The participant, shall indemnify, hold harmless, and release from any and all liability, the Canaan Valley Resort, its Agents, Officers, Directors, and Employees, and/or the Blue Knights International Law Enforcement Motorcycle Club, Inc., its Conferences, Chapters, Officers, Directors, Members, Agents and Employees from and against all claims, damages, losses, and expenses, including attorney's fees arising out of or resulting from the participation in, **BLUE KNIGHTS WEST VIRGINIA II, EVENT ON JUNE 12th, 13th, & 14th, 2015**, provided that any such claim, damage, loss or expense (a) is attributable to bodily injury, sickness, disease or death, or to injury to or destruction of tangible property, including the loss of use resulting therefrom, and (b) is caused in whole or part by any negligent act or omission of the Canaan Valley Resort, its Agents, Officers, Directors, or Employees and/or the Blue Knights International Motorcycle Club, Inc., its Conferences, Chapters, Officers, Directors, Members, Agents or anyone directly or indirectly employed by any of them, or anyone whose acts any of them may be liable, regardless of whether or not it is caused in part by party indemnified and/or released from liability.

SIGNATURES: _____ DATE: _____

Co-Rider: _____

Enclosed is \$ _____ for _____ participants.

If you want to register by credit or debit card please email marty.e.mculty@gmail.com. We are using Square to make it more convenient for you. (Service fee added)

Refunds returned by written request only. *No cancellations or refunds after May 1st, 2015.*

To be guaranteed a room at the discount rate you must contact **Canaan Valley Resort** directly at (1-304-866-4121) before **May 1, 2015**. They have blocked off rooms, when you call mention **Blue Knights Group ID #15363, Password 40**. The room prices are \$85.00 plus taxes & fees for standard room; and \$95.00 plus taxes & fees for junior suites. Cabins & Campsites also available. Confirmation on registration will be sent if requested.

All awards will be based upon information placed on the registration card given at time of registration. Presentations of awards will about 9 PM, Saturday night, June 13th, 2015.



Blue Knights Mason Dixon Spring Conference Chesapeake, VA. May 22 - 24, 2015

Chesapeake Marriott

725 Woodlake Drive, Chesapeake, VA. 23320

Blue Knight rate \$94.00 per night (plus tax)

757-523-1500

\$79.00 person/\$150.00 couple *(Before May 1st)*

ADD \$10.00 after May 1st

Children (7—13) \$45.00/under 7 free

Registration includes:

- Friday Night Dinner
- 2 Breakfast buffets
- Saturday "Seafood Fest"
- Virginia V's "Traditional" hospitality room
- Music & Entertainment
- Guided & Self Guided Rides
- Conference Pin

For additional information contact

"Spike" Johnson @ 757-418-1935

spike102@verizon.net

Tom Hayden @ 757-348-5560

vbmotordawg@aol.com

Ronnie Young @757-651-3300

rwybkva5@aol.com

PLEASE PRINT

Member Name: _____

Guest Name: _____

Guest name: _____

Email: _____

Chapter: _____ Phone: _____

Make checks payable to Blue Knights Virginia V & return to P.O. Box 9334, Chesapeake, VA. 23321