



Volume 2 Issue 4

Newsletter Date
April 2010

Chapter Staff

Chapter Director's

Gary & Cheryl Loy

Assistant Chapter

Director's

Danny & Allyson
Hickey

Rider Education

Sam Kallal

Treasurer

Sam & Lisa Kallal

Chaplain

Steve Crowley

Newsletter Editor

Cheryl Loy

Weights & Means

(Goodie Sales)

Mike Cosgrove

Ride Coordinator's

Jesse & Brenda Tuten



FRIENDS FOR FUN-SAFETY-KNOWLEDGE

ROYAL RIDERS

Gold Wing Road Riders Association
Region A-Georgia Chapter "K" Kingsland, GA
City of Royal Treatment



APRIL 2010



Director's Corner



Someone once said "It's Not About the Destination—It's About the Journey"....What in tar nation (a southern word) does that mean? If you did not have a destination---then would you be on a journey anyway? If you do not have a place in mind when you start, then what direction do you start in? I will openly admit that lately (in the not so distant past) we have had several destinations we were trying to get to, and ended up on quiet a journey (no thanks to the old GPS). With that said, are you prepared for your journey? As motorcycle riders, we are already at a disadvantage because of our physical size and profile, not to mention we are CAGELESS. We have less structural mass to protect us, and we simply are hard to see. How about the mechanical condition of your ride? When was the last time you serviced it or performed your TCLOCS? Besides the physical limitations, there are mental ones too. Are you well rested or are you fatigued? Are you concentrating on the ride or being distracted by your gadgets? How sharp are your skills? When is the last time you took a rider course or practiced you skills in a parking lot?

It's SPRING TIME and the weather is turning nice. There are lots of Rally's coming up, not to mention the various poker runs and other events. When you set out on your journeys, do so with caution. Ride with a buddy when you can, but if you can't, let someone know where you are headed and what route you're taking. Carry a cell phone and a couple dollars in your wallet (or purse) for emergencies. Be prepared as best you can for the unexpected and hopefully your journey will be one to talk about the next time we meet. Ride Safe and Have Fun... Gary

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2010 Georgia District Staff

- | | | |
|--|---|--|
| GA Dist. Director's
Carlos & Dee Lozano | GA Asst. Dist. Director's/Motor Awareness Educator's
Roy & Julie Degler | GA Traveler's Plaque GA-T Athens
<u>Given at their Fun Day</u>
April 10, 2010 10:am - 2:pm: |
| GA Asst. Dist. Director's Vendor Coordinator's
Alan & Denise Head | GA Dist. Rider Educator's
Tommy & Vicky Martin | Must be signed in by 1:00pm, plaque giveaway at 2:00pm |
| GA Asst. Dist. Director's/Event Coordinator's
John & Linda Zimmer | GA Dist. Treasurer
John & Sheila Andrews | Tuckston United Methodist Church
4175 Lexington Rd.(US 78 E.)
Athens, GA 30605 |
| GA Asst. Dist. Director's/Dist. COY Coordinator's
Dave & Betty Andrade | Dist. Leadership Trainers
Dave & Sharon Aikens | |
| | Membership Enhancement Coordinator's
Sid & Donna Cohen | |

April News

HAPPY BIRTHDAY

SELENA STRICKLAND - 10TH
RAY DENTON - 20TH
LISA KALLAL - 28TH
REGGIE WALTERS - 29TH



Sam & Lisa Kallal 5th
Gary & Cheryl Loy 11th



NORTHEAST FLORIDA
Sunday, April 18, 2010
FLORIDA STATE COLLEGE
4501 Capper Rd.
Jacksonville, FL 32218

Registration opens at 8:00 a.m. and closed at 9:45. The scenic, escorted ride starts at 10 a.m. sharp, *rain or shine!*

FREE beverages, breakfast pastries and light lunch.

After the ride stay for the Celebration of Life program to hear from the local children we help. Award presentations to top fundraisers will follow.

For each \$300.00 you raise, your name will be entered into a drawing for a new Honda motorcycle! (must be present to win).

For more information, call 800-253-6530 or go to www.rideforkids.org

Registration \$35.00 per motorcycle cash, checks and credit card at the event



GA Chapter K's Annual Picnic & Camping

When: April 23rd & 24th

Where: Laura S. Walker State Park Waycross, GA

Time: Picnic will be from 11:00am - 1:00pm on 2/24

Picnic will be held on Saturday, April 24th 11:00 AM - 1:00 PM

Chapter will provide the hotdogs, hamburgers, buns, water, lemonade & tea (if you want soda, you will need to bring your own). Please bring a covered dish to share. See below for list of suggested items. Please contact Cheryl via phone or e-mail (mrbass@tds.net) (912)729-4250) with number attending and what you will be bringing to share. Hope to see you there for a good time!

Chips

Salad (any type, please specify)

Baked beans

Condiments: mustard, ketchup, mayonnaise

Relish, pickles, onions (diced & sliced)

Cole Slaw

Brownies, Cookies, Cake,

Fruit

Bring your own Soda



Camping: For reservations go to www.georgiastateparks.org or call: 912-287-4900

EVENTS PAGE




April 10th - Chapter Meeting Aunt B's Eat at 11:30 meet at 12:30 Special Dinner ride to follow meeting. Those unable to be at meeting, meet at Exit 1 Hess Station 2:15, kickstands up @ 2:30. Depart and take a leisurely ride to St. Augustine. There we will stop for dinner @ Sunset Grille, 421 A1A Beach Blvd. 904-471-5555

April 18th - Ride for Kids. Meet at Steffen's Restaurant @ 7:00 to eat. For ride, meet @ Exit 1 Hess 8:00, kickstands up 8:10. Make our way to Jacksonville for registration.

April 24th - Chapter "K" Picnic 11:00 am - 1:00 pm Laura S. Walker

**April 27th
Tire Kicker @ Jack's Bar B-Q Kingsland Exit 1 Scrubby Bluff Rd. 7:00**

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
	5	6	7	8	9	10
11	12	13	14	15	16	17
18 	19	20	21	22	23	24 
25	26	27	28	29	30	



A Note From Our Editor

That's right! Spring is in the air which means it's time to go out and start enjoying the great outdoors. There are a few things the Chapter will be doing this month to take advantage of that. Make sure you take a look at the events page for more details. This will also be the first month that we have our Chapter meeting on a Saturday, and since Easter weekend is our dinner ride weekend, we decided to change it and incorporate that the same day as the meeting so we can venture out early and go a little further than usual for dinner. This should be a lot of fun. Gary & I plan to attend the Ride for Kids and hope others choose to as well. Last but not least, we will have our annual Chapter picnic again at the Laura S. Walker State Park in Waycross. Some plan to camp as well. We hope that you all take advantage of your picnic. So with Spring in the air, we do plan to enjoy it. Take care and we hope to see you soon!
Cheryl

Our Mission:

**To Save Lives Through Quality,
World Class Education.**



Our Slogan:

"Safety is for Life"

For those who did not have the opportunity to attend the First Aid / CPR class last weekend you missed some great training. Below is a small portion of training that we received.

Anatomy of a First Aid Kit

A well-stocked first aid kit is a handy thing to have. To be prepared for emergencies, keep a first aid kit in your home and in your car. Carry a first aid kit with you or know where you can find one. Find out the location of first aid kits where you work. First aid kits come in many shapes and sizes. You can purchase one from the [Red Cross Store](#) or your [local American Red Cross](#) chapter. Your local drug store may sell them.

You may also make your own. Some kits are designed for specific activities, such as hiking, camping or boating. Whether you buy a first aid kit or put one together, make sure it has all the items you may need. Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest. Check the kit regularly. Make sure the flashlight batteries work. Check expiration dates and replace any used or out-of-date contents. The Red Cross recommends that all first aid kits for a family of four include the following:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of non-latex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers

First aid instruction booklet

A FIRST Aid kit is required to be carried with your motorcycle for all Level Three ... You don't have buy a First Aid Kit you can piece one together, the list on next page are recommended items.



Cardio-Pulmonary Resuscitation = Reviving the Heart and Lungs

Just as important as knowing HOW to perform CPR is knowing **WHEN** to perform it - and when **NOT** to! Before forcing air into someone's mouth and crushing their chest through cardiopulmonary resuscitation, there's a few quick but important things to do...

Check the Scene

Make sure it is safe for you to help the person. Don't become a victim yourself by rushing to help someone without being sure you will be safe. Some examples of this are victims in contact with electric wires, victims in traffic, or victims in fires.

Check the Person

- make sure this person needs CPR.

If the person is conscious, they do not need CPR. They may need choking help or first aid, but not CPR.

If they appear to be unconscious, tap their shoulder and shout at them "**Are you OK?**"

They may have just been asleep or zoning out - that would have been embarrassing to start CPR!

If there is no response, then this is an emergency and 9-1-1 should be called.

Check for Breathing

Don't move the person, but look, listen, and feel for breathing.

If there is breathing, no CPR is needed. Other aid may be required.

Check Airway

Carefully roll the person onto their back, tilt the head back and lift the chin. This is to help open the airway and may allow breathing to resume. Check for breathing again.

If there is breathing, no CPR is needed. Keep the airway open and check if other aid is required.

If there's no breathing, then CPR is needed.

It may seem like a lot of steps, but all that checking only takes about 15 seconds at the most and it makes you certain that cardiopulmonary resuscitation is really needed by this person. Now that you know he or she needs CPR, you've got to actually do the CPR.

There are a few changes to the CPR training from what we learned last year. Here are two great web sites to check out to learn more about CPR and First Aid.

<http://www.americanheart.org> and <http://www.redcross.org>

Congratulations to the following for completing their CPR/First Aid Certification's

Gary Loy

Cheryl Loy

Ben Goff

Sam Kallal



Lisa Kallal



All About Egg Recipe's

Ever wonder what to do with those colored eggs?
Try some of these ideas!



Deviled Eggs

Ingredients

6 eggs
1/2 stalk celery, finely chopped
1/4 onion, finely chopped
1/4 cup mayonnaise
salt to taste
1 dash hot pepper sauce
paprika, for garnish



Directions

1. Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool and peel.
2. Cut eggs in half. Remove yolks and place in a medium bowl. Mash together with celery, onion, mayonnaise, salt and hot pepper sauce.
3. Stuff the egg white halves with the egg yolk mixture. Sprinkle eggs with paprika. Chill covered in the refrigerator until serving.

Tip: put yolk mixture in zip-lock bag and seal. Cut a small corner off with scissors. Squeeze bag to fill the egg whites.

Ingredients

6 eggs
1/4 cup mayonnaise
2 tablespoons finely chopped onion
3 tablespoons sweet pickle relish
1 tablespoon prepared mustard
paprika, for garnish
salt and pepper to taste



Directions

1. Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and cut lengthwise.
2. Remove yolks from eggs. In a medium bowl, mash the yolks and mix together with mayonnaise, onion, sweet pickle relish, horseradish and mustard.
3. With a fork or pastry bag, fill the egg halves with the yolk mixture. Garnish with paprika, salt and pepper. Chill covered in the refrigerator until serving.

Egg Salad

Ingredients

6 hard-cooked eggs, sliced
1/4 teaspoon pepper
1/2 cup finely chopped celery
1 tablespoon minced onion
1/4 teaspoon salt
2 teaspoons fresh lemon juice
1/4 cup mayonnaise
Lettuce leaves



Directions

1. Reserve 4 center egg slices for garnish, if desired. Chop remaining eggs.
2. Mix mayonnaise, lemon juice, onion, salt and pepper in medium bowl. Add chopped eggs and celery; mix well. Refrigerate, covered, to blend flavors.
3. Serve on lettuce leaves; garnish with reserved egg slices.

Upcoming **Chapter "K"** Fun Events

RIDER EDUCATION FUN DAY

Saturday

May 8th, 2010

Armstrong Atlantic State University

11935 Abercorn Street, Savannah, GA 31419

Sign-in starts at 8:30am,

PLP and Seminars start at 9:00am

Cost: FREE

GA Chapter "H" 2010 Fun Day

May 15, 2010

Place: Albany, GA Fraternal Order of Police Lodge
Dunbar Lane, No street number but easy to find

TIME: 11:00 AM - 2:00 PM

GRAND PRIZE Drawings \$200.00 & \$100.00

Drawing will be at 2:00 PM Must be present to win

REGISTRATION \$7.00 Includes Sloppy Joe, chips, drink and dessert.

**GAMES * DOOR PIZES * 50/25/25 *EATS * and LOTS OF FUN
AND FRIENDSHIP**

POC: Jeff Verner 229-883-5598 or John Andrews 229-889-8738

Gwjjeff09@gmail.com or andrewsj@mchsi.com