

Cruisin' News

VOLUME 2 ISSUE 8

SEPTEMBER 2005

Looking Down The Road...

A letter from the Director...

OK, it's September already. Is that why Moe was the only person who showed up for the dinner ride on Thursday August 11th??? Just a question.

Think it's the time to throw out a few ideas and thoughts. It seems like things are moving a little slow with the Chapter. Hopefully with fall approaching we will all have a little bit more time for The Riders. Anyone have any ideas on how we can move ahead with our social and fundraising plans?

Maybe we need to talk a little more at the meetings about social nights and gatherings. I think the ladies have a pretty good thing going with their social nights, even if we guys are not invited. Let's talk more as a group and extended family.

Some of the things we know of that are definite happening this fall, and need your help are The UPC Dinner Dance at Roma Hall on Saturday November the 5th. This is a very worthy cause that can always use our help and generosity. Contact Pat Squires or, our daughter-in-law, Deanna Spiteri for tickets. They promise this is going to be the best party ever with the "Blues Brothers Band" performing and an open bar, maybe this could be a Riders social night.

Safety First!

You're tooling down the road and spot another biker up ahead. Cool! Let's catch up and ride with them! Suddenly, a car cuts in front of them, and sends them off the road. Your prospective friend has just had a serious accident!

In most cases, the first person on the scene of a motorcycle accident is another motorcyclist—in this case, you. Sometimes, in trying to help the injured biker, those stopping to assist can actually do more harm than good. In this month's article, we'll try to ensure you're a Good Samaritan of the other kind.

The first thing you need to do is get help. If you or another nearby have a cell phone, call 911 to get police and medical assistance on the scene.

The Veterans Day Stuffed Cabbage Dinner is being held on November 11 at 6:00 p.m. at Post #396. This will be a first for us and, hopefully, we can make some money. Your participation is needed with selling and buying of tickets which will be \$7.00 per person for a good Polish dinner.

We are still planning a Rifle Raffle which J.D is chairman of. Then, of course, there will be "The Thanksgiving Day Dinner" at the Post for those who will be alone that day.

The Santaland Parade is another big time for us. This year The Riders are not sponsoring the parade, but are participating in a joint effort with Garden City, hoping to make it easier for all. The Riders will still be needed to ride in the parade as we have done for the past years. Hopefully we can also get some other Chapters to ride with us, showing our unity as a Veterans Group. I know the kids and the community love watching all those motorcycles riding together. The parade is all about the kids and community.

Lets all ride safe and stay happy.

Porky

PS: BE SURE TO CHECK OUT THE EVENT FLYERS AT THE FRONT TABLE AVAILABLE AT EACH MEETING.

Next, secure the accident scene to prevent other vehicles from hitting the rider or wreckage—and to make it safe for you to assist the victim. If you have flares or hazard reflectors, get them out ahead of the scene to alert oncoming traffic. If any drivers stop, ask them to turn their emergency blinkers on and help to keep traffic away from the scene. If the victim's motorcycle is still running, shut it down and close the fuel valve. If you cannot make the site safe for you, DO NOT ENTER IT!!!

Next, check on the rider. If they're wearing a helmet, DO NOT attempt to remove it. If there is serious bleeding, perform basic first aid to stop the blood loss.

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MILE MARKERS

- ALR General Membership Meeting—1 Sep 7 pm
- ALR Dinner Run—8 Sep 6pm
- Remembrance Day—11 Sep
- Ladies Night Out—15 Sep 6pm
- Post 364 Hawg Heaven—17 Sep

BIRTHDAYS IN September:

- Leon "Chaz" Chassman—7 Sep
- Leslie Diehl—14 Sep
- Karen "Mouse" McAdams—19 Sep
- Dan "Tattoo Dan" Spiteri—21 Sep
- Bonnie Hills & Keith Chance—22 Sep
- Michael "Moe" Moegenberg—30 Sep

Safety First! (cont.)

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If they are not moving, do not attempt to move them as doing so can make any injuries they have suffered worse. GENTLY shake their shoulder while very loudly asking if they are all right. If they are unconscious, check to ensure they are breathing. If they are not, you need to perform CPR. This can be a problem since many motorcycle accidents involve serious head, neck, and back injuries. In all of the following steps, if you suspect such injuries—or even if you're not sure—be careful about moving them. Here we go...

Check to see if they've suffered a head, neck, back injury. If you suspect such injuries or are unsure, DO NOT MOVE them—doing so could greatly worsen their condition.

If you do think there may be a head or neck injury or just can't be sure, tilt their head back by pulling their jaw forward.

If you are **absolutely sure** there are no head, neck, or back injuries, turn them carefully onto their back while supporting their head. Put one hand on their forehead and press firmly backward to tilt the head back. (Do not tilt the head by lifting at the back of the neck.) Put the fingers of your hand under their chin and lift it. Keep their mouth open and hold the chin at the jaw, not from beneath. This should open their airway.

While keeping their airway open as above, check to see if the person is breathing—watch their chest, listen at their mouth, or feel if there is a regular rhythm of air moving at their mouth (your cheek is more sensitive to this than your hand). If they are breathing and there are no signs of head, neck, or back injury, roll them onto their side to help prevent choking, and stay with them until emergency help arrives. (If you are unsure, do not roll them.)

If they are not breathing on their own, you need to perform mouth-to-mouth resuscitation. First, use your finger to sweep their mouth and ensure there is nothing there that could be blown into their lungs—gum, broken teeth, tobacco, false teeth. If there's something there, scoop it out before continuing. Now, open their airway as you did before, but, this time, you'll need to keep one hand on their forehead and the other under their chin to keep their head in this position during mouth-to-mouth. Gently pinch their nose closed using the hand on the their forehead. Take a deep breath and put your lips around the person's mouth making an airtight seal. Blow two slow breaths into their mouth, taking a breath after each one. If you do not see the chest go up and down with each forced breath, their airway might still be closed. Check again for obstructions, change the their head position and

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...And Don't Call Me "Ed"

Crimony! Where did the summer go?! It's SEPTEMBER! I haven't done all the riding I said I'd get in this year! I didn't get all of those summertime chores I wanted to get done out of the way yet! I'm not DONE with summer yet! IT CAN'T BE SEPTEMBER ALREADY!!! Oh, well. Guess I'll just have to take whatever advantage I can of however many warm days we have left...

On another note, there have been recent changes within the Chapter to provide more opportunities to ride and do things as a group. Oddly, even though for years the complaint has been that there are no such activities at our Chapter, now that we have them, no-one is participating.

Now I can surely understand that

there are those of us who have hectic lives and cannot do much more than we are, but, out of 127 members, it doesn't seem unreasonable that five or six folks couldn't get together to enjoy these things. I mean: what's the sense of having a Run Coordinator if you never show up for anything he pulls together?

No, I'm not going to pull another "apathy" parable from my sleeve, but please, folks, realize this: *without your involvement, the Chapter dies.* The meetings are not the lifeblood of this organization; the members are. And if the members lose interest because there never seems to be anybody doing anything, we starve and die, just as any part of your body would if its lifeblood was cut off.

Photo Op...

Bobcat will be packin' a tripod and digital camera for our sorta-annual group picture at the September meeting. Weather permitting, that is.

Like last time, we'll arrange ourselves out in the parking lot in front of our bikes.

Be there, or be square. Wear your best duds, have your hair combed, and make your mama proud! Oh, and ride your scooter...

Let's show 'em what a fine lookin' bunch we are!



Look Out 4 Rug Rats...

School's back in session around town. Be sure to watch out for kids, especially during your morning and afternoon rides—they don't always think before running out into the street, so let's think for them.

Remember to be extra cautious when riding near parked cars, pedestrian walkways, playgrounds, and schoolyards. We don't want to lose any kids—or any of you, either!



We've demonstrated again and again what we can do when we all pull together and chip in. Yeah, we hate to commit through sign-up sheets and the like, but we still get in there and get the job done when called upon by others—Lion's Club, Goodfellows, the Romp—how about we do a few things for ourselves, and for no better reason than because we enjoy each others' company? That says more to me—and likely to other members—than all of the volunteerism we enjoy. It tells me that I'm in a group that values each other. An extended family.

That's the type of group I want to belong to. How 'bout you?

- Bobcat



Safety First! (cont.)

(Continued from page 2)

try again.

Check for a pulse. Place your fingers on the large muscle of their neck below the jaw line, and aligned with the ear. Slide your hand forward until you feel the depression between the muscle and their windpipe. Move your hand up toward their jaw, and, with your middle finger against their jawbone, gently press the middle and index fingers into the separation between the muscle and the windpipe. You should feel pulsing. (You can also check for a pulse at their wrist under the ball of the thumb, or at their inner thigh, but likely injuries to these limbs could mask it.) If you don't feel a pulse, you should start chest compressions.

Put your hand on the lower rib cage and move your fingers up until you can feel where the ribs meet in the middle of the chest. This is the sternum. Put the heel of one hand on the lower half of the sternum at the nipple line and put the other hand on top of it. Extend or lace your fingers together—careful here: not putting your hands in the right position can break their ribs. Straighten your arms and lock your elbows with your shoulders directly over the center of their chest, looking down at your hands.

Quickly and forcefully press down

on their chest about 1 1/2 to 2 inches. Take the same amount of time to press down as it does to release the compression.

While counting them out loud, press and release 15 times, then perform mouth-to-mouth for two breaths. Reposition yourself over their chest and perform 15 more chest compressions. After every four cycles of breathing and chest compressions, check to see if they are breathing on their own.—steady breathing or coughing are good signs; gasping for breath indicates that they are still having difficulty and still need your help.

If they are breathing on their own again, congratulations! You've just saved their life! If there is no back, neck, or head injuries, roll them onto their side. (Again, if you are unsure, do not roll them.) Stay with them until emergency help arrives. If they are not breathing, continue until they are, or until someone else relieves you.

Shock is another serious injury concern. To help prevent it, loosen their clothing, and, carefully raise their feet above the level of their head. Cover them with a coat or blanket and keep them warm. Check their breathing and pulse often, and be ready to resuscitate them if either stops.

Help Wanted...

Folks, it's getting harder and harder to come up with material to fill this newsletter each month, and the post office will not send a single 8.5 x 11 sheet. Besides, I really don't care to add the expense of envelopes and stuffing 'em to the Newsletter.

Anyone with anything they'd like to write about is invited to send it along to me at bobcat@AmericanLegionRiders.net and I'll be sure it is included in the next newsletter.

If you're writing about future events, keep in mind that the deadline for articles is the 18th of the month PRIOR to the publication month (for instance, you need to have your article to me by 18 October in order for me to get it into the November newsletter), and newsletters are usually printed, and mailed the same by the following weekend.


If you don't have a pc or email, write your item up on paper and I'll do my best to type it up and get it in as time allows.


Thanks!




ALR MARKETPLACE

Your ad here helps produce the monthly newsletter (Ads are \$10 each/\$120 for 13 months)

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Sanity note: *NALRIC.com and
www.AmericanLegionRiders.net both
go to the same site...*

**Is this newsletter correctly ad-
dressed?** Contact the editor if *any-
thing* is wrong—name as displayed,
address, etc. *Thanks!*

Read this online at
http://americanlegionriders.net/gc_mi_alr

Advertise With Us!

The *Cruisin' News* gives you the opportunity to get the word out to a group of motorcycle enthusiasts dedicated to the support of Veteran's issues. We're a hellatiously loyal group, well known to support those who support us. Your \$10 ad helps to produce this newsletter, getting ALR info—and your ad—to members via both mail and the web. Please advertise with us. *The ALR is a program of The American Legion—a nonprofit Veterans' organization.*



THE
AMERICAN
LEGION RIDERS

Still serving - And Riding!

www.AmericanLegionRiders.net/gc_mi_alr

The Runs...

Biker Events In and Around our Area...

*As in the past, be sure to follow up
on these events before attending.*

*We do our best to ensure the dates,
location and contact info are ac-
curate, but mistakes are easily
made and hardly corrected...*

26-28 Aug—Boomerama—
Davisburg, MI Contact 248-
623-6418

**27 Aug—Chapter Pic-
nic—Animal Zone**

**27 Aug—Run For
The Heart—**

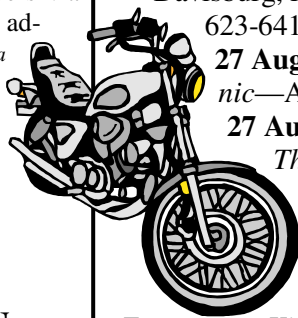
Hudson, MI
Contact 517-
547-3333

28 Aug—Ride

For Kids—Ann Arbor,
MI Contact 800-253-6530

31 Aug-5 Sep—Easyriders

Rodeo Grand Nationals—
Chillicothe, OH Contact 800-
962-9857



17 Sep—Hog Heaven—Dearborn, MI Con-
tact American Legion Post 364

9 Oct—Giant Motorcycle Swap Meet—
Deltaplex Grand Rapids, MI Contact 800-
968-4242

20-23 Oct—Biketoberfest—Daytona Beach,
FL Contact 800-854-1234

23 Oct—Giant Motorcycle Swap Meet—State
Fair Grounds Detroit, MI Contact 800-968-
4242

4 Nov—Stuffed Cabbage and Rifle Raffle—
Post 396

5 Nov—UPC Dinner Dance—Roma's of
Garden City, Cherry Hill & Venoy

25 Nov—Goodfellows Paper Drive—Ford &
Inkster Road in Garden City

26 Nov—Santaland Parade—Garden City

**3 Dec—Santaland Party—Maplewood Cen-
ter**

10 Dec—Chapter Christmas Party—Post 396

13 Dec—Christmas Lights Ride—Hines Park

16 Dec—Chapter Cookie Bake—St. Dunstan
Community Room

18 Dec—Needy Family—Maplewood Center

1 Jan—First Ride of '06—From Post 396

