



Nearly Speechless

September was a hellava month, and I for one am glad it's gone. First, Tom and I would like to thank all the 2J-ers who helped immeasurably in making *NMSS Waves to Wine* a success again this year. Barry, Alex, Tom Hendrey, Robert Taylor, Tom & Connie Hodgson handled their duties admirably and in many cases performed above and beyond the call of duty. They made the chapter proud. Thanks, you guys rock. And we learned a lot. Tom and I hope to provide enough evidence to have the W2W brain trust change our job description and have us on the road and off the corners next year.

This year the Christmas Party will be held at Grace Episcopal Church in Martinez on December 11. The start time is 6:00. The address is 130 Muir Station Road. As usual the chapter will provide a main course and asks that every one bring a side dish. Of course there will be a no-holds-barred gift exchange. Prepare ye selves.

The staff has decided this year to support Blue Star Families this year for the holidays. These are folks who have relatives in the military. Bob Prater will be heading up this project. Stay tuned for details.

Pat Riley

Pace for Space

Up-coming Events

Oct. 11 Chapter Gathering

Oct. 18 Skaggs Road ride

Oct. 30	Lake Alpine Picnic Ride
Nov. 11	Veterans' Day Parade in Antioch?
Nov.13	Chapter Gathering
Dec. 11	Chapter Gathering and Christmas Party

First Aid Kits

Does yours need a check-up?

By Tom Taylor

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 course in teaching First Aid and CPR couple of weeks ago and combined with what I learned courtesy of the U.S. Army Medic Training I have studied with some of the best instructors ever, at the California District Rally the team who taught the course had handled serious accidents on a daily basis and they had come upon a number of accidents involving motorcyclists. The Army, on the other hand stressed Trauma several things that the two sources have in common 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. An excellent alternative is Sanitary Napkins along with 3" Ace Wraps to secure them.

- 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. 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 a 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.

Tom Taylor

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Wing Nut



For September

The wing nut is given to the chapter member who has performed the most notorious deed of the month. It could be a good thing, but it's mostly given for bone-headedness or such.

This month's vicious debate took several surprising twists. First, Barry nominated Pat for having a memory like a sieve. Pat had asked Barry to help register Chris while Pat was taking a First Aid/ CPR class on at the District Rally on Saturday morning. In the afternoon, during the District Games, Barbara Jefferies came to our table to seek Christine out. Seems she was deserving of a refund because she had already been registered by Pat in January. This nomination generated many *oohs* from the peanut gallery.

Under the category of "confession is good for the soul," Alex nominated himself for going to Mammoth with tires that were on their last legs. Fuel was added to this particular fire when Marce divulged that during the ride Alex said didn't feel comfortable with her on the back. *Oh-ho!*

The confession thing seemed to a novel idea so the CD canvassed the room for more. No go. Then Barry nominated Pat, again, for not attending either the opening ceremony or the closing ceremony at the District Rally. When Pat declared that he had no intention of ever attending another opening or closing ceremony, Barry nominated him for being cheap (even though the closing ceremony cost no money). Barry was pounding him hard. The crowd was into it. *Yeah, yeah!*

The CD was having an anxiety attack. Red streaks were shooting through his throbbing neck. Sweat fell from his brow like hot summer rain. What he needed was more confessions! Somebody . . . anybody, please step up.

Aylesa took pity and, attempting to stem the tsunami of negativism, nominated Pat for "opening up his home away from home" for the chapter to gather in the evenings in Mammoth. *Awww.*

Still, was this act of grace and kindness enough to stem the ugly, bloodthirsty tide of the chapter? Well, you know how this goes . . . of course not! The CD furtively scanned the room looking for a way out, still feebly asking for confessions, when a hand shot up. It belonged to Tom Taylor.

"I have a confession to make," he said striding to the center of the room, "I know Pat Riley." The weight of his admission stunned the room. Nobody knew what to say. The CD waited fearfully for the other shoe to drop. "That's it," said TJ. "I know Pat Riley."

Who would you vote for?

Presenting this month's winner of the Golden Wing Nut: **Tom Taylor**