

# Chapter W2 – Memphis Gold

Region N

Friends for Fun, Safety and Knowledge

September 2012



**Chapter Director** – Richard Hutson  
901-382-2562  
[richard.hutson@att.net](mailto:richard.hutson@att.net)

**Assistant Chapter Director** – Open

**Chapter Educator** – Ed Johnson  
901-309-1576  
[erj55@att.net](mailto:erj55@att.net)

**Chapter Treasurer** – Phyllis Davis  
901-309-1576  
[pixiephyl@att.net](mailto:pixiephyl@att.net)

**Membership Coordinator** – Open

**Chapter Webmaster** – Chuck Caldwell  
901-854-4824  
[cecgovols@hotmail.com](mailto:cecgovols@hotmail.com)

**Newsletter Editor** – Ed Johnson  
901-309-1576  
[erj55@att.net](mailto:erj55@att.net)

**Sunshine Person** – Ruth Bolden  
870-732-3160  
[ladyrab1012@gmail.com](mailto:ladyrab1012@gmail.com)

---

**Tennessee District Directors**  
Richard & Becky Griffin  
[bluovalg@comcast.net](mailto:bluovalg@comcast.net)

---

**Meeting Time** – 3rd Saturday of each month  
**Eat at 6:00 PM – Meet at 7:00 PM**  
**Perkins – 1340 S Germantown Rd.**  
**Germantown, TN**

## **From the Chapter Director By: Richard Hutson**

Well the 2013 Gold Wings are out – Strange they look just like a 2012.

Thanks to Alan Keough for stepping up to be our ride coordinator. Alan has planned some great rides so far.

The weather has started to cool off so hopefully everyone will be able to ride more.

The district picnic is September 29th check the district web site for more details <http://www.tngwrra.org>.

Several of us attended Chapter N's fun day at Natchez Trace State Park.

Be safe

Richard



*Richard & Colleen at the Tunica dock surveying the low river.*

*We went on several rides and had lots of good food last month. If you weren't with us, we missed you. The weather is great for riding now, so come join us!*

## RIDER EDUCATION

By Ed Johnson

This month I thought we would do a little review of our ABCs. You remember those don't you? No, not the ones you learned to recite in elementary school usually by singing them. If you've taken a First Aid/CPR course you should know exactly what I'm referring to. A = Airway, B = Breathing, C = Circulation. I'm going to go over some basic life saving skills and tell you what to do with some of the items in your first aid kit. When you happen upon someone who needs your help, go ahead and get out your kit, if possible, and put on your gloves.

The first thing to remember on any patient you are going to treat is to always check, establish (if needed), and maintain your ABC's in order.

A (airway) – Having an open airway is essential to breathing, and breathing is essential to life. If you are assessing an unresponsive patient, use the jaw thrust or chin lift techniques to open the airway.

B (breathing) - While maintaining the airway, place your ear close to the patient's mouth and look at the chest to see if patient is breathing. If the patient is not breathing, look into the mouth to see if you can see any obstructions. If any obstruction is visible, remove it. If the patient has an obstruction you can't get to, such

as food, perform the Heimlich maneuver (abdominal thrusts). If not, place your pocket mask (if you have one) over the patient's mouth and nose and give two deep breaths (or pinch the patient's nose closed, cover his/her mouth with yours, and give two breaths).

C (circulation) - This is where you do chest compressions if the patient is unresponsive and is not breathing. (remember 30 compressions to 2 breaths). Continue these until you are relieved by another trained person or hopefully a medical professional.

Look for any serious bleeding. If you do find serious bleeding, apply a bandage or clean cloth and apply direct pressure. Do not lift the bandage to look at the wound, maintain pressure. If the patient appears pale or shows signs of shock, raise the feet about 8-10 inches. During cool or cold weather, try to keep the patient warm.

Remember to maintain your ABC's until help arrives. Your patient is counting on you.  
\*note (this is a only a brief overview, please take a First Aid/CPR course for complete information)

Take care and ride safe.

Ed Johnson

*Boyd and Diane Hixson visited our last regular meeting in August and Boyd won the marble game. He went home with \$31.00. Congratulations Boyd!!!*

# September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labor Day	4	5	6	7	8
9	10	11 Chuck Caldwell B-Day	12 George Wible B-Day	13 MS-Y meeting	14	15 W2 Meeting
16	17	18	19	20	21	22 Troy Berry B-Day
23	24	25	26	27	28	29 Phyllis Davis B-Day
30 Todd Ferrell B-Day						



*Our bikes at the Shelby Forest General Store*



*W2 riders at Shelby Forest*



*Having fun at N's Fun Day*



*Getting ready to ride to the Blue & White Cafe*



*The dock at Tunica is on the ground and tilting due to the low water*

GWRRRA Memphis Gold - W2  
9116 Deer Meadow Dr  
Cordova, TN 38016