



May 2025 Newsletter

Volume 29 Issue 4

PRESIDENT'S NOTES:

It has been discussed that maybe the chapter should have a committee that receives all the requests for donations and/or sponsorship. This committee would receive the information. Then they would then contact the requesting group or person to verify all of the information. The committee would then come back to the membership with the information and their recommendation. The membership shell then has a vote on the request, in person and/or online. This was discussed at the April and May meetings and the membership believes we should do this for a trial period. The committee is formed as of May 8th, 2025. The following members are designed as the committee (Martin, McNulty, Watson, Wikert, Kolb). The committee members will the form as well as some will be placed at the clubhouse for anyone to obtain for the funds. It is called the Special Funding Request. If you or an organization is going to request funds, I would ask that you request at least a month before the meeting so the committee and review the request.

2025 West Virginia II Summer Picnic, will be Saturday, July 12th, 2025 at the Westover City Park, 500 DuPont Rd, Westover, WV 26501. *Picnic starts at NOON until 3 PM.* Brothers Enock and Luzader has set this up. Food is going to be catered. Please call or email and give me a list of who will be attending. We need this information no later than June 20th, 2025.

The 30th Annual Wild Wonderful Knights Weekend Rally will be June 13 – 15, 2025. Please bring in your door prizes and raffle gifts to the clubhouse ASAP.

Our next meeting will be July 10th, 2025 at 7 PM at the Blue Knights West Virginia 2 Clubhouse, 245 Emily Drive, Clarksburg, WV.

Ride with Pride

Ed & Rexann Martin

304-622-0135 bkww2@aol.com

VICE PRESIDENTS' NOTES:

2025 West Virginia II Summer Picnic, will be Saturday, July 12th, 2025 at the Westover City Park, 500 DuPont Rd, Westover, WV 26501. *Picnic starts at NOON until 3 PM.* Brothers Enock and Luzader has set this up. Food is going to be catered.

Catch the fever.

Ride with Pride

35oldsrodder@gmail.com

Jim Enoch

SECRETARY'S NOTES:

Hello brother Knights. I hope everyone is doing fine. Certainly the weather has been good for riding. There will be no meeting for June, however our next meeting will be July 10 at 7 PM at the clubhouse. Hope to see all of you at the Wild Wonderful Knights weekend in Elkins June 13 to 15. Stay safe.

Our next meeting will be July 10th, 2025 at 7 PM at the Blue Knights West Virginia 2 Clubhouse, 245 Emily Drive, Clarksburg, WV.

Be safe out there.

Respectfully,

Lewis "Lou" Stevens

Blue Knights WVII Secretary

awsstevens@yahoo.com

Cell 304-203-3185

TREASURER'S NOTES:

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.e.mcNulty@gmail.com

Marty McNulty

Chapter Safety Officer

Tips to Avoid Dehydration While Motorcycling

Many motorcyclists don't factor in the dangers of dehydration when going out on a long ride on a hot summer's day. There could be many reasons for this, but one has to be that many riders don't see riding their motorbike as a strenuous sports activity, like football or a workout at the gym for example. The act is that many variables exist that affect motorcyclist while out on the road, and these can combine to make dehydration a serious and potentially lethal problem.

Why Dehydration Affects Motorcyclists

There are a variety of reasons why dehydration affects motorcyclists. One reason is the way the sun's heat is absorbed by the asphalt you ride your motorbike over. This heat emanating from the ground will heat you up too, and the hot air rushing past your face can make you feel like someone has opened the door to a furnace. When you combine this with the affect the sun has on heating you up directly, dehydration can set in quick.

It's a catch 22 when it comes to shedding layers to keep cooler over keeping them on to stop direct sunlight beating down on your skin. Keeping them on means you'll feel hotter underneath your layers, and most likely sweat more. Taking them off exposes your skin to UV rays, and often you'll feel cooler because of airflow around you. The problem is that even though you may feel cooler, the sunlight is literally sucking the moisture out of you and frying your skin.

Possible Consequences of Being Dehydrated

The consequences of dehydration while driving a motorcycle can range from simply having to stop for water to losing control of your motorbike and having an accident. The longer you leave it before hydrating yourself, the more likely you will suffer from severe heatstroke. Heat cramps in your legs and stomach are a common initial symptom of dehydration, and if you feel these you need to pull over fast, because they won't stop until you get some water inside of you. Heat exhaustion is likely to set in if you don't stop for water, and you'll soon feel dizzy, weak, and tired. Your control of your motorbike will get steadily worse, and there is even the possibility that you will faint while riding. The final stage of severe dehydration is heatstroke, and at this point you will likely need to be taken to a hospital for recovery. You may feel intoxicated, and will experience a rapid heartbeat along with fast breathing. Riding will become very difficult so you may have already pulled over, but riding your bike is the least of your worries now. Confusion and black outs are common, and if proper medical attention isn't sought heat stroke can lead to death in rare cases.

How to Keep Hydrated While on a Ride

Keeping hydrated is best done by using natural methods, and you can find a list of the best foods and drinks to keep you hydrated at this WebMD article. Don't try to combat the effects of dehydration and subsequent tiredness by taking cheap synthetic drugs that claim to keep you awake, like ephedrine for example. Buying this type of medicine online is not a good idea, because it leaves you susceptible to the danger of counterfeit medicines, which will only add to your problems while out on the road. If you really want to use something extra to stave off the effects of dehydration, then the benefits of hydration electrolyte replacement tablets could be of use to you. Adding a tablet to plain water will infuse it with added vitamins and electrolytes like sodium and potassium, without adding the sugar and carbohydrates found in many sports drinks.

Things to Remember

If you do find yourself suffering mild symptoms of dehydration, try soaking your first layer of clothing, like a thin cotton t-shirt, in water and putting it back on with your jacket over the top. Your body will absorb water as you ride, and it should make your body feel cooler. Also, use your common sense when out riding your motorcycle. Of course try to avoid riding during the hottest parts of the day, but if you do make sure you take regular stops along the way. Use these pit stops to get out of the sun, so sit in the shade and drink water. Dehydration can be a killer, so make sure you're not a victim.

Ride with Pride, Walter Knight Chapter Safety Officer

Road Captains

'Caution-Warning-Danger' Signal

Lead bike Alert - Follower Reaction

By: James R. Davis

Among the many responsibilities of the lead bike is communications. Whether the lead bike has (or uses) a CB or not, it is essential for the safety of the group that signals be used to convey much needed information.

An obstruction in the road, for example, must be pointed out - literally by pointing at it.

An expected lane change needs to be announced using turn signal lights. (Note that many groups tend to also use left arm signals announcing left or right turns but I am completely against that particular practice as having two hands on the grips is far too important, particularly if speed adjustments are being made in anticipation of the turn.)

There are lots of group specific hand signals that have come about over time. For example, patting the top of the head, in some groups, means 'smoky' (a policeman) ahead. Hand on top of the helmet forming a knife edge vertically means, to some groups, 'ride in single file' while in others the left arm pointing up at a ninety degree angle with a single finger pointed to the sky means the same thing.

Whatever the group practices are they should be announced at a pre-ride briefing so that all will understand them.

But one signal does not seem to get mentioned very often yet it turns out to be the most important one of all - the 'general warning' or 'Caution-Warning-Danger' signal.

Whenever the lead bike sees something, anything, that might become a threat to the group or that may require the group to slow down or stop quickly then the lead bike must double tap his/her front brake to advise the rest of the group. This double tap of the front brake causes a double flash of the brake lights. Whenever you see a double flash of brake lights ahead of you your reasonable and automatic response MUST BE to duplicate the signal (with a double tap of your own) and then to SLOW DOWN.

This accomplishes three things at once: it passes along the warning, it insures that your brakes are 'covered', and it adds space between you and the bike ahead just in case you will need it.

If it turns out that the threat is not real, nothing has been lost.

If, after 10 seconds or so nothing has happened, you can resume normal spacing and speed.

This is such a fundamentally important and useful signal it should become an international standard, in my opinion.

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(James R. Davis is a recognized [expert witness](#) in the fields of Motorcycle Safety/Dynamics.)

Rene Noe, Terry Queen, Walter Knight, Andy Kolb, and John “Spot” McCloud

Chaplain’s Corner

**Del Parris, Chaplain
Blue Knights WVII**

Quartermaster

Chapter items are at the clubhouse. If you need something contact me or one of the staff at the clubhouse. We have a lot of items on sale, please purchase something today. New shirts, hats, and new coins are in. Remember if there is an item that you think the chapter should purchase and have on sale, please bring it up at a meeting so we can vote on it.

**Rene Noe
Quartermaster**

Committee Report

***Joke for the Day* From Membership**

UP COMING EVENTS

2025 EVENTS

June

2025 Wild & Wonderful Knights Weekend Rally: Hosted by West Virginia II. Host hotel is the Holiday Inn Express & Suites. Elkins, WV. June 13th – 15th, 2025. FOR ROOM RESERVATIONS CALL: Holiday Inn Express & Suites, 50 Martin St, Elkins, WV, call 304-630-2266; TELL THEM YOU ARE WITH THE BLUE KNIGHTS GROUP, Rooms \$125.00 per night plus tax. Event registration is \$30.00 per person before May 15th, 2025, and \$60.00 after May 15th.

July

2025 West Virginia II Summer Picnic, will be Saturday, July 12th, 2025 at the Westover City Park, 500 DuPont Rd, Westover, WV 26501. *Picnic starts at NOON until 3 PM.* Brothers Enock and Luzader has set this up. Food is going to be catered.

August

2025 MDC Fall Conference/49th Annual Blue Ridge Rally; Culpeper, VA, Aug 29 - Sept 1, 2025. Hosted by VA II, Baymont Hotel, Culpeper Inn, Event includes breakfast buffet, (540) 825-1253, Blue Knights Virginia – II, P.O. Box 2264, Merrifield, VA 22116-2264. Contact Dan Rivard 703-314-1012 or VA2@blueknights.org.

Sick, Ill, or in Distress: Brother Watson sick, Tammy McNulty had wreck and a brain bleed. She is doing better.

Next Meeting: Our next meeting will be July 10th, 2025 at 7 PM at the Blue Knights West Virginia 2 Clubhouse, 245 Emily Drive, Clarksburg, WV.

Drawing: July drawing was \$20.00. No meeting in June.

Members in Attendance: Fred LePera, Jim Enoch, Don Wilkert, Ron Watson, Mike Neely, Ed Martin, Rexann Martin, Andy Kolb, Ronnie Watson Jr, Lewis Stevens, Zach Kesling, Ethan Kesling, Del Parris, Marty McNulty and Bill Bradley.

Guest: Tammy McNulty.

Facebook: Pam Poisson, Lelie Pruitt, Ruth Medwith Stone, Chuckie Diaz, Geri Mack, Larry Bailey, Frank Spears, Jane Watson, Doug Baker and Bob Rhodes.

Next Meeting

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ARE YOU A MEMBER YET?

Hey, just to let you know that if you are a Blue Knight member you can join the Justice Federal Credit Union for just \$5.00 and also get one of their credit cards. It would be great to get as many chapter members as possible to join up.

