

# CBA / ABATE of NC, Gaston County

## NC Chapter of the Year: 2007, 2010, 2012 & 2013

### March 2015



## Message from the President

I know we are all looking forward to warmer riding weather, since February has not cooperated. Hope everyone survived the ice and snow storm, while able to stay inside warm and dry. Hopefully March will give us warmer days to look forward to.

March will be a busy month for the CBA, as there an event every week-end. The events for the month of March as follows: March 7<sup>th</sup>, Cleveland County CBA Chili Cook off; March 14<sup>th</sup> & 15<sup>th</sup>; Gaston County CBA Crew Ride to the Dragon (see Magic Mike or LaDonn Dixon for information); March 21<sup>st</sup>, Gaston County CBA St. Patrick's Day Party; March 28<sup>th</sup> & 29<sup>th</sup>, Charlotte CBA Spring Swap Meet.

On February 8<sup>th</sup>, we had our first crew ride of the year to the Kickstand. We had 29 bikes attend. On crew rides, we keep a log of all of those that attend. After 3 rides, you will earn your Road Crew patch. If you are interested in attending these rides, please see any officer. These rides are open to any and all riders, no matter the level of experience. Rides are sometimes spur of the moment, while others are planned well in advance. The spur of the moment rides are spread by word of mouth and Facebook. These rides are a great way to make new friends and enjoy a good day of riding.

I would like to thank all those that participated and volunteered with the joint Charlotte and Gaston County CBA's event to support our State VP Charles Holcomb and his family. This event showed that we are all brothers and sisters that come together when a member of our CBA family is in need. A special shout out to Crystal Rogers of Charlotte CBA for spearheading this event. We don't want to forget Capt. K aka Robert Ham for being the BBQ King Chef willing to spend the night and cook our delightful food for the day.

On February 14<sup>th</sup>, we had an awesome Valentine's Day Party, with a great time had by one and all. Thank you Chelsea Ham for coming out and taking professional photos for all who wanted one. We can't wait for you to come back out on March 21<sup>st</sup>, for the St Patrick's Day Party to do it again.

It was brought up at the February general meeting about items that are stored in the front hall of the CBA Lodge. If any of these items are yours and you would like them back, please see me or any officer; otherwise they will be donated to the needy. We will be cleaning and organizing the hall by April.

Well enough said for this month, please try to attend the general meetings. These are always held on the 2<sup>nd</sup> Thursday of every month. Food starts at 6:15 and the meeting at 7pm. There is always a lot of information at these meetings that the members need to be aware of.

Everyone please be safe, while getting your wind therapy. Keep the shiny side up! Thanks again!

Big A  
Allen Head  
Gaston County CBA President

**President**  
Allen Head  
704-860-6862  
al3786@bellsouth.net

**1st Vice President**  
Cathy "Gabby" Mintz  
704 868-4688  
ncharleygurl@yahoo.com

**2nd Vice President**  
"Magic Mike" Dixon  
704-641-3590  
Mike.dixon@usfoods.com

**CBA Events Coordinators**  
Melissa Holder  
980-522-6342  
Ladonn Dixon  
980-522-7471

**Secretary**  
Donna Barnett  
704 287-4309  
deb2334@yahoo.com

**Treasurer**  
Roy "Pete" McGinnis  
704 616-7152  
mcginnis.pete@gmail.com

**Legislative**  
Kevin "Chappy" Pitts  
980-429-6877  
ChappyKpitts@gmail.com

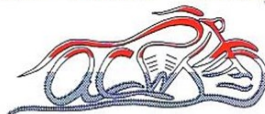
**MSAP**  
Robert Ham  
704 861-5735  
rtham4@gmail.com

**Master Sergeant at Arms**  
Robert "Capt. K" Ham

**Sergeant at Arms**  
Penny Franklin  
John Crawford  
Barry "Bulldawg" Scruggs  
Sloan Richard  
Jason Beck

**CBA Newsletter Editor & Gaston Homestead Events:**  
Rhonda Ham  
704.861.2391  
rhamcba@yahoo.com

**American Cycle Works LLC**  
Specializing in Harley-Davidson & American V-Twins  
**SERVICE • PARTS • ACCESSORIES**



**Danny Plemmons**

Phone: 704.854.9467 Fax: 704.854.9635  
Cell: 704.819.3487 www.americancycleworks.us

Gaston County Homestead  
Music Night  
Every Wednesday  
Doors open 6pm  
~ All Welcome ~  
Beginner to Expert  
267 Stowe Rd. Gastonia NC



## Gaston County CBA Meeting Minutes February 12, 2015

Meeting was held at the Gaston County CBA Lodge with Allen Head calling the meeting to order with the Opening Prayer led by Jason Beck and the Pledge of Allegiance led by Allen.

**President** – Allen thanked Buffalo Wild Wings for providing the meal tonight. Allen acknowledged new members and visitors. Allen discussed **Guidelines for all meetings:**

- Everyone is welcome
- Non-officers are to raise their hand to speak
- Outbursts will not be tolerated (first time is a warning, then you will be asked to leave the meeting)
- Keep talking to a minimum so everyone can hear what is being said
- We are here to grow and support the CBA at both the state level and locally

Everyone is expected to act in a professional manner

Allen discussed memberships and renewals: everyone's help is needed to recruit new members and to regain lapsed members. The more members that the CBA has the larger our voice in Raleigh is regarding issues for the rights of motorcyclists.

**Furniture:** Shelving and cabinets will be put in the entry way area where food is normally served to create more space. If you have personal items in that area please contact an officer to pick it up or to let them know if you want the item donated. After 30 days (end of March) any remaining furniture items will be donated. **Missing items:** If you have borrowed pots, utensils, chairs, or other items from the lodge please return them. It makes functions at the lodge difficult when items are missing. Thanks.

**Work Day:** Saturday, February 21, 2015 at 10 am at the lodge. The purpose of this work day will be to go pick up insulation panels from Jill and Pee Wee Stillwell to go in the ceiling of the lodge. We are trying to find ways to make the building as energy efficient as possible.

**Lodge and CBA Events** – Melissa, Gabby, Mike and others announced and discussed the following upcoming events, etc.

- **Karaoke** – February 28<sup>th</sup> with DJ Perry
- **Dragon Tail Ride** – Overnight excursion March 14 & 15 – Contact Magic Mike
- **St. Patrick's Day Party** – March 21<sup>st</sup>
- **Charlotte CBA Swap Meet** – March 28<sup>th</sup> – 29<sup>th</sup> (volunteers are needed to work our table inside)
- **Bike Night** – April 1<sup>st</sup> (Bike night will be at the Rock House again this year and will run through the end of October)
- **GOC CAPA Ride** – April 11<sup>th</sup> and will end at the Lodge
- **Bikes on the Border** – April 11<sup>th</sup> Danville, VA (sponsored by Tom McGraff law firm)
- **Gaston CBA Swap Meet** - April 18<sup>th</sup> at the Lodge (volunteers needed)
- **Travelin' Light @ Catawba Heights Baptist Church** – April 25<sup>th</sup> (volunteers needed for our table)
- **CBA State Meeting** – April 25<sup>th</sup> – 26<sup>th</sup> in Kernersville

**Newsletter Editor/Lodge Committee Spokesperson** – Rhonda asked everyone to please use common courtesy when tagging photos with the CBA and the Lodge. Please return borrowed koozies to the lodge or drop some off if you have extras that can be donated. Anyone can submit articles of motorcycle interest for the newsletter. Just remember to site your source and include a link if possible. Items for the newsletter are due to Rhonda by the 20<sup>th</sup> of each month ([rhamcba@yahoo.com](mailto:rhamcba@yahoo.com)).

**Secretary** – Motion made and approved to accept the January minutes as printed in the February newsletter. We have 312 members (286 renewals, 26 Life, and 23 juniors). Please sign in each time you come to the lodge. Please remember to contact Donna if you have changes to contact information. You can save the chapter up to \$25/year by receiving the newsletter online. New member packets are available – please see/contact Donna if you need one. Renewals are posted at the Lodge. Memberships: single - \$25, couple - \$35

**Treasurer** – Pete read monthly treasurer report. Motion made and passed to approve report. Copies of the treasurer's report are always available and the books are always open to anyone who wants to see them. Please contact Pete with any questions/concerns about the reports.

**1<sup>st</sup> Vice-President** – Gabby and Chappy are currently working on a kids coloring book for motorcycle safety. A copy of the coloring book (still being discussed and modified) was passed around for members to see. Cleveland County is having their Chili cook off on 3/7/15 (see flyer at the lodge and on facebook). The Charlotte swap meet is 3/28 and 3/29. Mike and Allen volunteered to take everything over. Volunteers are needed to setup and breakdown our booth and to work the booth (please let Gabby or Melissa know if you are available).

### Minutes from February 2015 Cont.

Hog Happening in Lincolnton will be 6/5 and 6/6. Magic Mike will be in charge of the biker games (please see him if you would like to help). We will be setting up a booth with other chapters from the western district. Please see Gabby, Melissa or Ladonn if you are interesting in helping at the booth with memberships and merchandise. There is protocol for obtaining sponsors. Contracts have to be signed and a business card from the sponsor is needed for the newsletter, website, and facebook. Please see Gabby, Donna or Allen if you know of someone who may be interested in becoming a sponsor of the CBA.

2<sup>nd</sup> Vice-President – Mike is currently looking for people to be Road Guards (minimum of 10) for rides and will ask that they all go through the MSAP program with Robert. The training is to ensure that everyone is on the same “page”. One of the responsibilities is “blocking” to keep the bikes together, moving and safe. Rides are going to be done quarterly with a Saturday overnight stay. The first ride is March 14<sup>th</sup> to Tail of the Dragon. The cost of trip is \$65 per room (includes overnight stay and Saturday dinner). Each person is responsible for their gas, breakfast and other items for Saturday and Sunday. Please let Mike or Ladonn know if you would like to go. Money is due by February 28<sup>th</sup> so that reservations can be made. Mike is looking for ideas for other quarterly trips. Road Crew Patches will be available to anyone who completes three group rides. You must sign-in at the beginning of the ride. Everyone who rides at least 500 miles a month between April and the November meeting will be given a big party. If you are interested, please have an officer log your miles each month. Bike Nights at Rock House will begin April 1<sup>st</sup>. Cooper Line will be the opening band for this season. There will be more lighting and outdoor seating this year. Bike Night will be rain or shine. In the event of rain, a DJ will be inside playing music so that everyone can still come out for the evening.

Legislative Coordinator – Chappy was absent due to prior commitments.

Master Sergeant at Arms – Robert named the current Sergeant at Arms (Jason Beck, Sloan Richard, Bulldawg Scruggs, Penny Franklin, and John Crawford). The following people were nominated and a vote will be held at the next meeting as to whether or not they will become a Sergeant at Arms: Kat Oglesby, Scott Wilson, Shane Burris, and Chris Dixon.

MSAP – Robert Ham stated MSAP is doing great but needs volunteers to teach. Please contact Robert if you are interested in becoming a MSAP instructor. You do not have to be a CBA member in order to teach MSAP classes. As of July 1<sup>st</sup> state funding for the Driver’s Education program in the school system will end. Please contact state legislators regarding this situation. This will create a long term effect of drivers with no training whatsoever which will lead to more crashes, higher auto insurance, and higher medical costs.

Products – Penny stated that we have plenty of products available. Long sleeve shirts are \$15 with/without pocket and short sleeve shirts are \$10. Yard signs are available for \$5 each.

#### Old Business –

New Business – Four state constitutional proposals were read (Article III, V, VIII and IX). Copies were available during the meeting for members to read. Each proposal was discussed and any questions answered before voting occurred. Each article was read separately with a motion to accept the proposed changes. Each article passed. This will be taken back to the state meeting in April with all five of our votes going to accept each proposed changed. Please see any officer if you would like to see the proposals.

T-Mac (Tim McGinnis) thanked the Lodge for allowing them to have their state GOC party at the Lodge and thanked everyone for their support.

Julie stated that Zaxby’s in Lake Wylie will be donating a portion of all sales from Tuesday 2/17/15 (5 pm – 8 pm) to the GOC. Other dates are also being discussed.

Motion to Adjourn – Made and Passed

Closing Prayer – Jason Beck

Respectfully submitted,  
Donna Barnett, Secretary

[www.h-dofcharlotte.com](http://www.h-dofcharlotte.com)



704-847-HOGS (4647)

# HARLEY-DAVIDSON OF CHARLOTTE

(Located in Matthews)

## Serving Charlotte & Gastonia







**Patti-O Grill**  
The Neighborhoods Best Kept Secret

"Voted Best Burger in York County"

Patti Imler - Owner  
1007 Old North Main Street  
Clover, SC 29710

803-222-4467  
patti@pattiogrill.com  
www.pattiogrill.com

**Winner Circle Bar**  
A Private Club



**COLDEST BEER IN TOWN**

**Paulette Hallman**  
Owner

**980-888-0619**

**Jimmy D's**

**SPORTS BAR & GRILLE**

**803-222-6820**

**Bowling Green, S.C.**

**Jim Davis - Owner**

**Karen McCarter - Manager**



2543 W. Franklin Blvd.  
Gastonia NC 28052

704 867-1117

*Like us on FACEBOOK!*

**Jeff Johnston**  
PEST CONTROL

N.C. Wildlife Damage Control Agent

Hornets Fire Ants Termites Snakes Spiders Bats  
Roaches Bees Dead Animal Removal Opossums

Graduate of Clemson University  
Master Termite Technician School

**704.865.9098**

Licensed Certified Insured  
N.C. Structural Pest Control License No. 1357 PW



1178 Galleria Boulevard Rock Hill, SC  
www.coxshdofrockhill.com (803) 327-1183

**The Law Offices of**  
**JASON E. TAYLOR**



**800-351-3008**  
**THE LITIGATOR.com**



Robert Ham  
Owner

**A.C.E.S.**

A Contractor of Electric Services  
Licensed and Insured

Office: (704) 851-5735

rthem4@gmail.com



**HOOTERS®**

**Mike Kincaid**  
General Manager  
3725 E. Franklin Blvd.  
Gastonia, NC 28054  
704.823.0025 • Fax: 704.823.0026  
Gastonia@Hooters.com

**www.hooters.com**



**BEAR'S DEN**

**WE SUPPORT OUR TROOPS**

**210 Hwy 161 N. Clover, SC 29710**





Come Join Us  
for Gaston  
County CBA



ST. PATRICKS DAY  
Karaoke w/Buddy Love  
PARTY

MARCH 21ST 8PM

Bring a Pick Up to Share



photos by R.D.P.



267 Stowe Rd  
Gastonia







## *1st Vice President:*

Hello everyone, hope y'all had a great Valentine's Day and got plenty of sweets from your sweethearts... BAH HUMBUG CUPID~ For those of us that are living the single life it's not really that bad. We get to go buy all our candy the following day at half price...LOL

Spring time~ can't get here soon enough for me. I'm so looking forward to it! The flower's bloom, birds sing and YEAH great weather for riding. However, I'm not looking forward to the bees, hornets, wasps that fly up your shirt or in your helmet and sting the crap out of ya! Fire ants, nor the grass that grows while I'm sleeping~ that I'm so allergic too.(Achoo)! I'll take spring time over winter anytime. I hate winter!!! My body aches just thinking of the cold! I sympathize with all of you that have been sick with this crud going around, it finally got me! Sending out prayers to those that are sick, those that have lost a loved one and for other's that have a need for prayers.

We have a lot planned for everyone~ event's at the CBA Lodge~ Rhonda's doing a great job there, Magic Mike has some great rides planned, (he'll be in charge of the fun s---)! Bike nites start back up at the Rock House soon. And the 41st annual Charlotte CBA Metrolina Swap meet is this month (28th & 29th). We are still looking for volunteers to work. If interested please contact me at (704) 868-4688. Allen and Magic Mike have been so kind to offer to take our stuff over for us, set up and break it down. If you would like to sell some of your motorcycle related items, simply bring to the Lodge on Friday nite March 27th at 7pm, marked with your name and high/low price. We will take your items with us and try to sell for you. All you will owe is 20% back to the CBA for doing this. Plus it brings people to our table.

Most of us have witnessed this scenario at least once in our motorcycling life: someone drops his or her motorcycle, and three or four people scramble over to help muscle it upright. But have you ever seen someone actually upright a motorcycle alone? It can be done. Ask Julie Head, she's a little woman and can do it! I've seen her do it. A 5-foot-3-inch 118-pound woman, gets into position beside her downed bike. How can a tiny woman possibly lift a 600-pound motorcycle all by herself? Anyone can do it regardless of size. "Height and weight are only factors in where you place your body on your motorcycle." "For example, a person who's taller has to put the center of his or her rear-end more into the middle of the seat, whereas a smaller person has to be more on the edge." (I so need to learn how to do this myself!)

This is just one factor in the positioning of one's body enabling him or her to upright a motorcycle. Also important is feet have to be close together and arms must be as close to the body as possible when executing the lift. Then, instead of one "heave-ho" type of a lift, baby steps work better in pushing the motorcycle up to its correct position. "It's all in the legs, not your back." Is there a limit to what size motorcycle can be lifted this way? It's not so much about size, but more about whether the motorcycle has a low center of gravity (this makes it easier) and if it has saddlebags. Some sort of bag or bar on the side of the bike preventing it from being completely over on its side makes it easier to upright.

Surprisingly, sport bikes are the hardest motorcycles to lift this way. That's because they tend to have a high center of gravity and do not have anything between the pavement and frame. If a bike like this falls over, try to slip a piece of wood, a bag, or something that can be shimmied under the side of the bike to get it off the pavement a bit. Most big touring motorcycles have hard or soft bags so they are easier to lift this way.

It's recommended you wear gloves and boots when lifting a bike. "It's all about confidence. "Sandals won't give you the confidence you need to lift the bike," also, use this method as a last resort. If there is help around, ask for it.

### *10 Steps for Picking Up a Fallen Motorcycle ~ by Carol Youorsk (aka Skert)*

*These steps are for a bike that has fallen on its left side"*

- 1. Hit the kill switch. Make sure the motor is off.*
- 2. Turn the gas off using the petcock on a carburetor bike if fuel is leaking.*
- 3. Make sure the bike is in gear if you can get to it. If it is not in gear and you can't access the shifter to put it in gear, the technique becomes more difficult because the bike could roll, but it can still be done. You'll have to find the balance point of the motorcycle between the two tires and leverage it as you lift.*
- 4. Standing with your butt toward the seat, stoop down, and with your right hand grab the left grip.*
- 5. When you grab the grip, pull it until it is as close to the tank as possible. With your left hand find something sturdy to grab hold of under the seat. Don't grab the seat. It's too flimsy to support the weight of your lift. Grabbing the bike by the frame is the best bet. The closer your left hand is to your body, the better.*
- 6. Place your butt midway on the edge of the seat. This is crucial. The placement of your butt too high or too low on the seat will not give you the leverage angle. You are pushing the bike with your butt and upper legs. You will have to pull up with your arms a bit, but mostly you will be pushing the bike up with your legs.*
- 7. You must have good traction under your feet or they will slip. If there is gravel under your feet, sweep it away with your boots. Same for grass.*
- 8. Start pushing your butt against the seat using baby steps to force it upright. The hardest part will be the beginning. Once the bike starts to lift off the ground, you'll gain momentum to help you execute the rest of the lift.*
- 9. Once you have the bike up, carefully put the kickstand down and lower the bike to it. If you can't get the kickstand with the heel of your boot, turn your body carefully toward the front of the bike and grab both grips, then put the bike on the kickstand or center stand.*
- 10. The process is the same if the bike is on its right side. Your hands are reversed of course. It is easier to get it into gear. Remember to put the kickstand out first so that you can ease the bike onto it once it is upright.*

If you feel like there is no way this bike is going up like this, then move the position of your butt. If that doesn't work, try changing the flex of your knees. Try not to flex your knees too much to begin with. Often when you get the angle just right the bike goes up like it's made of paper. Adrenaline tends to push the bike over the other side if you're not careful. And if you still can't get it up there's usually someone around that will be glad to help you.

Wishing all a safe ride. See y'all in the wind soon.

Gabby  
1st vice President  
Western District Coordinator  
Sponsor Chair Person



# CHILD ABUSE PREVENTION & AWARENESS RIDE

## SATURDAY, APRIL 11<sup>th</sup>, 2015

SPONSORED BY:

**GUARDIANS OF THE CHILDREN – GASTONIA CHAPTER**

REGISTRATION AT: SHOOTER'S EXPRESS

2 CALDWELL DR.

BELMONT, NC 28012

1<sup>st</sup> Bike OUT @ 11:00 AM / LAST BIKE OUT @ 12:00 NOON  
\$15 – ONE HAND & ONE MEAL / \$25 – THREE HANDS & 2 MEALS  
EXTRA HANDS - \$5 / EXTRA MEALS - \$7

ENDS AT THE HOMESTEAD – 267 STOWE ROAD – GASTONIA, NC  
LAST BIKE IN AT 5:00 PM

BEST & WORST HAND / 50-50 DRAWING / RAFFLE PRIZES / FOOD PROVIDED



[www.gocnc.org](http://www.gocnc.org)



**“DON'T LET YOUR SILENCE DROWN OUT THEIR CRIES”**

## MARCH V.I.B. POINT EVENT CALENDAR

THU. 3/5 - SUN. 3/8

RIDING ACADEMY

DETAILS AVAILABLE AT DEALERSHIP

SAT. 3/14

BREAKFAST CLUB SUSPENSION WORKSHOP 9:30AM

THU. 3/19 - SUN. 3/22

RIDING ACADEMY

DETAILS AVAILABLE AT DEALERSHIP

SAT. 3/21

SWAP MEET/GARAGE SALE

9AM-5PM

SAT. 3/28

“MORE THAN AN OIL CHANGE” WORKSHOP

2:00PM

SAT. 4/4

BUNNY RUN

11:00AM

GET READY TO RIDE WITH BLUE RIDGE HARLEY-DAVIDSON® ON SATURDAY, APRIL 4<sup>TH</sup>, FOR OUR ANNUAL BUNNY RUN! CALL OUR HOSPITALITY DESK AT (828) 327-3030 FOR MORE DETAILS!



**BLUE RIDGE**  
HARLEY-DAVIDSON®  
A SCOTT FISCHER EXPERIENCE™

2002 13TH AVENUE DR. SE • HICKORY, NC 28602 • [BLUERIDGEHD.COM](http://BLUERIDGEHD.COM) • (828) 327-3030

TUESDAY - FRIDAY 10:00 AM - 6:00 PM

SATURDAY 9:00 AM - 5:00 PM

SUNDAY 12:00 PM - 5:00 PM





## 2nd Vice President

Well it's finally here, March, it's time to take those covers off the bikes and shine them up for the spring rally coming soon. Of course some of us ride year round, so for those, you're just ready to thaw out like myself. A lot of plans and preparations are coming soon, one of the new things this year is rider appreciation. The officers at GCCBA have come up with anyone who is a CBA member and rides 500 miles a month from March till November will be given a banquet at the end of November to be eligible the rider must document his or her bike mileage in March and obtain a 500 mile status through November 1st, so at the beginning of November you must have ridden 4000 miles over the summer months this banquet will be held for one rider and his or her passenger so each bike eligible will include 2 meal tickets for some of Robert and Rhonda's mouthwatering BBQ. So get your mileage documented early to insure you get credit for all your miles there will be prizes also for the most miles and the least miles. We done a CBA lead ride Sunday Feb 8 and put in 158 miles so get up with Allan [Big A], Robert Ham [Capt. K], GABBY, Melissa, Rhonda Ham [lick lick], Penny, Donna, Pete or myself MAGIC to get on some of these weekend rides put on by CBA and get your mileage started. A picture of your bike showing the odometer sent to one of these officers will be sufficient to get started. Remember THE DRAGON is quickly approaching March 14 & 15, that will be a 500 mile round trip or more in its self, so come on and join in the fun, anyone who hasn't received their road crew patches through CBA, can come see me to obtain one if they have been on 3 rides with the CBA. Don't BS me I'm on almost every one of the rides that is put on by CBA so I'm pretty sure if you were with us, also looking for a few good road guards to help out with the rides to keep you safer if interested contact me Magic Mike to get signed up for a good time. So much going on but that's what we want involvement from all our brothers and sisters when your busy schedules allows you to, BIKE NIGHTS start at the Rock House April 1<sup>st</sup>, plan to be a part of the fun a lot of new and exciting things are coming this year, so come get in on the fun and fellowship at Bike Nights.

See ya soon,

2nd VP - In charge of the fun Shit!

Magic

# TAVERN

## 24

421 Cox Rd. Gastonia, NC  
704-864-0688

# ROCK HOUSE

8  
Tavern & Billiards  
Cafe



## BUFFALO WILD WINGS

WINGS. BEER. SPORTS.

NIKKI NOCERINO  
General Manager

## CALENDAR OF EVENTS FOR GASTON COUNTY CBA & GASTON COUNTY HOMESTEAD

- |                    |   |
|--------------------|---|
| <b>MARCH 2</b>     | <b>6:30 EVENTS AND OFFICERS MEETING</b>                                     |
| <b>MARCH 7</b>     | <b>CLEAVLAND COUNTY CBA CHILI COOKOFF</b>                                   |
| <b>MARCH 7</b>     | <b>8:00 KAROKEE WITH DJ PERRY</b>   |
| <b>MARCH 12</b>    | <b>7:00 GENERAL MEETING ~ FOOD AT 6:15 PROVIDED BY AMERICAN CYCLE WORKS</b> |
| <b>MARCH 14</b>    | <b>DRAGON TAIL EXCURSION</b>  |
| <b>MARCH 14</b>    | <b>MECHANIZED CALVERY RIDE ENDING AT THE HOMESTEAD</b>                      |
| <b>MARCH 21</b>    | <b>GASTON CBA ST. PATRICKS DAY PARTY ~ LIVE MUSIC</b>                       |
| <b>MARCH 28/29</b> | <b>CHARLOTTE CBA SWAPMEET</b>   |

**Gaston County Homestead is open on  
Friday & Saturday Nights  
Biker Church @ Carolina Thunder on  
Sundays @ 11am.**





## Motorcycle Safety Awareness Program ~ MSAP

### Learning from Motorcycle Health

As the riding season approaches, (for some of us it is always riding season), our safety on two wheels depends on many important things. One of those things are the health of you and your motorcycle and that is very dependent on proper maintenance.

Again I would like to share an article from Liz Jansen's Where the road meets spirit blog. You can also own the complete series, Where The Road Meets The Spirit e-book by going to [www.Lizjansen.com](http://www.Lizjansen.com). Hopefully you and your motorcycle will have a healthy and happy riding season.

#### 10 Tips from motorcycles for optimal health

**Air and filter.** Air is drawn through the filter and mixes with gasoline to provide the right fuel mix. If the filter is dirty and enough air can't get through, mileage and performance drop. While you also need good clean air, it's important to filter out negative thoughts and emotions as well so they don't use up your energy.

**Oil and filter.** Motor oil is the lifeblood of your engine. There are many parts moving rapidly (check your tachometer to see just how quickly), and without that lubrication, your engine will seize. Over time, dirt, debris, and particles, which accumulate in the oil, are kept from damaging the engine as the oil passes through the filter. Regular oil and filter changes are the simplest, least expensive way to produce longevity. Byproducts of metabolism can build up in your body, too, and it's important to give it adequate rest and nutrition. While you can't change your oil and filter, you can take steps to let only healthy ingredients into your body.

**Cables and wiring.** These are a bike's internal communication system. They transmit signals and power through an intricate assembly. It's much like your nervous system, which collects information to help you react, think, and function, then sends out the appropriate instructions to the applicable body parts. Frayed wires or worn cables need to be replaced or the signal won't get through.

**Gauges.** Speedometers, tachometers, and the like give an objective reading of how the engine is performing; guide your behavior, and aid decision-making. It's not such a straightforward read when it comes to assessing how your body is performing, although it will "read" differently when you are unwell, angry, or upset.

**Tires.** Two small contact patches keep you grounded and upright. Make conscious choices to spend time in activities that ground you. Losing that connection risks body, mind, and soul.

**Spark plugs.** These marvels generate the spark that meets with fuel to create combustion, which causes your engine to run. No spark plug, no combustion, no running engine. You have something that ignites your passion, too. Pay attention to what that is and follow it. Keep the spark alive.

**Drive chain.** It's great to have all that power in your engine, but sitting there, idling, won't get you down the road. Your motorcycle will have a mechanism to transmit power from the engine to the wheels. Drive chains (and the sprockets they mesh with) wear over time. Keeping chains clean, lubricated, and at the recommended tension extends their life and prevents engine wear. Words and behaviors put your power into action. Experiences trigger emotions ranging from anger, fear, and worry to love, compassion, and joy. Your response is up to you and will determine how your power is transmitted.

**Brakes.** They stop or slow you down to avoid danger. They also wear over time and need to be replaced, so check them periodically. Know your own safety mechanisms and how to recognize when they're not working for you.

**Battery.** The battery is a holding unit for the power that allows your engine to start and powers peripherals. If it can't hold power or isn't kept charged, it dies. Pay attention to your own energy level and make sure you're replenishing it. It's a balance, and it's often easier to give than to receive.

**Operator.** Someone's got to be in charge of managing all these parts. Don't leave it up to anyone else. Take control.

Performing basic maintenance on your motorcycle is not difficult and gives you a whole new appreciation for its capability. And it's a great teacher. Learn from it. You can apply the same lessons to your life. I hope this article is insightful and that all of my brothers and sisters use every bit of information available to get home safely from each journey.

We are in need of MSAP instructors to help make our riding experiences safer by donating a little bit of time to educate drivers (experienced and potential) about being aware of everything around them. If you are interested or know someone who would be interested please contact Robert Ham (aka Capt. K) @ 704-861-5735 or [rtham4@gmail.com](mailto:rtham4@gmail.com).

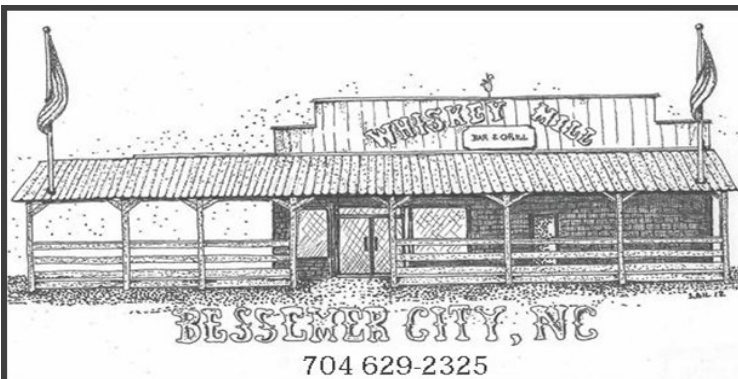
Capt. K  
Gaston County MSAP Coordinator

### TWIN TOPS FISH CAMP & TOP CAT CATERING



Howdy Smith  
Doris Smith  
Ben Smith

4574 S. New Hope Road  
Gastonia, NC 28056  
825-2490 or 825-3604



**HAPPY DAYS**

**OPEN 2:PM**  
**MON. THRU SAT.**  
PRIVATE CLUB

503 Carolina Ave.  
Gastonia NC  
704 866-7566

**RICHARD LAY**  
Hauling ~ Construction ~ Truck Crane Service

1020 Kiser Dairy Road  
Dallas, NC 28034  
Phone: 704 512-8015

**A & A CARPET CARE**  
QUALITY STEAM CLEANING

Commercial & Residential Satisfaction Guaranteed 14Years Experience

**Lee Evans**  
Owner  
levans172@gmail.com  
**704.718.1491**

**SIMONETTI'S**

6432 Wilkinson Blvd.  
Belmont, NC 28012  
Phone: (704) 825-5555  
Fax: (704) 825-5528  
e-mail: chefg1@bellsouth.net

Jerry Simonetti, Chef/Owner

**PIZZA PASTA SUBS**

Thank you Gaston County  
Concerned Bikers Association  
For all you do in our community.

Sheriff Alan & Cathy Cloninger

**Jackson's Cafeteria**  
GASTONIA - ROCK HILL - SHELBY  
"A nice place to meet your friends."

MON-SAT 11am-8pm / SUN 11am-2:15pm

Located at  
Akers Center  
1453 E. Franklin Blvd.  
Gastonia, NC 28054  
**704-868-4181**

**BACON inc**  
Bar & Grill

3908 E. Franklin Blvd.  
Gastonia

Pembroke  
Settles

Specializing  
in  
Harley  
Davidson

704-263-2066

Parts (new & used)  
Service and  
Repairs

Bikers Helping Bikers

430 Hwy 27 South  
dixiecycles@yahoo.com

Stanley, NC 28164  
dixiecyclesolutions.com

**GASTON COUNTY HOMESTEAD**

267 Stowe Road  
Gastonia, NC 28056  
Like Us on Facebook



THE OLDEST AND LARGEST SHOW ON THE EAST COAST  
**THE ORIGINAL**

**41st ANNUAL CBA**

**SWAP MEET & BIKE SHOW**

**MARCH 28 - 29 2015**

**THE METROLINA EXPO**

**7100 STATESVILLE RD. CHARLOTTE, NC**



GATES OPEN:                      SATURDAY                      11am - 6pm  
   SUNDAY                      10am - 6pm

ADMISSION:            \$12 one day pass            \$20 two day pass

EARLY BIRD SPECIAL:                      10am - 12pm  
SUNDAY:                      2 for 1 Admission

FREE Admission for Active Military

Full Bar & Wet T-Shirt Contest                      Live Band  
Tattoo Alley & Tattoo Contest

NO Pets    No Minors without Adult

Daily \$500 Gift Certificate

**Professional  
Stunt Riders**



**WWW.CHARLOTTECBA.ORG**

SPONSORED BY THE CHARLOTTE CHAPTER OF  
CONCERNED BIKERS ASSOCIATION

# **POKER RUN**

## **MARCH 14, 2015**

**Sponsored by SCVMC**

**Starts at Jimmy D's Sports Bar & Grill  
1809 US -321 Clover, SC**

**Registration: 11:00 am  
Last bike out by 12:00 noon  
Last bike in by 4:00 pm**

**Ends at Gaston County CBA Homestead  
267 Stowe Road, Gastonia, NC**

**Hands: 1 for \$10 or 3 for \$20**

**Food will be provided at Homestead  
with a paid hand**

**Raffle & 50/50 drawing**

---

All proceeds benefit Mrs. Phyllis Carter as she recently sustained a fall that severely damaged her spinal cord, leaving her paralyzed & in need of long term rehabilitation. Mrs. Carter is the mother of Kirk Carter, member of Sons of Confederate Veterans and the Mechanized Cavalry



## Legislative News

US House of Representatives **Ethanol Study Bill Introduced**: Congressman James Sensenbrenner has introduced a bill that would call for the study of mid-level ethanol blends and their effect on internal combustion engines (**H. R. 21**). The EPA issued a waiver to the Clean Air Act that would allow blends of up to 15% be sold. The EPA only studied the effects of tailpipe emissions and not the effect on the powertrain of any vehicle. The study would determine if these higher blends are safe for vehicles including motorcycles. Some manufacturers (automobile and motorcycle) are voiding warranties if these higher blends are used. Information on the EPA ruling can be found at this link. <http://www.epa.gov/oms/regs/fuels/additive/e15/420f11023.pdf>

*Please contact your representatives and ask them to support this bill (H. R. 21).*

<http://www.house.gov/>

(Put in your zip code and it will give you your Representative along with contact info)



**BOB KARNEY**  
**CAROLINAS' BIKER LAWYER™**

**THE KARNEY LAW FIRM**  
125 New Bern St • Charlotte, NC 28203  
O 704.376.7982 • C 704.577.9360

### **Membership** **Renewals:** **March 2015** **Through** **December 2014**

#### **March Renewals**

Terry Deal  
Nita Lawing  
Dennis & Dianne Walden  
Jacqueline K. Deaton  
Mary Schneider  
Dennis Bridges

Sandy Goldsborough  
Darrin Dawkins  
Sloan Richard  
David & Michelle Spooner  
Mike Dixon  
Ron Huggins  
Gary & Pennie Thrower  
Dale Carroll

#### **February Renewals**

Gerald & Darlene Helms  
Charles & Penny Ledford  
Eric E. "Hoghead" Costner  
Glenn Rafko  
Charles "Bouncer" Thompson  
Rick & Cheryl Petry

C. Scott Stacy Jr.  
Michael McDaniel

#### **January Renewals**

Lance & April McClannan  
Bob Bynum  
Greg O'Donahue  
Bill Smith  
Ray Wooten

#### **December Renewals**

Cody & Amanda Williams  
Daniel & Amber Horton  
Terry L. Worley Jr.

**Home Care**  
*Inside and out*  
**Keith & Terri**  
*Remodeling/Interior Cleaning*



Keith: (980) 522-7319  
Terri: (980) 636-9822  
Call for a free estimate!!

Memberships can be renewed via PayPal using the CBA's website:  
[www.gastoncountycba.com](http://www.gastoncountycba.com); by mailing it to Gaston County CBA,  
PO Box 22, Lowell, NC 28098; at the homestead (267 Stowe Rd.,  
Gastonia, NC 28056.

If you would like to receive your newsletter online (& in color), please let Donna know. This will save the chapter approximately \$20-25 a year in copying and mailing. Postage has gone up (again), so if you can PLEASE get your newsletter online.





# ROCKHOUSE PRESENTS GASTON CBA BIKE NIGHTS

**2699 Aberdeen Blvd.  
Gastonia, NC 28054**

**EVERY  
WEDNESDAY  
6-10 PM**



**Starts April 1st with :  
COOPERLINE  
Bike Contest  
Biker Games  
Bands / DJs**

**EVERYONE WELCOME**



PosterMyWall.com



*Ray's  
Smokehouse  
&  
Grill*

219 South Board St., Gastonia NC  
704 867-4386

Hours: Mon—Thurs 7am—8pm; Fri & Sat 11am—9pm



**Country Store  
and Grill  
222-4800**

1799 Hwy 55 West, Clover, SC 29710

TREE & STUMP REMOVAL  
TRACTOR WORK & BUSH HOGGING

**McLEAN TREE SERVICE**

P.O. BOX 244

McADENVILLE, N.C. 28101

FREE ESTIMATES

WORK 100% GUARANTEED

OWNER

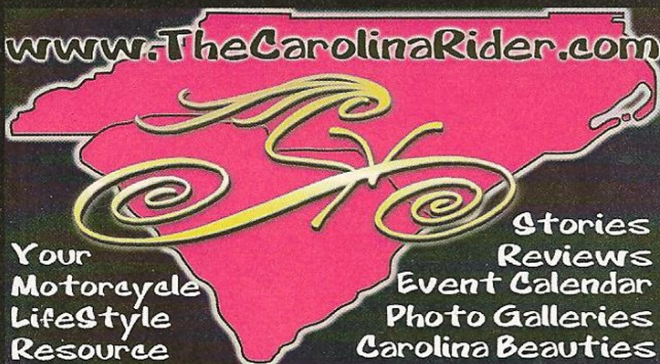
**KEITH McLEAN**

(CELL) 704-460-5124

(OFFICE) 704-822-0479

(E-MAIL) keithmclean@bellsouth.net

[www.TheCarolinaRider.com](http://www.TheCarolinaRider.com)



Your  
Motorcycle  
LifeStyle  
Resource

Stories  
Reviews  
Event Calendar  
Photo Galleries  
Carolina Beauties



# Dragon Tail Run



**\$65 per room**

Money due mid February

**Dinner provided**

PosterMyWall.com



Contact Magic Mike Dixon

Please Notice This



*March 7th 8:00*

**Karaoke  
with  
DJ Perry**



**267 Stowe Rd.  
Gastonia**