



"Soaring Eagle"



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Monthly News for Our SCRC Nation July 2011

July 2011
Vol. 2 Issue 7

"Hammer Time" by Bruce "Hammer" Mathis

June! I miss it already! It is one of my favorite summer months! Cool mornings, mix in a little rain, add in some nice sunshine without too much heat... aaaaawwe! There we have it – June!

June was a mixed-up month for me, tho. Working, back & forth to hospital for family, take a riding break for the SCRC Okla State Rally, a hot-shot run to North Dakota (almost to Canada... only 3 miles away!) for an aunt's funeral, & getting the newsletter out on time! It's a vicious circle folks! But it is a circle... I do get to come back around to where I started... sometime in the future!

There were several SCRC events in June. Hope you made it to one of them & fellowship-t (new word!) with other members of our SCRC Nation! It is always good to get acquainted or re-acquainted.

While on our hot-shot run to North Dakota, I came to the realization that the 'northereners' in North Dakota & also in South Dakota must not be familiar with Southern Cruisers! Least-a-ways, not the ones I conversed with along the way. And South Dakota touts fame to the largest bike rally in the U.S. of A. And they don't know about us? Slap me! Again!

So, I am a a-thinkin' someone (or someones) need to educate them about us... & get a chapter (or chapters) opened up in those couple of states. I know in N.Dakota where I was, there are very few cycles. Now if we were a snowmobile riding club, we might have a chance!

Remember... "I am Southern Cruisers! And so are You!" You will recognize me when you see me... I am the one wearing the SCRC patch on the back of my vest! "Grab some wind... hammer down!"

A Growing SCRC Nation - New SCRC Chapters

Sending out a "rev 'em up" welcome to these new SCRC chapters:

- 🇨🇦 **Lac Mégantic SCRC #553** Lac-Mégantic, Quebec 1st Officer – Stevee Duquette
- 🇺🇸 **Bayshore SCRC #554** Union City, New Jersey 1st Officer – John Harriott, Sr.
- 🇺🇸 **Mt Sterling SCRC #555** Mt Sterling, Kentucky 1st Officer – Dean Bartholow
- 🇺🇸 **Copperhill SCRC #462** Copperhill, Tennessee 1st Officer – Danny Patterson

SCRC Calendar - 2011

Listed below are the SCRC events on the 2011 SCRC calendar:
http://www.airsetpublic.com/AirSet.jsp#app.CalServe+qi.taGnyVwWQUzIN_v.month

If you plan on having an SCRC event in 2011, you better "get to gettin" it approved! Contact Bubba Prescott to get it reviewed & approved!

- July 2-4 – "Fais-Do-Do" – Lafayette, Louisiana
- 15-17 – Georgia State Rally – Commerce, GA
- July 22-24 – New England "Rendezvous" – Barton, Vermont
- 29-31 – Great Lakes Gathering – Sterling Heights, Michigan
- 29-31 – Indiana State Rally – Columbus, Indiana
- Aug 5-7 – Virginia State SCRC Rally – Lynchburg, Virginia
- Aug 18-20 – SCRC "Cruisin' for a Cure" National Rally – Mountain Home, AR**
- Sep 16-18 – Texas State Reunion – Houston, Texas
- Oct 7-8 – "Run for the Border" – Del Rio, Texas
- Nov 4-6 – "Peanut Festival" – Dothan, Alabama

SCRC Memorial Page

Visit the SCRC memorial page... & read a few of the poems & stories. They are absolutely awesome! Check them out at:
www.scrctemorial.net

I don't know if you read these... or if you visit the memorial page, but I do. The poems are incredible... but what really gtes me is the members we have lost over the short years that SCRC has been a club. There are many faces of members that I never met... & some that I have. We are all Southern Cruisers! The pictures prompt me to.. Reflect & Remember!

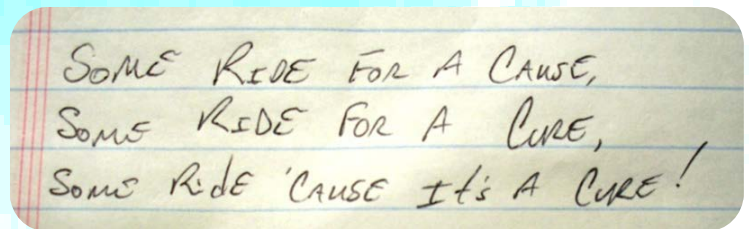
SAM

A year ago you passed away
My heart still aches today
I can't believe you're truly gone
the pain still lingers on

My eyes are filled with tear drops
My stomach all tied in knots
Confusion over fills my head
As your shoes sit near our bed

Thirty two years of divine bliss
Your embrace oh how I miss
From my sight you have gone away
Our true love is here to stay

Forever you will be in my heart
My love for you will never part
You were my life you see In heaven
I will be with thee
Charlene



SCRC 101 #12 - Officers

Now onto the SCRC Board of Directors (BOD):

BOARD OF DIRECTORS

- 1) The Board of Directors will consist of a panel of 8 Members and at no time will fall to less than 5 members. They will be appointed by the President, Vice President, Chairman and Assistant Chairman of the Board of Directors. Board Members will serve on a year-to-year basis not to exceed more than Three Years as a Board Member. The Chairman and Assistant Chairman of the Board will serve an unlimited term until he/she or the National Officer deems it necessary to replace him/her. The Board will meet on-line for the discussion of issues that CANNOT be resolved by the General Membership, First Officer, State Officer or the Regional Officer.
- 2) Any Member has the right to address the Board for any grievance, but the Chain of Command should be followed in this order:
 - a) First Officer (FO)
 - b) State Officer (STO)
 - c) Regional Officer (RO)



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SCRC 101 #12 – Officers (cont'd)

- 3) A grievance may be presented to the Board in either Email or letter form. All pertinent information must accompany the grievance. All grievances sent to the BOD for a review will be kept confidential and will not be released to the Public or the general Membership of the SCRC. The substance of the grievance will only be shared with the principals involved, the Board of Directors and National Officers. Any information and/or issues to be reviewed by the SCRC Board Of Directors will need to be sent to the Chairman of the Board at this address: BOD@SouthernCruisers.Net.
- 4) Decisions of the SCRC Board of Directors are final, Subject to veto by the President of the SCRC.
- 5) Any Board Member may be removed by a two-thirds vote of the remaining Board Members, SCRC President and Vice President.

Meet an SCRC Regional Officer (RO) – in Europe

Meet Tomas "Bobik" Berdych, SCRC Regional Officer (RO) of Europe.

My nickname is "Bobik" - the articulation is bobeak [bobi:k]. Bobik is a figure of a children's comics. I've received this nickname when I was 4-ys old & hold it till present.

I am 36-yrs old & single. In Europe we have chapters in Belgium, Denmark, England, Germany, Poland, Sweden, Switzerland, & of course, in Czech Republic. That is where I live in capital of Czech Republic - Prague. So my home chapter is Central Bohemian Chapter 134 (Bohemian is another name for Czech country).

I begin to ride bikes when I was 13, because my older brother has bought a moped & I tried to ride on it & since I am riding. :-) Of course, I have changed moped for bigger motorcycle. First of all, it was Jawa - the Czech made bike. And later, it was a Yamaha XV 1000. And finally, in 1999, I've bought a Yamaha once again - the XV 1600 Wildstar (Roadstar in USA).



I joined the SCRC in summer '00 when a friend of mine told me about the club. I had a look on the club's websites & taught myself that it is nice club with good idea - so I decided to join. It was at the time when just a few people were members in Czech Republic. We were small group of friends & we had just one chapter across the Czech Republic. But still more & more people became members of the SCRC, so we then divided into more chapters.

And in the year '02, I became the 1st Officer of my chapter. And in '08, the RO of Europe.

Within the years being member of SCRC, I've met lot of excellent people & many of them became my best friends. And I do with them many other activities - not only riding on bikes. I know they will help me if I need & of course I will help them. It is great to have friends such these & I have met them thanks to SCRC.



I have visited several countries on my bike: such as Greece, France, Italy, England, etc., but I think the most beautiful roads where to ride a bike is the Alps. Marvelous mountains, wonderful roads, delicious food... It is purely & simply great place for riding. :-) But I think it is not important where you are riding if a bunch of great friends are with you.

"Jay Hart" - Jay's Summer Love (continued from June)

"You can't take a dog on a motorcycle strapped in a baby carrier!" my brother Justice yells at me while I'm pulling the dogs legs through a baby carrier. I glare at him.

Hi, my name is Jessica Eugenia Hart – "Jay" to my friends. My friend, Elizabeth, gave me a hound puppy. Problem is, I'm on the motorcycle & I want to take him home now! My idea is to put him in a baby carrier & carry him home with me on the motorcycle. I mean, if he's going to be my dog, he needs to be able to ride with me, right?

"He fits in the carrier," I say. "I'll strap him to the front & he can lay his head on my chest & go to sleep. It's only 46 miles."



"Listen, Sis. We'll drive back over in the truck & pick him up. He'll be okay here for a couple more hours."

"No! I'm going to take him now! And I'm strapping him into this damn baby carrier & I'm taking him home!"

"Stubborn woman!" Justice mumbles as he shakes his head & walks away.

"Here - let me help you," "T", the crazy Cajun, says. "T" holds the baby carrier while I slip my arms through it. The puppy wimpers & licks my neck.

"It'll be okay, boy," "T" says while he pets the puppy. "She's loud, stubborn & a pain in the butt, but you'll grow to love all those 'positive' things about her." "T" smiles. I elbow him & smile back.

"Thank you," I say.

"I'll be right behind you," he says.

"No, I can make it okay."

"You ever carried a dog while you're driving an Enduro?"

"No, but there's a first time for everything," I say while walking toward the Enduro.

"Leave the Enduro here & ride with me," "T" says. "We'll come back later & pick up the Enduro after we get the "Happy Hound" home & settled. Besides, it's his first ride & he may be a little skittish. This way you can calm him down & take care of him for his first ride."

I stopped & started to think about "T's" reasonable offer.

"But I have to get him used to riding with me," I argue.

"Yes, but start riding alone with him on short rides around the block. Take this first ride on "Rocky" to condition him to the feel of the ride. By the time we get him home, he should be a seasoned rider with you hugging & kissing on him all the way."

I smile. "Yes, he should be," I say kissing the top of the puppy's head. He licked my neck. "Okay, but after this ride on "Rocky", he rides solo with me."

We walk towards "Rocky", "T's" Triumph Rocket III.

"You going to help her with this crazy notion of putting a dog on a motorcycle?" Justice asks "T" as we walk by.

"Ain't nothing crazy about taking someone 'you love' on a ride," "T" says smiling.





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“Jay Hart” - Jay’s Summer Love (cont’d)

Justice smiles. “You kids have fun with your new baby. And be careful with my sister.”

“T” gets onto “Rocky”. I follow, holding tightly to the puppy in the baby carrier.

“What’s his name?” “T” asks before starting “Rocky”.

“I’ve been mulling that over,” I say. “I’m not sure yet.”

“You ready to cruise?” he asks.

“Ready! Are you ready, “Cruiser”?” I ask the puppy.

“Cruiser”, huh? Guess that name will have to fit him. If he’s anything like his owner, he’ll learn to love it.” “T” says. He starts “Rocky” up with a roar.

“Cruiser” licked my neck. He didn’t jump or even flinch!

“Yep, he’s going to be a good riding companion. We’re going to have lots of fun... aren’t we, “Cruiser”?”

Written by: Angie “Church Lady” Ryan, SCRC Northeastern (Okla) Chapter 7

Fit’s Like a Glove!

HELP! HELP ME! GET ME OUT OF HERE! IT’S GETTING HOT IN HERE! Oh wait... someone’s FINALLY coming... ALRIGHT! It’s my “biker”!!! Phew! Finally getting out of there... I’ve been stuck in that saddlebag for weeks! No – MONTHS!

Hello there. I am a glove! Yep, a “biker’s” glove! Or... to be more specific... I am a black, insulated right-hand glove that fits on my “biker’s” right-hand. So I am the “G-RH”!

No – I am not one of them weak, wimpy, not-good-for-anything fingerless gloves that my “biker” wears in the summer. What’s up with that anyway? What is the purpose? My “biker” has worn out two pair already!! They are worthless!!

But me? Now I have purpose! I keep the right hand of my “biker” warm in the cooler temperatures. That’s right! (no pun intended here). Like I said I am insulated – so his hand stays nice & toasty. And when it is really cold, he puts a hand warmer in with his hand. Then we BOTH stay really toasty warm!!



And like I said, I am the right hand glove.. or as I like to be referred to as - the “G-RH”! Once I thought I was seeing double (like seeing myself in a mirror or something!!), but as it turns out... he also wears a glove identical to me on his LEFT HAND, too. Boy! That really freaked me out! I thought I have a twin! I thought there was gonna be a fight. I balled my hand up in a fist and... POW! I HIT the left hand glove right in the palm! And REALLY Hard! Now the left hand glove is scared of me... makes me laugh! It thinks I am a psycho or something! LOL!

And I bet you missed it... who I am, that is. I am the right hand glove of my “biker”! That’s right – the “G-RH” I GET TO TWIST THE THROTTLE. And also run the front brake when needed.

So I am in charge of making us go really fast – or slow us down to a complete stop. I am IN CHARGE! You missed that, didn’t you? I AM THE MAN! Well, not really THE MAN... but I am the ‘RIGHT HAND GLOVE!’ The “G-RH”!

Meet an SCRC Member – in Indiana

Meet Laurie “Joker” Worton, proud member of Indianapolis

Chapter #92 in Indianapolis, Indiana. Her officers are: FO - Mark “Starbucks” Morris; & SO - John “Fastdraw” Becan

My nickname is “Joker” - I love to make people laugh! My husband, “Crash”, & I have been riding a little over a year. I joined SCRC in July ’10. We joined because my husband searched for groups on the internet & found this one. We ride a sweet ‘06 Honda VTX 1800N2.

I met “Starbucks”, “Red”, “Fastdraw”, & “Snowstar” on our first ride with the group to the covered bridges in Terre Haute, Indiana... & the rest is history. They can’t seem to get rid of us! LOL!

“Crash” & I like the closeness & family atmosphere of the rides – AND the people are awesome. They plan different rides & events that jive with the group as a whole. They genuinely care about the people they lead.

My favorite road is US Rt 135 to Bloomington, Indiana, Lake Monroe. And I have yet to come across a least favorite.

“Crash” & I have been together 16-yr’s – and, if you ask me, happily married for 15 years :)!!

We are the parents of 5 children: ages 24, 23, 22, 20 & 17. And grandparents of 3... with another on the way!



“A Caged Outlook” – My First Dice Run

On June 11, I participated in my FIRST dice run! Well - almost. I didn’t role any dice, nor did I get sunburnt, nor did I get ‘helmet-hair’. I made the trip in the comfort of my ‘00 Dodge 1500 4WD with A/C (in other words – “Redneck Style”). I may not have had the coolest ride at the rally, but I definitely had the coldest.



When I arrived, I had to find “Hammer” & “Princess”, being about the only people in the sea of leather that I knew. Finally! there they were - someone I recognized! “Hammer” took me inside & hooked me up with an official SCRC event T-shirt & a meal wrist band. He also presented me with a red, jumbo die (NOTE: two or more of these are called dice). Since this is my first dice run ever, I had no earthly idea what I was going to do with it, but I had it just the same. (A little foot note here - I hauled that die for over 100 miles & it made no attempt to run!)

I strolled around checking out the bikes, shooting a few photographs (the real reason I was there), & chatting a bit. It didn’t take long to figure out these guys were all about helping kids at St. Jude’s & riding motorcycles. It also didn’t take long to notice this group was not without an assortment of colorful characters.

Here are my descriptions are just a few:

- 1) the 50/50 ticket lady! - The very first person I encountered was a very bubbly lady selling 50/50 tickets - 6 for \$5, or an arm span (finger-tip to finger-tip) for \$20. Since my arms are longer than hers (yep, we checked), I bought an Andrew Jackson (U.S. President on a \$20) worth of tickets. Carefully, she folded the 6-ft (1.829 meters) of tickets along the center line. Once they were folded, she held the first ticket firmly in her hand, but not too firmly, gently pulling the tickets through her fingers, while maintaining eye contact. Now completely satisfied with her



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"A Caged Outlook" – My First Dice Run (cont'd)

folding job, she tore the tickets along the perforation, handing me my portion of the tickets. I was assured I would win because 'she' had touched my ticket, thus bringing me luck! I believe her exact words were "I rubbed your winner". I felt soooo special! Well, until I heard her using the same sales pitch on another guy. Then I noticed I had no reason to be jealous... no reason to worry. I could see my chances of winning was bigger than his. He only bought \$5 worth. As in many cases, it is all about length! And mine touched the floor!!!



- 2) The Tail Gunner in group 3: First of all, I can't remember your name, or your road-name. But you were riding the steel-blue Victory & asked me "Are you with us? or just following us?" This question was at the second stop.
- 3) Lady at stop #1: She asked me what bike is was on. I replied "the maroon one across the road". Not seeing a bike she asked again "which bike?". I replied yet again "the maroon one across the road", this time pointing at my cage! She asked me to post the photos on Facebook so she could get copies. After telling her "I am not on Facebook", she wanted to know how she was going to get the pictures without me being on Facebook! Bikers on FB - who would have guessed?
- 4) And Clyde! Good ol' Clyde (road name unknown): We decided "there is no such thing as an extra beer. It isn't like we only wanted 5! But, since adult beverages are only sold in packages of 6, there was 1 left over. The likelihood of having an "extra" beer, or one with no immediate plans of being consumed is highly unlikely. Also, when offering a guest in your home a "Barley-Pop", the first question out of their mouth "what kind do you have"? **WELL, I will tell you what kind I have - "FREE"! That's what kind I have!!!!** "Now, are you willing to take a change on a free ale or not"

What you guys do for the kids at St.Jude's is beyond words, characters or not! Thank you for letting a cager hang out with the two & three wheel crowd.

From the archives of the wit of "Mr. Visible" (Ty Bradshaw)

p.s. - I still cannot believe "Hammer" sold me out! He gave me up! I am no longer the invisible... "Mr. Visible"!!

Meet an SCRC International Officer – in Canada

Meet Grant "Giby" Gibson, FO of Alberni Valley SCRC Chapter 468 located on beautiful Vancouver Island in British Columbia, Canada.

I have been a member of SCRC since November '05. I came to Port Alberni with my partner, Jill, immediately after retiring from the Fire Service in North Vancouver. Three days after moving here we met with the local chapter of SCRC & promptly joined.

I owe it to my wife for our learning about SCRC. She had only just gotten her motorcycle license that summer. She went online to a community forum to ask if there were any women motorcyclist in the city that she could link up with. She received a response telling her of

a group called Southern Cruisers Riding Club & that we could meet with them on Tuesday evening at the local McDonald's parking lot.

That drizzly night we rode our bikes over & met "Thunderhead" (an all of 5'2" fireball) in her car & were told that due to the weather they were meeting at a member's house for coffee. So we followed her there & met a collection of eclectic individuals. "Buzz" was the FO & LD the SO. "Buzz" had started the chapter just that summer.



About a year later, "Buzz" stepped down for personal reasons & asked if I would like to assume the position. I was honored to do so & have been proud to hold this position since. "Buzz" was a great inspiration & he & his wife "Louie" have been dear friends ever since. We all call them 'mom & dad'.

Vancouver Island is an awesome place to ride... & up & down the island there have been up to 7 chapters. One of my favorite roads is the ride around Cameron Lake & through Cathedral Grove (which is the only way out of town to the rest of the island). It is a picturesque ride with some great corners & a really great feel.

My least favorite ride is the Trans-Canada thru Vancouver to get to other parts of BC. Too much traffic with everyone in a hurry. Our riding season is relatively long with many of us riding year round. SCRC has been very active on the island & numerous events have brought all the chapters together for the pleasure of socializing & the joy of riding. That is precisely what has brought & kept me involved with the club.

I started riding at 14-yrs in Calgary, Alberta, on a Tahatsu 50. Then I got a BSA 175 followed by a brief ownership of a '41 Harley 45. It rarely ran & a trip through a windshield in a car accident saw me sell



the 45. I was out of riding for a few years then moving to Vancouver at age 21, I picked up a Yamaha 350. At the time is seemed that all the cars on the road were trying to hit me, so I gave it up. A couple years

later I bought a Yamaha 500, then promptly traded it in for the first of three Honda 750-Fours. In October of '81 I purchased a new '82 Goldwing Interstate - that I had till '86. Fifteen years later I found myself in the seat of an '81 Goldwing. I then switched to an '03 VTX 1300. And with Jill taking her motorcycle course, I bought her a Honda 750 Shadow.

Our plan was to go across Canada on the cruisers the following year after my retirement. Turns out the 750 was a bit intimidating to a first time rider, so we got her a 250 & I traded my VTX on a '95 Goldwing for the cross country trip. Then, an opportunity came to purchase a house on Vancouver Island. So we moved... & postponed the trip for a few years. Once here I felt the desire for



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Meet an SCRC International Officer – in Canada (cont'd)

another VTX, so I purchased another '03 1300. Over time Jill moved to a VLX 600 then a Vulcan 800. In '08 I purchased an Aspen tent trailer, & we made plans for our cross country trip in '09... all the while riding with the great friends in SCRC.

In June '09, Jill & I left Port Alberni for a 4-month trip to the east coast & back. This was a truly remarkable experience & the people we met on the road with motorcycles are remarkable themselves! One of our greatest experiences was meeting up with SCRC Chapter 238 while in Niagara Falls. Our time with them emphasized the greatest reason for being a part of the Southern Cruisers Riding Club. It demonstrated how easy it is to host travelers & the rewards of doing so (NOTE: At this point I would like to pass on to anyone visiting beautiful Vancouver Island while in BC to be sure to contact me at scrc468-at-shaw.ca & we will attempt to be as gracious hosts as we had in Niagara).



One regrettable part of our trip was that it was one of the wettest summers on record in eastern Canada. For much of the latter part of the trip we were in motels 2 of 3 days. However, we really grew very fond of our little tent trailer & look forward to any chance to use it.

In August '10, Jill & I made the decision to try our seats on Harleys. We bought a '10 Ultra Classic for me & a '11 Heritage Softail for her. It was a challenge trading in my VTX that had served me so well for over 110,000 kms. In September, we got married in our back yard with family, past Fire Department work mates, & all our near & dear SCRC friends.

It is a pleasure to be a motorcycle enthusiast & to participate in this love with a like-minded wife! And thanks to SCRC many, many friends who only care that we get along.

Ride safe & ride often, Grant “Giby” Gibson, 1st. Officer
Alberni Valley Chapter 468

2011 Tennessee State Rally

The Memphis Chapter brought the jail to the Tennessee State Rally again this year! This was the 2nd year in a row for it, & it was pretty successful.

We did have an interesting escape though...

Basically, we had apprehended the ‘notorious’ “Memphis Blues”, arrested him & had him thrown in jail. But I thought I was hearing something suspicious during his tenure... snip, snip, snip, snip. I looked up just in time to see that “Reb” had cut open the back side of the jail, & was lifting the fencing up to let him out!



They both thought they had gotten away with it, but I caught up to “Reb” & threw him in jail with a \$200 bond. We also took his Gerber

multi-tool away from him.



“Blues” wasn’t too happy... “Karo” put him in for \$20 (but already had the \$40 bail)... She was just letting him sweat it out!

The SCRC Family stood behind him though - & his bail was quickly raised. Sadly, he was released. And later, we gave him his Gerber multi-tool back when he assisted in making repairs to the jail.

“Reb” has been a really good sport about the jail - last year he had himself arrested... & then refused to get out for less than \$400!

We have mug-shots on file of everyone that was arrested. The list includes: “Medic”, “Reb”, Shane, “Memphis Blues”, JR, “Otter”, “CandyCane”, “JBird”, “Trouble”, “Big Show”, “Sweeper”, “8 Ball”, “Sparky”, Curtis, “LittleMan”, “Dr. Jekyll”, “Scooter”, “Sarge”, Jeff, “PapaBear”, & of course... “Elvis”.

Submitted by: Susan “VStar” Conner, Memphis Chapter 000

Chapter Patch

Does your chapter have a chapter patch? If so, remember that it must be worn on the FRONT of your vest – not the back! If it is on the back, please have it relocated to the front.

A chapter patch also has to be approved BEFORE it is made available to the chapter. For approval, the 1st Officer of the chapter must submit the design to Richard Krause.

I asked for some pics of chapter patches & the story behind them on the SCRC Officers forum. So, officers – check it out. There is a lot of good info on that forum. And some good discussions that may benefit you & your chapter, too! I am always intrigued by other’s artistry & creativity!

New Mill Chapter 369

I will try on my broken english :) ok here we go ! Me & my second officer Conny started the New Mill chapter in the area of Stockholm where we live ! The closest chapter to us was about 300 km away & the rest about 500 km! When we got in the national forum & the officers forum we saw many chapters had their own patch & thought we should have one, too. We live in a small community named Nykvarn (that translated to English is New Mill). And because SCRC is a world-wide club we wanted a name all could relate to.



We have no wind mills here in the area... & not many in Sweden at all. At the time the patch was made, we only had one more member in the chapter. We made a draft & put it on our forum & the other chapters had a look & say in it :). They all liked it & the colors we



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Chapter Patch (cont'd)

picked for it, so we went for it!

Regards, Christer Chrille Jonsson, SCRC 1st Officer

New Mill Chapter #369 Web: <http://www.scrnm.eu>

Recipes for Our SCRC Nation

Thanks to Angela Jackson, Warren County Chapter 212, Vicksburg, Mississippi, for volunteering to provide our SCRC Nation with some special recipes each month... from her kitchen as well as from others! She will also try to provide a story or two along the way. There may also be others that I receive that get plugged in as well. 'Specially if I am promised free samples! (I can be bribed). Gotta go now – this one is making me HUNGRY! Hope to see many more that we can all enjoy! "Hammer"

Captain Buddy's Dirty Rice

I received this recipe many, many years ago from dear family friends, Captain Buddy Crawford, & his wife Lea (better known as "Big Daddy" & "Big Mama"). It is absolutely wonderful.

I grew up spending all of my summers & free time at our place in Gulf Shores, AL. Buddy & Lea "lived" beside us each summer. They were some of the best people you will ever meet. Buddy was a cook on a river boat & one of the best cooks I have met in my life. I think about him a lot & the wonderful food he prepared. I am lucky enough to have several of his recipes & cherish each one of them as they bring back memories of some of the best times in my childhood.

Captain Buddy's Dirty Rice

- | | |
|--|-----------------------------------|
| 1 stalk celery | 6 chicken livers |
| 2-4 medium onions | 3 cloves garlic |
| 1 large bell pepper | 1 whole chicken |
| 4 slices bacon | 1 lb ground beef |
| Salt & pepper to taste | 1 (4-oz) can mushrooms (optional) |
| 1 lb link spicy sausage (Conecuh is best) | |
| 8 drops Tabasco (or more to taste) | |
| 1 can cream of chicken or cream of mushroom soup | |
| 12 cups chicken broth (reserve from boiling whole chicken) | |
| 6 cups uncooked long grain rice (Uncle Ben's is good) | |
- (NOTE: Pre-cook rice according to package directions if desired. Add to the completed mixture if you prefer)

Clean & finely chop all vegetables. Fry bacon, crumble, & set aside. Fry the sausage links in the bacon grease & set aside. Fry the ground beef in the same grease, set aside. Fry the chicken livers in the same grease, remove from grease, crumble & set aside. Put all vegetables in the grease & sauté. Boil the chicken (season water with salt & pepper) until tender enough to remove from bone, & then cut into chunks. Cook the sautéed vegetables in the chicken broth until very tender. Cut sausage links into ½" pieces & add this with all other meats to the pot with the vegetables & stock. Simmer slowly & add can of soup. *Add rice to pot & simmer for 30 minutes (can simmer less if you precooked your rice). Add additional chicken broth if needed.

This recipe serves many, but you can make smaller batches using the same ingredients. You can also add items of your choice to make it your own. I have added: corn, jalapenos, ground pork sausage, etc. Never be afraid to make it your own!

Submitted by: Angela Jackson, Secretary, Warren County Chapter #212 - Southern Cruisers Riding Club "We're International"

Safety Tip – Riding & Hot Temps

Continued from last month – let's visit Heat Exhaustion. The way the summer is starting here in Oklahoma this will be very useful this year with temperature's already in the mid to upper 90's.

Symptoms of **heat exhaustion** include:

- 1) Headaches, dizziness, nausea, momentary fainting;
- 2) Cramps;
- 3) Tiredness, weakness;
- 4) Profuse sweating;
- 5) Pale, clammy skin;
- 6) Approximately normal body temperature.

If you begin to feel these symptoms during a desert ride, take immediate action **before** you pass out.

- 1) Get into some shade, preferably into an air-conditioned room;
- 2) Loosen clothing & wet down skin or undershirt to increase evaporative cooling;
- 3) Slowly sip water, or salt water solution, same dose as for heat cramps. Avoid alcohol or caffeine;
- 4) If you feel faint, lie down & get feet raised above head level;
- 5) If you can't keep the salt water down, get emergency medical aid. You may need an intravenous salt solution;
- 6) Even after you begin to feel normal again, consider staying out of the heat for a day or two. Your body needs some time to recuperate. If you are on a long trip, consider a 24 hour layover in the next air-conditioned motel.

If you experience heat exhaustion & just try to "tough out" the heat without getting cooled down & rehydrated, the body thermostats will begin to fail. Core temperature continues to rise (may go as high as 106° or 107° F), sweating stops, the heart beats even faster, & you may pass out. If you are coherent enough to recognize the symptoms, immediately get medical aid while you are still mobile.

Also watch your riding buddies for any of the following **heat stroke** symptoms.

- 1) Victim incoherent, staring vacantly, blanking out, or unresponsive;
- 2) Skin hot, red, dry (no perspiration);
- 3) Rapid pulse;
- 4) Body temperature elevated;
- 5) Yes, heat stroke is life threatening. It's a medical emergency. Don't be bashful about calling 911 for assistance.

In the meanwhile:

- 1) Get the victim into some shade, out of riding gear, & cooled down by any means available. If possible, get the victim into an air-conditioned room, or use fans to help provide evaporative cooling;
- 2) Repeatedly sponge skin with cool water or rubbing alcohol. Apply cold packs or ice cubes if you can get them. The goal is to get body temperature below 102° F;
- 3) Don't give the victim any stimulants, especially not any alcoholic beverages;
- 4) If the victim's temperature begins to rise again, repeat the cooling process;
- 5) As soon as possible, get the victim to emergency treatment. Even after a heat stroke victim has been cooled down & rested, the ugliness isn't over. It's not uncommon to have intestinal upset for a week or so afterwards.

Be safe & have fun! Submitted by: Mike Sumter, Will Rogers Chapter 159

Send your SCRC news to: news@southerncruisers.net I will try to get it a newsletter soon. Please note – promotions for your events (other than from the SCRC calendar) will not be included in the newsletter. Promote those via forums, fliers, etc.

Remember... **"I am Southern Cruisers! And so are YOU!"**