

# BAMA WINGS

## Chapter Team

### **Roy & Diane Beall**

Chapter Directors  
205-393-2653

### **Greg Murphy**

Assistant Chapter Director  
205-242-6990

### **Diane Beall**

Chapter Educator  
205-393-2654

### **Larry & Diane Lewis**

Treasurers  
205-345-1161

### **Lewis & Sabra Rager**

Membership Enhancement  
Coordinators  
205-292-6254

### **Lehman & Kaye Jagers**

Eldridge Children's Home  
Coordinators  
205-349-4207

### **Roger & Helen Lucas**

Chaplains  
205-333-0038



## Sitting Under The Shade Tree At Chapter Funday

**Next Meeting**  
**July 7, 2017**  
**Front Porch Restaurant**  
**Highway 43N**  
**Northport, AL**  
**6:00 to eat; 7:00 to meet**

## Chapter J Traditions

Danny & Rayma Mullenix

Greg & Sally Murphy

Roy & Diane Beall x2

Jonny & Jean Koontz

Baxter & Wanda Pate

Van & Peggy Kelly

Larry & Pat Davis x2

JR & Betty MaHarrey

Marshall & Sue Small

Dwight & Judy Kizziah

Dewey & CJ Williams

### Director's Corner



I'm proud to say our 2017 Brunch / Poker Run was a success because of you. We had more than enough breakfast dishes and pastries for everyone. Several chapters across Alabama came to participate. A big thank you to everyone who contributed food and to all the J worker bees. Bill and Vicki Cater were the winner of the poker run, who are also the AL 2017-2018 District Couple of the Year. Our very own, Paul Rhinehart, was the grand prize winner. We received high praise from our guests on how much they enjoyed the poker run and for the food and fellowship. Chapter J appreciates everyone who came and participated in the fun day.

Chapter J was well represented for MAD - Motorcycle Awareness Day and at Biker Day held at Circlewood Baptist Church.

Please remember our next gathering, July 7, Front Porch Restaurant, eat 6:00 p.m. / meet 7:00 p.m. Chapter T will hold a fun day on July 15. Please check the calendar for ride details and for other planned rides.

Stay cool and hydrate plenty.  
My best, and ride safe,  
Roy Beall  
Chapter Director

**Mayo Clinic**  
**www.mayoclinic.org**  
**First Aid – Heat Exhaustion**



Heat exhaustion is one of the heat-related syndromes. Symptoms range in severity from mild heat cramps to heat exhaustion to potentially life-threatening heatstroke. Heat exhaustion can begin suddenly, usually after working or playing in the heat, perspiring heavily or being dehydrated.

Heat exhaustion signs and symptoms include:

- Faintness or dizziness
- Nausea or vomiting
- Heavy sweating often accompanied by cold, clammy skin
- Weak, rapid pulse
- Pale or flushed face
- Muscle cramps
- Headache
- Weakness or fatigue

**If you suspect heat exhaustion**

Untreated, heat exhaustion can lead to heatstroke, which is a life-threatening condition. If you suspect heat exhaustion, take these steps immediately:

- Move the person out of the heat and into a shady or air-conditioned place.
- Lay the person down and elevate the legs and feet slightly.
- Remove tight or heavy clothing.
- Have the person drink cool water or other nonalcoholic beverage without caffeine.
- Cool the person by spraying or sponging with cool water and fanning.
- Monitor the person carefully.

Call 911 or your local emergency number if the person's condition deteriorates, especially if he or she experiences:

- Fainting
- Confusion
- Seizures
- Fever of 104 F (40 C) or greater

## Birthdays and Anniversaries

17 Birthdays / Anniversaries	
July - 2017	
9, Sun	- Buddy West Birthday
13, Thu	- Patty Ratliff's Birthday
20, Thu	- Billy & Lisa Bagwell's Anniversary
22, Sat	- Roger & Helen Lucas joined GWRRA 2004
25, Tue	- James Robinson's Birthday
27, Thu	- Bill & Beverly Waller joined GWRRA 2011
28, Fri	- Jackie Ratliff's Birthday
29, Sat	- Rita West Birthday

## Calendar of Events

### July - 2017

6, Thu	- <b>-T-O-D-A-Y-</b>
7, Fri	- <b>Bama Wings gathering -- The Front Porch Restaurant, Hwy 43 north, Northport. Eat 6pm / Meet 7pm</b>
8, Sat	- <b>Chapter Ride -- Yampertown, Winfield, AL-Leave Northport Civic Center at 4:00pm</b>
12, Wed	- <b>Chapter Ride -- Lunch Ride-Hardee's HWY 82 W, Northport-10:00am</b>
14, Fri	- <b>Chapter Meal -- Baumhowers Wings, Skyland Blvd, 6:00</b>
15, Sat	- <b>Chapter Ride -- Chapter Ts fun day. Pleasant Ridge Baptist Church: 1335 Hueytown Rd Hueytown AL 35023 leave PNC Bank Skyland Blvd @ 9:00 am</b>
19, Wed	- <b>Chapter Ride -- Lunch Ride-Hardee's HWY 82 W, Northport-10:00am</b>
21, Fri	- <b>Chapter Meal -- Arby's, 1734 McFarland Blvd Northport-6:00m</b>
22, Sat	- <b>Chapter Ride -- Barrigas Mexican Grill, Reform, AL With ice cream treat afterwards-Leave Northport Civic Center-4:00 pm</b>
26, Wed	- <b>Chapter Ride -- Lunch Ride-Hardee's HWY 82 W, Northport-10:00am</b>
28, Fri	- <b>Chapter Meal -- Mr G's, Northport-6:00</b>

All times are 'kick stands up'. Come Hydrated, Bladders Empty, and Tanks Topped Off. If weather is fitting for a ride, call someone. Chances are they want to ride also

