

# 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



## Chapter J's "Wild Hogs" makes it to Mexico on The GWRRA's

## "40 to Phoenix" Ride

Next Meeting  
May 5, 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

## Membership Anniversary

Larry & Pat Davis 5/1985

James & Jeri Dunkin 5/1999

Paul & Carolyn Rhinehart 5/2005

George Hardie 5/2012

Donald Fancher 5/2013

David & Teresa Wells 5/2016

## Director's Corner



Our four brave riders made it safely home from the 40 to Phoenix ride. During our great adventure, Lehman Jagers, Greg Murphy, Buddy West and yours' truly met a lot of people, visited several chapters, including the GWRRA Home Office, rode in sunshine to ice and snow. I want to thank Greg and Lehman for planning the routes and scenic stops. It was a great trip but I'm glad to be home with my lovely wife.

Our next gathering is Friday, May 5, Front Porch Restaurant, eat 6:00 p.m., meet 7:00 p.m. Danny Mullenix is our May ride guide. Please check the calendar for his rides and events.

The Alabama District Rally is May 18 - 20 in Mobile, AL. The host hotel is the Ashbury Hotel - 800-752-0398. If you plan to camp, a few of us are staying at All About Relaxing RV - 251-375-0661. There will be a \$7.50 per person charge for the Thursday evening meal. Please remember to check the box on the registration form and include your payment when you register. You may contact Sarah Leach if you have any questions about your registration.

Remember our very own fund raiser is June 10, 2017, Brunch and Poker Run. We need your help. Please contact Diane Lewis to sign up to bring a breakfast dish and other delicious items. We will need volunteers for the poker run check points, games, registration, help with the food, etc. We will post our chapter visitation dates and times in the very near future. More information will be discussed at our May gathering.

Your Chapter's success depends on your participation in the Chapter events, monthly gathering and rides.







My best, and ride safe,  
Roy Beall  
Chapter Director

Rider Education




## THE MINI SKIN CANCER PREVENTION HANDBOOK


### The Facts About Skin Cancer

 <p>1 in 5 Americans will develop skin cancer in the course of a lifetime.</p>	 <p>&gt;5 Your risk for developing melanoma doubles if you have had more than five sunburns.</p>
 <p>1 person dies of melanoma every hour.</p>	 <p>Regular daily use of SPF 15 or higher sunscreen reduces risk of melanoma by 50%.</p>
 <p>Nearly 50% of Americans who live to age 65 will have skin cancer at least once.</p>	 <p>0-35yrs People who first use a tanning bed before age 35 increase their risk for melanoma by 75%.</p>


### How to Protect Your Skin




1. Seek the shade, especially between 10 AM and 4 PM.
2. Do not burn.
3. Avoid tanning and UV tanning booths.



4. Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
5. Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
6. Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.



7. Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
8. Examine your skin head-to-toe every month.
9. See your physician every year for a professional skin exam.



SkinCancer.org

## Birthdays and Anniversaries

May - 2017	
1, Mon	--T-O-D-A-Y-
12, Fri	- Lisa Bagwell's Birthday
17, Wed	- James & Jeri Dunkin's Anniversary
18, Thu	- Paul Rhinehart's Birthday
23, Tue	- Roy & Diane Beal's Anniversary
27, Sat	- Dewey Williams' Birthday

## Calendar of Events

May - 2017	
1, Mon	--T-O-D-A-Y-
3, Wed	- Chapter Ride -- Lunch Ride-Hardee's HWY 82 W, Northport-10:00am
4, Thu	- Chapter Ride -- Chapter D [Anniston] Visitation-leave PNC Bank Skyland-4:00
5, Fri	- Bama Wings gathering -- The Front Porch Restaurant, Hwy 43 north, Northport. Eat 6pm / Meet 7pm
6, Sat	- Chapter Ride -- Car Show in Tupelo-Meet at Hardee's HWY 82 Northport, 7:00am for breakfast then leave from there for ride to Tupelo
7, Sun	- Chapter Ride -- This is not a lunch ride-Just a ride, but we may stop for ice cream-Leave PNC Bank at 1:30 (Tank Full, Belly Full, Bladder Empty)
9, Tue	- Chapter Ride -- Chapter Y (Trussville) Visitation-Leave PNC Bank, Skyland Blvd-5:00
10, Wed	- Chapter Ride -- Lunch Ride-Hardee's HWY 82 W, Northport-10:00am
12, Fri	- Chapter Ride -- Chapter T (Hueytown) Visitation-Leave PNC Bank, Skyland Blvd-5:15
13, Sat	- Chapter Ride -- Pie Lab in Greensboro-Leave PNC Bank @ 10:00am
17, Wed	- Chapter Ride -- Lunch Ride-Hardee's HWY 82 W, Northport-10:00am
18, Thu	- District Event -- Alabama District Rally-Ashbury Hotel & Suites, Mobile, AL Thru Saturday - AL District Convention (Thru Saturday)
19, Fri	- Chapter Meal -- Subway, 5550 McFarland Blvd, Northport (Next to Dollar Tree) 6:00
24, Wed	- Chapter Ride -- Lunch Ride-Hardee's HWY 82 W, Northport-10:00am
26, Fri	- Chapter Meal -- Cicis Pizza, 929 McFarland Blvd, Northport, AL 35476-6:00
31, Wed	- Chapter Ride -- Lunch Ride-Hardee's HWY 82 W, Northport-10:00am

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