



Anderson Creek Wings
"Friends for Fun, Safety and Knowledge"
Region "A", Alabama District, Chapter "E"

Chapter Directors
Rodney & Sue Grisham

Treasurer
Bill Gulley

District Directors
Roy & Anita Fosnight

Next Meeting
March 14, 2011
Eat at 6 PM
Meet 6:30 PM

Region "A" Directors
Bob & Nan Shrader

February 2011

"E" News

Can you believe all the snow we have had in the last month or so? I sure am ready for some warm weather and some riding. Maybe soon that will happen. Chapter E was awarded "IT" from 2010 at the Snowball conference to keep. Rodney & Sue as well as Dian & I attended an OCP update prior to the Officers Conference. The Conference was very informative and well presented. Thanks Roy & Anita and Staff (Team). Our meeting is on Valentines Day and we wish all of you a Happy Valentines Day. Hope you are making plans to attend the Alabama Convention (Rally) in Huntsville March 31 thru April 2, 2011. If you haven't registered yet, please do so soon. I will have registration forms at the meeting.

District News

February 2011

We are now wishing winter to be over and spring to be here. We are ready to ride and see everything turn green. I know there is a law somewhere that says you should not have to put a battery tender on your Gold Wing and I have broken that law.

We would like to say thank you to all who attended Snowball and attending the Couple selection. The new District Couple is Greg and Renee Dempsey. I am sure they will do a great job of representing us wherever they go. We would like to thank Richard and Sue Chapman for their year on the road with all of us. They continue to help all they can, Sue as Treasurer and Richard in Rider Education.

The Officers' Conference went really well along with the OCP update presented by Frank and Linda. We have had several Chapters sign up to help at the Convention/Rally and for some unexplained reason there were no snacks left at the end of the day. A special thanks to Robert and Gail for picking up WARM donuts, I did sneak one.

We are getting ready for the Convention and hope to see as many of you as can make it. We had a really good time last year and this year looks even better. Please register when you can and get a chance for the early bird drawing. To be eligible you must register by 1 March. We are planning to have a best windshield cover contest again this year. One windshield cover per Chapter so get together and make one to represent your Chapter's theme or themes. For information on AL activities and pictures of what we are doing please go to our web site, <http://www.alabama-gwrra.org/> and enjoy.

Please remember that Freedom isn't Free and remember our folks who are in Harm's Way, be they Military, Law Enforcement, EMTs or Firemen.

The next time you think about riding, call a friend, they are probably thinking the same thing.

Please ride Safe and Often,

Stroke Symptoms and Signs

A stroke results from impaired oxygen delivery to brain cells via the bloodstream. According to the U.S. National Institute of Neurological Disorders and Stroke, the five major signs of stroke are the sudden onset of:

1. Numbness or weakness of the face, arm or leg, especially on one side of the body. The loss of Voluntary movement and/or sensation may be complete or partial. There may also be an associated tingling sensation in the affected area.
2. Confusion, trouble speaking or understanding. Sometimes weakness in the muscles of the face can cause drooling.
3. Trouble seeing in one or both eyes
4. Trouble walking, dizziness, loss of balance or coordination
5. Severe headache with no known cause

Reference: U.S. National Institute of Neurological Disorders and Stroke

What is a stroke?

Brain cell function requires a constant delivery of oxygen and glucose from the bloodstream. A stroke, or cerebrovascular accident (CVA), occurs when blood supply to part of the brain is disrupted, causing brain cells to die. Blood flow can be compromised by a variety of mechanisms. Risk factors for narrowed blood vessels in the brain are the same as those that cause narrowing blood vessels in the heart and heart attack (myocardial infarction).

These risk factors include:

- high blood pressure,
- high cholesterol,
- smoking,
- diabetes and

- Increasing age.

The above information is courtesy of: Medicine-Net.com

- It is imperative that treatment for a stroke begins immediately. The longer you delay the more

chance of permanent damage occurs and the window of opportunity for some treatments must begin

within the first few hours of stroke onset or it cannot be utilized.

- Realize that sometimes the stroke victim does not realize there is a problem and will resist seeking

assistance. Error on the side of safety and do not hesitate to call 911.

Remember: Every Minute

Counts!

Upcoming Events

FEBRUARY

26 – 27 Horizons Class
Mardi Gras Parade, Talladega (TBD)

MARCH

31st – 2nd April Alabama Dist Rally, Huntsville
4th – 13th Daytona Bike Week
12th - Chapter Y Fun Day
17th -19th Florida Dist Rally

APRIL

7th – 9th Louisiana Dist Rally
Chapter G Fun Day (TBD)
28th – 30th S.C. Rally, Charleston
30th – Cornbread Festival South Pittsburg, TN

MAY

1st - Corn Bread Festival South Pittsburg, TN
14th - Motorist Awareness Day
Chapter N Poker Run (TBD)
Chapter V Fun Day (TBD)

JUNE

4th - Chapter T Fun Day
16th 18th GA Dist Rally, Deluth, GA
18th RC & Moon Pie Festival, Bell Buckle, TN
Cathedral Caverns, Guntersville (TBD)