

# Road Rash

Over The Hill Gang  
P.O. Box 3606  
Lae Havasu City AZ  
86405

**Directors (elected)**

President	Bruce Hall
Vice President	Clyde Simmons
Secretary	Mitch Geiger
Treasurer	Bill Ensley
<b><u>Appointed positions</u></b>	
Club Shirts/Store	Marty Weinstein
KRUZE/Run Chairman	Greg Bowden
Facebook	Brian Macy
Membership Records	Jim Ingram
50/50 Money Raising Events	Lee Stuart
Sergeant at Arms	Howard Lenington
Car of The Month	
Photographer	Dan Moisio
Club Historian	John Justus
Past President	Tim McGuire
Newsletter Co-Ordinator	Gilman Jelkin
Newsletter Editor and OTHG Webmaster	
Donna Ingram @ Frontline Graphics	

**Prez Sez by Bruce Hall**

Happy New year everyone! It was so nice to see you all at the Christmas dinner party. I think everyone had a good time!!! 😊

Well we had a great 2019 and 2020 looks to be just as amazing and it would not be possible without everyones help and support from the group. Looking forward to some over the top KRUZES this year! If you ever have any questions, concerns or suggestions please feel free to contact me.

See you soon  
Bruce Hall @ riverrathall@gmail.com  
President Over The Hill Gang

**OTHG History by John Justus**

10 years ago January 2010  
In his "Prez Sez" article new President Dick Gilbert wrote that he had formed a budget committee of past presidents to help develop a club financial plan for the future. He did say that annual dues would continue to be needed. There was no Shop Tips article but Dick Raczkuk was presented with a plaque for his contributions to the newsletter every month. Car of the month was Denny Dunkirk's 1948 Austin. There were no member profiles. Dick Gilbert was awarded the tow strap for having his car hauled home on a flat bed because it "ran out of gas"! Bill Rozhon won the 50/50 drawing.

Historian  
John Justus

**Membership by Jim Ingram**

Membership fees of \$50.00 are due at Jan 14th meeting at the Quality Inn at 7pm.  
We currently have 73 active members



## KRUZEN with Greg Bowden

This is the current list of Car shows/Events that are coming up

### 2020 Car Shows and Events

Feb 8th Dr George Charity Car Show, Indian Wells, CA  
Mar 20-22nd Goodguys WestWorld, Scottsdale, AZ

### Car Show Websites

<http://www.arizonacarshows.com/carshows.htm>

<http://www.cruisinarizona.com/carshows.html>

<http://www.havasudeuces.com/havasu-deuce-show/>

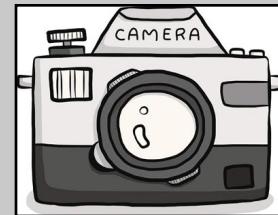
<http://www.nationwidecarshows.com/state/AZ>

\*See OTHG Website for more detailed info.

<http://www.othg-havasu.com/>

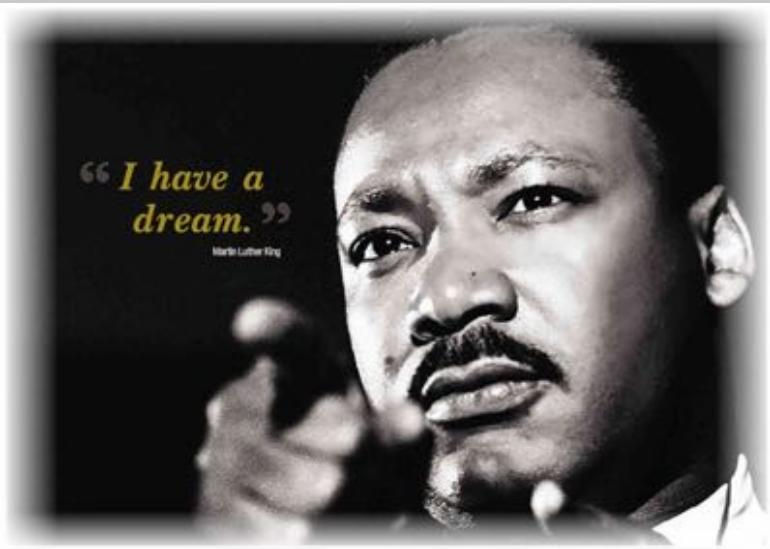
### SIDE NOTE:

Dan Moisio will be taking car pictures at the January 14th meeting Large \$25 Sm \$10



The time  
is Always  
right to  
do right

*Dr. Martin Luther King, Jr*



### HP Connections and EFI Store (Brian Macy) OTHG

Dyno tuning, wire harnesses, Fuel injection systems, Throttle Bodies, Computer insulation and much more.

Hot Rods - Hot Boats - Race Cars  
1045 Aviation Drive, LHC  
Office (928) 706-6112  
Cell (360) 280-6112

### Howard's Fabricating (Howard Mongold) OTHG

Hot Rod Interior Repairs  
2663 Rango Place LHC  
(928) 680-0933

# Upcoming event details

## Dr. George Charity Car Show 2020

Date: Sat. February 8, 2020

Time: 6:30 AM – 3:00 PM

Location:

Indian Wells Tennis Garden

78-200 Miles Avenue

Indian Wells, CA 92210



## Goodguys Spring Nationals

Fri. Mar 20 – Sun. Mar 22nd, 2020

16601 N Pima Rd

WestWorld of Scottsdale, AZ



**CHECK OUT THE OTHG Facebook Page**

<https://www.facebook.com/>

If anyone knows of any car runs/shows that are coming up please contact  
Greg Bowden @ (909) 644-5139 or email at [unique\\_rods@yahoo.com](mailto:unique_rods@yahoo.com)

# In The News



Marty Weinstein car of the month  
September 2019



Steve Smith car of the month  
November 2019



Tim McGuire car of the month  
December 2019

# Tip by Dick Raczuk "Koul Tools"

I was con **FUSEd?????**

Short time ago I had an issue with my coupe dying on a freeway. We checked fuel pressure and decided the relay was tripping up on us. (We turned the key on and could not hear the fuel pump running or see any fuel pressure). If the engine sat a bit, it started right back up. In fact, it started up and ran another 150 miles. Needless to say it was "nervous time" driving and not knowing when it would stop again. It's hard to see what caused this episode if everything is working. Thanks to my friend Ed, and hours of checking this and that, he came up with the solution. Now if you take a look at the fuse in the picture it looks good. (I always checked a fuse to see if the center section was still intact and it was) After taking a closed look you can see that the one leg of the fuse is darker. What happened is that when the fuse was installed some 10 years ago, one leg was outside of the receptacle. Made contact all those years, but finally gave up. Apparently it just kept getting weaker and weaker and finally gave up. I was just glad it was nice to me and we made it all the way back from Phoenix.

So my point here is in this discussion, make sure that when installing fuses in the fuse block, make sure they go in the fuse socket.

Dick



# Health Tip

## Diet not working? Maybe it's not your type

Have you heard of the blood type diet?

What's the Blood Type Diet?

- **Those with type O blood** should choose high-protein foods and eat lots of meat, vegetables, fish, and fruit but limit grains, beans, and legumes. To lose weight, seafood, kelp, red meat, broccoli, spinach, and olive oil are best; wheat, corn, and dairy are to be avoided.
- **Those with type A blood** should choose fruit, vegetables, tofu, seafood, turkey, and whole grains but avoid meat. For weight loss, seafood, vegetables, pineapple, olive oil, and soy are best; dairy, wheat, corn, and kidney beans should be avoided.
- **Those with type B blood** should pick a diverse diet including meat, fruit, dairy, seafood, and grains. To lose weight, type B individuals should choose green vegetables, eggs, liver, and licorice tea but avoid chicken, corn, peanuts, and wheat.
- **Those with type AB blood** should eat dairy, tofu, lamb, fish, grains, fruit, and vegetables. For weight loss, tofu, seafood, green vegetables, and kelp are best but chicken, corn, buckwheat, and kidney beans should be avoided.

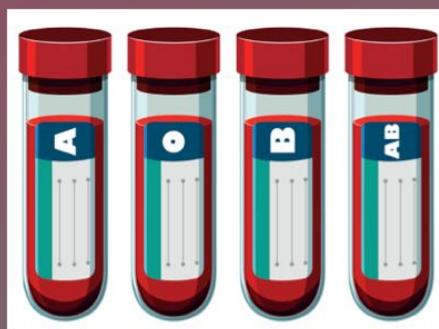
As mentioned, the recommendations for the blood type diets extend well beyond food choices. For example, people with type O blood are advised to choose high-intensity aerobic exercise and take supplements for their sensitive stomachs, while those with type A blood should choose low-intensity activities and include meditation as part of their routine.

### But does eating for your blood type work?

High-quality studies about the blood type diet had not been published in peer-reviewed medical literature. Even now, a search in the medical literature for the author's name reveals no research pertaining to this diet. Studies published in 2013 and 2014 about the blood type diets are worth noting. The 2013 study analyzed the world's medical literature and found no studies demonstrating benefit from a blood type diet. The 2014 study found that while people following any of the blood type diets had some improvement in certain cardiometabolic risk factors (such as cholesterol or blood pressure), those improvements were unrelated to blood type.

### Does it make any sense?

The theory behind this diet is that blood type is closely tied to our ability to digest certain types of foods, so that the proper diet will improve digestion, help maintain ideal body weight, increase energy levels, and prevent disease, including cancer and cardiovascular disease.



# Miscellaneous

## ACT NOW—TELL CONGRESS TO PASS THE RPM ACT AND SAVE OUR RACECARS!

**Protect your right to race!** Tell Congress to pass the RPM Act now and stop the EPA from destroying motorsports in 2020. Your member of Congress needs to hear from you before the end of the year!

- Street vehicles—cars, trucks, and motorcycles—can't be converted into racecars according to the EPA.
- The EPA has announced that enforcement against high performance parts—including superchargers, tuners, and exhaust systems—is a top priority for 2020.
- The RPM Act was just reintroduced. Even if you are one of the hundreds of thousands of enthusiasts who contacted Congress in the past, we need your support now!
- Tell the bureaucrats in Washington that racecars are off limits!

<https://www.semasan.com/driving-force/quarterly-article/winter-2019>

<https://www.semasan.com/legislative-alerts/national/act-now-tell-congress-pass-rpm-act-and-save-our-racecars>

<https://www.votervoice.net/SEMA/campaigns/45394/respond>



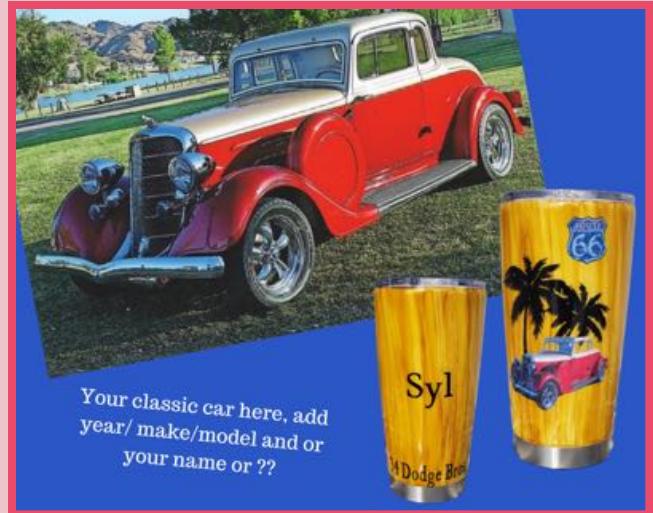
# Custom Tumblers

Hi, my name Debbie Casaburi, I'm a fellow street rodder from Lake Havasu City AZ. I recently started making custom and personalized double-walled stainless steel tumblers, with a focus on classic cars, street rods, rat rods and trucks, but we can do almost anything. Here are some samples below.

We offer many size cups, and whether you would like it glittered, dipped, metalized, or wood grain, the choice is yours. We then encase your design with 5-7 layers of FDA high grade approved resin, creating a beautiful lustrous tumbler with your favorite car or truck on it, all Hand Made. These make excellent gifts for the car enthusiast, or for any occasion. Also included is personalizing the backside with your name, car club, or year/make/model of your classic car and or a special message. These cups are amazing at keeping your beverages cold up to 24 hrs, and hot beverages for many hours. (I need 3-4 weeks to complete cups) just hit my Facebook link below for pricing and just message me or email me. Again thank you in advance for your support

Email address: [Itsmymfavoritcup@gmail.com](mailto:Itsmymfavoritcup@gmail.com)

Facebook Page: <https://www.facebook.com/Itsmymfavoritcup/>



## OTHG GetTogethers

### **Weekly**

Thursday: McCulloch Blvd KRUZEN 4-7pm

Thursday: Wienerschnitzel 245 N Lake Havasu Ave 4-5:30pm (Havasu Classics)

Friday: DelTaco 81 London Bridge Rd 4-5:30pm (Havasu Classics)

Saturday: Wienerschnitzel 245 N Lake Havasu Ave 10am-1pm

### **Monthly**

1st Sunday: The Shops at Lake Havasu 5601 95-AZ Donuts and coffee 7-9am

1st Sunday: Rotary Park Lot by Cabanas 10am-1pm (Crash Customs)



### **Final Word**

Just a reminder that if you have something that you would like to add to the Newsletter: Pictures, a story about your vehicle, your restoration project, awards, or maybe even a memory you would like to share, you can send it to me at [donna@frontlinegraphics.com](mailto:donna@frontlinegraphics.com)

Everything must be in by the 20th of the month to be included. If you have any questions please feel free to shoot me an email. 

Thank you all for your support

Lake Havasu City, AZ

over the hill  
gang



## OTHG Club Store



Annual Club shirts are now available  
at the Car Club

Men's or Womans Tee's \$19.00

Men's Tee with pocket \$21.00

Men's Golf Shirt \$28.00

Woman's Golf Shirt \$25.00

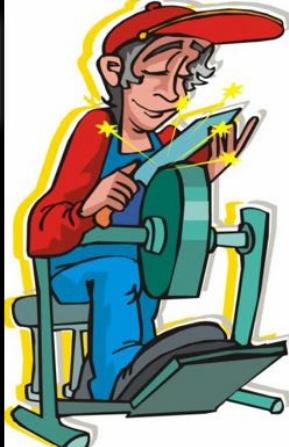
Add \$2.00 for 2X & \$3.00 3X

## Sharpe Cuts

Knife & Scissor  
sharpening

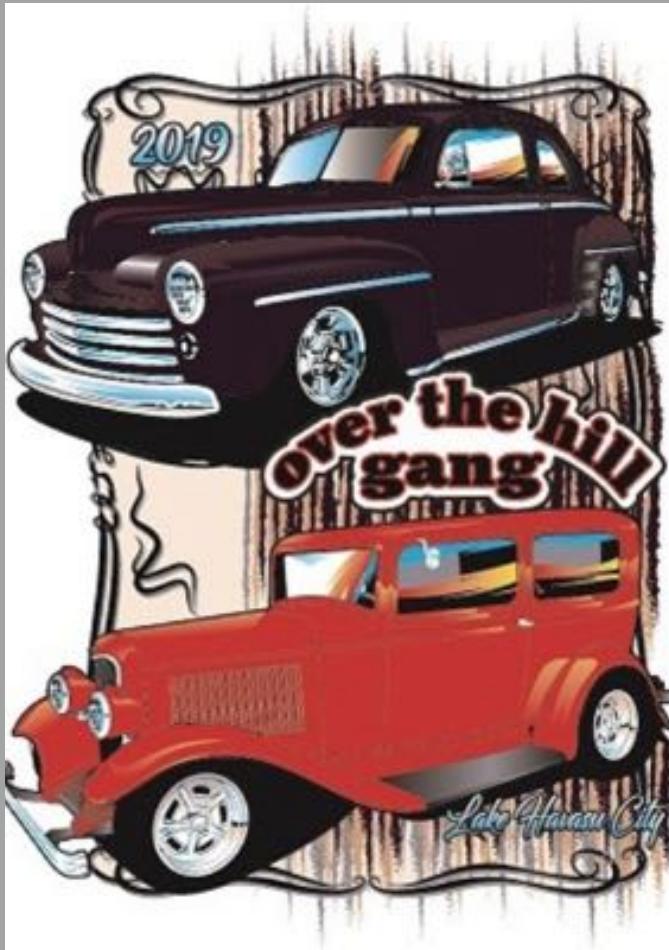
(Tim McGuire) OTHG

(612)363-6678



## DCW WORKS

**(Dean Willis) OTHG**  
**Street Rod & Muscle Car**  
**Fabrication, Paint & Body Work**  
**Wiring, Exhaust & Repair**  
**1530 Countryshire, LHC**  
**(928) 505-0505**



## Arizona Vintage Plates

### Weechie

Buy \* Sell \* Trade

(520) 904-3542

weechie@cox.net

## Unique Auto Parts

(Greg Bowden) OTHG

Early Ford parts, Vintage AC, IDITIT  
Columns. Aluminum Radiators,  
Spal fans,  
Lokar & Genie Shifters & Much More  
3233 Maverick Drive, LHC

Forward Road Rash to your car friends and invite them to join us at one of our activities