

Road Rash

Over The Hill Gang

P.O. Box 3606

Lae Havasu City AZ

86405



Directors (elected)

President	Tim McGuire
Vice-President	Bruce Hall
Secretary	Mitch Geiger
Treasurer	Bill Ensley

Appointed positions

Club Shirts/Store	Marty Weinstein
KRUZE/Run Chairman	Eddie Ebach
Facebook	Brian Macy
Membership Records	Jim Ingram
50/50 Money Raising Events	Lee Armstrong
Sergeant at Arms	Denny Dunkirk
Car of The Month Photographer	Dan Moisiso
Club Historian	John Justus
Past President	Don Schulz
Newsletter Co-Ordinator	Gilman Jelkin
Newsletter Editor and OTHG Webmaster	Donna Ingram @ Frontline Graphics

OTHG History by John Justus

10 YEARS AGO May 2009

According to newsletter editor Denny Dunkirk, this is the 100th issue of Road Rash since the club started. Club President Scotty Watson wrote about our sixth annual club picnic. He thanked the club members who helped put on the picnic and auction. He also thanked all of the ladies who served the food and helped clean up. Eddie Ebach wrote about the NSRA's change to the model year of cars accepted at their shows. Starting in 2010 they will accept vehicles 30 years old and older. This was a big change from their previous requirement of 1948 and older. Dick Raczuk's shop tip article was about working with delicate parts. You should put rubber mats or carpeting on the floor in your work area. It will help protect those parts when you accidentally drop them. It may also keep those parts from bouncing or rolling into some hidden area where you can't find them. The subject of the member profile was Bob Ross. The car of the month was Bill Morris's 1951 Lincoln Capri. The toilet seat award went to Mike Kramer. On his way to the club meeting his car broke down in the hotel parking lot. Corkey Schneider won the 50/50 drawing

Prez Sez by Tim McGuire

Hope you all had a great Easter. We had the last NSRA car inspection at my home. It was a great turn out, thanks again to Denny Keating for doing such fantastic great job. We are looking forward to our boat ride this fall. I will keep you posted on the details. We always have such a great time and I am sure this one will not disappoint.

It will be pretty quiet 🤫 the next few month with our winter visitors going home to cooler country for the summer but I know we will get by....we always do!

Welcome to our new members RC, John and Bill. Ill be gone for the month of May. I know you will all miss me, but I can be reached on my cell 612 363 6678. Burce Hall will take the May meeting. Happy Mother's Day to all you mom's and Thank you to all our Vets and families for their sacrifice.

Tim McGuire
 (612) 363-6678
 tmcguire@suddenlink.net

Membership by Jim Ingram

Welcome to our 3 new members John Rex, R.C. Crooks and Bill Fullmer We will be voting on 1 new member at the May meeting and we have 2 more potential members in the pipeline

New Members by Jim Ingram

John Rex (Sibyll)
1932 Ford Roadster
Green/Silver

Bill Fullmer (Kelly)
1969 Chevy El Camino Red
454 Cubic inch engine
T400 transmission
411 rear end

R.C. Crooks
1932 Ford Roadster Tan
350 cubic inch engine
700R transmission
9 inch rear end

WELCOME TO THE CLUB

**We have lost another one of our good friends
Tom Virden
Our thoughts and prayers to Linda and family
We will miss you Tommy
Until we meet again**



KRUZEN with Eddie Ebach

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

2019 Car Shows and Events

May 3rd-5th Boulder City Rod Run, Boulder City, NV

May 7th Club Cruise (Burgers by the Bridge, LHC 4pm

May 10-11th OTHG San Diego Streak 46, Camp land on the
Bay, San Diego, CA

May 14th OTHG Monthly meeting, LHC Quality Inn @ 7pm

June 15th-16th La Roadster, Pomona, CA (Fairplex)

November 14th-17th Goodguys, 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/>

Car of the Month by Dan Moisio



Bruce Hall 1941 Willy's coupe has
392 hemi, 400 turbo trans, Currie
rear end, black w/ flames, leather
interior

HP Connections and EFI Store (Brian Macy) OTHG

Dyno tuning, wire harnesses, Fuel injection
systems, Throttle Bodies, Computer
instulation 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





10 HEALTH AND WELLNESS BENEFITS OF STRAWBERRIES

At peak during spring and early summer, strawberries are sweet, tart, and juicy. Apart from their delicious taste, strawberries offer an abundance of health and wellness benefits. As a great source of fiber, vitamin C, and antioxidants, strawberries can benefit your health in the following ways.

1. IMPROVES IMMUNE FUNCTIONING

Just one serving of strawberries offers about 150 percent of the body's daily vitamin C requirement. This is essential for helping the body fight off infection and disease, from the common cold to the flu. Vitamin C also acts as an antioxidant, neutralizing free radicals that damage healthy DNA.

2. LOWERS BLOOD PRESSURE

Strawberries are an excellent source of potassium, which counters the effects of sodium in the body and reduces blood pressure. In addition to battling hypertension and related cardiovascular disease, a diet rich in potassium can help lower mortality risk in general.

3. TREATS SYMPTOMS OF ARTHRITIS AND GOUT

Free radicals contribute to the inflammation and deterioration of the muscles and tissues of the body. As a result, the joints don't function as they should and harmful toxins build up, causing conditions like arthritis and gout. The antioxidants in strawberries help detoxify the body and reduce inflammation.

4. OFFERS PROTECTION AGAINST CANCER

Special components found in strawberries called flavonoids have the power to fight cancer and oxidative stress. These flavonoids, such as anthocyanins, quercetin, and kaempferol act as a defensive line against the development of cancer and tumors.

5. PROMOTES HEALTHY EYESIGHT

The presence of flavonoids, ellagic acid, and phenolic phytochemicals in strawberries reduces one's risk of age-related vision problems like macular degeneration. These antioxidant compounds scavenge and trap free radicals, preventing them from damaging healthy ocular structures.



6. REGULATES BLOOD SUGAR

Strawberries are relatively low on the glycemic index, meaning they don't cause extreme spikes in blood sugar after consumption. The dietary fiber provided by strawberries also helps regulate glucose, too. Making strawberries a part of a balanced diet can reduce one's risk of diabetes or improve existing diabetes symptoms.

7. LOWERS RISK OF STROKE

The abundance of antioxidants in strawberries also offers protection against stroke by preventing the formation of blood clots. In addition, the potassium in strawberries acts as a vasodilator that improves the flow of blood to the brain, reducing one's risk of stroke.

8. HELPS REGULATE MOOD

These bright red berries also benefit your emotional and mental functioning. The seeds of strawberries contain the omega-3 fatty acid alpha-linolenic acid, which has been proven to improve mood. Surprisingly, the mood-enhancing advantages of ALA is comparable to the mood-stabilizing effects of the commonly prescribed drug valproic acid.

9. ALLEVIATES ALLERGY SYMPTOMS

Since strawberries deliver immune-boosting and anti-inflammatory benefits, they are a great weapon against allergies. They contain a special anti-allergy flavonoid called fisetin, which helps the body's immune cells control inflammatory reactions to allergens.

10. PROMOTES SKIN VITALITY

The vitamin C in strawberries is used by the body to produce collagen, a protein essential to skin health. A healthy supply of collagen helps skin stay soft and springy while also repairing damaged skin cells. In addition, vitamin C serves as a free radical-scavenger, fighting the development of skin cancer and premature aging.

BEST WAYS TO BENEFIT FROM STRAWBERRIES

Strawberries are one of the most heavily sprayed fruits, so consider buying organic to limit your exposure to pesticides. This versatile fruit can be eaten as a snack or in various other ways, such as in smoothies, desserts, dressings, or on salad.



KRUZEN to Annual OTHG picnic by Eddie Ebach



*Photo credit
Becky McGuire
and Eddie Ebach*

April Car Inspection



Crossroads Car and Bike Show Speedway 95, LHC AZ



The club was given a \$100 donation certificate
We had 3 winners
Melinda Willis (47 Sedan)
Dean Willis (32 Ford)
Lee Armstrong (57 Chevy Stepside Pickup)
Congratualtions!



Goodguys, Del Mar, CA Car Show



Tip by Dick Raczuk "Koul Tools"

Evolution: A little something different this month. Below I laid out the sequence of the development of the original Koultools. As you can see in the #1 picture, this was a simple experiment to see if the concept would even work. It did, and the rest of the story #2 thru the finished tool is history. We received a patent on this design that covered the principle of funneling the hose into the fitting. Funneling is the most important part. Great part of this story is, we sold over 30,000 and never got one back.....

The best product one could come up with is "one with no moving part

<https://koultools.com/>



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 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

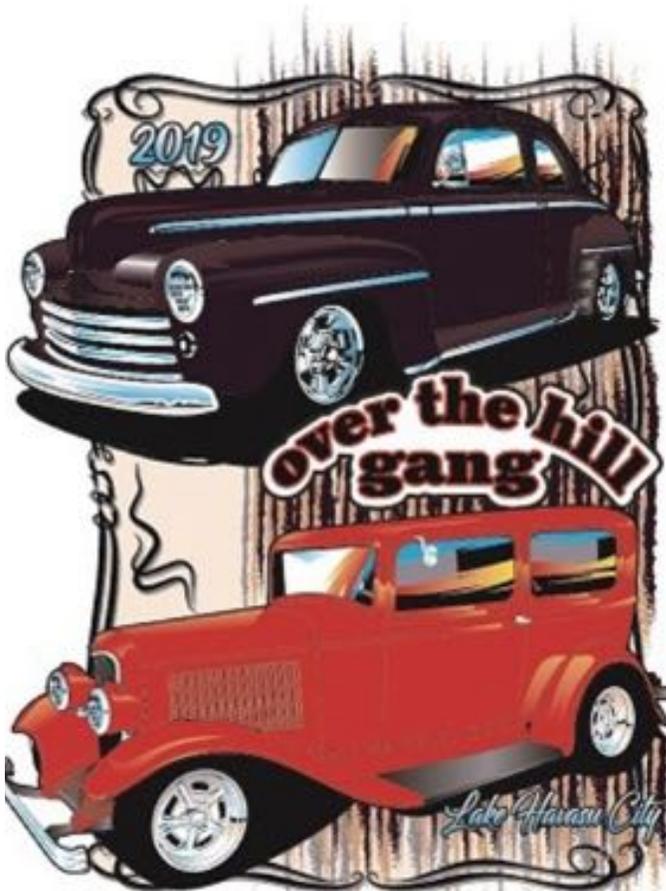
Arizona Vintage Plates

Weechie

Buy * Sell * Trade
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 weechie@cox.net

Unique Auto Parts

(Greg Bowden) OTHG
 Early Ford parts, Vintage AC, IDITIT
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 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