

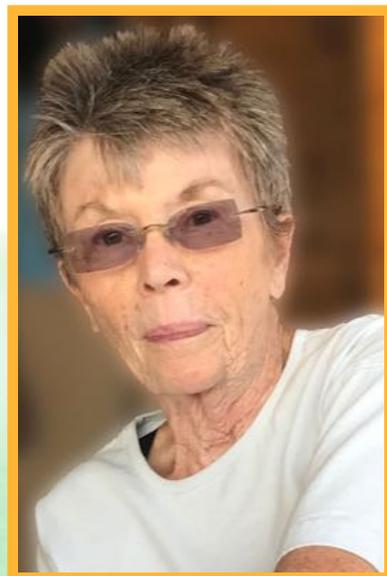
OTHG MEMBERSHIP NEWS

Barbara Louise Foulk, age 77, of Madison passed away on Saturday, July 25, 2020, at UW Hospital. Barbara was born in Madison, Wis. on Aug. 16, 1942, to Walter and Gertrude (Braund) Foulk. She married Bob in January 1976 and was blessed with 44 years of marriage.

Barbara loved spending winters in Arizona. One of her favorite hobbies was bowling and later she was inducted into the Madison Women's Area Bowling Hall of Fame. She liked to pick on her nieces and nephews. Barbara worked several years at Oscar Mayer in Madison and then later retired from there.

Barbara is survived by her husband, Bob "RC" Crooks; brother, Wayne (Judy); niece, Michelle (Ken) Klubertanz; nephew, Michael Foulk; great niece, Jessica Klubertanz (Blake Jorenby); great nephew, Kyle (Jessika) Klubertanz; and other family and friends. She was preceded in death by her parents.

Family would like to thank the staff at University Hospital including Nurses Luke, Austin and all the doctors whom took great care of Barbara. A Celebration of Life will be held at a later date.



KRUZEN with Dennis Keating

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

2020 Car Shows and Events

ALL SHOWS, AND KRUIZE'S HAVE BEEN POSTPONED OR CANCELLED UNTIL FURTHER NOTICE

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 SEPTEMBER Dan Moisiso



Bill Verboon

57 Chevy

This one started out as a duplicate car of the car Bill owned when he and his wife (Karen) meet while dragging the Main Street in Visalia, Calif in 1958. He has owned this car for 25 years, it has a Buick grill, painted Calypso green, chassis is a Corvette suspension car upgraded w/ LS-3 motor & 4L 80 trans & new upholstery

HP Connections and EFI Store (Brian Macy) OTHG

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

Hot Rods - Hot Boats - Race Cars
Cell (360) 280-6112

Howard's Fabricating

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



@usaflagco

OTHG News/Info

We are thinking on a positive note and planning our annual Christmas party!!! 🎅 🧑🏻🎄

Anyone who is going to be in town and wants to attend the party will need to let Gil know so he can make sure there is plenty of food and space. It will be held at Shugrue's in December (TBA)

Send a note to Gil Jelkin at gilandlinda8@aol.com with your count, as soon as possible



Tip by Dick Raczuk "Koul Tools"

When driving your go-kart, don't forget to bring the snow chains
Circa 1959 back road to Lake Isabella





Activities and exercises for chronic pain

From minor aches that cause temporary discomfort to chronic pain that affects around 100 million U.S. adults, the presence of pain can threaten your productivity and diminish your enjoyment of daily life. Exercises for chronic pain offer a natural treatment that may help alleviate pain, free of the risks and side effects typical of over the counter and prescription pain medications.

The benefits of exercise

In the short term, exercise can melt away stress, help you sweat away toxins and enhance your mood thanks to the release of endorphins and serotonin. In the long term, certain fitness exercises can build muscle, improve strength and promote better circulation – all of which could help reduce some discomforts – particularly those related to the back, hip, knee, shoulder and neck. In addition, a recent study suggested that, over time, working out may actually change the way we experience pain by increasing our tolerance.

Additional body benefits of exercise can include:

- Decreased inflammation
- Improved mobility
- Reduced fatigue
- Better mental clarity
- Increased flexibility

With all the potential to aid in pain management, it's worth looking at ways to integrate more exercise into your day. The trick is to choose activities that fit your body type and lifestyle, and that won't exacerbate your pain or stress your joints. With approval from your doctor, try one or a combination of the following activities to promote natural pain relief.

Exercises for cardiovascular fitness

Walking around your neighborhood or on a treadmill for 30 minutes a day, a minimum of three times per week, can go far to help you build leg muscle strength, enhance overall endurance and improve cardiovascular health. If you're able, try walking hilly terrain or "power walking" at a brisk pace; or try biking, roller blading or using the elliptical machine. Jogging, jumping rope and stair climbing can also be effective if you have healthy knee joints. Otherwise, opt for a low-impact motion like swimming or water aerobics.

Strength training

Strength training with free weights, machines, weight balls, kettle bells or exercise bands can be effective for building muscle and taking some of the strain off of supporting joints. Exercise machines can provide support by guiding your movements, but free weights can offer a wider range of muscle-building benefits. In addition, yoga poses, and Pilates training are two disciplines that can lengthen and strengthen your arm and leg muscles while helping you build core (abdominal) strength – a strategy shown to help lessen back pain.

Stretching techniques and physical therapy

Stretching before and after you exercise can help you avoid injury. But extended stretching sessions alone can help you relax sore or stiff muscles and joints and improve mobility in the process. Talk to your doctor or physical therapist for personalized guidance on stretching techniques to relieve pain in specific areas. Physical therapists are trained to treat pain using a combination of therapies to enhance strength and flexibility in weak, stiff or sore muscles and joints.



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>



OTHG GetTogethers ((POSTPONED))

Weekly

Thursday: McCulloch Blvd KRUZEN 4-7pm

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

Friday: DelTaco 81 London Bridge Rd 4-5:30pm (Havasus 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

"Let your dreams stay big and your worries stay small!"

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



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(Tim McGuire) OTHG

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(Dean Willis) OTHG
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(928) 505-0505

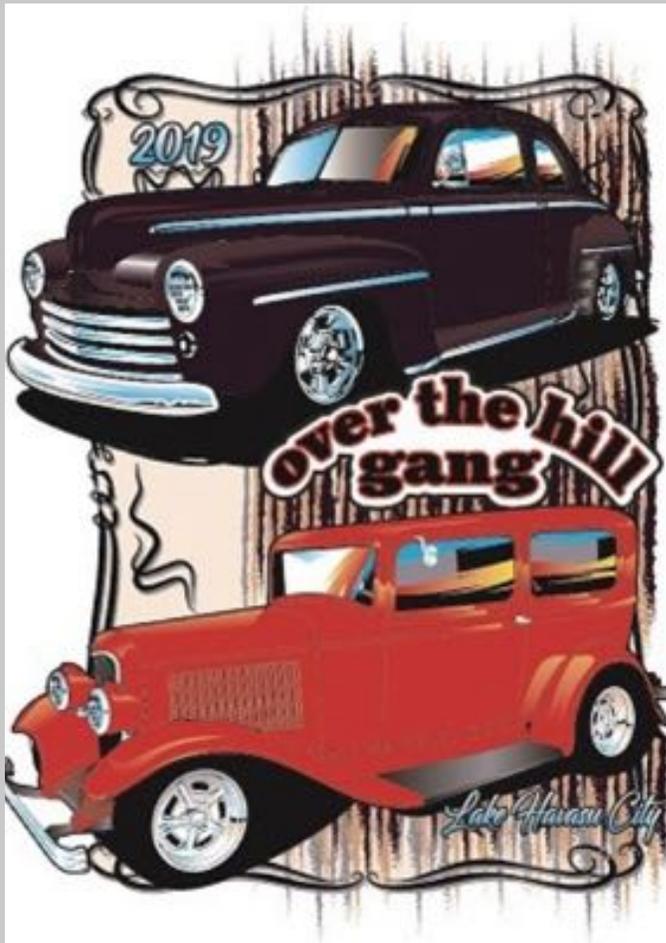
Arizona Vintage Plates

Weechie

Buy * Sell * Trade
 (520) 904-3542
 weechie@cox.net

Unique Auto Parts

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 Early Ford parts, Vintage AC, IDITIT
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 3233 Maverick Drive, LHC



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