

Road Rash

Over The Hill Gang

P.O. Box 3606

Lake Havasu City, AZ

86405



Directors (elected)

President	Bruce Hall
Vice President	Clyde Simmons
Secretary	Mitch Geiger
Treasurer	Bill Ensley

Appointed positions

Club Shirts/Store	
KRUZE/Run Chairman	Dennis Keating
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 Moiso
Club Historian	John Justus
Past President	Tim McGuire
Newsletter Co-Ordinator	Gilman Jelkin
Newsletter Editor and OTHG Webmaster	
Donna Ingram @ Frontline Graphics	

OTHG History by John Justus

10 years ago

November 2010

Don Sauberan about November's club dinner cruise to Havasu Skybox. Twenty-five members and friends attended. He also wrote about this month's club cruise to the Hualapai Mountain Resort. Everyone had a nice lunch while watching two elk outside. Dick Raczuk's shop tip was an opinion. When looking at another person's hot rod it would be nice to talk about what that person did right instead of what he did wrong. The car of the month was Dean Willis' brand new 1932 Ford roadster. Buck Clark won the 50/50 drawing.

Prez Sez by Bruce Hall

Hello everyone!
Welcome back our winter visitors to the beautiful Havasu weather we love so much!! Its nice to have things getting back to a "normal!" I am super excited about our Christmas party!! **FYI You must purchase your ticket/s at the Nov 10th meeting to get in. NO TICKETS WILL BE SOLD AT THE DOOR! \$25/per person** 🎅🌲
Hope everyone is doing well! Stay safe
Bruce Hall
Home phone # 928-680-7424
Cell phone # 928-846-1240
Bruce Hall @ riverrathall@gmail.com
President Over The Hill Gang

Membership by Jim Ingram

We currently have 67 active members



KRUZEN with Dennis Keating

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

2020 Car Shows and Events

Nov 5th OTHG Board Meeting, Sam's Place LHC @ 9am

Nov 10th OTHG Monthly meeting, Quality Inn LHC @ 7pm

Nov 17th Burgers by the Bridge @5pm

Dec 6th OTHG Christmas party Shugrue's LHC @6pm

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/>

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

Car of the Month NOVEMBER Dan Moisiso



Dick Raczuk 1934 Packard

Year: 1934 **Make:** Packard

Model: Tudor Victoria

Engine: V12 Packard

Transmission: 3 Speed floor-shift

Differential: 4:32

Suspension Packard

Front: Stock Packard

Rear Suspension: Stock Packard

Color: Two Tone Brown

Tires: 7.50x17" **Special**

Features: Original Car one of only 12
Victoria body styles produced.

According to Dick it's a very unique driving
experience.



In the News



Lee Stuart
COM Oct 2020
1931 Ford



Clyde Simmons
COM May 2020
1956 Chevy



Bill Ensley
COM July 2020
1948 Chevy Truck



Robby Billard
COM April 2020
1955 Chevy

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Donations 2020



Donation of \$1,000.00 was made to Havasu Community Health Foundation (Kiowa Food Bank) a non-profit, charitable organization that distributes food to those who have difficulty purchasing enough food to avoid hunger. All of our donation goes to the purchase of food for local people in need.

**Donation was made by Bruce Hall, OTHG President to Colleen Mattinson, Food Bank Manager



Donation of \$1,000.00 was made to Faith and Grace, Inc. a non-profit organization who provides safe housing for women and children of Domestic Violence. Their mission is to protect, support and wrap services around domestic violence survivors to enable a safer, healthier and productive lifestyle.

**Donation was made by Bruce Hall, OTHG President to Kathie DeClark, Faith and Grace, Inc. President



Donation of \$500.00 was made to Havasu 95 Speedway, Toys for Tots. This is Bill's Rozhon 14th. year raising funding and purchasing bicycles for the youth of LHC. He purchases all types of bicycles and tricycles, 20 inches and smaller and donates them to the Marine Corp League for distribution through the Toys for Tots program.

*Over the Hill Gang members are proud to support
all of these great organizations*

**Bill Ensley
Treasurer, OTHG**

In the News



Bill & Karen Verboon

They met while “dragging the main” in Visalia, California in 1958 and were married on November 25th, 1960 while he was home on leave from the Air Force. They have 2 children, 7 grandchildren and 3 great grandsons. They have both worked for most of their lives while raising a family and managing the family farm.

They have always been interested in cars and bought a 59 Corvette on their honeymoon. In 1989 they started a Corvette restoration shop on the farm to supplement their income and it was very successful.

They retired from farming in 2005 and moved to Idaho and in 2013 bought a winter home here in LHC.

Happy 60th Wedding Anniversary

Past events/Kruzes 1/2



Sept 30th, 2020 the OTHG
KRUZED to Azul Agave
Total in attendance: 31
50/50 winner Lynn Bowden \$47



Past events/Kruzes 2/2



Kruze to BlondZee Steakhouse
Oct 20, 2020 @5pm
Attendance: 51
50/50 Drawing winner: Beau Duncan

OTHG News/Info

OTHG Christmas PARTY is PLANNED!!!! 🧑🏻‍🎄 🧑🏻‍🎄 🎄
Anyone who is going to be in town and wants to attend the party will need to let Gil know at the November 10th meeting so he can make sure there is plenty of food and space. It will be held at Shugrue's on December 6th @ 6pm. It is going to be a great time!

You MUST purchase your tickets at the at the Nov 10th meeting to get your space reserved!!!

\$25 per person

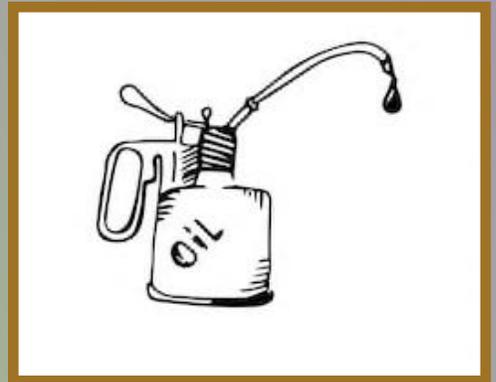
NO TICKETS WILL BE SOLD AT THE DOOR



Tip by Dick Raczuk "Koul Tools"

I just have a feeling (because I am guilty of this also) that our street rods don't get greased as often as they should. If you recall in the good old days we had our oil changed and chassis lubed every 2 to 3000 miles. With our new cars we don't even think about lubing the chassis. We do change the oil but now that could be anywhere from 5000 to 10,000 miles.

Most hot rods have the old school type chassis and need constant lubing. Sooo, what I am doing is raising my hand to remind you to get a schedule to lube that chassis and change that oil on a mileage schedule. They use to have reminders on a sticker but not anymore. That doesn't mean you couldn't post some sort of sticker with a due or mileage date. Remember, the car you save may be your own.



Health Tip 1/2

5 Tips: What You Should Know About High Cholesterol

Approximately 13 percent of U.S. adults has high total cholesterol. Lowering cholesterol levels can slow down, reduce, or even stop plaque from building up in the walls of arteries and may decrease the chance of having a heart attack. Mainstays in treating high cholesterol include diet, weight loss, physical activity, and when necessary, drug treatment. National survey data show that high blood cholesterol is one of the top 10 conditions for which people use complementary health

- 1 Work with your health care provider.** Ask your health care provider about proven steps you can take to lower your blood cholesterol levels. And be sure to talk with your provider about any complementary health practice you are considering, including dietary supplements. This will help ensure safe and coordinated care
- 2 Change your diet.** Saturated fat raises your LDL cholesterol level (often called “bad cholesterol,” the main source of cholesterol buildup and blockage in the arteries) more than anything else in your diet. Diets with too much saturated fat and trans fat are the main cause for high blood cholesterol.
- 3 Manage your weight.** Losing extra pounds may help lower your LDL and triglycerides (a type of fat found in the blood and in food), while raising your HDL (often called “good cholesterol,” helps keep cholesterol from building up in the arteries).
- 4 Get moving.** Regular physical activity (such as brisk walking 30 minutes each day) can raise HDL and lower triglycerides, and can help you lose weight and, in that way, help lower your LDL. Aim for a total of at least 150 minutes over the course of a week.
- 5 Find out what the science says about dietary supplements marketed for improving cholesterol.** The dietary supplements red yeast rice, flaxseed, and garlic, are among the many supplements that have been studied for lowering cholesterol levels. Unfortunately, there isn't conclusive evidence that any of these supplements are effective in reducing cholesterol levels.

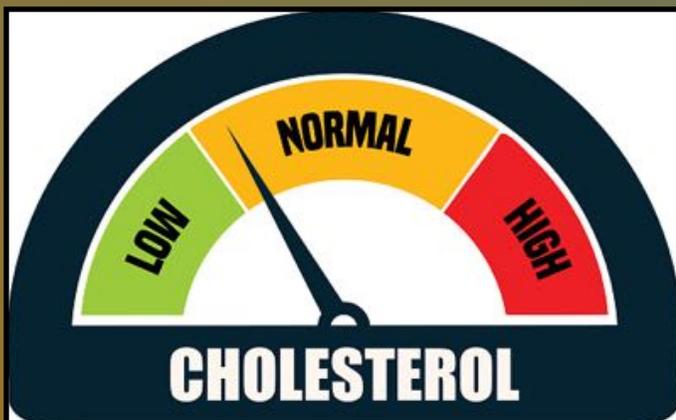


Health Tip 2/2

Red yeast rice. Some red yeast rice products contain substances called monacolins, which are produced by the yeast. Monacolin K is chemically identical to the active ingredient in the cholesterol-lowering drug lovastatin, and can cause the same types of side effects and drug interactions as lovastatin. Other red yeast rice products contain little or no monacolin K, and it is not known whether these products have any effect on cholesterol levels. Unfortunately, there is no way to know how much monacolin K is present in most red yeast rice products. Further, the U.S. Food and Drug Administration has determined that red yeast rice products that contain more than trace amounts of monacolin K cannot be sold legally as dietary supplements

Flaxseed. Studies of flaxseed preparations to lower cholesterol levels report mixed results. A 2009 review of the scientific research of flaxseed for lowering cholesterol found modest improvements in cholesterol, seen more often in postmenopausal women and in people with high initial cholesterol concentrations.

Garlic. Some evidence indicates that taking garlic supplements can slightly lower blood cholesterol levels; however, an NCCIH-funded study on the safety and effectiveness of three garlic preparations (fresh garlic, dried powdered garlic tablets, and aged garlic extract tablets) for lowering blood cholesterol levels found no effect. Although garlic supplements appear to be safe for most adults, they can thin the blood in a manner similar to aspirin, so use caution if you are planning to have surgery or dental work. Garlic supplements have also been found to interfere with the effectiveness of saquinavir, a drug used to treat HIV infection.



VOTE

NOVEMBER 3, 2020

VOICES
OF
VOTING



OTHG GetTogethers

Weekly

Thursday: McCulloch Blvd KRUZEN 4-7pm

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

Friday: Del Taco 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

"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



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

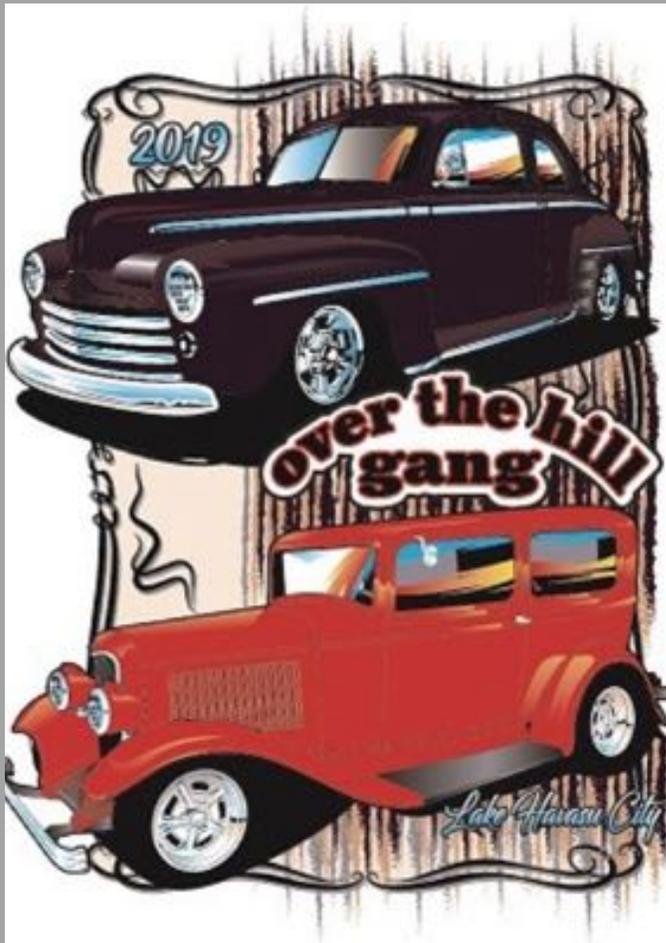
Arizona Vintage Plates

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