



VENTURA VINTAGE RODS

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February 2009

Charlie's Notes

Hi members of the VVR. I believe we had a successful meeting to start off this year's activity. Five of the monthly spots were taken by our members, but there still remains more. A correction to the minutes is that "the Roarks are scheduled to take the month of March" but it's the Gartmans and their St. Patrick's Day plans who will serve as hosts.

If you have never taken a monthly event, it's your turn! Please, those of you that have not done an event recently, or ever, have your ideas and suggestions ready for the next meeting....Let's share the wealth.

We will try to keep the meeting and event separate unless there is a problem and we need more meeting time to accommodate the car show necessities or some other circumstance that arises needing attention.

Thanks to all for their input about the meeting places. Remember the club is open to any suggestion a member may have as to where we hold the meeting. There were some viable places, other than Carrow's, and we will address them at the next meeting.

Thanks for the great turnout
Chaz

Denise McMaster has arranged an Oxnard PD K-9 Unit Demo for the February VVR Event.

At 10 AM, we will be having a demonstration from OXPD K-9 Unit provided by Officer Dan Casoon with OXPD K-9. Meet at the Oxnard Library / City Hall parking lot on 2nd Street in Oxnard, between A Street and C Street.

After the Demo, we'll be cruising over to Teppan Steak House at 1801 Ventura Blvd., (next to Oliver Garden) Oxnard for lunch.

Pls contact Denise with any questions.

January VVR Meeting Highlights

- Potential new member, Bill Jackson, was introduced by his sponsor, Ted Hetherington. Bill gave a brief statement of who he is and why he'd like to join the club. He owns a '31 Chevy, a '53 Studebaker (the "Stude" has run in mid 11's at Fontana in 2008) and a '72 El Camino
- Jim Fain thanked everyone who expressed concern for him while he was hospitalized
- Sherry Roark volunteered to take Dianne Cowan's position on the phone committee. Sharon Osborne and Connie Fain are other members. Everyone is reminded that if you're called by a calling committee member, and miss the call, to please return the call so that the calling committee know that the message was received.
- The members discussed how meetings for HR 19 will be managed. Discussion centered around having a stand alone car show meeting, or combining the car show with general meeting. Also there was discussion of establishing a committee and let that committee report to the general membership and seek votes on issues where required. The final decision was tabled.
- The members discussed changing the general meeting date from Thursday to Tuesday as some KEY members are unable to attend if meetings are on Thursday. The members voted to change the meeting to the fourth Tuesday of each month. The next General Meeting will be held 24 Feb 2009, at Carrow's Restaurant, Harbor Blvd/Seaward, Ventura. Meet at 6:00PM for pre meeting



gastronomical delight. There was also discussion of changing the place of the meeting for a variety. Locations such as Ruby's; La Dolce Vita in Oxnard were suggested. A critical requirement is the location should provide food (of course), and a meeting room. No final decisions were reached. If you have an idea, pass to Pres Chaz.

- Future scheduled events (tentative & subject to change:
Denise McMaster - February
Charlie Roark - March
Ron - April
Ted/Daphne - May or June tentative event on the Fillmore Western Railway on the Shake Rattle & Rail.

http://www.fwry.com/2009_shake_rattle_rail/2009_SRR.html

Sharon Osborne - August

Other possible events include Pleasanton and Bonneville as group event

Ron Cowan Notes: The Goodguys 3rd Orange County Get-Together is March 14 & 15 at the Orange County Fairgrounds in Costa Mesa. So far, we have 5 cars going. The plan is to drive to Costa Mesa on March 13, spend 2 nights at the local Residence Inn & return on the 15th. Hotel cost per night is \$125.00, which includes a very nice breakfast. For info, contact Ron Cowan or go to www.good-guys.com <<http://www.good-guys.com/>> or phone (925) 838-9876. It appears that participating hotels may sell out of rooms quickly, so time may be a factor. Ron noted at the January meeting one room was left. Check with him for current status.

- There was also discussion of a club run to the NSRA Western Street Rod National in Bakersfield @ Kern County Fairgrounds, April 24 - 26, 2009. Details to follow. More details @ the NSRA Website. <http://nsra-usa.com/index.php/site/evdet/135>
- Discussion concerning the possibility of tour at Mendenhall Museum in Buellton possibly in April 2009. Cost is \$100 for reservation in addition to \$10.00 per person for guided tour. The members decided that the club would pay the reservation cost. Check out the Museum website @ <http://www.oilstick.com/>
Connie Fain reminded the members of the April Fools Run scheduled for 29 March 2009 in Ojai. Cost is \$20.00. No firm club plans yet. This is generally the kick off show event for Ventura County.
- The members voted to accept new members: Gary, Lucy and Jessica Entrekin. Welcome to the Entrekin family.
- Paul Schuman discussed the cost for new artwork for VVR jackets from Classic Icons. Sherry indicated that Dagan Sales and Marketing in Camarillo has the electronic VVR logo/emblem and that they should be contacted. Bob Osborne indicated that there is a VVR jacket and plaque for sale - \$50.00.
- There was discussion concerning VVR advertising in the NSRA publication which is equivalent to the "yellow pages". This publication lists various organizations and people you can rely upon if you break down as you travel. The members voted to pursue the advertisement.
- Jerry Leighty mentioned that it is never too early to start dialog with primary car show sponsors. There was discussion that because of economy, perhaps the club should consider the amount of a prime sponsorship. No decisions were reached, however, there is agreement that the club needs to be flexible in pricing.



The 2009 General Meeting Schedule has been established. Meetings will occur on the last Tuesday of the month at the Famous Carrows Restaurant, Harbor Blvd/Seaward Ave., Ventura at 6:30PM. You are always welcome to join the earlybirds for food at around 6:00PM. Mark your calendar! February 24, March 31, April 28, May 26, June 30, July 28, August 25, September 29, October 27, November 24, December TBD.

If you have any news you'd like to share please pass to Ted, by email: bowtieted@aol.com; or phone 988-0330, or fax: 278 9639 The goal is to publish the newsletter the week prior to the General Meeting; your inputs are requested by the 15th of the Month to include most anything you'd like to share or for future news.

The 2009 membership fee of \$50 is due. If you haven't yet paid, please do so as soon as possible. Contact the Treasurer, Heidi Leighty for payment arrangements.

"Technical Corner": 5 Tips for Getting the Most Out of Oatmeal

Looking for a healthy breakfast that will warm you up on a cold morning? Oatmeal has long been a breakfast favorite, and it's a great choice for people in Phase 2 of the South Beach Diet — as long as you choose the right kind (not all oatmeal is created equal).

Steel-cut oats and rolled or old-fashioned, slow-cooking oats are recommended because these varieties have been minimally processed and will help keep blood sugar levels steady. Plus, studies have linked eating whole grains to a reduced risk of cardiovascular disease and high blood pressure. Instant oatmeal has been rolled and cut more during processing and thus cooks and digests more quickly than the recommended varieties. It's also important to select hot cereals — including oatmeal — with at least 3 grams of fiber and no more than 2 grams of sugar per serving.

Of course, instant oatmeal's appeal is its quick prep time — it takes only a couple of minutes from package to table, while steel-cut and rolled oats can require anywhere from 5 to 30 minutes.

- * Soak your oats overnight. Just boil water (at a ratio of 4 cups water to 1 cup oatmeal), add oats, stir, remove from heat, and cover until morning. Reheat your oatmeal for a warm, hearty breakfast.
- * Use a slow cooker. Assemble your oatmeal in a slow cooker at night and wake up to a steaming bowl of oats.
- * Try a pressure cooker. With this appliance, oatmeal can be ready in just five minutes.
- * Prepare your oats ahead of time. They'll stay fresh in the refrigerator for up to four or five days. When it's time for breakfast, simply microwave a portion of oatmeal with your choice of 1 percent or nonfat milk or low-fat plain, vanilla, or sucralose-containing soymilk for about three minutes.
- * Make them in a microwave. You can prepare steel-cut oats by microwaving them for 12 to 14 minutes in a tall container with the above-mentioned milk choices. Keep a close eye on them so they don't boil over, and try not to overcook the oats.

To perk up the flavor of oatmeal, try mixing it with fresh, chopped high-fiber fruit (like apples or pears) and sprinkling in some cinnamon. You can also add 1 ounce of melted low-fat cheese to a serving of oatmeal to make South Beach Diet-friendly "cheese grits."

If you have issues/information you'd like to share with VVR Members, please contact me.

Best wishes to All

"BE SAFE OUT THERE"

Ted H Editor