

7/4	Wheels of Freedom	Car Show -	Rancho Bernardo

7/7 **In-N-Out Burger - Poway**

- 7/8 Long Beach Swapmeet
- 7/8 7th Annual Cops & Rodders - Liberty Station
- 7/13 **National Collector Car Appreciation Day**
- 7/15 10th Annual Simpsons Car Show - Jamul
- 7/19 T5R Get Together - Coco's, Poway - Geiman
- 7/20 Cruisin' Grand/Geiman Motors Night - Escondido
- 7/21 T5R Dinner & a Movie - Santee
- 7/22 Main Street America - Seaport Village
- 7/28 King of Clubs Car Show & Drags - Barona Raceway
- 8/4 CNC 12th Annual Park in the Park Car Show - Clairemont

8/4 In-N-Out Burger - Poway

- 8/5 23rd Annual Vista Rod Run - Vista
- 8/5 Long Beach Swapmeet
- 8/11 Running with the Norseman - Valhalla High School

8/10 -12 Big Bear Fun Run - Big Bear Lake

- 8/12 Pomona Swapmeet
- T5R Get Together Coco's, Poway Hartwig 8/16
- 8/21 **T5R 4th Anniversary**
- 8/25 CR&C Classic Car Show - Spring Valley
- 8/26 **CCSD Picnic by the Bay** - Seaport Village
- **In-N-Out Burger Poway** 9/1
- 9/3 SD Cool Expo, aka Cars Swapmeet - Qualcomm
- 9/9 Long Beach Swapmeet
- 9/9 Greatest Show on Turf - Liberty Station
- 9/15 Back to the Bay Harbor Day Car Show - Chula Vista
- 9/22 Cruisin' for a Cure - Orange County Fair
- 9/23 San Diego Antique Drags - Barona Raceway
- 9/29 Antique Car Show/Chili Cookoff - Alpine

This month the majority of our classics are in pieces getting some major overhauling so not sure who will be attending.

Saturday July 7th is the In-N-Out Burger in Poway for those who are interested.

Thursday July 19th monthly meeting at Coco's in Poway.

The next day on Friday July 20th will be Geiman Motors night at Cruisin' Grand. T5Revolutionaries and invited classic guests will have spaces reserved on Broadway - the north side. Nancy will need a count of cars attending. The meeting time will be 4PM or as soon as you can arrive. We will also be eating at La Tapatia Mexican Restaurant. Thank you Nancy and Tom for organizing this event for us. Please contact them ASAP if you will be bringing your classic and if you will be joining us for dinner.

If you still haven't had enough fun this week, you can do dinner and a movie the next evening - July 21st. Starting at Filippis Restaurant in Santee 5pm, then we will cruise over to the Santee Drive-In for a nostalgic evening. Contact Ava if you plan to join us for this one.



Red Font is a club attending event

For site links, information, details, event flyers

visit our website at: http://www.tri-fiverevolution.com

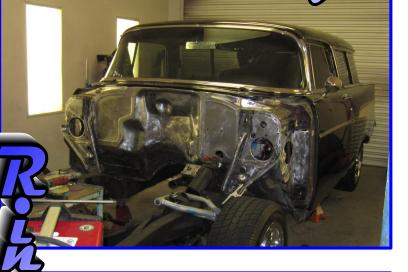
go to the calendar, click on the day of the event. (if multiple events fall on the

same day, click on the # next to the magnifying glass to see the listing of all events)



Thi-5 Revolutionaries
Summer Projects













Sam and Donnas '57 nomad is still at Spirit Ranch completely apart. It will soon have a new engine, vintage air, a shinny powder coated frame and smoothed and filled firewall.

Wayne & Linda's 55' Convertible

The most recent body metal work that was done by Steve Spirkoff is a patch panel in the left rear quarter panel just behind the door. Photos also show Steve's work removing the original gas filler door to make it look like it was never there, as well as fixing the gaps on the doors, fenders and trunk lid. Time now for us to get busy and do the finish body work to make it ready for paint.

















Sandy and Lynn's '56 nomad will soon be sporting a new 300 cubic inch 290 Horsepower small block Chevy engine.

Bob is putting in some fancy leather 6-way power/heated seats so Ava can ride in comfort. While the seats are out he plans to install new carpet as well.





Tom and Nancy's '55 is looking good and back on the road.



The Harveys' cameo has sold and is headed for Flordia. They are now in the market for another Classic Chevy.





The Orange County Fair Grounds was transformed into a car lovers playground when Barrett-Jackson again brought their Collector Car Auction to Southern California June 22 through 24. The more than 400 vehicles were gaveled across the auction block generated over \$14 million in revenue, about a \$1 million increase from previous year, as a reported 54,000 attended the three day event.

This years list of consigned cars included only five Tri-5's. The first up for sale, an eye-catching highly customized 1956 red/black Nomad with LS1 motor, Paul Newman chassis, A/C, P/S, Gabe custom upholstery, Boyd wheels, custom stereo and remote control and all new or re-plated chrome and stainless sold for \$78,000, the 30th highest selling price of the event. (An additional 10% Buyers' Premium is added to all sales.) It was followed by three '55s, a Nomad, Bel Air, and 150; and a 1956 210.

As always, auction action was only part of the draw. Included, a diverse collection of vendors leading Barrett-Jackson's press releases to now bill it as an "automotive and lifestyle event".

For me, the best part is always the rides. Both GM and Ford offer test drive opportunities. Not what I'm after. I'm a self-proclaimed hot lap junkie. Give me a ride in a Corvette with a Bondurant driver on a short, tight, turn filled course any day. It's one heck of a ride!





submitted by: Nancy Geiman

ZIP LOCK BAG - Good tip!

We went with friends to a restaurant on Sunday for lunch and sat in the patio section beside the store. We happened to notice zip lock baggies pinned to a post and a wall. The bags were half filled with water, each contained 4 pennies, and they were zipped shut. Naturally we were curious! The owner told us that these baggies kept the flies away! So naturally we were even more curious! We actually watched some flies come in the open window, stand around on the window sill, and then fly out again. And there were no flies in the eating area! This morning I checked this out on Google. Below are comments on this fly control idea. I'm now a believer!

Zip-lock water bags

#1 Says:

I tried the zip lock bag and pennies this weekend. I have a horse trailer. The flies were bad while I was camping. I put the baggies with pennies above the door of the LQ. NOT ONE FLY came in the trailer. The horse trailer part had many. Not sure why it works but it does!

#2 Says:

Fill a zip lock bag with water and 5 or 6 pennies and hang it in the problem area. In my case it was a particular window in my home. It had a slight passage way for insects. Every since I have done that, it has kept flies and wasps away. Some say that wasps and flies mistake the bag for some other insect nest and are threatened.

#3 Says:

I swear by the plastic bag of water trick. I have them on porch and basement. We saw these in Northeast Mo. at an Amish grocery store & have used them since. They say it works because a fly sees a reflection & won't come around.

#4 Says:

Regarding the science behind zip lock bags of water? My research found that the millions of molecules of water presents its own prism effect and given that flies have a lot of eyes, to them it's like a zillion disco balls reflecting light, colors and movement in a dizzying manner. When you figure that flies are prey for many other bugs, animals, birds, etc., they simply won't take the risk of being around that much perceived action. I moved to a rural area and thought these "hillbillies" were just yanking my city boy chain but I tried it and it worked immediately! We went from hundreds of flies to seeing the occasional one, but he didn't hang around long.

My name is Chicken Stanley. I recently became the ward of Rod & Nancy. They have brought me into their lives. No longer do I have

My name is Chicken Stanley. I recently became the ward of Rod & Nancy. They have brought me into their lives. No longer do I have to sit in the backseat of a hot car all the time. I went to the Del Mar Fair with them. I got to see other animals caged up. I was free! I got my picture taken having fun. I got to see the famous ventrilloquist Jeff Dunham, and even got my picture taken with him! Stay tuned for that one! Where will they take me next month?

Stanfey



"Egg" and Green Chili Casserole

from the Kitchen of Christa Gallagher

6 - 8 eggs

1 pound grated Jack cheese

2 4-oz. cans whole green chilies

6 strips bacon, crumbled

Butter or cooking spray, for pan

promise not to use any of you relatives.

Stanley



Preheat oven to 350 degrees.

Butter or spray baking dish or casserole*. Drain chilies; cut to flatten. Layer chilies on bottom of dish followed by cheese then crumbled bacon. Pour eggs evenly over mixture. Bake 45-55 minutes; until set. Let cool before cutting.

* Use a dish smaller than 9"x13"





from Ann Goldberg

Since well before our Tri-5's were new all-American corn-on-the-cob has been a part of almost every Fourth of July cookout! Though no longer likely to be homegrown or from a farm stand, it remains a delicious favorite.

When I was a child, and there was a 1955 yellow and white Bel Air no-post two door in the family driveway, I'd help my mother husk the ears and carefully remove the silk before they were boiled in a large pot of salt water, drained, then served liberally buttered and salted. The pattern changed only when our neighbor Ralph once each summer brought home a bushel or two of corn in the back of his 1956 four-door Chevy wagon. Those ears were dumped into a water-filled galvanized wash tub to soak. Come suppertime, the neighborhood gathered in the Hilchey backyard and for corn roasted on the brick outdoor fireplace.

These days, methods and manner of corn-on-the-cob preparation are almost endless: to husk or not; boil in water or simmer in milk; use salt or sugar in the cooking liquid; grill, bake or microwave the ears.

- The original Fannie Farmer Cookbook provides a method allowing second servings to remain hot and fresh. It directs to husk the corn and drop it into a pot of boiling water; cover pot; return to boil; turn off heat and leave pot covered for 5 minutes. Extra ears can remain covered in the pot for a total of 10 minutes without toughening.
- To prepare the ears on a gas grill it's commonly suggested you preheat to high; lightly oil the grill; peel back husks, removing silk; add 1 tablespoon butter as well as salt and pepper to each ear; close husks and wrap each ear in foil. Grill for 30 minutes, turning occasionally. Well-known television personality Paula Deen promotes wrapping husked ears in bacon prior to grilling.
- Food Network's Tyler Florence recommends roasting un-husked corn directly on the rack of a 350-degree oven for 30-minutes or until the kernels are soft.
- If you're in a hurry, I recently received an e-mail video showing un-husked ears cooked in the microwave for 8 minutes, carefully removed and the stem end cut to include the last row or two of kernels. After the ears sat for a minute or two on a cutting board, the husk was held by the silk end, shaken up and down a couple of times, and the cooked ear slid cleanly out.

If quantities of sweet butter aren't enough, try adding herbed butters, chili powder and lime juice or parmesan cheese before you enjoy those juicy ears.

MEETINGS/PARTYS/CRUISES/Shows Upcoming TEREVENTS



Next T5R Get Together

Thursday - July 19th Coco's in Poway come for dinner at 6:00pm



In-N-Out Burger Cruise

Saturday, July 7th 11:00am - Poway



American Orwe-In Movie Theatre

<u>Dinner</u> and a Movie

July 21st 5pm Filippi's Restaurant on Woodside in Santee

then cruise over to the Santee Drive-In for a newly released movie. Contact Ava if you plan to attend.



T5R on Cruisin' Grand

Geiman Motors Night

July 20th

Spaces reserved on Broadway -the north side 4PM or as soon as you can arrive. Dinner at La Tapatia Mexican Restaurant. Thank you Nancy and Tom for organizing this event for us. Please contact them ASAP if you will be bringing your classic and if you will be joining us for dinner.



Big Bear Fun Run

August 10th - 12th
T5R Caravan leaving on August 9th
http://www.antiquecarclub.org/

<u>CCSD</u>

Picnic by the Bay

August 26th Seaport Village http://clubs.hemmings.com/classic chevyssd/?club=classicchevyssd





Honey is the only food on the planet that will not spoil or rot. What it will do is what some call 'turning to sugar'. In reality, honey is always honey. However, when left in a cool dark place for a long time it will "crystallize". When this happens loosen the lid, boil some water and sit the honey container in the hot water, but turn off the heat and let it liquefy naturally. It is then as good as it ever was. Never boil honey or put it in a microwave. This will kill the enzymes in the honey.

<u>Cinnamon and Honey</u> - Bet the drug companies won't like this one getting around. Facts on Honey and Cinnamon: It is found that a mixture of honey and Cinnamon cures most diseases. Honey is produced in most of the countries of the world. Scientists of today also accept honey as a 'Ram Ban' (very effective) medicine for all kinds of diseases. Honey can be used without side effects for any kind of diseases. Today's science says that even though honey is sweet, when it is taken in the right dosage as a medicine, it does not harm even diabetic patients. Weekly World News, a magazine in Canada, in its issue dated 17 January1995, has given the following list of diseases that can be cured by honey and cinnamon, as researched by western scientists:

HEART DISEASES: Make a paste of honey and cinnamon powder, apply it on bread instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also, those who have already had an attack, when they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as one ages the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and the veins.

ARTHRITIS: Arthritis patients may take daily (morning and night) one cup of hot water with two tablespoons of honey and one small teaspoon of cinnamon powder. When taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week (out of the 200 people so treated) practically 73 patients were totally relieved of pain -- and within a month, most all the patients who could not walk or move around because of arthritis now started walking without pain.

BLADDER INFECTIONS: Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

<u>CHOLESTEROL</u>: Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water given to a cholesterol patient was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, when taken three times a day, any chronic cholesterol is cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.

COLDS: Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and, clear the sinuses.

<u>UPSET STOMACH</u>: Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from its root.

GAS: According to the studies done in India and Japan, it is revealed that when Honey is taken with cinnamon powder the stomach is relieved of gas.

IMMUNE SYSTEM: Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacterial and viral attacks.. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles (where DNA is contained) to fight bacterial and viral diseases.

INDIGESTION: Cinnamon powder sprinkled on two tablespoons of honey taken before food is eaten relieves acidity and digests the heaviest of meals.

INFLUENZA: A scientist in Spain has proved that honey contains a natural 'Ingredient' which kills the influenza germs and saves the patient from flu.

LONGEVITY: Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Use four teaspoons of honey, one teaspoon of cinnamon powder, and three cups of water and boil to make a tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans increase and even a 100 year old will start performing the chores of a 20-year-old..

RASPY OR SORE THROAT: When throat has a tickle or is raspy, take one tablespoon of honey and sip until gone. Repeat every three hours until throat is without symptoms. **PIMPLES**: Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it off the next morning with warm water. When done daily for two weeks, it removes all pimples from the root.

SKIN INFECTIONS: Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

<u>WEIGHT LOSS</u>: Daily in the morning one half hour before breakfast and on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. When taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

<u>CANCER</u>: Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder three times a day for one month.

FATIGUE: Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible. Dr.. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, even when the vitality of the body starts to decrease, when taken daily after brushing and in the afternoon at about 3:00 P.M., the vitality of the body increases within a week.

BAD BREATH: People of South America, gargle with one teaspoon of honey and cinnamon powder mixed in hot water first thing in the morning so their breath stays fresh throughout the day.

HEARING LOSS: Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing. Remember when we were kids? We had toast with real butter and cinnamon sprinkled on it!

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Check out our calendar for past and upcoming coming events, to see all event pictures on a specific date (click on the # next to the magnifying glass to see all the pics from each event).

Also for your convenience past pics are in events and gallery.



