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Presidents Message

The Secret Pathway to a long Life (Statistically Speaking)

Statistics show if you exercise 3x a week for a least 30 minutes each time, you will extend your life by approximately 4 years.



If that statistic is accurate, I would have liked the extra four years to be used during my prime, say my 40's or 50's. Not when I am riddled with daily aches and pains.

Statistics also show to rid yourself from daily aches and pains, just take one of the many advertised miracle drugs. However, the list of side effects for these miracle drugs includes, but it is not limited to: swelling of the lips and eyes; diarrhea or constipation; loss of hair; headaches; loss of vision; thoughts of suicide; heart attack or sudden death, just to name a few!

If you want to increase the length of your life don't eat red meat. A National Study (paid for by the poultry industry) shows If you eat red meat you will increase the risk of a heart attack or stroke by at least 34%. On the good side of statistics, if you drink 2 glasses of red wine daily you will reduce your risk of heart attack or stroke by 27%!

Another good statistic shows if you eat 2oz of dark chocolate daily, you will lower your risk of heart attack or stroke by 39%. Add a daily aspirin, along with a heaping helping of broccoli and you have reduced your chances of a heart attack or stroke by more than 100%....

WAIT! I'm not finished. Statistics also show that eating a Mediterranean diet of fish (set aside the Mercury poisoning) and you could live to be over 100!!

After this last election, we have learned one irrefutable fact, "Statistics No Longer Have Any Creditability!"

I have made it into my mid-seventies with a diet of Pizza, Cheeseburgers and Banana Splits. But just in case statistics have some validity (not much chance), I have decided to add to my daily diet, **4** ounces of Dark chocolate, and **4** glasses of red wine to wash down the broccoli.

(Plus a daily glass of Metamucil.)

Craig Henry



Alive After 5 (Gallery Walk) is the perfect monthly event for our club. There are plenty of restaurants for sit down dinners. Or for those that didn't want to spend the Social Security raise we all received on food, hit all the free food shops. Red Franke promised Ree an evening of music and dining...what a surprise when he took her to Edward Jones!





The parking team did such a great job they wanted to wear their vests home so they can help with snowbird traffic on 41. Thanks to everyone that made this show a success!!



Our club shows draw the most interesting vehicles. This Military transport brought back memories of WWII for Art Dalone.





We had great door prizes and if anyone needs to borrow some money, I hear Jan Bauman has a little extra!

Happy Valentines Day



Who says we need Gilchrist Park to put on a great car show? Our Moose Show was the best yet, hundreds of cars! This year the Moose even provided a playground for those of us who still play with cars.





***A dozen of us
caravanned down to
Ft. Myers historic
Riverwalk monthly
cruise-in. What a
surprise to meet
car club friends!
If you haven't been,
ya gotta go.***

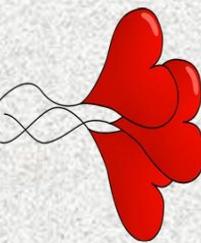


***How many club members does it
take to help Steve Wishnick put a
screw in the club freezer?***



Peace River Car Club Calendar

February, 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Want info on upcoming events? Visit Larry Day's site at: www.larrycruisinlist-swfl.com/ Check out our website: www.peacrivercarclub.com</p>						
5	6	7	8	9	10	11
	Clubhouse Open 9 - 11a		Clubhouse Open 9 - 11a Charlotte Classics Cruise-in Perkins, N. Port 4 - 8p		Clubhouse Open 9 - 11a McDonald's Cruise-in Port Charlotte - New Promenades Mall 5 - 9p	Ladies Mural Show Muscle Car City 10a - 1:30p
12	13	14	15	16	17	18
	Clubhouse Open 9 - 11a PRCC Cruise-in CULVER'S Kings Hwy 4:30p		Clubhouse Open 9 - 11a 		Clubhouse Open 9 - 11a	MCC Monthly Cruise-in 
19	20	21	22	23	24	25
Club Cruise-in Luigi's 1pm 3883 Tamiami Tr	Clubhouse Open 9 - 11a PRCC Cruise-in K'S Pizzeria 2000 Rio de Janeiro 4:30pm		Clubhouse Open 9 - 11a		Clubhouse Open 9 - 11a	Ft. Myers Riverwalk 2pm
26	27	28	<div style="border: 2px solid blue; padding: 5px; text-align: center;"> <p>EVERY Monday Shell Factory 4 - 7:30p</p> </div>			
MCC Flea Market 	Clubhouse Open 9 - 11a		<div style="border: 2px solid blue; padding: 5px; text-align: center;">  <p>Every Monday Applebee's Merchants Crossing Cape Coral 4 - 7:30p</p> </div>			

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OFFICERS

President

Craig Henry - 637-0709

Vice President

Rich Benson - 268-7052

Treasurer

Don Matheson - 249-5360

Secretary

Anita Douglas - 637-8151

BOARD OF DIRECTORS

Bob Collett - 626-2704

Don Cox - 661-0398

Red Franke - 625-4540

Rich Lesniewski - 766-1711

Sue Sawyer - 575-9807

(All area codes are 941
unless otherwise shown)



TO:

IN LOVING CELEBRATION OF OUR OWN DJ - CAROL BENSON - 1946-2017

