

“The Headliner”

Newsletter of the Northern Ohio Regional Group #20 Early Ford V-8 Club of America Our 56th Year

Volume 32 Number 7

July 2025



Mission Statement: “To preserve and authentically maintain vehicles manufactured by the Ford Motor Company for the model years 1932 through 1953 inclusive, and to serve as an accurate and technical source of information concerning these automobiles for the benefit of its members as well as the general public.”

Happy 4th of July Everyone,

I hope you are well and having a great summer. With no meeting for June, the only event for the month was the Central National meet in Springfield Illinois. NORG had ten Members make their way west for a wonderful meet organized by RG #6, The Northern Illinois Regional Group as our host.

NORG members traveled in small groups for the drive west. Organized by yours truly, Eight members left on Saturday the 21st, drove just past half way and spent the night in Greenfield Indiana. We completed the rest of the journey on Sunday arriving in Springfield at the Crowne Plaza Hotel. All meet events including the Concourse took place at the host hotel.

Judging took place on Wednesday, followed by the Awards Banquet on Thursday. The meet ended with all members leaving on Friday morning. Everyone made it home safe, with a few of us stopping for rest and a good night's sleep in Richmond Indiana, a stone's throw from the Ohio border.

Our friends with the Northern Illinois regional group planned and executed a fantastic National Meet that was enjoyed by all. The meet had interesting tours highlighting all that Springfield has to offer. Abraham Lincoln's final home prior to his election as the 16th President and the Abraham Lincoln museum were the two tours along with a Route 66 , (120 mile) cruise.

July has some events planned such as Dave and Nancy Collette's Picnic on the 26th. On the same day the city of Richfield has their annual car show. Information on these events can be found in this Newsletter.

Or better yet, come to our club monthly meeting on the 18th and get the info first hand. I hope to see you then.

STEVE



Officers & Board 2025

President: Steve Kronen
Vice President: Steve Klein
Secretary: Neal Garland
Treasurer: Dan & Diane Francis

Directors

Jack Bukszar
Rick Jandrey
Pat Rooney
Beth Schilling

**All Meetings are held at
Stow Community Center
3800 Graham Road
Stow, OH**

**“Kick Tires”: 7:00
Meeting Begins: 7:30
Ends: 10:00 or Sooner**

Website:

www.norgv8club.org

Editor

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**July NORG Meeting
Friday, July 18th Stow City Center**



There was no meeting in June and therefore no minutes

NORG members attend the Central National Meet in Springfield Illinois

Ten members made the trip to Springfield Ill. Regis and Beth, Steve driving early v-8's and Ed Carr with his truck full of items for sale (group 1)

Our #2 group, Bruce and Marie (dog Darby) and Jack and Sharon, driving modern, left Northern Ohio on Saturday June 21st,

Members Dave and Nancy Collette left Portersville Pennsylvania on Sunday June 22 and drove the entire distance in one day.

The meet took place Sunday June 22nd through June 26th. The location was the Crowne Plaza Hotel in Springfield Illinois. The weather was sunny and HOT, mid 90 degree temperatures all week.

Beside the heat the weather was fantastic with no rain and a nice breeze helping with the heat. Regis and Steve drove our Early Fords a total of 1140 miles round trip. Both cars performed very well with no issues. Steve personally spent \$257.75 on gas using 81 gallons.

Member Ed Carr sold at the swap meet with his usual fair of Columbia and Mullins Trailer parts.

Steve was lucky enough to find a perfect air cleaner for his 1953 Ford Customline at the Swap Meet which really enhanced the engine compartment.

On judging day, NORG placed as follows:

- Regis and Beth Schilling 1946 Ford Tudor Dearborn Emeritus
- Steve Kronen 1953 Ford Customline Dearborn Plaque
- Dave and Nancy Collette 1935 Ford Coupe Dearborn Emeritus

A "Well Done" to Steve Kronen. Steve has worked countless hours on his vehicle to bring his 1953 Ford up to Dearborn standards. Good Show Steve!!

Congratulations to all! -

Photos of the Central Meet attached



Photos from Central National Meet, June 2025 Springfield Illinois



2025 NORG Activities At A Glance

- **Friday, July 18th** NORG Meeting Stow City Center 7:30
- **Saturday July 26th** Collette's Picnic Portersville Pa. 1:00~4:00, **See page 5 for more information.**
- **Saturday July 26th**, Car Show, Richfield Oh, 9:00 ~ 3:00. **See page 6 for more information.**
- **August TBD** NORG/Nifty Fifties Breakfast at Mihalek's Farm **More Information to follow**
- **Sunday, August 24th** Car Show, Patterson Fruit Farm Chesterland OH **More Information to follow**
- **September 3rd**, Regina Health Car Show **More Information to follow**
- **September TBD** NORG/Nifty Fifties Corn Roast **More Information to follow**
- **Saturday, October 18th** Bucket-O-Beans 9:00 ~ 3:00 Marshallville , **More Information to follow**



NORG COOKIE BAKERS

February	Steve Klein <i>Thank you</i>
March	Neal & Momoe Garland <i>Thanks</i>
April	John Madden <i>Thanks</i>
May	Diane Francis <i>Thank You</i>
July	Bill & Bonnie Sykes
August	Regis & Beth Schilling
September	Sharon Bukszar
October	Bruce Lewicki
November	Pat Rooney

You're All Invited ...

COLLETTE CAR PICNICSATURDAY, JULY 26, 2025

1 p.m. (we eat at 2 p.m.)

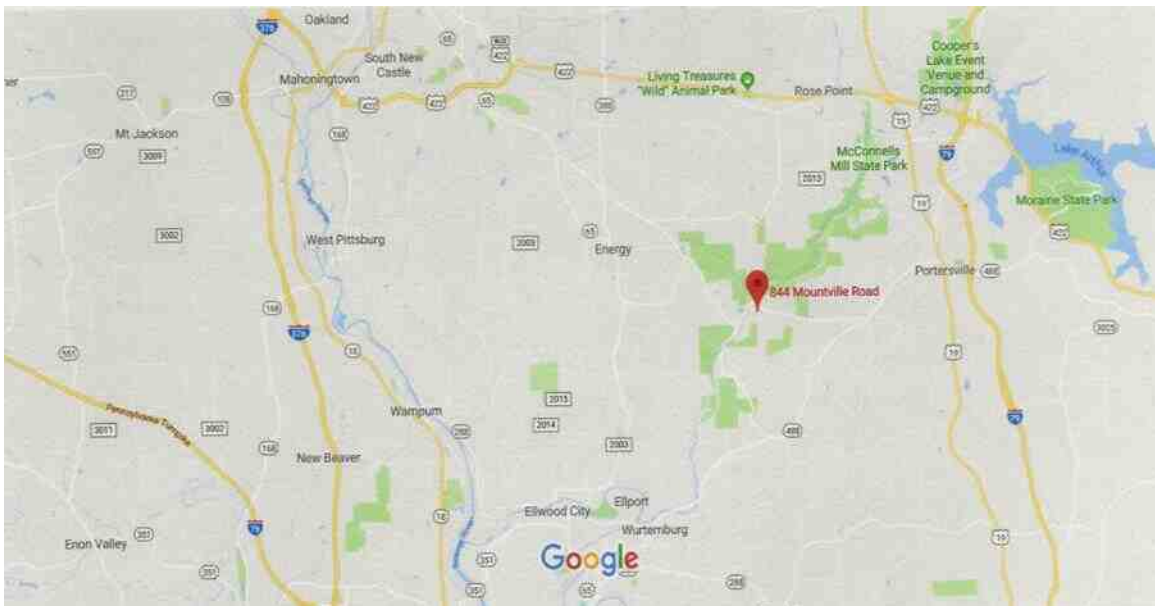
844 Mountville Road Portersville, PA 16051

What to bring –

- antique or collector vehicle (if you have one)
- dish to share (meats, casseroles, salads, chips, pop, etc.)
- folding chair
- table service

Family friendly event! (Please – no pets; no alcohol)

Questions – call Dave or Nancy at 724-368-8756 or email collettesr@aol.com



NORG Members Join In Stow 4th of July Parade

On the 4th of July, a beautiful day, members Dan & Diane Francis, Steve Kronen and Regis & Beth Schilling joined in the Stow City parade. Diane drove her Pontiac GTO, Regis drove his 1930 Model A Ford Coupe and Steve Kronen drove his 1953 Ford Customline Tudor Sedan.

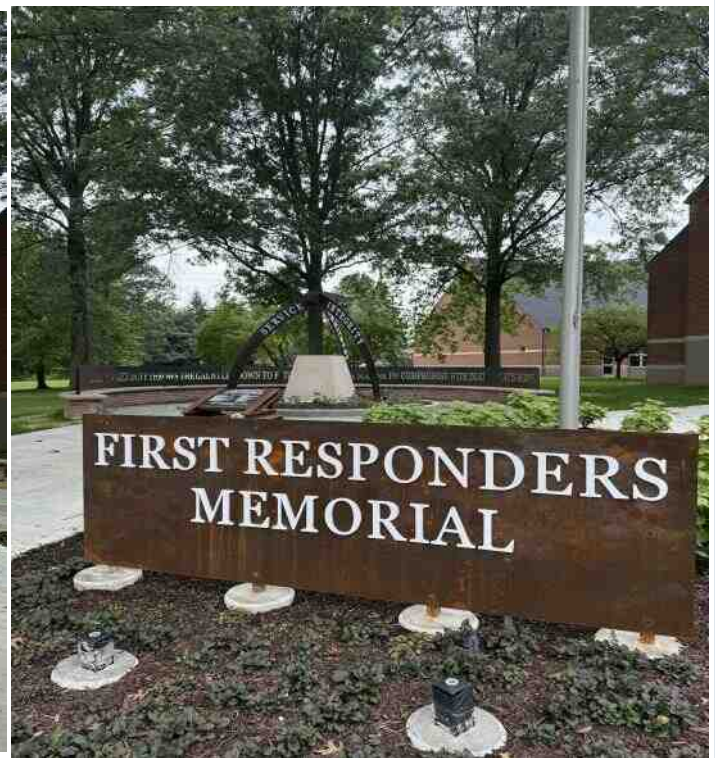


NORG Supports City of Stow First Responders Memorial

Each year NORG (a non-profit) provides a donation to the City of Stow. This years donation helped support the First Responder's Memorial. The intent of the memorial is as follows:

- To honor those who bravely gave their lives performing the duties of their professions.
- To recognize and honor the retired Police Officers, Firefighters and Dispatchers who served our community day in and day out providing a lifetime of service and commitment to the City of Stow.
- Lastly, the Stow First Responder Memorial Fund was developed to be a permanent funding source to help maintain the memorial site to honor, recognize and remember the commitment, service and sacrifice of our first responders.

Photos of the memorial are enclosed.

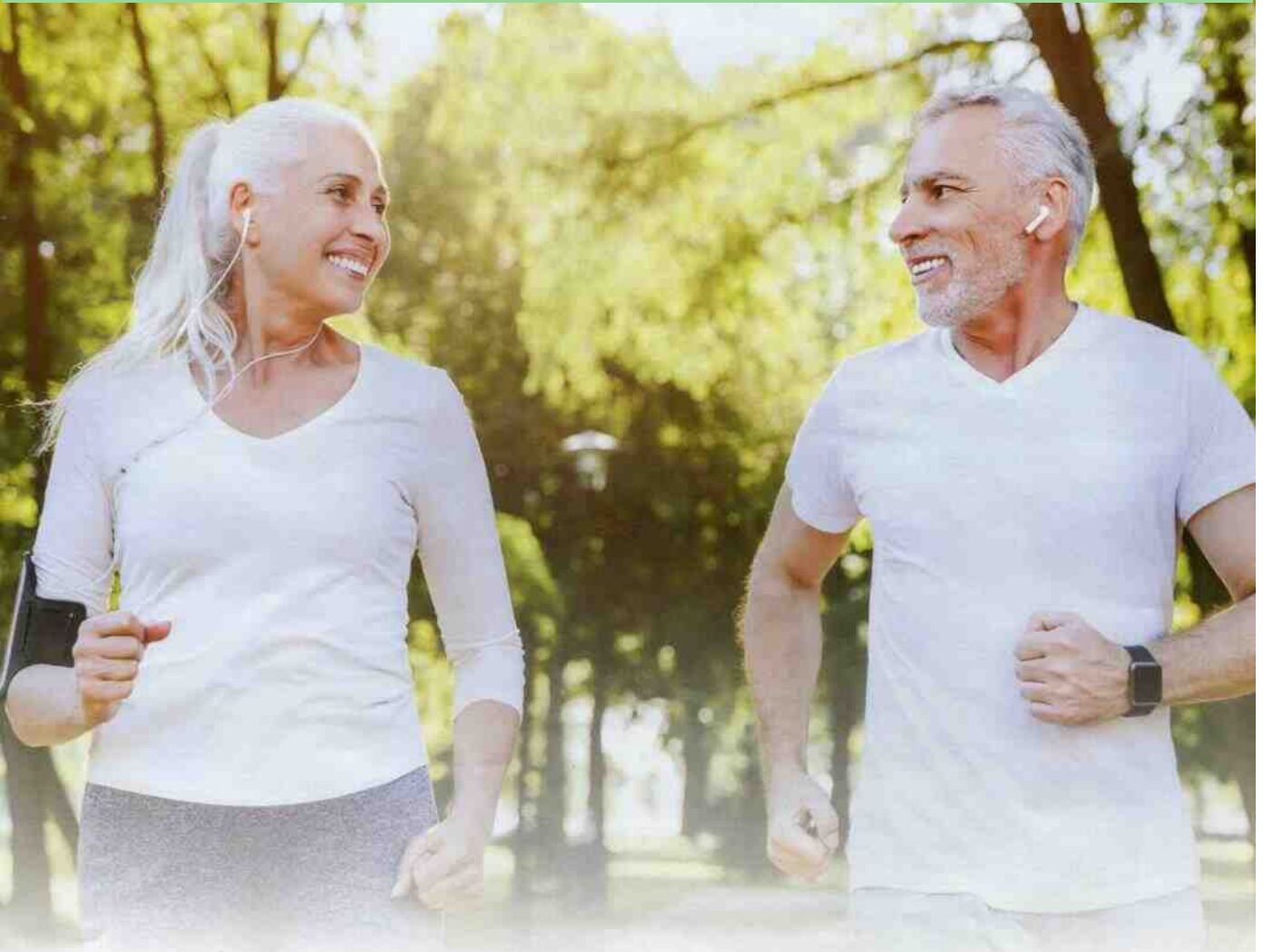


Richfield Car Show Saturday July 28

The Car Show will be held on the Richfield Village Green located at the intersection of Broadview Road S.R. 176 and S.R. 303 . Hours of the Show 9:00 AM ~ 3:00 PM.



Since So Many of Us Are collecting Social Security, Thought This Article on Aging Was Appropriate



THE EFFECTS OF HEALTHY AGING ON YOUR LIFE SPAN

WOULD YOU LIKE
TO LIVE TO 122 IN A
HEALTHY STATE?

Aging is inevitable,
but how we age
is still a puzzle...

Researchers believe we have the potential to live up to 122 years in good health with minimal cognitive decline. However, we often damage our bodies through environmental toxins, poor habits and addictions, unhealthy diets, and perhaps most significantly, ongoing negative stress. The way we react to stress and our environment is among the leading causes of death in America today. The average life expectancy in the United States is 77. The organ most responsible for our longevity is the brain. Taking care of it is essential to living a long, productive life.

AGING: A NATURAL BUT COMPLEX PROCESS

Aging is inevitable, but how we age is still a puzzle. Gerontology, the study of aging, examines the biological, psychological, and social challenges that arise with age. Gerontologists aim to not only understand the aging process but also find ways to promote health in later years. They consider the complex interactions between genetics, environment, and lifestyle to improve quality of life and understand the broader effects of an aging population.

Currently, over 300 aging theories are being studied to understand this multifaceted process. Factors such as environment, stress, and lifestyle choices like smoking and substance abuse, known as extrinsic aging factors, contribute significantly to how we age. Meanwhile, intrinsic factors are genetically programmed and develop naturally over time. This article explores the science behind aging, helping us better understand and potentially enhance the natural aging process for increased longevity.

THE BIOLOGY OF AGING

Aging involves the gradual deterioration of cellular structure and function, affecting every system in the body—from skin and muscles to vital organs, including the brain. Here are some key factors to aging:

- **Cellular Senescence:** Aging cells stop dividing but don't die, accumulating over time, causing inflammation and impairing function.
- **DNA Damage:** Constant exposure to UV rays, oxidative stress, and toxins leads to genetic damage. Repair mechanisms weaken with age.
- **Telomere Shortening:** Protective chromosome caps shorten with every cell division. Once too short, cells stop dividing.
- **Mitochondrial Decline:** Mitochondria (the cell's powerhouses) lose efficiency, reducing energy and increasing stress.
- **Genetic Influence:** Genes impact lifespan and resistance to age-related diseases. Though genetics account for about 25% of lifespan variation, their exact role in aging is still being researched.

These interconnected biological processes also relate to chronic diseases associated with aging.

PSYCHOLOGICAL AND COGNITIVE CHANGES

Cognitive decline is common in aging individuals and may include memory loss, reduced attention, and problem-solving difficulties. Conditions like depression, anxiety, dementia, and Alzheimer's disease are also prevalent. Understanding and managing these issues is critical for maintaining quality of life.

SOCIAL AND ENVIRONMENTAL FACTORS

- **Social Connections:** Strong relationships are linked to longer, healthier lives, while loneliness and isolation pose serious health risks.
- **Lifestyle Choices:** Diet, exercise, and habits like smoking or alcohol consumption affect both longevity and disease risk.
- **Healthcare Access:** Regular healthcare can help manage chronic conditions and prevent debilitating diseases.
- **Physical Activity:** Staying active is crucial, even if you can't do what you could at 25, keep moving at your own pace. Consult a doctor about physical therapy if needed.
- **Cognitive Training:** Activities like puzzles, reading, and learning new skills support mental function.
- **Age-Friendly Policies:** Community programs and social opportunities (clubs, church groups, senior centers) contribute to mental and physical well-being.



INCREASING LIFE EXPECTANCY

Women generally live longer due to higher estrogen levels, which protect against disease and enhance immunity. Additionally, women tend to:

- Practice healthier eating habits
- Drive more safely
- Consume less alcohol and tobacco
- Visit healthcare providers more frequently



PROACTIVE STRATEGIES FOR HEALTHY AGING

While aging is inevitable, we can slow its effects through lifestyle choices:

- **Eat Nutrient-Dense Foods:** Prioritize fruits, vegetables, whole grains, and lean proteins. Avoid processed and sugary foods.
- **Stay Physically Active:** Aim for 30 minutes of exercise, five days a week.
- **Quit Smoking:** Tobacco use accelerates aging and disease.
- **Limit Alcohol and Avoid Drugs:** These damage multiple body systems, especially the brain.
- **Know Your Family History:** Share it with your doctor for early screenings and preventive care.
- **Train Your Brain:** Engage in mentally stimulating activities to preserve cognitive sharpness.
- **Protect Your Skin:** Regularly use sunscreen to prevent UV damage.

AGING AND DISEASE

As we age, the risk for disease increases due to changes in biological processes. The Gerontological Society of America is working to better understand these links and develop treatments for age-related conditions.

Key Focus Areas:

- **Cardiovascular Health:** Aging affects blood vessels, raising the risk of heart disease and stroke.
- **Cognitive Decline:** Brain shrinkage and nervous system changes can lead to dementia.
- **Immune System Aging:** A weaker immune system increases vulnerability to infections and cancer.
- **Neurological Disabilities:** Aging affects mobility, sensation, and cognitive functions.

THE ANTI-INFLAMMATORY CONCEPT

Inflammation is the body's natural response to injury or infection. However, chronic inflammation can lead to diseases such as heart disease, cancer, Alzheimer's, autoimmune disorders, diabetes, and allergies.

The Anti-Inflammatory Diet:

- **Focus on Plant-Based Foods:** Leafy greens, fruits, whole grains, legumes, nuts, seeds

- **Include Healthy Fats:** Salmon, mackerel, sardines, canola oil
- **Use Anti-Inflammatory Spices and Herbs:** Turmeric, ginger, garlic, cinnamon, rosemary
- **Avoid Inflammatory Foods:** Refined carbs, processed meats, fried foods, sugary and salty snacks

Beyond diet, adopt healthy routines such as regular physical activity, good sleep habits, and adequate hydration (6–8 cups of water daily).



CONCLUSION

Addressing aging and longevity should begin in childhood. Teaching children to make healthy choices early in life helps establish lifelong habits. Aging is complex and influenced by genetics, biology, medicine, psychology, lifestyle, and social factors. While much progress has been made, many questions remain.

Through proactive choices, healthy aging is possible. Understanding the aging process and taking preventive steps, such as routine medical exams, can greatly enhance quality of life. Don't wait until symptoms are irreversible. Start now!



Author:
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Former PNA National Director

References:

1. OT&P Healthcare. (Dec. 17, 2024). *Anti-inflammatory: the key to a longer, healthier life*, pp. 1–7.
2. OT&P Healthcare. (Dec. 23, 2024). *The science of aging: what gerontology tells us about longevity*, pp. 1–5.
3. Science Times (2025). *ScienceTimes.com*, pp. 1–4.
4. Thakur, R. (Feb. 25, 2024). *Understanding aging: why does it happen and what can you do to age healthily? Longevity Healthy Longevity*, Longevity.com, pp. 1–8.

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The Headliner Deadline

1st Day of each month. Please e-mail articles, tech tips, outings, adds, club news and pictures to:

Craig Gorris

c.gorris@prodigy.net

*Don't Forget to Check out our
updated website :*

www.norgv8club.org

July Birthdays

3

Neal Garland

29

Jeep Iacobucci



JULY MEETING

July 18th
7:30 Stow City Center

NORG MEMBERS

Your NORG Headliner depends upon contributions from members to be a successful.

Your photos and text on club activities, ladies hobbies and recipes, technical information, and information on your restoration are needed to keep your Newsletter refreshing.

Please send us anything, we can re-write if necessary.