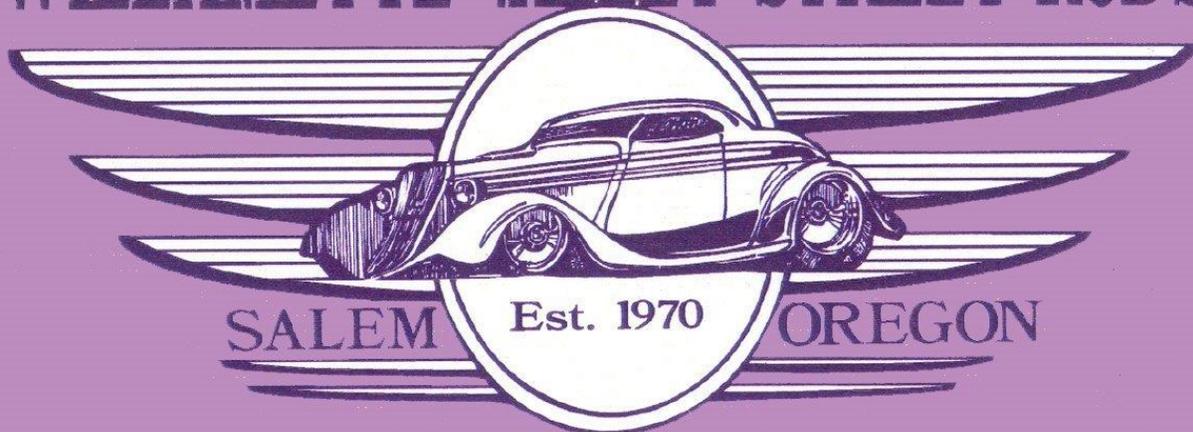


WILLAMETTE VALLEY STREET RODS



Cruiz'n News April 2020



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Membership Chair: Ron Sowerby
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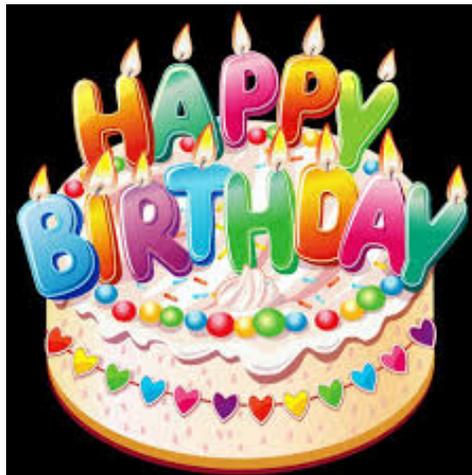
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Newsletter Editor/Salem Auto Club Representative:
Vicki Champ
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Member Care: Ann Sowerby
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April Birthdays

1 Bill Watson
3 Ernie Lamoureux, Holly Parnell
4 Carolyn Walz
8 Emily Gors, Glen Rader
10 Breath of the Wind Gonzales
11 Gary Malm
13 Janet Wulfers
15 Joyce Rubel
16 Jackie Criswell
21 Gerry Guzman
22 Victoria Kruljac
24 Paul Geck, Mel Myers

*****Birthdays taken from the club membership roster.**

Message from the President



To my fellow WWSR club members:

I hope everyone is staying well and staying safe. There is a lot of uncertainty right now in this difficult time but it's important to keep a positive attitude. Keep your WWSR family in your thoughts. We'll be together again soon in our meetings laughing and having a great time. Oh, and don't forget to spend some quality time with your hot rod(s) in this down time! Hopefully we'll be together at the May 5 meeting. We'll keep you posted on that.....

Russ Strohmeier - President

Bringing cookies to the club meeting, first Tuesday of each month. (taken from the sign up list)



May 5- Michele Coffey, Joyce Rubel, Marv Shetler

Bring at least two dozen cookies. If you can't be at the meeting the month you signed up for, contact Delia at 503.763.0526 to let her know or just ask another club member to trade months with you.

Member Care Report

Submitted by: Ann Sowerby
annsower@wvi.com or call 503.769.7667



This past month cards were sent to the following club members:

Gene Radar, had a pinched nerve
Dayle Langley, not feeling well
Donna Collier (Dayle's sister), not feeling well
Gene Kuschnick, passing of Sally

Phone number change for club member:

Hello WVSR Family,

I have just made the leap to disconnect our landline phone and change my cell phone number to Larry's cell phone number because I haven't been able to bring myself to disconnect his phone for the past 6 months. Since I didn't want to continue paying for a phone line that wasn't being used, I made the decision to disconnect my cell phone and keep his cell phone number - it was cooler than mine!

You can reach me at the landline home phone 503-838-6465 until April 30, 2020.

My new cell phone # is 503-409-3232. My old cell phone # 503-999-7109 has been cancelled effective yesterday, April 6, 2020.

Victoria Kruljac

Article submitted by John Stanton:

"Below is a message passed along from a friend. I don't know how I could fact check it but do know that Gilead Sciences is one of the pharmaceuticals at the front edge of testing anti-viral drugs on large populations in China – so it makes sense to me that someone in that company might be able to share the "Chinese perspective." I haven't edited it in any way.

Just got this from my cousins daughter, Becky, who works for Gilead Sciences. That is the company who is now conducting human tests in China for their drug to treat the Covid 19 virus. This drug is not her specialty, but she is closely associated with the folks who are directly involved.

And the source is reliable. It comes from a leading HIV doctor, who treats infectious diseases, and he got it from a trusted source from China."

COVID HEALTHY TIPS

Directly from a researcher working in Wuhan, China. (Thanks Marshall Coburn)

1. Corona virus infection does not cause a cold with a dripping nose or catarrh cough(with mucus or phlegm discharge), but a dry and dry cough: this is the easiest thing to know.

2. The virus does not resist heat and dies if exposed to temperatures of 26-27 degrees: therefore often consume hot drinks such as tea, herbal tea and broth during the day, or simply hot water: hot liquids neutralize the virus and it is not difficult to drink them. Avoid drinking ice water or eating ice cubes or snow for those in the mountains (children)!

3. For those who can do it, expose yourself to the sun!

4. The virus crown is quite large (diameter about 400-500 nanometres), therefore any type of mask can stop it: in normal life, special masks are not needed.

5. On the other hand, the situation is different for doctors and health professionals who are exposed to heavy virus loads and have to use special

equipment.

6. If an infected person sneezes in front of you, three meters away they will drop the virus on the ground and prevent it from landing on you.

7. When the virus is found on metal surfaces, it survives for about 12 hours. So when you touch metal surfaces such as handles, doors, appliances, supports on trams, etc., wash your hands well and disinfect them carefully.

8. The virus can live nested in clothes and fabrics for about 6/12 hours: normal detergents can kill it. For clothes that cannot be washed every day, if you can expose them to the sun and the virus will die.

How it manifests itself:

1. The virus first installs itself in the throat, causing inflammation and a dry throat sensation: this symptom can last for 3/4 days.

2. The virus travels through the humidity present in the airways, descends into the trachea and installs in the lung, causing pneumonia. This step takes about 5/6 days.

3. Pneumonia occurs with high fever and difficulty breathing, it is not accompanied by the classic cold. But you may have the feeling of drowning. In this case, contact your doctor immediately.

How can you avoid it:

1. Virus transmission occurs mostly by direct contact, touching tissues or materials on which the virus is present: washing hands frequently is essential.

The virus only survives on your hands for about ten minutes, but in ten minutes many things can happen: rub your eyes or scratch your nose for example, and allow the virus to enter your throat ...

So, for your own good and for the good of others, wash your hands very often and disinfect them!

2. You can gargle with a disinfectant solution that eliminates or minimizes the amount of virus that could enter your throat: in doing so, you eliminate it before it goes down into the trachea and then into the lungs.

3. Disinfect the PC keyboard and mobile phones

The new coronavirus NCP * may not show signs of infection for many days, * before which it cannot be known if a person is infected. But by the time you have a fever and/or cough and go to the hospital, your lungs are usually already in 50% fibrosis and it's too late!

Taiwanese experts suggest doing a simple check that we can do on our own every morning:

Take a deep breath and hold your breath for more than 10 seconds. If you successfully complete it without coughing, without discomfort, a sense of

oppression, etc., this shows that there is no fibrosis in the lungs, indicating essentially no infection.

In such critical times, do this check every morning in a clean air environment!

These are serious and excellent advice from Japanese doctors who treat COVID-19 cases. Everyone should make sure that their mouth and throat are moist, never DRY. Drink a few sips of water at least every 15 minutes. WHY? Even if the virus gets into your mouth ... water or other liquids will sweep it away through the esophagus and into the stomach. Once in the belly ... Gastric acid in the stomach will kill all the virus. If you don't drink enough water more regularly ... the virus can get into your trumpets and lungs. It is very dangerous.

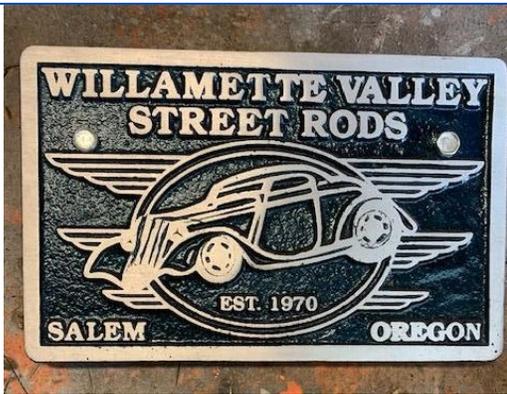
Share this information with your family, friends and acquaintances.

Salem Roadster Show

Photos submitted by Russ Strohmeier







Are you interested in ordering an aluminum club plate?

Glen Rader is taking orders for the club plates. The price is \$20 and the size is 8.5 x 5.5. If interested contact Glen at 503.393.9735, 503.910.9971 or email him at lfrader@aol.com

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Please note in the calendars below that some of the shows this summer have already been cancelled. Calendars will be updated when their editor has time. Mark Scott will keep us informed weekly of upcoming shows and other events.

[Visit Our Website](#)

[2020 SACC Calendar of Events](#)

[Northwest Classic Auto Mall Cruise News](#)
[PDX Car Culture Events](#)

Willamette Valley Street Rods,
PO Box 4091, Salem, OR. 97302
www.wvsr.org
wvsrhq@gmail.com



Club Meetings: First Tuesday of each month at 7pm, 6pm dinner and visiting.)

Pietro's Pizza-1637 Hawthorne Avenue NE, Salem, OR.

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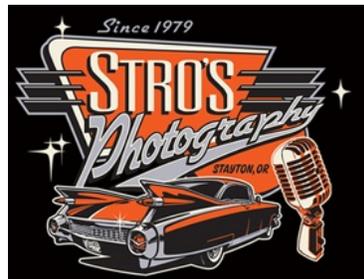
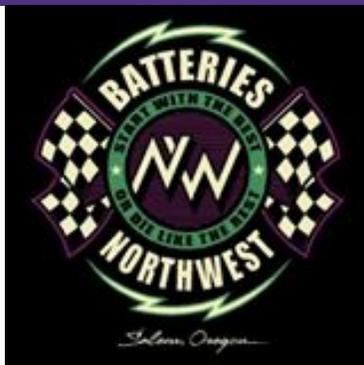


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