



Mossy Creek Cruzers Car Club



**September 2013
NEWSLETTER**

Volume 19
Editor: Pat Dukes
East Tennessee

2013 Mossy Creek Cruzers Car Club Picnic

The club picnic was Sunday, September 8th at Douglas Dam Overlook. The view was beautiful, as seen above. The Cruzers came together to share a day of friendship with each other and to enjoy the good food!! *If you missed it, you missed a good time.* Roger and June Howerton and Pat Dukes got there early to hold our tables since there is no reservations, just first come, first serve! We saved six picnic tables. By the time everyone came, we had just enough space for all of us. The weather was perfect, a slight breeze blowing and overcast with the sun peeping out from time to time. Maybe this will be our picnic area from now on...everyone seemed to enjoy it. Great Food, Great Members!!



**AWESOME
DAY!!**



2013 MCC Car Show at Bush's Visitor Center

So many nice compliments from the people that entered our car show at Bush's Visitor Center horse arena and ball park. It was held on Saturday, August 24th, from 9 am to 3:30 pm. The rain from the week kindly stayed away on the day of the show!! Several emails have come in telling us how much they enjoyed the show. One man said that he has been to shows all over the United States and that ours ranked right at the top!!

We had lots of activities going on this year including an auction, a trivia contest, guess the nuts and bolts in a jug, a scavenger hunt plus lots of door prizes given out throughout the day.

A special thank you to all of the members that assisted in the set up on Thursday and Friday, that worked the day of the show and the ones that entered their cars in the show to support our club. The club is very proud of you all!

**The Mossy Creek Cruzers Car Club meeting is held the first Tuesday of each month
at Shoney's in Dandridge at 7 pm. Come at 6 pm to eat!**

Mossy Creek Cruzers • 562 N. Hwy. 92 • Jefferson City, TN 37760
www.mossycreekcruzers.org • mossycreekcruzers@aol.com



SEPTEMBER 2013 MEETING MINUTES

Meeting held at Shoney's in Dandridge - September 3, 2013

The meeting was attended by 32 members.

We started out with a prayer by Larry Boggess. Then we recited the pledge of alliance to the flag.

Secretary Pat Dukes read the minutes from the August meeting and the Treasury report was read by Treasurer Glenn Allred. Accepted by all.

OLD BUSINESS:

Bud Morello and Glenn Allred thanked the ones that worked for working the two previous days before the show as well as everyone that worked the day of the show. It sure helped everything come together easily. Pat also thanked the members who helped in the registration booth.

Robert said he thought the show was excellent and thanked Bud & Glenn for doing such a great job!

Phil Hackman thanked the members that came to his one year anniversary event at his Aamco transmission business in Talbott.

NEW BUSINESS

June Howerton has permission to place barrels at Food City in Seymour and Sevierville so that patrons can donate to the 2nd Harvest Food Bank. We have a show scheduled for October 5th at the DINER in Sevierville to help raise food and donations for this great cause. The food bank services 18 counties! June asked that we see if the Food Citys around us will let us place a barrel at their stores too. It would be for the week before the show which would be September 29 through October 4th. Robert & Billie Ferguson will run the PA system that day. They still need a couple of volunteers to help with parking. Let's all participate in this show. It is from 1PM to 5PM on October 5th.

Our annual club picnic will be at the Douglas Dam Overlook on Sunday, September 8th at 1:00 pm. Bring a covered dish. The club is furnishing the hotdogs and hamburgers and buns. Pat, June and Roger will go early to reserve a place.

Our annual Thanksgiving dinner was discussed. June Howerton motioned that we have it at the American Legion with the club furnishing a turkey and a ham and possibly part of the "fixins" and everyone bring a dish. It was seconded by Bob Beeler. Glenn will check on the building and get the date set up.

We discussed the main car show for next year. Everyone think of places that you would like to see it held at and bring it up at the next meeting or two. We can stay at Bush's since they have offered to give us the field that is down towards the Visitor Center or go to a new place. It could be a school or other facility with restrooms and electricity. We need to discuss this more as soon as possible.

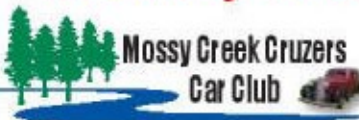
We received several emails about the show and how much everyone enjoyed it. One man said he had been to shows all over the United States and that ours ranked right at the top!! Very nice compliment!

The Greeneville Ridgerunners Car Club is having a car show on September 21 at Hardin Park in Greeneville. They have invited our club to attend. It starts at 10:00 am. They have a trophy for most club participation so lets see if we can win it!!

The Greeneville Ridgerunners has also invited the whole Mossy Creek Cruzers car club to their annual picnic on Sunday, September 29th. They are roasting a pig! Everyone is asked to bring a dish. Pat will send out more info on this picnic as it becomes available.

Be thinking about the Mossy Creek Cruzers nominations for officers for 2014. It can be the same ones or whoever you would like to nominate in our October meeting. Then in November, we will have an election. The winners will take over their duties in January, 2014.

The Mossy Creek Cruzers, The DINER and the 2nd Harvest Food Bank Car Show



OCTOBER 5th
(rain date Oct. 12th)



A car show scheduled for the 2nd Harvest Food Bank in Sevierville in memory of Courteney Jo Kawiszewski, who volunteered there before her untimely death last year in a church van wreck and also in memory of Jeff Trussell, the driver of the van.

The 2nd Harvest Food Bank services 18 counties in East Tennessee, including all of Jefferson and surrounding counties. It will be held at the DINER in Sevierville from 1 pm to 5 pm. Please put this on your car show schedule to attend. It is a great cause and helps lots of people!! This is what the Cruzers are all about!!

UPCOMING EVENTS

| | | |
|-------------------|---|-----------------------------|
| Sept 13, 20, 27 | MCC Cruise in at Big Lots in Jefferson City | 6 pm - 9 pm |
| Sept 14, 21, 28 | Carter County Cruise-in downtown Elizabethton | 5 pm - 9 pm |
| Sept 14, 21, 28 | HCCC Cruise in at College Square Mall, Morristown | 6 pm - 9 pm |
| Sept 12 - 15 | Fall Rod Run Pigeon Forge | |
| Sept 14 | Morristown Fly in and Car Show - Morristown Airport | 9 am - 3 pm |
| Sept 21 | Lion-O-Rama Car Show at Cherokee Park | T.B.A. |
| Sept 21 | 2nd Annual Hardin's Park Cruise In, Greeneville, TN | 10 - 4 pm |
| Sept 22 | Dan'l Boone Region AACA Car Show Allendale Mansion Kingsport, TN | Starts Registration at 8 am |
| Sept 27 - 28 | 4th Annual Thunder Road Rod Run - Appalachian Fairgrounds, Gray, TN 423-571-6430 | 8 am to 5 pm |
| Sept 27 - 29 | Super Chevy Show Bristol Motor Speedway | |
| Sept 27 - 29 | Maggie Valley Fall Swap Meet & Car Show Festival Grounds Maggie Valley, NC | |
| Sept 28 | The DINERS Kick Back Kruse in | 3 pm - 10 pm |
| Oct 1 | Cruzers Car Club Meeting Shoney's in Dandridge | 7 pm |
| Oct 4, 11, 18, 25 | MCC Cruise in at Big Lots in Jefferson City | 6 pm - 9 pm |
| Oct 5 | MCC, the DINER and 2nd Harvest Food Bank Car Show at The DINER | 1 pm - 5 pm |
| Oct 5, 12, 19, 26 | Carter County Cruise-in downtown Elizabethton | 5 pm - 9 pm |
| Oct 5, 12, 19, 26 | HCCC Cruise in at College Square Mall, Morristown | 5 pm - 8 pm |
| Oct 5 - 6 | Circle Yer Wagens - Volkswagen Show & Swap Meet Sevier County Fairgrounds | |
| Oct 18 | Carson Newman University Cruise-in. Rear lot at Maddox Student Center | 5:30 pm - 9 pm |
| Oct 18 - 19 | Corvette Expo Sevierville Convention Center | |
| Oct 19 | The Way's Car & Bike Show at the Diner in Sevierville | 2 pm - 5 pm |
| Oct 26 | The DINERS 10th Anniversary Cruise in | 2 pm - 8 pm |
| Nov 5 | Cruzers Car Club Meeting Shoney's in Dandridge | 7:00 pm |
| Nov 9 | The DINERS Veterans Day Cruise in | Noon - 7 pm |

Fun Runs

September 21st Saturday Greeneville Ridgerunners Car Club

Car Show at Hardin Park.

The show is Saturday, September 21st, 10am - 4pm. They will have a Club Participation Trophy, plus 2 Manager's Choice trophies. \$100 cash grand door prize, 5-\$20 prizes & 10-\$10 prizes in addition to about 60 door prizes. Hardin Park is in Greeneville.

September 22 - Sunday Allandale Mansion Car Show

Kingsport, TN - \$15 entry fee day of show. 10:00 am - 4:00 pm. Wear your Mossy Creek Cruzers T-Shirts to show pride in our club if you attend this show.

September 29 - Sunday

The Greeneville Ridgerunners Car Club has invited the Mossy Creek Cruzers Officers and Members to come to their club picnic at 1 pm. More info will be emailed out and phone calls made.

Farmer's Daughter

A date has not been announced yet. A nice drive there and we need to make reservations so will need an approximate head count of everyone that is coming. Great food and atmosphere. It is located in Greeneville, TN so a little over an hour and a half driving time going up.

If you have any suggestions of places to go, please let one of the Officers know and we will schedule a fun-run!

Nominations for 2014 Officers of the Mossy Creek Cruzers Car Club

As you all know, October is an important month in our club. It is time to nominate new officers or retain the current officers. If you think we need change, then nominate someone new. If you like the way things are then just mark the current officers names on the card. We will have a silent nomination card so that you can nominate someone and then the nominations will be sorted through and announced.

We need everyone to attend so that we have a fair count. Try to arrange your schedule so that you can attend. This is YOUR club and you have a say in the way things are run.

NEXT MEETING... PLAN THANKSGIVING

At our October meeting, we need to plan our Thanksgiving dinner. It was motioned at the September meeting that we use the American Legion banquet room in Jefferson City. The club will furnish the turkey and ham, which we can have cooked at Food City for a reasonable price. Then we all need to bring side dishes to compliment the rest of the meal. *We all love to eat!!* The date will be announced at the October meeting. The banquet room has a kitchen and there is plenty of room for everyone. Please plan on attending.



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- License Plates & Frames •
- Coffee Cups/ Travel Mugs & Water Bottles •

If you have any events that you would like listed, please let us know by emailing mossycreekcruzers@aol.com

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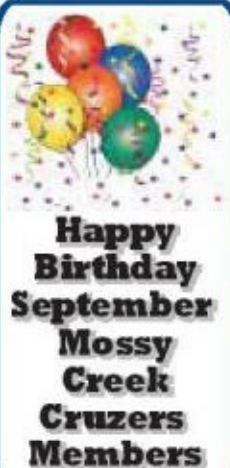
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Happy Birthday
Mossy Creek Cruzers Members

This Article Submitted by

-Bud Morello-


For those of you who are on salt restricted diets, please note the body's need of sodium. It's within the info regarding celery


EAT LOTS OF SWEET POTATOES QUITE INTERESTING INDEED!


It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, made animals and fish... All before making a human. He made and provided what we'd need before we were born. These are best and more powerful when eaten raw.

We're such slow learners...


God left us a great clue as to what foods help what part of our body! God's Pharmacy! Amazing!


 A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... And YES, science now shows carrots greatly enhance blood flow to and function of the eyes.

A Tomato has four chambers and is red.  The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopene and are indeed pure heart and blood food.


 Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.


A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.


Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys. 

 Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

 Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics. 

 Olives assist the health and function of the ovaries.

Oranges, Grapefruits, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

If you have an interesting article that you would like to see in the newsletter submit it to Pat Dukes



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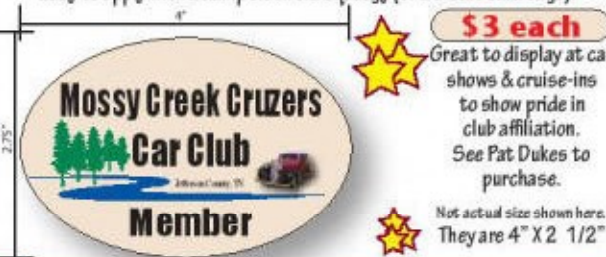
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WINDOW CLINGERS FOR SALE

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Easy to apply with a damp cloth & a squeegee (or a credit card edge).



\$3 each
Great to display at car shows & cruise-ins to show pride in club affiliation. See Pat Dukes to purchase.
Not actual size shown here. They are 4" X 2 1/2"