

The Classic Chevy Club of Tucson

BOWTIE BUGLE

Honoring Our Heroes

— MEMORIAL DAY —



Vol. 45 • Issue 5 • May 2026

Next membership meeting

May 19, 2026

O'Rielly Chevrolet

Broadway & Wilmot - 6:30PM

Raffle gifts requested from:

Stephen Lubliner, Pat & Carlos Lucas, Laird & Cindy McIntyre, Paul Miller, Max Moreau, Bill Myers, Howard & Jeanie Newcomb & Greg Oley

For the information of new members, raffle gifts can be anything the member would like to donate, i.e., a gift card, a pie from a pastry shop, anything car related, etc. These inexpensive fun gifts are raffled off at the end of every meeting and half the monies collected goes to the CCCT Treasury, and the other half goes into the Lotto which is held after the raffle. Come to a meeting, see how it works and enjoy the fun!!!

GUESTS & NEW MEMBERS

Jeffrey Greenspon was welcomed as a new member with his 69' C20 Custom Pick-up. There were no new guests welcomed. As a reminder to members: we are all interested in the care, driving and showing of all classic GM vehicles. Interested guests are always welcome to our meetings.

Memorial Day's true meaning is to honor and remember the U.S. military service members who *died* in the line of duty. It is a day of national mourning, reflection, and gratitude—not a general celebration of all veterans, and not just the unofficial start of summer.



Official Address for payment of annual dues, ballots, correspondence, etc.
Classic Chevy Club of Tucson,
P.O. Box 32521, Tucson AZ 85751

UPCOMING CLUB EVENTS TO SAVE

MAY ACTIVITY

May 17 - Members & family Picnic

Catalina State Park - Main Picnic Area/Ramada - email with details from MaryLou

June Activity

June 13 - Dinner at Scordato's Pizzeria - Details later

July Activity

TBD- Ice Cream Social - To be discussed at May meeting

August Activity

TBD- Annual bowling at Main Event - Details later



1 out of 4 men is happy



According to a study

My husband is
the luckiest man
alive...
he's married
to someone
who worries
about everything,
so he never needs to.

**Life is too short to worry
about what others say or
think about you.**

**So, have fun and give them
something to talk about.
Happy Birthday All!**

MAY BIRTHDAYS

Bob Rosenberg	5th
Blair Van Orden	5th
Jay Van Orden	7th
Sherry Palmer	10th
Sandy Croan	15th
Cesar Hernandez	15th
Janittie Bloom	22nd
Howard Newcomb	22nd
Dan Hogerhuis	23rd
Bill Myers	23rd
Cindy McIntyre	30th

MAY ANNIVERSARIES

Dan & Donna Hogerhuis	6th
Cesar & Jackie Hernandez	7th
Erwin & Jeannie Greven	19th

2025-2026 CCCT Officers

President:	Tony Warren
Vice President:	Stephen Lubliner
Secretary:	MaryLou Lopez
Treasurer:	Pat Lucas
Webmaster:	Van Pershing
Newsletter Editor:	Jeri Dettmann

Board of Directors

Jerry Dettmann
Alex Jolivet
Mike Lake
Frank Pella - **Chevy
Showdown Liaison**

Persons of Contact

Carlos Lucas-Jacket Orders
Bill Dixon - T-shirt & Badge Orders
Lilla Kurz & Jeri Dettmann- Windshield Plaques

Club Website:

<https://classicchevycluboftucson.com>

Newsletter Address:

ccctnewsletter@gmail.com

Bowtie Bugle is the official publication of the Classic Chevy Club of Tucson, Inc. The opinions expressed herein are those of the signed authors or the Newsletter Editor and not necessarily those of the CCCT. Use of any material contained herein is permitted. Please give proper credit to source(s).

The deadline for submitting information to the editor is the 26th of each month.

CLUB WEBSITE: <http://classicchevycluboftucson.com>

Minutes - April 21, 2026

Opening/Call to Order: 6:30

Meeting Notes in Newsletter: We're approved as written

Treasure's Report: Approved and 2nd as read

There were 30 members in attendance and 1 new member.

Old Business:

- Timetable for next newsletter is the 26th of each month. All newsletters can be printed off our website. Jeri will not be emailing the newsletters out.
Contact Pat Lucas by phone if you are interested in a club jacket.
- Frank gave club members breakdown of expenses and monies received for Chevy Showdown 2026 and there were 151 vehicles registered online and 18 on day of show, totaling 169 vehicles. We did very well this year; with new online website compared to all years of mail-in registration. It was well worth integrating to online process. Raffle proceeds were also up from last year and all T-shirts ordered for show were sold. We will have to order more for next year since they were such a hit!
- May's club event will at Catalina State Park on May 17th, we have reserved a ramada for the whole day, show up when you decide to make it. Admission is \$10.00 per person, \$20.00 for 2-4 people in vehicle. The lunch picnic is scheduled at 12:00 noon. Suggested: we can have music, games (horse shoes, cornhole, etc....). Bring drinks, chairs and sign-up with a side dish. The club will provide BB-Q Pork (thank you Pat L for volunteering to cook and prepare.), MaryLou will send out email to side dishes and who will be bringing what.
- Annual elections will be held at the May 19th club meeting; Stephen, Pat and MaryLou are willing to return; any nominations for President are to be sent to Tony and Steve to see if your nominated person is interested. As Tony has stated he will not be returning as President. An Official ballot will be emailed out to all members at least 5 days prior to May 19th to comply with by-laws, please remember one vote per member (husband and wives each get a vote). Any member not able to attend May's meeting please email your proxy in advance of meeting to MaryLou Lopez and your votes will be counted. All board of directors are willing to return, Alex, Jerry, Mike and Frank. Van & Jeri have offered to continue with the club's website and newsletter.
- CCCT website billing – change autopay for GoDaddy from Melisa Hadinger (previous webmaster) to club checking account.

New Business:

- There will be a Board of Director's meeting for new incoming and going out board members to answer any questions that may arise scheduled in May.
- June's club event scheduled for June 13th was decided to have dinner at Scordato's Pizzeria. Mike will set up arrangements and let us know the details.
- July's club event was decided to be an Ice Cream Social. Date & location to be determined at next meeting.
- August club event was decided to have our annual bowling held at Main Event, date and details to be determined at next meeting.
- Our May meeting will feature a special gathering with Eegee's and pizza, shared alongside representatives from the charities we support. Following the meal, members will participate in voting for the 2026–2027 Board of Directors. Your voice and participation are important as we shape the leadership for the upcoming term.

Upcoming Events:

Car Show flyers available at front desk or see newsletter.

Birthdays and anniversaries were gone over for those members who were present.

Next group for raffle prizes for May: Stephen Lubliner, Carlos & Pat Lucas, Laird & Cindy McIntyre, Paul Miller, Max Moreau, Bill Myers, Howard & Jeanie Newcomb and Greg Oley.

- **Lotto:** Alex Thomas, present and won \$25.00

- **Raffle Winners:** Pat L, Pat C, Denny, Luis, and Ron Kurz

- **Adjourn:** 7:52PM

- **Next meeting:** May 19, 2026 @ 6:30PM

MaryLou Lopez secretary

CLUB WEBSITE: <http://classicchevycluboftucson.com>

A MESSAGE FROM OUR CLUB PRESIDENT

Hello CCCT,

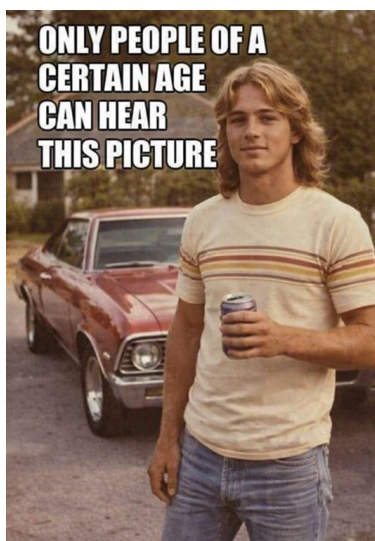
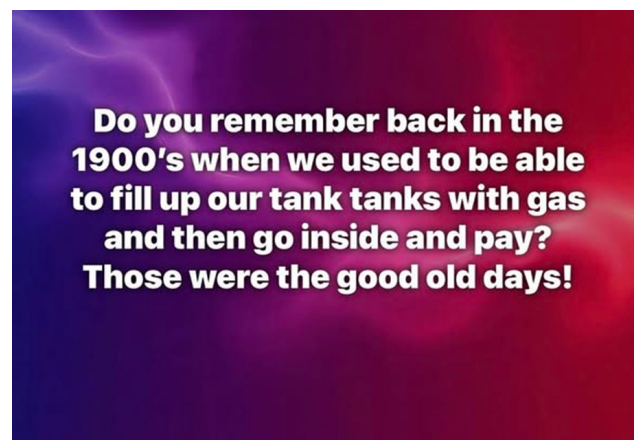
With a very successful Showdown behind us, I'd like to thank everyone who contributed once again. We had near record attendance at this year's show, a successful raffle, two happy charities, and great follow through with sponsorship. Please bring your appetite to our May meeting on 5/19 where we will have our celebratory pizza and Eegee party and host our charities (TROT and Ronald McDonald House).

I look forward to seeing you all at our Catalina State Park event on Sunday 5/17. I have now reserved us for the entire day, so feel welcome to show up whenever you see fit. We will target a BBQ pot luck around noon, so bring your favorite side or dessert to share, chairs, and drinks to enjoy the day. Also, if you have any fun games that you would like to bring, please do so. I'll be sending out an email sign-up sheet in advance so we can get an estimated headcount.

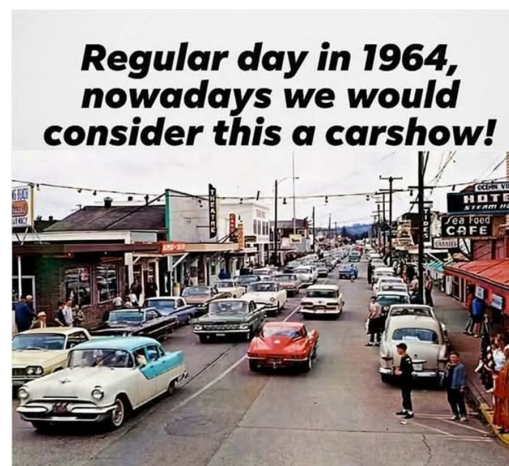
Lastly, please remember that we are seeking nominations for officers for the 2026-2027 term. We currently have a vacancy for President, and interest in sharing other roles if you'd like to run for something else. Please get in touch with myself or another board member if you would be interested.

Thank you all,

-Anthony Warren, President



Before "certified mechanic," there was "my buddy knows how."





May 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 	6	7	8	9
10 	11	12	13	14	15	16
17 Club Event-Picnic	18	19 Club Mtg 6:30	20	21	22	23
24	25 	26 NEWSLETTER INPUT DEADLINE	27	28	29	30
31						

CHECK CCCT WEBSITE FOR MORE LOCAL SHOWS & FOR INFO ON OTHER CAR SHOWS IN ARIZONA ALSO CHECK OUT:

<https://sites.google.com/view/cruisinaz> - arizonacarshows.com and allevents.in

Mark Your Calendar - Upcoming Car Shows

Car show flyers on page 6

Just Want to Get Out of The Garage? Cruise-in's

Little Anthony's Diner- Broadway & Kolb
May 2, 16, & 30th June 13 & 27 **Evening:** 5-9PM

Freddy's Custard &Steakburgers - Orange & Thornydale, Marana –every Thursday's @ 5-8PM

Freddy's Custard &Steakburgers - 11143 N Oracle Rd, Oro Vly - LAST SATURDAY of month

Cars, coffee & golf by Crown Concepts @ Top Golf - 4050 W. Costco Drive **First Saturday 6-9AM**

Tucson Cars & Coffee - 4075 W. Ina Rd, Marana **Second Saturday** of the month @ 7-10AM

Cars & Coffee @ La Encantada Mall on Skyline Dr. Every **Second Saturday** of the month 7-9 (Mar-Oct) 8-10 (Nov-Feb)

Eastside Cars & Coffee @ Viva Burrito: 8995 E. Tanque Verde Rd **Last Saturday** of the month @ 7-11am



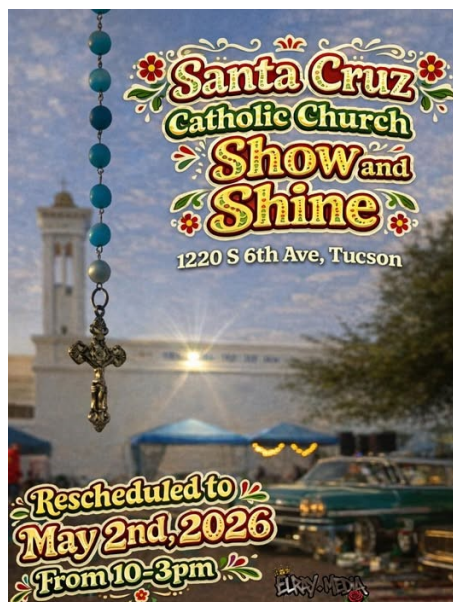
This year, Cinco de Mayo falls on taco Tuesday. This is it people. This is what we've been training for.

I THINK IT'S WEIRD
HOW SOMEDAYS I FEEL
REASONABLY HEALTHY, AND
OTHER DAYS I FEEL LIKE A
BUSTED CAN OF BISCUITS.



Eye doctor: "Your test results just came back."

Me: "Can I see them?"
Eye doctor: "Probably not"



Sat, 24 Oct • 10:00 AM

20th Annual Tucson Classics Car Show

3231 N Craycroft Rd, Tucson, AZ

GET OUT OF TOWN—CARS SHOWS

Classic Cars Off Main Car Show

Schedule

Sat Sep 19 2026 at 08:00 am to 02:00 pm
UTC-07:00

Location

435 N Adams St, Benson, AZ 85602, United States | Benson, AZ

HAPPENING NEXT

America's youngest World War II serviceman and a remarkable figure of courage.



The youngest man to serve in the U.S. Navy during World War II was reported to be Calvin Leon Graham who was only 12-years old when he lied about his age and enlisted in the Navy in May 1942. He was the youngest of six children in a farm family and grew up in Crockett, Texas. To escape from an abusive stepfather, Graham and an older brother moved into a cheap rooming house where Calvin supported himself by selling newspapers and delivering telegrams. His mother would occasionally visit, sometimes to simply sign his report cards at the end of a semester. With the country at war Graham began to think about joining the military and began to shave at age 11, hoping it would make him look older to recruiters. At 5-foot-2 and just 125 pounds Graham practiced "talking deep." Dressed in an older brother's clothes he quit school in the seventh grade; told his mother he was going away to visit relatives but instead persuaded Navy recruiters he was 17 years of age using forged documents that he and his friends had produced.

Following recruit training at San Diego he was assigned as a gunner to the USS SOUTH DAKOTA (BB-57). During the night of November 14-15, 1942, SOUTH DAKOTA engaged in intense action off Guadalcanal against a Japanese fleet and received at least 26 hits during the battle which caused extensive damage and started numerous fires. During the battle Graham was manning his gun when shrapnel tore through his jaw and mouth, another hit knocked him down and he fell through three decks of superstructure. Although seriously wounded he helped pull other crew members to safety and assisted in firefighting damage control. Graham later recalled, "I took belts off the dead and made tourniquets for the living. It was a long night. It aged me." The shrapnel had knocked out his front teeth and he had flash burns but he was "fixed up with salve and a couple stitches," he recalled. "I didn't do any complaining because so many were dead." For his efforts Graham was awarded the Bronze Star for his bravery and the Purple Heart for his injuries. When Graham's mother later recognized Graham in newsreel footage she wrote the Navy, revealing his true age. The Navy responded by placing Graham in the brig at Corpus Christi, Texas, for lying about his age. He was confined for about three months and only released when the Navy learned that Graham's sister was threatening to contact newspapers concerning the Navy's treatment of her brother who writers were referring to as the "Baby Vet." In May 1943, Graham was given a Dishonorable Discharge from the Navy, thereby stripping him of his medals and losing his disability benefits.

Back in Houston he was treated as a celebrity for a short time but the attention quickly faded. At age 13 he tried to return to school but couldn't keep pace with students his age and quickly dropped out. He married at age 14, became a father the following year and found work as a welder in a Houston shipyard. At 17-years old he was about to be drafted when he enlisted in the U.S. Marine Corps in 1948. He achieved the rank of Corporal before falling from a pier and breaking his back which ended his military career in 1951. Although serving in the Marines qualified him as a veteran, Graham spent the rest of his life struggling to get the decorations and medical benefits back, and to get a retroactive Honorable Discharge. In a 1978 interview Graham said the discharge program for Vietnam War deserters at last gave him a hope of getting his discharge as he was "Damn sure deserved more than a deserter did." In 1978 he was finally awarded an Honorable Discharge, and after writing to Congress and with the help of two Texas Senators and approval of President Carter, all medals except his Purple Heart were reinstated. His story came to public attention in 1988 when his story was told in the TV movie, *"Too Young the Hero."* In 1988 President Reagan signed legislation that granted Graham full disability benefits, increased his back pay to \$4,917 and allowed him \$18,000 for past medical bills. However, by this time some of the doctors who had treated him had died and many medical bills had been lost. He received only \$2,100 of the possible \$18,000. While the money for the rights to his story for the movie amounted to \$50,000, 50% went to two agents and 20% went to a writer of an unpublished book about Graham. Thus, Graham and his wife only received \$15,000 before taxes.

Graham died on November 6, 1992, from heart failure and was buried at Laurel Land Memorial Park in Fort Worth, Texas. Finally, in 1994 after intervention by Presidents Carter and Clinton, Graham's Purple Heart was finally reinstated and presented to his widow.

Arizona potholes resembling desert oasis listings.....ONLY IN ARIZONA

You know it's Arizona when potholes start looking like private desert oasis listings.

We're barely into the season and already somebody's staring at one like... yep, that one's got shoreline potential.

Out near Tucson, someone's checking the depth with a rake handle like they're about to call it Lake Havasu Jr. Phoenix is already debating whether it counts as a pothole or "just heat-related terrain."

Mesa has a guy saying "it's not even that deep" right before one tire vanishes like a magic trick.

Somewhere off I-10, somebody's dragging over an inner tube, a Circle K drink, and a folding chair like this is now a weekend destination.

Give it one hot afternoon and somebody's calling it a pop-up waterfront.

At this point, ADOT might as well lean into it.

Throw up a sign—"Caution, Desert Marina Ahead."

Maybe add a gas station, a saguaro in the background, and call it seasonal infrastructure.

We don't fix potholes in Arizona.

We let the sun bake them, the monsoon fill them, and the internet name them. ANY BETS FOR MONDAY



A fella once asked me what a hoedown was and I told him it's like a shindig but more like a hootenanny. I could tell he was still confused because his face went all cattywampus.

LUXURY WASN'T DIGITAL... IT WAS CHROME, LEATHER, AND SOUL



Shout out to everyone who takes the back off the remote control and rolls the batteries around instead of just replacing them.

My favorite adult hack is when I carefully and thoughtfully put something very important away so I can't lose it and then I never find it again

38th Annual Chevy Showdown - April 4th 2026

Great day for a car show. We had 169 vehicles that participated in the Showdown. The day of registration included the availability for folks registering to use their credit card. The raffle drawing was handled by Ron & Lilla Kurz, big change in sales of tickets.



You know you're a bad driver when Siri says, "In 400 ft, stop and let me out!"

38th Annual Chevy Showdown - April 4th 2026





2026 BEST OF SHOW
Bill Spagnola's
1939 Chevy Town Sedan



2026 Chevy Showdown Winners

Class:

PRE 1955 CHEVY CARS & TRUCKS

- 1st Place: James Connell -1948 FLEETMASTER
 2nd Place: Clifford Coleman -1953 3100 P/U TRUCK

1955/1956/1957 STOCK CHEVY CARS

- 1st Place: Blaise Romeo - 1957 BELAIR
 2nd Place: Bruce Aafedt -1957 BELAIR

1955/1956/1957 MODIFIED CHEVY CARS

- 1st Place: Steve English - 1957 BELAIR "GASSER"
 2nd Place: Dan & Joan Levitt - 1955 BELAIR

1958-1972 STOCK CHEVY CARS

- 1st Place: John Beckman - 1964 IMPALA SS
 2nd Place: Chris Spencer - 1963 IMPALA

1958-1972 MODIFIED CHEVY CARS

- 1st Place: Richard Ritthaler - 1963 IMPALA SS
 2nd Place: Jon Joyner- 1969 CAMARO SS

1964-1972 CHEVELLES & MONTE CARLOS

- 1st Place: David Dudley - 1970 CHEVELLE
 2nd Place: Jordan Helget - 1967 CHEVELLE SS

1967-1972 CAMAROS

- 1st Place: Frank Ptak - 1968 CAMARO
 2nd Place: Kevin Terhune - 1967 CAMARO

1973-1996 CAMAROS

- 1st Place: Brian Baird - 1979 CAMARO
 2nd Place: Francis Caldara - 1968 CAMARO

1953-1982 CORVETTES

- 1st Place: Preston Tifft –1963 Corvette
 2nd Place: Gerry Rose – 1962 CORVETTE

1983-1996 CORVETTES

- 1st Place: Bill Moritz –1991 Corvette

1962-1979 NOVAS

- 1st Place: Micheal Grass – 1970 NOVA
 2nd Place: Troy Rupp – 1965 NOVA

1960-1969 CORVAIRS

- 1st Place: John Young - 1961 CORVAIR
 2nd Place: Tina Kensey - 1966 CORVAIR

Class:

1959-1987 EL CAMINOS

- 1st Place: Douglas & Annie Steiner – 1971 EL CAMINO
 2nd Place: Konnor Murray – 1979 EL CAMINO

1955-1959 CHEVY/GMC TRUCKS

- 1st Place: - Derek Green - 1957 CHEVY 3100
 2nd Place: Tim Joannides - 1957 CHEVY CAMEO

1960-1966 CHEVY/GMC TRUCKS

- 1st Place: Gilbert Meltvedt - 1964 KODIAK
 2nd Place: Richard Norman - 1961 C-10

1967-1972 CHEVY/GMC TRUCKS

- 1st Place: Louis Salcido - 1972 CHEVY K/5 BLAZER
 2nd Place: Steve Fegan - 1968 CHEVY C-10

1973-1987 CHEVY/GMC TRUCKS

- 1st Place: Porky Buske - 1986 CHEVY C-10
 2nd Place: Roman Jalbert - 1985 CHEVY C-10

1988-1996 CHEVY/GMC TRUCKS

- 1st Place: Aaaron Gillespie - 1989 CHEVY 1500
 2nd Place: Santiago Altamirano - 1996 CHEVY 1500

1972 AND OLDER BUICKS

- 1st Place: Sam Giordano - 1965 BUICK GRAN SPORT.

1972 AND OLDER OLDSMOBILES

- 1st Place: Greg Nagan - 1967 VISTA CRUISER
 2nd Place: Harlen Iverson - 1971 CUTLESS CONV

1972 AND OLDER PONTIACS

- 1st Place: Randy Willard - 1966 GTO
 2nd Place: Randy Rogers - 1967 GTO

1973-1996-ALL LATER MODEL GM CARS

- 1st Place: Theo Hernandez - 1986 BUICK GRAND NATL
 2nd Place: Karl & Sandra Lorenz - 1978 BUICK

RUSTIC UNRESTORED-ALL GM CARS & TRUCKS

- 1st Place: Jason McCoy - 1988 2500 "ROAD TRAIN"

STREET RODS-ALL GM VEHICLES

- 1st Place: Bill Spagnola - 1939 TOWN SEDAN
 2nd Place: Bill Sawyer - 1933 CHEVY MASTER EAGLE

Chevy Showdown - Awards Presented to 2026 Winners



These are just a few photos I took during the awards being presented to winners. Next year, will request help from another member to take photos from the opposite side.

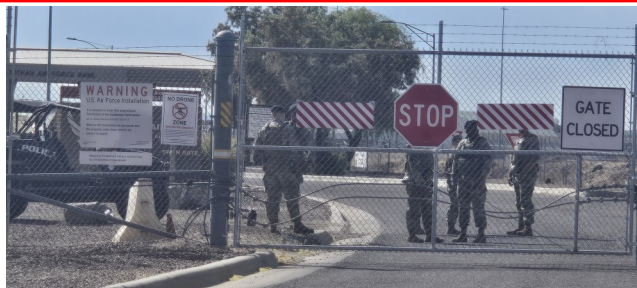
The DM50 hosted its 16th annual DM50 Picnic and Car Show on Saturday, April 11, from 10 a.m. to 1 p.m. at Bama Park on base. Although several other car shows were happening around Tucson the same day, the event still drew an estimated 60 vehicles.

The picnic is free for all Air Force personnel and their families, and this year's activities offered something for everyone. Kids enjoyed horse rides, bounce houses, face painting, and plenty of treats including cotton candy, popcorn, and snow cones. Lunch featured hot dogs and hamburgers with all the fixings, plus cookies for dessert.

Five CCCT members participated this year—Kurz, Newcomb, Alex Jolivet, Matt Villella, and Dettmann—with Ron Palmer stopping by with his granddaughter. Howard and Jeanie Newcomb's 1938 Chevy took first place in its category, even if it was the only entry.

Overall, the group had a great time, and the weather cooperated just long enough to make the early wrap-up feel well-timed.

Upon arriving at the gate, as normal; it's a waiting period if arriving prior to 9:30. Well this year, the guards were a little confused with 'who had the gate key' It was a game of "I swear it was on this ring five minutes ago." — Every guard, probably said then they had to wait for another guard to arrive in a jeep across the base with the lucky key. "When the gate is secure... a little *too* secure."



The Esplanade Charity Car Show - April 18th

Perfect day for a car show in April, weather was very accommodating. It was especially great to receive shade for many of us that arrived after 8:30. The show brought in 46 vehicles, which included 14 CCCT members. Quite a treat for CCCT members to be among vehicles newer than ours. There was over \$2,200 plus 2 full donation bins collected for "More Than a Bed". We look forward to next year.



So what is More than a Bed?

More Than a Bed operates a large resource center in Tucson that supplies beds, clothing, shoes, diapers, baby gear, toys, school items, and household essentials at no cost to caregivers. Their mission is simple but powerful: to ease the financial strain on families and help children feel secure during difficult transitions. Founded in 2014, the organization began by helping just five families. Today, it serves foster, kinship, adoptive families, and youth in congregate care across all Arizona counties.

You can visit their facility at: 3637 N, 1st Ave, Tucson, AZ

Remember the 'Odd & Even' gasoline days in the 70's

The **odd-even gasoline rationing system** was implemented in the U.S. as part of the response to the **second gasoline crisis in 1979**, caused by turmoil in Iran and Iraq. According to historical documentation, **odd-even rationing was instituted in the U.S. during this 1979 crisis**, and California was among the states that adopted it.

During this system:

- **Plates ending in odd numbers** could buy gas on **odd numbered days**.
- **Plates ending in even numbers (including 0)** could buy gas on **even numbered days**

This method was used to manage long lines and panic buying during the shortages.



History has a way of repeating its self.

Anytime I have to
pass a slow driver, I
ALWAYS glance over
to see if they look as
stupid as they drive.



Something I've learned
from Instagram:

Complete strangers on
the internet can be
better supporters than
people you've known
your whole life.

Looking for a Club shirt with your name on it?

Contact Ann Van Orden 770-778-2963 she is charging \$5 to embroider your name and club logo.

NOTE: YOU MUST PROVIDE YOUR OWN SHIRT



I can't sleep but I wanna know why there is a U in Four, Fourteen, Twenty Four, Thirty Four, but there is no U in Forty

**OUR MISSION STATEMENT**

To have a good time while loving, restoring and preserving the Classic Chevrolet and other GM vehicles through 1987

**THE ACTIVE MEMBER**

Are you an active member? The kind that would be missed, or are you just contented that your name is on the list. Do you attend the meetings and mingle with the flock, or do you stay home and criticize and knock?

Do you take an active part to help the work along, or are you satisfied to be the kind that "just belong?". Do you ever go to visit a member who is sick, or leave the work to just a few and talk about the clique? There's quite a program scheduled that I'm sure you've heard about. And we'll appreciate it if you'll come and help us out. So come to the meetings often and help us with work and hearts. Don't be just a member, but take an active part. Think this over member:

You know right from wrong.

Are you an ACTIVE member or do YOU just belong?

EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.

ASSOCIATE MEMBERSHIPS

In accordance with the revised CCCT By-Laws, Associate Memberships are available to anyone who lives in excess of 75 miles one way from the City of Tucson. Annual dues shall be 60% of the full dues established by the membership which at this time is \$25.00. There are no voting privileges extended to Associate Members.