



i Saluti

INSIDE:

Rally World News 3
 Speedy Delivery 3
 Green Tree Car Show 5
 Classifieds 5
 Summer Soiree Photos 6
 Tech Stuff 7
 Wheel Bearing Replacement 8
 Alfisti Cooks 10
 Eureka Springs Registration 11

Note Bene

by Phil Dean, Pres

Risky Business

Many thanks to Jon and Nancy for allowing us to dance the night away in their log home in IL last month. Food was "plentiful and tasty" (Just like Post Dispatch Joe Pollack Food editor said over and over and over). Lots of illicit photos (taken by mistake) with the Ladies twisting so fast, good pictures were missed. Jerry and Debbie Dublan drove from Chicago (CPA business near Fox Valley Lamborghini dealership) to attend, then stayed one night to drive back. All in an older Spider with home made wind blocker. Said couple forgot to pack, so off to local mall for clothing purchase. So good to the local

continues on page 7

**Alfa Club at
 Kirkwood Green Tree
 Festival Auto Show
 Sun Sep 19, 8:30am**

\$10 for display, \$15 for judging. RSVP Harden Ervin (314) 965-0352. More info on page 5.

Next Event ...

Picnic!!

Sat September 11, 3 pm

Walt & Marian Hatcher's, Washington MO

bring: covered dish

This event signals the end of another great Alfa summer. We started with Spring Fling, then the European Car Show, Alfa Day at the Lake, AROC National Convention, and the Summer Soiree. Now, bring your car, your stories, and your pictures of what you did this summer to **The Picnic** at Marian and Walt's home on the Missouri River bluff.

Gatherings at restaurants are fun but one is usually confined to his or her seat and the cars are parked outside. Organized events are fun but there is a timetable. At the picnic, one can mingle, talk, discuss, drink, bunch up, spread out, relax, and maybe even be surprised by some impromptu tech session... like '99's top-folding exhibit.

Bring a dish of something good -- salad, dessert, or side dish (single guys may be exempt, but purchased items are acceptable) share and **ENJOY!** Join us and have a good time. The club will provide main course, beer, and soft drinks..

RSVP to Walt and Marian (636) 239-2690 or fax: (636) 239-3006. Directions on page 2.

Test and Tune at Bob Volpe's

Sunday Sep 26, 3pm

Meineke Car Care Center

402 S Florissant, Ferguson MO

Although Meineke's name has become synonymous with exhaust, brakes, and suspension over the years, in the last few years we have been adding services to the point where we are now a full service automotive care facility. We still specialize in custom exhaust, performance, and suspension tuning, but now offer a much broader service menu. We have also focused on our specialty Alfa services, with complete repair menus on all models from engines to electronics, diagnostics and more.

On Sunday Sep 26 we invite you to come out and visit our newest facility, check out our new machinery, alignment equipment and test equipment (or toys as some of you will call them) and feel free to use the facility to check out your Alfas or whatever you bring (lesser cars are welcome also).

On hand to help will be technicians to answer any technical questions, test any systems you might want checked on your vehicle, or help you if you want to play with some of the shop toys. Bob Volpe (314) 398 7300

i Saluti is the official publication of the Alfa Romeo Owners Club of St Louis (AROCSL). Articles, photos, and classified ads should be sent to newsletter Editor. Classified Alfa-related ads are free to members. Please inquire for commercial rates.

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2004 Calender

- Sep 11 **Alfa Club Picnic** at the Hatchers' home. 3pm, RSVP Walt Hatcher (636) 239-2690.
- Sep 11-12 St Louis Museum of Transport celebration
- Sep 11 Greentree Festival Car Show, KirkwoodMO, 8:30am, RSVP Harden Ervin (314) 965-0352.
- Sep 26 **Tech Session** at Volpe's shop, 402 S Florissant, Ferguson MO, 3pm, Bob Volpe (314) 398-7300.
- Oct 24 **Fall Tour** to Crown Valley Winery
- Oct 29-31 **Eureka Springs** AR weekend
- Nov **Planning meeting**
- Dec 12 **Alfa Club Christmas Party** at the Housers' home



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ALFISITI COOKS! -- the book

Sue has published a brand new collection all the recipes she's gathered over the years for the *Alfisti Cooks* column. They are all together in the new ***Alfisti Cooks! Cookbook***.

Order your copy today. Send your check or money order for \$4.50 to

Sue Houser
12736 W Watson Rd
St Louis MO 63127-1325

Directions to Hatchers' Picnic, Sept 11, 2004

Exit Hwy I-44 at the Washington MO Hwy 100 exit.
Go west on Hwy 100 to Hwy 47. Turn right onto Hwy 47.
Continue on 47 to Fifth St.
Turn left on Fifth St to Jefferson St.
Right on Jefferson to Front St.

Left on Front St about 10 blocks to the dead end.
Go left and then almost immediately turn right onto Main.
Take the first driveway on the right all the way up to the top of the hill. Walt and Marian live at 1000 W Main St in Washington phone: (636) 239-2690. ☘

NEWS FROM THE RALLY WORLD

by Mike Houser

Folks from St. Louis recently participated in two SCCA National Road Rally Series events.

Perimeter Restraint (14 August, Indianapolis IN)

A "trapped" TSD event meaning the competitors had to follow written route instructions and also keep track of Main Road Determinates (MRD's) to determine their direction of travel at each intersection. Because Ron Ferris had participated in the pre-check of the event and thus couldn't be a competitor, our function was to act as one of the lead cars to make sure that (1) all the road signs were in place and (2) verify the control crews at each checkpoint were at the right location. Normally, the lead car will have a set of the route instructions with addendums to follow the correct route. For some unknown reason, we were given a spreadsheet with all sorts of meaningless data to use in following the route. Up to a point, everything was OK until "Mr. Murphy's" (not our Dan) decided to take over. We missed a turn (wrong mileage in the spreadsheet) and had to call the rallymaster via cell phone (aren't modern communications wonderful?) to get back on course. So from start to finish (distance-wise) was around 220 miles and (time-wise) was from 0900 hrs to 1800 hrs.

LaVarifome IV (15 August, Indianapolis IN)

A course-following TSD. The route instructions for the first six legs and the last six legs had tulips diagrams to show the course. The middle twelve legs gave mileages and times to arrive at specified points but no assigned speeds, so the computer was pretty much useless to determine if you were early or late. For the first six legs, we had a total of 4 penalty points or 0.04 minutes. Then Mr. Murphy made his appearance again. The main problem was that the route was on gravel roads with a lot of dust flying around. Two teams actually quit at this point. At one location, the route instruction was "CROSS BRIDGE". Normally, you would expect to go straight which we did but should have made a left turn with the result that we were off course and couldn't make up the lost time until the noon break.

from <http://icwales.icnetwork.co.uk/capitalcity/news>

Talk about a speedy delivery!

Mini boy racer Jad Jamree was in such a hurry to arrive that his parents didn't make it to Llandough Hospital's maternity unit.

Instead the 6 lb 8 oz baby was born in the hospital's car park, in the backseat of their **Alfa Romeo 156**.

Mum and dad Azieawati Mohdzin and Jamree Jawaini, of Ninian Park Road, Cardiff, made the cross-city dash to the hospital after Jamree's waters broke nearly three weeks early.

"Even when my waters broke I didn't realise I was going to give birth," said Azieawati. "But we went to hospital because I wanted to check everything was okay."

After the 10 minute car journey, Jamree was unable to get out of the car, so midwife Jessica Stevens, 34, came to her.

"My husband looked and said he could see the head," she said. "I was surprised because the baby was early - we

Summary

A lot of the teams were not happy campers for various reasons. The last word I heard was that the national SCCA office will not sanction future events in Indianapolis until such time changes are made by the organizers to follow the safety guidelines, etc. suggested during the official pre-check.

Ojibwe Forests (27 August, Bemidji MN)

A two day event with the "pro" and "club" guys & dolls running the same course. The difference between the two series is mostly the level of experience and horsepower, etc. The "pro" teams will have cars with horsepower ranging from 250-400 depending on the class entered. The top teams will spend around \$60,000-\$80,000 just on the car not counting travel trailers, service vehicles, etc. Expenses for the weekend alone will be between \$3,000-\$4,000 so all in all not a cheap sport to enter. We volunteered to work as control workers at the start and finish points for several stages. All in all, a very nice event although you have to be a little bit nutty to drive 800 miles (up & back) just to do a couple of hours work.

And coming up early next year . . .

100 Acre Wood/Trespassers Wil Club Rally 25-26 February 2005 - Salem, MO

2005 will be the fourth year for this event. The basic area used is bounded by Salem-Steelville-Potosi-Viburnum-Ellington. It would be nice to see some of the Alfa group show up if only to be a spectator. Volunteers are also needed. If you are interested, contact me for additional info.

On the Internet, go to scca.org or rally-america.com for more details.



didn't even have the nursery ready."

Baby Jad was born minutes later at 3:35pm on Monday, August 16 - the day before the couple's second wedding anniversary.

To mark his unusual arrival - and the fact he is their first child - by giving Jad, Alfa, as his middle name.

"It was just like a film, and it didn't feel like it was happening to me," said Azieawati, 26, who is an accountancy student.

"I think I will have my next baby at home, as Jad wasn't born in a hospital and everything turned out all right.

"I guess he will like cars when he is older."

Sister Stevens added: "The middle name is certainly different."

Proud dad Jamree, 26, an architectural assistant at Nightingale Associates, The Walk, Cardiff, said: "It was certainly something to remember, and it was very interesting he was born in that way on a special day."



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388-1181

10617 New Halls Ferry
St Louis MO 63136
(1/2 mile south of I-270)

Alfa Club at Kirkwood Green Tree Festival Auto Show

Sun Sep 19, 8:30am

It's up on the grass and there is plenty of shade. It will be Sunday Sept. 19th. I would like everyone to **meet at my house, 885 Fuhrmann Terr, Glendale MO, for coffee at 7:30am** and roll in to the show at 8:30am.

It will be \$10 to display your car and \$15 if you want it judged. No preregistration. Call me to let me know if you are coming. (314-965-0352)

Thanks and hope to see you there,
Harden Ervin alfaervin@hotmail.com

For Sale

• **Wanted: GTV coupe**, preferably from someone who understands and cares about the cars. Rick Martin martinr81@aol.com



• **'83 Spider Veloce**, Odo shows 30,000 but may be higher. Car in very good condition inside and out and runs great. I have owned it for the last 7 years and in that time have not driven it over a total of 3000 miles. Last year I had cat. conv. and oxygen sensor replaced and motor tuned up to pass emissions test. Also all the motor and tranny mounts were replaced. All work done at Bob Volpe's shop. Overall I think it is a great car. Asking \$4500. Rob Gyngard, 314-831-2163 (h), 314-731-6300, ext 2478 (w), rgyngard@ford.com or rgyngard@peoplepc.com

• **'86 Alfa Romeo Spider Quadrifoglio**, 64k orig miles. Silver with gray leather (red stitching). Car is in very good condition inside and out and runs well. It needs some minor attention (new top - I never put it up and new tires). I owned it for 4 years but a crazy travel schedule and the kids playing soccer, etc. have it sitting in the garage more than it should. Bob Volpe just did full engine overhaul (and new exhaust) about 1.5 years ago. Great car worth \$6k. Asking \$5k so you can buy a top and tires. Ken Stocker, 314-754-5912 w, 314-283-8728 c, Kenny.Stocker@riverfronttimes.com

• **Set of 5 "turbina" wheels**, circa 1975. Magnesium alloy, Chromodora (which are considered a bit better cast than the Campy's), 5 1/2 x 14, 37 mm offset, 108 mm bolt circle. Fit all 105/115 spiders, GTVs, Berlinas. They are in average condition except the spare, which is usable only as a spare. \$150 OBO. Robert Wilkinson, 314 362 2300 w, 314 918 0889 h, wilk@cellbio.wustl.edu



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Summer Soiree

Photos by Janet Hirsch, Rich Hirsch, and Phil Dean

Many thanks to Jon Rhodes and Nancey Scoggin. They opened their home to us and hosted this elegant evening.



Donna Pacropis, Sue Houser, and Debbie Dublin.



Graham Davis, Rich Hirsch, Debbie Davis, and Mike Houser.



Norma Urani and Agnes Carnaghi.



Nancy's daughter, Nancy Scoggin, and Chuck Workman.



Marilyn Murphy, Michael Lains, and Kara Brawley.



Sue Houser, Jane Rauth, and Bob Volpe.

Tech Stuff

Spider Alternator Options

Q: I have a '78 Spider that needs a new alternator. Is there a way to install an alternator with a higher capacity?

A: Yes, you can install a Milano alternator. It is a bolt-in, no modification required installation. It really is that easy. You will, however, have to bypass your existing external voltage regulator as the later alternator has an integral regulator. — Jeff Greenfield

Spark Plug Tips

by Ron Bak

When purchasing new plugs, use the manufacturers specified plugs when possible, if not, then replace them with a well know brand such as NGK, A/C Delco, Bosch, etc.

Don't waste money on hyped up, newest breakthrough in spark plug technology, these plugs rarely pay for themselves in fuel economy or longevity.

Check the plug gap against your cars' specifications, even if they have been preset. Used compressed air to blow out debris from spark plug holes before removing plugs. Pull on the plug boot, not the wire.

When replacing the spark plugs, use a small amount of anti-seize compound on the threads to avoid galvanic reaction with the cylinder head. Use a small amount of dielectric grease on the inside of the plug boot where the boot contacts the ceramic insulator of the plug.

Check the condition of the plugs to get an idea of what is going on inside the combustion chambers.

Curse of the Rounded-off Bolt

We have all had the opportunity to round off a frozen bolt or two. A socket might split, or we might have wished we had used a 6-point socket instead of a 12-point for just a little more surface contact. That is just before the bolt rounded off a few corners. If you have been using a 12-point socket, switch to a 6-point. That extra contact might save the day. If not, and you are working with US. size bolts, go down to the very next size slightly smaller in a metric. Example from a 9/16" to a 13mm. Gently tap it onto the bolt. If you have rounded it off enough, it may fit, giving you a fresh start. If not the next step may be the heat wrench.



Note Bene continued from page 1



Rich Hirsch, Bob Volpe, and Phil Dean.



Jon Rhodes, Jerry Dublin, and Ralph Coldewe.

economy!

So, driving a Spider 10 hrs in 2 days along interstate hiways..Hmmm..Safe? One older MD at my local hospital publicly chastised me in the doctor's lounge for buying my first Spider in 1990. He said, "small cars are so unsafe!" Well, he was/still is a big jerk proctologist, but what are the facts Madame?

Bernard L. Cohen, Ph.D has some data from "Risks in Perspective" AAPS Journal Vol 8, number 2, pages 50 to 55. Dr Cohen is a physicist who was so sick of marching street actors determining energy policy in USA, along with a bunch of drunk politicians, that he statistically correlated early death rates as a "loss of life expectancy" (LLE)...as an average in USA in 21st century. I will try to summarize data with emphasis on CAR STUFF DATA..or at least AROC club demographic data..all to discuss at Col and Marian Hatcher's on Sept 11, 2004 in Washington, MO.

Most important cause of "life shortening" are 3 diseases...

- 1) Heart disease (4.4 yrs LESS). So, Graham, bring lots of red wine to eliminate the fatty foods from our arteries...Not too many stressful jokes or chest pains may ensue..so Volpe has to tell LESS anecdotes this year...No one allowed to take TWO Viagras simultaneously at the party...(see Bill below)
- 2) Cancer (3.4 yrs), so don't inhale asbestosis brake linings from Lains' old Duetto..otherwise, you do a Steve McQueen early exit. Eat lots of roughage to promote bowel health..I guess I bring old EGGOs in refrigerator for my contribution.
- 3) Stroke (250 days early death)..well, not to worry, we all eat aspirin and see Dr Dean in bathroom for Neuro exam checks, then get admitted to St John's Hosp in Washington, MO so Phil can get money for NEW Italian cars...

Everyone had a wonderful time! 

continues on page 9

from www.chicago-rawhide.com

Wheel Bearing Replacement

Bearing/seal Removal — Front Wheel

1. Raise the front end of the car on a hoist or safely support it on jack stands and remove the wheel. Never work on a car supported only by a jack.

2. On disc brake cars loosen and remove the brake caliper mounting bolts. The brake line does not need to be disconnected, but **CAUTION: the caliper must be supported while disconnected to avoid brakeline damage.** The caliper can usually be suspended by a wire loop.

3. Using pliers or a screwdriver, remove the dust cover and cotter pin.

4. Loosen the adjusting nut. Jerk the rotor assembly to loosen the washer and outer wheel bearing (brakes may have to be backed off). Push the assembly back on the spindle.

5. Remove the adjusting nut, washer and outer wheel bearing.

6. Pull the rotor assembly straight off the spindle. Do not let the inner bearing or seal drag on the spindle threads.

7. With seal side down, lay the rotor on the floor. Place a drift or broom handle against the inner face of the bearing cone. Carefully tap out the old seal and inner bearing.

8. Before discarding the seal, record its part number to aid in selecting the correct CR replacement. Never reuse old seals. Contamination entering past an old seal will ruin a bearing.

9. Clean and inspect the old bearing thoroughly before reusing it (see Inspection and Cleaning below). **CAUTION: If either the cup or cone is damaged, discard the entire bearing and replace it with a new one. Remember to drive the used bearing cup out of the hub.**

CAUTION: Never install a new bearing cone with a used bearing cup, or vice versa.

10. Match the part number of the old bearing to select the correct CR replacement.

Cleaning and Inspection

11. Using a clean solvent and clean dry cloth, remove oil, grease and dirt from the hub cavity, dust cover and spindle.

12. Use a clean brush to remove dust from brake parts. **CAUTION: To avoid inhaling asbestos brake dust, never blow off brake parts with compressed air.**

13. Place the bearing in a metal basket and suspend it in a clean container or tank of solvent. If a basket is not



Rear Wheel Bearing Renewal

by Jeff Greenfield

To check, jack the rear up and grab the rear wheel top and bottom and try to 'rock' it. Anything but the slightest amount of movement is too much. It is common for rear bearings to fail.

To disassemble, remove the wheel, unbolt the brake caliper (if you remove the pads first, you can usually slide the caliper off while keeping the brake line connected and hang it aside). Disconnect the e-brake cable at the diff (the one that runs to the wheel laterally), and unbolt the four nuts that hold the backing plate to the axle assembly.

At this point you should be able to withdraw the axle shaft from the tube. Some persuasion in the form of a slide hammer might be required. I usually remove the e-brake shoes from the backing plate for the next step, although you might be able to this without doing so, but do so at your own risk.

Jig the shaft up in a shop press, and press the retainer off. In order to do so, you will need to heat it considerably. You can now press the old bearing off the axle.

Press the new bearing on after cleaning everything up. Warm the new retainers up in the oven (I forget what temp, but I believe it is in the manual) and press them on.

Install the new seals in the axle tube, and reassemble everything.

With all the right tools I can do both rear axle bearings in 4 hours assuming everything comes apart easily and there are no other surprises along the way. 🍀

available, suspend the bearing with a wire or place it on a metal plate at the bottom of the container or tank.

14. Rinse the bearing in clean solvent as shown. Dry it thoroughly. Natural air drying is the safest method to use. Compressed air may be used *with care*, as long as it is free of all condensed moisture and all dirt has been removed from the bearing.

CAUTION: Never spin a bearing with compressed air. Personal injury may result. Also, never use water or steam to clean or rinse a bearing. Moisture causes corrosion, which results in premature bearing failure.

15. Inspect the cleaned bearing thoroughly for nicks, pitted areas, and damage. If any of these are present, discard the entire bearing and replace it with a new one.

16. If it will not be re-used immediately, dip the cleaned bearing in a protectant or coat the surface with a light grease. Rotate the bearing to work the grease thoroughly in and around the rollers and on the races. Wrap the lubricated bearing in waterproof paper and place it in a clean box.

17. Inspect the spindle for burrs, nicks or embedded particles. Carefully smooth out any roughness with an emery cloth. Note: Deep scores or grooves on the shaft surface where the seal makes contact must be repaired before reassembling the wheel.



continues next month

Note Bene continued from page 7

P.S. Men are 1.1 times more likely to die of heart disease than women. (Bill before Hillary, blah, blah.)

Accident related early deaths:

- 1) accidents as a whole...366 days early death.
- 2) suicide 115 days early death.
- 3) homicide..93 days on average, early death.

50% of all "accidental deaths are MOTOR VEHICLE related...(we talk bikes later).

50% of all car deaths are ALCOHOL related. (and 1/3 of victims are sober).

Accident related deaths per billion miles travelled are:

- 45 for male drivers
- 17 for female drivers
- 42 night driving vs. 17 daylight drives
- 39 in rural areas vs. 15 in urban areas

Using "seat belts" reduces "loss of life expectancy" by 70 days over your average lifespan.

Speeding arguments? The 1987 increase in speed limit from 55 to 65 resulted in only 2 days early death for all Americans, mainly because only 8% of all motor deaths occur on the interstates!

*****Now, to the ALFA point...driving a small car results in 60 days earlier death, on average, over whole USA in this century.

Back to "other" accidents... with all the MSNBC nonsense and Trial Lawyer-Junk Science on TV..what are the EARLY DEATH facts Jane Pauley?..(other than your over-paid Manic depression FACTS).

Non-motor vehicle ACCIDENT data..regarding LLE (loss of life expectancy)...

Falls (28 days)..see 1990s Mountain Climbing Movie with Sly Stallone...

Suffocation (28 days)..see movie "Charade" with Cary Grant and Audrey Hepburn.

Drowning (24 days)..mostly in bathtubs, not the Great Barrier Reef -Spring Break- rich kid -trip.

Poison (20 days)..my Mom had fingers stuck together with Crazy Glue over Labor Day weekend..almost caused her a hysterical-heart attack-panic death. PS use "fingernail polish remover" to separate fingers from SPICA part you be Crazy-gluing together, all to save a few bucks.

Fire/burns (20 days). So watch the I-car petrol/benzina levels on your underwear!

Firearms (only 6.5 days earlier death over an average USA lifetime in 21st Century..... Jane Pauley/Janet Reno to NOTE and memorize and shut up!)

Airplane crashes/incidents (3.7 days)..anyone have any close calls? Ask me how I know. Chicago American Airlines 1979 O'Hare Airport.

Railroad related (1.3 days)..Yikes..what if I get drunk at Hatchers' and fall down grassy knoll to riverside railroad AMTRACK tracks? Oh me, Oh my..where is Jane Pauley when you need her???

Bicycles are the most dangerous form of travel per mile...especially on public roads in Missouri. Every cross country biker always says MISSOURI DRIVERS SUCK..more than any other state in USA. I agree.

Lifestyle LLE rates:

Smoking..loss of 6.6 yrs

Cigars..3.2 yrs

Alcoholics.12 yrs earlier death

Overweight by 25% (ie you weigh 200 lbs when you should weigh 160 lbs)...36 days lost per pound over ideal wt..aka...one yr dead early for each 10 lbs you are overweight. Single male over age 55? 3.2 less years life.

Single female over 55? only 1.9 years less lifespan.

Divorced males? 6.2 yrs less

Divorced females? 2.5 yrs less lifespan..

Pesticide residue in food? 12 days less

Passive smoke inhalation? 8 days less

Hazardous wastes exposures? 2.5 days less..(Times

Beach,MO is along I-44 to Washington, MO..breath deeply)

Drinking contaminated H2O? 1.3 days less life.

Nuclear power radioactivity accidents? Only 0.06 day less life

Ok, so you want happy talk now?

Sunday Sept 12 is second day of Museum of Transport Show..call Jim Weddle 314 963 1216 to display your car with Ferrari Club. About 14,000 folks attended last year. West County location someplace. Any ALFAs going on Sunday?

Sunday Sept 19th visit Harden Ervin near Kirkwood Green Tree-CAR Festival...only \$10 to display car, \$15 to have car JUDGED. Coffee at 0730 hrs at Harden's place..RSVP 314-965-0352.

Sunday Oct 10th Columbus Day Parade on the Hill, with Ferrari club, or Phil Dean as guest, etc...1115 hrs at Kingshiway and Southwest Ave for Parade Assembly point. After Parade?, 2 PM? see Jim Weddle's "stadium of dream cars" at his warehouse @ 5707 Manchester.. RSVP to JIM WEDDLE 314-963-1216.. Like about 20 or so classics like Ferrari Daytona, F-360s, Porches, American Iron, MGs, etc Eat finger foods off the engine manifolds.. I saw his cars last year..a MUST SEE.... before you die! Before the Asteroid hits!!

Ciao,
P Dean,MD



Alfisti Cooks!

by Sue Houser

It is hard to believe the wonderful weather we had for the Day at the Lake at Rich and Janet Hirsch's Lake Tishomingo home. Not too hot, not too cool, light breeze, bright sun. There were a few people bobbing around in the water, some took off around the lake in a kayak, some perused the Alfisti friends and a frosty beverage. The food was all very tasty. There were salads that took advantage of the abundant fresh summer produce, cool desserts and Janet's famous Bolognese Sauce (page 29 of *Alfisti Cooks!* Volume 2, first edition). Agnes Carnaghi (Norma's sister) brought an Italian Zucchini Pie, a vegetable dish and I brought a frozen berry pie. Hopefully other recipes from this event will be coming to me soon.

Agnes Carnaghi's Italian Zucchini Pie

- 4 ½ cups thickly sliced zucchini
- 1 cup coarsely chopped onion
- 2-3 minced garlic cloves
- 1 tablespoon parsley flakes
- 1 tablespoon basil flakes
- 1 tablespoon oregano
- 1 teaspoon garlic powder
- salt and pepper to taste
- 2 eggs, beaten
- 2 cup shredded cheese
(a mixture of sharp Cheddar and Colby)
- Parmesan Cheese
- 1-8 ounce package crescent rolls
- 1/4 teaspoon Dijon Mustard
- ½ cup slivered almonds or chopped pecans

Saute onions and garlic in olive oil. Add zucchini, parsley, basil, oregano, garlic powder, salt and pepper and cook until tender. Lay crescent rolls on the bottom and sides of a 10 inch pie pan to make the crust. Make sure they are sealed. Spread Dijon Mustard on the crescent roll crust. Lightly sprinkle pecans or almonds on the crescent roll crust. Mix the cooked zucchini mixture, cheese and eggs well. Pour into crescent roll crust. Bake at 375 for 25 minutes or until toothpick comes out clean. Top with Parmesan cheese.

Sue Houser's Frozen Three Berry Pie

- 1-14 ounce can sweetened condensed milk
(not evaporated)
- ½ cup lemon juice
- 2 to 3 cups berries
(strawberries, blackberries, raspberries)
- 4 cups frozen whipped topping, thawed
- graham cracker crust

Wash berries. Cut strawberries into pieces. Do not use any raspberries or blackberries that are soft. In a large mixing bowl, stir together condensed milk and lemon juice until well combined. Add berries and mix gently. Fold in whipped topping. Pour into crust. Freeze for at least 5 hours. About 30 to 40 minutes before serving, take from freezer.

Note: A combination of strawberries, blackberries and raspberries works well. Substitute blueberries for blackberries for a different taste. I have used fresh peaches instead of the berries and it tastes fabulous!

And what a delightful party hosted by Jon and Nancy. The ladies were all elegantly attired and all the men were handsome. Nancy and Jon's log home is just beautiful. The interior wood is so rich and John's mobile of airplanes hanging from the ceiling is fabulous. Their home is surrounded by large trees making it feel like a park. There was a large turnout for this event, people traveling several hours just to make it. It was a gathering not to be missed!

This month's recipe is from the 2003 Christmas party. Laura Torretta brought this very tasty vegetable casserole. Sorry its taken me so long to get it out, but better late than never.

Laura Torretta's Roasted Vegetables

- 4 large carrots, peeled and cut into 1-2 pieces
- 2 medium zucchini, cut into pieces
- 2 yellow squash same size as zucchini,
cut into pieces
- 1-2 medium onions, peeled and cut into wedges
- 1 medium green pepper, seeded and cut into strips
- 1 medium red pepper, seeded and cut into strips
- 1 medium yellow pepper, seeded and cut into strips
- 3-4 cloves garlic, minced
- 2-3 tablespoons Balsamic vinegar
- 2 teaspoons fresh oregano, chopped
- 2 teaspoons fresh basil, chopped
- 2 teaspoons fresh rosemary, chopped
- 1 tablespoon sugar
- 1/4 cup olive oil
- 1 teaspoon salt
- 1 teaspoon black pepper, ground fresh

Preheat oven to 450 degrees. Place carrots, onion, zucchini, squash and peppers in a shallow baking pan. A jellyroll pan is perfect. Mix olive oil, Balsamic vinegar, sugar, garlic, oregano, basil, rosemary, salt and pepper together. Drizzle over vegetables and toss to coat. Place in oven and roast 30 to 40 minutes, until tender. Stir vegetables once during baking to keep from sticking to pan and to help the caramelization process.

Thank you Nancy and John for sharing your home and hospitality with us.

Thank you, Agnes and Laura, for sharing your recipes with us. See you at the Hatcher's

Woof and Meows,
Sue



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Car description

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Alfettas sans Romeo: Sue Houser, Janet Hirsch,
 Donna Pacrops, Debbie Dublin, Kara Brawley,
 Norma Urani, and Sandy Uhlenbrock.



!Saluti!
 Alfa Romeo Owners of St Louis
 470 Belleview
 St Louis MO 63119

Sept 2004 AROC St Louis

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Sept 11 Picnic! at Walt and Marian Hatcher's
 Washington MO

Sept 19 Alfa Club at Greentree Festival
 Kirkwood MO

Sept 26 Tech Session
 Meineke Car Care Center
 402 S Florissant
 Ferguson MO