Website Is Live!

Our Section Website has gone live, if you have not done so, head over to www.orangecounty.mbca.org and check it out! This is your club, so we’d love to hear your feedback and suggestions. Please contact a Board Officer, we’re all ears.

Summer Health Tips:

• Hydrate. The benefits of hydration are plentiful.
• Eat Fresh. Summer means fresh produce!
• Transform Activities into Exercise. Warm summer weather means that you can spend a lot of time outdoors being active.
• Lifestyle Modification. The summer is a great time to think healthy. New social settings and activities will keep you busy. Try to visit your local farmers’ market to kick-start a new healthy eating plan if you don’t already have one.
• See Your Doctor. Any lingering or nagging pains or ailments from winter or spring? Consider visiting your doctor, you want to feel and be at your best during the summer months to enjoy all that summertime offers like Legends!
• Stay Shady. We aren’t talking about the crooked kind. With the summer heat it is important to stay in the shade whenever possible. Try to limit time in direct sunshine between 10a-4p when UV exposure is at its peak.
• Stay Cool. We know you’re already cool, you’re a Mercedes-Benz fan but when it’s hot, do what you can do in order to stay cool.
• Plan a Personal Vacation. Take time to re-energize and refuel. Take some time summer to relax and rejuvenate. Take some “YOU” time Sleep Well. Sleep plays a vital role in your health and well-being.

UPCOMING EVENT

Dear Valued Members,

If you’ve not done so, there’s still a few spaces left for our Upcoming Nethercutt Tour on July 21. RSVP @ ocmbca@gmail.com

Remember to always check our section site for the latest updates & news.

Stay Well!

Connect. Visit. Attend. Post. Follow. Don’t forget we’re on Facebook & Instagram, please take a moment to follow us and spread the word.

facebook.com/orangecountystars
instagram.com/orangecountystars

Members are encouraged to contact a Board Officer with suggestions or new ideas. Please consider volunteering to help with an event. Remember, this is YOUR club!
Q1 How would you prefer to receive the new Orange County Star newsletter?
- Mail
- Email

Q2 - What types of MBCA-OC events would you be interested in attending? (check all that apply)
- Drives
- History Classes (both general MB and model specific)
- Technical Classes
- Detailing Classes
- Product Demonstrations
- Cars and Coffee Type Events
- Concours Events
- Dinner Meetings
- Dine and Drive
- Annual Events (such as but not limited to Holiday Party, Charity Fundraiser, etc)
- Car Shows
- Museums
- Group Trips
- Other (please specify)

Q3 - Do you know any businesses who would be interested in hosting an MBCA-OC event?
- Yes (if so, please include the names in the comment box below)
- No

Q4 - Do you know any businesses who would be interested in advertising in the new Orange County Star newsletter?
- Yes (if so, please include the names in the comment box below)
- No

Q5 - What would you like to see in the clubs short and long term goals?

Q6 - What content would you like to see in the new Newsletter?