



# The Wing



Official Journal of the  
Northern California Vintage Thunderbird Club

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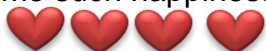
JUL/AUG 2020

## 2020 VTCA EVENT SCHEDULE

Date	Event	Location	Clubs
7/11 /2020(Sat)	Bay View Model Tour	<b>CANCELLED</b>	VTCA & Golden Gate
8/11-16/2020	National Club Meet and	<b>CANCELLED</b>	Portland
8/22/2020(Sat)	Horse and Feather	PENDING	Many clubs
9/19/2020(Sat)	Apple Hill Tour	Placerville	Open
10/1/2020(Sat)	Birds on the Wharf	<b>CANCELLED</b>	All Tbird meet
10/24/2020(Sat)	Migration	Treasure Island	TBird clubs
11/29/2020(Sun)	Tree Trimming Potluck	Sacramento	Many various clubs
12/13/2020(Sun)	Holiday Party	Alameda (?)	VTCA

### Note from Shel Symonds on Thunderbird and COVID-19:

"Over a month ago I started purchasing a weekly produce box from my local farmer's market (purchase online, they load into your car when you drive up). I decided to pick it up in Jackie, my '61 buttercream yellow convertible Tbird. I live in Oakland, and the farmer's market is near Lake Merritt, so to correctly get to the pickup spot I have to cruise a little bit. Jackie put a big smile on the workers/vendors at the farmers market - you could feel it through their masks and see it in their eyes and excited comments and waving. And, the young women working there adore the swing-away steering wheel feature. It's gotten to the point now where I was scolded for bringing my Lexus convertible rather than Jackie one week! I'm also taking my friends with me (one at a time, masks on, and with Jackie being almost 7 feet wide with the top down, perfect for social distancing) and for a joy ride after we pick up our produce boxes. For some strange reason, the wine store is a popular destination. And it really is a joy ride - it's fun to put smiles on people's faces and bring back good memories for them. I really look forward to my Saturday farmer's market pickups - they bring me such happiness. I swear if Jackie was a cartoon, there'd be hearts floating out of her tailpipe."



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## Board of Directors

Founded on September 26, 1976, the Northern California Vintage Thunderbird Club of America, Inc. (NORCAL VTCA) unites owners and enthusiasts of ALL Ford Thunderbirds built in 1956 through 2005 in a common effort to enjoy and preserve these fine cars.

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*The above officers are here to serve the members of this club*

Our website is at  
<http://norcal-vtca.org/>

Hello Fellow Thunderbird Enthusiasts,

This has been trying times for us all. Most car events have been cancelled or postponed nationwide. Auctions are being held as on line only.

I hope we are all adjusting to the changes in our everyday lives as well. We need to be there for family, friends, and club mates. If you are stuck at home and have some free time reach out and call or email some one. This could be a any of the above, family, friend or club mate that you miss or all ways enjoyed. This small act could really make a person's day.

I've kept myself busy, all the cars are detailed and ready to roll. My new Saturday night norm is to take a ride to the next town. There I stop at local drive in with drive thru service and I'll grab a malt or cone. Take my time while meandering the back roads and just enjoy the ride and of course driving a favorite!

So please; practice social distancing  
wash hands often and for 20 seconds  
stay home if your don't feel well  
please use a mask

We will get through this, stay strong.

Best to you all  
Garry  
Grainger



# THE THUNDERBIRD WORKOUT

Bill Kinsey

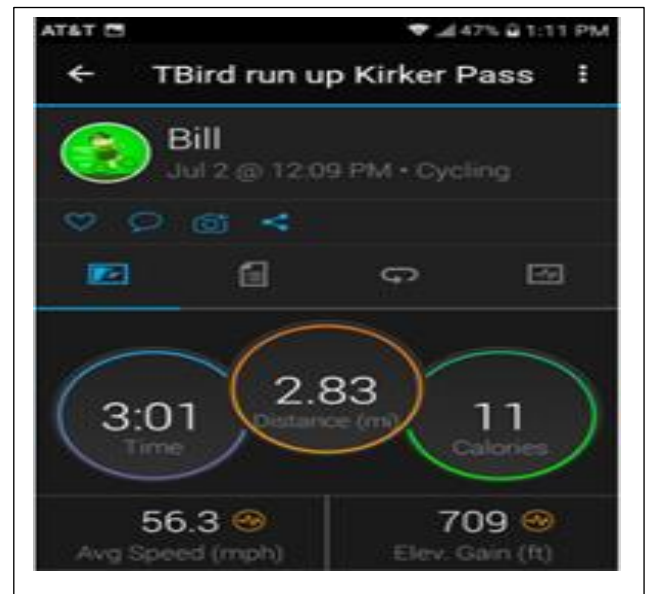
Greetings clubmates, I'm a big fan of keeping fit, though that may not be the first thing you notice about me what with my Ernest Borgnine physique and all. But I do work at it and I have a fitness tracking wristband device that gives nifty data and cool graphics.

While returning home in El Jefe the other day from an essential trip on Kirker Pass Road between Pittsburg and Concord, I switched the device to "Cycling" mode just to see what the data would look like. By golly, perhaps there's a Thunderbird on the drive to fitness. Speed and elevation gain are what typically fuel the calorie burn hiking and biking in the hills around here. Kirker's a good hill for that, topping out at 945', but admittedly the 390 is doing the work. There's a Bill-in-the-loop coefficient in here somewhere, though the influence on vehicle effort would be minimal. In the 2.83 miles and 3.01 minutes that the device recorded, I managed to burn 11 calories on a 73 bpm average heart rate. My doctor would be impressed (no he wouldn't, he's a serious fellow).

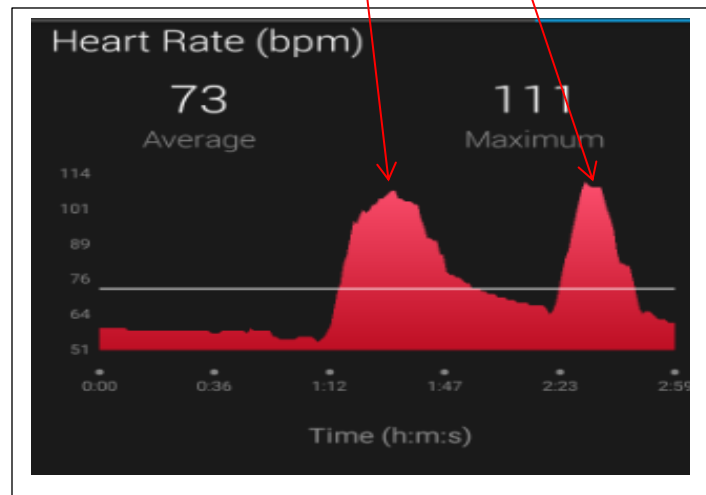
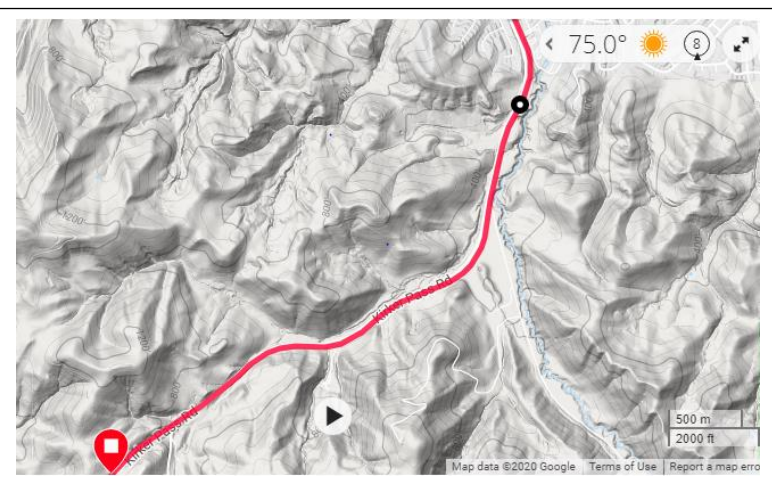
Let's look at the data:

- 3.88 calories/mile. If we drove the 390 miles to Los Angeles from here I'd burn 1516 calories, not bad. Let's stop for a burger and shake in Coalinga, I'll burn it up on the Grapevine.
- 3.66 calories/minute. There are 740 calories in a Carl's Jr. Western Bacon Cheeseburger. That's going to take about 3.5hrs. Concord to Redding, 193 miles at 56.3 mph should almost do it. Again, not really doing much behind the wheel but you can't argue with science.
- 73 bpm average heart rate over 3.01 minutes, but 30 seconds of that was at 111 bpm in two different occurrences. I'll chalk those spikes up to something like a "runner's high" endorphin rush of Thunderbird Bliss as we powered up the grade.

See you down the road,  
Bill



What was going on here and here?





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Northern California  
Vintage Thunderbird Club



Stainless steel 1960 Thunderbird by Allegheny Ludlum



***INSIDE  
THUNDERBIRD WORKOUT  
UPCOMING  
NOT MUCH!!!***

**Stories, pictures, articles and other comments needed for the next issue. Let us know what you are doing to keep your sanity and the health of your TBird.**