

New Jersey Open Road Thunderbird Club

Chapter 41 - Classic Thunderbird Club International



The Thunder Heard

Editor: Alec Johnstone ♦ bronzebyrd@webtv.net



2005 Meeting Schedule

March 13	Henry & Judy Semmler
April	Gene & Diane Szura
May	Alec Johnstone
June	Vinnie & Jamie DaSilva
July	** Mini-Concours **
Aug	Bob & Arlene Perruso
Sept	Bruce & Aileen Corbett
Oct	Ron Rauschart
Nov	Stan & Cindy Gersch
Dec	** Christmas Party **
2006	
Jan / Feb	Rich & Lois Martin
March	Arnold & Linda Dworkin
April	Ken & Linda Herb
May	Phil & Dorothy Guidone
June	Please note the changes due to combining Jan/Feb meeting
July	

President's Corner

By the time you read this a few events will have already taken place. It appeared that everyone at our Sweetheart Brunch had a great time. We had an all time high for members in attendance at the Bethwood. I am sure that no one left feeling hungry as the food was simply spectacular.

The bus ride to the Atlantic City Auction was fun. To everyone that attended, I hope that you were able to find that special part, you know, the one that you couldn't live without. Maybe, you were able to sell a car, or maybe you were able to buy that little bird that you have been looking for to add to your dreams.

It is just about time to start dusting off our little birds and begin our springtime maintenance. Make your list and get ready to mark your calendar for our "Tune-Up" clinic.

I hope to see you at our March meeting; details enclosed.

See you down the road,
John Kefalonitis

THE MARCH MEETING is scheduled to be hosted by Henry & Judy Semmler on March 13th at 2 PM at **Panera Bread**, 165 Rt. 4 West, Paramus, next to Kohl's Department Store. RSVP to Henry & Judy if planning to attend by March 4th.

Call 201-262-5508 or E-Mail at tbirdhs@excite.com

2005 ROSTER COMING SOON!

DUES WERE DUE IN JANUARY

DID YOU PAY YOURS

JULIE'S TRIVIA QUESTION

The public got its first glimpse of the new Thunderbird in February 1954 at the Detroit Auto Show. This mock-up was close to what would eventually end up in production. It drew rave reviews from both the Press and the public.

QUESTION On what date in history did the first production Thunderbird roll off the assembly line in Dearborn? (Look for answer elsewhere in this newsletter)

Editors' Notes

It's amazing how fast a month goes by, and we're a month closer to cruise and show season. Don't forget to let us know of any events or cruise nites the members would be interested in, by the 20th of the month to get it in the next month's newsletter.

This might be a good time to reassess the insurance coverage on your "Bird", if you have made improvements to it. This is especially true due to the prices T-Birds are fetching at the latest auctions. A thank you to all that sent us compliments on our first newsletter.

Happy Motoring
Alec and Pat



MEMBER NEWS

Last Months Events



Did you and your sweetheart do something special for Valentine's Day?

Many Club members attended the Sweetheart Brunch at The Bethwood on Sunday the 13th

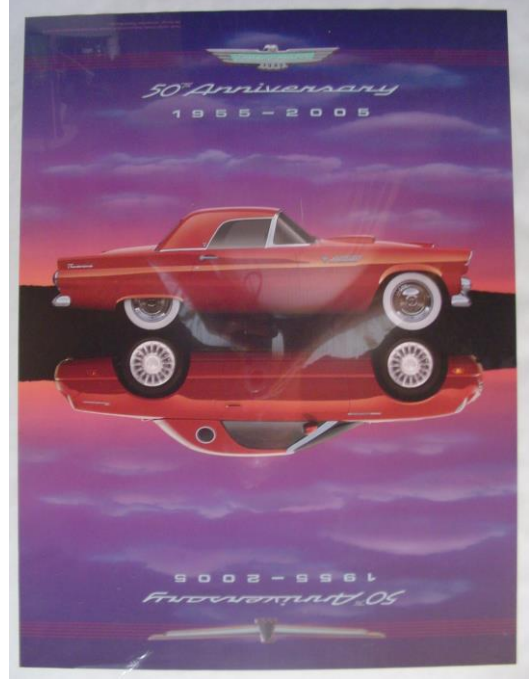


An Elvis Sighting



Who is this club member???

In January Alec and Pat went to a Brunch at The Mastoris Diner in Bordentown. It was a meeting of New (Retro) Thunderbirds. There were about 18 people and 6 T-Birds. We got to know each other from the Forum site <http://www.thunderbirdnest.com/forums>. One forum member, who works for Ford and flew in from IL. for the day, gave everyone a 50th Anniversary poster(see pic below) They measured 18"x24". We all had a great time.





Happy Birthday!
rvtech.com

March

1	Vince Ucci
5	Henry Olszower
5	Joanne Seiler
8	Mildred Strohmaier
12	Vincent DaSilva
20	Bob Calvo
28	Bob Perruso



2005 Upcoming Events

MISSING DATES WILL BE ANNOUNCED IN A FUTURE NEWSLETTERS

MARCH

March 13

South Jersey Region A.A.C.A.

Flea Market & Car Corral
Salem County Fair Grounds

Contact: Ron Scott 856-629-5746 E-Mail Ron4Dor@AOL.com

APRIL

April 3



NJORTC Family Bowling Day

Lucille Chabala 973-731-9133

April 23 (RD 4/30) Saturday 8am

South Jersey Region A.A.C.A.

7th Annual STOLTZFUS Farmers Market Car Show

Contact: Ron Scott 856-629-5746 E-Mail Ron4Dor@AOL.com

NO JUDGING

April 24

Blue Oval over Butler Ford Powered Vehicles Only Rt 23 Auto Mall Butler

<http://www.gsrcm.org/events.html>

Contact: John Pestrichelli 201-265-8550

MAY

May 14 Saturday 8:00pm

Rusty Swartz Memorial Concert



Shirley Auston Reeves
and The Happenings
Edison High School

VIP Seats \$40/General Admission \$30

For Tickets call (732) 548-6533

May 15 6am – 3pm (Reg.8am to 11am or 'til sold out)

Upper Saddle River

Antique Car Show & Flea Market (Rain or Shine)
1980 or older \$8/DOS \$12 (1927 or older Free Registration)
Pearson Education, 1 Lake St. Upper Saddle River, NJ
Presented by Restored Rusty Relics & USR FD

Call 201-384-7661 (before 10pm)

E-Mail usr2005@optonline.net

May ?????

Tune-Up Clinic



June

June 11

North Jersey Thunderbird Assoc.

All Thunderbird Show

Sunset Rd., Pompton Plains, NJ

June 18



Richard Nader Doo Wop

Concert, Car Show & Tailgate Party

The Meadowlands Arena Rutherford, NJ
Bring your Classic Car and get 2 free tickets
to the show

<http://www.richardnader.com/index.html>

June 26

New England Vintage Thunderbird Club

All T-Bird Show

Portsmouth, NH

Contact: Don Seymour dseymour@worldpath.net For flyer or club brochure

July 7-10



Region 5 Convention, Heartland Flight

Omaha, Nebraska

July 17



Mini Concours

Doe Meadow Park
Lewis Morris Park, Morristown, NJ



JULIE'S TRIVIA ANSWER

September 9, 1954

And Elvis is

egnatSeL taP

August

Aug. 7 / RD Aug. 14

Cruisin' for Kids

North Rockland High School

The proceeds go to three needy children in North Rockland with extraordinary medical needs. Watch for forthcoming flyers
Contact: Bill Jessie

(This is a Judged Show)

August 25-28



Region 2 Convention
Beachwood (Cleveland), Ohio



August???

Drive-In Movie Cruise

Warwick, NY



August ???



Somerville Cruise Nite

Cruise Nites

VINTAGE RIDES

Pottstown, Pa

Every second Saturday (except August)

Free Refreshments

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WHO ELSE IS WHO

Registered Agent

Vince DeAndrea

Awards/Plaques

Dominick Tucci

Membership Chairman

Alec Johnstone

Name Badges

Judy & Joe Bosco

Jackets

Wendy Meehan & Judy Bosco

Grill Plaques & Hats

Frank Chabala

Club Historian

Lucille Chabala

Club Photographer

Lucille Chabala

Sunshine

Lucille Chabala

Master at Arms

Bruce Corbett

Events Coordinator and

Webmaster

Wendy Meehan

September

Sept. 2-5



Sept.. 18

Elk's Lodge

Ridgefield Park, NJ

Street Legends Car Show

(This show is run by several NJORTC members)

Are you heart smart? Take a quiz.

1. Choose all that apply. Cholesterol is found in:

- a. Margarine
- b. Butter
- c. Avocado
- d. Meat
- e. Cheese
- f. Eggs
- g. Shrimp

2. The American Heart Association recommends eating how many milligrams of cholesterol daily?

- a. 10 milligrams
- b. 20 milligrams
- c. 100 milligrams
- d. 200 milligrams
- e. 300 milligrams
- f. 1,000 milligrams

3. True or false: When testing your cholesterol, your HDL cholesterol should be higher than 40 and your LDL cholesterol should be lower than 100.

4. What are the most important dietary rules to lower high cholesterol? Choose all that apply:

- a. Get to a healthy weight
- b. Increase the fiber in your diet
- c. Lower the saturated fat in your diet
- d. Avoid trans fat
- e. Stop smoking

5. True or false: To prevent high cholesterol, avoid eating more than one egg per week.

Answers:

1. Dietary cholesterol is only found in animal products, including meat fish, dairy and eggs. Margarine and avocado are cholesterol-free. Your body also makes cholesterol, which is necessary for it to function normally. Eating foods high in dietary cholesterol doesn't necessarily give you high blood cholesterol.

2. The American Heart Association advises eating 200 milligrams or less of dietary cholesterol daily. How much dietary cholesterol you eat is less important than keeping saturated fat and trans fat to a minimum, and including high fiber foods, whole grains and fresh fruits and vegetables daily.

3. True. Your HDL cholesterol or "healthy" cholesterol should be 40 or higher for men, and 50 or higher for women. LDL or "lousy" cholesterol should optimally be under 100 for both men and women.

4. All are true. Diet is important both for getting to a healthy weight and for including the healthy foods to

keep your cholesterol low. Smoking is a contributing factor to high cholesterol, so if you smoke, quit now.

5. False. Although eggs are high in dietary cholesterol, what's more important than the number of eggs you eat is the way they're prepared. People with normal cholesterol don't have to worry about eating eggs, which are high in protein and full of healthy vitamins and minerals. Research on dietary cholesterol reports eggs don't necessarily contribute to high blood cholesterol. However, don't fry them in butter, or add lots of mayonnaise, or serve with lots of cheese. Saturated fat increases bad cholesterol. Cook eggs in a nonstick pan, boil or poach instead