



# THUNDERWORD



LEHIGH VALLEY THUNDERBIRD CLUB  
FOUNDED OCTOBER 1973

NOVEMBER 2019 VOLUME 10



Winters Comin whether you're ready or not. Get those T-Bird s put away!

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Call our Message Center at  
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PRESIDENT

VINCE 267-808-1989

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Treasurer

Secretary

Tom Hollenbach

Walt Fries

Barbara Melnyk

610-703-6315

610-759-4997

610-279-6279

Happy November Fellow Club Members!

This year continues to fly past at lightening speed! I hope everyone is doing well and ready getting ready for the upcoming holiday season. As of this message creation (10/27) Thanksgiving is 32 days away and Christmas is only 59! Most importantly of all Our LVTC Christmas/Holiday Party is on Sunday, December 8th, only 42 days away!

Last week Denise and I, along with Sandi and Walt, and Barb and Mike attended a Brunch at the Lambertville Station Hotel. This event was set up by Marsha and Dwight Dixon, who invited all members for the North Jersey Thunderbird Club, Lehigh Valley Thunderbird Club, New Jersey Open Road Thunderbird Club and the Mid-Atlantic Thunderbird Club. Over sixty members from the 4 clubs attended, but due to the heavy rains, only 4 Thunderbirds braved the weather. It was very nice to see everyone, the venue and great views of the Delaware river and the town of New Hope and the food was very, very good!

November 5th will be the last Tuesday night General Club Meeting for the year. The Christmas/Holiday Party on December 8th will serve as the meeting for December. As in the past years, we will switch to the first Saturday of the month for the January 2020 through March 2020 General Meetings. Specific Date and times are found in the Newsletter.

Elections for Club President and Secretary along with 4 club officers will take place January 4th, 2020 and the General Meeting. Anyone wish to run/participate in the elections need to contact Tom Hollenbach to advise him you wish to run for a position. Election ballot will be published in the December Newsletter.

Well, I think I have gone on long enough! Please have a fun Halloween and a Great Thanksgiving!

See you at the Christmas Holiday Party,

Vince

## General Calendar

<b>NOVEMBER 5, 2019</b>	<b>GENERAL MEETING</b>	<b>Parkland Res- taurant 2702 Walbert Ave Allentown, Pa. 18104</b>	<b>Vince</b>
<b>November 26 2019</b>	<b>BOD</b>	<b>Taps Tavern 3731 Pa-378 BethlehemPa. 18015</b>	<b>VINCE</b>
<b>December 8 2019</b>	<b>Christmas Party</b>	<b>12:00 pm</b>	<b>VINCE</b>



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# NOVEMBER

Susan L. Mirro 11/3

Lynn Albarell 11/5

Michael Adamski 11/24

If you have a Birthday in NOVEMBER we missed

Call 610-434-2777



# 2019 Schedule Of Planned Activities

<b>Sunday December 8, 2019</b>	<b>Christmas Party</b>	<b>12:00 pm</b>	<b>Vince</b>
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## Directions to Iron Lakes Country Club

Take Cedar Crest Blvd North from Rt. 22 pass Cedar Crest Shopping Center, cross Walbert Ave. continue North pass the old Parkland High School cross Jordan Creek continue North Pass The new Parkland High School at the next stop light take the second Left on Schankweiler Rd. In about 2 tenths turn right into Iron Lakes CC

Nothing until 2020



# LEHIGH VALLEY THUNDERBIRD CLUB ANNUAL CHRISTMAS PARTY

Sunday, December 8, 2019

Iron Lakes Country Club

3625 Shankweiler Road  
Allentown, PA 18104

(610) 395-3369

In the Cypress Room at 12:00 p.m.

We have an excellent and fun-filled afternoon planned for everyone—including our annual gift exchange.

Gift exchange guidelines:

- 1) One gift per couple in exchange for one gift per couple
- 2) Participation optional: if you are not participating, do not bring a gift (but you'll miss out on the fun)
- 3) Gifts need not be car related
- 4) Cost of gift approximately \$2500
- 5) Do not put your name on the gift, gifts are anonymous, simply wrap the gift

The Buffet served to us this year will have entrée choices Chicken, Beef and Fish.. Our menu includes: salad, entrée, vegetables, rolls & butter, dessert, coffee, and tea. A cash bar is also available. **Cost of ticket is \$25.00 per person**

We hope you will all be able to join our annual festivities. Be prepared for another memorable event with good friends, good food, laughs to share, and a festive time! AND, remember to wear your "Homemade" Ugly Sweater.

Don't miss out, see you there!

*(If you have any questions, please call Cathy or Bruce Krasley at 610-349-4188)*

*Note: If you care to contribute to Marines' Toys for Tots, please bring an unwrapped new toys to donate.*  
~~~~~ Detach here ~~~~~

### PLEASE PRINT CLEARLY

YES, I (we) will be attending the Leigh Valley Thunderbird Club Christmas Party! Here is my (our) information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Number of people attending: \_\_\_\_\_ X \$ 25.00 per person = \$ \_\_\_\_\_



Please mail your check to:

Lehigh Valley Thunderbird Club Treasurer  
70 Gum Street  
Nazareth, PA 18064



This is the bench that LVTC bought from AOW with our Logo on it. There where about 18 members to view the unveiling, then they proceeded up to the CAFÉ in AOW where we had lunch and then a short meeting. After the meeting some of the members who had not been to the AOW before took a tour of the Facility.



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## TECH TIPS

### THE 1957 F-CODE

By John Gunnell

The 1957 Thunderbird was a small car with a powerful engine outfitted with F-Code accessories sporting well over 300 hp.

The 1957 Ford Thunderbird, like all two-seat Thunderbirds, is among the most collectible Thunderbird. And the '57 Thunderbird equipped with a supercharger as a factory option, heads the list of classic Thunderbirds for not only being the hottest Thunderbird on the road, but also on the auction block.

Engine options increased in 1957 with high-performance, racing and supercharger options. The supercharged version of the 1957 Thunderbird is the rarest. The first 15 production supercharged Thunderbirds were reportedly built in January 1957 to homologate the engine for NASCAR competition.



The very first factory-sponsored supercharged Thunderbirds were actually 1956 models built by Peter DePaola Engineering in Long Beach, Calif. Several 1957 Thunderbirds were then similarly modified for racing.

A modified, blown 'Bird with a 1/4-inch stroked crank, aerodynamic light body panels and a beefed-up gearbox and rear end beat the Corvettes at the 1957 Daytona Spring Speed Week Trials. It blasted through the two-way Flying Mile on the beach at 138.755 mph. And later that year, at the Bonneville speed trials, the same car topped 160 mph.

On the 1957 T-birds, the code letter of each engine type leads off the serial number. Supercharged cars could be either D or F cars.

The "D" cars came with a 312-cid V-8 with a four-barrel carburetor used with automatic and overdrive transmissions — 90 percent of automatics.

Fifteen D-types were fitted with Paxton-McCulloch superchargers and are popularly referred to as "DFs." Their serial numbers will be near 30,000.

1957 Thunderbirds with a serial number of "F" featured the 312 cid V-8 with four-barrel carburetor and a Paxton McCulloch VR57 supercharger. A special head reduced compression to 8.5:1. Production of the 196 F engines began in spring. They were available at a factory invoice price of

# TECH TIPS

\$340. There were three grooves on the crank pulley and the manual transmission cars used two belts for the supercharger. With an automatic transmission, the front groove was larger and drove the supercharger with a single belt.

Supercharged T-birds also boasted reinforced cylinder heads, modified combustion chambers with lower compression ratio and a dual-point distributor developed by Gus Davis of Peter DePaolo Engineering. Certain models also had a hotter camshaft of 290 degrees duration versus the stock unit of 256 degrees.

In order to deliver fuel to the carburetor fuel bowl, the fuel pump itself was modified; the metered combination of blower bleed air and carburetor vacuum pressure was injected into the atmosphere side of the fuel pump to obtain a pump pressure greater than the carburetor pressure. A supercharged Thunderbird couldn't have gotten its gas without this positive differential.

Horsepower ratings with fine-tuning ranged from 325 to 340.

The "official" total of 211 superchargers in the D and F series is an approximation. Some of the Thunderbirds with an F letter don't have the blower, special heads or manifolds. Many original owners removed the superchargers because they were noisy and not oil-tight. Also, a Ford dealer in 1957 would probably have been willing to add a supercharger to a D or E 312-cid engine, or remove one from an F-series car if the buyer wanted it.

Standard Guide to American Muscle

## CIRCUIT BREAKERS

By Bob DePaola

The classic Thunderbird's electrical circuits do not have fuses, and only the headlights have a circuit breaker (built into the headlight switch). There are also a few under the dash. However for a little

added safety you can add a new circuit breaker that will protect everything and have a dual purpose switch.



They are available from any auto parts store. I choose a 35 to 40 amp circuit breaker. Installation is simple by removing the heavy yellow wire from the starter solenoid (the one that goes into the passenger compartment) and attach that wire to one

side of the circuit breaker. Add another heavy wire (10 gauge minimum) between the circuit breaker and the solenoid.

By adding this breaker in series with that yellow wire every electrical device in the car is protected (except for the starter motor). If a direct short to ground does occur anywhere in your



car the circuit breaker will trip and protect the wiring.

There are many styles and designs to choose from. As you can see in these 3 examples they come in many configurations. A simple one would be the circuit breaker with the red weather proof cap. The thing I like about this one snaps over the hot leads so you can't have an inadvertent short. Others have a dual purpose. One of course would be to protect your electrical system the other would be an anti-theft or kill switch. They are like your home circuit breakers, you can reset them. Throwing it to the off position you cut electricity to your vehicle system. Prices from \$7.00 to \$25.00. If you consider the protection you will be adding it is a very cheap safe guard.





By Rita DePaola

### KEEP FOODS SAFE

To help protect yourself and others from foodborne illness, take a few minutes to ensure foods are safe.

- Wash hands, utensils, surfaces, and cutting boards after contact with raw meat or poultry and before touching another food.
- Wash produce before you eat it.
- Take a few extra minutes to make sure meat, poultry, and eggs are cooked thoroughly.
- Don't drink raw (unpasteurized) milk or eat soft cheeses made from it.
- Refrigerate leftovers within 2 hours in shallow covered containers and use within 3-4 days.
- Report suspected foodborne illnesses to your local health department.
- It's easy to overeat during the holidays, so why not go into the season with a plan? Here are some suggestions: Stick to smaller plates and smaller servings. Split an entrée — or a big portion of anything — with someone else. And say no to seconds. Drink lots of water. When it comes to dessert, go for fresh fruit. And if you're eating out, take home half of your meal to enjoy later.

Thanksgiving Day is National Family History Day. A family health history helps identify people who may be at a higher risk for some diseases. It reflects risk factors that family members share, like genes, environment, and lifestyle. Take a few minutes to know your family health history.

- Start a family health portrait today
- Update your family health portrait as you learn about family members' diseases and conditions.
- Share your family health portrait with other family members. Encourage them to create one also.

### SMOKING

Smoking harms nearly every organ of the body, causing many diseases, affecting the health of smokers and those around them. Quitting smoking

has immediate as well as long-term benefits for you and your loved ones. Take a few minutes to make the decision to be smoke-free.

- If you smoke, call 1-800-QUIT-NOW (784-8669) or your doctor or nurse for help in quitting.
- Avoid secondhand smoke. Stay away from other people's smoke.
- If pregnant, smoking also harms the fetus. Don't smoke or be around secondhand smoke.
- Choose restaurants and businesses that are smoke-free.
- Secondhand smoke is a mixture of gases and fine particles
- For nonsmokers, breathing secondhand smoke has immediate harmful effects on the cardiovascular system that can increase the risk for heart attack. People who already have heart disease are at especially high risk.
- Nonsmokers who are exposed to secondhand smoke increase their heart disease risk by 25-30%.
- It is estimated that secondhand smoke exposure caused nearly 34,000 heart disease deaths annually (during 2005-2009) among adult nonsmokers in the United States.
- Stroke is caused by exposure to secondhand smoke.

### CHECK ALARM BATTERIES

Everyone should have smoke alarms and carbon monoxide detectors in their homes. Take a few minutes to ensure your alarms will sound in an emergency.

- Install a battery-operated carbon monoxide detector near bedrooms.
- Check or change the batteries in your carbon monoxide detectors at least twice a year.
- Install smoke alarms on every floor of your home.
- Test smoke alarms monthly to ensure they work properly. For smoke alarms that use regular alkaline batteries, replace the batteries at least once a year. For smoke alarms that use lithium (long-life) batteries, replace the entire alarm unit every 10 years or sooner if it chirps or stops working.

## hEALTH TIPS

- Make a disaster plan. Know where to meet other family members in case of an emergency, such as a fire.

November is Lung Cancer Awareness Month. There will never be a better time to quit smoking. If you are age 55 to 79 and smoke more than a pack of cigarettes a day, or have within the past 15 years, you should ask your doctor if he recommends a CT scan, which can catch lung cancer early.

### **MENTAL ATTITUDE: POST-CONCUSSION, EASE BACK INTO NORMAL ACTIVITIES**

New United States government guidelines recommend that after sustaining a concussion, children should refrain from physical and mental activities for the first three days, including school and sports, and then gradually resume their normal routine. Researchers Dr. Matthew Breiding notes, "Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that it's better to miss one game than the whole season."

### **HEALTH ALERT: SLEEP LOSS INCREASES RISK FOR DIABETES.**

In this study, researchers found that six hours of sleep deprivation led to elevated blood glucose in the liver, an increase in triglyceride levels, and changes to levels of liver enzymes related to metabolism in otherwise healthy rats. The research team believes that the changes induced by sleep deprivation may be the root cause of insulin resistance and buildup of fat in the liver, increasing the risk for diabetes, regardless of changes in activity and diet.

### **DIET: NUTRIENT-RICH DIET BENEFICIAL TO HEART FAILURE PATIENTS.**

An examination of data regarding 246 heart failure patients found that 44% of patients with deficiencies in seven or more micronutrients—the most common being calcium, magnesium, zinc, and vitamins C, D, and E—were hospitalized or died within the next year, compared with only 25% of

patients who had fewer or no nutrient deficiencies.

### **EXERCISE: EXERCISE MAY BOOST BRAIN POWER IN ALZHEIMER'S PATIENTS.**

According to a study involving mice with a condition similar to Alzheimer's disease in humans, exercise may trigger the production of new neurons in brain regions where memories are encoded, potentially slowing the progression of the disease.

### **CHIROPRACTIC: ALMOST HALF OF GOLFERS HAVE BACK PAIN**

Among a group of 271 recreational golfers, researchers found that 45% suffered from mechanical lower back pain (MLBP) and 23% had sacroiliac joint dysfunction (SIJD). Further analysis showed that nearly 96% of the golfers with SIJD also had MLBP. The findings suggest that doctors should evaluate the sacroiliac joint in golfers with low back pain and that improving sacroiliac joint function could reduce the risk of low back pain recurrence.

The Tech Tips and  
Health Tips are Courte-  
sy of Bob and Rita  
DePaola Members of  
The Thunderbird Circle  
Of the Greater So.  
California Basin Area

NEXT MONTH AND INTO JANUARY THERE WILL BE  
ELECTION BALLOTS IN FOR  
PRESIDENT, SECRETARY  
AND THREE CLUB BOD MEMBERS

ARE UP FOR ELECTION

BILL INGRAHAM

ALAN MILLER

STEPHEN RIVERA

SINCE WE ONLY HAVE 7 BOARD MEMBERS

THERE WILL BE ROOM FOR

ONE MORE PERSON WHO WOULD LIKE TO RUN FOR

BOARD OF DIRECTORS

BUT REMEMBER YOU MUST BE A CLUB MEMBER

FOR ONE YEAR TO BE ELIGIBLE

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## **NOVEMBER 2019**

