



Pony Tales

Official Publication for Members of the Golden Hills Mustang Club
Established 1982

VOLUME XLII, 11

E-EDITION

NOVEMBER, 2024

Trunk or Treat Tradition



See page 4 for more pictures and story



CLUB PURPOSE

The Golden Hills Mustang Club, established in 1982, is a nonprofit organization, the purpose of which is to promote the admiration, ownership, care and maintenance of the Ford Mustang Automobile - regardless of model year.

The club provides a social group for its members whereby they can meet, socialize and maintain a spirit of good fellowship, and participate in activities including the use of their Mustang.

The club serves as a medium for the exchange of ideas, information and parts, and is dedicated to furthering the interest of owners and drivers of the Ford Mustang.

2024

Board of Directors

Club President	Bob Fentress
Vice President	Nick Loya
Secretary	Alice Troxell
Treasurer	Brian Evans
Past-President	Sue Calvert
Terry Burke	
Dan Cordeiro	
Jerry Lamphiear	
Robert Lo	
Frank Lopez	
Don McEachern	

2024 Car Show Chairman	Robin Paulsell carshow@goldenhillsmustangclub.com
2025 Car Show Chair	Paul Troxell
Club Items	Ileine Burke
Food Drive	Pat Sivigliano
Historian	Ileine Burke
Hospitality	Volunteer needed
MCA Regional Director	Joel Edelman
Membership	Norma McCabe membership@goldenhillsmustangclub.com
Newsletter Editor	Norma McCabe nrmccabe@gmail.com
Circulation	Robin Herman
Social Media	Peter Mitsopoulos shelbygt500707@sbcglobal.net
Raffle	Cyndy Lamphiear & Lisa Mitsopoulos
Sunshine	Yvonne Westberg
Webmaster	Terry Burke webmaster@goldenhillsmustangclub.com
Parade Chairman	Brian Evans
Name Badges	Dan & Norma McCabe
Pony Express to our Troops	Frank Lopez
Scholarship	Frank Lopez
Information Officer	Dan McCabe info@goldenhillsmustangclub.com
Veterans Liaison	Bill Davis
GHMC Technical Director	Paul Troxell



HEADING DOWN THE TRAIL...

With President Bob Fentress



The weather is cooling down and there are fewer car shows and driving events, but we have other traditions happening. On November 11th, we will take part in the Fairfield Veterans Day parade. Saturday, November 23rd is the date for us to partner with the CHP for the annual Toy Drive. The drive is dedicated to the memory of Judy Davis, who had passionately spearheaded the event for many years. Email announcements will be sent with further details.

Watch your postal mail for two important announcements from the club. The first is the official ballot(s) for election of club officers and board members. We had a big turnout at the October club meeting where nominations were accepted. Please bring your completed ballots to the next club meeting on November 26th or mail them back to the club PO box in time for them to be counted and tabulated at the meeting.

The second mail piece to watch for is an invitation to the club Christmas party at the Napa Elks Lodge on December 14th where the new officers and board will be installed. Be sure to reply right away if you plan on attending so you don't get left out!

As we approach the Thanksgiving season, I extend my thanks to each of you who contribute to the fellowship and camaraderie of this club. Everyone plays a part, so I encourage you to get involved!

Have fun on the road and be safe out there!



Did you pay your dues this year?

Well, it's that time when we start getting ready for the end of the year. You must be a member in good standing to receive a ballot or an invitation to our Christmas Party. There are still a few who have not paid so this next part is just for you! We have a **BRAND NEW** way to pay your dues. If you are reading this on your computer, scan the QR code below with your phone and it takes you to our membership page. Or follow the link below.



[Please click here to go to our online membership form :](#)

The link above takes you to our new online membership form where you can fill out your information and either pay by check or PayPal which gives you several options. When you click submit your information goes directly to me. No need to download or scan the application.

If you prefer to pay the old-fashioned way, by check, please download a renewal application on the membership page and mail it to P.O. Box 497, Fairfield, CA 94533-0049. If you need help with printing or downloading, please call me (707-738-0938) and I can mail you an application. I will be contacting those who haven't paid by email, but if you are unsure if you have paid or not, please contact me at

membership@goldenhillsmustangclub.com

Thank you!

Please Stay Well and hope to see you soon!

Norma McCabe

Trunk or Treat Tradition



The Golden Hills Mustang Club has a long standing tradition with Ron DuPratt Ford for making a lot of kids and adults happy with the annual Halloween Trunk or Treat. We dress up, decorate our Mustangs, bring lots of candy and enjoy a very fun day at the Lincoln Street location in Dixon. Event Flyers and advertisement is done and we get a large turnout from the locals. All the kids, young and old, agreed that it was great to see some of the elaborate costumes as well as the traditional ones. Everyone enjoyed seeing the twenty

one Mustangs, one Bronco, one Corvette and a Pedal car that was a big hit with the kids. Just like last year, Peter Spitzer had Vio Handcrafted Pastries bring delicious coffee and donuts that were enjoyed by all!

Thank You Peter Spitzer and your staff @ Ron DuPratt Ford, all the GHMC Members and Ken Shueman (from SAMC) for making this another great Trunk or Treat. Be sure to look at all the photos on our website, www.goldenhillsmustangclub.com

By Dan McCabe



President's Award



At our last General Meeting on October 22nd, Golden Hills Mustang Club Regional Director Joel Edelmann (right) presented club President Bob Fentress with the MCA President's Award for outstanding achievement and devotion to the Mustang hobby and service to the community in 2023. This is the 7th time GHMC has received the award!

Congratulations GHMC Members!

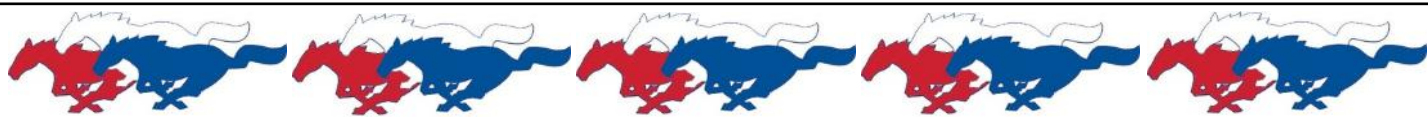
Remembering . . .



Henry Ford built a car out of hemp plastic that ran on hemp fuel almost a century ago. Ford's 1941 bioplastic Model T was made of hemp, flax, wheat, and spruce pulp, which made the car lighter than fiberglass and ten times tougher than steel. The car also ran on ethanol made from hemp or other agricultural waste.

Wikipedia says 'Because of World War II all US automobile production was curtailed considerably, and the plastic car experiment basically came to a halt. By the end of the war the plastic car idea went into oblivion.'

This little bit of history was sent in by Brad & Jeannette Parsons who saw it on the Facebook Page *American Muscle Car Lovers*. Some of the comments were golden! "Every time it went up a hill it got a high." Or "I wonder if this car is still around? - Naw...they smoked it...."



Horses and Humans Helping People, Part 2



**Freedom
Equine
Connection**

By Alice Troxell

On Saturday, October 5, 2024, Terry & Ileine Burke and Kathy Loya joined Paul & I at the Freedom Equine Connection Demonstration in the Dixon countryside. There was a pretty good turn-out of various aged people; from young school aged children and teens with their parents, to people in our club's age group, as well as some older folks.



When we arrived, there were 3 beautiful horses with free range inside the arena; they were separated from us by a barrier fence. Lena, the Palamino, came up to the fence to meet us up close and personal. The other 2 were in the center of the arena interacting with each other. Barista, the Hanoverian Warmblood, was checking out what was going on the outside of the arena. Pepsi, a Quarter Horse, was being a little mischievous by knocking over a plastic barrel.

We all sat down and listened to Denise, and her husband Jim, tell us about the horses, and what to expect. They also explained a couple of the therapy exercises they offer; and that we could participate in during the demonstration program if we chose to.

A little background information: Denise Wilson is the President and Founder of Freedom Equine Connection, a Certified Equine Specialist, and is Certified in Critical Incident Stress Management.

Denise explained how the horses are prey animals and have an acute sense of their surroundings. Also, the heartbeat of a horse is slower than a human, and when the person is near the horse, their hearts will begin to sync. Horses can pick up your emotions and respond accordingly. The horse reads your body language and energy; the assisting staff member will offer a possible explanation as to why the horse is reacting the way it did, and they will ask you some questions to help you recognize what the reason might be.

A little background information: Jim Wilson is the Founder and President Emeritus of the 10-33 Foundation, holds a PhD in Clinical Pastoral Counseling, specializing in trauma, and the Chaplain for the Vacaville Police Department and is a Fire Chaplain.

Jim told a story of a young student having difficulty with solving a problem. He told this student it's ok if you can't solve the problem, give the problem to the horse. He explained that doing this transfers the frustration of not being able to solve the problem from the person to the horse; which in turn helps the person relax and be able to think about it without any added pressure. Jim also



explained you may have an issue that you intended to work on when you walk in to the therapy session, or you may have nothing on your mind; or perhaps there may be something that will trigger thoughts or feelings during the therapy session. It's all a learning experience to help get you through your situation.

One exercise has the participant lead the horse through a PVC pipe "alley way" lined with several buckets, which represented temptation and distraction. During a therapy session the participant would write down what issue they are having, or what was bothering them on a slip of paper, then drop them separately into each bucket. While leading the horses, the task was to keep the horse from being distracted by the carrots (temptation) in the buckets. Jim explained that distractions or temptations are what might be keeping you from focusing on solving an issue or problem; whether it is work, home, or school related. In other words, by controlling the horse, you are gaining confidence in yourself, and that the same technique can be used in your own situation; to be in control of your emotions, and don't let distractions or temptations pull you away.

The other exercise is intended for younger students to lead the horse along one side of cones lined-up that have various words attached, read the word on each cone out loud; then do the same returning back the up the other side. For instance, the word "cod" would be on one side, then on the return trip the same cone would have the word "code". If the student has a little difficulty, they will learn from the assisting staff member how each word is pronounced and their different meaning. All the while, the horse may be reacting to your body language and energy; giving the opportunity for more conversation.

In addition to learning more about Freedom Equine Connection, we all had a good time with the horses too!

For more information, or if you would like to make a tax-deductible donation, please visit their website, or give Denise Wilson a call, or contact them via email:

Freedom Equine Connection / Phone or Text: (707) 249-5819 / Email: admin@freedomequineconnection.org



Tech Talk 2.0



By Paul Troxell

The Premium Question (Part II)

As I mentioned last month, I still have a bit more to talk about regarding the Premium Fuel question. There is a lot going on inside your engine that the fuel that you purchase has an effect to a much greater degree than many of us are aware of on engine performance. My purpose in writing this is not to sway anyone's decision on which fuel to buy. If you own a car with a low compression engine, or any engine designed to run on Regular gasoline, I will be the first to tell you that putting Premium in the tank regularly is a waste of your money. It will not produce more power and most likely will not increase your gas mileage. But, should you ever experience poor idle, stuttering acceleration, or just poor performance overall, you may benefit from filling the tank with Premium from Chevron, Conoco Phillips, Shell, in no particular order of ranking, and see if the extra additives in the fuel resolve the issues that you are having. For the difference in the price of the Premium vs. whatever you normally buy you may just resolve the issue that you are having. This being because it was caused by a dirty fuel system. Especially today many gasoline engines use Direct Injection much the same a diesel engine and the injectors are very susceptible to dirt because of the extremely small nozzle ports and the environment that they live in. Port injectors, on the other hand, can be larger and are in the intake just before the intake valve and are less prone to the same problem. But they do not escape the fuel quality problem; neither do carburetors.

OK, enough on that. Now onto what is going on when that fuel enters the cylinder. Here is the most violent place in your entire engine. Let's start with the fact that 70% of all of the heat that the engine produces is created by the piston and rings sliding up and down in that cylinder. How fast? The 5.0 Coyote at 7000RPM is moving the piston and rings 70.965 feet per second. To add a bit of perspective to that, the stroke on a Coyote 5.0 is 92.7mm or 3.64 inches. While travelling that 70.965 feet per second, the piston changes direction just shy of 234 times. Normally the piston and the rings never actually touch the cylinder wall, as they are prevented doing so by a very thin layer of engine oil if everything is working properly. Also keep in mind that depending on the load and throttle setting, the temperature inside the cylinder of the burning gasoline can exceed 1700 degrees Fahrenheit. Now, hold that thought.

Most of us have our favorite brand of motor oil, been using it since I learned to drive. It's the best! Right? Well, I have covered that a bit in previous articles. I generally say that it's just like your favorite whiskey. Most of us don't know how its made and we drink it because it tastes good to us. Motor oil is usually bought because marketing and advertising have created some kind of benefit that we think is really important. It will make our machines last forever, get great gas mileage, and never leave us on the side of the road due to engine breakdown. And, thankfully, most of the time that is what we get.

But now I am going to get small, have you ever thought about where that oil lives (and dies)? Yea, yea, it's in the crankcase where all of the oil is, right? However, let's consider what hap-

pens when the oil is on the cylinder wall, the piston rings, and in the piston grooves. We are now in an alternate universe.

First, there isn't much oil in this alternate universe. The oil film here is between 0.2 and 8 microns thick. To give this some perspective a typical bacterium is between 1-8 microns. Human hair ranges from 20-200 microns. Now, let's consider the temperature in this universe. Gasoline combustion temperatures are in the range of 2200F to 2500F. And, not all of it gets burned. There will be unburnt fuel as soon as it enters the cylinder as some of it condenses on the cylinder wall. This occurs because the cylinder wall absorbs some of the heat that has caused the fuel to vaporize and it will return to a liquid state. There will also be some that simply does not burn completely after it has been ignited and during the power stroke. Tons of science going on here, but I will move on. This creates fuel dilution in the oil. As we all know gasoline is not a good lubricant for large metal parts. So, not only is the oil trying to protect parts that are very hot, it is also being diluted with a solvent that severely reduces its ability to do so. It is common for drain oil to have fuel present in it in the crankcase at levels of 1-5 percent which is affected by many variables like how accurately tuned the fuel system is (carburetor(s), port fuel injection, direct injection, etc.), idle time, load, and on and on. Lots of science here, too. However, at the piston ring and groove the fuel dilution rate can be 10-20% or even more! Oh! I forgot to mention that not only is the piston ring the highest heat producing part of the engine, it also has the distinction of being the highest wearing part of the engine. So why have we not ever seen an advertisement for an engine oil that protects the most violent and stressful place in the engine? Hmm...

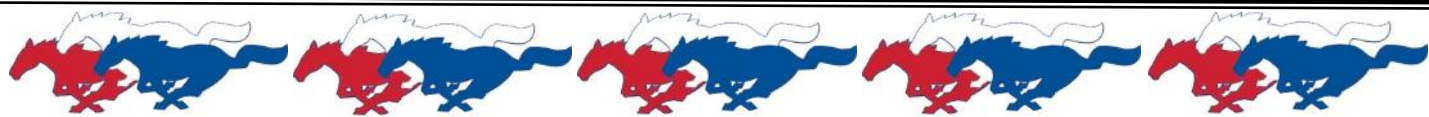
All of this to say that you can add the gasoline that you use to protecting the rings, ring gap and cylinder walls of your engine. Some brands (Shell specifically) claim that they can reduce cylinder wall and ring wear. They accomplish this by using friction modifiers in the fuel. This reduces friction between the ring and cylinder wall. It follows that if friction is reduced then wear is also. SO, while the additives in the oil that prevent oxidation are consumed during operation Shell gasoline is constantly replenishing the oxidation and wear additives that are being consumed in the oil.

In closing this month, the motor oil that you put in your car is not the only thing that protects the engine from wear; so does the fuel that you use. The fuel also keeps in the system clean from the tank to the combustion chambers and even out the exhaust pipe. If you have an athlete for a car, new or classic, make sure that it performs like one by feeding and caring for it properly. In the long run it will save you money and keep it running strong for many, many years.

You can always contact me with questions at:

Diesलगunner@comcast.net.

Until next month, keep the pedal to the metal and the wheels between the ditches.



Featured Events



12 Annual Veterans Poker Run and BBQ!!
Classic Cars & Motorcycle
Remember, respect & Honor



Buckhorn Bar & Grill with The Segovia, Meloy, Lavallee Families & Duncan's Realty are joining RememberAVet.net Wreath Project for the Sacramento Valley National Cemetery.
Help us ensure that EVERY gravesite has a bough this holiday season

Sunday, November 10th, 2024
Starting At: [Buckhorn Bar & Grill](#) @ 8:00 am
830 N. Adams St in Dixon
Coffee & Donuts provided
\$30 donation per person buys lunch and 2 Boughs
Ride leaves @ 9:00am

3 stops then back to the Buckhorn for a Tri-Tip lunch with all the fixings, auctions and raffle prizes!
[Text or call Reina at 707-514-5813](mailto:Reina@707-514-5813) or ReinaBrooks3@gmail.com
All moneys raised will go to the Wreath Project!
Our Vets fought Rain or Shine...we will ride Rain or Shine!



VETERANS DAY
PARADE

"Never forget, forever honor"

10 AM COMMUNITY CONCERT @ DOWNTOWN THEATRE	12:30 PM PARADE BEGINS DOWNTOWN FAIRFIELD
---	--

NOVEMBER 11

FAIRFIELD.CA.GOV/VETPARADE

ENTRIES DUE 10/21

TAKING DONATIONS NOW!



**November 23, 2024
10am to 2pm
Judy Davis Memorial**



CHP TOY DRIVE

Placer Title, 1300 Oliver Rd,
Suite 120, Fairfield CA 94534

Office is open Monday thru
Friday from 8am to 5pm

Please drop off new, unwrapped
toys or gift cards

All donations will be distributed
by Solano CHP, to children
throughout Solano County



**ANNUAL
GHMC CHRISTMAS PARTY
DEC 14TH
5:30 COCKTAILS
6:30 BUFFET DINNER
NAPA ELKS LODGE
WATCH YOUR MAILBOX
FOR A RED ENVELOPE**



BLAST FROM THE PAST



Trunk or Treat from 14 years ago! We were missing Cat & Sue at this year's event. We know Cat was watching from above and Sue was getting updates from her daughter, Sara, who was sending her pictures.



★★★UPCOMING EVENTS★★★



ALL FUTURE EVENTS ARE TENTATIVE

Nov 10	12 ANNUAL VETERANS POKER RUN & BBQ, BUCKHORN BAR & GRILL, DIXON, 8:00AM (SEE OUR WEBSITE FOR FLYER)
Nov 11	FAIRFIELD VETERANS PARADE - BRIAN EVANS, MEET AT OUR USUAL SOLANO MALL LOCATION ON TRAVIS BLVD. BY THE STARBUCKS/JAMBA JUICE. TIME, AND MORE DETAILS TBA VIA EMAIL
Nov 17	Last for this year, Cars, Kids & Coffee, 8:00-10:00am Museum opens at 10:00am, 777 Arnold Dr. Martinez, CA You can also drop off a toy for the Marine Corps Reserves, Toys for Tots
Nov 18	2025 40TH ANNUAL CAR SHOW MEETING AT ROUND TABLE PIZZA, 5085 BUSINESS CENTER DRIVE, SUITE102 FAIRFIELD WE HAVE THE BACK ROOM FROM 6-8:30PM. ARRIVE AT 6PM TO EAT AND SOCIALIZE AND WE WILL START THE MEETING AT 7:00PM SHARP.
Nov 23	★ 2024 JUDY DAVIS MEMORIAL CHiPs FOR KIDS TOY DRIVE, 10:00AM –2:00PM, PLACER TITLE, 1300 OLIVER RD., SUITE 120, FAIRFIELD
Nov 26	GHMC GENERAL MEETING 7:30 P.M. DENNY’S, 304 PITTMAN RD., CORDELIA
Nov 30	JERRY PRICE MEMORIAL CHiPs FOR KIDS TOY DRIVE , SPONSORED BY NAPA VALLEY CRUISERS, 11:00AM-3:00PM, FOSTERS OLD FASHIONED FREEZE, 1195 W. IMOLA, NAPA
Dec 14	WREATHS ACROSS AMERICA DETAILS TO FOLLOW VIA EMAIL
Dec 14	★ GHMC ANNUAL CHRISTMAS DINNER—NAPA ELKS LODGE—WATCH MAIL FOR INVITATION
★	NO GENERAL MEETING IN DECEMBER
Dec 25	MERRY CHRISTMAS!

*NOTE: If you sign up to attend a GMHC event but cannot attend, please notify the event chairperson ASAP.
If you need contact information, please email: info@goldenhillsmustangclub.com*



WELCOME NEW MEMBER



No New Members this month!
Do you have a friend who would like to join?



Hope to see you at an event soon!



HAPPY BIRTHDAY

NOVEMBER BIRTHDAYS

11/6 Cheryl Stafford
 11/7 Jessica Robinson
 11/13 Bob Haran
 11/16 Lisa Pfeifer
 11/19 Isabella Schneider
 11/20 Kevin Onesko
 11/23 Brian Evans
 11/28 Dan Cordeiro
 11/28 Evan Robinson



DECEMBER BIRTHDAYS

12/1 Alice Troxell
 12/2 Courtney Leathers
 12/3 Karen Bradley
 12/4 Don McEachern
 12/6 Elise Stevenson
 12/7 Regina Bassett
 12/7 Andrew Schneider
 12/14 Lisa Mitsopoulos
 12/14 Kurt Souza
 12/15 Fred Sallam
 12/17 Lauma Jurkevics
 12/18 Michele Rebolini
 12/18 Yvonne Walter

12/21 John Clark
 12/22 Ron Normandin
 12/25 Austin Bauer
 12/26 Ron Bramlett



PLEASE LET US KNOW IF WE HAVE FORGOTTEN ANYONE!

Sunshine Corner



By Yvonne Westberg

Good News, or Bad News?

- ✧ Good News - No Cards were sent this month!
- ✧ Bad News - Has someone been ill and we didn't hear about it?
- ✧ We hope everyone is staying healthy and getting rested up for the busy holiday season ahead!

Please keep our members that have had health issues in your thoughts. They could all use our prayers. If you would like to send them a card, email, or text, please do so. It really means a lot to know that others care.

- ★ Remember if you know of someone in need of some SUNSHINE please contact me. You can text or leave me a voicemail
- ★ or you can email GHMC Info at: info@goldenhillsmustangclub.com



40th Annual Biggest Little Car Show

Our Charity Has been Chosen



**Freedom
Equine
Connection**

Horses and Humans Helping People

Mental Health & Learning Incorporating Horses
Freedom Equine Connection is a 501 (c) (3) Non-Profit located in Dixon, CA. It is the product of a life-long love and passion for horses and a deep desire to help people heal from life's traumas, addictions, and other mental and emotional health issues. We utilize a ground-based horse and human interaction model to help with the healing, learning, and growing process.

Committees are already
forming for the
2025 Biggest Little Car Show.
May 17, 2025

Contact Paul Troxell to volunteer and find out where your talents will make the biggest impact.

707-301-9213

dieselgunner@comcast.net

Ron DuPratt

WE TREAT YOU LIKE FAMILY!



**Thank you to
the 2024
Biggest Little Car
Show Sponsors**



**MECUM
AUCTIONS**



PLEASE SUPPORT OUR ADVERTISERS



Dixon, California
707-693-6158



AUTOMOTIVE
EXCELLENCE

DON'T FORGET
TO LIKE, SHARE
& SUBSCRIBE

5 STAR SERVICE

IAN CORDLE, MASTER TECHNICIAN
ian@thedentologist.com

707-333-1820



"WE ARE HERE TO HELP"

EAST BAY CLASSICS

CLASSIC CAR PARTS RESTORATIONS TRANSPORT

ROBIN PAULSELL

PHONE 510-787-3037

CELL 510-453-6203

1000 Loring Ave.

Crockett, CA 94525

www.eastbayclassics.com

Dealer for:

Scott Drake

Covercraft

Croftgate USA

Coker Tire

Champion Cooling

WEB Hosting Provided By:



Dan Cordeiro

Cordeiro Vault Co.
495 Ryder St.
Vallejo, CA 94590

Phone: 707-552-1045
FAX: 707-552-2099
Elk Grove, CA

Discount Printing Provided By



For all your printing needs

Robin Herman, Owner
419 Mason St. • Suite 101
Vacaville, CA 95688
(707) 449-4038 Fax: (707) 449-4039
info@vacaprinting.com

JIM'S CALIFORNIA LICENSE PLATES
SELLING-RESTORING

OLD LICENSE PLATES & DEALERSHIP FRAMES



LINDEE IRIS

925-922-1319

E-mail: jim@CALicenseplates.com
Website: www.CALicenseplates.com



570 Soscol Avenue, Napa CA 94559
707-255-2580

★ ★ ★ **IT'S YOUR CLUB. . . LET'S HAVE SOME FUN WITH IT** ★ ★ ★

**THE GOLDEN HILLS MUSTANG CLUB
MEETS THE 4TH TUESDAY OF THE MONTH AT:**

SEE YOU AT



**7:30 p.m.
Denny's Cordelia
304 Pittman Rd.
Cordelia, CA 94534**

**NEXT MEETING
Tues, November 26, 2024**

THIS ISSUE OF PONY TALES IS DIGITAL ONLY

GOLDEN HILLS MUSTANG CLUB

www.goldenhillsmustangclub.com

P.O. Box 497

Fairfield, CA 94533-0049

an MCA Regional Club



HAPPY NEWS?

DOES ANYONE HAVE SOMETHING TO SHARE?

It is always great to share some happy news, especially during difficult times. If you have something **HAPPY** (retirement, engagement, new grandchild, recognition or an award) to share with your fellow club members, please send me an email: nrmccabe@gmail.com

