



Pony Tales

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

VOLUME XLIII, XII

E-EDITION

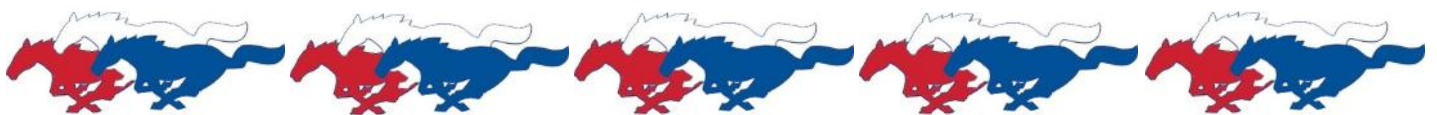
DECEMBER, 2025

CHIPS For Kids Toy Drive Kicks Off the Holidays



GOLDEN HILLS MUSTANG CLUB MEMBERS HELP CHP

SEE STORY ON PAGE 4



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.

2025

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	
Robert Lo	
Frank Lopez	
Don McEachern	
Paul Troxell	

2026 Car Show Chairman	Bob Haran carshow@goldenhillsmustangclub.com
2026 Car Show Co-Chair	Paul Troxell
Club Items	Robert Lo
Food Drive	Pat Sivigliano
Historian	Ileine Burke
Hospitality	Volunteer needed
MCA Regional Director	Joel Edelmann
Membership	Kathy Loya membership@goldenhillsmustangclub.com
Newsletter Editor	Norma McCabe nrmccabe@gmail.com
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



As I write this message, we reflect on the many things for which we are thankful. I'm grateful for the privilege of leading such a supportive group of people dedicated to making a positive impact in our community and to encouraging and promoting the admiration, ownership, care, and maintenance of an iconic automobile. It truly takes a village to make it happen, and I want to extend special thanks to our leadership team: vice president and event coordinator Nick Loya, secretary Alice Troxell, treasurer Brian Evans, past president Sue Calvert, and board members Terry Burke, Dan Cordeiro, Rob Lo, Frank Lopez, Don McEachern, and Paul Troxell. Each of you brings dedication and enthusiasm that makes our club stronger. We hope to see many members at the December 13 Christmas party as we celebrate our achievements and welcome the new leadership team together. At this event, we will also recognize the 2025 board and install the 2026 officers and board. Join us for an evening of fellowship and celebration!

Our club's purpose is to provide a welcoming social group where members can meet, socialize, and maintain a spirit of good fellowship, all while participating in activities that celebrate our love for Mustangs. Socialization is truly at the heart of what we do. For example, at the Biggest Little Car Show, many members connected over shared Mustang stories and even planned future meetups—demonstrating how club events foster friendships that begin with a common bond and grow into lasting relationships. Keep an eye out for announcements about upcoming events! And if you have an idea for a club activity, please email us at info@goldenhillsmustangclub.com or speak to any officer or board member at our next meeting or event. Your suggestions are invaluable in helping us create events that everyone enjoys and that continue to strengthen our community.

Have fun on the road and be safe out there!



IT IS TIME TO PAY DUES FOR 2026

Your 2026 membership dues become payable January 1st. We have a BRAND NEW way to pay, so please follow the link below to pay your dues :



[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 membership. No need to download or scan the application.

If you prefer to pay the old-fashioned way, by check, please print the renewal application on page 11 and mail it to P.O. Box 497, Fairfield, CA 94533-0049 If you need help with printing or downloading, please call me (707-727-7155) and I can mail you an application. 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!

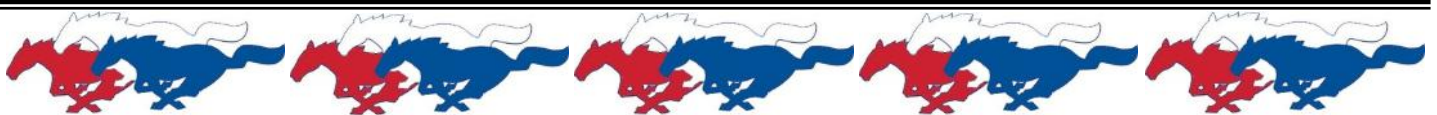
Kathy Loya

CHIPS For Kids Toy Drive

Once again, I was truly impressed with the generosity of our club and the supporting folks that made this year's Judy Davis Memorial Toy Drive so successful. Thanks to the generosity of the Vacaville Placer Title Co. and their staff for providing their location for the Toy Drive. Additionally, they donated many toys which filled two 6 ft. tables. I also want to extend my deepest gratitude to the California Highway Patrol (CHP) and particularly Officer Scott Heitman, for their unwavering support over the past 15 years. Their partnership has been invaluable in helping us bring joy to disadvantaged children. A special shoutout goes to Norma McCabe and Peter Mitsopoulos for their outstanding advertising efforts making the Toy Drive a success. To all the Golden Hills Mustang Club members who came

together to make this toy drive a record-breaking success you have my heartfelt thanks. Those members who were unable to show up or donate really missed a good chance to help out kids that are less fortunate than ourselves. Thanks to your generosity, we collected an unprecedented amount of toys: 1 full 8-foot pickup truck and a CHP cruiser overflowing with toys. Your commitment and contributions ensured that more children in need will experience the magic of the holidays this year. Thank you to every Mustang Club member who stepped up and made this possible. Let's carry this spirit forward and continue to honor Judy's legacy of giving and community support.

By Bill Davis



2025 Fairfield Veterans Day Parade

On Tuesday November 11, the City of Fairfield, through the Parks and Recreation Department, held its annual Veterans Day Parade. One great thing about living in close proximity to Travis Air Force Base is the way Fairfield and the surrounding cities in Solano County show respect, support and admiration to our entire military community and especially our Veterans. This annual parade is just one way that this is accomplished. While Fairfield is known for its 10am ceremony and lunch-time parade, Vacaville, Dixon and Suisun also hold Veterans Day events and ceremonies. This year's parade theme was "FOREVER GRATEFUL"

We started the day at our usual Solano Mall/Starbucks parking lot meeting place at the requested arrival time of 10:15am and had plenty of time to visit with each other and blow our last paycheck in Starbucks! And what would a Veterans Day Parade be without seeing Terry Burke looking sharp in his Air Force dress blues?

For as many years as I can remember, The Golden Hills Mustang Club made a strong presence at this parade, this year with 13 Mustangs, which were as many, if not more, cars than other car clubs (ahem, and better looking too!).

Once again, the parade organizer asked me to provide my '68 convertible to carry the Grand Marshal in the parade; this year it was John H. Aldridge, who retired at Travis AFB and is also a longtime American Legion leader.

With our cars decorated in our usual patriotic theme, soon it was time to take our turn parading down Texas Street. Just like last year, when we reached the judging stand, the parade emcee encouraged us to "rev 'em up a little...let's hear those ponies roar!"

After the parade, most of us enjoyed a nice lunch at Suisun's Taqueria Maria Mexican restaurant, where we all participated in our own "Battle of the Bulge" with their never-ending chips and salsa and tasty Mexican food!

Once again, I'd like to thank the club for making a great showing at this parade, supporting our Veterans and our community. I'm pleased that our club, through the efforts of Bill Davis and many others, does so much for our Veterans, both locally and at the Veterans Home in Yountville. And finally, to the many in our club who have served our country, THANK YOU for your service!

By Brian Evans

Salute to Veterans!

By Lauma Willis

This year, 2025, was my third Fairfield Veterans Day parade, and it was a fabulous day to hold a parade with sunny skies and cool temperatures. The theme of the parade was "Forever Grateful." In all the previous years I had lived in Fairfield, I never went to one, and I wished I had because these parades salute the men and women of the USA Armed Forces, who dedicate their time and lives in serving to protect the freedoms of this country and other nations. What a great honor to have our Golden Hills Mustang Club participate in this event.

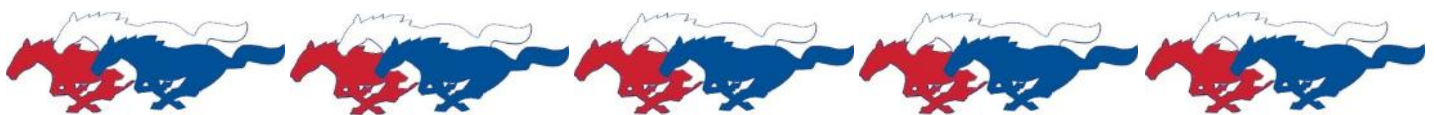
These three years my hubby Jim has taken the opportunity to have one of his veteran friends join him as he drives them along the parade route with our Mustang Club. What a kick they have had being in his 1970 Boss 302 and waving to the crowds waiting on the route. Maj David Demos (ret) joined Jim in 2023, MSgt Donald Steckly (ret) in 2024, and MSgt Melvin Yarbrow (ret) in 2025. All three have been Mustang enthusiasts throughout their lives, and Mel still continues to own one.

Meanwhile, since it does get tight in the back seat of an old Mustang, I discovered other ways to enjoy the event.

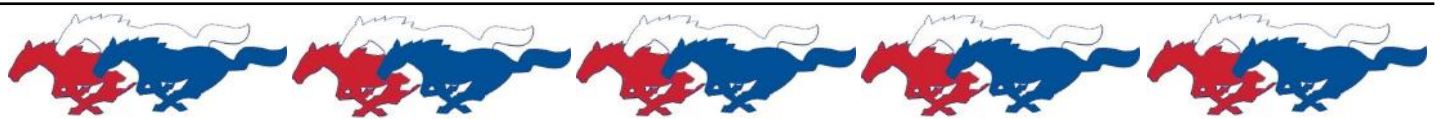
As I found out in 2023, there is a Commemoration Ceremony & Concert prior to the parade at the Downtown Theatre, which is right along the parade route. The ceremony is sponsored by Travis Air Force Base and the Fairfield/Suisun City American Legion Reams Post 182. The Downtown Theatre is where I have gone first to enjoy some free pastries and coffee, listen to music from a live orchestra, and ponder the stories and memories from various speakers. Afterwards, I go outside and anxiously wait for the parade to begin. Click, click, click goes my cell phone camera. Then I manage to go into the street to capture our Mustang Club participants when they arrive. In the distance, as the cars pass by, I can hear the Master of Ceremonies announcing "The Friendliest Little Club."

As the parade ends, I make my way to meet up with Jim at Dave's Giant Burgers where Jim treats his veteran friends. Maybe next year, some of you might join me for pastries and coffee and relax and sit down for music and remembrances. Then see our club and other participants from the sidelines where I have the greatest views (this time I brought my camp chair).

Editor's Note: The club got a very nice letter from the America Legion thanking us for our presence in the parade and it is posted on the bulletin board of our website with pictures from the reviewing stand. Check it out!



2025 Fairfield Veterans Day Parade



GHMC Christmas Tree at Ford Fairfield

Tuesday, November 25th, 2 dozen GHMC members decorated a 7-foot Christmas Tree at the Ford Fairfield Dealership, in the lobby next to the customer waiting area. The majority of the ornaments were homemade and personalized. Many thanks to Jerry & Cyndy Lamphiear at for coming up with the idea and carrying it through to completion despite his knee replacement surgery. Thank you to Don McEachern for the beautiful wine barrel stand and for helping Jerry with the leg work.



APPLE HILL WITH SAMC



Tech Talk 2.0



By Paul Troxell

Well, we have one of the Holiday's behind us now and the weather has become cooler, actually cold enough for me to not want to be out in the shop. I received an email from club member Brad Pfeifer, who is contemplating adding a '68 California Special with a 390 and a 4 Speed (because real men drive manuals) to his stable, and he asked me "Is it a big block, or a mid block????". As most of you know back I the day it was all about small block and the big block engines, so I did a bit of looking into the matter (I lie, I went down a rabbit hole) and found just about everything that I did not think that I would need to know about the Ford 390 FE in order to answer this simple question. No, I lied again. I think that Brad knew exactly what he was leading me into because he knows that I like high performance stuff especially if it is a Ford. So, here are just a few of the many things that I found.

First, Ford never referred to any of their engines as small block or big block. Instead, they had families of engines based on block designs of which the 390 FE is one. The first FE engine appeared in 1958 and was a 332 cubic inch engine. Over the next five years it grew in displacement from 332 to 352, to 390, then 406, 410, and included the 427, and 428. Considered a high output motor it was used in Police Interceptor packages and the Thunderbird along with many other models from Mustang to pick-up trucks. Because of its torque and horsepower, it performed well in the large cars, and pick-up trucks, of the time. Initially it produced 335HP and 427 lb.-ft of torque which was quite impressive at the time. In 1961, in only it's second year of production, it was produced with three two-barrel carburetors and produced 401 hp and 430 lb.-ft of torque. It was offered at the beginning of '62 but was replaced with the 406 CID high-performance FE shortly after the model year began. But the cat was out of the bag about what a 390 could do and those who knew, knew. The 390 FE was produced from '61 to '71 and lived on in the Ford truck line until 1976. It was available with 2bbl and 4bbl carburetors, it was only in '61 that the 3 2bbl carburetor version was available. Power ratings ran from 265hp and 350 lb.-ft to the 401 hp and 430 lb.-ft of torque. The 401 HP version was a dealer installed aluminum intake manifold and 3 2bbl carburetors. Both the 375 HP and the 401 HP engines had aluminum intakes and cast iron "header" style exhaust manifolds.

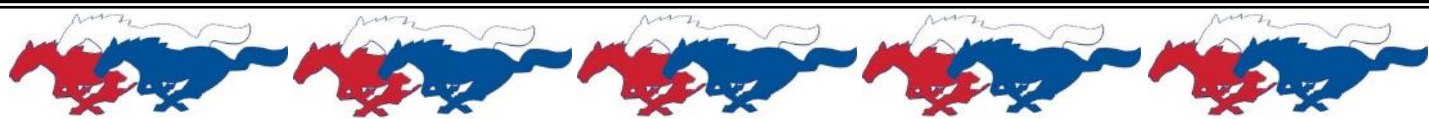
What the 390 FE did do was demonstrate that it was an engine that could deliver good horsepower and gobs of torque and do it for a long time. It was not uncommon for the 390 to go 150-200,000 miles before overhaul which at

that time was quite an accomplishment. I remember as a young boy watching my Dad tear engines down with far fewer miles on them and scraping the sludge out of them while cleaning them up. I thought then, where does all of this goo come from? I later found out when I worked for an Oil Marketer as an Outside Sales and Account Manager. Modern oils are amazing compared to the stuff that was dumped in engines back then. Anyway, I digress, the Ford 390 proved itself and all of the engines in the FE family were real power houses. They never got the respect that the other brand got because they did it with fewer cubic inches. The talk would be about the 409 or the 427, but not the 390 because back then cool was cubic inches. The 390 actually out performed those two on the track and on the highways! Look some time into NASCAR history to find some craziness pertaining to Ford and its engines.

The 390 FE was not known as fuel efficient. In fact, it was more like a gas guzzler to be honest. But it was known as a reliable powerhouse that would get the job done. And, keep getting the job done, whether that was moving the behemoth cars and station wagons, pick-up trucks, or the GT's that were competing on the streets of America for bragging rights, or the cars that were on the strip and road courses. Even today there are many gearheads out there that love this engine and build them to even higher power levels. There are still many aftermarket parts available for them, though they tend to be a bit more expensive than parts for the competitor's engines, but not expensive enough to end the passion for the 390 FE. They can be easily built to 500 HP and retain their reputation for reliability while doing so. The thing that Ford did so well with this engine is that they did not run out of the barn screaming at the top of their lungs that they had just birthed the engine with the most horsepower and torque. They brought it online and really understated its ability and reliability. Keep in mind that as the '60's progressed and the power levels went up, the greenies began crying that the sky was falling, and the insurance companies were applying pressure on the auto manufacturers for providing what the public wanted in terms of performance. So, Ford not promoting its new line of performance engines helped to keep the attention not focused on them, but on Chevrolet and Chrysler and their line of high-performance high polluting engines. Really not a bad idea when you give it some thought.

The entire line of FE engines were performers. Of course, we all remember the best of them, and some even with

(Continued on page 9)



Tech Talk 2.0 cont.



dreamy eyes. Who would not want a 390, 427 or a 428? They drink gasoline like crazy. But, my God, that torque! The sound! And, when it's connected to a 4 speed? Even if it's connected to the ground with an open rear end (come on, who would want that?) I would still drive it!

I could go on with much more detail that I found while spending many hours delving into Brad's question, "Is it a big block, or a mid block?????". Well...I think that I answered that in the opening paragraph. But, if you go by a common definition of "Big Block" and "Small Block" one might be able to argue both ways, depending on which definition one uses. I am going to go with the line of thinking that small blocks are engines with larger bores than strokes and are designed for higher RPM operation to produce their rated horsepower. Big Block engines are those that have longer strokes than bores which allows them to take more air and fuel producing more torque, but due to the greater mass of its crank, rods, and pistons it cannot spin as fast as the small block with its lighter parts. Using displacement an engine is usually considered a small block if it is under 400 cubic inches. Here is the rub. Fewer cubic inches and shorter stroke mean that the engine has more combustion events applying more power to the crankshaft at a higher RPM. So, in answer to your question Brad, let's not use big or small. Let's call it and

390 FE. It was used in so many cars and trucks and filled the requirement as a big power GT and as a work hauler that it could be big or small to whoever was using it. Ford didn't bother with tagging it as big or small and it caused enough consternation among the Chevy and Chrysler guys that we should just sit back and watch them trying to figure it out. For its time, it was a lion that could act like a pussy cat or roar like a beast. And even today it can do the same; it just takes a lot more gas than most are willing to buy, and there are so many small blocks out there that produce more power and use less gas. If I ever get a chance to ride along in 390 powered Mustang it will be a competition between me and the driver to see who is having more smiles to the mile. Thanks for the question, Brad.

Until next time, keep the pedal to the metal and keep it between the ditches.



WELCOME NEW MEMBERS



Frank Capriato
Fairfield, CA

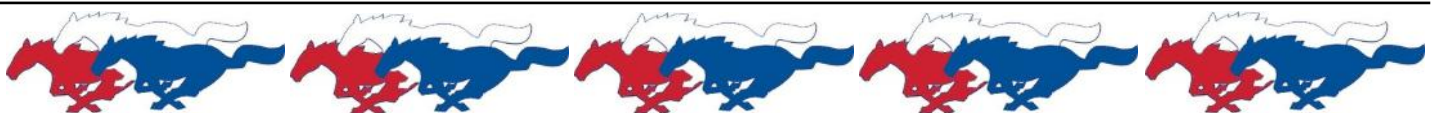
2013 Boss 302, White



Lawrence & Timiera Bolden

Vacaville, CA


1968 Convertible



★★★UPCOMING EVENTS★★★



ALL FUTURE EVENTS ARE TENTATIVE

Dec 13	WREATHS ACROSS AMERICA - MEET AT MEL'S DINER VACAVILLE 7:15 AM
Dec 13	ANNUAL GHMC CHRISTMAS PARTY, NAPA ELKS LODGE—RESERVATIONS REQ.
Dec 25	MERRY CHRISTMAS 
Jan 1	HAPPY NEW YEAR
Jan 8	GHMC BOARD MEETING - McEACHERN RESIDENCE
Jan 10	GHMC ANNUAL CLUB BREAKFAST, IN THE BANQUET AREA AT BLACK BEAR DINER, 9:00 AM 111 SUNSET AVE., SUISUN CITY
Jan 27	GHMC GENERAL MEETING FORD FAIRFIELD UP STAIRS CONFERENCE ROOM, MEETING STARTS AT 7:00 PM

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

SAVE THE DATES

JAN. 10TH, 9:00 AM:

BREAKFAST AT BLACK BEAR DINER



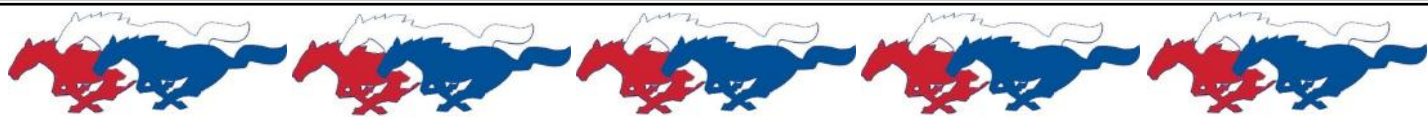
JAN. 27-CHANGE OF MEETING PLACE & TIME:



Ford Fairfield

3050 AUTO MALL COURT, FAIRFIELD, CA 94534

7:00 PM, UPSTAIRS CONFERENCE ROOM



HAPPY BIRTHDAY

DECEMBER BIRTHDAYS

12/1 Alice Troxell
12/2 Courtney Leathers
12/3 Christy Abruzzini
12/3 Karen Bradley
12/4 Don McEachern
12/6 Elise Stevenson
12/14 Lisa Mitsopoulos
12/14 Kurt Souza
12/17 Lauma Jurkevics-Willis
12/18 Michele Rebolini
12/20 Lawrence Bolden
12/21 John Clark
12/22 Ron Normandin
12/25 Austin Bauer
12/26 Ron Bramlett

JANUARY BIRTHDAYS

1/1 Miyuki York
1/2 Cristy Cordeiro
1/4 Jacqueline Driver
1/4 Anthony Robinson
1/7 Buddy Castro
1/7 Olivia Herman
1/8 Jacob Mathews
1/12 Jackson Bozarth
1/13 Kim Pickering
1/13 Wendy Pickering
1/18 Mark Scott
1/18 Tisha vonTing
1/20 Brittini Haran
1/20 Shelby Myska
1/21 Larry Tunac

1/22 Mike Moore
1/25 Paul Lambert
1/26 Chase Myska
1/27 Clif Wilson, Jr.
1/28 Kyle Lo
1/29 Emily Lambert
1/30 David Fountain



PLEASE LET US KNOW IF WE HAVE FORGOTTEN ANYONE!

Sunshine Corner

By Yvonne Westberg



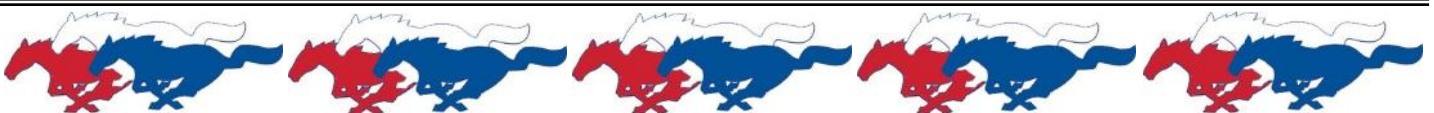
Cards were sent to the following:

- ❖ Jerry Lamphiear who has knee replacement surgery.
- ❖ Robin Herman who has been in the hospital with serious medical issues. She could use our prayers right now.
- ★ 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

GOT HAPPY NEWS?



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

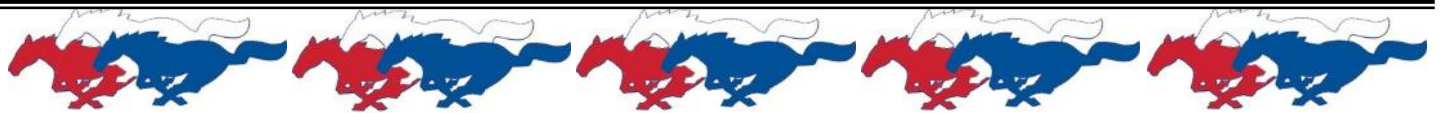




MAY 16, 2026
41ST ANNUAL



GOLDEN HILLS MUSTANG CLUB
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SUISUN CITY WATERFRONT



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Dan Cordeiro

Cordeiro Vault Co.

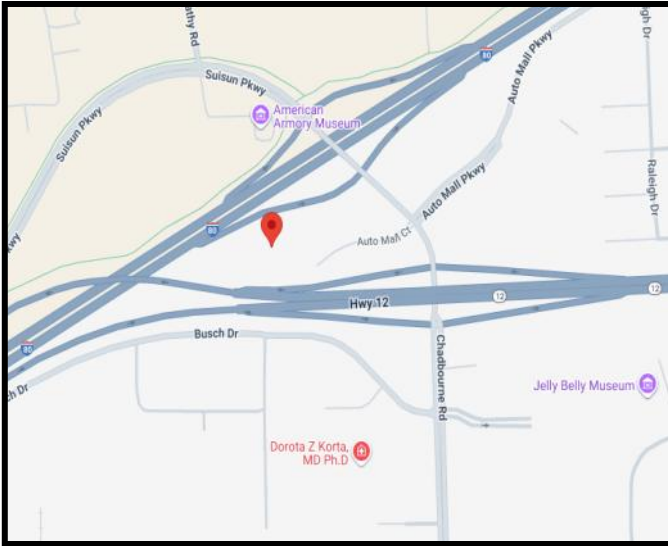
Phone: 707-552-1045



Ford Fairfield

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

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



Note Change of Meeting Place:



Ford Fairfield

**3050 Auto Mall Court
Fairfield, CA 94534**

**NEXT MEETING
Tues, January 27, 2026**

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

