

September 2013

Volume VI Issue 1



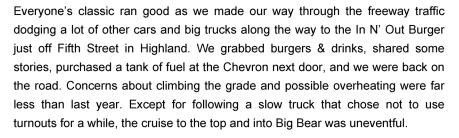
# Big Bear Fun Run 2013 by Wayne & Linda

This year's Annual Big Bear Fun Run was destined to be different than previous years. For starters, we had eight T5R classics and 15 members about to be turned loose on the streets of Big Bear, double that of last year. Everyone's lodging was at the Big Bear Frontier or the Northwoods Resort, right in Big Bear Village, instead of several miles away from the action at the lowly Motel 6. This was awesome, as we had much better accommodations and we were walking distance to all the stores and restaurants. Additionally, the weather forecast was going to be different, with temps in the mid 80's while driving through the valley and in the low 70's at Big Bear with no chance of rain. And finally, the parking spaces in Big Bear Village would be greatly impacted from remodel street construction throughout the village. Where are they going to park all these Classics? More importantly, where is our group going to be parked? Time will tell.

Like last year, we decided to meet at the Park & Ride just east of I-15 at Hwy 76 in Pala at 10 a.m. It turned out this would be different too. We knew there would be construction at the exit, but we did not anticipate the exit would be closed, detouring us north about three miles to Mission Road. Just as we were ready to exit, Ava called to tell us their chrome alternator bracket had broken again. Not to worry! Bob brought a spare and in a matter of minutes, the bracket was changed and we had all grouped along the side road ready to go, except Rod & Nancy who were more than an hour behind us.









Thursday afternoon, after everyone checked in and rested up a little, we looked for a good dinner place that could handle our group. After discovering the Cowboy Express was just a block up the street, we headed there and were able to get seated together right away and enjoyed a really good dinner. After dinner, while some played a game of Apples to Apples, we walked the streets of Big Bear Village, doing a little window-shopping along the way.



Friday morning arrived with sunshine and perfect temperatures. We started the day with breakfast at Boo Bear's Restaurant, and then headed to the registration area to check in and find our assigned spaces for the show. We were lucky again this year, with seven of our classics being assigned spaces in the last row of the parking lot next to some very tall pines trees that provided shady places to sit all day long, while at the same time, being close to the festivities. Unfortunately, since Mike & Pat's original registration application was lost, they were not parked with the rest of the group and were assigned a space about 200 feet across the way, but it was close enough to make do.



After registration, everyone went their own way for the afternoon. On a tip that Murray's Bar & Restaurant was a good place to eat, we stopped by to check it out. The Manager gave us a tour of the back patio and assured us they could handle our group for dinner, so we made a reservation for 6 pm. This turned out to be not such a good idea. They had our tables ready, but we soon learned they were not able to handle a group our size in a reasonable amount of time. Food orders were mixed up and came out one or two at a time over the next hour and a half. Most of the food was good, but some not quite so. Harvey's order was lost completely and when it did arrive, was under-cooked and not so good. We probably won't be going back.

Saturday was another beautiful day. We all parked in our spaces, cleaned up our classics, ate breakfast provided by the Kiwanis Club, checked out vendors, looked at hundreds of cool cars, visited with everyone and enjoyed the day. We were soon dubbed the "Red Car Club" as there were five red classics in a row, prompting some to ask if a red car was required to be in our club. Sandy discovered coolant leaking from his heater onto to his carpets, requiring an impromptu by-pass with the help of a crate from Bob Bishop to catch the coolant. As the day wore on, we all kept looking to see if any T5R classic would be chosen for an award. It was not to be. When the winning cars were posted, there were no T5R winners. Oh well, let's get ready for the cruise around the lake! Because of the construction, we were not sure where to line up. We soon figured out where the line ended and we got in it. In a matter of a few minutes, the line started moving and we were on our way. It was an amazing cruise with lots of people lined up along the lake road and more than usual in Fawnskin on the north side of the lake. They were waving, holding up signs, and even doing the chicken dance for Chicken Stanley. Near the end of the cruise, we took the usual side trip through the county park where every classic received a complimentary souvenir Fun Run coffee mug.













After crossing the bridge back to the south side of the lake, we cruised on back to the Big Bear Frontier parking lot to relax a little, enjoy the views of the lake and decide where to do dinner. Anyone want to go back to Murray's? We didn't think so! Okay, let's do the Cowboy Express again. Once more, we walked in and were seated right away and had a very good dinner.

After dinner, the group played another game of Apples to Apples, a tradition now for all overnight T5R excursions. With 15 in the group, there were a lot more losers than winners, but win or lose, it is fun time and a highlight of the trip.

Sunday morning seemed to come early and by the time we got up, ready to go and checked out of our room, we were a little late for the awards. We arrived in time to see the Best Corvette, Best 55, Best 56, Best 57, and Best Nomad as well as the top 25. It was a little surprising to see which cars were picked as winners, especially the one picked for Best 57 Chevy. We saw at least ten other 57's at this show that were far superior to the one picked, including those in our group. The same goes for some of the top 25. There were so many cars that were more worthy of this award than the ones picked. Interestingly, a lady came up to us from the Big Bear Chamber of Commerce wanting feedback about the show. When we mentioned the judging seemed to be somewhat suspect, she told us we were not the only ones who disagreed with some of the picks. It was apparently the biggest complaint she had been receiving. Will it change things for next Year? Who knows? We enjoy the show for a lot of reasons and lousy judging will not deter us from going. Although we would like it better if someone that knows the difference between a so-so car and a really awesome one were to pick the winners.

By 10:30, the awards had been presented and it was time to head home. Everyone else except Harvey & Ann had already left for home, so we headed down the mountain and cruised together until we went separate ways in Moreno Valley. There were no failed fuel pumps, no overly hot temperatures or breakdowns of any kind. Life was good!

There is something special about going to Big Bear, whether it is for a classic car show or any other reason. Yeah, the air is a little thin at that altitude and it takes a day to acclimate. But we love the fresh smell of pine trees, the views of the lake, cruising the mountain roads in our classic and talking to the locals. It is kind of like going to another world. The best part, however, is sharing it all with our wonderful friends that make up the Tri Five Revolution, the best there are.

































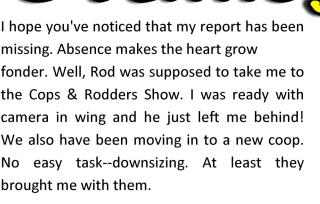








#### anle I hope you've noticed that my report has been missing. Absence makes the heart grow fonder. Well, Rod was supposed to take me to the Cops & Rodders Show. I was ready with camera in wing and he just left me behind! We also have been moving in to a new coop.





Then I had some beak surgery. No, not to make me prettier. Too much sun and a little beak cancer. I'm healing much faster than that stupid Aflac duck. I'm sick of those commercials. How long can they milk that duck injury?

I did make it to the Big Bear Car Show as did 15 Tri-Five friends. The weather was perfect and everyone enjoyed the weekend. I watched them make fools of themselves playing Apples to Apples. Sandy was the only one not to win a card. I tried to be nice and tell him, it was because he was the only sane person in the room. Apples to Apples is the official group game. So why can't I be the official group mascot?! I heard rumors of it, but Ava said no. (I thought she liked me) so I would like everyone who gets this newsletter to vote and email Ava--YES or NO on the issue.

#### Vote YES for STANLEY!!

Back to the car show. The cruise in our cars was much better this year. Same route around the lake but many, many more people and they were so loud and enthusiastic. I got a whole bench full of girls to do the Chicken Dance.

I got tons of shout-outs and love from the crowds. When the crowd held up signs, "Show us what you got!" (meaning engine-wise). Nancy would hold me up and yell, "All we got is this chicken!!"

**Vote STANLEY** 

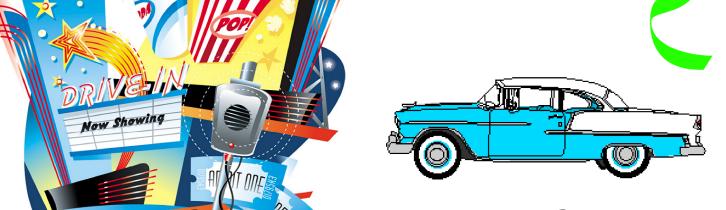
# Tri-Five Revolution otherway/Birthday Parky

#### Sunday, Sept 29th

Pot luck lunch at 1pm
Don't forget to bring your own drinks.

at Mike & Pat Harvey's home in Ramona 23749 Barona Mesa Road

To get there follow the signs to
San Diego Country Estates.
Once you are there stay on
San Vicente Road until the
road ends, turn right onto
Barona Mesa Road.
Call them if you have any problems.



On Saturday, September 21st Tri-5 Revolutionaries will be meeting at Filippis Pizza Grotto in Santee for dinner at 5:00pm. After dinner we will cruise to the Santee Drive-In for a nostalgic night. Unlike back in the day you will need to bring your own boom box and a chair unless you plan to sit in your classic. Dessert and snacks to share would be nice too.

Go to http://www.santeedriveintheatre.com/ for movie info. Let Ava know if you plan on joining us for dinner. Hot Rods for Heroes Classic Car Si

The Inaugural Hot Rods for Heroes Classic Car Show was held on Saturday, August 3, at Liberty Station. The show supported the Wounded Warrior Homes Project. One of the sponsors was The Walrus, 105.7, with Kim and Nolan doing the announcing along with Jumping Jack Flash. Being the first time for this show, there was not a large turnout but there were some nice cars in attendance. Bob Brown, Pat & Mike Harvey, and I attended from our group,

After showing no interest in the very nice trophies that Mike was telling me about, I and my 1963 Corvette won a Top Ten trophy. The awards were done differently than most shows. The winners were asked to bring their car/motorcycle to the stage for the trophy presentation. I think this was a great way for people to see what won, and to show off your ride. The retired Marine that won an award for his motorcycle played the Marine hymn over his loudspeaker as he went up front for his trophy.

For the first time, it was a good show for a great cause.

Sandy







Congratulations Sam & Donna II

Best of Show Winner at

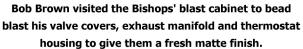
Grand Sterra Resort - Hot August Nights Reno

















**Snack Away Stress With Salt** 

Stress affects most everyone and can cause problems at work, home and with health. Researchers have found that stress is a leading cause of illness, affecting as much as 20 percent of the population. Economic factors such as a recession have also been shown to significantly increase population-wide stress levels.

Work and home life can be a source of stress in addition to health problems. Many times people will turn to food to help them relieve stress and there is a scientific reason for this: Salty snacks actually help your body reduce stress levels.

Stress is characterized in the human body by high levels of the hormone cortisol, referred to as the "stress hormone". Scientific research has shown, both in animals and humans, that increased levels of salt consumption are very effective in reducing levels of cortisol.

Data from the U.S. National Health and Nutrition Examination Survey demonstrated that depression and stress were higher in individuals who consumed less salt, a trend more prevalent in women than men.

Whether they are called comfort foods or mood stabilizers, salty foods are incredibly effective at making people feel better and reducing heightened stress levels.

So the next time you are out on a cruise around the countryside, don't feel too guilty when you stop at the local burger joint and have some salted French Fries with your burger! You will have that 'feel good' feeling from riding around in your Classic Chevy and be less stressed about wondering if someone in the group will break down before you get home!

Happy travels!



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9/2	San Diego	Cool Expo	& Swapmeet	: <b>-</b> Oua	Icomm

9/	<b>'2</b>	T5R A	fter 9	Swapn	neet l	Lunch

9/7 Fall Classics - Embarcadero

**In-N-Out - Scripps Poway Parkway** 9/7

9/7 Fiesta de Kustom Kulture Car Show - Historic Old Town

9/7 Christian Rods & Customs Classic Car & Bike Show - Spring Valley

Long Beach Swapmeet 9/8

9/15 Greatest Show on Turf - Cottenwood - El Cajon

9/19 T5R Meeting - Coco's Poway (Harvey)

**T5R 5th Birthday** 9/20

9/21 Alpine Car Show & Chili Cookoff - Alpine

9/21 T5R Dinner and a Drive In - Santee

9/21 The Best Car Show - Vista

9/28 Ramona Rod Roundup - Ramona

9/28 14th Annual Cruisin for a Cure, Costa Mesa

9/28 66th Prowlers Picnic - Mission Bay

9/29 T5R Anniversary/Birthday Party - Harvey's home in Ramona

Ranchita Car Show - Ranchita 10/5

10/5 Classic Car Craze - Temecula

10/5 "On the Bay" Classic Car Show - Chula Vista

10/13 Long Beach Swapmeet

**10/17 T5R Meeting** - Coco's Poway (Rindskopf)

10/20 Pomona Swapmeet

**10/26** T5R Borrego Days/Parade/Craft Fair - Borrego

10/27 Pal Joey's Best Damn Car Show in Town

10/31 Halloween

**Daylight Savings Time ends - Fall Back** 11/3

11/5 Holiday Car Show & Toy Drive - Bates Nut Farm

11/9 Warriors United Car Show - San Diego

11/10 Long Beach Swapmeet

11/11 Veteran's Day

11/25 Long Beach Swapmeet

11/22-24 Goodguys Fall Del Mar Nationals - Del Mar, Ca

11/28 Thanksgiving

12/1 Long Beach Swapmeet 12/8 Pomona Swapmeet

12/25 Merry Christmas

Red Font is a club attending event

**Green Font is a club supported event** 

For site links, information, details, event flyers

visit our website at: http://www.tri-fiverevolution.com

go to the calender, click on the day of the event.

(if multiple events fall on the same day, click on the # next to the magnifying glass to see the listing of all events)

### To Love a Nomad

By MARK YOST

Itasca, III. f you think about America's love affair with the California beach culture of the 1950s and '60s, one of the iconic images that comes to mind is Gidget. She first appeared in a 1957 novel by Frederick Kohner, based on the Malibu Point exploits of his teenage tlaughter, Kathy. Sandra Dee brought her to life on the movie screen in 1959; "Where the Boys Are" came out a year later; and in 1961 the Wilson brothers first teamed up with their cousin, Mike Love, to form the Beach Boys. But before all of that, there was the Chevy Nomad.

The slant-roofed, limitededition two-door station wagon that for many is the definitive car of the surfer era made its first appearance a long way from the California coast. The Corvette Nomad was a prototype that General Motors showed at its 1954 Motorama in New York's Waldorf Astoria hotel. Its unique features were such a hit that GM engineers applied the styling cues to the Chevrolet Bel Air and created the 1955 Chevy Nomad.

GM produced fewer than 25,000 of the original Nomads over just three model years. Despite its limited production run, the Nomad still has legions of fans, including about 500 diehards who recently celebrated the Chevrolet Nomad Association's 25th anniversary in this Chicago suburb.

Paul Miller Sr., from nearby Prairie View, Ill., has two Nomads,



both '57s. His pride and joy is the fire-engine red one, which he painstakingly restored "\$10 at a time over about 10 years."

When he found the car on Chicago's West Side, it had no brakes and no interior. He did what car guys call a "frame-off restoration," meaning he took the car down to its bare bones.

"Td guess I have somewhere between 30 and 40 thousand dollars into it, and a lot of late nights and long weekends in the garage," said Mr. Miller, who runs the public-works department of a Chicago suburb.

While some collectors strive for all original parts, that's hard to do with a car whose limited run ended more than 55 years ago. So Mr. Miller's orange '57 has a 427-cubic-inch Chevy bigblock engine instead of the original 283. His green '57 Nomad, what he calls his "basic car," has a 350-cubic-inch tuneport engine out of a 1990 IROC-Z Camaro.

"I could get in it and drive it across the country without lifting the hood," he proudly said of the green car.

He's done that, driving to the CNA convention in Sacramento, Calif., last year, and plans to drive to the annual get-together in Chattanooga, Tenn., next year.

Because the Nomad is all about the look for many collectors, some don't even have GM parts. Vance Long, who owns one Nomad from each model year, drove his '57 more than 1,700 miles to this year's gathering from his home in Queen Creek, Ariz. Under the hood is a 350-cubic-inch fuel-injected Corvette engine, and the transmission is a GM 700r4 overdrive automatic. But the rear axle is a 9-inch Ford and the wraparound back seats are out of a '68 T-bird.

Why a Nomad?

"A friend had one in high school," Mr. Long said, giving a common response.

Marvin van Blericom, a contractor from Battle Ground, Wash., just thought the Nomad looked cool. He bought his first one on Father's Day in 1991. He attended a Nomad show in Bend, Ore., that year, went home, and tore down his '56 Nomad to the frame.

"I saw the competition and knew what I had to do," he said.

He bought the car for \$6,500 and put an additional \$35,000 into it over the next year. The car, which was originally copper and cream but is now metallic teal, was recently appraised at \$65,000, he said.

Perhaps the most interesting Nomad story comes from Ron Gruel of Linden, Ill. He'd never seen a Nomad until he found a '57 sitting in a dairy barn in Clinton, Iowa, in 1968. He bought it because the wide liftgate and spacious back end were perfect for Mr. Gruel, who was a Keebler cookie salesman. He did a little engine work and painted it Keebler red.

Mr. Gruel has since become an even bigger fan of the classic care and now has one Nomad from each model year. His current project is to refit the car that everyone called "the cookie box" with all original parts. He's completely redone the car, including a new paint job in the original black-and-white color scheme.

The car currently has a 350-cubic-inch engine from a '74 Chevelle, but Mr. Greul said he has found an original engine and transmission that he plans to install this winter.

"Come to our show next year and I'll have one of the few alloriginal Nomads," he said.

Mr. Yost is a writer in Houston.

Submitted by Joe Keller

## Tri-5 Embroidery Apparel Orders



With the hot, muggy weather upon us it just doesn't seem possible to be thinking about warm winter apparel, but this is the perfect time to shop. Go to your favorite store and pick out what ever looks best on you. Just remember to leave the sale tag with your name written on it. You can also order from the Greathouse catalog and if anyone is interested in purchasing a club jacket let us know so we can all bring ours to help you with sizing. Bring all your items to the September meeting and give to Wayne and Linda.



http://www.tri-fiverevolution.com/apparel



# The Richard Scoop by Ann Goldberg

Apples, and the delicious things made from them, are always favorites in our family. Raw fruit, apple pie, cookies, cake and applesauce, we love them all. Back when our Tri-5's were new I sometimes had the opportunity on a beautiful fall afternoon to drive to the orchards outside of town with Mim and Bert. I remember their bringing home fragrant apples in bushel and peck baskets - McIntosh, Northern Spy, Jonagold and Rome.

In the US we grow 2,500 different varieties of apples; think globally and the number triples. There are over 7,500 different types of apples grown worldwide with 41% coming from China. The US, Turkey, France and Poland complete the list of top five apple producing countries. The average tree yields an amazing 840 pounds of fruit each year! The 2010 production total -69million tons of apples!

With all those apples available, it seems on right that a few should become tasty Fresh Apple Cake. Enjoy this recipe shared by Janie Lien of the Central Texas Classic Chevy Club.

#### Fresh Apple Cake

4 cups diced apples (if you prefer, no need to peel)

2 cups sugar

1/2 cup vegetable oil

1 cup chopped walnuts

(optional, but recommended)

2 eggs (beaten)

2 teaspoons vanilla

2 cups flour

2 teaspoons cinnamon

2 teaspoons baking soda

1 teaspoon salt

Icing:

1 cup sugar

4 Tablespoons butter

1/2 cup milk

1 teaspoon vanilla



Preheat oven to 350 degrees. Grease a 9" x 13" pan and set aside.

Mix diced apples and sugar together in a bowl and set aside stirring occasionally for 30 minutes as juice forms. In another bowl, add vegetable oil, chopped nuts, beaten eggs and vanilla. Mix. Add apple mixture to this. Combine flour, cinnamon, baking soda and salt. Mix all together and pour into the prepared pan.

Bake for 45 to 60 minutes, until cake tests as done with a toothpick inserted into the center. Cool cake thoroughly.

Put sugar, butter and milk in a medium pot and bring to a boil. Boil for 3-4 minutes. Remove from heat and add vanilla. Use an electric mixer to beat the icing until thickened. Pour over cooled cake.



# THEFIVE REVOLUTION Meetings, Partys, Guises and Events

#### San Diego Cool Expo

Monday - Sept. 2, 2013

Qualcomm Stadium - 7am to 2pm

Lunch after for any T5Revolutionaries who are interested around 11:30am





#### **In-N-Out Burger**

Sat. Sept 7th

10:30am

12890 Gregg Court Poway, CA 92064

### T5R Meeting

Thurs. Sept 19th

Coco's in Poway around 6pm for dinner meeting to follow.



#### T5R Dinner and a Drive In

Sat. Sept 21st

Filippis Pizza Grotto in Santee at 5:00pm Cruise over to

Santee Drive-In immediately following dinner.



## T5R 5th Anniversary/ Birthday Party

Sun. Sept 29th

At Mike & Pat's home in Ramona at noon - pot luck lunch 1pm





Chili Cook-off & Car Show - Alpine

Sat. Sept 21st

http://www.socalcarculture.com/Images/092113AlpineKiwanis.pdf

Visit our website at: <a href="http://www.tri-fiverevolution.com">http://www.tri-fiverevolution.com</a> for more information, details and links to their sites for flyers. Go to the day of the event. (if multiple events fall on the same day, click on the # next to the magnifying glass to see the listing of all events)





Rare '55 Bel-air wagon 454 c.i. t-400 trans power windows / seat

\$9000.00 ..plus extras (worth 1K)
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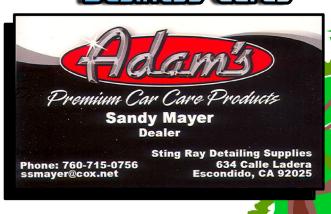
El Cajon, CA 92021

jrachod@verizon.net 760-365-8769

Steve Spirkoff/Owner

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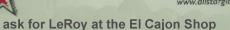
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submitted by Ron Foote







Alex Lumpkins

(760) 685-8906

Ramona, CA 92065

submitted by Bob Bishop

All members and Classic friends are welcome to submit a business card.

## Contact Us At

club@tri-fiverevolution.com



Newsletter submissions
due by the

25th of each month
Send articles to
Ava Bishop at
ava@tri-fiverevolution.com



#### www.Tri-FiveRevolution.com

Check out our calendar for upcoming events, status reports or to see pictures of events attended. *Go to the day of the past event.* 

Click on the # next to the magnifying glass to see all the pics from that event.

Happy

Liz Brown 917



Bob Bishop 9/14

**Happy 5th Birthday Tirt-Pive Revolution Sept. 20th** 

REVOLUTION



70m & Nancy Geiman 9120



Donna Keller 9121



Joe Keller 9/16