

Rumbles Newsletter

FEBRUARY 2023

Early Ford V8 Club RG # 109



**PO Box 53517 Broadmead
Victoria, B.C. V8X 5K2**



***Studebaker Hearse
Drivers Welding***

www.earlyfordv8victoria.com

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Contributions are always welcome and sincerely appreciated.

Please send contributions to the Rumbles editor via email at cdchown@outlook.com or phone 250 595 0312 if you prefer.

Thank you in advance.

109 Club Executive 2023.



POSITION	NAME	TELEPHONE	EMAIL
PRESIDENT	Mike Mortimer	250 477 0547	Rockymort33@gmail.com
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DIRECTOR	Jim Jennings	250 477 5594	jennings@telus.net
DIRECTOR	Chris Chown	250 595 0312	cdchown@outlook.com

2023 CLUB AGENDA & SCHEDULED EVENTS.

All events and dates are subject to change.



Information updates issued as soon as possible.

DATE	ITEM	CONTACT
JAN 10	AGM/ & REGULAR CLUB MEETING	MIKE MORTIMER
FEB 14	REG CLUB MEEETING	MIKE MORTIMER
MAR 11	SHOP TOUR AVAITION MUSEUM	GARY CLARKE
MAR 14	REG CLUB MEEETING	MIKE MORTIMER
APR 11	REG CLUB MEEETING	MIKE MORTIMER
MAY 5	REG CLUB MEEETING	MIKE MORTIMER
MAY	SHOP TOUR	GARY CLARKE
MAY	109 FAVORITE RIDES GROUP PHOTO – ST. ANNS Pending	CHRIS CHOWN
JUNE 13	REG CLUB MEEETING	MIKE MORTIMER
JUNE	SHOP TOUR	GARY CLARKE
JUNE	VCC SWAP MEET	MIKE MORTIMER CHRIS CHOWN
JULY 16	FORDS & FRIENDS 2023	CHRIS CHOWN
JULY	RENO ROAD TRIP	GARY CLARKE
AUG	ANNUAL CLUB BBQ.	MIKE MORTIMER
SEPT 12	REG CLUB MEEETING	MIKE MORTIMER
SEPT	SHOP TOUR	GARY CLARKE
SEPT	SPORTS DAY	ROB VANZELLA
OCT 10	REG CLUB MEEETING	MIKE MORTIMER
OCT	FINAL SHOP TOUR	GARY CLARKE
NOV 14	REG CLUB MEEETING	MIKE MORTIMER
DEC 16	ANNUAL CHRISTMAS PARTY	ROB VANZELLA

REGULAR MEETING MINUTES –FEBRUARY 14TH, 2023.



The meeting was called to order by President Mike Mortimer at 8:40 p.m. at Saanich Baptist Church, 4347 Wilkinson Rd., Victoria, B.C. following a presentation by Joan Wallace of Wallace Driving School.

- 1. Agenda distributed for February 14, 2023, meeting**
 - a. Motion to approve the agenda by Jim Jennings; seconded by Bruce Somers
- 2. Minutes of January meeting**
 - a. Motion to approve Jan. 10, 2023 minutes by Bob Mortimer; seconded by Ian Gordon
- 3. Old business**
 - a. No issues
- 4. Correspondence**
 - a. Membership dues summary by Jane Thomas.
 - b. Ford and Friends show: Heritage Acres venue was cancelled in a letter to HA and mayor of Central Saanich, and the club received no response thus far; the club still seeks an event chair
- 5. Treasurer's Report**
 - a. Jim Banks presented monthly report for period ending Jan. 31, 2023
 - b. Motion to accept Treasurer's Report by Bruce Somers; seconded by Bob Mortimer
- 6. Committee Reports**
 - a. **Membership dues:** outstanding issues already reported by Jane under Correspondence
 - b. **VCC swap meet:** June 2023 event progress report by Chris Chown
 - The club wants to participate again.
 - Looking for event volunteers
 - It's a financially beneficial event.
 - VCC and Torque Masters clubs are also enthusiastic.
 - Discussion about concern about event conflicts that weekend
 - Target date: the weekend after Father's Day TBA.
- 7. Guest speakers**
 - a. Pending presenters for 2023: Fountain Tire, Dentex Pending

8. New Business

Bowser fire support update: several club members took equipment and tools donated by club members and others to Qualicum and received much appreciation from Thomas whose auto shop and fuel station burned to the ground. Gary Clarke was thanked for organizing the club response.

- a. **Fords and Friends report by Bruce Somers:** Bruce enquired with municipal staff about the field at Metchosin School, with the following results.
- The field could hold roughly 150 cars.
 - Municipal parking across the street provides space for visitors.
 - The mayor and chief administrative staff of Metchosin were receptive at a introductory meeting
 - Bruce presented the club's needs and event details (date, time, need for visitor parking, access to washrooms, etc.) at Metchosin Council meeting last night, and received a positive response.
 - Target date: July 16, 2023
 - This option is an opportunity to downsize to a more manageable event size
 - Given fixed size, the club needs to pre-register cars.
 - To fit the Metchosin culture, Bruce recommends free to public like a community fair
 - The location has coffee shop, pub, and restaurant nearby.
 - The school has washrooms, Fire Chief is on board.
 - One caution is the existence of a business on site that is open that day.
 - A majority of club members in attendance supported pursuing this opportunity, based on a show of hands.
 - Bruce asked for volunteers interested in an organizing committee to meet after the meeting.

9. Buy and sell

- a. Don has two tires for sale: 245 60R14

10. Meeting Adjourned; 50/50 draw

Minutes recorded by Heidi Bada, 109 Club Secretary. Approved by Mike Mortimer.

Presidents Message. Mike Mortimer

To all 109 car club members

As the interim president hopefully someone in our club will be nominated or step up to fill this position, as well as the vice president position.

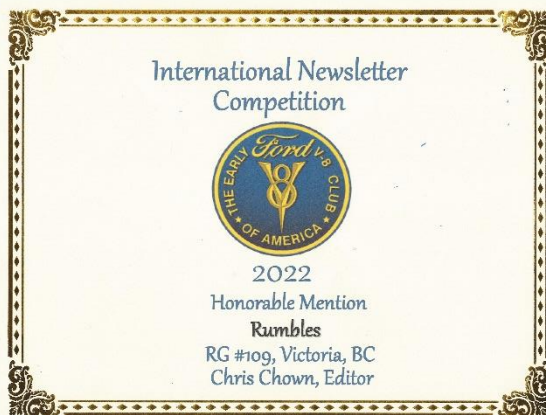
For all #109 members I sincerely hope this year 2023 brings out more members to our monthly meetings.

Everyone's input is greatly appreciated, this is our club So LET' S DO IT!

Regards,

Mike Mortimer
Live life, Be Happy

Message from the Editor. Chris Chown



This issue of our newsletter has a few changes that allow for more varied information and hopefully a more enjoyable reading experience. I sincerely appreciate the contributions made by several club members and encourage you all to pitch in with items like road trip stories, photos from car shows and

garage tours or swap meet treasures. We also are keen on having contributions from the ladies connected to the 109. Things like favorite recipes, gardening tips or great books you have experienced would be excellent. Photos even better.

An item that many or all of you could contribute would be the story of your first car. I personally find these to be a fun read every single time. Perhaps something like the worst deal I ever made (auto related) might be fun as well.

Please remember that this is your newsletter targeted for all to enjoy, so any efforts to expand and improve are certainly well worth the effort.

If you have any questions of contributions, please contact me at your earliest convenience. Ph 250 585 0312 or email cdchown@outlook.com



The 47 Deluxe 8 before upgrades started. For the most part she is all done and awaiting an extensive road test / break-in drive from Nelson to Victoria. Expected timing is early spring after the ice and salt are gone. Will keep you posted.

Club News:

'It was terrifying': Fire destroys gas station, repair shop in Bowser, B.C.



It appears the fire started inside a vehicle that was parked in one of the service station's service bays and flames quickly spread throughout the building, threatening nearby homes. (David Moase)

The young owner is such a wonderful fellow and our hearts just went out to him," Bruhn says. "It's been here forever since I can recall. It's going to be sad to see it go."

A trailer located behind the station was evacuated, along with a nearby home, according to the fire chief. He says he and his fire department are familiar with the service station and its owner.

"This is where our department fills up, or did fill up our fuel for many, many years," he says.



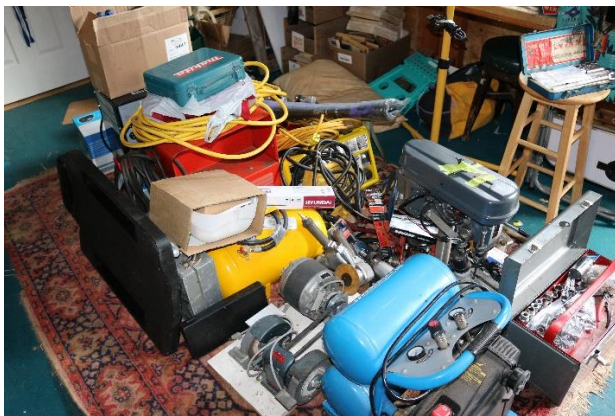
The game plan is to rebuild and start the business on the same location.

Where does the 109-club fit in?

Over the past several weeks the 109 club has worked toward helping Thomas and his family get started on re-establishing this wonderful local small business. Spearheaded by our own Gary Clarke our club reached out to our members requesting contributions of tools and equipment that would be of use in daily auto shop work. The items collected were extensive and covered a wide range of very useful items. We managed to collect items such as welders, an air compressor, many very good wrenches and screw drivers, drills, diagnostic testing equipment, light stands, bench grinder, sockets, extension cords, tool box, floor jack, jack stands and much more.

On Saturday Feb 4th club members Gary Clarke, Finn Eriksen and Chris Chown loaded Gary's truck to the gunnels and headed off up island. WE were able to hook up with Don MacPherson in Qualicum who assisted with excellent directions and best spot for lunch. The collection was delivered to Thom's mother's house and placed right in the middle of her art room. Such a great trip and loads of good stories and political commentary along the way. Connection with Thom was so well received and included heartwarming thanks expressed to the 109 club for all their work.

A special thanks goes out to club members for their generosity and kindness. A big shout out to Gary Clarke, Finn Eriksen, Doug Peterson, Jim Jennings, Norrie Spencer, Dave Wallace, Robi Bada, Rienold Zimmer and Chris Chown for so many wonderful contributions.



L to R. Finn Eriksen. Chris Chown. Gary Clarke



A few words from Tom Flege owner operator.

The generosity and kindness shown by the Early ford v8 club Victoria, touches my heart and is truly amazing. All this equipment, down to every last socket will go towards helping me and my crew get the shop up and running, I'm so impressed by how much you fine gentleman were able to accomplish.

My family and business thank you all from the bottom of our hearts.

I thank you all and appreciate all the effort made to help and support us after this terrible loss.

-Thom

CLUB EXECUTIVE

- The Early Ford V8 Club is currently undergoing a restructuring of the club directors and officers for the term of 2023 – 2024. We are indeed fortunate to have Mike Mortimer step up as the new President effective January 1, 2023. Mike replaces the outgoing president, Chris Chown, who is sitting down after six years in the chair.

We are also blessed to welcome Heidi Bada as the new secretary effective February 2023. Heidi joins in to help with a great skill set and wonderful enthusiasm. Heidi is replacing Al Wills who has served the club so well as secretary for several years. Al will continue to build the club website and hopefully be able to share some of the workload with other club members soon.

- The Vice President position is open for nominations. Please jump right in!

BOWSER FIRE – UPDATE

Donations delivered Feb 4th to Qualicum. Considered complete until further notice.

CLUB PHOTO SHOOT

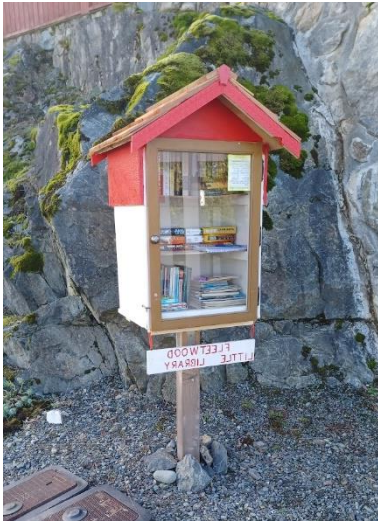
- We are very hopeful that we will be able to hold a great photo shoot for all the 109 members favorite rides in May. The target location is on the grounds of St. Ann's Academy. Ideally, we would have perfect weather with the spring bloom and St. Ann's as a backdrop. Please stay tuned and keep the date in mind so you can join in. If you have any suggestions for a good spot please let Mike or Chris know.

RENO ROAD TRIP

- A great road trip in in the works to attend Hot August Nights in Reno Nevada in late July. This is an excellent opportunity to see a fantastic show with a good group and tick something off your bucket list. Give Gary a call for more information and book your spot. Time is short as hotels sell out very quickly.

VCC, TORQUE MASTERS, 109 CLUB SWAP MEET

- The 109 is currently reviewing options to join in with the VCC as a working partner to help host the Annual Swap Meet at Saanich Fair Grounds. Date will be in June. You will be invited to lend a hand for organizational duties. Please let Chris or Mike know how you can contribute.



The upgraded version of the local neighborhood library in Langford. Constructed and populated by Jim Banks, EFV8 treasurer.

Books are circulated free of charge and replenished by active members in the neighborhood.

Very popular and well supported.

Well done, Jim!

Wallace Driving School Presentation to the 109 – Feb 14, 2023.

The 109 was very fortunate to enjoy an enlightening and entertaining presentation from Joan Wallace of Wallace Driving School prior to the monthly meeting start. The topic focused on Lifelong Drivers - Crash reduction and how to properly prepare for requalifying for a driver's license. There was a large

volume of excellent information and insight into the many pitfalls that await those that face such a challenge.

Wallace Driving School is at the top of the class in offering such high quality service for "lifelong" drivers through their ADEPT DRIVER® program and ready to help you through a tough spot when needed.

If you require more information, please visit www.joanwallacedrivingschool.com or call 250 383 7483.



Joan Wallace (in red) with 109 club members after the presentation.



The Ladies page.



**The easiest tastiest BBQ
steak recipe ever!!**



**Personally tested and
approved.**

By Emily Chown (with a little help from Ron Shewchuk).

Goes well with baby roasted potatoes and grilled asparagus. The marinade is also great with pork chops or rich meaty fish like salmon, halibut, tuna, and swordfish of course.

- 1 cup / 250 ml dark soy sauce.
- 1 tsp / 5 ml toasted sesame oil.
- 2 cloves of fresh garlic finely minced.
- 1 Tbls. / 15 ml finely chopped or grated fresh ginger.
- Freshly ground black pepper to taste.
- Juice of half a lemon (1/4 cup) 50 ml Chinese rice cooking wine.
- 1 Tbls. / 15 ml tapioca starch (cornstarch will also do).
- 4 well marinated rib steaks (or better) about 1 ½" thick (4 cm)

Mix the soy sauce, sesame oil, garlic, ginger, lemon juice (or cooking wine) and tapioca starch in a nonreactive baking dish. Add the meat, turn to coat, and marinate for 10 minutes to ½ hour turning once or twice. Do not marinate overnight as this is a fairly salty marinade.

Prepare your grill for medium direct heat. Place the steaks on the grill and cook for about 4 minutes. Turn the steaks and spoon a little marinade on top. Cook for another 4 minutes for medium rare. Let them rest for about 4 minutes and serve.

Hope you try this and enjoy it to the max. Let us know how you liked it and swap for a favorite recipe of your own.

Cheers, Emily, and Chris Chown

Famous Female Chefs



Padma Lakshmi

Padma Parvati Lakshmi Vaidynathan (born September 1, 1970), known professionally as Padma Lakshmi (Tamil: பத்மா லக்ஷ்மி, pronounced [ˈpəɖmaː ˈləkʃmiː]), is an American author, actress, model, television host, and executive producer.

She is the host of the US cooking competition program Top Chef. She has hosted the show continuously since season 2 (2006), with season 16 (2018) being the latest. For her work, she received a Primetime Emmy nomination for Outstanding Reality Host in 2009. She has published three cookbooks and one memoir. She has also ventured into acting in film and television and hosted several cooking programs before Top Chef. She also launched her own kitchenware line.

- **Age:** 52
 - **Birthplace:** Chennai, India
 - **Profession:** Model, Author, Actor
 - **Credits:** Top Chef, Girl Most Likely, The View, The 2009 Independent Spirit Awards
-



Tech Talk.



Love those wide whites!

Thank you **Don MacPherson** for contributing the following

Why Does Flat Tappet Need High Zinc Oil?

Camshaft in a flat tappet engine is the reason your vehicle engine requires Zinc oil. In other words, the role of a camshaft in an engine makes it indispensable to feed your car engine with Zinc.

During the time the camshaft rotates, it pushes the lobe down to let the valve open. Each part of the camshaft and other components that squeeze against the lobe start rolling along the surface.

In return, it creates pressure on your engine due to the friction between the lobe and the camshaft followers.

With the increased pressure, the oil starts squeezing out of the camshaft followers and the lobe. Due to the oil loss, it can damage your engine by increasing metal friction or creating wear.

Regarding this, you should get motor oil that contains an anti-wear additive. The zinc oil sticks with each part of the engine & lube them, and creates an anti-wear coat. In exchange, the zinc oil can resist high pressure, wear, and sludge and let your engine run smoothly.

To sum up, a flat tappet engine requires zinc oil to protect your engine from high pressure & wear. Therefore, it boosts the overall engine performance by improving fuel efficiency.

What Motor Oil Is High In Zinc? +

We found the following oil has the most ZDDP:

i) [Valvoline VR1 Racing Oil](#)

Valvoline VR1 Racing oil has 13% zinc containing 1350-1400 ppm zincs and 1250-1300 ppm phosphorus (75% higher than SN or SM motor oil). This high level zincs and phosphorus will protect your flat tappet engine from wear, sludge, and high temperature.

ii) [Castrol GTX Classic Conventional Motor Oil](#)

On the other hand, Castrol GTX Classic 20W-50 conventional motor oil comes with a higher level of zinc (1400 PPM Max) and phosphorus. So, this high zinc oil is also capable of protecting flat tappet engine from extreme wear.

Best Zinc Additive For Flat Tappet Cam

Here is the list of the best zinc additives you can consider for your flat tappet cam.

- [Lucas Oil LUC10063 Engine Break in Oil Additive](#)
- [Red Line 81403 Engine Break-in Additive 16 oz](#)
- [REV X ZDDP Oil Additive](#)

Members Photos /Miscellaneous.

Gordie Thomas – walks around Victoria / CRD.

Another great walk compliments of Gordie Thomas. Very easy trail on and around the waterfront in Glencoe Cove – Kwatsech Park, Saanich. Not far off Cordova Bay area. Many beautiful homes tucked in around the shoreline and surrounding residential area. Truly a hidden gem and a perfect place for an easy afternoon winter walk.





If you would like more information about this great place please contact Gord Thomas at 250 477 6168.

If you have photos from your local walks please don't hesitate to share.

BUY & Sell.

FOR SALE: 1955 PONTIAC 2 DOOR HAEDTOP. \$22,000 C This beautiful 55 is up for sale by6 club member KEITH SMITH. Extensive high quality restoration on a rare true classic.

If you are interested please call Keith at 250 479 3618 or email at smithks@shaw.c



Call JIM BANKS 604 351 4351 GM alternator Good condition - FREE.

39 to 53 Ford rear shocks. Only used once. \$25.00 (Christmas gifts are solved)

For Sale. 1941 Ford Super Deluxe Coupe

Bone stock original. Asking \$22,000. CDN.

The vehicle has had extensive mechanical work 5,000 miles ago (\$14,000 parts/labor) and has 51,000 miles showing on the odometer. Rust free undercarriage, frame and wheel wells and no dents... all original steel in great condition. The car is insured and can be test driven anytime. My car is an original survivor car...and the classic 239ci (100hp) Ford V8 flathead runs like a top with its beautiful natural hot rod rumble lol! RUTOO@hotmail.com.



To view or make an offer please contact Frances Riley at 250 888 6654

Email ! RUTOO@hotmail.com

2023 Committees:

“Always glad to have your help!!”



Name	Lead Hands	Supporting members	Date Formed.
Fords & Friends 2023	Bruce Somers	Primary Committee,	ANNUAL
High School Shop Awards	Bruce Somers	Appointed by Bruce S.	Oct 2019
Newsletter	Chris Chown	all members	2014
Phone Committee	Norrie Spencer, Dave Wallace, Bob Mortimer	As needed	Jurassic period
Website development	Al Wills	Heidi Bada	2017
Membership	Jane Thomas	Chris Chown	2022
Christmas Luncheon	Rob Vanzella	Chris Chown	2020
5/50 Refreshments	Mike Mortimer	John Shepherd	
	Jim Banks		2017
Community Liaison	Lew Williams	As needed.	2018



The FUN Page.



Bet you didn't know this!

Where did the term **“Fit the bill”** (just right) come from?

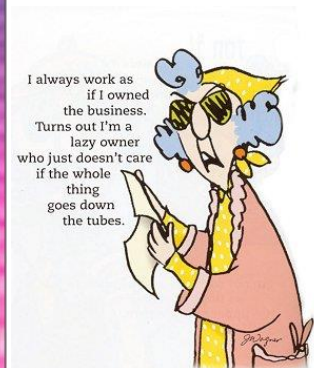
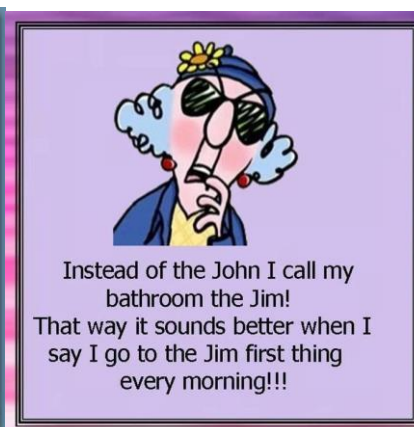
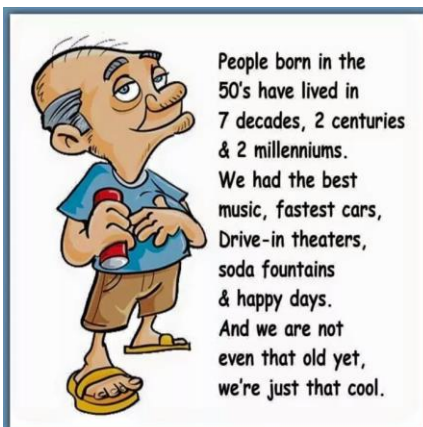
A Bill of Lading was a ships manifest that itemized all goods being transported. When the cargo was unloaded from the hold, it was always carefully checked to see that the goods “fit the bill” by marking item by item. In a colloquial sense something “fits the bill” when it is just right for the intended purpose.

Or this. **“Down the hatch”** (a drinking toast)

Cargo being loaded down the hatch into a ship's hold inspired the well know toast Down the hatch which celebrates the art of drinking. The expression is thought to date from the early 1930's and has been attributed to the author P.G. Wodehouse.

A little Hot Rod slang. Impress your friends and amaze your enemies!

- **Bullets.** Chromed, bullet shaped extensions used on bumpers, grilles & wheels
 - **Duval Windshield.** A split V-shaped chrome plated windshield designed by George Duvall.
 - **Flamethrowers.** Igniting unburnt exhaust and shooting flames out of exhaust pipes.
-



Best not try this at home.

A wife is frying eggs for her husband in the morning.

Suddenly the husband appears behind the wife's back and says:

"Careful, CAREFUL, put more fat in the pan! You're frying too many at a time. TOO MANY! Flip them! FLIP THEM! Come on!

Put more fat in there. Oh dear lord. How are you gonna make space for the fat now, look, they're sticking to the pan! Careful!

Careful now! You never listen to me when I cook! NEVER! Flip them over already. HURRY! ARE YOU CRAZY? Take it easy! EASY! Nooo, don't forget the salt. Put salt on them, SALT!"

The wife stares at her husband:

"What's wrong with you?! You think I can't fry a few eggs?!"

The husband answers calmly:

"I just wanted to show you what it feels like when I'm driving."

A simple riddle or two. (answers on next page if needed)

1. What four-letter word can be written forward, backward, or upside down, and can still be read from left to right?
2. You can hold me in your left hand but not your right. What am I?

Somebody said:

"Too many people spend money they haven't earned, to buy things they don't want, to impress people that they don't like."

Will Rogers

The best thing in life is to go ahead with all your plans and your dreams, to embrace life and to live everyday with passion, to lose and still keep the faith and to win while being grateful. All of this because the world belongs to those who dare to go after what they want. And because life is really too short to be insignificant.

Charlie Chaplin

Riddle Answers.

1. Answer: NOON.
 2. Answer: Your right elbow (or hand)!
-

Finally, a little Henry Ford history.

HENRY FORD: REMEMBERING THE LEGEND OF THE AUTOMOBILE INDUSTRY

The Quadricycle



After Henry Ford got married, he was hired by the Edison Illuminating Company where he quickly rose through the company's ranks. In two years Henry had become the chief engineer.

This job had grueling hours as he was on call 24/7, but Ford found time to work on his own projects during downtimes. He was working to build a horseless carriage powered by a gasoline engine, or an automobile. Ford wasn't the first to think of this concept, but utilizing his engineering skill he designed a vehicle he named

the Quadricycle. This vehicle was a light metal frame that rode on 4 bicycle wheels.

Powering the horseless carriage was a two-cylinder gasoline engine with a whopping 4 horsepower. At the end of the day though, the stats of the vehicle didn't matter – it worked.

This newsletter is provided to EFV8 109 members and associates of the Early Ford V8 Club R.G.109. Should you wish to contribute an item or offer comments please contact Chris Chown via email at cdchown@outlook.com

All previous editions of the Rumbles Newsletter are available on the 109-club website. Please visit www.earlyfordv8victoria.com and enjoy as much as you want.

Your feedback and comments are always appreciated. Input is used to improve the quality and diversify.

Thank you all for your support and participation!

So long until next time!

