

CORVARIATION

TUCSON CORVAIR ASSOCIATION
VOLUME 21 NUMBER 11

TUCSON, ARIZONA
NOVEMBER 1996



TUCSON CORVAIR ASSOCIATION

EST. 1975

Corvairsation is a monthly publication of the Tucson Corvair Association, which is dedicated to the preservation of the Corvair model of the Chevrolet Motor Division of General Motors. The Tucson Corvair Association is a chartered member of the Corvair Society of America (COSA \ 857).

MONTHLY MEETINGS are held on the fourth Wednesday of each month except December. One technical/social event is planned for each month with the exception of July and August.

MEMBERSHIP DUES: Initial dues \$22.00 per year for Fa. and \$ 15.00 for singles , (includes name tag) renewable \$ 18.00 and \$ 15.00 and payable to the TUCSON CORVAIR ASSOCIATION through the Membership Chairperson.

CHANGE OF ADDRESS: Report any change of address or phone number to the Membership Chairperson. Do not report such changes to the Editor.

COSA MEMBERSHIP DUES are \$28 per year and include a subscription to the COSA Communique, a monthly publication. COSA membership is not require for membership in TCA but is highly recommended. See any TCA officer for information.

CLASSIFIED ADS are free to members and \$2.50 per 4-line ad to all others.

DEADLINE for all materials submitted for publication in the Corvairsation is the 1st for that month's issue. Mail or deliver all materials to the Editor.

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President's Word



Fall is here! It's time too light up those heaters and start getting ready for the holiday seasons to arrive.

We have an exciting month ahead. First comes election, and we all have an awesome decision to make. Then comes the decision of whom shall I vote for. And to think of what an awesome privilege that we the people have because your vote counts, and it can make a difference. Our country counts on you the people.

We also have other responsibilities this month and the months too come.

First we have Thanksgiving, there are lots of families out there who will be left out come Thanksgiving, do to different reasons and are not as fortunate as you may be. So than why don't you make a difference and invite someone over for this special time and great occasion.

You also need to think of what you are so Thankful for. I for one am thankful for many things I am grateful that God gave his life for me that I may have eternal life, and that he gives me the air I breath, and there are so many things to be thankful for, the list can go on and on. So than the question is "what are you thankful for?"

Christmas is approaching and we need to start thinking about all those out there who won't have a Christmas dinner or even a place to stay. No hot showers, no hot meal, and all those little children who will be waiting on a present from Santa and there won't be one. So come on lets make this a special time for all those who will be not as fortunate as us, you can donate a unwrapped toy either to your President's house or bring it to the next meeting or even drop it at your local salvation army store. Now then don't forget to bring your cans of food you also can, drop them off at your President's house or at the next meeting or again your local salvation army store. Please make a difference, and make this a wonderful holiday.

Another election is approaching and this is the election of the T.C.A think about the awesome responsibility of holding an office. We need to make a difference in our chapter if we the people want a chapter. This association will not run on it's own it needs new people to keep it going, so when you are approached and are asked if you want to run simply say yes. You can make the difference!

Also remember the T.C.A activity this month, and the annual Christmas party next month. Get your moneys into Allen for your reservations. We would like to invite you all to come join us.

So remember lets make a difference, your voice needs to be heard and your abilities to serve. So help make our club one of the BEST and to grow and be fruitful.

Respectfully Mz Prez,

Lyne Bloom



Meeting called to order at 7:21:16 PM by Vice-President **Larry Dandridge**, in the absence of the president who was out ill. The minutes of the previous meeting were approved as published. No visitors were present.

Joke of the Evening (JOE) - None (be thankful).

Mystery Person(s) - None assigned, however, once again it was fairly easy to say hello to everyone.

Treasurer (Allen Elvick) - The treasurer was also absent (leading to a number of furtive glances as the members, having become conditioned to the escapades of certain other "presidents" tried to put 2 and 2 together. In this case however it added up to only 3) so there was no report. Look for two reports next month.

Membership (Ruth Griffith) - Ruth reported that as far as she knew everyone was paid up.

Library (Dave Baker) - Dave is *still* back and the library is still there. Call Dave at 747-0840.

Merchandise (Don Robinson) - Hats and sweatshirts for sale.

Activities (Larry Dandridge)

Oct 12 - Casa de Los Ninos car show. There were 12 cars displayed by TCA members. This is almost the same number of people who have attended the last two meetings.

Nov 2&3 - The **GWFTB&SM** was held once more at **Palm Springs**, hosted this year by Vintage CORSA of Orange County. The only TCA members present were the Berkman's and the Alex's. For the third time, **Cecil Alex** walked away with the trophy for the oldest participant. Fortunately, if he can just manage to show up, this gets easier to win every year. However, *walking away* with the trophy gets harder.

Nov 6 - Dole/Kemp victory party at Herb's house. 7:00 PM, continuing through inauguration day. **CANCELED.**

Nov 23 - **San Pedro & Southwestern Railroad** which leaves out of Benson and tours the badlands country southwest of Tombstone. The train leaves Benson at 11:00 AM. Our caravan will **leave from the Cactus Bowling Alley on Alvernon** at 0830. **Tickets are \$18** (a \$6.00 discount from the regular price). *[As of this writing there are 19 paid participants including four from Cactus Corvair Club. Additional persons may still go, but will have to pay for their tickets at the window for full price].* A **barbeque lunch** will be available at the Iron Horse Ranch for another \$7 or you may bring your own.

Dec 18 - **TCA Annual Christmas Party.** Wednesday evening, 6:00 PM. Chad's Steak House located at Ft. Lowell and Swan. *[See details elsewhere in the Corvairsation].*

Old Business - The new club banner is in work under the expert hand of **Barry Cunningham's** brother. It should be done by the next meeting.

New Business - Elections will be held IAW the TCA bylaws in February. President Bloom has appointed a nominating committee of three persons. Their identities are being kept secret so that when they approach someone to run for office, the person won't know what they want until it's too late to get away. The identities were so secret that Larry didn't know they had been appointed and thus appointed his own committee at the meeting. Those appointments were subsequently declared null and void because we can't have more people on the nominating committee than we have running for office. In addition any member may nominate any member including nominating themselves. If you *want* to be in charge, please let us know. Unlike the recent national elections, it doesn't cost anything to run an effective campaign for a club office, but it could be expensive to get out once elected.

Raffle - Winners: **Herb, Barry and Barbara.** Next month's prizes donors - we forgot to write down the names, but if you don't know who you are by now, we're in trouble!

Program - Minor tech talk on broken clutch cables by Herb, followed by general conversation about

Corvair problems, with everyone talking at once.
Meeting adjourned at 8:18:10 PM.

Respectfully submitted,
Herb Berkman, Secretary



NOVEMBER TREASURERS REPORT 1996

BEGINNING CASH ON HAND.....620.73

INCOME: (ACCOUNTS RECEIVABLE)

Ads.....2.50
Badges/Pins.....00.00
Raffle Tickets.....10.00
Cans.....00.00
Merchandise.....00.00
Badge Penalty.....00.00
Parts.....00.00
Subtotal.....12.50

DUES:

David & Melody Charron.....22.00
Bill Helndel.....15.00
Chuck Pettis.....30.00 (2 Yr)
Subtotal Dues.....67.00

MISC:

David & Mary Ann Nissen.....72.00 (Train Trip)
Chuck Pettis.....56.00 (2 Yr Corsa Dues)
Subtotal Misc.....128.00

TOTAL INCOME: (ACCOUNTS RECEIVABLE).....207.50

EXPENSES: (ACCOUNTS PAYABLE)

Badges.....00.00
Parts.....00.00
Merchandise.....00.00
Copier Supplies.....00.00
Stamps.....12.80
Midmonth.....00.00
Expenses.....12.80

MISC EXPENSES:

4 Train trip tickets for Nissen's.....72.00
Chuck Pettis 2 Yr Corsa Subscription.....56.00
Total Misc Expenses.....128.00

TOTAL EXPENSES: (ACCOUNTS PAYABLE).....140.80

ENDING BALANCE: (CASH ON HAND).....687.43



Respectfully Submitted,
Allen Erick

dues

Aug
Sept
Oct
Oct
Oct
Oct
Oct
Nov
Nov

Bob & Barbara Eggers
Paul & Evelyn Kennedy
Daniel Asker
Josh Schadler
Robert Schadler
John Bates
Alan & Gloria Gray
Jim & Laurel Wilson
David & Beverly Baker

Happy Birthday!

Don Bloom 11-19

Happy Anniversary

Allen & MaryAnn

Chuck 11-17

HOT SHOT

Some time ago I wrote an article about feron, 406A and said that if any other new news came along I would let you know. Well I'm here to tell you today that there is good news! Mosan Corp. Has a product named HOT SHOT that is a high performance drop-in replacement for R-12 and R-134a. In fixed refrigeration and automobile air conditioning!!

HOT SHOT is a direct replacement for R-12 which requires no retrofits or oil changes, and is a substitute for R-134a. HOT SHOT is completely miscible with all oils on the market today including mineral oil, alkylbenzene oil, POE and PAG oils. HOT SHOT is compatible with all existing hoses, seals, and gaskets, eliminating the need for retrofitting.

HOT SHOT is a mixture of four existing refrigerants [R-22, R-124b, R-142b and R-600a] look at the first one, R-22, is used in all home A/C and will be for a few more years, or least that's what EPA says now. Those four chemicals simply all work together to duplicate the operating characteristics of R-12. Suction pressure or back pressure, or the " big line the one that's gets cold" head pressure, or discharge line, the smaller line that goes to the coil in front of the radiator first, and amp draw are all comparable with R-12.

HOT SHOT will also save you time and money, now I like that! Over existing alternatives to R-12. With a boiling point of -28*f, HOT SHOT is more efficient: up to **8% more efficient** than R-12, and get this, up to 30% more efficient than R-134a! You use **only 80% of the charge** by weight compared to R-12 and **only 90% of the weight** compared to R-134a.

CHARGING PROCEDURE

Pull a vacuum, preferably to 700 microns, any thing else you better find out why. Charge the system as a liquid by introducing the ref. On the " high side ". Finish charging on the low side by opening and closing the " low side " valve on your gages. If charging by weight, use 80% of the charge in most R-12 systems and 90% of the charge in most R-134a systems. If charging with a charging cylinder, the volume will be the same as the volume of the previous product. Charge systems by pressure. Check that the pressure and frost line are correct as you charge. TXV should have no adjustment. On the expansion valve systems, recheck superheat setting, that separates the shade tree mech. From the guy who knows what he is doing, Superheat should be slightly higher with HOT SHOT than with R-12 [1 or 2 degrees.]

Remember, EPA regulations are specific regarding recovery of all refrigerants. It's the law I don't agree with but that's a different story. For those of you who believe in the ozone theory, it has ODP of only 0.034 and a GWP of 0.38 to R-11

IMPORTANT! Be sure and post a label as to the ref. That is in the system, and topping off is a no-no. Be sure all leaks are repaired it will save you a headache down the road. I hope this will help the "do it your self," and by the way the price is about the same as R-12 maybe a little cheaper If I can help please let me know.

Ron J. Bloom.



THANKSGIVING GRACE

We bow our heads dear Lord, to you
For all the special things you do.
For all Thy brethren everywhere
We offer You this humble prayer.

Oh mighty Lord, who art above.
Bestow on us Thy gracious love,
Please bless us as we sit to dine,
To break some bread and sip of wine.

For all these foods You do provide
Your presence cannot be denied,
We bow our heads in silent prayer
To have You know we really care.

We thank Thee Lord for all Thy good
You offer to all brotherhood,
And especially for this gathering,
We thank Thee, Lord, for everything.



FROM THE CHAPLAIN: In order to carry out this responsibly, I want to request everyone who has a need for a Chaplains visit to please let me know. I must know as soon as possible so that the ill or shut - in member will not feel neglected or over looked. This would include shut in at home , as well as in the hospital. Please help me with this, so that every one receives a phone call or a visit in a timely manner.

T.C.A. CHAPLAIN: Rev. Ron J. Bloom Phone 745-0887 or 747-4842

Do You Just Belong?

Are you an active member
The kind that would be missed.
Or are you just contented
That your name is on the list?

Do you attend the meetings
And mingle with the crowd.
Or do you often stay at home
And crab both loud and long?

Do you take an active part
To help the group along?
Or are you satisfied to be
The kind to "Just Belong?"

Do you ever go to visit
A member who is sick?
Or leave the work for just a few,
And talk about the clique?

There is quite a program scheduled
That means success if done,
And it can be accomplished
With the help of every one.

So attend the meetings regularly,
And help with hand and heart
Don't be just a member
But take an active part.

Think this one over Member.
Are we right or wrong?
Are you an active member?
Or - DO YOU JUST BELONG?

Author unknown

THANKSGIVING GAME PLAN

HERB-MUSTARD BASTED TURKEY WITH STUFFING

10-12 SERVINGS

If you prefer, you can cook all of the stuffing in a separate baking dish instead of stuffing the bird. Just refer to the chart below to reduce the cooking time of the turkey.

TIME TO PREPARE: 20 MINUTES

TIME TO COOK: 1 1/2 HOURS

PER SERVING: 678 CAL, 86G PROTEIN, 27G FAT (10% SATURATED), 124MG SODIUM, 10G FIBER (15% DV), 10G SUGAR (20% DV)

- 14- to 16-pound fresh turkey
- Classic Bread Stuffing (see recipe on page 8)
- 2 tablespoons Dijon mustard
- 2 tablespoons butter or margarine, melted
- 1 tablespoon each finely chopped fresh sage, thyme and marjoram or 1 teaspoon each dried
- 2 teaspoons paprika
- 1 teaspoon salt
- 2 teaspoon ground black pepper
- 2 cup chicken stock or broth, plus more for basting

1 Preheat the oven to 325°F. Reserve the giblets and neck from the turkey. Rinse the turkey with

cold water and pat dry. Lightly pack some of the stuffing into the neck and body cavities. Then toss the turkey, tying the legs together with kitchen string. Transfer the turkey to a shallow roasting pan. Spoon the remaining stuffing onto a lightly greased shallow 4 quart baking dish.

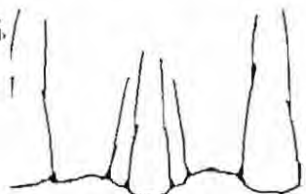
2 Mix together the mustard, butter, herbs, paprika, salt and pepper. Rub over the turkey's top and sides.

3 Roast the turkey, occasionally basting—start with a little chicken stock until there are enough pan juices for basting—for 1-1 1/2 hours or until a meat thermometer inserted in the thickest part of the thigh registers 170°F. If the turkey starts getting too dark, cover it loosely with foil.

4 Transfer the turkey to a platter (reserve the pan juices for gravy). Cover loosely with foil and let rest 10-15 minutes longer or until the top of the stuffing is brown.

5 Meanwhile, increase the oven temperature to 375°F. Drizzle the reserved stuffing with 3 cup chicken stock. Cover and bake for 30 minutes. Uncover; bake for 10-15 minutes longer or until the top of the stuffing is brown.

6 Remove any twisting strings from the turkey. Spoon the stuffing into a dish. Carve the turkey and serve.



COOKIE-SHEET APPLE PIE

10-12 SERVINGS

This streusel-topped apple pie requires no pie pan—it's cooked on a baking sheet.

TIME TO PREPARE: ABOUT 35 MINUTES

TIME TO BAKE: 35-40 MINUTES

PER SERVING: 291 CAL, 3G PROTEIN, 15G FAT (17% SATURATED), 67MG SODIUM, 28G CARB

- Flaky Pastry (see recipe at right)
- 5 Golden Delicious apples (1 1/2 pounds), peeled, cored and sliced 3/4 inch thick
- 1/2 cup sugar
- 1/2 cup dried currants
- 1/2 cup all purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon grated lemon peel
- 1 heavy cream or beaten egg for brushing
- 1 tablespoon cold unsalted butter, in bits
- 1/2 cup sour cream
- 2 large egg yolks
- 1 teaspoon vanilla extract

- 1 Preheat the oven to 400°F. On a lightly floured baking sheet, roll out the pastry into a 15-inch round.
- 2 Toss together the apples, 3 tablespoons of the sugar, the currants, 1 tablespoon of the flour, 1/2 teaspoon cinnamon and the peel. Pile in a 9-inch round pie pan; fold the edges over the filling. Brush edges with cream or egg. Bake for 25 minutes.
- 3 Mix 2 tablespoons each sugar and flour, the remaining cinnamon and the butter until crumbly; set aside. Whisk the remaining sugar and flour, the sour cream, yolks and vanilla. Pour over the apples. Top with reserved cinnamon sugar mixture.
- 4 Reduce oven to 350°F. Bake pie for 35-40 minutes or until crust is brown. Let cool.



1 Using a carving fork and a knife, slice the breast vertically, parallel to the breastbone, as thin as possible, following the shape of the bird.



2 Where the leg (drumstick and thigh) meets the body, cut through the joint. This should be easy to do without much pressure. Remove the leg.



3 With the leg on the work surface, slice parallel to the bone to remove the meat from the drumstick and thigh.

PEPPERY PAN GRAVY

10-12 SERVINGS

Make the broth for this gravy ahead of time (while the turkey is roasting). Leave the peel on the onion for rich, dark color.

TIME TO PREPARE: 5 MINUTES

TIME TO COOK: 2 HOURS, 10 MINUTES

PER SERVING: 291 CAL, 3G PROTEIN, 15G FAT (17% SATURATED), 67MG SODIUM, 28G CARB

- Turkey neck and giblets (discarded liver)
- 4 1/2 cups cold water
- 2 cups chicken stock or broth, plus extra
- 1 celery stalk, coarsely chopped
- 1 medium onion, coarsely chopped
- 1 large garlic clove, smashed
- Roasted-turkey pan juices
- 1/2 cup all purpose flour
- 2 tablespoons finely chopped parsley
- 1/2 teaspoon each salt and pepper

- 1 In a medium saucepan, bring the turkey neck, giblets, 4 cups water, 2 cups chicken stock, the celery, onion and garlic to a boil. Reduce the heat and simmer, partially covered, for 2 hours. Strain the broth. Measure out 2 cups. Set aside the remainder.
- 2 Pour the roasted-turkey pan juices into a 4-cup glass measure. Let sit until the fat rises to the top. Spoon off and discard all but 1/2 cup fat. Add all but the reserved 1/2 cup giblet broth to the pan juices. Pour in enough extra chicken stock or water to make 4 cups liquid.
- 3 Pour the liquid into the turkey pan. Bring to a boil, scraping up any browned bits.

CRANBERRY-PEAR RELISH

MAKES 5 CUPS

You can try this condiment with apples and pecans instead of pears and walnuts.

TIME TO PREPARE: 5 MINUTES

TIME TO COOK: 5 MINUTES

PER 1/2 CUP: 71 CAL, 1G PROTEIN, 16.5G FAT (10% SATURATED), 11MG SODIUM, 14G CARB

- 1/2 cup dried red onion
- 3 tablespoons berry or cider vinegar
- 1/2 cup sugar
- 1 bag (12 ounces) cranberries
- 1 small navel orange, cut into chunks, with peel
- 1/2 cup chopped walnuts
- 2 ripe Bartlett pears, chopped

- 1 In a saucepan, bring the onion, vinegar and 2 tablespoons of the sugar to a boil. Lower the heat and simmer for 5 minutes or until the onions soften. Pour into a bowl.
- 2 Coarsely chop the cranberries in a food processor. Add to the onions. Repeat with the orange chunks and nuts. Stir in the pear and remaining sugar. Refrigerate for 3-7 days to allow the flavors to blend.

TALKING TURKEY

If you have any other questions about turkey preparation and cooking, call the following hot lines for free advice.

- Butterball Turkey Talk-Line, 800-323-4848
- Reynolds Turkey Information Line, 800-745-4000
- USDA Meat and Poultry Hotline, 800-535-4355

Roasting Times for a Turkey at 325°F

Weight (pounds)	Unstuffed (hours)	Stuffed (hours)
8 to 12	2 1/2 to 3	3 to 3 1/2
12 to 14	3 to 3 1/2	3 1/2 to 4
14 to 18	3 1/2 to 4	4 to 4 1/2
18 to 20	4 1/2 to 4 3/4	4 1/2 to 4 3/4
20 to 24	4 3/4 to 5	4 3/4 to 5 1/2

How to Decide What Size Bird to Buy

When you're selecting a turkey, figure 1 serving = 1 pound (uncooked). And add a few extra pounds for leftovers!

REGIONAL FLAVORS

Make the above stuffing recipe with these substitutions.

South (below): Replace half the bread with cornbread chunks. Add 2 cups toasted, coarsely chopped pecans.



Southwest Use cornbread chunks instead of bread. Add 4 cups cooked corn and 2 large jalapeño chiles, minced.

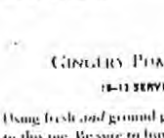


Midwest (below): Replace 4 cups bread with 4 cups cooked wild rice.



New England: Add 1 pound chopped roasted chestnuts.

Northwest (at right): Add 1 cup mixed dried fruits and 2 cups walnuts.



CINQUEY PUMPKIN PIE

10-12 SERVINGS

Using fresh and ground ginger is the secret to this pie. Be sure to buy canned solid-pack pumpkin rather than pumpkin pie filling.

TIME TO PREPARE: ABOUT 25 MINUTES PLUS 1 HOUR FOR THE CRUST

TIME TO COOK: 40-45 MINUTES

PER SERVING: 271 CAL, 4G PROTEIN, 15G FAT (17% SATURATED), 67MG SODIUM, 28G CARB

- Flaky Pastry (see recipe on page 11)
- 1 can (15-16 ounces) solid-pack pumpkin
- 1 large egg, lightly beaten
- 1 cup evaporated milk
- 2 tablespoons finely grated fresh ginger
- 1/2 cup packed dark brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves

- 1 On a floured surface, roll the pastry into a 14-inch round. Line into a 9- or 10-inch pie plate. Trim the edge and make a rim crimp (see "How to Crimp," p. 11).
- 2 Freeze for 30 minutes or up to 1 week. Prick with a fork. Line with foil and fill with dried beans or pie weights.
- 3 Preheat the oven to 325°F. Bake the pie for 12-16 minutes or until the edges are golden. Cool slightly on a rack, then remove the foil and weights; let cool completely. Cut out decorative leaves and a stem from the pastry trimmings and bake separately.
- 4 Whisk together the pumpkin, eggs, milk and fresh ginger. Let sit for 10 minutes. Whisk in the brown sugar and spices until combined. Pour filling into the pie shell. Cut an extra-smooth texture; strain last.
- 5 Reduce the oven temperature to 350°F. Bake the pie for 45 minutes or until a toothpick inserted 1 inch from the edge comes out clean. Cover the edge with foil if it begins to brown. Cool the pie on a rack. Garnish with the decorative pastry leaves and stem.



1 On a floured surface, roll pastry into a 14-inch round. Line into a 9- or 10-inch

TRIPLE-NUT PIE

10-12 SERVINGS

It's this, a winning variation of pecan pie.

TIME TO PREPARE: ABOUT 25 MINUTES PLUS 1 HOUR FOR THE CRUST

TIME TO BAKE: ABOUT 1 HOUR

PER SERVING: 482 CAL, 16G PROTEIN, 30G FAT (17% SATURATED), 15MG SODIUM, 55G CARB

- Flaky Pastry (see recipe at right)
- 1/2 cup packed dark brown sugar
- 1/2 cup light corn syrup
- 4 tablespoons unsalted butter
- 1 large egg, lightly beaten
- 2 tablespoons rum (optional)
- 2 teaspoons vanilla extract
- 1/2 cup each minced shelled almonds and chopped pecans, and 1 walnut

MAPLE-GLAZED SWEET POTATOE

10-12 SERVINGS

Here's an easy and delicious side dish. If desired, garnish with strips of orange peel.

TIME TO PREPARE: ABOUT 5 MINUTES PLUS 2 HOURS FOR COOKING

TIME TO COOK: 1 HOUR, 15 MINUTES

PER SERVING: 212 CAL, 6G PROTEIN, 55G FAT (17% SATURATED), 15MG SODIUM, 55G CARB

- 4 pounds sweet potatoes (about 7 large)
- 1/2 cup maple syrup
- 4 tablespoons butter or margarine
- 2 tablespoons brown sugar
- 1 tablespoon bourbon or orange juice
- 1/2 teaspoon each salt and black pepper

- 1 Cover the potatoes with water and bring to a boil. Cover and simmer until cooked but slightly firm, about 25 minutes. Drain. Refrigerate for 2 hours or up to 2 days.
- 2 Bring the maple syrup, butter, brown sugar and bourbon to a boil. Reduce heat and simmer for 30 minutes, until thickened. Stir in the salt and pepper.
- 3 Adjust a rack to the upper third and preheat the oven to 375°F. Lightly grease a shallow 2-quart baking dish. Peel the potatoes and slice 3/4-inch thick. Arrange slices, overlapping, in the prepared dish. Pour the maple syrup mixture over the potatoes.
- 4 Bake for 30 minutes or until hot. If desired, broil for 2-3 minutes or until lightly browned. Let sit for 15 minutes.

GREEN BEANS WITH PUMPKIN SEEDS

10-12 SERVINGS

This dish also tastes great with any squash seeds (see "Winter Squash," page 17) or your favorite nut.

TIME TO PREPARE: ABOUT 10 MINUTES

TIME TO COOK: ABOUT 10 MINUTES

PER SERVING: 212 CAL, 2G PROTEIN, 16.5G FAT (10% SATURATED), 11MG SODIUM, 14G CARB

- 2 pounds fresh green beans, trimmed
- 3 tablespoons butter or margarine
- 1/2 cup shelled unsalted pumpkin seeds
- 1 large shallot, diced (about 1 cup)
- 1 tablespoon red wine vinegar
- 1/2 teaspoon minced fresh rosemary, thyme or tarragon or 1/2 teaspoon dried

GREAT AMERICAN STUFFINGS

CLASSIC BREAD STUFFING

10-12 SERVINGS

TIME TO PREPARE: 15 MINUTES

TIME TO COOK: 15 MINUTES

PER SERVING: 212 CAL, 3G PROTEIN, 16.5G FAT (10% SATURATED), 11MG SODIUM, 14G CARB

- 16 cups cubed day-old Italian or French bread
- 1 stick (8 tablespoons) butter or margarine
- 2 large celery stalks, diced
- 3 onions, chopped
- 1/2 cup minced parsley
- 1 tablespoon each minced fresh sage and thyme or 1 teaspoon each dried

- 2 teaspoons minced fresh rosemary or 1 teaspoon dried
- 1/2 teaspoon each salt and pepper
- 2-2 1/2 cups chicken broth

- 1 Preheat the oven to 325°F. Bake the bread on baking sheets for 15 minutes. Cool.
- 2 In a skillet, melt the butter over medium heat. Add the celery and onion. Cook 10 minutes or until soft, stirring.
- 3 Transfer the vegetables to a large bowl. Add the bread cubes, herbs, salt and pepper. Gradually stir in enough chicken broth until the bread is evenly moistened.

- 1 Freeze for 10 minutes or up to 1 week. Prick with a fork. Line with foil; fill with pie weights. Preheat oven to 425°F. Bake for 12-16 minutes or until the edges are golden. Cool on rack; remove foil and weights.
- 2 In a saucepan, bring the brown sugar, corn syrup and butter to a boil over medium heat, stirring. Let cool.
- 3 Reduce the oven to 350°F. Whisk the sugar mixture, eggs, rum and vanilla. Stir in all the nuts except the pecan halves. Pour into the pie shell. Top with the pecan halves.
- 4 Bake the pie for 40 minutes or until set but still jiggle in the center. Let cool.

Submitted By
JUNN

T.C.A Annual Christmas Party

It may seem a little early to be thinking about Christmas but the good places are already being booked for other parties.

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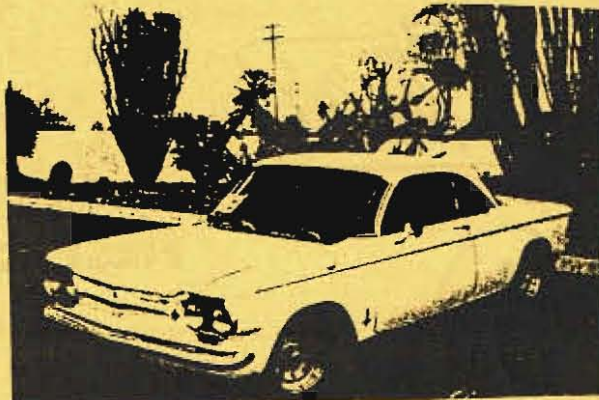
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