



Z NEWS

AUGUST 2020

VOLUME 48 - 8

The Official Newsletter of Z Owners of Northern California

ZONC on ZOOM

Join us on **August 9** at 11:30am. The link will be sent in the email when the Z NEWS is sent. Discussion will be about the remainder of the year events and runs.

It's ZONC Nomination Time

Officer Nominations for **2021** are now open.

Once again it is time to nominate people for the **ZONC Board**. This is a very important time of the year for **ZONC**, as it will lead to the selection of who will be leading the club for 2021.

Nominations of candidates for elected offices must be submitted in a written statement not to exceed 150 words, by **August 10** to the **ZONC** Secretary for inclusion in the **September ZNEWS**.

Incumbents must also be nominated in writing.

The offices are President, Vice President, Vice President Adm, Secretary, and Treasurer.

Send Nominations to: Secretary@zonc.org

Note: It is best to ask the person you would like to nominate, before nominating them.

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By Bob Jenkins

Yoshihiko Matsuo 1934 -2020

Yoshihiko Matsuo, the lead designer of the Datsun 240Z, has passed away at the age of 86. He was born on July 10, 1934 in the city of Himeji, Japan. He was a kind and friendly man. He appeared at ZCCA conventions with his 240Z Sport Wagon, a design that never went into production. I personally saw him at the 2014 San Diego ZCCA Convention and that is where the featured pictures were taken. He will be sorely missed.



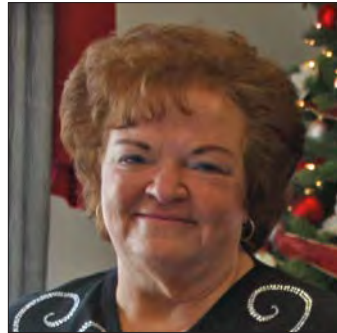
Please Welcome
New Member . . .

David Paulson

240Z

On Z Road Again

By Linda Williams



August 2020

Hi fellow **ZONC** members! As we continue to survive the pandemic, I hope you are all safe and healthy. It looks like this will be lasting a lot longer than most of us would like.

We held our first General Meeting via ZOOM on July 12th and it was a success for the most part. The password link didn't work for everyone but we're working on it to make sure it doesn't happen again, but you can't guarantee anything. We had a total of 20 people attending. It was great to see everyone and many thanks to everyone for your patience.

We had a total of 32 responses (top 2 responses listed) to the survey that I had sent out regarding the runs/events the remainder of the year. Here are the results:

1. **Ready for a run?** Yes – 17, Maybe – 11
2. **How soon?** Now – 13, Waiting to see how Covid-19 is progressing – 13
3. **Fun run and BBQ in Fort Bragg?** Yes – 12, Waiting to see how Covid-19 is progressing – 11 (A discussion followed regarding limiting the number of cars/people to allow for social distancing. 1 person to do BBQing and 1 person to serve side dishes. Seating would be outside on deck and lawn. Maybe allow for 15 – 20 cars, max. This would be an RSVP event pending County/State restrictions. Date to be determined.
4. **Fun Run to Pescadero?** Yes – 14, Waiting to see how Covid-19 is progressing – 10
5. **Fun Run to Sonoma Coast?** Yes – 13, Waiting to see how Covid-19 is progressing – 11. Discussion regarding bathroom availability and lunch options. Date to be determined.
6. **Meet and Greet at Blackhawk?** Waiting to see how Covid-19 is progressing – 12, Yes- 11. Discussion seemed to lead to not having it till things open up and more cars would be willing to attend.

7. **Annual ZONC Picnic (Sept 27th)?** Waiting to see how

(continued in [next column](#))

Covid-19 is progressing – 14, Yes – 11. Discussion was to wait and see how the County restrictions are closer to the event. Linda will call to see if we will lose our deposit if we cancel. Possibly postpone till Oct/Nov.

8. **Attending the Annual Awards Banquet and Installation of Officers?** Waiting to see how Covid-19 is progressing – 13, Yes – 10. Discussion was held and since we didn't have any runs/events there wouldn't be any awards. If the restrictions don't change, we may have to hold the installation on a ZOOM meeting format.

Additional discussion was held and we have decided to **cancel** the ANNUAL CAR SHOW, CONTRA COSTA and CANAPA runs due to restrictions. Some runs will have to be limited to an RSVP only for attendance.

RMMR (ROLEX MONTEREY MOTORSPORTS REUNION) and most events for that week have been **cancelled**.

Z-DAY ATASCADERO is still scheduled to happen on Sept 26 & 27, please watch their website for any updates that may happen for the event. (www.socalz.net)

Events for DATSLOCOS and SAC DATSUN have been cancelled and/or changed. Please see their Facebook websites for any updates or quick fun runs.

Take care and stay safe,

33rd Annual ZCON in Nashville

September 14–19, 2020
<http://zcon.org/conventions/2020/>



The New Z Car?





Profile...Darren Pool

My name is Darren Pool. I am new to the ZONCers club and very excited! My Father had a 1982 280ZX Turbo, which started my love for the Z-Car. I turned 16 years old in 1984 when the first 300ZX was introduced and that became my dream car. I believe it retailed for \$28K so it was out of the picture for me.

But, I always wanted to get my hands on a **1984 50 year Anniversary Turbo** and in January of this year, I finally found a gem with only 52,000 miles in great shape. I've been having a blast updating parts, cleaning, and installing a new suspension along with new wheels. This has been a dream come true and I'm looking forward to meeting everyone, learning about others' experiences, and admiring all the Z-Cars!!!

Interesting Find: My Dad had a personal license plate on his Z, and I was able to secure the same license plate 38 years later. "FLY NSSF".

Thanks and Best Regards.

In Tribute to Louis Ramirez



1939 - 2020

Long Time ZONCer, Louie Ramirez, passed away on June 24th we learned from David Witt, President of the Sacramento Datsun Owners. Sadly, Louie died of a heart attack at the home of his sister.

Louie was a member of both ZONC and Sacramento Datsun Owners. He loved attending the car shows and social gathering like the ZONC Annual Awards Banquet, where if there was a raffle, he would walk away with lots of the prizes. Louie enjoyed talking about his cars and what new job he was working at. He was a really nice man who liked people. Louie will be greatly missed.



One of Louie's cars, he brought it to the 2019 ZONC Banquet.



HAPPY AUGUST BIRTHDAYS...

Clark Fenton
Carol Gray

Jason Green
Bob Jenkins

Allen Lung
Robert Parks
David Paulson

If you're not listed – it's because the Data Base Manager does not have your month of birth. And you're wished a Happy Birthday!

Datsun/Nissan Charity Car Show in Santa Rosa 1994

Put on by ZONCer Anthony Wong



A Look at Covid-19

By ZONC Member, Susan Keller

This is what Mike, our son, Christian, and I did to make this bearable and, praise God, survivable.

Most important thing is to catch it early and the minute you feel sick or a little “off”, stay home, isolate, monitor temperature, shortness of breath, cough, O2 saturation if you have an oximeter. Keep a journal of daily symptoms and activity, for reference for employers and County Health.

The people that I’ve talked to that had the worst time with this virus has been the people that ignored their symptoms and delayed seeking treatment when they were clearly short of breath or feverish. Be careful especially if you have preexisting conditions like diabetes, heart disease, asthma, COPD.

To increase immunity: (This can be started any time, preferably before you are exposed.)

Take: 1000 mg Vitamin C twice daily,

5000 IU Vitamin D daily,

Hydrotherapy twice per day.

This means get in the shower, and for three minutes spray the hottest water you can stand, on your chest and back, then 30 seconds of the coldest water that you can stand and then back to three minutes of the hot and 30 seconds of the cold and then three minutes of the hot and 30 seconds of the cold. On the last hot cycle scrub with Dr. Bronner’s Castile soap (I have found this soap on Amazon or at Walmart). Then wrap up and keep warm and rest for 20 minutes. Do this routine once in the morning and once in the evening.

Hydrotherapy primarily works through the body’s responses to contrasting cold and heat treatments which can cause a variety of cellular, vascular and immune reactions. It expands blood vessels, then contracts the vessels. The resulting change in temperature accelerates blood flow and sends disease-fighting white blood cells through the bloodstream to boost immunity and removal of toxins. You can research hydrotherapy online and discover how people successfully used this treatment during the 1918 Spanish Flu pandemic, and would work for any flu or cold virus, or infection.

The Dr Bronner’s Castile Soap has antimicrobial properties,

(continued in [next column](#))

and from what I understand from my fellow RN friend, it washes away the toxins that you shed during hydrotherapy.

Nutrition and hydration are important. Limit amounts of sugar and do not drink alcohol. Eat lots of fruits and vegetables and make sure you get enough electrolytes.

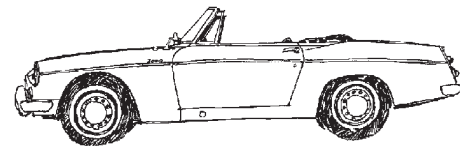
Continue to use your CPAP if you normally use. Get plenty of rest. Use a nettipot once or twice per day.

Prayer or meditation is helpful too, of course.

Good luck and Good Health!

~ Susan Keller, RN

ZONC Area Representative



Check web sites for the latest information and to learn if the events are going to happen as scheduled.

2020 ZONC & Other Car Events

AUGUST

- 02** **ZONC** Annual Car Show at Brisbane *Canceled*
- 07-09 GT World Challenge Am Ser, Sonoma Raceway
- 08-09 Monterey Pre-reunion *Canceled*
- 13-16** Rolex M. Motorsport Reunion *Canceled*

SEPTEMBER

- 04-06 Sonoma Speed Festival, Sonoma Raceway
- 11-13 IMSA, Laguna Seca
- 14-19** **ZCON** Celebration in Nashville
www.zcon.org/conventions/2020/
- 19-20 Grand Prix of Monterey, Laguna Seca
- 26-27 ZDAY CALIFORNIA
- 27** **ZONC** Annual Picnic

OCTOBER

- 03-04 CSRG Charity Challenge Historic- Sonoma

DECEMBER

- 12** **ZONC** Annual Banquet

ZONC COLORADO 2008



Virtual Car Shows

Check out Autoweek.com for a list of virtual car shows. Let ZONC know if you've entered your car.

The 1st video is **The Petersen Museum's Global Cars & Coffee**. Followed by the **Gilmore Car Museum**. There is a **Ford Performance Virtual Car Show** and the **Good Guys Rod & Custom Shows**. Then there is the **Holley Has Virtual Car Shows**. Also, a **Radwood Offers VRadwood**. **DUB Magazine's DIB Show Worldwide**. Also, **Virginia Car Care Company**. A **Hot Rod Hotline** and **Racing Junk**. Lastly, **Shining Bright Virtual Exhibition** at **Audrain Automobile Museum**.

<https://www.autoweek.com/car-life/events/g32310921/top-10-virtual-car-shows-2020/>



ZONC 2019 Car Show Sponsors

- A J's Professional Detail**
- Brock Racing Enterprises BRE**
- Grundy Insurance**
- Hagerty Insurance**
- Highline Motorsports**
- Meguiar's Inc.**
- Mother's**
- Motorsport Industries**
- Rock Auto**
- San Jose Auto Steam Clean**
- SF 49ers**
- Tint World, Santa Clara**
- ZCar Garage**
- ZCCA**

Z MART ADS

Members: no charge for nonbusiness ads

(include membership # with ad)

Nonmembers: \$10.00 per ad or \$20.00 with photo.

Please send via email with photos, if possible

(.gif or .jpg of 100 to 150 KB in size) to:

thebeard@sonic.net

Ads run for two months (unless you tell me to remove it after one month). Please include your complete address with ad. **DEADLINE: is the 15th of the month, for inclusion in the next issue.**

Please make check or money order payable to: **ZONC**.

Please send ad with payment to:

BOB JENKINS, Z MART

2173 DOLEN CT., SANTA ROSA, CA 95401

Autocross & Hill Climb Web Sites

American Autocross Series

www.americanautox.com/schedule/

SFR SCCA:

www.sfrscca.org/autocross/

Northwest Hill Climb Association

(541) 772-7314

<https://nhahillclimb.org/>

Redwood Sports Car Club Eureka

(707) 441-1603

www.rsccl.net

BUSINESS DISPLAY AD RATES FOR Z NEWS

	MONTHLY	6 MONTHS	YEARLY
Full Page	\$55	\$303	\$495
1/2 Page	\$35	\$184	\$315
1/4 Page	\$25	\$125	\$200
Bus. Card	\$15	\$68	\$90

ZONC...Sharing a Love for Fun & Cars
21001 SAN RAMON VALLEY BLVD. STE. A4, BOX # 184
SAN RAMON, CA 94583



Check Your Expiration Date

WWW.ZONC.ORG

ZONC is a non-charitable, domestic nonprofit corporation formed in 1976, club formed in 1972

WORKING FOR YOU

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