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P.O. Box 1234 Gainesville, GA 30503

PRESIDENT'S CORNER

Spring has sprung and the best way to get all that pollen off the bonnet is to get that Jag going down the road. 2012 is off with a bang and we've already held our first Slalom and Spring drive. If you missed either of these, your chance for redemption is our second drive scheduled for April 21st followed by the Classic Motorsports Mitty at Road Atlanta on April 27th. Look for the details in articles in this newsletter. We want to see all of you at our events so please take a few minutes and look at the calendar in this newsletter. If you haven't been to one before I suggest you give it a try. You will instantly have a bunch of new friends!

The JCNA just completed the 2012 Annual General Meeting and we were well represented by the Newell's and Cleveland's. As you know our very own Dick Maury, JCNA President, led the event. I encourage you to visit the JCNA website (www.jcna. com) for more details.

For those of you thinking about showing your cars at JCNA Concours competitions, now is a good time to start getting prepared. The events calendar is posted on the JCNA website under the Concours tab. We are looking for people to join our judging team this year so please contact me if you are interested. It is very easy to do and we have an

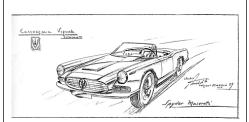
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Second Spring Drive Saturday, April 21, 2012

Submitted by Dave Kirkman

Back by popular demand our Second Spring Drive this year will be to Clarksville with lunch at the Attic Restaurant. We will gather behind the Wendy's just across hwy 53 on GA 400 (Wendy's will be immediately on your right as you cross hwy 53 going north on GA 400) at 9:15 with a leave time of 9:45. This will put us in Clarksville around 11:30 just in time for a delicious lunch at the Attic. For those of you who made the drive last year you already know of the enjoyable backcountry roads on this journey. For those of you who have not made this drive you are in for a real treat. Please RSVP with me by Thursday, April 19 so I can let the restaurant know approximately how many of us to expect. (770-886-7435) or kirkmandav1@aol.com.



Ivan and Myrna's Maserati 3500 GT Spyder Prototype Takes An Amelia Award

Submitted by Dave Kirkman

Three years ago Ivan Ruiz acquired the prototype 1959 Maserati 3500 GT Spyder (convertible to us here in the Colonies). This car was from the pen of the famous Italian automotive designer Michelotti and the body was built by Vignale (the car is often referred to as a "Vignale Spyder"). Ivan's example is the one-of-a-kind prototype on which all production Maserati 3500 GT Spyders are based. The car was in really sad shape when it arrived here in Atlanta but the car's historical significance made the decision for a complete restoration an easy one.

After two long years of careful, time consuming, and often very frustrating restoration, including a complete rebuild of the 3.5 Litre six cylinder Maserati motor by Chris Engelhorn (this particular Maserati 3.5 Litre

Continued on page

Second Spring Drive, April, 21, 2012 British Motorcar Day, Saturday, May 12



Vail and Linda Frost's XK-120 Shines At Amelia Island Concours

Submitted by Dave Kirkman

Corporate Jaguar turned once again to our North Georgia Jaguar Club for a car to be a part of their display at this year's Amelia Island Concours. Last year Dick Maury's E-Type was on display to help celebrate the 50th anniversary of this iconic sports car. This year Jaguar wanted a car to show the evolution from the XK-120 to the stunning new CX-16 prototype. The prototype CX-16 on display was white therefore the XK-120 had to be white too. A white XK-120? What better choice than Linda and Vail's white 1953 XK-120 complete with spats.

Final arrangements were made, a good paint and chrome buffing left the car looking like new, and it was on its way to Amelia Island. Well, the car was absolutely fabulous on the Jaguar display stand and drew a steady stream of admirers all day long.

Jaguar's display was well positioned right behind several Concours Classes of classic sport and touring cars. The XK-120 was on one side of a panel depicting the evolution of the Jaguar sports car and the CK-16 was on the other side of the panel showing the latest iteration of Jaguar design and engineering.

British Motorcar Day Saturday, May 12 Berry College, Rome, GA

Submitted by Dave Kirkman

This charity event is now in its 29th year and is the only event that all of the British Car Clubs in the Atlanta area support. This is the last time that we will have an opportunity to enjoy this event in the classic British surroundings of Berry College. Food and drink are available on site and this event always draws a wide variety of interesting British marks from the obscure to the more familiar.

This year we are celebrating the fiftieth anniversary of 1962—the year that MG introduced one of the most popular sports cars of all time—The MGB. The cars introduction in May of 1962 as a replacement for the MGA modernized the British sports car industry with a car that eventually sold over 523,000 examples. In the same year Colin Chapman introduced one of the most significant British sports cars of all time—the original Lotus Elan. These two icons of the British motor industry will share the spotlight at the 2012 British Motorcar Day.

Complete details are at www.atlantabritishmotorcarday.com where you can download a registration form. For more information do not hesitate to call me at 770-886-7435. Dave Kirkman is making plans for the drive and he'll have more information for you in the May newsletter.

President's Letter continued from front cover

excellent training program.

Finally, with sadness, I must announce the passing of one of our members David Carlston. He will surely be missed.

Pat Harmon



Wolf Mountain Winery Drive Moved to First Weekend in June

Submitted by Submitted by John Baxa

The late spring drive to Wolf Mountain Winery originally scheduled for Saturday, May 27th has been rescheduled for Saturday, June 2nd due to conflicts with events at the winery over the Memorial Day weekend. Dave Kirkman is making plans for the drive and he'll have more information for you in the May newsletter.



Welcome new members

Peter and Kay Sanders of Tucker..



Ivan and Myrna's Maserati 3500 GT Spyder Prototype Takes An Amelia Award

Submitted by Dave Kirkman

six cylinder motor featured a twelve sparkplug dual ignition setup with three Webber carburetors that added to the complexity of the rebuild), the car was finally ready for its introduction to the world at the 2012 Amelia Island Concours. It did not disappoint--winning an Amelia Award in its class for European Sports Cars. Congratulations to Ivan and Chris for bringing this wonderful car back

to its former glory for all of us to enjoy.



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2012 NGJC Calendar

Submitted by Dave Kirkman

January

21 – An Evening with Hennessy Jaguar Sponsor: Pat Harmon Location: Hennessy Jaguar Gwinnett

February

11 – Valentine's Party Time: 12 Noon Sponsor: Dave Kirkman Location: Mamba Jamba, Windward Pkwy

March

9-14 – JCNA Annual Meeting &
2012 JCNA Western States
Meet
Location: Phoenix, AZ
10-11 – Amelia Island
Concours Weekend
Sponsor: N/A
Location: Amelia Island, FL
14-18 – Atlanta International
Car Show
Location: Georgia World
Congress Center, Atlanta

18 - Spring Slalom

Sponsor: Dick Maury

Gainesville, GA

Location: Chicopee Ag Center,

24 – First Spring Drive
Sponsor: Dave Kirkman
Location: TBD
31 – Rain Date for First
Spring Drive

April

8 – Easter
21 – Second Spring Drive
Sponsor: Dave Kirkman
Location: TBD
28-29 – Walter Mitty
Speedfest
Triumph vs. MG
Sponsor: HSR/Classic
Motorsports
Location: Road Atlanta,
Braselton, GA
29 – Rain Date for Second
Spring Drive

May

12 – British Motor Car Day Location: Berry College, Rome, GA 13 – Mother's Day June

2 – Wolf Mountain Winery Drive Sponsor: Dave Kirkman Location: Wolf Mt. Winery,

Dahlonega, GA

6-10 - MG 2012 National Meet

Sponsor: Peachtree MG Club Location: Dillard, GA 16 – Jags 'n Friends Annual

Picnic Sponsor: Brian Hernan

Location: TBD **17** – Father's Day

July

21-22 – Carolina Jaguar Club Concourse Overnight Trip Location: Little Switzerland, NC

13-15 – Highlands Motoring Festival, Highlands, N.C.

August

 4 – Tech Session at Marvin Sikes'
 Location: Sikes Home, Duluth
 18 – Summer Drive
 Sponsor: Dave Kirkman

Location: TBD

25 – Rain Date for Summer
Drive

September

1-3 Labor Day Weekend8 – British Car FayreSponsor: British-AmericanBusiness Group

Location: Norcross, GA
16 – Fall Slalom
Sponsor: Dick Maury
Location: Chicopee Ag Center,
Gainesville, GA

October

7 – NGJC Concours d'Elegance Sponsor: Pat Englehorn Location: Gainesville, GA 13-14 Euro Auto Festival Location: BMW Plant, Greer, SC

28 – Fall Drive Sponsor: Dave Kirkman Location: TBD

November

3-4 – Hilton Head Island Concours Weekend Location: Hilton Head, SC 10 – NGJC Annual Business Meeting Time: 10:00 AM Location: TBD 22-25 – Thanksgiving Weekend

December

16 – Christmas Party Sponsor: TBD Location: TBD



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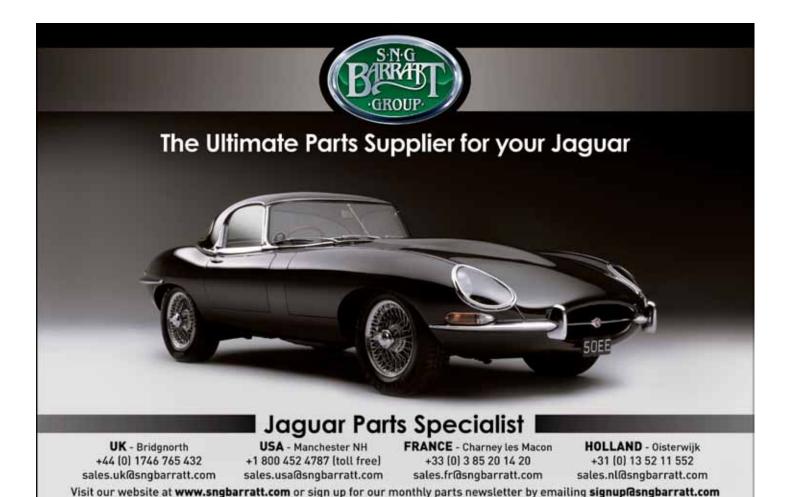
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> Deadline for Newsletter Articles and Advertisments is the 26th of the prceeding month.

All submissions are nonbinding and subject to approval.



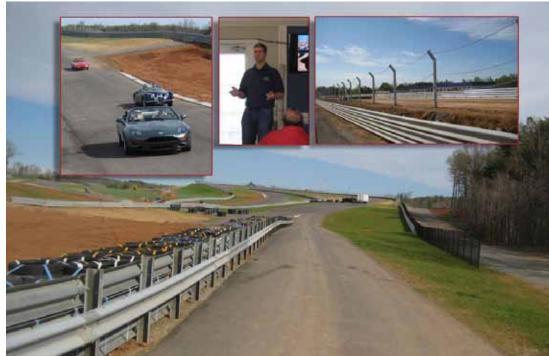
Big Turnout For Drive To Atlanta Motorsports Park

Submitted by John Baxa

Our club's first drive of the year was well-attended again this year with a different kind of destination this time. We had Atlanta Motorsports Park west of Dawsonville as the first destination. The 2.2-mile track was recently

completed and the soft opening for members is planned for the last part of April. The weather was beautiful which allowed club members to take a low-speed tour around the track designed by Formula One architect Hermann Tilke as well as gather for a presentation by Burt Strange on the details of membership at the park. For the final destination, we gathered at the Coo Coo's Nest on nearby Freedom Parkway for lunch. A special thanks to Dave Kirkman for setting up this event and a personal thanks to Dave and Beverly for letting me drive their (new to

them) Aston-Martin DB7 on the trip..



FOR SALE

2004 Jaguar XK8 Coupe 2006 & Mercedes 500 CLK Convertible

A recent acquisition and a lack of garage space is forcing me to sell one of my cars.



First, is a 2004 Jaguar XK8 Coupe in Black with a Tan interior: \$26,000. I bought this car new in 2004 and it has only 11,000 miles on it and has never been in the rain.



Second, is a 2006 Mercedes 500 CLK convertible in Silver with a Tan interior: \$25,000. I purchased this car as a US spec car delievered to me new from the factory in Germany. It has 29,000 miles on it.

Both cars are in excellent condition and each shows as virtually new. One goes and the other stays.

If interested, please contact: Philip DiTrolio at (404) 372-9071

Health Consciousness Essential to Longevity

Submitted by Jim O'Dell

Editors Note: Jaguar Club member Jim O'Dell puts together a weekly email package that you might find very useful.

Why not take advantage of some of his wellness information



What kind of vehicle would you like to drive later as we age? The motorized wheelchair, or the lovely Jaguar saloon?

Getting or staying healthy through diet and exercise helps us to battle aging in a graceful way,

much as a fine wine or a Jaguar. We keep our cars in top running condition; why not ensure our personal engines and chassis are taken care of, too?

Through this, I will also seek out stretching and strengthening movements specific to driving and working on vehicles. This will be an on-going process depending on interest.

If folks want to opt-in, please have them send me an email to this address: James.ODell@kippertool.com and I will include them each Friday. Then as it grows I will make some specific items for the Club, too. In addition to lots of Upcoming Active-ities here's an example of what you'll find in the mailing . . .

Exercise without Equipment

Who needs a gym when there's the living room floor? Bodyweight exercises are a simple, effective way to improve balance, flexibility, and strength without machinery or extra equipment. From legs and shoulders to chest and abs, we've covered every part of the body that can get stronger with body resistance alone. In three parts, here's part one of 50 exercises without gym machines.

Full Body

- 1. Inchworm: Stand up tall with the legs straight, and do like Lil' Jon and let those fingertips hit the floor. Keeping the legs straight (but not locked!), slowly lower the torso toward the floor, and then walk the hands forward. Once in a push-up position, start taking tiny steps so the feet meet the hands. Continue bugging out for 4-6 reps.
- 2. Tuck Jump: Standing with the knees slightly bent, jump up as high as possible and bring the knees in toward the chest while extending the arms straight out. Land with the knees slightly bent and quickly jump again!
- 3. Bear Crawl: Embrace that inner grizzly. Starting on the hands and knees, rise up onto the toes, tighten the core, and slowly reach forward with the right arm and right knee, followed by the left side. Continue the crawl for 8-10 reps (or until you scare your roommates off).
- 4. Plyometric Push-Up: Ready to catch some air? Start on a well-padded surface and complete a traditional push-up. Then, in an explosive motion, push up hard enough to come off the floor (and hang ten for a second!). Once back on solid ground, immediately head into the next repetition.
- Stair Climb with Bicep Curl: Turn those stairs into a cardio machine — no magic wand necessary. Grab some dumbbells (or household objects!) and briskly walk up and down the stairway while simultaneously

- doing bicep curls to work the whole body.
- 6. Mountain Climber: Starting on your hands and knees, bring the left foot forward directly under the chest while straightening the right leg. Keeping the hands on the ground and core tight, jump and switch legs. The left leg should now be extended behind the body with the right knee forward. Do these quickly for a cardio rippin' workout.
- 7. Prone Walkout: Beginning on all fours with the core engaged, slowly walk the hands forward, staying on the toes but not moving them forward. Next, gradually walk the hands backwards to the starting position, maintain stability and balance.
- 8. Burpees: One of the most effective full-body exercises around, this one starts out in a low squat position with hands on the floor. Next, kick the feet back to a push-up position, complete one push-up, then immediately return the feet to the squat position. Leap up as high as possible before squatting and moving back into the push-up portion of the show.
- 9. Plank: Nope, we're (thankfully) not walking the plank. Lie face down with forearms on the floor and hands clasped. Extend the legs behind the body and rise up on the toes. Keeping the back straight, tighten the core and hold the position for 30-60 seconds (or as long as you can hang).
- 10. Plank-to-Push-Up: Starting in a plank position, place down one hand at a time to lift up into a push-up position, with the back straight and the core engaged.

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Time To Have Some Fun With Your Car! – The Mitty!!

Submitted by Pat Harmon

Every year classic sports car and racing enthusiasts gather in the hilly country near Atlanta, Georgia, to celebrate the full spectrum of historical and contemporary

motorsports. Road Atlanta has been home to the Classic Motorsports Mitty since its inception, and there's no better place or time to enjoy a motorsports daydream. Join us April 27-29 for a long weekend of action both on and off the track. Even if you're not a competitor, you can get your car on this internationally famous racing circuit by participating in one of the weekend's parade laps. The focus of the 2012 Mitty will be a British extravaganza and a celebration of all British marques, with special attention given to the ageless rivalry between Triumph and MG. Clubs representing these two marques will compete for best turnout in our Club Corrals in the infield, and the winning marque will receive special recognition in Classic Motorsports magazine. The single club with the most cars in their car corral will receive a special award. This is a three day event featuring vintage car races, food, vendor areas and, yes, the opportunity for us to make parade laps on this world famous race track

As of this writing we only have general schedule information (see flyer in this newsletter) and more detailed information will be posted on the website http://www.themitty.com so be sure to check there for details as they come out. Events start on Friday,

April 27th and go through Sunday. On Friday there will be practice and qualifying races. Saturday will start with our parade laps, lunch on your own and then HSR

racing for the rest of the afternoon. So be sure to bring your lawn chairs to watch the vintage cars do their thing.

Classic Motorsports Magazine will be setting up a special car corral for our Jaguars. We don't have anything formal planned for this weekend so it's "come and go as you want." If you only want to attend for one day then make it Saturday as that is when you will be able to get on the track with your Jaguar. You can purchase tickets on line (link is shown in the previous paragraph) or at the gate. To gain access to the car corral you will need to purchase general admission with infield parking.

Road Atlanta is located on Highway 53 approximately 6 miles south of I-985, Exit 17. When you drive in you will see the main gates. Pay your dues and enter the track area. Drive to the top of the hill and turn left over the Suzuki Gate. Drive about 300 yards and look for Jaguars parked in the corral. If you want to get on the track for practice laps you will need to register at the Classic Motorsports tent. Walk from the corral towards all the vendor booths and look for their tent on the left. We suggest you be there by 10:00 as there are a limited number of driving slots.







Club Discount At Hennessy Jaguar Gwinnett

Submitted by Roy Cleveland

From the formation of our club in 2001, Hennessy Jaguar has been a consistent and generous supporter in a variety of ways. They have supported us by purchasing advertising in our newsletter, by letting us use their facilities for various club events and by providing substantial sponsorship for the brunch at our annual concours d' elegance. One other way they have supported us is by providing discounts on service and parts. Recently, I reviewed the discount policy for our members at Hennessy Jaguar Gwinnett with the service manager, Roy Collins, and their parts manager, Greg Burns. As a result of our meeting, they agreed to provide a 15% discount on parts and labor at their dealership. Please note this is for the Gwinnett location only until further notice. I have not yet had an opportunity to talk with the appropriate personnel at Hennessy Jaguar Buckhead and review their policy regarding discounts for our club. You may be asked to show your JCNA membership card to prove that you are eligible for this discount. If you should have a problem, ask to speak with either Roy Collins or Greg Burns. Since JCNA membership cards for each new calendar year generally aren't issued until late March or early April, you may have to explain why your card is not current if you are seeking the discount during the first three months of the vear. You could tell them (if they ask) that John Baxa or I can confirm that you are a current member. If you have any questions, please let me know.

Continued from page

Health Consciousness Essential to Longevity

Submitted by Jim O'Dell

Then move one arm at a time back into the plank position (forearms on the ground). Repeat, alternating the arm that makes the first move.

Legs

- 11. Wall Sit: Who needs a chair when there's a wall? Slowly slide your back down a wall until the thighs are parallel to the ground. Make sure the knees are directly above the ankles and keep the back straight. Go for 60 seconds per set (or however long it takes to turn those legs to jelly). Need more fire? Add some bicep curls.
- 12. Lunge: Stand with the hands on the hips and feet hip-width apart. Step the right leg forward and slowly lower your body until the right knee is close to or touching the floor and bent at least 90 degrees. Return to the starting position and repeat with the left leg. Try stepping back into the lunge for a different variation.
- 13. Clock Lunge: Time for a challenge. Complete a traditional forward lunge, then take a big step to the right and lunge again. Finish off the semicircle with a backwards lunge, then return to standing. And all that's one rep! Aim for 10 reps and then switch legs.
- 14. Lunge-to-Row: Start by doing a normal lunge. Instead of bringing that forward leg back to the starting position, raise it up off the floor while lifting the arms overhead. The leg should remain bent at about 90 degrees. Add weights to really bring the heat.
- 15. Lunge Jump: Ready to impress some friends? Stand with the feet together and lunge forward with the right foot. Jump straight up, propelling the arms forward while keeping the elbows bent. While in the air, switch legs and land in a lunge with the opposite leg forward. Repeat and continue switching legs. Try to do 10!
- 16. Curtsy Lunge: Let's show a little respect. When lunging, step the left leg back behind the right, bending the knees and lowering the hips until the right thigh is almost parallel to the floor. Remember to keep the torso upright and the hips square.
- 17. Squat: Stand with the feet parallel or turned out 15 degrees whatever is most comfortable. Slowly start to crouch by bending the hips and knees until the thighs are at least parallel to the floor. Make sure the heels do not rise off the floor. Press through the heels to return to a standing position.
- 18. Pistol Squat: There may be no gun permit necessary for this one, but it's still no joke. Stand holding the arms straight out in front of the body, and raise the right leg, flexing the right ankle and pushing the hips back. Then lower the body while keeping the right leg raised. Hold (have fun with that), then return to standing.

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Added JCNA Member Benefit Discount on New Jaquars to JCNA Members

The operation of the plan is simple. First go through the normal purchase procedure at the dealership. Then show your JCNA membership card and dealer will apply the discount. Jaguar will take care of crediting the dealer.

The program is intended to be permanent, but eligible vehicles and amounts will be examined quarterly and adjusted as necessary. This will ensure that as inventory is exhausted and new cars are launched, the program will apply to the Jaquars currently available.

Watch your mailbox. Jaguar will send all eligible JCNA members a letter to announce the program. The letter will include a certificate number denoting your eligibility.

JCNA Member Purchase Program

XF Models \$750

XJ Models \$1,000

XK Models \$1,000

This program is not transferable and is available only to JCNA members in good standing. Membership verified via prior fiscal year roster (Dec 31). Cannot be combined with A/Z plans.





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