

GMC WESTERN STATES NEWSLETTER



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President's Message

Well, it is approaching a year since our historic joint rally with the GMC Motor Home International at Santa Rosa, California. Despite record high fuel costs we had an excellent turnout.

It was a pleasure to see the large vendor turnout and products offered. We do recognize the importance of the specialty vendors, not only for their providing parts (especially scarce ones) but also their expert service and information to keep our vintage coaches on the road.

One area WS will strive to improve, and that is in providing handouts of seminars; both technical and non-technical. In the past presenters were noted for preparing multi-paged booklets covering their topic. I know that the use of power point, digital photos and computer driven projectors simplifies the presenter's job. However, the value of handout materials goes beyond just the seminar; it provides a reminder for those of us that suffer from CRS but also provides a written legacy to pass on to new owners or those who could not attend.

I urge presenters at all seminars to provide handouts. The Club covers cost of handout copies. Another approach with the use of photos is to load these with captions onto the GMC photo site operated by Billy Massey, our Webmaster. We appreciate all of our presenters that are willing to contribute their services to keeping our coaches road worthy.

Speaking of Emerald Desert, no the park has not closed. There is plenty of room with excellent facilities. Besides the opportunity for great fellowship, our Rally Hosts Dave and Donna de Graffenreid have planned gourmet food, some will be prepared by the WS chefs, fun games and the piece de resistance, a trip along the Bourbon trail with samples. Of course, there will be sundry activities for the women and Steve Ferguson, our Technical VP has aligned several informative seminars for all. Dave and Donna are excited and most enthusiastic in developing activities for our enjoyment. So lets support their efforts with our presence at the Rally.

Hope to see you there!

Frank



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If you would like to submit an article or item,
email Freddi: frettyc@sti.net

The GMC Western States Inc, chapter of the Family Motor Coach Association, is comprised of GMC Motorhome owners from all fifty states and the three southwestern provinces of Canada. The Chapter purpose is to promote the preservation of the GMC Motorhome with a technical program of professional seminars and published information and to further the mutual association, membership, enjoyment and common interest of GMC Motorhome owners, their families and friends. Web site: www.gmcws.org, Billy and Debbie Massey

DISCLAIMER: NEWSLETTER ARTICLES ARE CONTRIBUTED BY MEMBERS AND ARE PUBLISHED AS A SERVICE TO MEMBERS. ACCURACY IS NOT GUARANTEED. INDEPENDENT VERIFICATION IS URGED.

KUDOS...BRAVO...KUDOS

FOR OUR VERY OWN JUDY CHERRY -

FOR SO FAITHFULLY SERVING AS NEWSLETTER COORDINATOR FOR SEVERAL YEARS. YOUR PROFESSIONALISM, TENANCITY, AND PERSEVERANCE IS APPRECIATED BY ALL.... THANK YOU...THANK YOU!

2009 Newsletter Publication Date Schedule

Publication Dates: May 29th Aug. 21st Nov. 20th

Info to
Coordinator: May 6th July 31st Oct. 30th

To Publisher: May 15th Aug. 7th Nov. 6th

Western States Rally Schedule

APRIL 22 – APRIL 27, 2009

EMERALD DESERT RV RESORT
PALM DESERT, CALIFORNIA
HOSTS: DAVE AND DONNA deGRAFFENREID

OCTOBER 16-21, 2009

GOLDEN VILLAGE PALMS, HEMET, CA
HOSTS: PAT AND SHARON CERRINA

SPRING 2010

PENDING

OCTOBER, 2010

CIRCLE PINES KOA
WILLIAMS, ARIZONA
HOSTS: BEBE PETTIT, BRUCE BURTAN

WESTERN STATES SPRING RALLY “GMC SURVIVORS”

Four Teams-One Location
Emerald Desert, Palm Desert, CA.
April 22nd -27th, 2009

Donna and I are very excited for the opportunity to host our Western States Spring Rally. Emerald Desert is our favorite park to host rallies. It has a beautiful green park like camping area with patios and full hookups. We will all be parking together.

We have great plans to make good use of the huge air conditioned club house as well as the kitchen and stage. The park provides golf, putting, tennis, swimming, spa and a gym.

We have a theme and it will be lots of fun. We will enjoy meals, seminars and activities. There will be games, gifts, prizes and lots more.

Vendors sign up soon for front row parking and be apart of our official Vendor introduction ceremony on Thursday, April 24 @ 9-10a.m.

Thanks to Jim Rowe we will be having the famous “Bourbon Seminar” on Friday April 24 @ 7:30 p.m. This venue includes the history of Bourbon, Tasting & Gifts.

Optional activities will include a pot luck dinner and a certified CPR class. The class is put on by the American Red Cross. We need a minimum of 10 people for this 4 hour class Saturday April 25 @ 9 am (\$45.00 includes certification) main clubhouse.

Don't forget to save the dates on your calendar.

April 22-27, 2009

See ya there.....Dave & Donna

Secretary Report



As of February 2, 2009 we have 306 members. Our membership Roster will be coming soon.

Judy Cherry
Secretary

Treasurer's Report



Final Report for January 1 – December 31, 2008:

Report omitted from online newsletter.

Mike Cherry
Treasurer (2008)

WESTERN STATES SPRING RALLY “GMC SURVIVORS”

Tentative Schedule of Events

April 22-Wednesday

12:00pm	Check-in
3:00-5:00pm	Officers' Meeting
5:00-6:00pm	Happy Hour
6:00-7:30pm	Mexican Dinner
7:30-9:00pm	Meet Your Tribe

April 23-Thursday

7:30-8:00am	Walkabout With Freddi
8:00-9:00am	Burrito Breakfast
8:45am	Tally Masters Announcements (The Nelsen's)
9:00-10:00am	Vendors Introduction (Vendors)
10:00-12:00am	Food Survival (Dorris Garton)
10:00-11:00am	Surviving With Modern Oils (Frank Condos)
11:00-12:00pm	Combiner Installation (Gene Fisher)
12:15-1:00pm	Wennie Roast
1:00-2:00pm	Dog Social
1:00-3:00pm	Swap Meet (Bring Your Treasures)
1:00-3:00pm	Potluck Preparation
3:00-5:00pm	Puzzle Challenge
5:00-6:00pm	Happy Hour
6:00-7:30pm	Potluck Dinner - Optional
7:00-8:00pm	Jokers & Marbles Challenge
7:30-8:30pm	Pool Table Challenge

April 24-Friday

7:30-8:00am	The Freddi Walkabout
8:00-9:00am	Pancake Breakfast
8:45am	Tally Masters Announcements (The Nelsen's)
9:00-10:00am	Palm Desert Evolution (Hal Rover)
10:00-11:00am	Getting Your Coach Under Control (Steve Ferguson)
10:00-12:00pm	Update Survival Kit (Dorris Garton)
11:00-12:00pm	Alignment / Bushings (Steve Ferguson)
12:15-1:00pm	Pizza Lunch
1:00-2:00pm	Dog Social
1:00-3:00pm	Open House
3:00-5:00pm	Treasure Hunt Challenge
5:00-6:00pm	Happy Hour
6:00-7:30pm	BBQ Tri Tip Dinner
7:30-8:00pm	Bourbon History, Tasting & Gifts (Makers Mark)

April 25-Saturday

7:30-8:00am	Fret About Walk
8:00-9:00am	Hash & Eggs Breakfast
8:45am	Tally Masters Announcements (The Nelsen's)
9:00-1:00pm	Optional: CPR For Survivors (American Red Cross)
9:00-1:00pm	Rest & Recovery
1:00-3:00pm	Pool Party
5:00-6:00pm	Happy Hour
6:00-7:30pm	Italian Dinner
7:30-9:00pm	GMC Password Challenge

April 26-Sunday

7:30-8:00am	Still Walking
8:00-9:00am	Fruit & Cereal Breakfast
8:45am	Tally Masters Announcements (The Nelsen's)
9:00-10:00am	Business Meeting (Everyone)
10:00-11:00am	Fuel Tanks (Chuck Garton)
0:00-12:00pm	Writing Your Life Story (Audree Rowe)
11:00-12:00pm	Email Extras (Gene Fisher)
12:15-1:00pm	Tuna Surprise
1:00-2:00pm	Dog Social
1:00-2:00pm	Let's Play Million Errors
2:00-4:00pm	Million Errors Restoration
4:00-5:00pm	Golf Challenge
5:00-6:00pm	Happy Hour
6:00-7:30pm	Burger Night
7:30-8:30pm	Survivor Awards

April 27-Monday

8:00-9:00am	Fruit & Cereal Breakfast
8:45am	Tally Masters Announcements (The Nelsen's)
9:00-12:00	Noon Check Out

Terms:

**Tally Master's
Walkabout**

**Score Keepers
Keep Up With**

HEALTH CORNER

The Sunshine Vitamin “D”

By Dorris Garton

Vitamin D has many health benefits. Research suggest that we are not getting nearly enough of this essential vitamin. An estimated 50% of Americans now have a Vitamin D deficiency. Do You?

The “Sunshine Vitamin” D is a nutrient that the body produces when exposed to sunlight. The high rate of natural production of Vitamin D in the skin is the single most important fact every person should know about this vitamin - a fact that has profound implications for the natural human condition. Current research has implicated Vitamin D deficiency as a major factor in the pathology of at least 17 varieties of cancer as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteoarthritis, osteoporosis, muscle weakness, muscle wasting, birth defects, periodontal disease, and more. Vitamin D deficiency makes osteoporosis worse!

Vitamin D's influence on key biological functions vital to your health and well being mandates that this vitamin no longer be ignored by individuals striving to achieve and maintain a greater state of health.

If you regularly avoid sunlight exposure, research indicates a necessity to have a supplement of at least 5,000 units (IU) of Vitamin D daily. To obtain this amount from milk one would need to consume 50 glasses. With a multivitamin more than 10 tablets would be necessary. Neither is advisable.

The skin produces approximately 20,000 IU of Vitamin D in response to 20-30 minutes of summer sun exposure – 100 times more than the US Government's recommendation of 200 IU per day!

There are three ways for adults to insure adequate levels of Vitamin D:

1. Regularly receive midday sun exposure in the late spring, summer and early fall, exposing as much of the skin as possible.
2. Regularly use a sun bed (avoiding sunburn) during the colder months.

3. Take a supplement of 5,000 IU per day for three months, and then take a 25-Hydroxyl Vitamin D Test. Adjust your dosage so that blood levels range is 50-80 ng/ml (or 125-200 nML) year-round. It is recommended that you consult with your medical doctor prior to beginning this process.

Prior to adding Vitamin D, check whether your Calcium supplement, multivitamin or medication contains Vitamin D. Excluding sunlight, the total Vitamin D you get includes the following: food + supplements (including multivitamin) + medications.

Individuals most likely at risk for not getting enough Vitamin D include:

- People who spend little time in the sun;
- People with very dark skin;
- Elderly;
- Those living in nursing homes or other institutions;
- People with certain medical conditions such as serious diseases of the nervous or digestive system;
- Obese or very overweight individuals.

Request a Lab test to verify your Vitamin D level! You are welcome to call me with questions and/or to request reference material.

Coaches for Sale

We welcome your ad. Ads will run for one year unless we are informed otherwise. Please inform us if your coach is sold before the ad runs out. The last four digits at the end of the ad represent the expiration date (month/year).

Contact: **Freddi Condos, 559-683-5185, frettyc@sti.net**

A REAL SOLID GMC NEEDS A NEW OWNER. 1975 Eleganza, Updates include: Professionally: rebuilt 455..headers 3" stainless exhaust...clear coat beige and black paint....new one piece side windows (a great improvement)....tires, brakes, trans, bearings, interior, 2 top air conditioners, macerator, dash, new gas and electric large size refrigerator. I'M READY TO DEAL! Please call me for other details – Asking \$15,000 – Willing to negotiate the price. Motor home is parked at El Toro Marine Base in Irvine, Ca. Bob Sternfels (949) 497-3534 (Laguna Beach, California).

0209



1978 26' Royale, Center kitchen model. Brand new paint and windshields, 7 Alcoa wheels, good Bridgestone tires. GMC truck engine 403, (not 455 car engine). Top brand synthetic lubricants since 1985 in engine, transmission, chassis grease. New Bendix Hydroboost (replaced vacuum boost). New front calipers/carbon metallic pads. New rear brake shoes, cylinder kits. Custom built couch and rear bed. Full kitchen with, microwave, stove with oven, Newtone). Appraised in 2003 at \$27,500. Asking \$22,500. CONTACT:EDBURNER(714)871-2095(SouthernCalifornia).

0309

1978 Royale, Center kitchen, rear bath, china toilet, recent upholstery (beige), leather driver and passenger seats, twin beds (bunk type), 403 with 38,000 miles after being reworked, 2,000 miles on transmission with heavy duty torque converter, all steel radials on 16" Alcoa rims, Onan 6 kw generator, 2 roof airs and dash air, awning, pod on top, new shocks front and rear, recent 2-way fridge, Fantastic fan, walnut interior, all manuals and documents. \$15,500. Ray Piltz, Portland, OR, 503-286-5444.

0609

1975 26' Transmode Remodeled by Jim Bounds of Cooperative Motor Works, in Orlando, FL. Modern style interior. Less than 85,000 original miles. Sleeps 4 comfortably. Would make an ultimate tailgate coach as it could seat 11+. Pictures can be seen at <http://gallery.mac.com/freeted/100050>. Coach includes: Full length awnings on both sides, 4 bag air suspension, Alcoa wheels, electronic cruise control w/ resume, leather dash, leather GMC steering wheel, Ramco mirrors, Ragusa entry step, Digi Panel gauges w/alarm, + other aux. gauges, stainless steel brake lines, stainless steel oil cooler lines, aux. oil cooler, aux. cooling fan, vacuum pump, 5000 lb. receiver hitch, Ragusa 3 battery tray up front and stainless steel slide out battery tray in rear, wind wings, lighted entry handle, + more. Must see. Jim Kanomata appraised it at \$52,500. Asking \$35,000. Ted Freemire, Seattle 206-246-6459 or Freeted@gmail.com

1109

1973 GMC Canyonlands 97K miles, tan color, 455 Olds engine, updated with 134 refrigerant. Propane, electric, motor aid water heater. Roof air, awning, rear bed, double passenger seat, new upholstery, eye level oven, stove, furnace. Asking \$10,000. Open to offers. Richard Mumby, 1726 E. Bismark, Spokane, WA 99208, 509-489-6360.

1109

1973 BIRCHAVEN, 23 FOOT, Total miles 98,000. Rear bath, 455 TBI engine, 400 miles Jasper Oh. Numerous upgrades, Alcoa wheels, 6 wheel disc brakes, recent refrigerator and upholstery, microwave, frt suspension rebuilt, new paint, tranny OH and final drive upgrade. Satellite antenna, 4 KW generator with overhead exhaust, custom motorbike carrier and rear bumper storage. Coach is housed in garage. Photos can be provided by emailing outdog31@hotmail.com – Asking \$23,500. John Glatz (928) 468-6212

0210

1976 (Former Glenbrook Interior) 26 FOOT, Flex steel captain chairs and sofa, lightweight oak interior, and cabinetry, all redone. Approximately 60k on high performance engine and transmission rebuilt with 3.5 power drive. This is a coach with up-to-date improvements and current maintenance. Alcoa, current tires, custom paint and front fiberglass. Available with EFI or correct carburetor, your choice. Have another coach I want to rebuild. Asking \$7,000 – Frank Condos (559) 683 -5185

0210

GMC WESTERN STATES TECH CENTER

Air Bags

By Steve Ferguson,
Technical Vice President



For all you folks that have marginal, or original air bags on your coaches, as of the first of this year, Firestone will be discontinuing production. Our trusted vendors can only stock so much inventory, so if you fall into the above category, you might want to get your order in soon. Once existing supplies are exhausted, the only alternative I know of will be one of the 4-bag systems.

While I'm on the topic of air bags, let me plug the 4-bag system. To date it is the best modification I've made on my coach. It is one of the very few modifications I've made that has provided instant gratification. It took me about half a day to install the system, pretty much a bolt on as advertised. Some have installed the system themselves and claim not to have had to remove the wheels for installation. Back to the instant gratification, my coach was fairly typical of most GMC's in that the rear end pretty much dictated how much steering wheel effort I had to expend to keep going in a straight line. Road imperfections, truck ruts and shoulder drop-offs all have a tremendous effect on steering effort. The 4-bag setup made all that go away. I can now let the rear wheels drop off the pavement onto the shoulder without feeling it in the steering wheel, and just as easily drive back onto the pavement with no more effort than if I was just changing traffic lanes. Truck ruts have very little effect on my coach handling now.

Since I have the early system on my coach, I lost about an inch of rear suspension travel. Not a really big deal but could be in some park leveling situations. The early system also requires higher bag pressure to maintain ride height and full raise requires 130 PSI output from the compressor. Again, not a really big deal as I had previously upgraded the compressor and my system maintains about 150 PSI at all times. The manifolds with separate Schrader valves and shut-off valves make it easy to remote fill or isolate the bags from the supply system or one bag from another. This latter feature comes in handy if you have a tire failure and need to drive a short distance to a safe place to change the tire. You can isolate and drain the air from the bag with the faulty tire to the point where it no longer contacts the road. On the early system, it is not advisable to drive very far in this configuration as the support brackets for the air bags bends easily.

Since my installation several years ago, there has been a second system introduced and this system addresses many of the earlier systems shortcomings. Air pressure needed to operate the system is the same as the old single bag setup. Full height for leveling is achievable and the support bracketry is strong enough to handle driving to safety on one bag without any worries about bending the mounting bracketry.

On both systems, the bags are quite common and available through a large variety of sources. Both systems also maintain the quality of the ride that the OEM single bag system has provided for years and miles of enjoyable driving.

Take care and keep the sticky side down!

AVAILABILITY OF REAR SUSPENSION AIR BAGS

Provided by **Billy Massey**

It has been called to our attention that our rear suspension airbags are no longer available from the original manufacturer, Firestone.

It is IMPERATIVE that you place orders for airbags you may anticipate needing in the future with one of our suppliers listed below! Once the supply of airbags is exhausted, the only alternative at this time is to install the four bag system which costs approximately \$1,600 to \$2,000.

GMCMI Management and Suppliers

Applied GMC also "4-bag" systems
Jim Kanomata
47627 Kato Rd.
Fremont CA 94538
510-440-1101 orders 800-752-7502
mail@appliedairfilters.com
www.appliedgmc.com

Alex Sirum GMC
Jeff Sirum
1800 Hwy 70E
Okeechobee FL 34972
863-763-1121
sirum@okeechobee.com
www.gmcmmh.com

Cooperative Motor Works
Jim Bounds also "4-bag" systems
5971 Anno Ave
Orlando FL 32809
407-857-5777 orders 877-275-4462
coopmotorworks@yahoo.com
www.gmccoop.com

Gateway Motorhome Company
St. Louis, MO
636-931-8282
Orders 800-654-0374
GatewayGMC@yahoo.com
www.gmcmotorhomeparts.com

Golby Motors
5387 L. B Mcleod Rd
Orlando FL 32811
407-859-9000
info@golbymotorcorp.com
www.golbymotorcorp.com

Grandview Motorhome
Tom Hampton
13880 Weaver Rd
Marysville Ohio 43040
937-644-4238

Leigh Harrison "4-bag" systems
1520 Woodside Dr
Woodbridge VA 22191
703-494-9914
leighharrisingmc@aol.com
www.leighharrisingmcmotorhomeupgrades.com

There may be other GMC Service and Parts providers that have airbags for sale. Check the back of the 2008 Parts Interchange Manual for other vendors. All members of GMCMI receive the Parts Interchange Manual each spring with updates and additions on crossover part numbers. It also includes a complete list of GMC parts and services suppliers. To join GMCMI and receive this and many more benefits, see our web site at www.gmcmi.com.

By becoming a new member of GMCMI between November 3, 2008 and March 22, 2009 you will be automatically entered into a drawing to win a set of Thorley headers, donated by Jim Kanomata at Applied GMC, for your GMC. If recruited by a current GMCMI member, that member will be entered into a separate drawing for another set of Thorley headers, also donated by Jim Kanomata at Applied GMC. The recruiter will get another chance with every new member recruited. The drawing will be held at the spring convention in Dothan, Alabama. Member, new or otherwise, need not be present at the convention to win. A cash equivalent VISA card will be offered at winner's discretion.

Contact:

GMC Motorhomes International
7110 Forbess Dr
Brownwood, TX 76801
325-784-5861
admin@gmcmi.com

Sign up ONLINE at WWW.GMCMI.COM

WIN A NEW SET OF THORLEY HEADERS!

GMC WESTERN STATES
Spring Rally 2009
("GMC SURVIVORS")

Emerald Desert RV Park
76000 Frank Sinatra Drive-Palm Desert, Ca 92211
800-426-4678
April 22-27 2009

DIRECTIONS: Interstate 10, Exit Cook Street, South 2 miles to second traffic light, left on Frank Sinatra Dr., 1 mile to Emerald Desert on left at Stop sign.

RALLY HOSTS:

Dave and Donna de Graffenreid 949-642-6827/cell 949-285-7913

(Please call if you are not going to be arriving on schedule)

Send Check/Registration to:

Donna de Graffenreid-283 Camellia Lane-Costa Mesa, CA. 92627

(Registration Application MUST be received by April 12, 2009. (cancellations after this date MAY NOT receive a full refund.)

Name(s)_____Tel:_____

Address:_____City:_____St____Zip_____

Coach/Lic./#_____Tow Car License No.#_____

Handicapped Parking: Yes_____No_____ First Rally: Yes_____No_____

Vendor Parking: Yes_____No_____

Coach With Two Persons \$350.00 \$_____

Coach With One Person \$285.00 \$_____

Each Additional Guest \$172.00 \$_____

Dog Fee \$1.00 per day, per pet \$_____

Optional CPR Class \$ 45.00 \$_____

TOTAL AMOUNT ENCLOSED: \$_____