

GMC WESTERN STATES NEWSLETTER



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President's Message

August is here, that means only about 45 days before the Fall Rally. As you know we will be in Pueblo, Colorado at the State Fairgrounds joining in the GMC Motor Home International Convention. I won't dwell on the activities because you have already received the Rally Registration and informational sheets.

Freddi and I visited the Pueblo Fairground last June along with the Swartzendrubers', to finalize arrangements. The grounds provide a nice setting with good facilities. If you can, plan either your arrival or return trip to include travel through the Rocky Mountains. The weather should be delightful and the Fall colors near their peak.

Our business meeting will include the election of officers. We need volunteers for President, First VP, Technical VP and Wagon Master. I urge members to contact any of the State Representatives, or me, and volunteer to serve at least one year in one of the open positions. No experience required! I can guarantee the experience will be enjoyable as well as rewarding. Remember, it is your Club and we thrive on volunteer labor. No paid staff. Any of you that have attended a WS Rally have experienced the camaraderie whether you volunteer to help or just hang out. The volunteer team approach for fun, games and food preparation that Dave and Donna de Graffenreid developed at the Spring Rally saved some funds which will allow the Club to subsidize a couple of days for early arrivals (Sept 25-26), for members, at Pueblo.

You are encouraged to join us in September for another Rocking Good Time In The Rocky Mountain State!

Frank



2009 Newsletter Publication Date Schedule

Publication Dates:	Nov. 20th
Info to Coordinator:	Oct. 30th
To Publisher:	Nov. 6th

Western States Rally Schedule

SEPTEMBER 27 – OCTOBER 2, 2009

COLORADO STATE FAIRGROUNDS
PUEBLO, COLORADO
HOSTS: GMCMI & GMCWS

MAY 19–24, 2010

GOLD COUNTRY FAIR
AUBURN, CALIFORNIA
HOSTS: FRANK AND FREDDI CONDOS

OCTOBER 17–22, 2010

OASIS, LAS VEGAS RV RESORT
LAS VEGAS, NEVADA
HOSTS: MICHAEL AND JUDY CHERRY

SPRING 2011

SAN LORENZO RV RESORT
KING CITY, CALIFORNIA
HOSTS: PHIL AND JO ANNE HERNANDEZ

GMC Western States Officers

Frank Condos, Chapter President
559-683-5185, fcondos@sti.net

Sharon Work, First Vice President
541-592-5360, glwork@mac.com

Steve Ferguson, Technical Vice President
520-803-0220, botiemad11@juno.com

Judy Cherry, Secretary
928-445-7875, jmcherry@cableone.net

Dave deGraffenreid, Treasurer
949-642-6827, davebamboo@aol.com

Kerry Tandy, FMCA National Director
Cell: 406-360-5187, bewartz@gmail.com

Gene Dotson, FMCA Alt. Nat. Director
828-465-0678, shawnee@charter.net

Freddi Condos, Newsletter Coordinator
559-683-5185, frettyc@sti.net

Lill Deal, Newsletter Publisher
858-270-3023, isoutput@pacbell.net

GMC Western States Newsletter
Designed and Printed by Ideal Services, San Diego, CA

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.

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).
_____ **1209**

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**

1973 26 FOOT Canyon Lands, 108,216 miles, rebuilt 455 engine and carburetor at 82,770 miles. Beige Flex Steel leather pilot, co-pilot seats, sleeper sofa and chairs. Micro/convection oven, 3-way refrigerator. Fantastic fan, roof pod. A & E awnings both sides. Macerator, hitch, golfcart house batteries. Manuals and records, very clean. Selling due to health problems. Asking \$12,000–Darrel or Arlis Tetzloff (925) 937-2418 – Walnut Creek, Ca
_____ **0310**

HEALTH CORNER

Osteoporosis and You!

by Dorris Garton

So, do you know your T-Score?? It's never too late to improve health! A T-Score compares your bone mass with a normal young adult. The larger the negative number the lower your bone mass. A T-Score of -2.5 means your bone mass is 25% below a normal young adult and you have Osteoporosis.

Osteoporosis is a decrease in bone mass greater than expected for a person's sex, age, and race. In both men and women age related bone loss begins at age 50. Bone is always changing. Old bone breaks down and new bone is formed. After about age 30, the body slowly begins to lose more bone than it replaces. One third of a woman's lifetime bone loss can occur in the first five years after menopause or within 12-15 months after stopping hormone therapy. Certain conditions i.e. orchiectomy for prostate cancer, accelerates bone loss for men to a rate similar to that of menopausal women.

Osteoporosis is under diagnosed and under treated. A progressive decrease in bone density causes bone to become brittle, weakened, and easily fractured. Osteoporosis is usually a silent disease with no visible symptoms until a fracture occurs. It can cause back pain or loss of height. Request the doctor's office nurse to measure your height rather than stating your height. Also request your doctor to order a Bone Mineral Density (BMD) Test. The Test is the best way to determine how much your bones have thinned. Thinning bones affect over half of all women over the age of 50. Due to men having greater bone mass, Osteoporotic fractures may occur about 10 years later than in women.

Once hip fractures occur, men have higher rates of complications than women. For example, men are twice as likely as women to die in a hospital after a hip fracture (reason unknown). Both men and women need a BMD Test. Once a decrease in bone mass is greater than expected is identified, treatment can be implemented to possibly decrease the complications associated with Osteoporosis fractures.

A BMD Test is simple, quick, and painless. It is a touchless scan. There are three types of devices to measure bone density. Peripheral machines measure your finger, wrist, or heel. Peripheral Tests are not especially sensitive, so they tend to under report your bone density. CT Scan is computed tomography or CAT Scan of hip and spine. The CT Scan has a higher level of radiation exposure. It is not accepted for use in monitoring medication therapy.

The DEXA is the gold standard for measuring bone health. DEXA is Dual Energy X-Ray Absorptiometry of hip and spine. DEXA has a low level of radiation exposure. It is a highly sensitive scan and is more comprehensive; thus results are more accurate. It is the only accepted method to monitor therapy.



When your physician agrees to request a BMD Test for you, please find a x-ray service that can do the DEXA, not the CT Scan or the peripheral machine. Medicare will pay for the BMD Test every 2 years.

Osteoporosis results from either accelerated bone loss or inadequate bone formation. The imbalance between the rate of new bone formation and bone loss may occur from risk factors or underlying conditions including the following:

- Age related bone loss
- Smoking
- Excessive alcohol consumption
- Hypogonadism (medicine induce or after orchiectomy)
- Hyper thyroid or hyperparathyroidism
- Inflammatory bowel disease or celiac disease
- Long-term use of some medications (steroids, prednisone, certain anti seizure medications, cyclosporine, Vitamin A)
- Menopause (related loss of estrogen)
- Rheumatoid arthritis or other inflammatory arthritis
- Vitamin D and Vitamin B-12 deficiency
- History of non-traumatic fractures (hip, spine, wrist)
- Osteopenia on plain x-ray
- Family History of Osteoporosis
- Multiple myeloma or lymphoma
- Low body mass index (small body size)
- Use of Tobacco
- calcium deficiency
- diet low in calcium
- extended bed rest

It is important to learn if you are at risk **NOW**. Even if you already have Osteoporosis, there are many ways to correct, slow, and prevent additional bone loss.

Continued intake of Calcium and Vitamin D, exercise, and other healthy lifestyles. Also taking certain medicines may greatly diminish bone loss. Recognize and seek treatment for any underlying medical conditions that affect bone health. If you have not done so, **PLEASE** get your Vitamin D level checked.

As we age we lose the ability to mobilize Vitamin D, which will lower our Calcium absorption rates. Sunshine may not be enough to maintain adequate levels of Vitamin D. Vitamin D aids our body in absorbing Calcium.

This and other health subjects will be presented at our Spring Rally in 2010.

Recommended Calcium and Vitamin D Intake: (Unless otherwise recommended by your Physician)		
Age	Calcium (mg)	Vitamin D (IU)
19–30	1,000	200
31–50	1,000	200
51–70	1,200	400
70+	1,200	600
<i>Source: National Academy of Science</i>		

BOUNCE THIS ALONG....

by Freddi Condos

There are many, so called, uses for Bounce, other than putting it in your dryer....here's a few:

1. Bounce is designed to help eliminate static cling: wipe your television screen with a used sheet of Bounce to keep dust from resettling;
2. To freshen the air in your home: place an individual sheet of Bounce in a drawer or hang in the closet (is working for me);
3. Prevent thread from tangling: run a threaded needle through a sheet of Bounce before beginning to sew;
4. Prevent musty suitcases: place an individual sheet of Bounce inside empty luggage before storing;
5. Eliminate odors in wastebaskets: place a sheet of Bounce at the bottom of the wastebasket (I've tried this and it works);
6. Collect pet hair: rubbing the area with a sheet of Bounce will magnetically attract the loose hairs;
7. Eliminate odors in dirty laundry: place an individual sheet of Bounce at the bottom of the laundry bag or hamper;
8. Deodorize shoes or sneakers: place a sheet of Bounce in your shoes or sneakers overnight;
9. Golfers: put a Bounce sheet in your back pocket to keep the bees away;
10. It repels mosquitoes: tie a sheet of Bounce through a belt loop when outdoors during mosquito season (it worked to keep the bugs away while I worked outside this summer);

Don't know how true some of these are, however, they may be worth trying. Let me know if any of these worked for you.

GMC WESTERN STATES TECH CENTER

Note: I am revisiting this subject to stress the importance of replacing the fuel lines on your GMC with fuel lines designed to transfer the new, reformulated fuels we now face when we go to the pumps. I recently had a rather large engine compartment fire that occurred when an older, rubber fuel line disintegrated and poured fuel onto my electric choke in my 1955 Chevrolet.



Ethanol and Your GMC

By Steve Ferguson,
Technical Vice President

WHAT IS IT?

Ethanol, also called ethyl alcohol, pure alcohol, grain alcohol, or drinking alcohol, is a volatile, flammable, colorless liquid. We know it as a psychoactive drug, found in alcoholic beverages and in modern thermometers. It is one of the oldest recreational drugs in common usage. We could just refer to it simply as alcohol, or spirits.

WHAT IS ETHANOL GOOD FOR?

Well, according to the EPA, it helps reduce emissions during the warm up period immediately after engine starting.

WHY DO SOME CLAIM IT'S BAD FOR MY GMC?

Well, if it's in your refrigerator, or you mix it with your favorite beverage and add a little ice, it is usually good for your GMC.

Good question. Other than the above, it really does more harm than good. For starters, ethanol can damage engine components, particularly seals and rubber fuel lines. Also, ethanol is more corrosive than fossil fuels and as the ethanol level in fuel increases engine wear can increase as a result. Additionally, being more volatile, it boils at lower temperatures than fossil fuels which means more vapour lock related issues. Jim Anstett once reported at GMCWS Estes Park, that at certain altitudes, ethanol will boil at as low as 85 degrees. On a typical, scorching day in the SW, road surface temps easily hover around 140 plus degrees. With our GMC fuel tanks only 9 inches from the road surface, this can, and does, cause many problems.

Also, ethanol gives up approximately 20% less heat than fossil fuels so putting that in perspective, this means that you must burn about 20% more to achieve the same level of power as fossil fuels. A real klunker here is that it is not profitable to refine without government subsidies, and it costs to ship it to refineries where it

is added to the refined gasoline. You pay at the pump, and you pay with your taxes.

IF ALL THIS IS TRUE, WHY IS ETHANOL BLENDED FUEL THE ONLY FUEL I CAN FIND IN MY STATE?

The answer to that my fellow GMCer can most likely be found by eavesdropping on the powerful farm lobby in Washington, D.C.

GET THOSE OLD FUEL LINES REPLACED NOW!

There are over 100 feet of several different sizes of rubber fuel lines in a GMC Motor Home. Yes, it will require dropping the tanks. While the tanks are off, coat them with some kind of radiant heat barrier or shielding.

FLASH NEWS

I am not promoting one service facility over another but since many of the GMCWS folks are not on the net and don't know this, MGM RV is still in business. Links to his business has temporarily been removed and Fin Beven is currently working to get the website up and running soon. However, MGM RV (Miguel Mendez) can be contacted at (909) 982-7747 (shop); (909) 229-7508 (cell).