



**ALPINE COACH  
ASSOCIATION**

# A View From The Summit

**Volume 12 Issue #4 September 2008**

**ACA MEMBERS,  
CHECK OUT IMPORTANT RALLY  
INFORMATION ON PAGE 6.**

## CONGRATULATIONS TO OUR NEW BOARD MEMBERS

Normally an election is held to elect new board members, that occurs when there is a full slate of candidates. Despite the diligent efforts of the Nominating Committee and the impassioned pleas of our President Franklin Halasz, a full slate of candidates were not achieved. We are pleased to announce that 3 members stepped forward to run for offices which, with no opposition, they will assume these positions in November. If you haven't met these members, here's a chance to get to know them.



Dale & Paul Sullivan in Tahquamenon Falls MI.

### **PAUL A. "SULLY" SULLIVAN** New ACA President

Born in New Jersey, I became a Californian when I retired from the US Navy in 1978. First opening a Farmers Insurance Agency, I went on to co-found San Diego Health Plan Administrators where I served as Vice President until retirement. I was very involved in county government serving on advisory boards and committees. I also served as President of a non-profit organization helping to resurrect it and making it function as a self supporting organization.

Between retirement and becoming full timers in 2004, my wife Dale and I lived in Fresno, Ca, while caring for Dale's parents. During our time in Fresno I sat on the Fresno County Grand Jury and learned so much more about how government functions and committee workings. What became apparent to me during this time is how much honesty and full disclosure go hand in hand for successful outcomes. We also used this time wisely, visiting 4 RV manufacturers and attending the Life ON Wheels seminar before making the decision to purchase an Alpine Limited in 2004 and then our Apex in 2006.

The whole of ACA changed the day WRV closed its doors; that combined with the high cost of fuel are the huge challenges we face to keep ACA viable and vibrant. As the next President, with a renewed Board, we must be willing to look for new ways of operating to achieve that goal. One way to keep ACA attractive is to make membership requirements flexible and combine with regional rallies to serve the whole membership. I believe my experience in business and community service can be valuable in meeting these objectives.

We RV because we believe this is a beautiful country and our coach makes it possible to see it in style and comfort. We have visited so many places and have plans to keep on enjoying our travels. We insist on having a good time. With three children and 10 grandchildren on both coasts, we find ample excuses to travel coast to coast. We will revisit the Rose Bowl Parade this year and again travel to Alaska next summer as we return to two of our favorite destinations with close friends. Most important to Dale and I are the life long friends that we have made during our time as fulltimers.

(continued on page 2)

# CONGRATULATIONS TO OUR NEW BOARD MEMBERS

Continued from page 1 Paul Sullivan continued from page 1

ACA has enabled us to meet so many great people and to visit places we might not have put on the itinerary except that the rally opportunity gave us a reason to check it out. My personal philosophy is based on three principals, HONESTY, OPEN MINDEDNESS, and WILLINGNESS. I hope that these principals would enable me, with the Boards guidance, to bring about changes necessary to keep ACA fun, useful and most especially your club.

## MEET FRED ROYCE—DIRECTOR



Fred & Carol Royce

A Wisconsinite, I moved to the Port Angeles, WA with my wife, Carol, upon graduating with a degree in chemical engineering and had a 36 year career in the pulp and paper industry (Rayonier) with positions in engineering, technical management and research. An MBA was also earned during this time. We have two sons and a daughter who are active in their professions plus providing six grandchildren.

My community service activities included leadership roles in Rotary, the Port Angeles Symphony, school tax levy campaigns, political party activity and the church. Other interests were music (French horn), woodworking and numerous projects with the house.

We retired in 1994 and became RV'ers with the purchase of our first motorhome. This has been our bliss ever since. It has enabled meeting a whole new cadre of friends plus providing an active involvement with several RV groups.

We have been Alpine coach owners and members of ACA since late 2003 and were part of the committee that organized the Northwest Alpine Coach Association (NoWACA). I chaired the bylaws committee and was an officer. More recently, I headed a committee charged with revising the ACA bylaws to meet FMCA requirements.

The challenge before us is to maintain an active and nationally oriented ACA that attracts new members, offers fun, fellowship and friendship in an organization that is open and encourages maximum participation. I am ready to serve and meet this challenge.

## MEET DEBBIE BRAGG—TREASURER



Debbie & Jim Bragg

Hi, my name is Debbie Bragg. My husband, Jim and I bought our first Alpine in July 1999 at the FMCA Rally in Ames, Iowa. We joined ACA shortly thereafter. We are *real* Texans and have a home in Fort Worth. We travel about six months of the year. When it gets real hot or cold in Texas, we leave. We have really enjoyed our travels, the great people we have met, and the fabulous rallies.

Since I would like to see those wonderful rallies continue, I decided to run as Treasurer for ACA. I have a degree in Marketing from the University of Texas in Austin with a minor in Accounting. I am retired from SBC/ATT where I held a sales position for 27 years. I have been the Treasurer of the Eagle Mountain Volunteer Fire Department Auxiliary for the past 10 years.

I have no agenda other than wanting to see the Alpine Coach Association survive. Jim & I love our ACA friends and want to see the fun, friendships and rallies continue. I am looking forward to serving on the ACA Board.

Thank you Paul, Fred and Debbie for stepping up to the plate, we know you'll all deliver home runs.

# ACA Has Grand Time in Hinckley

By Tom Benedum

Thirty-five Alpine coaches rolled into the premier campground of the Grand Casino in Hinckley, Minnesota, on Tuesday, July 8, for the Pre-Rally to the FMCA convention in St. Paul. After check-in and set up, we re-grouped for some very tasty hors d'oeuvres in the covered patio area of the RV lodge. There were lots of stories and conversations as members greeted old friends and welcomed new ones to the group!

Wednesday morning's breakfast was the first of our events in the casino's Convention Center. The buffet was a sampler's delight. Over coffee, rally co-host Louis Burch formally welcomed everyone and introduced his fellow committee members: his wife Linda, Al and Ruth Baird (in absentia), Giles and JoAnn Lenzmeier, Ken and Maureen Pysick, Dean and Jan Sandmire, co-hosts Ray and Chris Schemanske.

Before breaking for free time and a tee time for some, members shared information about the tech library and the all-important maintenance and support availability, the former coming from shared knowledge among coach owners and the latter from dealers like Guaranty RV, I-5 Uhlmann RV, Cummins and other sub-vendors.

Later in the day we discovered that up on the "northern prairie," the winds blows just as hard as in Kansas – or Texas! We also discovered that storms were the same, too – wind, lots of lightning and thunder, and the magnificent, ominous clouds rushing across the sky. In the quiet and calm following the fury, a beautiful rainbow filled the evening sky for all to see.

Thursday's activities began with a return to the Convention Center and a fabulous lunch buffet. The variety of food ensured that no one went away hungry! Randy Kehler from Parker-Vansco, came all the way from Winnipeg, Manitoba, Canada, to conduct the 'Gear head' session. His presentation encountered a bit of technical difficulty with the overhead projection system, but due to his expertise, Randy was still able to share much valuable information with us.

The late afternoon wine and cheese social offered yet another opportunity for great fellowship and conversation on the RV lodge patio, and the name drawing for some very nice door prize gifts.

Yard games on Friday morning were organized by Ray Schemanske. Some 25 teams gathered behind the patio to play "magnetic rocket toss." (See photos of the games and other good times at Hinckley, courtesy of primo photo historian Louie, at <http://picasaweb.google.com/LouisAlbertBurch/ACAHinckley>.) The team of Peggy Parsons and John Tripp had the winning technique; runners-up were Carrol Borland and Dick Buchard.

That strenuous workout needed the reward of a burgers, brats and beer luncheon provided by Guaranty RV of Junction City, Oregon. Chet Sawin and Fred Royce were the chief grillers, with their own winning techniques! More door prize handouts with help from rally attendees Dillon and Kylie Blair capped off the luncheon.

Saturday started with a continental breakfast courtesy of another sponsor, I-5 Uhlmann RV of Chehalis, Washington. After a day on one's own, we gathered for a closing dinner back at the Convention Center, the last of door prizes, and the all-important caravan instructions for those who were going on to FMCA's convention in St. Paul. Ken Pysick did the planning and the leading for the caravan – and it went off without a hitch!

Sunday morning was the last gathering at the pre-rally. After coffee and doughnuts on the patio, retired Navy Chaplain/ACA member Tom Benedum led a short worship service.

At the end of the week, Louie summed it up best: "ACA members still know how to have fun!" Pitching in and volunteering made this work – and will be what keeps ACA alive and well! The slightly smaller number of coaches let members really get to know each other, catching up with old friends and welcoming new families, as they discovered what makes ACA the special group that it is. See you in Branson, Missouri November 11-16 for the next national ACA event!



## ACE LANCASTER, PA RALLY

Alpine Coach Eastern Chapter  
By Sandy Munsil, Secretary

ACE met at Flory's Campground in Lancaster, Pennsylvania on September 8, 2008. Fifteen coaches spent four days touring the Lancaster area. We took a buggy ride and visited a working Amish farm, went to Shady Maple Buffet, to a comedy dinner theater, the Sights and Sounds Theater, and the Good & Plenty Restaurant. We had plenty of time to sightsee on our own along with lots of good food.



Buggy Ride



Mercer & Sara Quinby

We would like to welcome Mercer & Sara Quinby into our group. The Quinby's are from Bear, Delaware.

We would also like to ask everyone to keep Bill and Judy Bilodeau in your thoughts and prayers as Bill recuperates from his recent stroke.

Our thanks go to Wagon-masters Jesse and Shirley Rumberger for organizing a great fall rally. It was decided that the next rally would be at the Tampa Super Show, January 14-18, 2009. Watch for your registration forms.

## New Alpine Coach Association Members—

We would like to welcome our newest members to the Alpine Coach Association. We're happy to have you join us and look forward to seeing you at National and Regional Rallies.

Please welcome our new Alpine Coach Association members:

Montgomery Bonner & Janet Stevens

John & Sue Ann Brockwell

Leon & Bunny Grassheim

Hilary & Joy Pritt

Elven & Janet Schenefeld

Bob & Mary Schiller

Loroy & Jane Thomas

Chestel & Lupe Thorson

NorCal's  
Cal-Expo RV Park  
Sacramento, CA  
October 30, 31, November 1, 2

Join us for NorCal's last outing of the year. Check in Thursday and the actives start the evening with "The Great Cover Up" and Heavy Hors D'Oeuvres. Friday AM coffee in the Rec. Hall. You're on your own (see list of things to do & see) till 3:45 PM when we meet in Old Sac for a "Hysterical Comedy Tour". After the tour we'll stay in Old Sac for dinner on the river at Joe's Crab Shack. If you don't like seafood they also have steak & chicken. Saturday AM coffee in the Rec. Hall. Again you're on your own till 5 PM when we have a catered BBQ dinner. Sunday AM coffee & goodies for breakfast followed by a club meeting.

LAST DATE TO REGISTER IS October 1, 2008  
THIS RALLY IS LIMITED TO 36 COACHES

Wagonmaster: Tom & Nancy Polk  
(H) 530-549-3778, (C) 530-515-8661, [tomvending@msn.com](mailto:tomvending@msn.com)

ACA Branson Rally  
Branson, Mo.  
November 11—16

There are still spots available for the Branson Rally. We have several activities planned— A Chili Feed, a Hillbilly Party complete with prizes, Gearhead session, Wine and Cheese Party, The Clay Cooper's Country Music Express show, a breakfast, lunch and dinner and some other surprises.

Email [reneegary@msn.com](mailto:reneegary@msn.com) or call Renee at 425-255-2211. Hurry, only a couple more weeks to sign up!

ACA Quartzsite Rally  
January 14—19 2009

Mark your calendar! The Quartzsite Desert Rat Rally VIII is scheduled for 14-19 January 2009, only 6 months away.

<http://www.quartzsiterivshow.com/>

You have to wonder why a bunch of seemingly intelligent adults would hang out in the desert in BFE Arizona. Heck, it is so much fun! We will no doubt do the usual stuff like drink, eat, visit, drink, eat, campfire, buy junk at the tent etc. but we are looking for ideas for some new activities. Got an idea? Got talent? E-mail me at [basil\\_shannon@yahoo.com](mailto:basil_shannon@yahoo.com).

**Reminder: All ACA Members must be a member in good standing of the FMCA. Note that by being a member of FMCA we are in compliance with their insurance liability.**

## ALPINE RALLY CALENDAR 2008—2009

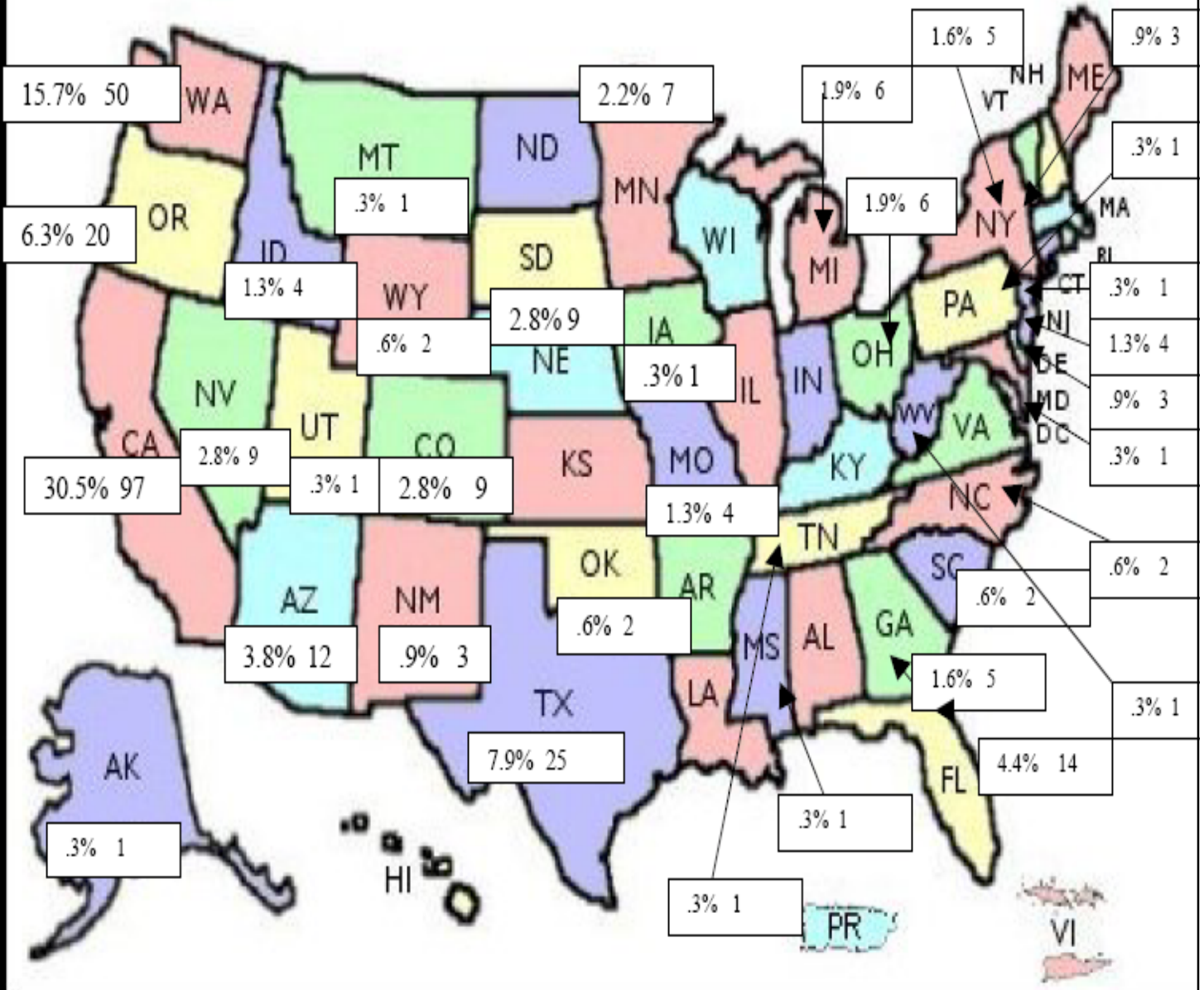
**Time to start planning your route so you can attend as many rallies as possible for the rest of this year and next year!**

Oct 30 —Nov 1 2008	Sacramento, Ca Cal-Expo see details on page 5	NorCal	Tom and Nancy Polk tomvending@msn.com
November 11-17 2008	Branson, Missouri Heritage Rally Price: \$395	National	Andy Lewis firemans@embarqumail.com Renee Perrault reneegary@msn.com Willy Egg vwe734@optonline.net Paul Sullivan — sobersully@hotmail.com
January 14 –19 2009	Quartzsite Desert Rat Rally VIII \$100 per 2 person coach \$75 one person coach Check out the ACA website for details.	National	Basil Shannon basil_shannon@yahoo.com Louie Burch labsr@aol.com
January 14—19	Tampa Super Show	ACE	Information to come
April 17—19 2009	Ranco CA RV Resort Aguanga, CA	SoCal	Jerry/Becky Farrow <a href="mailto:Bfarrow@cox.net">Bfarrow@cox.net</a> Russ/Lois Thomas <a href="mailto:russ@seeing-green.com">russ@seeing-green.com</a>
May 15-22 2009	Gold Country Plymouth Ca.	SoCal	Jim and Polly Klinko ( <a href="mailto:jpklinko@aol.com">jpklinko@aol.com</a> ) Noel and Carol Peck ( <a href="mailto:noelpeck@aol.com">noelpeck@aol.com</a> )
May 2009	Pendleton Oregon	NoWaca	More info to come
August 2009	To Be Determined	ACA	Will be announced soon.
Sept 2009	Visalia for Sequoia National Park	SoCal	Tom and Patty Dietrich, tpdietrich@sbcglobal.net Dan & Margaret Oriente, dwommo@msn.com
November 7—9 2009	Newport Dunes	SoCal	Bill/Patty Figge <a href="mailto:figgebp@mac.com">figgebp@mac.com</a>

**For answers to questions and advice from other Alpine Coach owners visit [www.IRV2.com](http://www.IRV2.com) and click Alpine Coach Owners Forum.**

**Don't forget to check out our website with technical information and specs [www.alpinecoachassociation.com](http://www.alpinecoachassociation.com)**

# WHERE ARE ALL THE ACA MEMBERS?



Ever wonder where all the ACA members are?

States	# Members	%	# of States
WA, OR, CA, ID, NV, MT, WY, UT, AZ, CO, NM	208	65%	11 States
TX, FL, GA, CT, DE, IA, ID, IN, MD, MI, MN, MO, MS, NJ, NY, NC, NH, OH, OK, PA, SC, SD, TN, UT, VT, WV	113	35%	26 States
<b>TOTAL</b>	<b>321</b>	<b>100%</b>	<b>37</b>

## From our President—Franklin Halasz



Dessa and Franklin Halasz

Dear ACA Members,

As I write this, the Houston area is digging out from the debris left by Hurricane Ike. Our prayers are with the millions of people who have been affected, including our members with homes there:

Jerry and Gay Lacey  
Ricky and Kathy Broussard  
Nancy Collier and Bernie Scarry  
Debbie and Ken Burnam

In fact, Dessa has gone out there as a Red Cross Volunteer nurse. I'm so proud of her!

We are very fortunate to have a motorhome in times like these so that we can evacuate early, and even enjoy the time on the road, rather than winding up in a shelter situation. It doesn't protect our fixed-base home, but we know we can live and thrive even when displaced.

God willing, Dessa and I will be at Branson in November, it should be a great rally. We'd love to see a hundred coaches there, but reality says the season and the fuel costs will limit attendance; regardless, we're looking forward to partying with the hardy souls who will be there with us!

Board News: Despite repeated appeals, we had no additional nominations for the open Board positions. Therefore the Board decided to dispense with a formal election and certify the nominees:

Paul Sullivan for President  
Fred Royce for Vice President  
Debbie Bragg for Treasurer

Our heartfelt thanks to these dedicated people for agreeing to serve for the next two years. We will install them formally at the Branson Rally.

Since April, your present Board has been working to come up with a version of Bylaws that will conform to FMCA requirements as reflected in their comments, which we received in May. I am delighted to inform you that we have done so, thanks in very large part to Fred Royce and his committee. You will be receiving a copy shortly so that you will be able to ratify them (hopefully with little discussion) at the Fall Meeting, which will be held at Branson. Please do review the proposed Bylaws and, if you cannot attend the Fall meeting, consider giving a proxy to someone who is going.

The Board has also been exploring options for adding value to your ACA membership. We are close to closing deals for improved service for our coaches, so that we will have access to factory expertise even though we no longer have a factory. I can't elaborate on that yet -- please stay tuned.

In the midst of turbulent times, let's try to remember why we have our Alpines. Let's get out there and enjoy them!

Franklin

## Need to Contact a Board Member?

**Frank Halasz**  
President  
Cell 505-263-1930  
fhalasz@swcp.com

**Andy Lewis**  
Director Special Projects  
Cell 702-682-5278  
Firemans@embarqumail.com

**Earlene Bloomquist**  
Membership Director  
Cell 509-969-2503  
jebloom@earth-comm.com

**Basil Shannon**  
Secretary  
Cell Phone 361-877-1597  
Basil\_shannon@yahoo.com

**Renée Perrault**  
Newsletter Editor & Treasurer  
Cell 206-919-3805  
Reneegary@msn.com

## Earlene Bloomquist—Membership Director

Wow, we have had a wonderful summer. We left Arizona in June and headed to a wedding in New Mexico, and a family reunion. Then we went to Canyon de Chelly National Monument which is in the North East corner of AZ. What an awesome place, if you haven't been there you should go. The camp ground is FREE and the Canyon has a half day tour or a full day tour for \$70.00 each, which we took, and it was well worth the price. They had snacks for us and a very nice lunch and an Indian tour guide whose family were born in and lived in the Canyon for centuries. We learned so much and took so many pictures to remember the awesome 3 days we spent there. We then headed toward the Escapees 30<sup>th</sup> Birthday Rally in Gillette WY. There we met up with Rick and Marla Hanslep, Alpine Owners who have a lot next door to us at North Ranch in AZ. We also



Earlene & Jerry  
Bloomquist

met up with several other ACA members at the rally. After 7 days there we went to Big Horn WY and spent 10 days with Rick and Marla at their property. When we left there we went through Yellowstone, then into Clarkston ID and went on a 200 mile ride on a jet boat up and down the Snake River in Hell's Canyon another awesome trip. Next we're heading to Renton Wa for our granddaughter McKenzie's college graduation. She has received her BA in three (3) years and has been on the Dean Lists every quarter except her first, we are so proud of her. Then on Sept. 27<sup>th</sup> our son Glenn who is 43 and never been married, is marrying Lisa, a very nice young women he has been going with for 7 years. We will be going on a Panama Canal Cruise from Oct. 17<sup>th</sup> – Nov. 3<sup>rd</sup> from LA, to Miami. Then when we fly back to Phoenix we will be driving to Branson MO to be at our ACA Rally from Nov. 11<sup>th</sup> -17<sup>th</sup>. Sure hope we see many of you there. Well, do you think we have been busy?

I would to thank all the members who have paid your dues for 2008/2009. Our total membership count is 325, we have lost 147 members, 111 members did not response to my payment statements and 8 sold their rigs in July, and 28 choose not to renew their membership. It is so important for everyone to remember that your annual ACA dues of \$35.00 are due BY June 30<sup>th</sup> of each year. Also it is important to remember to pay your FMCA dues on time each year, your FMCA Insurance protects you at all our rallies.

Have a wonderful fall and drive safe and enjoy every mile.

## Basil Shannon—Secretary



Greetings from Camp Guaranty,

Since the new board takes office in November, I want to use my last newsletter space to pitch rallies. The rallies are the lifeblood of the club which would die without them. Since we no longer have a rally director, all of the planning and hard work required to put on a successful rally falls on the membership, YOU. Your

Basil & Sue Shannon

board needs ideas for rally locations for 2009 and members to step forward to make them happen. Volunteers are needed NOW.

It is not too late to sign up for Branson, a great place for a rally. Sue & I spent Thanksgiving there a few years ago and the weather was beautiful. The Desert Rat Rally VIII is set for 14-19 January 2009 in beautiful Quartzsite, Arizona, the garden spot of the Southwest. The announcement and registration form is included in this newsletter. Come on out to the desert and join in the fun.

## Renée Perrault—Newsletter Editor & Treasurer



Renee Perrault &  
Gary Arnold

Well it's almost time for me to stop counting the ACA beans and go back to wearing only one hat! It's been fun serving as your temporary treasurer but I am excited to turn the reigns and the multiple boxes in my home office over to Debbie Bragg. Darn, guess I'll have to take all the ACA money out of our mattress where I have been snoring I mean safeguarding it. That's ok check out page 13, I think I found a new mattress!

Gary and I had a wonderful summer in the coach. We joined up with some ACA friends, Bob and Jean Bartlett, Vic and Willy Egg and some former members, now SOB's, Ann & Ray Kostenien. We headed off to Calgary Canada to see the worlds largest rodeo. It was very impressive, lots of action and excitement. The most impressive thing was the Canadians. Friendly, outgoing and just plain glad to see Yanks there for a visit. Everywhere we went we all marveled at how fun it was to be in Canada and how welcomed we felt. The only grumbles you got out of us was at the grocery store or the wine shop.....our US dollar just wasn't buying as much as we would have liked. It's tough to see it so low.

One more final plug for Branson— we have many fun activities planned and we're looking forward to our Rally. Paul Sullivan, Vic and Willy Egg as well as myself, are on the planning committee and we can't wait to get there! Please send your registration form (available on our website [www.alpinecoachassociation.com](http://www.alpinecoachassociation.com)) in no later than October 15th.

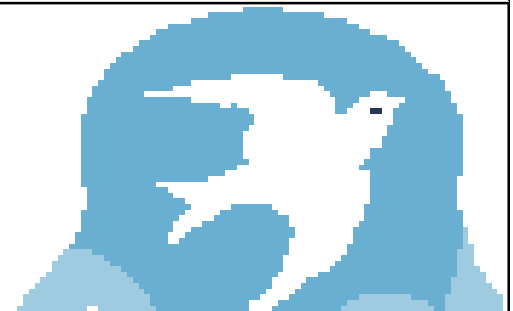


Andy & Suzan Lewis

Andy Lewis—Special Projects Director

Safe travels to everyone, see you at future rallies!

*Remembrance -  
Chuck Hall*



As many of you know, my loving husband of 50+ years, Chuck Hall. had a heart attack and died very suddenly and very unexpectedly on July 4th. I have received cards, e-mails and phone calls from so many of you and for this I am so thankful. The kind words and prayers from you has been overwhelming. We have enjoyed traveling with many of you over the past five years and believe me, I intend to continue doing so. I'm planning on taking driving lessons so I'll know how to drive the diesel and I'll be back on the road in time to see a lot of you at Desert Rat in January. Again, thanks you for keeping me and my family in your thoughts and prayers.

Donna Hall (DJ)

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### **Advertising Information**

Alpine Coach Mart—Ad price is \$10 for 3.5 x 2 inch (business card side). Advertising is limited to Alpine Coaches and related furniture or equipment. To place advertising, contact Renee Perrault at [News01@alpinecoachassociation.com](mailto:News01@alpinecoachassociation.com)

Retail advertisers, please email the above address and our new 2008 rate card will be promptly sent to you.

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## **PICTURE YOUR COACH WITH A NEW AMERICAN DUO<sup>®</sup> DAY / NIGHT SHADE SYSTEM**

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## REGION CONTACTS

<b>ACE</b> East Coast	Tom & Peggy Bacome 731-935-2303 <a href="mailto:pjibacome@aol.com">pjibacome@aol.com</a>
<b>Fulltimers</b>	Maureen Dahl 425-466-1445 <a href="mailto:wandern.two@verizon.net">wandern.two@verizon.net</a>
<b>Midwest</b>	Ted & Kay Watts 636-926-0024 <a href="mailto:themowatts@aol.com">themowatts@aol.com</a>
<b>NorCal</b> Northern California Northern Nevada	John & Barbara Knox 408-356-5267 <a href="mailto:jdknbak@verizon.net">jdknbak@verizon.net</a> Cell 408-218-8192
<b>NoWACA</b> Washington, Oregon, Idaho and Montana	Larry & Barbara Smith 360-437-2913 <a href="mailto:typsmith@olypen.com">typsmith@olypen.com</a>
<b>SoCal</b> Southern California Southern Nevada	John & Gail Stacy 702-858-0400 <a href="mailto:gjstacy@cox.net">gjstacy@cox.net</a>

## \$1,000 REWARD

I am offering a \$1000.00 Reward to the Club or Club Member that helps me find a Buyer for either of two remaining new 2008 Alpine coaches. We were extremely disappointed at Western RV's decision to exit the RV business as we believe the Alpine coaches are among the best driving and best handling coaches in the world. We have two remaining new Alpine Limited Series that we are willing to sell at a loss and we are including a Limited Warranty and a Four Year Service Contract with the coaches. We'll trade for most anything, the price is right, the Reward's for real! Call John Cathey, Dealer, at 828-312-0056 for more information.

2008 (New) Alpine Limited Series, Stk # 3343, 36' lg, 2 Slides, 425 Hp Cummins, , MSRP 343,748, Sale Price **\$247,201**

2008 (New) Alpine Limited Series, Stk # 3326, 34' lg, 2 slides, 400 Hp Cummins, MSRP \$346,236, Sale Price **\$249,780**



More details at  
[www.carolinacoach.com](http://www.carolinacoach.com)



Carolina Coach & Camper I-40 Exit 135 Hickory, NC  
1-800-305-9045

## NorCal by John Knox

The ACA NorCal Montague Balloon Fair was attended by 24 ACA members: 22 from NorCal and 2 from NoWACA who brought another couple as guests. The weather was great, the events fun and the food & drink plentiful.

The group visited old town Yreka enjoying its unique history and beautiful turn-of-the-century homes, rode the "high speed" Blue Goose steam engine train, attended a BBQ and melodrama, participated in a highly competitive game of "Wacky Ball" or "Ladder Golf" and generally had lots of fun.



On Sunday twenty seven balloonists in their colorful balloons delighted the crowd with some of the pilots flying a several mile circuit and landing within a few feet of their launch points. Carroll & Harold Borland were wagon masters with Sue & Bob Rockett assisting.



We have been accepted into FMCA as Alpine Coach NorCal and are a Chapter in FMCA's Western Division.

Our next rally will be at the State Fairgrounds in Sacramento, CA from Oct. 30 to Nov. 2, 2008. Wagonmasters Tom & Nancy Polk have planned a great agenda. All of the details and the Rally Registration form can be obtained from the ACA website. The registration deadline is October 1.

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## **Photo Request**

It's time to do some updating of the ACA website and I need a few photos. What I'd like are photos of member's rigs in locations they find interesting. Please email the photos to [linda@vex.net](mailto:linda@vex.net) with your name and the location the photo was taken.



Linda Cain, Webmaster

## **September's Live Longer Health Tips**

### **1. Move More**

Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog.

### **2. Cut Fat**

Avoid the obvious such as fried foods, burgers and other fatty meats (i.e. pork, bacon, ham, salami, ribs and sausage). Dairy products such as cheese, cottage cheese, milk and cream should be eaten in low fat versions. .

### **3. Quit Smoking**

The jury is definitely in on this verdict. Ever since 1960 when the Surgeon General announced that smoking was harmful to your health, Americans have been reducing their use of tobacco products that kill.

### **4. Reduce Stress**

Easier said than done, stress busters come in many forms. Some techniques recommended by experts are to think positive thoughts. Spend 30 minutes a day doing something you like.

### **5. Wear Your Seat Belt**

Statistics show that seat belts add to longevity and help alleviate potential injuries in car crashes.

### **6. Floss Your Teeth**

Recent studies make a direct connection between longevity and teeth flossing.

### **7. Avoid Excessive Drinking**

While recent studies show a glass of wine or one drink a day (two for men) can help protect against heart disease, more than that can cause other health problems such as liver and kidney disease and cancer.

### **8. Keep a Positive Mental Outlook**

There's a definitive connection between living well and healthfully and having a cheerful outlook on life.

### **9. Attend Rallies and Visit with ACA Friends**

Studies show (I know, because I conducted them) that people who attend ACA rallies have more fun than people who don't. While you may get some smile and laugh lines, generally there's no other damage.



c/o Renee Perrault  
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