

Freightliner Chassis Owners Club

"10th Anniversary 1995 - 2005"

1st Quarter, 2006



Freightliner Flyer

www.freightlinerchassisownersclub.org

Homecoming Rally #2



"Keep Your Fork"



- Check it Out ! Read about "[Keep Your Fork](#)" concepts: pages: ... 8 & 19
- New "[Keeping in Touch](#)" program ... page 8
- Learn about the [Ambassador Program](#) ... page 19 & 20



Freightliner Chassis Owners Club





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Members of FCOC;

March, 2006



Well here I am again working on the plans for the best of the club. As you know, your club has grown to nearly 6000 member coaches. I thank you for this and for your continued support. The real folks to thank for increased growth are the Board of Directors of your club. Each one of them has worked hard to make this the best Motorhome Club within FMCA. The other folks to thank are the Freightliner group of folks. They are really dedicated to having a club that represents the best chassis on the ground. They look at all of us as extensions of their marketing group by continually talking about Freightliner Custom Chassis. You should know that FCCC has co-operated with the cost of the database program to make us even better at "Keeping in Touch".

Later on in this newsletter, there is an explanation of the new procedure for "Keeping In Touch" through our new on-line database. The database has had a few problems with addresses. Now as the note says, you will be responsible for the information on that database, so all should be correct and you should be "Keeping in Touch" The question is, what if I don't have a computer? The local library has computer access and as long as you can get to the internet you can get on our website. Freightlinerchassisownersclub.org You should be able to enter your personal information. If you have trouble then call us and we will help. The next phase will be to pay your dues on line and then the rally fees on line. This should make it a lot easier for all of us. Again, any questions, let us know.

The most important group of people are you, the ones that drive the product every day and continually discuss the benefits of FCCC to any one that will listen. Thanks for that support behind the scenes.

The fall Rally in Charlotte N.C. called the Homecoming Rally #2, we will hold an election for some of the officers of the club. If you have suggestions for those open positions, let the nominations chairman know. This nominating committee chairman is Ginny Belba. Those positions up for election are Executive Vice President, Treasurer, and National Director.

Over the last 6 months, your officers have presented me with a list of people that have shown extra effort in promoting our club. They have recommended names to be called Ambassadors. The ambassadors list appears in the last newsletter and if you don't have one available, then go to the web site and download the page of the newsletter that has the Ambassadors. If you are interested in becoming an ambassador, just contact an officer of the club and let them know your interest. The inside front cover has a list of their names and addresses.

The job of the ambassador is also a note in this newsletter, so look and see if you want to work for FCOC/FCCC as an ambassador.

There are a lot of new things going on with our club, so stay tuned as we introduce new programs for your benefit. I hope to see you at an FCOC rally down the road. We do have fun and we learn new things and best of all we meet new people that share our same interests. To all; Drive safe and take care of each other and God Bless.

Ken Hawk

*It's not the destination
... it's the journey*



T H E L E A D E R A T E V E R Y T U R N ™

With 2006 newly underway it is already shaping up to be another strong and exciting year for Freightliner Custom Chassis Corporation.



On the RV Chassis front FCCC finished 2005 with our strongest market share of the year at 54.2% of the Class A Diesel Motor Home Market; which I would like to thank all of you for helping us to achieve. We see the Owner's Club as an extension of our marketing department and appreciate your support. We also value your feedback and comments, so keep them coming.

While, I expect the Class A Diesel Market in 2006 to be fairly flat from that of 2005 levels, I am confident that FCCC share of this market will continue its upward trend. Currently we have built over 250 Front Engine Diesel (FRED) chassis that are just beginning to arrive at dealership lots now. Early indications from our Coach Builders and their dealers are that this entry level diesel chassis is going to be a big hit.

I look forward to seeing many of you at the FMCA Pomona RV Show later this month and at the FCOC Rally in Tucson. Ken Hawk has invited Tony Sippel, our new RV Product Manager and I to join the club for dinner on March 25 which we are both very excited to attend.

We are preparing for the Charlotte Rally in August and planning to have a day during the FCOC rally where members can tour the plant in Gaffney. We welcome any of you that have not already toured our plant to take this opportunity to do so.

Good luck in 2006 and drive safe.

Sincerely,

Reid Bigland

Reid Bigland



T H E L E A D E R A T E V E R Y T U R N ™



THE LEADER AT EVERY TURN™

FCCC Implements Tools for Better Customers and Dealer Support

When you get right down to it, the future of FCCC depends on our customers. Without quality service and customer support from everyone including our Freightliner dealers, unhappy customers soon become someone else's customer.

At the request of our customers we've taken a good hard look and evaluated our customer support structure. What we found was the need for a faster response time and better support for our service network and the end customer.

And since we're not the type to sit back and hope things get better, we've done something about it. What's that mean for you? FCCC has already made investments in customer support training and resources at our call center by adding additional technical support people for quicker response time. We also have added a dedicated phone line for our Freightliner Dealers in order to provide them with the technical assistance to put you back on the road as quick as possible. We have also beefed up the support for the toll free line specific for our customers, (800 – FTL – HELP) in order to reduce your wait time.

We are also constantly working on improving the Oasis network. Our goal is to expand our Oasis dealer network to achieve comprehensive nationwide coverage.

Survey Says...

What is it about human nature that gets people to take action only after negative experiences? We've had great response to our dealer service survey on our website – www.freightlinerchassis.com. We always want to hear about our customers' experiences. It's important to hear both poor and good experiences. Your feedback is essential for us to be able to grow and provide you with the best customer service we can through our dealer network.

We share the information we receive from you with our dealers. If your experience was an unsatisfactory one, we work with that dealer to make improvements and share the information with others to prevent what you've described in the survey from happening again.

If you've had a good experience we want to hear about it, too. After all, everyone loves a few compliments now and again. So whether you liked the way you were treated when you walked in the door or simply had your service done right and done on time, don't be afraid to shout it out, "good experience", at least type it in. This way we can share your good experiences with others in our dealer network and implement those practices and improvements everywhere. The goal is to give everyone in the Freightliner family consistent and high-quality service every time.

Best Regard,
Dave Hoover
Customer Support Manager

Dennis Rostenbach
Sr. Dealer Operations Admin



THE LEADER AT EVERY TURN™



Freightliner Chassis Owner's Club
join today!

Freightliner Chassis Owners Club Membership *Renewal* Application

Name _____ Application Date _____

Co-Pilot _____

Phone (____) _____ Cell Phone (____) _____

Address _____

City _____ State _____ Zip _____

E-Mail _____ Circle One Freightliner, Oshkosh, John Deere

Manufacturer of Motor home _____ Model _____

Year _____ Length _____ Vin # of Chassis _____

Purchase Date _____ Applicant must have a FMCA # _____

or Applied for #. _____ Application Date _____

Dues are \$10.00 per Year or 5 Years for \$45.00 US Dollars

Send to: Kathy Kyzer c/o FCCC

552 Hyatt St. Gaffney, SC. 29341

(864) 487-1700

OASIS DEALER OF THE YEAR—3RD YEAR RUNNING

Freightliner Custom Chassis Corporation is pleased to announce—for the third consecutive year—that Freightliner Sterling Western Star of Tolleson, AZ, is our Oasis Dealer of the Year.

Dennis Rostenbach, FCCC Dealer Advisor, says, “Presenting them with this award again was an honor for me. It’s exciting to recognize a dealership that remains consistent in its dedication to RV customer satisfaction.”

Kurt Ault, Freightliner Sterling Western Star of Tolleson’s FCCC Service Manager, makes it clear that it was an honor to receive the award. As he sees it, “Being extra-personable with our RV customers and dealing with them one-on-one is what won it for us. We have a team specifically dedicated to RVers, so we can treat them the way they want to be treated.”

Concludes Dennis: “They’re setting the bar that we’d like every one of our Oasis dealers to reach—or surpass. We wish them well in next year’s competition.”

~Check Out the "2006" Schedule~



- FMCA's 76th International Convention

August 14,15,16, & 17, 2006

Lowe's Motor Speedway ~Charlotte/

Concord, NC.



- FCOC Post Rally "Home Coming Rally #2"

August 18, 19, 20, 21,22 & 23rd. 2006

Fleetwood RV Camping Resort Concord , NC.



- FMCA's 77th International Convention

March 19. 20, 21, & 22, 2007

Georgia National Fairgrounds & Agricenter

Perry, Georgia

- FMCA's 78th International Convention

August 13, 14, 15 & 16, 2007

Redmond, Oregon



Note: “KEEPING IN TOUCH”

On April first 2006, FCOC is installing a new computer program called “Keeping in Touch”. The overall purpose is to have you, the member be in control of your correct information for FCOC.

#1 The website will look the same as it does now, except you will have a link to the FCOC database that allows you to keep in touch with us at FCOC. In the past we have been receiving lots of calls and e-mails for address changes to the database. Still many of you don't get your newsletter for one reason or another. Hopefully with you in charge, this will get better for all of us.

#2 When you log on to “freightlinerchassisownersclub.org” click on the link that shows “link to FCOC database.” Your FMCA F number will be your ID for entrance and you then use your expiration date as a password to start off with. If you don't have a computer, you can go to any library or friends computer and get to the FCOC website, and examine the information there.

Example: F234772 then 08/06 will get you to the database. The only information that will appear will be the information that corresponds with that number. Then you can make the changes to correct the information. You will be able to change only those fields that contain your address, phone number, city, state, zip code, e-mail address and then if you prefer you can change to a password that you want to use. If you purchase a new coach, this information will be handled differently.

#3 It is important that you be comfortable with this plan and know that the most important thing is security. The only ones that will have access to this data is the FCOC Board of Directors, and FCCC and the database management team of LaBov & Beyond. There will be no using, sharing or selling this information without my approval.

#4 To me the FCOC newsletter is the connecting link to all of us. It is like being family, to be able to know what is going on within your club. There will be new things added in the near future about advantages to being a member of the best motor home club available.

#5 Keeping in Touch starts with your current information. It will be loaded onto the database and ready for you to correct if necessary. The programmers are working to have this happen by April 1st. So now it is up to you. Just fill in the requested information to keep in touch.

#6 Remember in the past, I stated for you to “keep your fork”. Well this is the beginning and the best is yet to come.

Soon you will be able to pay your FCOC dues and register for rallies on line using this same program, but remember, the Best is yet to come.

Be safe and take care of each other.

Ken Hawk

Flash! The Latest Word ...

Update on the Truck Stops of America program.

We are wanting to get the latest updated list of members and then the TA folks will put our name on a card and send them out. It should happen the same time as the Keeping in Touch list. *Thanks for your patience.*



FCOC Caravan Into 2006 FMCA Charlotte Convention

Charlie & Ruth Hoffstatter will be the Caravan Coordinators

Phone # 1-888-218-0008

E-Mail crvacc@yahoo.com

On Saturday, August 12th, 2006 we will be assembling at the Fieldcrest Cannon Stadium parking lot near Kannapolis, NC. for our caravan into the FMCA Charlotte Convention. We have use of Kannapolis Intimidators Baseball Club parking lot between the hours of 9:00 AM and 1:00 PM.

Understand that there is to be **NO OVERNIGHT PARKING** allowed at the parking lot. Our entry time slot into the FMCA Convention is 1:15 PM. on Saturday. Arrive at the parking lot at least by 10:30 so we can hand out the necessary materials. If you need to pick up FMCA entry credentials from the FMCA Will Call area, you will need to do that before coming to the parking area. Since it is about 16 miles from the parking lot to the FMCA Will Call Area, I would recommend that you go the day before or go early on Saturday so you can get back to the Fieldcrest Parking lot by 10:30. At 12:00 we will have a short meeting to go over entry and caravan details. We will be leaving the parking lot around 12:30 for our journey down Interstate I85 to the FMCA convention parking area.

We will monitor **CB channel 7** to coordinate the caravan during our trip.

Phone number for Kannapolis Intimidators is 704.932.3267

Directions to the parking area are as follows: Fieldcrest Cannon Stadium is conveniently located directly off **Exit 63 on I 85**.

Heading South on I 85

Take **Exit 63 off I 85**. Turn right onto Lane Street. The entrance to the stadium, Stadium Drive is located 0.4 miles on the right.

Heading North on I 85

Take **Exit 63 off I 85**. Turn left onto Lane Street. The entrance to the stadium, Stadium Drive is located 0.4 miles on the right.

We will need a volunteer to be tail gunner with a cell phone. If you would like to volunteer please contact Charlie Hoffstatter on or before the 12th. Also some help will be needed at the Fieldcrest Stadium parking lot to get everyone parked in preparation for our caravan.

CONTACT US IF YOU WILL BE GOING @ 512-567-1499 OR TOLL FREE 888-218-0008

OR AT OUR E-MAIL ADDRESS

[*crvacc@yahoo.com*](mailto:crvacc@yahoo.com)

Many thanks to Randy Long and the Kannapolis Intimidators for allowing us to use their parking lot.

We will be looking for you there !!!

NOTE: When registering for the FMCA Convention make sure you register for General Parking Area This will allow you to run your generator from 7:00 AM till 11:00 PM.

Post Rally Aug. 2006

Homecoming Rally #2



More Information Will Follow in the Next Newsletter ... So Keep Your Fork!

5 NIGHTS CAMPING, FOOD, FUN, FELLOWSHIP AND PLENTY OF LIVELY ENTERTAINMENT.

Drive across the parking lot from FMCA to the campground.

PLEASE NO EARLY ARRIVALS, FMCA WILL BE IN ALL THE SPOTS WE HAVE RESERVED UNTIL ABOUT NOON ON THE 18TH PLAN ON ABOUT 3:PM

FRIDAY 8/18

ARRIVE CAMPGROUND AFTER NOON

5:00 PM HAPPY HOUR

6:00 PM DINNER

7:15 PM OPENING CERMONY ... "THE NEW DAWN SINGERS"

SATURADAY 8/19

8:00 AM DANISH,FRUIT, MUFFINS & COFFEE

9:00 AM - 10:00 AM TECH SEMINARS, CUMMINS, CAT. ALLISON

10:00 AM - 12:00PM FIRE & LIFE SAFETY ... BY MAC McCOY

12:00 PM LUNCH BREAK ON YOUR OWN

1:00 PM -4:15 PM SEMINARS FREIGHTLINER, PRECISION ELECTRONICS, PRECISE SATELITE,

3:00 PM -4:15 PM RED HAT SOCIETY TEA

5:00 PM HAPPY HOUR

6:00 PM DINNER

7:15 PM ENTERTAINMENT ... "RON & KAY RIVOLI"

SUNDAY 8/20

8:00 AM BREAKFAST

9:15 RELIGIOUS SERVICES, RON & KAY RIVOLI

11:00 AM-2:00 PM TOURS OF LOWES MOTOR SPEEDWAY
VANS PICK US UP AT CAMPGROUND

2:00 PM - 3:00 PM FREIGHTLINER PRESENTATION BY RHONDA OF FCCC

2:00 PM- 4:30 PM GARAGE, JUNK SALE. BRING ALL YOUR EXTRA STUFF
FOR SALE. ONE MANS JUNK IS ANOTHER MANS TREASURE

5:00 PM HAPPY HOUR

6:00 PM DINNER

7:15 PM ENTERTAINMENT. WILLY & COMPANY

MONDAY 8/21

8:00 AM DANISH,FRUIT, MUFFINS & COFFEE

9:00 AM FACTORY TOURS AVAILABLE ON MON OR TUESDAY.

FREIGHTLINER, CAT, MICHELIN PLANT TOURS

BUSSES WILL LEAVE APPROX 9:00 FOR TRANSPORTATION TO

PLANT TOURS BOX LUNCHES WILL BE ON BUSSES.

PLEASE SIGN UP FOR TOURS WITH YOUR REGISTRATION FORM

5:00 PM HAPPY HOUR AGAIN BOTH DAYS

6:00 PM DINNER, BOTH MONDAY & TUESDAY

7:15 PM ENTERTAINMENT, RON & KAY RIVOLI

TUESDAY 8/22

7:15 PM ENTERTAINMENT. COMEDIAN FRANK HAYES

WEDESDAY 8/23

GOOD BYES & SAFE DRIVING

NOTE: PLANT TOURS ARE AVAILABLE FOR 2 DAYS. ... SELECT THE DAY YOU WOULD LIKE TO GO. THIS IS DESIGNED TO GET EVERYBODY AT THE TOUR THAT THEY DESIRE.



HOMECOMING RALLY # 2



At Fleetwood RV Camping Resort

August 18-23, 2006

6700 Speedway Blvd.



Registration

Concord, NC. 28027

Pilot (First Name) _____ (Name Tag) _____

(Last Name) _____

Co-Pilot (First Name) _____ (Name Tag) _____

(Last Name) _____

Address _____ City _____ State _____ Zip _____

Phone#(____)-____-____ Cell Phone #(____)-____-____ e-Mail _____

FMCA# _____ Mfg. of MH _____ Model _____

Year _____ Length _____ License. # _____ State _____

Is This Your First FCOC Rally ? _____

Will you help with: Registration _____ Seminars _____ Meals _____ As Needed _____

We have only 300 sites reserved, So get your reservations in Now !

Deadline: August 1st. 2006 * Make check Payable to FCOC for \$295.00 and send to:

Jill & Clint Bauman

414 N.W. Knights Av. #614

Lake City, Florida. 32055

(216)970-6247



Since Factory Bus Tours are planned, Please let us know which day you plan on going:

Choose the Day August 20th or 21st You would like to Join the Tour ...

☐ Freightliner, Caterpillar & Michelin Tire Facilities: Tour on August 20th.

☐ Freightliner, Caterpillar & Michelin Tire Facilities: Tour on August 21st.

Important Health Concerns ...

MANAGING *Arthritis* PAIN

By Lynda Small #29468

YOU MIGHT NOT RECALL

THE FIRST TIME IT HAPPENED, EVEN

THE SECOND OR THIRD TIME. YOU MASSAGE AN
ACHING JOINT BUT NEVER GIVE IT ANOTHER THOUGHT.

AS TIME GOES ON AND THE FREQUENCY OF THESE EPI-
ISODES INCREASES, YOU BEGIN TO REALIZE THAT

SOMETHING IS DEFINITELY WRONG. YOU'VE

JUST JOINED THE 40 MILLION

AMERICANS WHO SUFFER FROM

SOME FORM OF ARTHRITIS.

Arthritis is the number-one cause of movement limitation in the United States today. Unlike some diseases, arthritis does not respect sex, age, race or environment. It affects people worldwide—young and old alike.

The actual cause still baffles researchers. They do know there are over 100 different kinds of arthritis. The two most common forms are rheumatoid arthritis and osteoarthritis.



Arthritis knows no boundaries

Rheumatoid arthritis mainly afflicts women in their child-bearing years. It affects the membrane around the joint, causing inflammation, pain and swelling. You may also experi-

STRENGTH TRAINING

• *Strength training increases muscular strength to help stabilize vulnerable joints and improve overall body composition. Start slowly, performing only isometric exercises at first, as these put the least amount of pressure on the joints.*

FLEXIBILITY

• *Flexibility promotes range of motion and mobility by gently and smoothly moving the joint without added resistance. As a general rule, perform three to five repetitions of each range-of-motion exercise selected. Flexibility exercises can be done every day. Mild stretches are also appropriate for increasing flexibility. You should feel a mild stretch without pain.*

LET THE GAMES BEGIN

The exercises described below are just a few that are considered appropriate for beginners. They can be done from a sitting or standing position, in any size RV; however, you might find it more comfortable lying on a firm bed, or if you can manage it, the floor.



#1 Head turns: Put a thin pillow under your head. Turn your head as far as you can to the right and hold for a few seconds. Repeat, turning your head in the opposite direction. Repeat five times each.



#2 Arm raises: Start with your arms at your sides. Slowly sweep your arms away from your sides, keeping them as close to the floor as possible, and up over your head. Hold the position. Lower arms to starting position. Repeat five times.





#3 Elbow curls: Start with your arms close to your sides, palms facing up. Bending from the elbow, bring your hands up to touch your shoulders. Tighten; hold the position a few seconds and release. Repeat five times.



#4 Hand curls: Raise your hand out in front of you. Make a loose fist. Hold a few seconds. Slowly open your hand, stretching the fingers gently. Instead of making a fist this time, touch your thumb to your pinky finger. Hold a few seconds. Stretch the fingers out again. This time touch your thumb to your ring finger. Continue until you have touched all your fingers in like manner. Repeat the whole procedure (from making a loose fist) five times.



#5 Wrist rotations: Make a loose fist. Slowly rotate the wrist clockwise for three or four rotations, then reverse going counterclockwise. Repeat the procedure two or three times.



#6 Ankle rotations: Slowly rotate the right foot clockwise three or four rotations, then reverse going counterclockwise. Repeat with the left foot. Repeat rotations two or three times.

ence movement limitation and stiffness. If left untreated, it could lead to permanent deformity and even crippling.

Osteoarthritis is the most common type of arthritis. This joint disorder could be a result of trauma to the joint, or more likely, a result of the natural aging process. Years of wear and tear cause the cartilage to deteriorate around the joint. This increases friction within the joint area, resulting in pain, inflammation, swelling and stiffness. You might experience intermittent episodes of pain and stiffness over a period of years. Eventually, the pain is likely to become an everyday occurrence.

Arthritis can limit range of motion, destroy joint tissue, make bones brittle and deformed and, sometimes, in extreme cases, even affect internal organs.

Though arthritis can make life miserable and shorten life expectancy, it very rarely is a direct cause of death. In years past, physicians didn't really know what worked best for their patients with arthritis. They prescribed medication and rest. Once diagnosed,

you knew you would be faced with a lifetime of chronic pain and discomfort. It certainly did not paint a pretty picture for those golden years of retirement.

Continued on next page ⇒

A special Thanks to Escapees Magazine and Lynda Small for letting FCOC reprint this important article in our Newsletter.

Thanks



Brighter future for sufferers

But that's not the case any more! Thanks to all the research that has been done over the last several years, we now have a much brighter future.

Physicians today are routinely recommending exercise along with the more traditional therapies of medication, rest and heat for their patients who suffer with arthritis.

The Arthritis Foundation recommends the use of all aspects of exercise, including flexibility, strength training and endurance. Practicing relaxation techniques has been shown to be a benefit in reducing stress and promoting a sense of well being, which can further reduce the impact of arthritis.

Isometric exercises are those exercises that work a muscle without movement to the joint. For example, press the palms of your hands together in front of your chest, hold mild pressure, then release.

You have just performed an isometric exercise. After awhile, you may need to increase your workout to include isotonic exercises. Isotonic exercises move a muscle through a full range of motion.

You may use light weights or resistance bands.

The American College of Sports Medicine recommends performing strength training exercises two to three times a week.

Start with the amount of repetitions you feel comfortable with, ideally working up to eight to 12 repetitions for each muscle group. As you progress, you may add a second set of repetitions.

Your aerobic activity should be maintained for at least 20 to 30 minutes for it to be beneficial. However, walking for five minutes twice a day might be all the beginner can do. Start with what you're comfortable with, and gradually increase the time you spend at the aerobic activity.

It is advisable to maintain ideal body weight, especially in later years when the risk of degenerative diseases increases. All forms of exercise will help to increase metabolism and burn calories, thus helping to keep body weight in check.

If weight control is a concern, low-impact aerobic exercise is advisable. This could include a low-impact aerobic class, brisk walking, biking, swimming, dancing, etc.

Nine steps to effective results

The following are additional guidelines for safe and effective results.

#1 Most importantly, consult your physician and get medical clearance before starting this or any exercise procedure.

#2 Listen to your body. Learn to recognize the warning signs that precede medical emergencies; pain or tightness in your chest, dizziness, nausea, irregular heart rate or unaccustomed shortness of breath.

#3 Arthritis clients are encouraged to take a full 10 to 15 minutes to warm up before beginning your exercise session.

#4 Start slowly and ease into your exercise program. Never exercise to the point of pain.

#5 Avoid vigorous movements. Rather, perform exercises slowly and gently, incorporating a full range of motion.

#6 Always maintain proper body alignment to maximize results and minimize the chance of injury.

#7 Avoid vigorous movements such as jumping and jogging. They are unnecessary and could cause more damage than good.

#8 Static stretching (stretches held for 20 to 30 seconds) should only be done after the body is warmed up. Do not bounce while stretching. Stretch to the point of tension, hold, take a deep breath and relax.

#9 Do not perform exercises that would have you squeeze a ball or another object. Rather, rotate an object in your hand, using the fingers to gently turn the object over and over.

Exercising in the water is one of the best therapies for arthritic joints. The soothing warmth of the water makes it ideal for relieving the pain and stiffness of arthritis. Warm water raises body temperature and increases circulation. Water temperature should be a comfortable 83 to 90 degrees Fahrenheit. The buoyancy of the water supports the joints, encouraging fluidity and greater range of motion. If you are lucky enough to have access to a pool, this form of exercise should be definitely considered.

Everyone experiences arthritis differently, and each person needs a therapy program tailored to his or her individual needs. The key to reducing the impact of the disease is early diagnosis and proper treatment. Of course, you as the patient have to commit yourself to follow through with the prescribed therapies in order to minimize pain and loss of motion. 🐾

ENDURANCE

• Endurance strengthens the cardiovascular system. The heart, lungs and the entire circulatory system benefit from endurance exercises. Perform only a low-impact or non-impact aerobic type exercise. Participate in an activity of choice three to five times a week.

Lynda is a recreation therapist and a certified exercise/aerobic instructor. She and her husband, Jim, own a lot in the Benson, Arizona, Saguaro SKP Co-Op. While there, Lynda continues to do personal training consultations and teaches a low-impact aerobic class designed especially for the senior population. She has conducted classes at Escapee and other Escapees events and plans to continue to help fellow Escapees maintain their health.



**These exercises are not intended, and should not be substituted, for medical advice. It is always my recommendation to seek medical clearance before starting this or any exercise program.*





FCOC Chapter Bylaw changes:

Shown are the "house keeping" revisions that FMCA's Constitution & Bylaws/Policy & Procedure Committee recommended that we undertake so as to bring our bylaws up to date. This request was made in a letter dated 6/27/05 and was signed by Mary Preston & Jim Phillips, co-chairs of that committee.

Note: strikeouts are deletions. Additions are bolded, underlined and in italic.

2. DEFINITION

The term "member" as used herein is defined by FMCA as a family unit consisting of a husband and wife, or adult person's), with or without children.

A. The term "Family Unit" is defined as a person; his or her spouse, or partner; dependents of each, regardless of age; non-dependent grandchildren and great-grandchildren aged 18 and under.

B. The term "Membership," is defined as either a family unit or an individual or individuals owning a Qualifying Motor Coach who share a membership number.

C. The term "Member," is defined as each adult who, jointly or individually, constitutes a membership. The voting rights of each member are defined in the description of each category.

D. The term "Qualifying Motor Coach," is defined as a self-propelled, completely self-contained vehicle that contains all the conveniences of a home, including cooking, sleeping, and permanent sanitary facilities, and in which the driver's area is directly accessible in a walking position from the living quarters. The terms motor coach and motorhome may be used interchangeably.

C. ELECTION

One of the business meetings must be a meeting at which the membership is to elect officers when required. The Chapter officers shall be elected for a two (2) year term.

E. VOTING

~~Except as specified elsewhere in these Bylaws, a simple majority vote of members in good standing and voting shall be required to approve or disapprove any matter.~~

~~Two (2) votes per family unit will be allowed.~~

~~Balloting by mail may be undertaken when a proposed matter is voted to be of such Importance or urgency as determined by a majority of the Executive Board, that a total membership vote is advisable.~~

Except as specified elsewhere in these Bylaws, a simple majority vote of members in good standing and voting shall be required to approve or disapprove any matter.

The Chapter has established that voting will be one vote for each adult member.



FCOC Chapter Bylaw changes:

Balloting by mail may be undertaken when a proposed matter is voted to be of such importance or urgency as determined by a majority of the Executive Board, that a total membership vote is advisable.

1. NOMINATING COMMITTEE COMPOSITION

The Nominating Committee shall consist of not less than three (3) Chapter members in good standing, nominated and elected **by** the Chapter membership.

1. DUTIES OF OFFICERS

The duties of elected officers shall be as defined in the ~~National FMCA Bylaws.~~

~~(FMCA Bylaws Article XVI).~~ **FMCA member and volunteer handbook.**

2. TERMS OF OFFICE

~~A. In the year 2004 elections, the President, Secretary and Vice President of Membership, whose terms commence in 2005, shall serve a one (1) year term or until their successors are elected.~~

~~B. The elected officers not specified in Article VI, section 2A shall serve a two (2) year term of office, or until their successors are elected.~~

~~A. All elected officer's terms shall be on a two-year cycle. after the year 2005.~~

B. The election for President, Secretary and Vice President of Membership shall occur on odd numbered years. The election for the remaining elected officers shall be on even numbered years. The term of office shall commence on January 1 of the year following the election. Any officer elected to fill a vacancy will assume that office at once and serve the unexpired term.

3. RIGHTS AND LIMITATIONS

Only Full Members, Full Lifetime Members, Life Members, or Honorary Members, who have advanced from one of these classes, have the right to hold office in this Chapter. **All officers must remain in good standing in FMCA and this chapter during their term of office.**

1. APPOINTMENT

The President shall appoint committee members and Chairpersons **(except the Nominating Committee)**. The Nominating Committee is exempt from direction of the President.

2. DUTIES

All committees shall function within the policies of the Chapter and **(except the Nominating Committee)** under the direction of the President. Financial reports, vouchers, and monies due the Chapter shall be submitted on a timely basis.

Steering Controls By Mark Penlerick, Engineering Team Leader, Blue Ox Towing Products (Slightly abridged)

The first thing is to get the easy things set to factory specs. These are tires, alignment, weight and your towing apparatus. If these are set correctly, the motor home will handle well under 'good conditions'. The trouble is there are a lot of "not so good" conditions on the road everyday

Tires

Are they properly inflated? Are they rotated per the manufacturer's specifications?

Alignment

This involves Caster, Camber and Individual Toe. The experts at an alignment shop will verify all settings are correct per the manufacturers recommendations. There are other components that fit into this category such as steering components and shock absorber wear. These will also make a coach handle poorly.

Weight

Overloading or improper loading of cargo in a coach is also a common problem. Have your coach weighed by RVSEF at any FMCA rally. For a nominal fee they weigh each wheel and give you a report showing you where you are vs. the tire manufacturer's specs. For more information on these issues, go to the website www.rvsafety.org.

Always stay within the weight rating limitation set out by the coach and chassis manufacturer.

Towing

Towing a passenger vehicle can also affect the handling of a coach. Depending on the style of towing system and it's age, free play in the system can cause the towed vehicle to wander slightly which in turn may cause the driver of the coach to constantly make slight steering corrections. It has always been our recommendation to frequently check all aspects of the towing system to insure everything is in top working order. Trailer towing is another story which we won't cover here.

The Steering Control Options

There are four basic means that steering control units use to control steering.

Coil spring

The model that utilizes coil springs simply uses the "memory" of the springs to pull the front wheels back to center. These are constantly loaded with tension and are designed to hold the front tire straight ahead. This model does not have a way of adjusting the center point, on the fly, down the road.

Coil/Hydraulic

These models are also not adjustable while traveling. They utilize that same coil spring memory to bring the wheels back to center. The addition of the hydraulic fluid inside is a dampening feature to keep the spring from "snapping" back to center too abruptly.

Hydraulic

This model does have the adjustment feature of being able to change the center position while you are traveling down the road. Installation is a little more intense than some of the other models, but it does provide some measures of security. It utilizes hydraulic fluid to bring the front tires back to center.

Gas Spring

This is the newest technology on the market. It utilizes gas spring technology and a "trimming" feature to allow the driver to set the center point as you're traveling down the road. Gas spring technology allows for better control of spring forces and provides it's own dampening without the addition of hydraulics. Installation is quite a bit less intensive than the air over hydraulic model.

The Facts

There is a lot more to each of these technologies, but I just wanted to give you a short overview of each. The main thing to remember is that they are different and each of these products has different features and abilities as well as installation characteristics and ease of use. Steering controls are great aftermarket safety related products that do add significant value for the money. Weigh all your options, do the research and find the features that are right for you.

Remember, parts wear out such as bell cranks, shock absorbers, tires and other components. Have them checked regularly, especially if your coach is ill handling. With all of these items adjusted properly a good steering control will reduce driver fatigue and increase their ability to control the coach in the event of a front tire blowout or dropping off the edge of the road and other instances. They are definitely worth the money; just do the research. A little legwork will pay off in the end.



Ted Bryan's spare tire carrier



This picture shows the completed carrier without the tire in place. Note the bars on the top; they clamp to the frame rails in front of thru rear end and hold the removable carrier. The carrier is held to the mounting bars by 4 bolts with elastic stop nuts. The wheels allow the carrier to roll into place where the whole thing is winched up to its carry position by a 110 volt winch that can be purchased from Harbor Freight

This design is based on a 2002 Freightliner XC chassis, under a Fleetwood model 39Z coach. There are other Fleetwood models to which this design may apply. The tire carrier is sized for a 255/80R225 Michelin XRV tire and an Accuride 29001 wheel. Ted Bryan's information and design is being made available to any interested parties who may desire to utilize them for their own purpose and cannot be used for the purpose of selling a product based on this design or information. The information may be given to other individuals so they may also build a carrier for themselves.

If you are interested in building this carrier, the eight page detailed instructions including bolts, nuts, and angle iron required as well as how to cut and weld it together are available. If you e-mail l.carstensen@escapees.com requesting a copy, a Microsoft Word document will be sent to you. Please state your Word version if it's not the 2003 version or tell me what word processor you use and I'll attempt to provide you with a readable copy.

Tech Idea's ...fyi ...



A Better Way To
MANAGE
Your Exhaust Brake
System

Exhaust Brake Management System

The Brake switch is said to automate exhaust brakes in diesel-powered motor homes to a full-time "on" position. Since some exhaust brake systems do not work when the cruise control is activated, the increased stopping ability provided by the exhaust brake is not available when an emergency stopping situation occurs.

According to product literature, the Brake switch works only when needed, allowing you to coast when you want to coast and to activate the exhaust brake when you desire, thus providing the protection of the exhaust brake 100 percent of the time. Once installed, all that's required to activate the exhaust brake is a tap on the brake pedal. To deactivate the exhaust brake, simply push on the throttle and return to normal driving. The Brake switch is available for \$79.95 plus shipping and handling. Be sure and identify yourself as a FMCA/FCOC member and receive a 25% discount! For more information, contact:

BrakeSwitch P.O. Box 3713 Mooresville, NC 28117 Phone: (888) 349-5414
www.brakeswitch.com Remember ... FCOC members ask for a Club discount !

Dated March 3rd, 2006

The Ambassadors Club of FCOC

There are special people in our club that deserve to be recognized, and they shall be called "Ambassadors" In the discussions with the FCCC, we have worked out a program that will help all of us be more knowledgeable and familiar with the Motor Home dealer that sells Motor Homes on a Freightliner Chassis. As a club, we have worked together on the Oasis Program by visiting the Freightliner dealer and letting them know that we do care. Many dealers have mentioned that to FCCC. Well this is a similar program, except that the Motor Home dealer doesn't really know of the benefits of selling a Motor Home built on a Freightliner Chassis.

Discussions with FCCC have come up with a idea that we the ambassadors start calling on Motor Home dealers in our area. We will be given a sheet with all the literature available and how to order it and get some very important names for future reference.

We will be like using a report sheet. It is an order sheet that explains all the benefits of selling a Motor Home built on a Freightliner Chassis. Many of the dealers don't know of the new things out, such as FRED. We will have literature to pass out to them. Also they don't know that if they sell a Motor Home on a Freightliner Chassis, they too can participate in the Damlier Chrysler Reward program. I talked to many dealers at the Dallas RV Show in Dallas and many did not know of those programs. The sales staff was very excited to have that opportunity.

After talking with many of the dealers present, they told us that it is good to know this is happening and they all want to work with us.

After the Tucson Rally of FCOC, Ron Anders will be talking about the tools of the Ambassador and how to use them.

Currently we have 67 Ambassadors, and as I see it we will need 90-100 and not any more for this first go around. So if you are interested in this opportunity, contact an Officer of FCOC and let them know of your interests. Please don't be disappointed because we will be continuing on at a later date.

I am in the process of assigning members to different states so again if you are interested, let us know.

This again is the start of something good, so "KEEP YOUR FORK"

Thanks

Ken Hawk



AMBASSADORS

For Freightliner Chassis Owners Club

12/10/2005

First Names	Last Name	FMCA #	City	St	ZIP
Carmen Lynn	Aurigema Florio	F275020	P O Box 900	NY	11767
Kenneth & Diane	Bartow	F221110	Ashley Falls	MA	01222
Jill & Clinton	Baumann	F319004	Tucson #15	AZ	
Chuck & Ginny	Belba	F235429	Duarte	CA	91010
Janice Sue	Benedetti Wright	F234452	Cincinnati	OH	45244
Bill & Pricilla	Buck	F327604	Brentwood	NH	03833
Larry Charlene	Carstensen Williams	F261701	Livingston	TX	77399-1074
Edgar & Dorothy	Casada	L1404	Highland	IN	46322-2240
Ed & Ruth Anne	Coblentz	F204282	Newport	NC	28570
Harold & Linda	Croyts	F246469	Lomita	CA	90717

AMBASSADORS**For Freightliner Chassis Owners Club****12/5/2005**

Gerry & Coby	DeHeer	F202502	Lethbridge, Alberta	CAN	T1J 4P4
John & Karen	Didich	F243257	Ashland	OH	44805
Carl & Terry	Dykman	F222600	San Antonio	TX	78247
Ray & Phyllis	Easter	F273927	Kingsport	TN	37660-5806
Dave & Meredith	Fellingham	F179809	Cave Creek	AZ	85327-1704
Robert & Laverne	Foerster	F241557	Woodstock	IL	60098
Russell & Roxie	Foster	F201511	Livingston	TX	77399
Albert & Clara	Foster	F113266	Marietta	OK	73448
Dennis & Grayceann	Gartland	F283306	Seneca	SC	29678
Bruce & Barbara	Gibson	F149025	Irondequoit	NY	14617-3707
Ron & Arlene	Griffith	F310401	Huntington	PA	16652
Larry & Katherine	Henley	F173175	Grand Praire	TX	75050
Charlie & Ruth	Hoffstatter	F239876	Leander	TX	78646
Roy & Kathleen	Hopper	F286929	Vero Beach	FL	32967
Don & Faye	Ingle	F222283	Irondequoit	NC	27893
Bill & Judy	Johnson	F151308	Livingston	TX	77399-2009
Gerald & Mary	Kapcsos	F62093	Seward	PA	15954
Eugene & Eveyne	Kidd	F55627	St Louis	MO	63127-1324
Ed & Jackie	Laugher	F200231	York, Ontario	CAN	N0A 1R0
Ted & Kathy	Lokenberg	F255688	Shelburne	VT	05482-6610
Alfred & Helen	Martin	F195385	Palm Bay	FL	32907
Marshall & Louise	Mauck	F260452	Heathsville	VA	22473
Mac & Jan	McIlvaine	F136586	Zwolle	LA	71486
Vic & Helen	Methe	F178169	Berne	NY	12023
Vernon & Ardella	Monroe	F275661	29 Palms	CA	92277
Albert & Beverly	Moore	F191508	Deming	NM	88030
Rudolph & Carolyn	Morris	F272172	Arlington	TX	76016
Harold & Phyllis	Myers	F270365	Livingston	TX	77399-2022
Pete & Martha	Palasota	F258000	Waco	TX	76712
Pete & Alice	Pizzano	F250434	New Port Richey	FL	34655
Daniel & Barbara	Phillips	F46521	Decatur	IL	62526
Bob & Connie	Reed	F172990	Athens	IL	62613-9601
Ted & Bev	Rissick	F301095	Langley, BC	CAN	V1M 2L2
Tom & Fran	Rothdiener	F264400	Livingston	TX	77399
Chuck & Donna	Samuel	F288914	Welches	OR	97067
Werner & Linda	Sharp	F240824	Leesburg	FL	34748
Edward & Lois	Shinkle	F310846	Williamsburg	OH	45176-9432
Dean & Lauri	Singer	F89847	Cincinnati	OH	45244-3026
John & Patricia	Slaughter	F324679	Trinity	FL	34655-5056
Ron & Brenda	Sliger	F297863	Melbourne	FL	32934
Robert & Uwarda	Smellie	F189495	Keller	TX	76248
Thomas & Patricia	Smith	F210517	Supply	NC	28462
Gary & Louise	Smith	F145477	Apple Valley	CA	92308
George & Patsy	Smith	F322067	Dillsburg	PA	17019-8954
Art & Regina	Tobin	F271540	Hollywood	FL	33020
Bob & Pat	Tomme	F249817	Diane	TX	75640
Raymond & Wanda	Trash	F23758	Crestline	OH	44827-9416
Leroy	Verrett	F219409	Hot Springs	AR	71913
David & Merry	Wachal	F281983	Mesa	AZ	85212-2661
Phil & Dorothy	Yovino	F242317	Houston	TX	77091-2703



OPERATION GUIDELINES

Engine Starting

1. Perform daily maintenance before starting the engine.
2. Set parking brake.
3. Turn the ignition switch (key) to the ON position. Wait for the inlet air heater lamp to go off.
4. Turn key to START position.
5. Release key when engine starts.
6. Wait for oil pressure gauge to indicate "normal." Oil pressure should rise within 15 seconds after engine starts.
7. Drive moderately under light load until engine reaches operating temperature.

Note: If engine does not start after 15 to 20 seconds of cranking, refer to section *Starting the Engine* in the Operation & Maintenance (O & M) manual. Do not keep starter motor engaged for more than 30 seconds at a time.

Normal Operating Conditions

Gauge	Range
Coolant Temperature	180° F – 215° F
Ammeter	Slightly Positive
Tachometer	700 – 2620 rpm
Warm Idle	700 – 800 rpm
Cold Idle	1000 rpm
Boost	0 – 28 psi

Engine Diagnostics (Flash Codes)

1. Turn cruise control switch to OFF position.
2. Move SET/RESUME switch to either position and hold.
3. Record two-digit flash codes:
 - short pause between digits
 - long pause between codes
4. Refer to Engine Diagnostics table in the O & M manual and consult your local Caterpillar dealer.
5. Flash code 55 is "No Detected Faults."



RV Recommendations

3126/3126B/3126E/C7

Driving Tips (Fuel Economy)

1. Lower coach speed = More MPG
2. Use cruise control on the highway. SoftCruise is recommended.
3. Use economy mode of the Allison transmission.
4. Use lowest engine rpm possible (1440 to 1800 rpm).
5. Minimize idle time — limit time on warm-up and cool-down to no more than three minutes under normal driving conditions.
6. Prior to shutdown, engine should be idled for three to five minutes after full throttle or high power operation such as climbing a steep grade.
7. Anticipate traffic and avoid sudden starts and stops.
8. Keep tires properly inflated to the tire manufacturer's recommendations.

Fuel Recommendations

1. Use a fuel/water separator.
2. Use No. 2 diesel fuel for best fuel economy.
3. No. 2 and No. 1 blends acceptable in cold weather conditions.
4. Use major fuel depots to assure quality fuels.
5. Keep fuel tank full when in storage.
6. Additives generally not recommended; however, biocides may be used to eliminate microorganism growth.

Cooling System Recommendations

1. Use only distilled or deionized water.
2. Antifreeze must be a low silicate type that meets TMC RP329, ASTM D5345, or D4985 specifications. DO NOT use commercial antifreeze with high silicate content formulated for gasoline engines.
3. Use conditioner or inhibitor to maintain a three to six percent concentration in cooling system. Requirements are different for ELC (Extended Life Coolant) — consult your dealer.
4. Do not mix different antifreeze and conditioners.
5. Cat ELC recommended for six-year protection. Meets Cat EC-1 specification.

Cat 3126 Publications

Customer Call Center Toll Free 877-777-3126
Parts and Service Directory LEKT4302

Daily

- Walk-around inspection
- Check oil level
- Check coolant level
- Check air cleaner service indicator
- Drain water separator

PM Level 1

- Change oil and filter
- Scheduled Oil Sampling (S-O-S™) analysis
- Drain water from fuel tanks and replace fuel filter
- Test coolant (supplemental coolant additive)
- Clean with soap and water (garden hose pressure is sufficient). High pressure water can damage fins.
- Inspect radiator and ATAAC aftercooler
- Clean crankcase breather (every other oil change)
- Check belts, hoses, and clamps
- Lube fan drive bearing — zerk fitting 3126B and 3126E
- Inspect, clean batteries
- Replace air compressor filter (if equipped)
- Inspect cylinder head ground stud

Thermostats

- Replace every three years

Fan Drive

- 3126 with serial number HEP15357 and below have grease zerk fittings. 3126 above HEP15357 and all C7 engines have permanently lubricated bearings.

PM 1 Recommended Change Intervals*

Oil Pan	Miles/Years
26L (28 quarts)	15 000/1
18L (19 quarts)	11 000/1

*Refer to the O & M manual for S-O-S and storage recommendations.

Materials and specifications are subject to change without notice. The International System of Units (SI) is used in this publication. CAT, CATERPILLAR, their respective logos and "Caterpillar Yellow," as well as corporate and product identity used herein, are trademarks of Caterpillar and may not be used without permission. LEHT9288-04 (6-05) ©2005 Caterpillar Inc.

Lubrication Specifications

Temperature Range	Oil Viscosity	API Grade
-4° F to +104° F	SAE 10W30	CH-4
+5° F to +122° F	SAE 15W40	CH-4

Below 0° F, block heater or oil pan heater is recommended.

Cat Engine Oil

Oil Viscosity	Cat DEO (1 gallon)	Cat DEO (5 gallon)
SAE 10W30	3E9904	3E9709
SAE 15W40	3E9714	3E9713

PM Level 2

Years	Miles	Hours
2	100,000	2,000

Initial valve adjustment should be done before 40,000 miles for optimum engine performance. Additional valve adjustments required at 100,000 miles.

Antifreeze Protection

Protection Temperature	Concentration
To -34° F (-37° C)	50% antifreeze/50% water
To -60° F (-51° C)	60% antifreeze/40% water

(Recommended 50/50 glycol water coolant mixture)

**Cat Extended Life Coolant (ELC)
(6-year life)**

Part Number	Size
101-2844	1 gallon (3.8L)

**Cat Extender
(Add at 3 years)**


Part Number	Size
119-5152	quart bottle


Cat Filters


Oil Filter - Advanced Efficiency	1R1807
Filter Group with Water Separator	175-2949
Primary Fuel Filter w/Water Separator (single filter system)	198-6378
Fuel Filter (secondary)	1R0751
Filter Kit (Antifreeze)	173-5326
Filter Kit [Extended Life Coolant (ELC)]	173-5325
Liquid Conditioner for Antifreeze	6V-3542
Test Kit for Antifreeze	8T5296
Test Kit for ELC	172-8851


Take Note!






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Inventory online at www.stinnetttrv.com • Open 7 days a week

Tyvek Jackets !!

Jackets typical to the picture below will be available at the upcoming Rallies. They will be available with the FCOC logo on the back instead of the front as shown. The jackets are a wind breaker style with a grouping of states pictured on the front and back. The material is tyvek well known for wind protection. The cost of each jacket is \$25.00 with an additional cost of \$4.00 for shipping. Two jackets shipped to the same address can be delivered for the same \$4.00 shipping cost.

Let's All Get an FCOC Jacket for the Rallies !

Order Now !!

*To order call
Katherine Henley
214-704-2437*



Available sizes are: **L & XL Only !**
Sizes run small. Colors are White, with Red & Black trim.

Special Recognition

To those that

Freightliner Custom Chassis Corp. 800-FTL-HELP (800-385-4357)



THE LEADER AT EVERY TURN™

Allison Transmissions
800-524-2303



800-TIRE-HELP
(800-847-3435)



GO THE DISTANCE.

Caterpillar RV Engine Support
877-777-3126



*Racor ECO-Air
Cleaners*



Cummins Engine Co.



800-DIESELS (800-343-7357)



Give'um a Call !

Address Service Requested

VP Membership
Chuck Belba
624 Royalview St.
Duarte, CA 91010

