



# COMINGS 'n GOINGS

Quarterly Publication of the GMC Heritage Cruisers

*Covering Parts of Ontario, New York, Pennsylvania, Ohio, Michigan, & West Virginia*

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**Spring 2007**

[www.gmcheritagecruisers.com](http://www.gmcheritagecruisers.com)

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*Get ready for another summer of fun and travel !!!*



## **The 2007 Rally Schedule**

*Below is an outline of our rallies for 2007.*

11-13 May – Stoney Creek, Ontario –  
Longmans – **26 coaches are registered already!!!!**

22-24 June -  
Sherkston Shores, Ont - Lavignes  
Information will be mailed separately by Barb & Nick

20-22 July - Toronto (Glen Rouge) Olivers  
**The rally registration & info is enclosed and returns are needed by Barb & Ian by 29 June!!**

17-19 August - Vernon, NY  
Morris' & Marshalls

*The GMCMI Fall Convention is in Iowa, 16-23 September. It hasn't been decided if it will be our September rally or not.*



**Reminder:** 12 – 15 July - Geneseo, NY Heritage Air Group Show.

**The information sheet is enclosed and Eunie & Fred are asking for our replies by 1 July.**

## **Chapter Membership & Nominal Roll**

We have 88 members at the beginning of the rally season. A few have decided not to renew, but the Chapter is doing well with a healthy and stable membership. Notably Barney & Sybil Matteson, some of our 1989 founding members, did not renew as well as Walter Von Matt and Bob Farrell, long time members.

Please check your name, address, etc. for accuracy and pass any corrections to the Editor. (The membership list is included with copies of this newsletter to HC members only.)

## **New Members**

We welcome our first new members for 2007. Harold & Brenda Mutter are from Wasaga Beach, Ontario and have had their Palm Beach for three years. We hope you both enjoy the Chapter where you can get advice and help if you need it.

## **GMC Heritage Cruisers Cocktail Munchies & Potluck Goodies Book**

The Munchies & Goodies Book is still active and your recipes are needed!! Send them to Lena Longman by email or by snail mail.

## **Chicken & Cheese Casserole**

2 cups cooked macaroni (or desired pasta)  
2 cups coarsely chopped, cooked skinless chicken breasts  
2 cups canned condensed cream of mushroom soup (undiluted) – can use regular or low fat soup  
2 cups fat free milk  
8 ounces low fat cheddar cheese, cut into small cubes

1. Preheat oven to 350 degrees
2. In large casserole, combine ingredients, mixing well
3. Bake, covered, 35 – 45 min. (I did 45 min.). Remove cover, bake another 10–15 min longer. Serve immediately.

Info 262 calories; 12.7g fat; 0.6 fibre  
Can use turkey instead. Can mix ahead of time and refrigerate overnight (no longer).

I am going to make it again and see if it freezes well – don't know due to the milk.

*Judy Patterson*

## **2006 Financial Report**

The Annual Financial Statement for last year is enclosed for your review.

## **Classifieds**

**For Sale:** 1973 GMC Canyon Lands, 26', 50K original miles, orig. interior and exterior coach located in Greenwich, NY (Albany, NY area Contact: Lewis Hall, 518-692-7478 or [inform@safehavenboarding.com](mailto:inform@safehavenboarding.com).

**For Sale:** 1974 Eleganza SE Many upgrades and new parts. See pictures at: <http://s98.photobucket.com/albums/l243/j>

[ayhawk2000/](#) Price \$20,000 US; Contact:  
Bob Morris, 607-756-9888 or email:  
[jayhawk@twcny.rr.com](mailto:jayhawk@twcny.rr.com)

**For Sale:** 1973 Canyon Lands 26-ft. Strong engine and drivetrain 3.42. All new brakes, Bilsteins, McNeal dash. Generac gen. Birch screen door, Macerator, 3 new awnings, New add-a-room, 40 K inverter, 40 K invested. First 12,000 US takes it. Call for list and pictures. Philip Entingh -NY. 315-524-7393

**For Sale:** 23-foot Birchaven, rear bath, 35,000 miles, updated at Cinnibar and Ken Frey's, ready to go coast to coast, pictures on request - \$24,000 - Ithaca, NY - Bill Marshall 607-273-6781 or [marshbill@webtv.net](mailto:marshbill@webtv.net).

**For Sale:** 1975 Palm Beach 26'. Alcoa wheels, Michelin 10 ply tires. Dining area swivel tub chairs with pull out eating table. Honda generator, Screen door, Two full awnings, 455 engine. Located in Southern Ontario, Canada. Price \$22,500 Cdn. Contact David Simmons at 705-327-0417.

Listing of GMC-related items for sale is available to HC members and will only appear for two issues unless otherwise arranged.

## Tech Talk

from Bob Paterson, VP Tech

We are close to our first outing of the year so I have enclosed a Motorhome Checklist so you can see if everything is set to go for 2007.

### Front Fender Brace by Al Hamilton

I discovered cracked and broken fibreglass on the coach at the join of the left

fender and the lower grille support some time ago. I puzzled over how to repair it so it was strong enough to hold and prevent the right side from breaking also. Recently, I saw a similar problem repaired and then supported with a threaded rod from the left to the right fender through the grille support on both sides. I used aluminium rod. The rod is 1/2 " threaded on the ends and two nuts with two large washers were used on each side to hold it all together. The nuts were just lightly tightened and are of the nylon locking type.



A bonus was being able to centre the coach frame and the fenders by turning the nuts varying amounts on each side.

**Liability Disclaimer**

*The GMC Heritage Cruisers, its officers, and the Editor are not responsible for the accuracy of advice and/or technical notes published in the "Comings 'n Goings". Adjustments or installations made to coaches on the basis of information presented in this publication is the responsibility of the individual coach owner.*

**Enclosures: (Not Included on Website)**

*Membership List – Members Only  
2006 Financial Report – Members Only*

**Summer Newsletter**

*Submissions for the Summer 2007 Edition of the "Comings 'n Goings" are due by 15 July 2007 to the Editor, Al Hamilton 613-659-3522 or [akh@1000island.net](mailto:akh@1000island.net).*