



CCFMCA

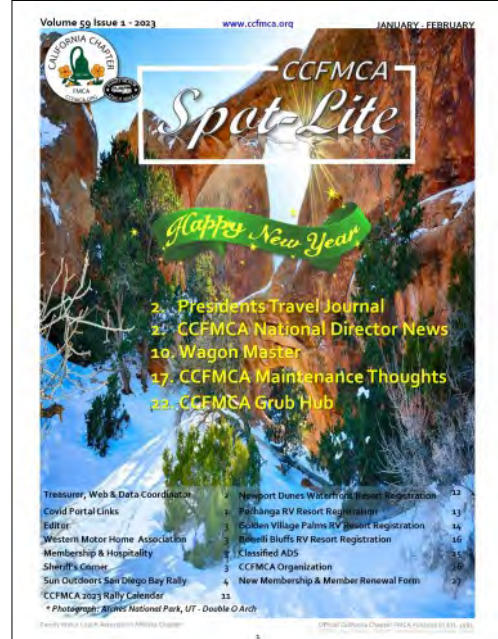
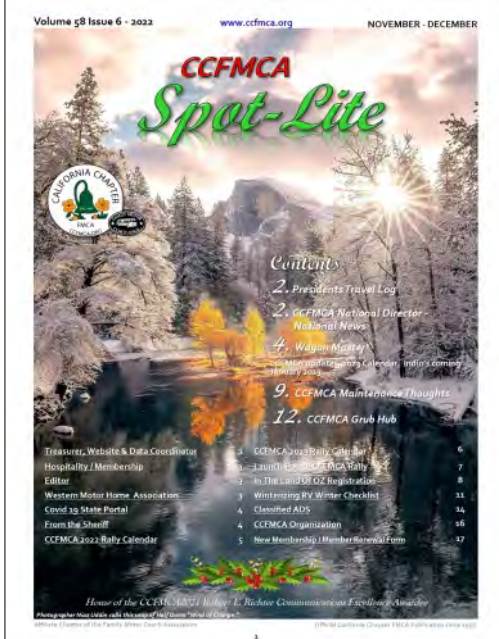
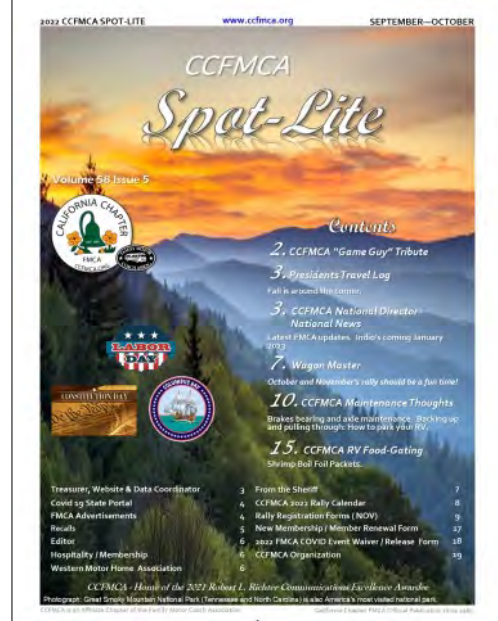
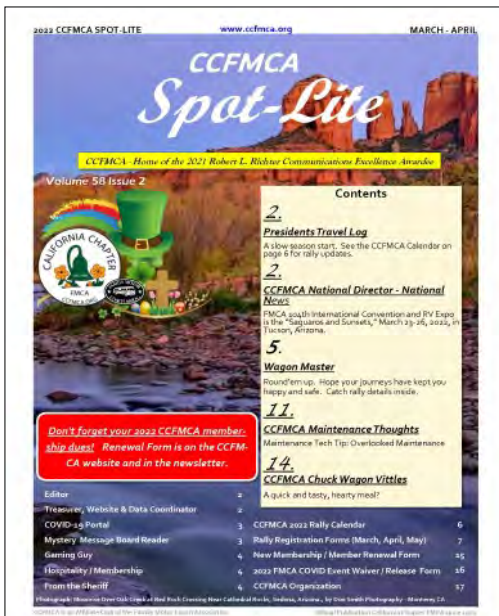
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September Rally Cancelled

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Photograph Fall in Grand Teton National Park, Wyoming



President's Travel Journal*Leonard Wahlquist,*

President

Hello everyone.

Hope your summer was full of adventures. Beth and I took our annual trip North with stops in Roseburg, Oregon, and then on to the FMCA rally in Albany, Oregon. The next stop was Cannon Beach, OR, where we visited with family in Tacoma and Bremerton, WA. We spent 2 weeks fishing in Sekiu, WA (filled the freezer). Back to Ocean Shores, WA, for a few days, then to Astoria, WA, to meet some friends and visit the Collum and the Maritime Museum. After almost two months, it was time to head home.

We attended the Celebration of Life for Carl Gardenias and are sending prayers to Cathy.

We survived Hurricane Hilary with 4 almost 5 inches of rain and a few washed-out roads.

Next were the RV repairs on our water heater, the airbags, shocks, and an oil change. We will be headed to Bakersfield to help plan for the Indio rally in January 2024. Our chapter rally in October is at Caliente Springs. I hope to see you there.

How time flies. It has been 2 years, and it is time for next year's officers again.

"Age is an issue of mind over matter. If you don't mind, it doesn't matter." Mark Twain

From CCFMCA National Director*Sonny Gillespie*

Hope all our members have had a wonderful start for this new summer. As I monitor FMCA headquarters not much has happened in the last few months. They are concentrating on prepping for the Gillette, Wyoming rally and planning for Tucson, Az.

The FMCA's 2023 Nationally Elected Officers and FMCA's area elected National Vice Presidents, along with the Immediate Past President were voted on by the Governing Board at the Gillette, WY, convention on the first day. The results are on page 4.

Rallies:

- **Rocky Mountain Area Rally** (719) 499-9740, mmasrvp@gmail.com; Pima County Fairgrounds, Tucson, AZ - October 24-28, 2023 *Rally Cancelled*
- **Western Area Rally** - January 10-14, 2024 (661) 599-3548, rgolk@outlook.com Riverside County Fairgrounds, Indio, CA
Registration Form: <https://wafmca.com/wp-content/>



[uploads/RegForm_Western2024.pdf](#) - pages 5 and 6.
Information: <https://www.wafmca.com>

- **FMCA's 108th International Convention & RV Expo**
Pima County Fairgrounds, Tucson, AZ, March 20-23, 2024

Treasurer, Web & Database Coordinator*Tracy Lenocker*

Our chapter Bylaws with amended Standing Rules are located on the chapters website for your reference. The website has some updates, and there will be a few more based upon rally attendance and acquired photos and other activities to share.

The database is updated and current. A few former members no longer have a motorhome and therefore cannot be regular members of our chapter. Their membership will continue until the end of the current year. A few former members wish to be on the email list for the newsletter, so a separate list is maintained for those few. There is also a classification called Family Associate member for a person who does not own RVs.

The CCFMCA bank statements are as follows as of 8/25/2023:

- General Account \$18,393.43
- Rally Account \$15,887.79

Membership & Hospitality News*Carol Jones*

Things here are relatively calm. We haven't had any new memberships this quarter, and dues aren't due until the end of the year. I have had a few notifications from FMCA regarding membership dues, so make sure you keep your FMCA membership current to date. Your FMCA membership is based on your anniversary rather than the calendar year. I haven't been informed of any new illnesses, but please keep those undergoing medical treatments in your thoughts and prayers. Hope to see you at our October rally.

- New Members: Nothing To Report.

BEST WISHES TO ALL OF OUR CCFMCA MEMBERS!

958 Dahlia Ave
Costa Mesa, CA 92626; Ph #:909-859-9650

FMCA

Your RVing Family

EXECUTIVE BOARD 2023-2024

On the first day of the Gillette, WY, convention the Governing Board met to address many important issues. One of these was to elect FMCA national officers.

FMCA's 2023 Nationally Elected Officers are as follows:

National President: Gary Milner F409834
National Senior Vice President: Paul Mitchell F165576
National Secretary: Pamela Richard F455687
National Treasurer: Barbara Smith F329936

Your Executive Board is made up of the four national officers, 10 national area vice presidents, and the immediate past national president.

FMCA's area elected National Vice Presidents, along with the Immediate Past President, are as follows:

Eastern Area: Phyllis Britz F423634
Great Lakes Area: Ken Lewis F428158
International Area: (vacancy – awaiting special election)
Midwest Area: John Jacobs F413028
Northeast Area: Bill Newton F448330
Northwest Area: Dennis Martin F158411
Rocky Mountain Area: Connie Jones F327809
South Central Area: Dianna Huff F363612
Southeast Area: Bill Dees F354115
Western Area: Bob Golk F316752
Immediate Past President: Rett Porter L369084

Congratulations and I look forward to the great things we will do together.

Gary Milner

F409834

FMCA National President



Arabian Nights - January 2024



WMHA Senior Vice President's Message



Dave Franke,
F443367 Senior Vice President WMHA

The theme for our 2024 Indio rally was selected from numerous entries during the last few days of last year's 2023 rally. Chapters are encouraged to submit suggestions prior to the conclusion of the 2024 rally for 2025.

But what is Arabian Nights? Very simply, it's a story of the legendary Scheherazade who told stories to her husband the Sultan. She is said to have told a different tale every night for 1001 days. These stories became a collection of famous Persian, Indian, and Arabian folk tales. Besides the Sultan and Scheherazade, these stories include Aladdin, Ali Baba, Sinbad, and a most fearsome genie.

The tales of Arabian Nights and their characters are limited only by our imagination as to what our parade can be like. There can be a Genie's Lamp, a sailing ship, or a magic carpet built around a cart, jeep or other chapter vehicle. The same vehicles can be-

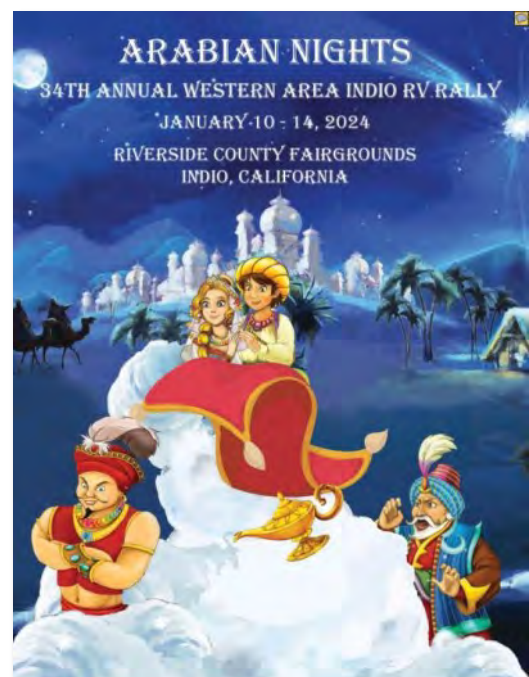
come the Sultan's castle. How many Aladdin's, Genies, Ali Baba's, Sultans, Sinbad's and Scheherazade's will walk the parade route?

The 2024 Rally Theme presents one of the best opportunities to support your rally by decorating, dressing in costume, and by having a Genie's Lamp full of fun.

34TH ANNUAL WESTERN RALLY "ARABIAN NIGHTS"

[2024 Indio Rally Registration Forms](#)

Rally form is provided on the next page (page 6).



Read the WMHA [Western Byways Newsletter](#).



34th Annual Western Area Rally

Arabian Nights

Riverside County Fair & National Date Festival • Indio, California

JANUARY
10-14, 2024

Highlights: 4 Nights of Camping • 3 Nights of Entertainment • 2 Ice Cream Socials • Parade • Ladies' Luncheon
 1st Time Attendee Orientation* • Bingo • Pet Extravaganza • Commercial Exhibits • New/Used Display RVs
 Chapter Fair • Seminars & Crafts • Door Prizes • The Frustrated Maestros • Coffee & Goodies Served Each Morning

General Information: Early Arrival Area opens Sunday, Jan. 7 (Fee Payable On-site)

Exhibit Hours: Display RVs Open Wed., 1:30 p.m. – 4:30 p.m. / ALL Commercial Exhibits Open Thur. – Sat. 9:00 a.m. – 4:00 p.m.

Private Golf Cart Rental Available: Call Elec Cart Sales for reservations, Mary Rasada 562-244-1001

Directions: I-10 to Monroe. Monroe south 3 miles to 48th. Left ½ mile to Arabia Street.

Left on Arabia to the arrival area on the right. Arrive with waste tanks empty and water tank full.

*Orientation will be Wednesday afternoon at 1:00 p.m.

Western Area Rally Registration Form

Permanent changes to membership files cannot be made from this form.

Member Number:	Last Name:	Pilot:	Co-Pilot:
Address		City:	State/Province: Zip/Postal Code:
E-mail:	Telephone:		Cell Phone:
RV Make:	RV License:	RV Length:	<input type="radio"/> First Time at a Western Area Rally
1. Guest/Child's Name/Age:			<input type="radio"/> Hold Confirmation Packet at Will Call
2. Guest/Child's Name/Age:			Disabled Parking? (see below) <input type="radio"/> Yes <input type="radio"/> No

Registration Category	Pre-Reg ²	On-Site	Qty.	Total	Parking Information
RV with 2 Adults – Dry Camping	\$ 260.00	\$ 270.00		\$	<ul style="list-style-type: none"> • Electric Parking – 30 amps or 50 amps • Generator Hours – 7:00 a.m. - 10:00 p.m. • Disabled Parking – Reserved for those with proof of qualifying medical needs. State-issued placard must be visible. • Early-Arrival Fee – \$30 per night payable on-site, cash or check only
RV with 1 Adult – Dry Camping	\$ 240.00	\$ 250.00		\$	
Additional Fee for 30-Amp Electric	\$ 175.00	\$ 185.00		\$	
Additional Fee for 50-Amp Electric	\$ 295.00	\$ 305.00		\$	
RV with 2 Adults – 24-Hour Generator	\$ 260.00	\$ 270.00		\$	
Each Additional Occupant	\$ 20.00	\$ 30.00		\$	Payment Information CREDIT CARD Place your credit card registrations by: Phone: (800) 543-3622 • (513) 474-3622 CHECK Make checks payable in U.S. funds to FMC, Inc. Mail to: FMCA / Attention: Western Area Rally 8291 Clough Pike Cincinnati, OH 45244
Passport for 1 Adult ¹	\$ 85.00	\$ 95.00		\$	
Children Under 13	FREE	FREE		FREE	
Ladies' Luncheon	\$ 15.00	\$ 15.00		\$	
Day Passes Avail. Thurs., Fri., & Sat. \$10/day/person	On-Site	On-Site	—	On-Site	
				Total	\$

¹ No RV parking; includes exhibits, entertainment, seminars, socials, and Coffee Hour.

² Registrations after December 21, 2023, will be held at Will Call.

COVID-19 Waiver

An inherent risk of COVID-19 exposure exists in any public place where people gather. By attending this event you understand and assume all risk related to COVID-19 exposure. FMCA, its staff, officers, exhibitors, volunteers, members, service providers, and grounds personnel are not liable for any illness, injury, or death from COVID-19 related to your participation at this event.

Rally Contacts

WMHA President/Rally Master – Bob Golk
 (661) 599-3548 • bgolk@fmca.com

WMHA Sr. VP/Co-Rally Master – Dave Franke
 (909) 973-1051 • dfranke928@msn.com

Parking Chief – Andy Balogh
 (503) 530-0166 • akcbalogh@gmail.com

Groups & Caravans – Willie Warren
 (510) 418-3262 • willywarren178@comcast.net

Seminars & Crafts – Johanne Christmas
 (916) 365-6600 • johannexmas@gmail.com

Commercial Exhibits – Greg O'Neal
 (714) 386-1923 • indiorallyvendors@gmail.com

Would you like to Volunteer?

☐ **Yes.** If interested, please contact
 Carole Hazeltine at (916) 838-7200
 or dickhazeltine@yahoo.com

Cancellation Policy

Refunds will be made only upon written request (arearallies@fmca.com), and badges and confirmation materials be must returned to FMCA home office before any refund is issued. Cancellations made by December 10, 2023, will receive a full refund minus a \$25 handling fee. Cancellations made after December 10 but before January 9, 2024, will receive a full refund minus a \$50 handling fee. No refunds for Electric after December 10, 2023. Absolutely no refunds after January 9, 2024.

Sponsored by the Western Motor Home Association

THE SPOT-LITE EDITOR*John Seguin*

As Summer winds down and the Fall school season begins, there is still time for RV traveling to your favorite campsites. With this edition going out, the board canceled the September rally due to the intense climate that we have been in the gripes of. So plan for the next rally opportunity in October/November and check registration forms on our [website](http://www.ccfmca.org).

This month numerous CCFMCA members attended military honors for MSGT Carl Gardenias USAF (Ret) at the Riverside National Cemetery and a Celebration of Life held at the March Field Air Museum. This was a solemn and heart felt occasion.

Our motorhome is finally back on the road as we have accomplished two trips to flush out any and all problems we can determine. So, we look forward to seeing everyone again.

CCFMCA communication methods: So stay in touch through the communications methods below to see what comes next in the chapter's calendar.

1. *Emails* - Instances will occur occasionally when there is a need to communicate with chapter members instead of waiting for the next Spot-Lite Edition.

2. *CCFMCA Spot-Lite* - The chapter's Spot-Lite newsletter highlights new and previous rallies, includes maintenance information, CCFMCA Food for Thought, FMCA National News, etc. Any President or Board of Directors updates, as well on website, and information on future rallies. Registrations forms and calendar are no longer being published in future newsletters. They are on the [CCFMCA](http://www.ccfmca.org) website.

3. *CCFMCA Website* - The third communication effort is through the chapter's website.

2023 Wagon Master and Event Comments*Dede Hermon, Wagon Master*

Hello to everyone! Unfortunately, we had to cancel the September rally due to many other conflicts with our members. As for us, we are meeting up with our grandkids in Oregon, where the youngest will be racing as a professional in a national mountain bike race series that weekend. We couldn't miss the opportunity to have all four of them together for the first time in almost seven years. It seems that many of our members also had other activities planned for that weekend.

Remember these important dates:

- September 6 – Registration due for Caliente Springs
- October 12-15 – Caliente Springs Rally, Desert Hot Springs
- October 24 – The Springs at Borrego registration is due
- November 9 – 12 – The Springs at Borrego Rally, Borrego Springs
- March 13-17 – Newport Dunes Rally, Newport
- May 16 – 19 – Bonelli Bluffs Rally, San Dimas

We will be working on more future rallies soon.

I hope everyone is staying safe and healthy.

My email is dedek6DDZ@gmail.com, and I am always happy to respond to requests for information (909 878-3456).

Trial Boss / Co-Trial Boss Note!

All Trial Boss and Co Trial Boss RV rally documents are located on the CCFMCA website under a [Trail Boss Documents](#) header tab. But for any additional Trial Boss information contact the Wagon Master - Dede Hermon at dedek6ddz@gmail.com or phone 909-878-3456.

The "Game Over Man" Guy*Kriss Lewis*

Glad to be organizing and enjoying so far and there is more to come. So "Sharpen your *gaming skills*".

The Sheriff/The Deputy Sheriff*Kathie Seguin, Jodi Lewis*

Hi Everyone - Summer is ending with school starting, so there are few rallies left this year. So, remember your badges to help us to say hello to fellow members. wear that badge, smile, and say "Hello" when meeting our members. Just remember Jodi, our Deputy Sheriff, is also on the prowl for badges at our events. We will everyone this October.



CCFMCA's Backyard RV Mech

Diesel Engine Runaway: Cause and Effect

by Cristian Puscasu - Auto Trends Magazine

Updated 9 November 2022



Diesel engine runaway is rare, to say the least. These days, the chances of such an event happening are low, as most of the contributing parts are electronic.

But first matters first: what exactly is "diesel engine runaway"? As defined, a diesel engine runaway, diesel runaway, or runaway diesel is a phenomenon where the diesel engine uses a fuel that enters the ignition chamber uncontrolled and igniting it without control. Notably, the said fuel does not need to be diesel - we are simply using a common term that can also be applied to gas engines.

Due to this issue, the engine can ignite said fuel as fast as the uncontrolled source can supply. And way faster than the engine ever should. Given you do not have control of said source, your accelerator will not stop the problem nor does removing the key from the ignition help (if all the accessories are driven by the engine).

Diesel Engine Runaway Reasons

This problem continues until one of the following conditions are met:

- The fuel source is depleted
- The engine stops due to heat and friction, basically welding it together
- The engine fails mechanically due to a part breaking, such as a connecting rod
- The engine runs out of air
- You stall the engine

How does a runaway diesel happen precisely? Let us examine the ways. To begin, the fuel enters the ignition chamber without control. Keep in mind that diesel engines work differently than gas engines.

When you press the accelerator with a diesel, the engine doesn't open a throttle valve somewhere, it just sprays more fuel. By spraying more fuel in the ignition chamber, the ECU alters the air-fuel mixture, either for power or economy. While air is free-flowing through the engine, the fuel is not as it is controlled by the ECU.

Also, the fuel's ignition is not caused by a spark, like in a regular gas engine. The ignition happens due to a gas law. Without delving into details, high pressure and low volume increase the temperature. When the piston is at its top dead center, pres-

sure is maximum and volume is at its minimum. As such, there is a high temperature that ignites the fuel.

Beyond the Redline

Now you can comprehend the severity of the issue. If fuel also enters uncontrolled, then no components are controlled, so the engine can do whatever it wants. In this case, by spinning as fast as it wants, way beyond the redline.

This fuel can vary a bit but within reason. One possibility is that it is, in fact, regular diesel.

Let us assume that the fuel injectors are mechanical, and an electric fuel pump has a glitch, whatever the reason may be. Due to this, it can start outputting as much fuel as it can, and burning it all in the process, hence the runaway diesel.

Another more significant possibility is due to a broken seal or a broken turbocharger, causing oil to spray into the ignition chamber. The oil pump is not controlled by the accelerator, its job is to circulate oil to lubricate the engine.

Thus, it has an overall constant flow. In this case, oil enters the ignition chamber and starts this runaway diesel phenomenon.

Further, yet another possibility is that the air outside is contaminated due to a gas leak. Notably, the gas leak can create an acceptable combustible mixture that will surely ignite when it gets inside the engine.

Now, how do you stop a runaway diesel? Certainly, trying to stop one is quite a dangerous procedure.

Indeed, a diesel engine is designed to spin at a redline of approximately 4000 rpm. A runaway diesel can spin to 8000 rpm, which is double the redline.

As such, you are asking for a connecting rod to crack and the piston attached to said rod to burst through the valve cover. (Not a diesel, but the damage could be precisely the same). Certainly, you do not want to mess with such a matter, so your options are limited.

The safest bet is when your vehicle has a manual transmission, although you will surely ruin that transmission in the process.

On the other hand, attempting to stop the vehicle with an automatic transmission will not work.

Specifically, with a manual, you can stop the car. First, engage the parking brake. Second, shift into fifth or sixth gear. Third, disengage the clutch pedal so that the engine will stall.

Furthermore, If you are brave and know what you're doing, you can raise the hood and block the intake. You know where the air filter is located and that's in the air intake. For example, if you block the intake or plug it with a piece of wood or a bunch of cloth, then the engine will stall.

Also, you could unload a fire extinguisher into the intake. A fire extinguisher is based on CO₂, which doesn't burn. This represents another semi-safe option. Apart from that, there are not numerous ways to stop a runaway engine other than calling for firefighters and allowing the fuel to run out or the engine to



CCFMCA's Backyard RV Mech

Diesel Engine Runaway: Cause and Effect
seize.

The Prevalence of the Problem

Are cars more prone to diesel engine runaway? Indirectly yes. This problem usually happens due to poor maintenance. Particularly, due to gas mixing with enough air for the engine to use it as an air-fuel mixture, all the instances assume that a part failed.

Semi-trucks are maintained rather well and the same can be said about trains. A maintained semi-truck or train will not develop such issues, to begin with.

Now, an older diesel engine from a truck or a car that was not particularly well taken care of can have these issues. Broken seals or an almost dead turbocharger are not uncommon, and neither are aged fuel pumps.

Moreover, there are plenty of car owners who "tune" their cars or trucks, making them produce more power. This also causes extra stress on the engine and represents another reason why it happens more often with cars. Lastly, an older tractor can surely have this diesel engine runaway problem emerges, although the number of aging models on the road is thankfully quite small.

How to Prevent Diesel Engine Runaway

By AMOT Staff March 23, 2020

When working in a hazardous environment, diesel engine runaway is a dangerous condition that can have fatal consequences. Engine runaway occurs when a hydrocarbon vapor is ingested through the intake of a diesel engine and becomes its uncontrolled fuel source. When this happens, the speed of the engine is no longer controlled by the governor, causing it to speed out of control. If not stopped, the engine can suffer irreparable damage, or even worse, ignite the vapors and explode. Our blog about [diesel engine runaway](#) explains this condition in more detail.

How Do You Stop A Runaway Engine?

This video from AMOT's Ask the Expert series goes into detail about the only proven solution to stop a diesel engine once it has begun to runaway. When an engine begins to runaway, the most common reaction is to turn off the ignition key and shut off the engine. Unfortunately, this action will prove to be unsuccessful. The engine is now using vapors as it's fuel source and turning off the key will have no effect. The only viable option at this point is to cut off the air supply to the engine. Luckily, safety devices that cut off the air supply during a runaway situation do exist.

What Are These Safety Devices?


These safety devices are called air intake shut off valves and simply put, they cut off air entering through the intake in the event of a runaway situation. Since diesel engines operate by ingesting clean air through the intake, cutting off the air supply

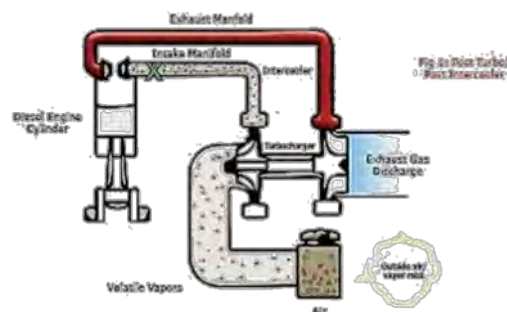
shuts down the engine when removing the fuel supply isn't an option.

How do Air Shut Off Valves Work?

There are different systems available depending on your engine make and model, but all are designed around the same concept: once your engine enters into a runaway situation, the air intake shut off system will activate either automatically or manually and shut off the air entering through the intake. The systems are typically installed between the engine air filter and the intake manifold as shown below.

How to Prevent Diesel Engine Runaway

The ideal location to install an air intake shutoff valve, , is post turbo after the intercooler, as close to the intake manifold as possible (Fig. 1). If possible, take the hose/pipe measurement here.



Does My Diesel Engine Need One?

Now that you know how an air shut off system operates, it is important to understand which diesel engines should have them installed. Diesel engines used in hazardous environments, like those found in upstream, midstream, and downstream operations, are all at risk for diesel engine runaway and should always be protected. This includes large equipment like fracturing blenders and coiled tubing units and smaller equipment like light towers and generators.

Don't Wait Until It is Too Late

Air intake shut off systems are the only proven, reliable method to stop a diesel engine once it has begun to run away. Don't wait until it's too late to protect your people and equipment from this preventable disaster.

If you would like help selecting the correct valve for your engine, [contact AMOT](#), download our [selection guide](#), or use the filters on our [products](#) page.



CCFMCA's Backyard RV Mech

Before You Blow Your Breaker!!!

Take a minute and see how many AMPS you could be using in your RV's 30 and or 50 AMP electrical system. It is surprising how fast the AMPS add up which causes your breaker/fuses or the resorts breaker to "TRIP". Knowing the AMPS of all the electrical appliances in your RV can help you manage electrical use and prevent the inconvenience of:

"My Electricity Went Out!!"

The following is a list of the typical appliances used and the average AMPS required to operate them:

Air Conditioner -15,000 BTU	12.5 amps	Hand Vacuum	2 amps
Refrigerator	2.7 amps	Electric Frying Pan	10 amps
Electric Water Heater – 8 gal	12.5 amps	Iron	10 amps
Microwave Oven	12.8 amps	Food Processor	6 amps
Electric Coffee Pot	9 amps	Crock Pot	1.5 amps
Toaster	10 amps	Heating Pad	.5 amps
Hair Dryer	10 amps	100 Watt Heater	10 amps
TV	2 amps		

In the morning – if you start your air conditioner and the hot water heater is on, then you start the coffee pot, make some toast, and watch the TV - you are drawing 55 amps with all of these appliances operating at maximum. If you also cook some bacon in the microwave at the same time, LOOK OUT!! Many RVs have a switch so you can run only the microwave or the water heater at the same time, but some RVs do not have this feature.

Most electrical products show how many watts or amps it takes to operate the appliance printed on the product itself or in the instruction. If it shows the watts, divide the watts by 120 (volts) and that gives you the amps. To get the watts, multiply the amps by 120 (volts).

It is worth your time to take inventory of the AMPS each of your electrical appliances uses. You can then manage your total usage at any one time and this will reduce the comment of "My Electricity Went Out!!"

CCFMCA Food for Thought

Crockpot Flank Steak Fajitas

By Lisa Leahey / December 19, 2011



Based on the popularity of [my other crock pot "real food" recipes](#) I think you guys will love this one, too. These Slow Cooker Flank Steak Fajitas go great with homemade tortillas and your favorite toppings.

[Slow cookers](#) are great for entertaining because you can easily get all the work done in advance and have your house smelling amaz-

ing when guests arrive (we use this basic, [inexpensive slow cooker](#)). Who knew you could set-and-forget Mexican cuisine in the slow cooker so it's ready for dinner? See how this easy and delicious crockpot [flank steak](#) recipe comes together in our detailed recipe below. After all, slow cookers aren't just for [soups](#), people!

Make Ahead Crockpot Flank Steak Fajitas

I just made these fajitas myself the other day and my daughters kept asking me "What smells so good??" They couldn't wait to dig in and if you make the tortillas in advance it will just take some grated cheese, sour cream, and cilantro (plus any other fixings you like on your fajitas), and your feast will be ready in no time.

How Long to Cook Flank Steak in a Slow Cooker

If you cook the flank steak on high for roughly 5-6 hours, you'll end up with perfectly tender, pull-apart flank steak that takes on the spices and sauce flavors perfectly! Just note that different brands of slow cookers may have different heating temperatures despite having the same setting. To avoid drying out your flank steak, be sure to check on it around hour 4 and 5 if at all possible! (For reference, we used the 6Qt Crockpot on "High" for this recipe.)

Your family's tastes may vary, but these are some of our favorite toppings to dress up these crockpot flank steak fajitas with!

Grated cheese, (try some Mexican Cotija!)

Fresh cilantro

Squeezed lime juice

Sour cream

Spinach

Sliced Avocado

Fresh Jalapenos (If you like more of a kick!)

Habanero peppers

I am getting hungry just talking about it. But don't take my word for it...you must try it for yourself!

Slow Cooker Flank Steak Fajitas Recipe

Course: Dinner

Cuisine: Mexican

Method: Slow Cooker

Diet: Dairy Free, Egg Free, Peanut/Tree Nut-Free

Prep Time: 15 minutes

Cook Time: 5 hours

Total Time: 5 hours 15 minutes

Servings: 6 people

Ingredients

1 ½ lbs flank steak preferably grass fed

1 ½ teaspoons chili powder

1 teaspoon cumin

1 teaspoon coriander

½ teaspoon salt

¼ teaspoon pepper

2 tablespoons soy sauce preferably the low-sodium variety

1 jalapeño seeded and chopped

2 cloves garlic minced

4 bell peppers any color

1 onion

Other Fajita Fixings:

whole-wheat tortillas

Cheese grated

Avocado sliced

Cilantro

Lime

Spinach

sour cream

hot peppers

CCFMCA's Food for Thought

Crockpot Flank Steak Fajita

Instructions

1. Mix together the dry spices with a fork including the chili powder, cumin, coriander, salt and pepper.
2. Rub the spice mixture over all sides of the flank steak and place it in the bottom of the slow cooker. Sprinkle the soy sauce on top.
3. Top the flank steak with the diced jalapeno and minced garlic. Slice the bell peppers and onion and throw those on top of the steak as well.
4. Turn the slow cooker onto HIGH and cook for 5 – 6 hours or until the steak can easily be shredded with two forks.

Notes: We recommend organic ingredients when feasible.

CLASSIFIEDS



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CCFMCA Organization

FMCA Web Site: www.fmca.com

FMCA Business: 808-543-3622

California Chapter FMCA Web Site: www.ccfmca.org

Western Area FMCA Web Site: www.wafmca.com

CCFMCA Officers



President:

Leonard Wahlquist - 951-218-5643



Vice President / CCFMCA National Director:

Sonny Gillespie - 951-492-0787



Secretary:

Denise Loxton - 818-800-7717



Treasurer, Webmaster & Data Coordinator

Tracy Lenocker - 909-337-0315



Wagonmaster:

Dede Hermon - 909-878-3456

Appointed Officers



Membership / Hospitality

Carol Jones - 909-859-9650



Sheriff

Kathie Seguin - 619-938-0838



Deputy Sheriff

Jodi Lewis - 909-586-4766



Spot-Lite Editor

John Seguin - 619-938-0838



Game Guy

Kriss Lewis - 909-586-4766

Immediate Past President:



CCFMCA Alternate National Director:

Beth Smith - 951-217-0276

Send all changes to the Webmaster and Database Coordinator at the address below:

California Chapter of FMCA
Tracy Lenocker
PO Box 2672
Lake Arrowhead, CA 92352
tracy@lenocker.com; 909-337-0315



**CALIFORNIA CHAPTER OF THE FAMILY MOTOR COACH
ASSOCIATION (CCFMCA) INC.**
NEW MEMBERSHIP APPLICATION

Applicant must be a member of the Family Motor Coach Association (FMCA), or must have applied for or be applying for membership in FMCA simultaneously with this application to be eligible for membership in CCFMCA. Please provide your FMCA number: F _____

As members, we / I agree to abide by the provisions of the Family Motor Coach Association Inc, "Code of Ethics" to foster a wholesome public image for all family motorcoach owners.

Last Name*: _____ First Name*: _____ and _____

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RV Brand: _____ Length: _____ Slide-Out(s): Yes _____ / NO _____ Number: Left _____ Right _____

- Our fiscal year is January 1st through December 31st. Annual dues are \$25.00 (due January 1st each year).
- The New Member CCFMCA initiation fee together with the first year's dues for two (2) people is \$50. For one (1) person it is \$30. This covers the cost of badges, postage and materials. Those joining between October 1st and December 31st will have their dues applied to the remainder of the year and the following year.
- Additional Badges are \$12.00 each (names): _____
DATE: _____ SIGNATURE: _____
- Would you like to list your e-mail address on the roster? YES _____ NO _____. **Note:** The e-mail roster is available only to chapter members.
- The Spot-Lite (newsletter) is sent to you at no additional cost by e-mail. Would you rather have it sent via USPS for an additional fee? YES _____ NO _____. The newsletter and up to 10 past issues are available for free on the CCFMCA website: www.ccfmca.org.

Please make check payable to **CCFMCA** and return both the *New Membership Application* and your payment to:

Carol A. Jones (CCFMCA Membership)
958 Dahlia Ave
Costa Mesa, CA 92626

	2 PEOPLE	or	1 PERSON
INITIATION FEE:	\$ 50.00		\$ 30.00
EXTRA BADGES:	\$ _____		\$ _____
TOTAL ENCLOSED:	\$ _____		\$ _____

CALIFORNIA CHAPTER OF THE FAMILY MOTOR COACH ASSOCIATION INC.
MEMBERSHIP RENEWAL

The **Membership Renewal** is \$25.00 per coach. Please update your information in the New Membership area where **Red Asterisks** indicate.

Please make check payable to **CCFMCA** and return both the *Membership Renewal* and payment to:

Carol A. Jones (CCFMCA Membership)
958 Dahlia Ave
Costa Mesa, CA 92626

RENEWAL FEE (Per Coach): \$25.00

TOTAL ENCLOSED: \$ _____

Revised 12-29-2022