FORM 5

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPR	OVAL						
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b). Form 3 Holdings Reported

Form 4 Transactions

Reported

ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Pe LOWBER JOHN M	2. Issuer Name and GENERAL CO [GNCMA]		0,		5	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X_ Officer (give title below) Other (specify below)				
(Last) (First)	(Middle)	3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year)					Sr VP, CFO, Secretary, Treas.			
2550 DENALI STREET, SUIT	E 1000	12/31/2004								
(Street)	4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Reporting (check applicable line)				
ANCHORAGE, AK 99503					-	_X_Form Filed by One Reporting Person Form Filed by More than One Reporting Person				
(City) (State)	(Zip)	Tab	le I - Non-Deri	vative Se	red, Disposed of, or Beneficially Owned					
1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)			4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		of (D)	5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year	Ownership of In Form: Ben	Beneficial	
		(Month/Day/Year)		Amount	(A) or (D)	Price	(Instr. 3 and 4)	Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)	
Class A Common Stock	03/11/2004(1)		I	2,137	D	\$ 9.119	52,191	I	by Trust	
Class A Common Stock	12/31/2004(3)		Ι	2,982	A	\$ 8.947	55,173	I	by Trust	
Class A Common Stock							157,658	D		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

Security (Instr. 3)	Conversion	Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)	Number		and Expiration Date (Month/Day/Year)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Tit Amou Unde Secur (Instr 4)	int of rlying	Derivative Security (Instr. 5)	of Derivative Securities Beneficially Owned at	Ownership Form of Derivative Security: Direct (D) or Indirect (I)	Beneficial
					(A)	,	Date Exercisable	Expiration Date	Title	Amount or Number of Shares						

Reporting Owners

Departing Owner Name /	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
LOWBER JOHN M 2550 DENALI STREET SUITE 1000 ANCHORAGE, AK 99503			Sr VP, CFO, Secretary, Treas.					

Signatures

JOHN M LOWBER	02/11/2005
**Signature of Reporting Person	Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Required corrective distribution and associated forefeiture of excess aggregate contributions and income allocable to those contributions for the 2003 plan year.
- (2) All shares owned by virtue of participation in the Company's Employee Stock Purchase Plan through December 31, 2004.
- (3) Purchases made on behalf of the reporting person by the Company's Employee Stock Purchase Plan during the period January 1, 2004 to December 31, 2004.

Note: File three copies of this Form, one of which must be manually signed. If space provided is insufficient, see Instruction 6 for procedure.

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