



SOUTHERN TRAILS

ISSUE 381 May 2011



C O N T E N T S

Directory	2
Taylor Torque	4
Who is Your Committee?	6
Talooge Topics	8
Brindies Night Drive	9
About Trips	10
Trips and Events	11
What to take with your	21
Stockton Beach	24
First Aid Course	27
For Sale	29
Coupling a Sloping Trailer	30
New Member Information	31
Membership Form	32

General meetings are *usually* held at the Canberra Deakin Football Club, Grose St, Deakin at 7.30 pm on the second Tuesday of each month.

Next Meeting 10th May 2011

This month's magazine has been compiled by Peter Henderson
Cover photos by Glynn Shepherd and Peter Henderson

SOUTHERN TRAILS - is the magazine of the ST4WDC Incorporated,
GPO Box 2122, Canberra ACT 2601
ABN: 49 507 780 060
Registered by Australia Post
Print Post No. PP248831/00046
National Library Catalogue No. ISSN 0314-0814
Web Address <http://www.st4wdc.org>

The opinions expressed in the articles and letters in this magazine are not necessarily those of the The Southern Tablelands Four Wheel Drive Club.

Southern Trails is printed by INSTANT COLOUR PRESS, 21 RAE ST, BELCONNEN, ACT 2617.

All magazine correspondence should be directed to the Publications Coordinator.

Trip reports & articles of interest are very welcome. Contributions may be edited.

We gratefully acknowledge the support given to this magazine by our advertisers and encourage our readers to support and patronise them whenever possible.

SOUTHERN TABLELANDS FOUR WHEEL DRIVE CLUB INC.



Directory



President

Greg Taylor
6241 3547

Email: membership@st4wdc.org

Vice President

Marj Jones
6284 3456

Email: vpresident@st4wdc.org

Secretary

Jo Delaney
0423 223 045

Email: secretary@st4wdc.org

Treasurer

Rick Holland
6292 6537 0412 335 962

Email: treasurer@st4wdc.org

Past President,

Rosemary Orr
6241 0464 0414 568 358

Email: ppresident@st4wdc.org

Publications Coordinator

Michael Patrick
0412 377 941

Email: publications@st4wdc.org

Education Coordinator

Peter Reynolds
6251 1258 0428 623 458

Email: education@st4wdc.org

Membership Secretary

Kerry Lejsek
02 6161 7597

Email: membership@st4wdc.org

Events and Trips Coordinator

Richard Brand
0418 568 358

Email: trips@st4wdc.org

Property Coordinator

John Kjar
6287 7574 0432 737 440

Email: property@st4wdc.org

Public Relations Coordinator

Rob Lejsek
02 6161 7597

Email: public@st4wdc.org

General Members

Ian Goodacre
0403 304 505

Email: ian@st4wdc.org

Mark Pritchard
0438 202 588

Email: mpkc@tpg.com.au

Kim Pritchard
02 6297 6319

General Meetings are held at the

Canberra Deakin Sports Club, Grose St, Deakin

at 7.30pm on the second Tuesday of each month.

General Meetings are a focal point of the Club where members can meet and get information about past and future Club activities. Meetings are structured with a minimum of formality. Meetings regularly feature talks from experts on topics of interest ranging from vehicle mechanics to bush lore. Reports on past trips are presented and new trips are announced. Visitors introduce themselves, there is a raffle with generous prizes and a coffee break for catching up with other members. Don't forget to wear your name badge.

Ideas for guest speakers are welcome. Contact Mary Biddle if you know of someone who could make an interesting and topical presentation.

Many members gather before and after the meeting to enjoy a meal or drink at the Canberra Deakin Sports Club.

Publications

Website www.st4wdc.org. The site is used to provide timely information regarding Club activities and variations from previously announced plans. Especially, check for any last minute variations to trips you are undertaking.

Southern Trails is the ST4WD Club monthly magazine.

Trip reports, and articles that are relevant to Club members are welcome, as are photographs and illustrations.

Closing date for all material is the Friday following the monthly meeting. Send contributions to publications@st4wdc.org

Talooge Park

Talooge is the Club's 600+ ha bush block in rugged country east of Bredbo. It is used for training and other club activities, and members are welcome there for private camping, recreation and the simple pleasure of enjoying the bush. Several areas have been set aside for basic bush camping. Some have firewood, but no other services – no water, no electricity, no phone, very limited mobile phone coverage. Pets and the discharging of firearms are not permitted on the property. Visitors should assume that they are solely responsible for their own wellbeing and be conscious of the risks of fire, snakebite, etc. Mobile phone coverage is poor. In an emergency, neighbours Mr Richie Southwell and his sons, can usually be contacted using UHF channel 18.

Intending visitors should check with the Property Coordinator or a committee member regarding access procedures and the combination locks securing the gates.

Code of Ethics

These are the rules of conduct that we should all observe when using our vehicles in the bush. We should all take them to heart. Image is a difficult thing to change!!

1. Obey the laws and regulations for Recreational Vehicles that apply to public lands.
2. Respect the cultural, heritage and environmental values of public/private land, by obeying restrictions that may apply.
3. Respect our flora and fauna. Stop and look, but never disturb.
4. Keep to formed vehicle tracks.
5. Keep the environment clean. Carry your own, and any other, rubbish out.
6. Keep your vehicle mechanically sound and clean to reduce the environmental impact.
7. Adopt minimal impact camping and driving practices.
8. Seek permission before driving on private land. Do not disturb livestock or watering points, leave gates as found.
9. Take adequate water, food, fuel, basic spares and a first aid kit on trips. In remote areas travel with another vehicle and have Royal Flying Doctor Service, or equivalent, in radio contact.
10. Enjoy your recreation and respect the rights of others.
11. Plan ahead and lodge trip details with a responsible person.
12. Support four wheel driving as a responsible and legitimate family recreational activity.

Training

The Southern Tablelands Four Wheel Drive Club is devoted to providing the best driver training possible. The Driver Training Team provides a range of courses throughout the year. Students are assigned an instructor over the period of the course. The 1:1 instructor/student ratio ensures maximum transfer of skills and experience.

The current courses are:

Main Courses

Basic Driver Training,
Very Difficult Terrain, and
Advanced Recovery (for Grade 4 and 5)

Supplementary Courses

Water Crossing,
Sand Driving,
Practical Map Reading,
Navigation,
Route Planning,
GPS, and
Other specific training relating to Club activities such as camper trailers etc may also be introduced..

Training for Driver Training Instructors

Trainee Instructor,
Assistant Instructor,
Instructor, and
Chief Instructor

Visit the ST4WDC web page for full details which are expanded on in detail in the Driver Training Policy document located under the Training menu tab.

Partners are encouraged to undertake the Basic Driver Education course, and any of the other courses offered from time to time. Unfortunately couples cannot undertake the course at the same time as only one driver per vehicle can be instructed during a training course. Training of a member's child is subject to approval by Club management and only when spare places are available. Couples may attend the Navigation, Map Reading & GPS courses.

A special offer to travelers - Sewing Machine - medium/heavy duty - available for short term loan.

I have custody of a medium duty Singer sewing machine that is ideal for all those small canvas repair jobs or to create new tent peg bags, tool rolls, billy can bags, camp oven bags, etc. How far does your creative imagination go? The machine will handle up to three layers of medium weight canvas and uses very strong upholstery weight nylon thread that is great for reasonably heavy jobs.

Don 02 6161 1880 or 0408 649 732

Taylor Torque

Greg Taylor



It has been a busy month with us. The trip away to the high country led by Michael Patrick was great. We had lots of mud, driving challenges, inevitable recoveries and the fantastic mountains of course. Did I mention the mud? Yes, I was snatched too – amazing how far a 4wd gets in 2wd doh! I will leave the stories to be told in the trip reports.

On the home front we have just had our tired heating system replaced by Elliot and Frank Wolf – members of the Club (see their advert in the magazine). Frank was also on the Vic High Deep South trip too. They did a great job for us and just in time I think as the balmy nights seem to be fast disappearing.

We had one of our kids leave for Europe for an extended trip and that was hectic too. My reason for not being able to attend the Kick-off event was to spend our last weekend with our daughter. Talking of the Kick-off it was another well organised and set up event by Wendy and Rick, Kerry and Rob. Everyone had a great time from what I have heard and I think some of the 'wanted' posters will be seen for some time to come.

The working bee at Talooge achieved a fair bit for our property and I had an opportunity on the Friday to catch up with Graeme Kruse, Don Wiltshire, Ian 'Icarus' Flanagan and John Kjar. I find their dedication and enthusiasm for Talooge to be full on – we are lucky to have people like this working for our Club. Thanks to all who were able to help over the weekend and I will leave it for John to report further.

Since returning from the high country trip I have not had a lot of opportunity to get out on the tracks. But I have been busy with our truck and its set up. I know a lot of talk has occurred about how we modify/accessorise our trucks to make them more capable for the activities we participate in. Adding accessories to the trucks are really a given if you wish to participate in virtually any 4wd trip over grade 2. Traction, traction and more traction comes at a cost and involves clearance too. I know some will argue that standard clearance/vehicles are all that is necessary but on steep tracks where we go reasonable clearance is important and then bar work and other recovery accessories are necessary to protect your truck and get it out of

trouble. Then there is all of the camping/living stuff to be self sufficient in the bush/desert. It all adds up in either height or weight. Most of you would know that our truck has one or maybe even two 'accessories' bolted on!

After hearing many stories and opinions on what is ok and what is not I am now going down the path of having the vehicle engineered to certify the modifications with the Roads and Traffic people. This includes height or vehicle lift as well as increasing the Gross Vehicle Mass (GVM). I will be reporting the outcome as it progresses.

It is nearly Easter and we will be joining Rob and Lynne Donaldson on Easter Saturday BBQ, egg hunt and night drive. I am looking forward to the views from Mt Coree as I have not been there at night yet (I didn't spend my teenage years in Canberra!). Then we are off to Bendethera (Rob and Lynne again) and Wombeyan Caves/ Yerranderie – so don't let a bit of chilly weather put you off – most of these autumn days have been glorious. For those doing the basic training in May we are running a Brindabella day out at the start of June to give you an opportunity to sharpen up your new skills. That is also a good day out for those with sharp skills as well.

Finally, we also have the second remote first aid course that has been organised by Jo Delaney coming up. From the positive comments of those who did the first course this is well worthwhile.

So, enrol for these trips/events on the website or phone the trip leader – if you are not too late that is.

Cheers.

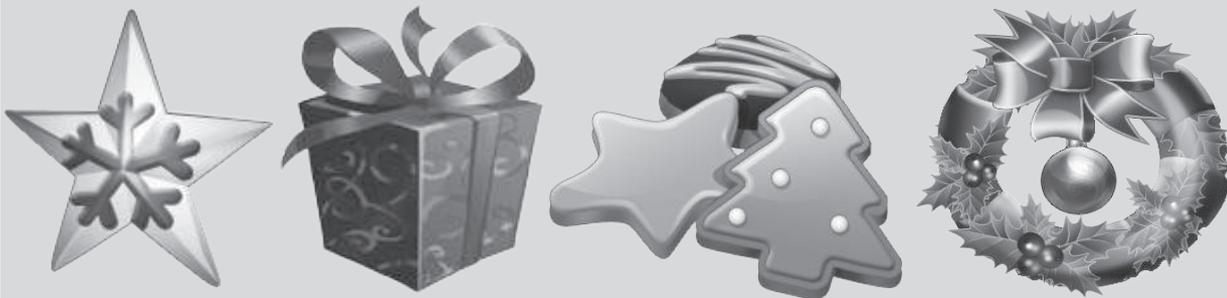
Greg

CHRISTMAS IN JULY

Laurel Hill Forest Lodge, Tumbarumba

2nd and 3rd July 2011

*Departure 9am on Saturday from
Uriarra Homestead*



Following in the fabulous tradition of Southern Tablelands Christmas in July at Laurel Hill Forest Lodge, Tumbarumba, we will follow the back roads over the Brindabellas via Tumut to Tumbarumba on Saturday and return via a great drive home on Sunday through the forest, with a visit to Paddys River Dam and including a visit to Cabramurra, the highest town in Australia.

Accommodation is in lodge style cabins that have been converted from the former low-security gaol/forestry camp.

Afternoon tea of homemade biscuits and cakes is served on arrival, followed by a three course Christmas dinner on Saturday night and a full breakfast on Sunday morning.

Cost \$74 per person, BYO sheets, blankets, pillows, towels and personal items, BYO alcohol/drinks (tea and coffee is provided)

For a great weekend book via the website or contact Kerry Lejsek on 0402 094 612 or email: Membership@ST4WDC.Org

Who is your Committee??

The Editor



This is an occasional series in which we will be letting everyone know who our committee members are, and something about them. Don't forget, if you have any comment, complaint or compliment about anything (preferably about Southern Tablelands, of course!!), the Committee would love to hear from you.

Our first profiles are of our new el Presidente, Mr Greg Taylor, and our new Public Relations guru, Mr Rob Lejsek.

Position: President

Name: Greg Taylor

4WD: GU Nissan Patrol ST 4.2TD 'Tonka' that we have been setting up more for touring with a roof top tent, awning and one or two other accessories!

Favourite trip or destination or what you like to do Off Road:

I find this hard to pick as I like too many destinations. I enjoy the Victorian high country as this area always has good four wheel driving through mountain areas. Steep and challenging tracks are always interesting! But I also enjoy the remote desert trips, WA coast and the Pilbara/Kimberly areas.

Joined: 2006

About me: (short – few sentences about yourself that you wish to share)

Vickie and I have four kids. Our eldest son Brenden and partner Kiera are members of the club too with the others only now grudgingly coming on trips with us. We must have spoilt them on our trips to the west...It is good to see they continue to camp with their friends though.

Vickie and I have led a lot of trips over the last three years or so for the club. We started doing this when we saw all the usual trip leaders working hard on the Queanbeyan 4wd show and thought we could lead a couple to keep trips up for the club too. It sort of became a bit of a habit as it helped us to get out more on weekends and go places. I recommend it to you!

What I would like to achieve for the Club: We have a strong club in many areas including 4wd trips, social/family activities and driver training. We also have a great property, Talooge, which provides for some of these activities. I would like to achieve a better integration between all of these areas with ongoing programs of trips and events supported by training that we know is some of the best available to any 4wd drivers. I certainly would like to see greater member involvement in our club activities too so we need to cater for what you the members want.



Position: Public Relations

Name: Rob Lejsek

Photo: In the members data base is OK

4WD: Toyota Landcruiser 80 series of course, is there any other?

Favourite trip: is to any good fishing holes

Favourite destination: is where the fish are biting – Dirk Hartog Island you can't miss

What you like to do Off Road: generally drive, but I did see a couple of kangaroos on Kangaroo Island taking a different approach

Joined: 2008

About me: Treat every day as if it was your last and one day you'll be right.

What I would like to achieve for the Club: Develop opportunities for the club members through collaboration with other organisations, clubs and Government agencies.



Camper trailer sales and hire

ABN: 34 102 155 962

Peter and Catherine

0412 866 375

www.independenttrailers.com.au

Call us:

- To hire a Tvan off road camper trailer
- For a demonstration of the Tvan
- To talk about buying a camper trailer

Local dealers for:

- Auspit (camping rotisserie perfect for the campfire)
- Tanami pumps (transfer fuel from your jerry can to vehicle without effort)

Visit us at home in Chifley or see us at the following shows:

- 13-14 May Riverina Field Day in Griffith
- 16-18 September Orana Camping show in Dubbo
- 20-22 September Henty Field Days
- 15-16 October Murrumbateman Field Days
- 21-23 October Canberra Home and Leisure Show
- 29-30 October Garden and Outdoor Festival Wagga Wagga
- 4-6 November Sth Coast Caravan & Camping expo Batemans Bay



Telephone: (02) 6280 6416 Unit 1/68 -70 Kembla Street

Facsimile: (02) 6239 1606 PO Box 1113

Email: sales@wattscom.com.au Fyshwick ACT 2609

Web Address: <http://www.wattscom.com.au> ABN 62 008 641 923

We are a one stop communications shop providing GARMIN GPS and Navigational equipment, Vehicle Tracking, UHF and AM CB radios, Marine VHF & UHF radios, HF Radios, Commercial Two-Way radios, Hands Free Kits for mobile phones, sales and rentals of Mobile and Satellite phones, HF, UHF and Commercial radios.

Our installation bay is fully equipped to undertake installations into all types of vehicles.

Our workshop has qualified technicians who undertake the repair of HF Radios, AM/UHF CB's and UHF/VHF Marine radios, commercial radios – mobile and hand held.

We are the sales and service agents for the following brands:

GARMIN, GME-ELETROPHONE, ICOM, KENWOOD, UNIDEN, MOTOROLA, SIMOCO, AND TAIT. We can also provide satellite phones on the Iridium and Globalstar satellite networks.

Talooge Topics

John Kjar



Calendar of Events at Talooge

Please advise of any additions or corrections by E-mail to Property@st4wdc.org

From	To	Activity	Contact	Phone No.
7 May	8 May	Chainsaw practice course	Neil Ellison	0413 504 324
14 May	15 May	Safe One Driver Training	Peter Reynolds	6251 1258(H)
28 May	29 May	Ozi Explorer	Michael Patrick	0412 377 941
16 Sep	18 Sep	Safe One Driver Training	Peter Reynolds	0428 623 458
October tba		Remote First Aid	Jo Delaney	0423 223 045
11 Nov	13 Nov	Safe One Driver Training	Peter Reynolds	0428 623 458

Many people have said to me "Talooge is looking better every time I visit". Well, Talooge just got a bit better during our working bee in April. We erected a shelter next to the fire pit at the Offset Mounds, we did some more cleaning up around tent sites, leveled and paved the Chemicals shed and we planted (and installed fencing protection for) another 50 trees on Thurbon Flat. This complements a lot of work that Graeme Kruse and Don Wiltshire have done in mowing the area on several occasions this summer/autumn, installed six BBQ plates and fire rings, constructed enclosures to protect many trees (protection not only from goats but also deer as they like what they see and are now also a nuisance) and have sprayed hundreds of litres of weedicide. In recognition of their great contribution they were both presented with the Presidents award at the AGM in March. Thanks guys, well done, much appreciated.

And its good to see so many Club activities and club members using Talooge, not only for driver training. We recently held a first aid course at Talooge, and a weekend photography course and the Kick-off for 2011 event. More are planned as you can see from the above schedule.

Three matters to note if you plan to use Talooge. First, make sure you contact the President or myself to advise us of your plans – there may be matters that you need to be aware of before your visit. For example, while we encourage all to use Strike-a-Light fire trail where possible, you will not be able to use it until the end of May – one of the property owners will be culling goats in areas

adjacent to the fire trail over this period and hence access is restricted. Also, make sure you know or obtain the combination for the gate and shed locks. And another reminder, do not camp under trees – the Eucalypts have shed some large branches recently and would have demolished your vehicle/trailer/tent! We have erected some warning signs near the river front on Thurbon Flat – but be wary everywhere.

John

Battery World
Power for anything... anytime!

Need a Battery for your...

FREE in-store auto Battery Testing and Sales at:

CANBERRA
95 Grenville Court
Phillip
(Behind Discount Tyres)

24hr Roadside Service

13 17 60

www.batteryworld.com.au

The advertisement features a background image of various car batteries and a car. The text is arranged in a clear, bold layout, providing contact information and service details for Battery World in Canberra.

Brindies Night Drive

23 April 2011

Richard Arranz



Trip Leaders

Rob, Lynne, Daniel and Gemma Donaldson
100 Series

Participants

Richard Arranz 95 series Prado
Bradley & Gordon Burnett Suzuki Vitara
Chris Nicholls & Patrick GQ Patrol
Daryl, Shona, Angus and Richelle Webb
Land Rover Discovery
Greg, Vicki and Kane Taylor GU Patrol
Joe and Michael Briguglio GQ Patrol
Lindsay & Janet Jones 100 series
Edward Killeen, Michael and Sam
Hilux dual cab

The aim of this trip was to visit McIntyre's Hut and Mt Coree, in darkness, and celebrate Easter 4wd style.

The evening started with a BBQ dinner at Casuarina Sands. Lynne organising an egg hunt for the six younger ones whilst the adults finished their snags and steaks at the newly developed location. Casuarina Sands is now an even better spot with excellent facilities and amenities. It is well worth a visit.

Under perfect clear weather the convoy departed by 6pm heading for Flea Creek along Gentle Annie Trail. We continued straight up Webbs Ridge Trail and down Waterfall Trail, both of which were in good condition. There was a notable silence over the air waves as we climbed Webbs Ridge, with drivers concentrating on their driving lines whilst enjoying the 'under lights' experience. The drive down Waterfall Trail was interjected by Greg and Lynne discussing a future trip near a nudist camp somewhere, with several others suggesting Greg should lead by example. This really does put a new angle on filling the trip calendar!

We had a supper break at McIntyre's Hut, where several campers must have wondered what was going on seeing nine trucks pull up after dinner, all lined up for the driving light 'comparo' amongst the boys and their toys. The 'comparo' didn't eventuate as we all preferred to sip our hot brews and try some of Lynne's Easter style cupcakes. Nevertheless, Greg made several references to Joe's spotty pointing upwards, which Joe repeatedly denied. It is amazing how, after dark, some of us found the gutter out in the middle of nowhere.

By 8:30pm we had left McIntyre's Hut to back track along Waterfall Trail and some of Webbs Ridge Trail. We turned onto the Powerline Trail that led us to the base of Mt Coree Summit Trail. The convoy stayed together nicely and averaged a good pace all night. On the Summit Trail, just on 10pm, we stopped to investigate a couple of deep ruts. Most of us agreed they were best avoided and we drove gingerly around them.

At about 10:15pm, on Mt Coree summit, Rob turned traffic warden directing us to suitable parking spots making sure we didn't fall off the edge. The view of Canberra from Mt Coree at night is quite something. Orange street lights blanketed the city north to south, flickering in the distance, with even reflections on Lake Burley Griffin visible. The moon was clear and bright with thousands of stars peering down. It was a beautiful vista.

The convoy departed the summit at 10.45pm and snaked along the Pabral Trail to the bottom end of Brindabella Rd. There we aired up and said our good-byes whilst Chris and Patrick remained on Mt Coree to take more photos.

Many thanks to Rob and Lynne Donaldson who led a wonderful evening trip complete with Easter sweets and good company.

ABOUT TRIPS

TRIP GRADING

For trips in the club's calendar a grading system of levels 1 to 5 is used to assist members in deciding which trips they would most enjoy and which grade suits the driver's level of skill and experience. This system of grading is a guide only. The grade assigned to a trip may change due to weather conditions, and the trip leader should be consulted in such circumstances. The trip leader has the right to deny a request from a driver who is considered not to have the necessary level of skill in 4Wdriving, or whose vehicle is deemed inadequate.

- *GRADE 1:** very easy with little, if any 4wd driving involved; will usually consist of a scenic tour or a trip to camp. No 4WD skills are needed.
- *GRADE 2:** a relatively moderate 4WD trip with winching and/or towing unlikely. Moderate level of 4WD skills needed, as well as completion of Basic Driver Education Course.
- *GRADE 3:** a medium 4WD trip which requires cautious driving; winching should not be required. Good level of 4WD skills needed, as well as completion of Basic Driver Education Course.
- *GRADE 4:** a moderately difficult 4WD trip with some winching and/or towing almost a certainty. High level of 4WD skills needed, as well as completion of both the Basic and Advanced Driver Education Courses.
- *GRADE 5:** an extremely difficult 4WD trip. Participants must be experienced at traveling over difficult terrain. Winching and/or towing will definitely be required and participants must have all their own recovery equipment. Skill levels the same as Grade 4.

DRIVER EXPERIENCE

Conditions on some trips at Grade 3 and above may prove too difficult for inexperienced drivers. Please advise the trip leader of the level of skill, and vehicle equipment when signing up for such a trip. Members must have attended the 'Safe-One' Basic Vehicle Operation Course before driving on a Club trip above the Grade 1 level, unless they have satisfied the Club's Education Coordinator that they have the necessary experience.

TRIP PLANNING

If you are planning a Trip or Social Event for the Club contact the Club Trips Co-ordinator, preferably at least two months in advance of your chosen dates. This will allow time to give your event a 'good plug' in the Southern Trails, and it helps to avoid clashes with other people's plans. However, if a good event opportunity comes up at short notice our rules are sufficiently flexible to enable a quick approval. Club policy requires that a Club event shall be publicised in the Club magazine, or at a General Meeting of the Club, or on the Club's website in order for it to be considered a formal Club event and so be covered for the purposes of insurance, subsidies and so forth.

For a trip using tracks that are not public roads it is Club policy to confirm with the appropriate authorities that access is permitted on the chosen dates. This includes National Parks, State Forests as well as private property.

CB RADIOS

The Club strongly recommends that a UHF radio be carried to facilitate convoy procedures. UHF channel 14 is used as the standard channel for trips.

FIREARMS & PETS

Firearms are not permitted on club trips. Pets are not allowed in National Parks, otherwise refer to Trip leader.

TRIPS AND EVENTS



30 Apr - 8 May **Rosehill Supershow**

2011-048

Trip Leader: Make your own way
Limit: unlimited
Start: 9:00 AM
Meeting Place: Rosehill Racecourse, Sydney
Description: NSW caravanning, camping, recreation and holiday Supershow

4 May **Chainsaw revision course**

2011-038

Trip Leader: Neil Ellison
Email: airbags@optusnet.com.au
Phone: 0413 504 324 (m)
Limit: 6 people
Start: 7:00 PM
Meeting Place: Queanbeyan SES, 34 Erin Street, Queanbeyan
Requirements: The program will consist of an evening theory session at the SES Offices in Queanbeyan on 4 May and a weekend practical session at Talooge on 7 and 8 May. You must attend the Wednesday night session prior to participating in the weekend practical.
Description: Neil Ellison, a Club member and also a member of the Queanbeyan SES is conducting an event for SES members to practice and gain more confidence in the safe use of chainsaws for lopping / limbing trees. He has offered to accommodate up to six ST4WDC members in the training program. Please note this is not a certificated course and completion does not entitle you to use the Club chainsaw - we hope to conduct a certificated course later this year.

7 - 8 May **Bendethera Weekend Getaway**

2011-040

Trip Leader: Rob and Lynne Donaldson
Email: aroundtownplumbing@grapevine.com.au
Phone: 0407 072 573 (m)
Limit: 12 vehicles
Grade: 3
Start: 8:00 AM
Meeting Place: McDonalds Car Park Queanbeyan
Description: Previous trip on the 2nd of April was cancelled due to closure of Deua National Park. The plan is to travel via Araluen and have morning tea at Dry Creek. From here we will travel via Merricumbene fire trail . The track can be quite rutted and tricky in certain sections. We will depart Sunday midday and head out via Dampier fire trail and other tracks leading to Krawarree road. Parties may split up here to head to North Canberra. The rest will travel Snowball Road into Tallaganda National Park and eventually reach Michelago. This will be a child friendly trip - all kids welcome.

7 - 8 May **Chainsaw practice**

2011-041

Trip Leader: Neil Ellison
Email: airbags@optusnet.com.au

TRIPS AND EVENTS



Phone: 0413 504 324 (m)

Limit: 6 people

Start: 9:00 AM

Meeting Place: Talooge Park

Requirements: Preferably members should have their own chainsaw in good working order and all safety equipment (Chaps, ear muffs, helmet, glasses etc)

Description: Neil Ellison, a ST4WDC club member and also a member of the Queanbeyan SES, has arranged a program to enable SES members to practice and gain more confidence in the safe use of chainsaws. He has kindly offered to extend the course to include up to six ST4WDC members. Please note that the course is intended to provide more practical experience and is not intended as a certificated course similar to those the SES has provided previously (and which is required before you are eligible to use the Club chainsaw). We hope the Queanbeyan SES will be able to carry out a certificated course later this year.

The program will consist of a theory session on the evening of 4 May (see earlier event) and a practical session at Talooge on the weekend of 7 and 8 May. Participants must attend the theory session prior to their participation in the practical session.

13 - 15 May "Safe One" Basic Driver Training at Talooge Park 2011-012

Trip Leader: Peter Reynolds

Phone: 02 6251 1258 (h); 0428 623 458 (m)

Limit: 20 people

Start: 7:00 PM

Meeting Place: Bredbo Service Station

Description: This is the Club's official and accredited basic driver education course.

Comments: You must phone Peter to book this event

14 - 15 May Wombeyan Caves and Yerranderie 2011-046

Trip Leader: To Be Advised

Limit: 10 vehicles

Grade: 2

Start: 7:45 AM

Meeting Place: Federal Highway, Eagle Hawk car park

Fuel: Full tank at start. Opportunity at Goulburn and Taralga to top up.

Maps: 1:25000 Richlands, Mt Armstrong, Bindook, Barrallier and Yerranderie.

Requirements: Basic driver training, basic recovery gear, UHF radio, good tyres, well maintained and reliable vehicle, camping gear including gas stove, food and water. Bowsaw/axe for track clearing. Happy hour supplies too.

Description: Leave our meeting place by 8:00am and travel to Goulburn, Taralga and then Wombeyan for morning tea and an optional 90 min cave tour of Wollondilly Cave. We will then take several trails including through Dingo Dell to Yerranderie to camp in the private town.

Yerranderie Township is a privately owned historic township and wildlife sanctuary within a large volcanic (extinct) crater in the Blue Mountains National Park. It is 44kms west of Camden and on the opposite side of the Burratorang Valley. The camping area is within the village precincts and has showers and a flush toilet. Onsite firewood supplied by the caretaker. For a small fee a

TRIPS AND EVENTS



fascinating walking tour of the village can be arranged with the caretaker on arrival. For the more active and energetic there is a walking track up to the peak of the volcanic core with its stunning views.

Comments: You must enroll for the trip by using the website booking enrolment or ringing the Trip Leader. You must confirm with the Trip Leader one week prior to the trip that you are still participating.

17 May **Social Evening at the President's Place** 2011-044

Trip Leader: Greg and Vickie Taylor, Kerry and Rob Lejsek
Email: lejsek@grapevine.com.au
Phone: 02 6161 7597 (h)
Limit: 16 people
Start: 7:30 PM
Requirements: \$10 as a contribution to a BBQ Dinner, BYO Beverages and Camping Chair
Description: This evening continues the series of Social Events aimed at getting together and catching up and talking about 4WD destinations. The evening will be hosted at Greg and Vickie Taylor's home in Palmerston and will include a BBQ dinner with salads, bread rolls and desert as well as short presentation on some of Australia's best 4WD destinations.
Comments: As space is limited to 16 people (including trip leaders) please book for each person via the website or contact Kerry Lejsek on: 0402 094 612

21 - 22 May **Return to Belowra** 2011-037

Trip Leader: Peter and Gwen Henderson
Email: hondo@homemail.com.au
Phone: 02 6231 3005 (h); 02 6266 0942 (w); 0419 690 190 (m)
Limit: 10 vehicles
Grade: 2
Start: 8:30 AM
Meeting Place: Williamsdale
Fuel: Full tank
Maps: Talk to Peter
Requirements: Basic driver training
Description: On Saturday we will meet at Williamsdale at 8.30am, head out via the Tinderrys, Slap Up and Badja Fire Trails, and on to Belowra. Sunday, return via Wandella Trig, and up Wadbilliga then home via Numeralla. Camper trailers welcome.
Comments: Nice easy drive to a great camping spot by the Tuross River. There is a river crossing involved on Sunday. This could change if there is rain during the week prior. There is a small charge for camping

22 May **"Safe One" Basic Driver Training Course Follow-up Day** 2011-013

Trip Leader: Peter Reynolds
Phone: 02 6251 1258 (h); 0428 623 458 (m)

TRIPS AND EVENTS



Limit: 20 people
Start: 8:00 AM
Description: This is day three of the basic driver education course and MUST be attended before participating on any Club trips where the proposed route is expected to be at Grade 2 or above

28 - 29 May OziExplorer Nav X

2011-033

Trip Leader: Michael Patrick
Email: michael.patrick2@bigpond.com
Phone: 0412 377 941 (m)
Limit: 10 vehicles
Grade: 2
Start: 8:00 AM
Meeting Place: Williamsdale
Fuel: Full Tank
Maps: Will be supplied where possible. If you have electronic maps of the general area bring them along
Description: This is a hands on OziExplorer Navigation Exercise. We will depart Williamsdale at 0800 and proceed to Talooge. We will then devote Saturday morning understanding trip planning and using OziExplorer, plan a route to Cowarra Gold mine. After lunch each vehicle will drive to the gold mine using their GPS and return to Talooge. Saturday evening will be devoted on planning a route to Tallaganda National Park and driving the tracks. On Sunday each vehicle will follow their trip plan prepared on Saturday night and drive the National Park with the aim of being back in Canberra by 1700.
Comments: You must have a GPS using OziExplorer and the ability to transfer information from a Laptop to a GPS unit. If you have a laptop please bring it along. This is an exercise to enhance users skills in using OziExplorer for trip planning. Please note this is not a basic introduction to OziExplorer but slightly more advanced. This is the first time this exercise this has been run so it will be a learning curve for me with lots of Lab Rats.

5 Jun Winching and Recovery Exercise

2011-018

Trip Leader: Peter Reynolds
Limit: 12 people
Start: 8:30 AM
Meeting Place: Casuarina Sands
Requirements: Basic driver training, vehicle with electric winch or hand winch, full recovery kit
Description: Winches are great if they are working and you know how to use them. This training day will help on both counts.
Comments: You must phone Peter to book this event

2 - 3 Jul Christmas in July, Laurel Hill, Tumbarumba

2011-045

Trip Leader: Rob and Kerry Lejsek
Email: lejsek@grapevine.com.au
Phone: 02 6161 7597 (h)

TRIPS AND EVENTS



Limit: unlimited
Grade: 1
Start: 9:00 AM
Meeting Place: Uriarra Homestead
Description: This trip continues the tradition of Christmas in July at Laurel Hill Forest Lodge, Tumbarumba. After meeting at the very respectable time of 9am at Uriarra homestead we will travel via the back roads over the Brindabellas for lunch in Tumut and then on to Laurel Hill in time for afternoon tea.
Accommodation is in the lodge style cabins that have been converted from the low-security gaol / forestry camp. Each lodge accommodates 8 to 12 people on a twin share basis in separate bunkrooms. The lodges have a common area with a heater, fridge, chairs and tables and a sink.
The weekend is well catered with afternoon tea of homemade biscuits and cakes on arrival, a three course Christmas dinner on Saturday night and full breakfast comprising bacon and eggs, cereal, fruit, toast and homemade Jams on Sunday morning. After breakfast we pack up and head off again via the back roads on a different route for the drive home.
Requirements: Cost \$74 per person paid by 24 June, BYO sheets, blankets, pillows, towels and personal items, BYO alcohol / drinks (tea and coffee are provided)
Fuel: Full Tank at start
Comments: special dietary requirements and times for meals can be catered for – please notify the trip leader of these by 20th June 2011

13 - 14 Aug Cold at Bendethera Caves 2011-047

Trip Leader: Michael Patrick
Email: michael.patrick2@bigpond.com
Phone: 0412 377 941 (m)
Grade: 3
Start: 8:30 AM
Meeting Place: McDonalds Car Park Queanbeyan
Fuel: Full tank
Description: This will be a cold trip, temperatures will drop into the low minus so rug up warm and bring a good sleeping bag. Bendethera valley is great in winter, crisp and dry. The plan is to travel via Araluen and have morning tea at Dry Creek. From here will travel via Merricumbene fire trail. This track can be quite rutted and tricky in certain sections. We will depart Sunday midday and head out via Dampier fire trail and other tracks leading to Krawarree road. Parties may split up here to head to North Canberra. The rest will travel Snowball road into Tallaganda National Park and eventually reach Michelago
Comments: Can possibly encounter snow in Tallaganda National Park

16 - 18 Sep "Safe One" Basic Driver Training at Talooge Park 2011-014

Trip Leader: Peter Reynolds
Phone: 02 6251 1258 (h); 0428 623 458 (m)
Limit: 20 people
Start: 7:00 PM
Meeting Place: Bredbo Service Station
Description: This is the Club's official and accredited basic driver education course.
Comments: You must phone Peter to book this event

TRIPS AND EVENTS



17 - 18 Sep Explore The Tracks of Abercrombie River National Park 2011-042

- Trip Leader: Michael Patrick
Email: michael.patrick2@bigpond.com
Phone: 0412 377 941 (m)
Limit: 10 vehicles
Grade: 2
Start: 8:30 AM
Meeting Place: Federal Highway, Eagle Hawk car park
Fuel: Full Tank
Maps: Taralga, Fullerton, Zone55 MGA OZF
Requirements: UHF Radio, Good Tyres, Vehicle in good condition
Description: Abercrombie River National Park is located 60km North of Goulburn. The park preserves the largest remaining intact patch of low open forest in the south-west central tablelands area. Casuarinas stand beside deep waterholes on the park's three main waterways. We will transit to the park via Goulburn/Abercrombie road and enter the park via Felled Timber road and Brass Walls fire trail.

Once inside the park we will travel the various tracks Saturday afternoon and either camp at Silent Creek or at Bummaroo Ford. On Sunday we will re-drive the tracks and lunch at one of the river sites. After lunch we will have a leisurely drive back to Canberra.

4WD TRAINING SERVICES P/L

ABN 008 545 980

Over 30 years 4WD Experience passed on to you

ONE ON ONE TRAINING

THE BEST TRAINING YOU'LL GET

This training course covers two competency units

- SRO DRV001B - Drive & Recover a 4WD Vehicle
- SRO DRV002B - Drive a 4WD Vehicle in Difficult Terrain

In your house 4hr theory component including training DVD
8hr practical component including 4WD recovery techniques

- Member Australian Driver Trainers Association Inc.
- Certificate IV in Driver Instruction
- Accredited Driving Instructor A.C.T. Government
- Certified 4WD Trainer Assessor
- Licensed 4WD Mechanic 30 years

*Private & Government Departments Catered For
One on One or with a partner (max 2)
Fully insured & first aid certified*

Call Peter anytime for information & bookings (training weekdays only)

0428 623 458

TRIPS AND EVENTS



Comments: This is a easy trip with only a couple of sections that will require definitive picking of the line. This is an excellent bedding in for new members. Camper trailers are welcome. Bring food, water and happy hour supplies.

25 Sep "Safe One" Basic Driver Training Course Follow-up Day 2011-015

Trip Leader: Peter Reynolds
Phone: 02 6251 1258 (h); 0428 623 458 (m)
Limit: 20 people
Start: 8:00 AM
Description: This is day three of the basic driver education course and MUST be attended before participating on any Club trips where the proposed route is expected to be at Grade 2 or above

8 - 9 Oct Remote First Aid Course 2011-006

Trip Leader: Jo Delaney
Email: ijdelaney@iinet.net.au
Phone: 0423 223 045 (m)
Limit: unlimited
Grade: 1
Start: 8:00 AM
Meeting Place: Talooge Park
Description: This is a 2 day training course to achieve the Remote First Aid Certificate, which includes the Applied First Aid Certificate.

The certificate offered is HLTF301B "Apply First Aid", which is the nationally accredited qualification normally required for a workplace first aider. This is sometimes referred to as "Senior First Aid" by some organisations ... they are exactly the same.

We will also be offering a "Statement Of Participation" for the "remote" component. This is not nationally accredited.
Comments: The cost is \$195 per person for the 2 day course (fee to be paid prior to the start of the course)

29 - 30 Oct River Crossing and Sand Driving 2011-020

Trip Leader: Peter Reynolds
Limit: 20 vehicles
Start: 8:00 AM
Description: This is the Club's annual training course covering river crossings and sand driving. You must phone Peter to book this event.

5 - 6 Nov ST4WD 35th Anniversary Event 2011-031

Trip Leader: Kerry and Rob Lejsek, Rick and Wendy Holland
Email: lejsek@grapevine.com.au

TRIPS AND EVENTS



Phone: 02 6161 7597 (h); 02 6271 1967 (w); 0402 094 612 (m)
Limit: unlimited
Start: 7:00 PM
Description: This event is still in the planning so mark this weekend in your Calendar to Celebrate the Club's 35th Anniversary!

11 - 13 Nov "Safe One" Basic Driver Training at Talooge Park 2011-016

Trip Leader: Peter Reynolds
Phone: 02 6251 1258 (h); 0428 623 458 (m)
Limit: 20 people
Start: 7:00 PM
Meeting Place: Bredbo Service Station
Description: This is the Club's official and accredited basic driver education course.
Comments: You must phone Peter to book this event

20 Nov "Safe One" Basic Driver Training Course Follow-up Day 2011-017

Trip Leader: Peter Reynolds
Phone: 02 6251 1258 (h); 0428 623 458 (m)
Limit: 20 people
Start: 8:00 AM
Description: This is day three of the basic driver education course and MUST be attended before participating on any Club trips where the proposed route is expected to be at Grade 2 or above

11 Dec Winching and Recovery Exercise 2011-019

Trip Leader: Peter Reynolds
Email: trips@st4wdc.org
Phone: 0418 568 358 (m)
Limit: 12 people
Start: 8:30 AM
Meeting Place: Casuarina Sands
Requirements: Basic driver training, vehicle with electric winch or hand winch, full recovery kit
Description: Winches are great if they are working and you know how to use them. This training day will help on both counts.
Comments: You must phone Peter to book this event

CLIMBING GEAR FOR YOUR 4X4

ARB AIR LOCKERS ARE TOOLS OF THE TRADE FOR SERIOUS 4 WHEELERS. IF YOU NEED TOTAL TRACTION ON DEMAND, YOU NEED AIR LOCKERS – THEY'VE BEEN HELPING 4 WHEELERS CLIMB MOUNTAINS FOR MORE THAN 20 YEARS.

- 100% traction at the flick of a dash mounted switch
- Super strong locking mechanism activated via compressed air
- Ultra durable design using aerospace grade materials
- Easy installation and maintenance
- Over 100 part numbers covering most vehicle models
- Used by the best in the toughest events, from the Outback Challenge to the Xtreme Winch Series

Dana 60 shown with optional diff cover

OUR RANGE INCLUDES:

- ARB BULL BARS & REAR BARS
- ARB SIDE RAILS & STEPS
- WARN & MAGNUM WINCHES
- OLD MAN EMU SUSPENSION SYSTEMS
- IPF LIGHTS
- ARB AIR LOCKERS & AIR COMPRESSORS
- SAFARI SNORKELS & PERFORMANCE COMPUTERS
- ARB, THULE & RHINO ROOF RACKS
- ARB ROOFTOP TENTS
- ARB RECOVERY EQUIPMENT
- ARB CANOPIES, UTE LINERS & SPORT LIDS
- ARB TOWMASTER TOW BARS
- ARB FRIDGES & DUAL BATTERIES
- FUEL & WATER TANKS
- TYRE ACCESSORIES
- GME RADIOS, SEATS, CARGO BARRIERS, WHEEL CARRIERS & MORE

ACT: 188-190 Gladstone St, Fyshwick 2609
Tel: (02) 6280 7475 Fax: (02) 6239 1124
Email: sales@arb.com.au Web: www.arb.com.au

ARB accessories are available from stores in every state and stockists in most larger regional centres.



“SAFE ONE” BASIC 4WD VEHICLE OPERATION COURSE

*The Southern Tablelands Four Wheel Drive Club conducts **two-day weekend Driver Training** exercises, with **Follow-up Days** on the Sundays, 1 week later.*

Purpose:

To introduce new & old club members to vehicle equipment, daily maintenance, recovery techniques & equipment, and in particular teach them the skills necessary to safely operate their 4WD in a variety of terrains.

Meeting Time/Place:

Service Station in Bredbo (right hand side of highway) no later than **7.00pm** on the Friday evening preceding the course.

**The Club's Education Coordinator is Peter Reynolds,
Tel (h) 6251-1258 or (m) 0428 623-458.**

PLEASE BOOK A PLACE ON ONE OF THESE COURSES WELL IN ADVANCE AND ALSO RING PETER ONE WEEK BEFORE THE COURSE TO CONFIRM ATTENDANCE!

IF YOU DON'T, YOU WILL LOSE YOUR PLACE ON THE COURSE

ONLY ONE DRIVER PER VEHICLE PER COURSE, THOUGH A SUPPORT CREW IS WELCOME.

COURSES FOR 2011 WILL BE HELD ON

14-15 MAY	WITH FOLLOW-UP ON	22 MAY
17-18 SEPTEMBER	WITH FOLLOW-UP ON	25 SEPTEMBER
12-13 NOVEMBER	WITH FOLLOW-UP ON	20 NOVEMBER

WHAT TO BRING

Yourself & family and a 4WD in good mechanical condition
Camping gear for overnight stay
Food and Cooking gear for 2 days
Chairs to sit on in lessons and around the fire
Recovery gear, if you have it, but not essential
Garbage bags for all your rubbish to take home
Notebook & pen
Camera
A full tank of fuel
Torch
Drinking water.
UHF Radio (optional – talk to Peter)
Front and Rear Recovery Points preferred.

There is a large First Aid Kit at Talooge. Also a large gas BBQ

PLEASE DO NOT BRING PETS OR FIREARMS.

Also coming - Sand and Water October 29-30 and Winching & Recovery June 5 and December 12

What to take with you

Rob Dobson



What will you take with you on your next 4WD trip?

Ok, so you have purchased your 4WD (see February 2009 Southern Trails), fitted it out (see forthcoming article), completed your driver training and first aid course, and you are now ready to hit the great outdoors. But what “stuff” should you take with you and what can be left behind? This depends on how long and where you intend to travel, how many in the vehicle, your preferences for camping/cooking and whether you will be towing a caravan/trailer etc. But there are some basic things you should take with you. The rest of this article can be used as a checklist that may help you determine whether you need the stuff. It is arranged into two headings – tools and camping gear and for each I have identified what I consider to be essential and what would be “nice to have”.

First however a few suggestions regarding safety. With all the stuff you will be carrying it would be wise to install a cargo barrier to protect yourself and passengers – this stuff quickly becomes a missile in the event of an accident. And a hint for the blokes – a 40 litre fridge with its dedicated deep

-cycle battery helps to keep the milk cool (and the beer) and cooking options will be much more palatable. An additional esky enables you to use the fridge as a freezer and the esky as a fridge (defrosting tonight's meal). And if the fridge is mounted on a slide, and preferably a drop-down slide it makes access so much easier.

Tools

First priority should be your vehicle recovery gear including a snatch strap(s), tree protector, winch extension strap, drag chain, 4 (rated) bow shackles and gloves. A winch is recommended – either a Tirfor-type winch with 30m cable or a vehicle mounted winch. Wheel chains may also be necessary. Next is a reliable air compressor and tyre gauge (let-down valves are ‘nice’). Then a (long handled) shovel to enable you to dig yourself out of that bog your spouse said you should not enter, and an axe/bush saw to cut the firewood so necessary for your campfire as well as to remove fallen trees blocking your path (a chainsaw is also ‘nice’ for this purpose but not in a national park). A minimum one tonne capacity car jack with 30 cm square jacking plate are essential (and a rattle

LEE & THOMAS

Auto Electrics

EST.1960

- General Auto Electrical Repairs
- Batteries & Accessories
- Airconditioning Servicing
- Exchange Alternators & Starter Motors
- Car Immobilisers

Battery World

SHOWROOM & WORKSHOP
@ 95 Grenville Crt
Phillip

6281 1455

OPEN MON - FRI
8.00am - 5.00pm
SATURDAY
8.00am - 12.00



What to take with you

Rob Dobson



Just some of the things you need to take with you on a long trip. It is a lot of stuff!!

gun to remove/replace the wheel nuts would be nice). At least one spare wheel and a second spare in extended/remote trips are essential, while a tyre repair kit, spare tyre, bead breaker and tyre leavers are very nice. A tarp to fit over the front of the car (like a bra) to protect the engine/electrics is essential for many water crossings (just ask Ian Goodacre). Cars often collect dead grass underneath which can quickly catch alight from the heat of the engine (as has happened to many vehicles on the Canning Stock Route and other places) and vehicle accidents/campfires etc can involve dangerous fires, so a good fire extinguisher is essential – and a spare is nice to have.

Radio communications are essential – the absolute minimum is a UHF radio plus a mobile phone (with battery charger). Strongly recommended is to complement these with a personal locator beacon (see Sept 2010 and Feb 2011 Southern Trails), a satellite phone and/or a HF radio especially if you contemplate remote trips or if travelling alone. A compass and detailed hard-copy maps also help in making the journey hassle-free (well, I said it helps) and the more detailed the maps the better (1:25,000 topographic maps are good in off-road areas). GPS street navigators contain many off-road tracks and help to reduce the

hassles while a GPS system with electronic topographic maps that show you exactly where you are (lost) – such as the Ozi Explorer software - are known to have saved many relationships.

Now things happen on trips – probably on most trips there is a need to tinker with or repair/replace something. The replacement parts that may people consider essential include a fan belt, generator belt, power steering belt, spark plugs, coil and spark plug leads, points, condenser, a range of fuses, globes, radiator hoses, A/C hose, air filter, oil filter, fuel filter, windscreen wiper blades, windscreen crack repair kit (and plastic film to cover a broken windscreen), worm clips for hoses, spare nuts and bolts and for extended/remote trips some shock absorbers. And bring a vehicle repair manual – so others can fix it for you!

And you will need tools, lots of them to do this tinkering. Basic hand tools, including ring and open-ended spanners, socket set, spark plug socket, 200mm adjustable spanner, wheel-brace, screwdrivers, hammer, chisels, pliers (general and long nose), hacksaw & blades, files (incl points file), wire cutters, feeler gauge, Stanley knife, WD 40, 100 mph gaffer tape, hand cleaner, nuts & bolts, screws, nails, drill & bits, Araldite and metal and contact glues, electrical wire, alligator clips, insulating tape, Allen keys, plastic tubing, heavy duty jumper leads, spare rope & wire, 5 cm masking tape to seal doors before driving thru water and hand towels are all essential. Spare fuel (jerry cans), engine oil, transmission and brake fluid, and coolant are essential for long/remote area trips.

Camping gear

A large tent, quick and easy to erect, compact in size, light and durable, waterproof, cool in summer and low cost unfortunately does not exist – you have to make compromises. The Black Wolf range does however tick most of these boxes. Remember

What to take with you

Rob Dobson



poles, pegs, connectors, fly's are also necessary items. An additional tarp to provide extra shade, a collapsible shower enclosure and folding toilet seat are nice for longer stays. And a 12V submersible pump connected to a flexible hose pie and shower rose makes a great shower. Many campgrounds also require you to use a 'groundsheet' made of shade cloth (allows the grass to breathe) under your tent. A stretcher with a foam mattress provides some necessary comfort while a self-inflating mattress is a viable option – and don't forget your sleeping bag plus liner or a doona and pillows. Folding tables and camp chairs are essential, while rubber door-mats placed in front of your tent are nice in sandy areas. A rooftop tent or off-road van/camper trailer suit some but not others.

There is a range of cooking equipment options but the minimum includes a gas stove and LPG fuel (e.g. a one-burner stove with replaceable 250 ml metal gas canisters – or a 2kg gas cylinder with gas ring on top) and/or a BBQ plate with side supports. A tripod for hanging a billy or camp-oven over the campfire is nice as is a long-handled pot holder to lift the lid off a hot billy or camp-oven. At least two of the following are seen as essential – a billy, saucepan, camp-oven, frying pan and even a kettle – as are heat resistant gloves. A thermos and even a hot water bottle are essentials for some, especially during winter trips.

And of course you will need a 'picnic basket' to hold your plates, cups, cutlery, bottle and can openers, fire starter and waterproof matches, mosquito repellent spray/cream and coils, clothesline, pegs, bucket/washing up bowl, detergent, soap, pot scourer, hand cleaner and T-towels.

Lighting around the tent site helps when days are short, you want to read or tinker with the car/tent etc, go to the loo etc – so a 12V fluoro with a 5 metre cord, a similar 240V light and cord with a 20metre extension cord and power board, torches (including one that you wear on your head) are good and necessary – a gas lamp (with mantles) is also nice to have. And a 300 mA (or larger) inverter (that converts DC to AC so you can charge up your laptop and camera or use your electric

razor) are also often seen as essential items to enable you to escape the city life!

A comprehensive first aid kit is an essential item and should, depending on the trip, contain a foil blanket, warm blanket, nylon cord, mirror, water proof matches, scissors, splinter forceps, 5 safety pins, stingose, antiseptic wipes, 2 calico triangular bandages, 2x75mm crepe roller bandages, 1x50mm gauze bandage, 2x10cm sq non-adherent dressings, one BPC No 14 wound dressing, cling-wrap, 10 bandaids, waterproof tape, sterile gauze swabs, two plastic disposable gloves, plastic/ziplock bags, First Aid book, pen & biro.

You will also need enough water containers (5 and 20 litre jerry's) for 4 litres of water per person per day (excluding showers!). A personal hygiene kit including razor, sponge, toothbrush and paste, deodorants, soap, towels, brush & comb and shampoo are essential. And if leaving the car for hiking etc then include a small rucksack, water bottles, hand held UHF, and a first aid kit. And don't leave home without your camera, driving licence, access permits, spare car key, money and credit cards, log book and pencil.

And if you have been able to fit all that stuff in your car, plus all your food and clothing and sporting/swimming/reading material I expect you will have an enjoyable, hassle-free holiday – but you can be sure if you have excluded just one of these items it will be found to be necessary. Hopefully you will be able to purchase a suitable item or innovate to overcome the problem. Happy trails.

Stockton Beach

12-14 March 2011

Glyn Shepherd



Participants

John and Andrea Kjar	100 Series
Warren Shardlow	Holden Rodeo
Jim and Heather Leedman	Pajero
Glynn & Rosemary Shepherd	Mitsubishi Challenger
Jim Anderson & Nick O'Brien	Holden Rodeo
Jamie & Vanessa Ericson	Kia Sportage
Steve & Mayumi Smith	Pajero
Phil & Julie Henderson	Landcruiser Prado
Don Wiltshire	Fawn Holden
Jackaroo	

Laurence of Arabia once wrote "a Rolls in the desert is above rubies...".

Well, there weren't many Rolls Royces gathered at 8am on the Saturday of the Canberra Day long weekend. However, there were a couple of Rodeos, a Landcruiser, a Jackaroo, a Kia, a couple of Pajeros and our Challenger. This was the start of an expedition to Stockton Beach for a revival of the 1960's dune buggy culture (whoops..., errr, driver training for the Simpson Desert) organised by John Kjar and Warren Shardlow. A quick search of the web before we left informed me that the sand dunes at Stockton are the largest continuous mobile sand mass in NSW and that the dunes can reach up to 30 meters high.

We set off from Canberra heading to Anna Bay near Newcastle. On the way we picked up Phil and his family in his Prado, complete with camper trailer, at Goulburn. We navigated the Sydney traffic in convoy and stopped for lunch at Brooklyn Bridge on the scenic Hawkesbury River. The weather was warm and a bit humid. We watched the local SES launch some boats into the Hawkesbury and setup for a day of training. It was then on to Anna Bay where we had booked into the Birubi Beach resort about a block from the entrance to the beach. After checking in and the purchase of a beach permit, we lined up for an initial run on the beach after knocking about 20 pounds out of the tires.

What started off as a simple run along the beach turned into a mini assault on the dunes with Jamie in the Kia being the first to get stuck. He was extracted by Steve and his two man recovery crew



of "young strong men" in a Pajero. This was to become a regular event. "Dune leader Warren" then promptly got stuck on a sand "hump" (which looked a bit ambitious). We tried some digging and found the sand quite hard under the car from the weight. All this shovelling seemed like too much hard work in the sun. A set of Maxtrax (long orange plastic board with knobs on) appeared and were jammed under the rear wheels. Warren then managed to drive it out.

We did some more playing in the dunes. It was a time to find out how a car handled in the sand and whether making adjustments to tire pressures and the use of high range or low would help. Our Challenger seemed to work best in high range for a good run up to the dune. However, I think others used low range more successfully than we did. Then it was then back to base for happy hour.

The Sunday was a full day following Warren's adventures in the dunes and trying a bit of sand tobogganing with pieces of cardboard and other



Stockton Beach

12-14 March 2011

Glyn Shepherd



things that came to hand. We checked out various features along the beach such as "Tin City" a tin shack camp in a sand dune bowl supposedly used in the film Madmax. We wondered at how these shacks had managed to survive in the shifting sand. There are various creation stories but most shacks seem to have come about during the 1930's depression when squatters could exist on fish. Being a Sunday there were quite a few cars on the beach (as it is popular with Sydneysiders) with some stopped to go fishing. There were even horse riders and a couple of horses with sulkies racing and exercising on the beach.



Stockton Beach has had many ship wrecks over the years. We stopped for lunch at the remains of the old ship wreck Sygna. The Sygna was a Norwegian bulk carrier that sank in 1974 on its maiden voyage during a storm.

The afternoon brought the chance for some of the more adventurous to get some "big air" going up and over the dunes. Not all of us were silly enough

to participate in this! However, it was a good opportunity for some photographs.

Previously we had all conquered driving over the sand dune "drop" or cliff face a few meters high which most of us probably would never have attempted without Warrens example. Nearing the end of the day and after a final extraction of a newish Pajero from a sand bowl, it was back to the resort for a happy hour to swap some yarns and then dinner at the local pub.



A big thank you to Warren and John for sharing their experience and organising the weekend.

The last day we went our separate ways to find our own way home, however as there are heaps of things to do in the area such as whale watching, quad bike tours, dolphin watching, a brewery and winery, some of us had a look around the area and coffee at the nearby marina. Amongst the rather expensive looking white and chrome boats we encountered Pauline Hanson having a photo shoot. Starting the drive back to Canberra I noticed a track into the national park. This turned into a fairly easy 4wd track which then became sandy. The Challenger promptly sunk in the sand and stopped. Strange, I thought "this didn't happen yesterday!". Some reassuring words to the passenger. Jumping out to survey the situation it dawned .. I hadn't put the hubs in.

On the road back to Canberra I couldn't help wondering if Lawrence of Arabia ever forgot to put the hubs in?



7 YALLOURN STREET FYSHWICK ACT

T 62806488

F 62804085

sales@airandheat.com.au

www.airandheat.com.au

**Frank and Elliott Wolf
are authorised dealers for**



Remote First Aid course



John Kjar

Remote First Aid course
By John Kjar

Participants included Jo Delaney, Janet Jones, Yvonne and Rob Dobson, Pauline and Dave Bennison, Lyn and Ernie Kennedy, Kerry and Phil Price, Roger Booth, Graeme Kruse, Theo Cassidy, Don Wiltshire and John Kjar. Our trainers from Aspect Training were Melissa Batten, Peter Redpath and Gary Bliss.



Imagine the scene – you have just completed your driver training and you have taken the family out for a drive to show them your new skills. You come across an accident scene – a vehicle has run off the road down a hill, engine is still running, fuel is leaking, bystanders standing around smoking and gawking and there are four persons in various states of consciousness. The driver is unconscious



and head slumped forward, front passenger is acting strangely and has a wound bleeding profusely, rear adult passenger is screaming and rear child passenger is hysterical and calling out for Mum. There is a TV crew filming the accident scene and bystanders including a lawyer are observing the chaos. Can it get any worse – yes, it often does – in our example, the driver then stopped breathing, the front passengers' wound continued to bleed despite bandaging it and soon became unconscious (typical progressions in car accidents) and the screaming back seat passengers drove us all batty. Surely this is as bad as it gets we all thought – until we heard later about the Christchurch earthquake or the myriad other things that can happen including snake and spider bites, heat attack, stroke, sprains, bone fractures, epileptic fits, etc etc.

Well, what would you do in the circumstance outlined above? Could you help in such a case and would you? Would you stand back if your grandchild was one of the

victims? The aim of the course was to equip the participants with the necessary skills and knowledge to save lives, limbs and lifestyles in such circumstances – and we all completed it in style.

While some of the actions of some of the actors have been changed to protect the innocent this is a summary of what we did in such an emergency. Janet took control of the rescue effort, organising us into teams to carry out specific tasks. Graeme and Ernie removed the dangers (turned off the ignition, disconnected the battery, stabilised the vehicle) and proceeded to open the front doors wider than normal to facilitate access. Rob the Gadget Man was tasked to contact Emergency and maintain contact with them throughout the drama requiring use of his HF gadgets. Meanwhile, Don and Yvonne attended to the unconscious patient assuming he had broken his spine near the neck (we were advised this was common in vehicle

Remote First Aid course

John Kjar



accidents) and carrying out CPR when he stopped breathing. Pauline and Phil attended to the profuse bleeding from the arm of the front passenger, applying additional, tighter bandages to stem the bleeding and then with additional help, removed the patient from the car and placed into the recovery position when the patient became unconscious (but still breathing). Lyn did a great job settling the screaming back seat driver and treating his superficial wounds while Jo was able to calm the child. Roger took on the task of recording the signs and symptoms of the patients and information from bystanders. Kerry and Phil prepared some makeshift stretchers to carry the patients to a safer and less steep location while Theo and John made a cup of tea for the rescuers and assisted with the CPR. When looking back it sounds simple and obvious – well it would be after the comprehensive and clearly demonstrated training and practice we all received during the weekend.

Some of the other interesting and useful information we learnt included the importance of Cardio Pulmonary Resuscitation (CPR) in restoring a heart beat in some cases as well as maintaining



the blood pressure to the brain of the patient until medical attention arrives, and the results of a US study that showed 85% of persons carrying out CPR did not press hard enough on the patients chest. Simple things, often overlooked were also stressed to gain the patients trust by acting calmly, talking to the patient and listening and responding to their responses, respecting their privacy, making them as comfortable as possible and seeking their permission to assist them with first aid.

On the contentious subject of legal issues arising from any assistance offered by a first aider, the book and our instructors advised us that “No Good Samaritan or volunteer in Australia has ever been successfully sued for the consequences of rendering assistance to a person in need.” Their advice was to carry out actions within the training we obtained – we are not trained as doctors (despite Dave’s hankering to carrying out open heart surgery with his Swiss Army knife).



We learnt much more useful information and skills and, importantly, gained confidence in dealing with life threatening circumstances. It was the type of course that is suited to persons with some limited first aid knowledge and want to upgrade the skills and knowledge for use in the home and community as well as when out doing what we all like best – driving and camping in the great outdoors. With these skills you will enjoy the outdoors even more and, maybe, one day help save a life, possibly your grandchild. So, just do it! You won’t regret it.

FOR SALE/WANTED/LOST/FOUND



Advertising on this page is **free to members** but is restricted to

Two Months. Non-members will be charged \$20 per advertisement for 5 lines for the same period.



1995 80 Series Toyota Landcruiser

Petrol with 265000 kms
Non Standard Extras Include
Cruise Control; Tow Bar; Dual Batteries with 100amp Redarc smart charger system (1x Deep Cycle Battery, 1x Standard Battery); 50mm lift in suspension - Coney Shocks with Lovell springs; 2x Rear mounted 12V sockets, 1x Cig style and 1x caravan; ORS Fridgepack; 2 Medium drawer system (A medium sized fridge on a pull out slide and two drawers for stuff); Cargo barrier 40 Channel UHF radio + antenna; Diff breathers have been raised to top of the engine bay; Roof Racks (Rhino Bars) matt@gaul.com.au or 0402 840 352

5 tyres: 1 brand new (spare) and 4 nearly new (with 10,000 km) . Good Year Wrangler Silent Armour, All Terrain 245/75/17. \$800 the lot.
Please phone Boris on 0412 766 532

Springs, rear to suit 95 series Prado, medium duty Old Man Emu OME890. Done easy 22K kms over 21 months. Excellent cond. \$75 pair.
Richard 0402 333 747.

Redback Explorer heavy duty off-road camper trailer built mid 2007; galvanised body; large alloy storage box at front; 16 ins wheels; on-board battery; 16' x 8' 6" camper top plus 8' awning; 12v wiring with 4 outlets; electric brakes plus over-ride as back-up; 70 lit water tank; kitchen on tailgate with gas stove and grill; queen size mattress; storage frame in body of trailer; excellent condition and well below current replacement cost. \$15,900
Call David Whight on 0438882696

1985 model "**60" Series Toyota Landcruiser,** Diesel, Station Wagon. Very good rubber. Mechanically good for its age, done many miles. Asking \$1,500. Call Wayne on 0407 85 1927.

Club Clothing

The Club clothing or a name badge can be ordered from Kathy Solomos at the monthly Meetings.
Payment for any item is expected when ordering.

Jackets:	\$75:00
Shirts:	\$37:50
Vests:	\$47:50
Caps:	\$15:00
Hats:	\$15:00
Beanies:	\$15:00
Name Badges:	\$12.00
Rugby Tops:	\$48:00

Kathy Solomos 0402 051 623

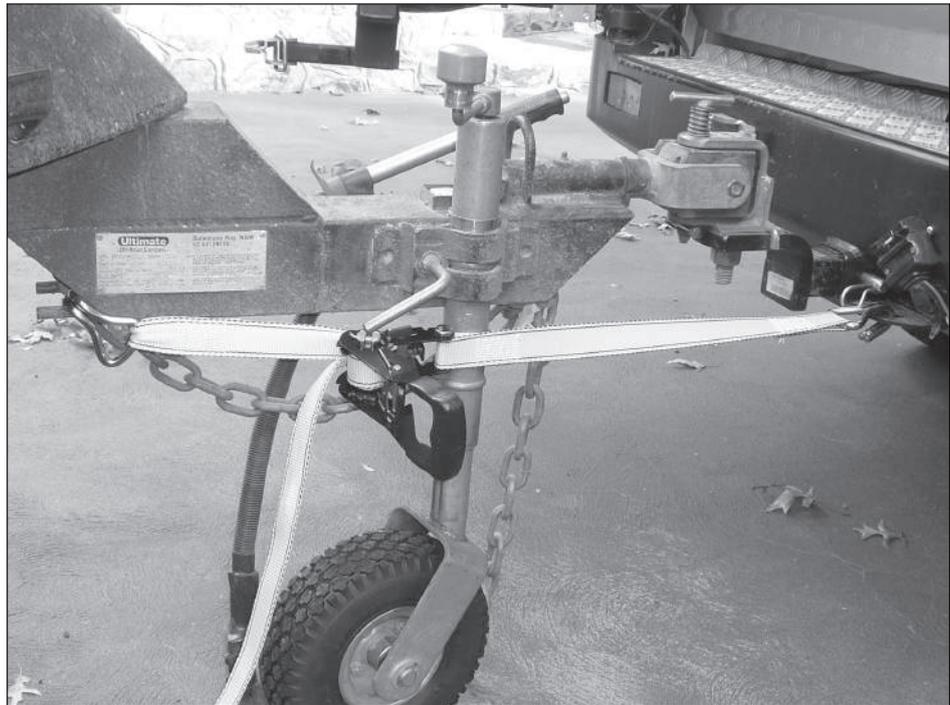


Coupling a Trailer or Caravan on a Slope

Rob Dobson



Every now and then we have no option but to set up on a slope with the truck higher up on the slope than the trailer or else in sand. When it comes time to couple the trailer to the truck it becomes very difficult to either drag the trailer up hill or to back the truck onto the trailer coupling, particularly if you are on your own. We have found that the use of a heavy duty ratchet tie down to drag the trailer coupling onto the truck solves the problem very well. Much better than a ratchet jockey wheel as it does not need to grip on the ground.



Around Town Plumbing Services

ABN: 11 227 406 122

For all your plumbing needs !

We have been in business for 13 years, specialising in plumbing maintenance in and around the Canberra area.

Call us for:

- General plumbing maintenance
- Commercial plumbing
- Installation of dishwashers
- Backflow prevention and testing
- Gas fitting
- Toilet and tap repairs
- CCTV inspection of blocked drains
- Installation of hot water units
- In-wall cisterns
- Ejector pumps and grease traps
- Burst pipe repairs and replacement
- Drain cleaning - electric eel, mini-eel & high pressure cleaning



We offer a 10% discount on Labour to club members

Call Rob or Lynne on 0418 631 669

www.aroundtownplumbing.com.au





SOUTHERN TABLELANDS FOUR WHEEL DRIVE CLUB Inc

GPO Box 2122, Canberra ACT 2601

MEMBERSHIP

Categories of Membership

Full details of the categories of Membership of the Southern Tablelands Four Wheel Drive Club Inc. (ST4WDC) can be found in the Constitution of the club. The following is a summary of the key differences:

'Owner Member'

Owner membership of the Club may be open to any person interested in the furtherance of the objects of the Club, who is an owner or part owner (at least 10%) of a four wheel drive vehicle registered in Australia. The partner of an owner-member has all the privileges of an owner-member.

'Associate Member'

Any person interested in the furtherance of the objects of the Club may be eligible for associate membership and entitled to vote at any general meeting but shall not be entitled to a vote at the annual general meeting or at any special general meeting. An associate member is not able to be a committee member of the club.

'Competition Member'

Any person interested in the furtherance of the objects of the Club but wishing to join the club for the principal purpose of participating in 4WD competition events may join as a 'Competition Member'. A competition member is not entitled to a vote at the annual general meeting or at any special general meeting, and is not able to be a committee member.

'Family Member'

Family membership is extended free of charge to those persons who are the immediate family of an Owner Member or an Associate Member provided that they are under the age of 21 and are domiciled under the same roof. Family Members who have already completed the Basic Driver Training course are entitled to a 50% reduction in the Owner Member Joining Fee provided they become Owner Members before their 22nd birthday.

'Life Member'

Life membership of the Club may be extended to any owner member who has been a member of the Club continuously for at least 10 years and has in the opinion of the Club Committee, contributed significantly to the endeavours of the club. Life members pay no annual membership fee.

Approval of Membership

Applications for membership of the ST4WDC are subject to approval by the club committee. The Club reserves the right to refuse a person membership. Reasons may be given at a meeting of the committee and the applicant.

Membership Entitlements

Membership of the ST4WDC entitles Owner Members (including Partners), and licensed Registered Family of Owner Members to attend the Club's training courses and to make use of the Clubs 700ha property Talooge Park. Participation as a driver on other than Grade 1 trips requires successful completion of the Basic Driver Training course, or recognised equivalent prior learning / qualification approved by the Club's Education Coordinator. Grades 4 and 5 trips also require advanced training. Details of Trip Grading can be found in **Southern Trails**, the Club magazine issued monthly (except January) to all Owner Members, Associate Members and Life Members.

Membership Fees

An initial joining fee and an annual membership fee are payable as follows:

Membership Category	Joining Fee	Annual Membership
Owner Member	\$230(Note 1)	\$100 (Note 2)
Associate Member	Nil	\$50
Competition Member	Nil	\$50

1. Plus Annual Membership. A re-joining Member may be entitled to a reduced Joining Fee.
2. The Annual Membership Fee for new applications received after the July General Meeting is reduced to \$50.

The Club membership year extends from 1 January to 31 December.

To Join the ST4WDC

Please complete the New Member Application form on the reverse and forward together with your payment to:

**Membership Secretary, ST4WDC,
GPO Box 2122,
Canberra ACT 2601**

Payment can be made by Bank Transfer to: **Account Name:** 'Southern Tablelands 4WD Club Inc'; **BSB:** 112-908; **Account No:** 040 037 027 (**please include your name as a reference to identify the payment**), or by Cheque or Money Order payable to the **Account Name above**.

You may also attend a monthly meeting (held on the second Tuesday of the month at the Canberra Deakin Football Club, Grose St. Deakin at 7:30PM) and hand the form with payment (cash acceptable) to the Membership Secretary. For additional information, contact the Membership Secretary by Email at Membership@ST4WDC.Org.au.



SOUTHERN TABLELANDS FOUR WHEEL DRIVE CLUB Inc

GPO Box 2122, Canberra ACT 2601

NEW MEMBER APPLICATION

Membership requested (Tick): - Owner Member - Associate Member - Competition Member

Please complete the following. Completion of shaded boxes is essential, others are optional.

<i>Essential entries</i>	Member 1	Member 2 (Partner)		
Preferred first name, last name:				
Address:				
City/Suburb:		State:		Postcode:
Home Phone:				
Mobile Phones:				
Home Email:				
Work Phones:				
Work Email:				
<i>As a means of rapidly disseminating priority information, the Club occasionally makes use of Email to all members who have provided an Email address (which is hidden from other recipients), or SMS to all those who have provided a Mobile Phone number. You will receive these automatically unless you indicate otherwise. Default is shown in Bold Print.</i>				
Accept Club SMS:	Yes / No		Yes / No	
Send Club Email to:	Both / Home / Work / Neither		Both / Home / Work / Neither	
	of the Email Addresses provided above.			
Employer:				
Occupation:				
Vehicle (Make & Model):				
Reg'n State Colour:				
Camper Trailer (if applicable)				
Registration No State:				
Please register these 'Family' Members? Must be under 21 years, reside with Principal Member or Partner, and be Licensed or Learning to Drive. Please provide both Names and Dates of Birth .	Name(s):		Dates of Birth:	
Are you a returning Member?	Yes / No	If 'Yes' , what was your last Membership Year?		
How did you find out about the ST4WDC?				
Payment of fees (\$) made by (Please indicate): Bank Transfer / Cheque (enclosed) / Money Order (enclosed) / Cash				
Signature(s): Upon acceptance of this application, then for the duration of my Membership, I agree to abide by the Constitution and By-laws of the Southern Tablelands Four Wheel Drive Club Inc, as they apply from time to time.				
Signed:				Date:

Completed Form and payment should be submitted to the Membership Secretary at a monthly meeting, mailed to the above address, or scanned and Emailed to Membership@ST4WDC.Org.

Membership Secretary use only.		
Form & fees received:	Fees banked:	Application Accepted:
Joining Fee paid: \$.....	Total received: \$.....	Receipt Number:
Database updated:	Membership Card Issued:	Membership package despatched:
Other comments:		WEB access arranged:.....

Revision 5 – Jan 2011