



SOUTHERN TRAILS

August 2017

Next ST4WD Club Meeting

Will be held on

Tuesday 8th August

at 7.30pm

*Canberra Deakin
Football Club*

3 Grose St, Deakin ACT

Guest Speaker

Matt Kennerlly

Cub Campers

Inside this issue

President's Post	2
Trip and Events	3
New Club Bank Details	3
Membership Moments	4
Vehicle of the Month	4
Something New or Unusual	5
Club Clothing	6
Talooge Park	7
Trip Leader Workshop	8
4WD Spectacular	13
Updating Your Member Pro-	14
Meet a Committee Member	16
4WD Easter Jamboree	17
12 Things You Should Never	18
For Sale	22
Goin' Campin'	24
Graduates Gallery	25
Our Sponsors	26

President's Post – Jim Anderson

Club 4x4 insurance

In last month's newsletter I mentioned that the club was arranging for members to receive a 5% discount on Club 4x4 insurance. Arrangements are now in place and details are available in the member's section on the website at Information / Club 4x4 Insurance.

2018 4WD Spectacular

Members are reminded that the 2018 4WD Spectacular and Outdoor Recreation Show (the Spectacular) is on the weekend of the 3rd and 4th of February 2018. The event is now listed on the website so if you can volunteer please nominate and put it in your diary. This is a major fundraiser for the club and relies on volunteers from the three host clubs to deliver the show (the Land Rover Club ACT, ACT 4WD Club and ST4WDC). The spectacular also donates a major amount of funds to various charities.

We also need someone to coordinate the roster of volunteers from our club. This is maintained in MS Excel and feeds into the master roster maintained by the Spectacular committee. If you can help with this or would like any information on volunteering activities please contact

Marj Jones
marjjones@rocketmail.com

Mob: 0427284236

Club Property TALOUGE

The next muster is on the weekend of 19 and 20 August. Property Coordinator, Scott Cumming, is away until mid-September so Michael Patrick will be managing the August muster activities. Please contact Michael for details if you are able to assist and be part of the fun - we have a sausage sizzle lunch on the Saturday.

Please remember that if you are planning on visiting the property you need to let one of the following contacts know:

President – Mob: 0408 283 496
president@st4wdc.com.au

Events and Trips Coordinator
(during Property Coordinators absence until 14 September)

Mob: 0412 377 941:
trips@st4wdc.com.au

Education Coordinator

Mob: 0417 480 856:
education@st4wdc.com.au

Hope to see you at the general meeting on Tuesday 8th August or on a track somewhere.

Jim

4X4 Insurance

2018 Spectacular

Talouge

Trips and Events – Michael Patrick

Start Date	End Date	Activity	Type	Leader
12-Aug-17	13-Aug-17	It could be cold at Bendethera Caves	Grade 3	Stuart Watts
12-Aug-17	13-Aug-17	It could be cold at Bendethera Caves Group 2	Grade 3	Scott Broadhead
12-Aug-17	13-Aug-17	It could be cold at Bendethera Caves Group 3	Grade 3	Glenn Watts
16-Aug-17	16-Aug-17	Basic Training 4WD Vehicle Evaluation	Training	Peter Butterfield
19-Aug-17	20-Aug-17	Wombeyan Caves and Yerranderie Township	Grade 3	Lynne Donaldson
19-Aug-17	20-Aug-17	Talooge Park Muster	Muster	Scott Cumming
Open	Open	First Aid Training (Expression of Interest)	Training	Michael Patrick
Open	Open	OziExplorerCE, Hema Navigator & Android Workshop	Workshop	Michael Patrick
9-Sep-17	10-Sep-17	Explore The Tracks of Abercrombie River National Park	Grade 3	Michael Patrick
14-Sep-17	17-Sep-17	Consolidated "Safe One" Basic Driver Training at Talooge Park	Training	Peter Butterfield
20-Sep-17	20-Sep-17	Basic Training 4WD Vehicle Evaluation	Training	Peter Butterfield
23-Sep-17	24-Sep-17	Talooge Park Muster	Muster	Scott Cumming
30-Sep-17	2-Oct-17	Bush Skills Weekend	Grade 3	Michael Patrick
6-Oct-17	8-Oct-17	Queanbeyan SES Landsearch Exercise	NR	Alan & Marj Jones
19-Oct-17	22-Oct-17	Consolidated "Safe One" Basic Driver Training at Talooge Park	Training	Peter Butterfield
21-Oct-17	22-Oct-17	Talooge Park Muster	Muster	Scott Cumming
27-Oct-17	29-Oct-17	Canberra Home & Leisure Show	Event	Dim
11-Nov-17	19-Nov-17	Victorian High Country Ramble Vers 2	Grade 3	Michael Patrick
12-Nov-17	12-Nov-17	Brindabella Ramble	Grade 3	Michael Patrick
12-Nov-17	18-Nov-17	Keith's Turnaround Tour Revisited	Grade 3	Chris Nicolls
18-Nov-17	19-Nov-17	Talooge Park Muster	Muster	Scott Cumming
25-Nov-17	25-Nov-17	ST4WDC Christmas Party at Talooge	Event	Scor Cumming
8-Dec-17	8-Dec-17	Driver Trainers Christmas Dinner	Event	Julie Buttriss
16-Dec-17	17-Dec-17	Talooge Park Muster	Muster	Scott Cumming
3-Feb-18	4-Feb-18	4 Wheel Drive Spectacular Outdoor Recreation Show	Event	Marj Jones

NEW CLUB BANK DETAILS

PLEASE NOTE: The Club has recently changed its Bank provider to “Bank Australia” and has new account details. The new details are:

Bank: Bank Australia

Account Name: ST4WDC

BSB Number: 313 140

Account Number: 1213 0617

Members should use these account details in all transactions with the club, including for membership fees and clothing purchases when using direct deposit.

Members who use Internet Banking and Mobile Banking please update your “PAYEE Listing” for ST4WDC with the new details.

Membership Moments – Dim Veteri

Hi Everyone, below is information on current membership

Thanks Dim

New members: For the month of July, we have the following new members:

- **Adrian & Carolina D’Ambrosio** – Driving a Mitsubishi Triton
- **Lorenzo Cattano & Brigette Thomas** – Driving a Toyota Landcruiser
- **Shawn & Janny Faraday** - Driving a Jeep

Welcome to the Club, I hope you have an enjoyable time getting out and about.

Please say hello to our visitors if you are at the Club meeting if you see a new face, make them welcome and say G’day.

Membership Numbers: As at the 31 July we have the following membership:

Ordinary Members-	236
Life Members	- 9
Sub-Total	- 245
Family Members	- 173
Total	- 420

Please feel free to contact me regarding any membership matters you may have either by email, phone or grab me at the meeting.

Vehicle of the Month:

Recently our poor old (young) trip co-ordinator has had some really bad luck. He’s destroyed a winch, delaminated two tyres, destroyed an alternator and got stranded after the filter on the auxiliary tank clogged up???

*So enough was enough for our intrepid trip coordinator and he’s decided to upgrade. This number has all the modern requirements that he needs for the arduous high country trips. **Though I do note Mr Chief Instructor he hasn’t fitted rear recovery points.***



I DON'T WANT ONE

Training Course Certificates

I still have quite a few certificates for members who have previously completed a training course. If you have completed a course and would like your certificate, please come and see me at the meeting or if you can't make the meetings contact me at membership@st4wdc.com.au

Something new or unusual...

Trac-Grabber Recovery Blocks.



These things are made from EPDM Rubber with a webbed strap and D-Ring buckle, that you strap to your wheel. You then slowly power yourself out of the bog, the Trac-grabber providing something akin to a large tread block. Trac-Grabbers are an inventive designed block to help a slipping tyre to extract itself from a poor traction situations.

Trac-Grabbers are designed for use on cars, utes and SUV's and available in twin or four packs. Packed in weather proof bag, they take up less space than traditional recovery tracks, which is probably their best feature.

These were recently reviewed by 4X4 Australia who said *"Once we'd suitably bogged the Troopy down to the axles in the sand, we strapped on the two Trac-Grabbers (one on each rear wheel) and managed to claw our way out in reverse."*

From the manufacturers website it seems you can put one or two on a wheel or one on multiply wheels depending the problem you need to address.

The USA sites show multiple sizes for different size wheels, but the Australian distributor **Opposite Lock** only list a single size with the block being 22.2cm long and a strap of 116cm in length, which should cover most wheels Club members use.

Check them out at www.oppositelock.com.au or at the USA website: www.tracgrabber.com The USA site also has some videos for you to check out.

Oh yes the price: Twin Pack is \$119.95 and the Quad Pack is \$199.95.

Synthetic Shackles

Are you sick of listening to all the D-Shackles rattling around in the cab of your 4X4? Then these things might be the answer.



These are basically a small length of synthetic rope with a loop at one end and a large knot at the other. You slip them through your towing point and, say, your snatch strap. Then pass the knot through the loop and you're away.

There are many brands of these available on the web, one

Something new or unusual... cont.

high end brand is Gater-Jaw made by Bubba-Rope (only listed them because I like the name). These are made from Plasma® rope (same stuff they make the winch rope out of) which is supposedly the highest strength synthetic rope available. Gater-Jaw claim that these rope connectors are stronger than comparable steel shackles. Also they obviously won't rust and are so light they float. Check out Gater-Jaw at www.bubbarope.com/gator-jaw-soft-shackle or in Australia Snake Racing (www.snakeracing.com.au) have them for \$95 each. Ozofforad.com.au also have "economical" soft shackles for \$25 and are available in three lengths. There are many other brands (and prices) so Google is your friend here. There are also youtube videos to

show you how to make your own, if your keen – start surfing.

Kinetic Rope

Everyone has a snatch strap, so why not stand out and replace it with a Kinetic Rope.



One such brand is this one from Drivetech which claims to have extra Stretch, an

8 tonne capacity and is 9m long. It's a durable double braided nylon with protective sleeves on each eye. They claim that most snatch straps have approximately 20% stretch while their rope has 30% stretch.

Apparently it doesn't kink so no need to roll up and it comes with carry bag. Cost: \$139 from All Four x 4 Offroad.

Club Clothing – Debbie Davidson



<i>Polo Shirts</i>	\$38.00
<i>Chambery Shirts</i>	\$45.00
<i>Jackets</i>	\$110.00
<i>Hoodies</i>	\$45.00
<i>Rugby Tops</i>	\$50.00
<i>Caps</i>	\$15.00
<i>Bucket Hats</i>	\$15.00
<i>Beanies</i>	\$20.00
<i>Name Badges</i>	\$10.00

Unfortunately our Property Coordinator
is over seas on important business



Talooge at minus
10 degrees

Trip Leader Workshop

On a cold July weekend 16 club members participated in a Trip Leader workshop. This is a new concept that was being trialed to encourage interested club members to step up and become trip leaders.. There were twelve participants and four active club trip leaders who were Adviser/Consultants with varying levels of trip leading experience. The workshop was run over two days, with the first day devoted to a round table work through of the Trip Leaders hand book and then recovery demonstrations at the closing part of the day. The following day was devoted to a series of hands on recovery exercises under different scenario's.

I would like to thank Chris Nicholls, Glen Watts and Alex Szabo for their invaluable assistance in running this workshop.

Michael Patrick

The following is a series of comments from the participants of the workshop.

Neil Ellison

It was a cold weekend out at Talooge. Training started at 8am on Saturday, which was an open discussion in the training shed. Many great ideas came out of this

discussion. At about 4pm we all went out to watch a winching recovery and learn about ways in which to safely secure cars around trees. Sunday was another early start where we were broken up into two groups. My group went up to Lasseter's track first. We all walked up the hill and were faced with a scenario where we had to recover a car that was stuck just below the rock step. My car was the first one to be recovered. This was a great learning experience for me. After my car was recovered I was then tasked to manage the recovery line to winch the other cars up the hill safely. This was also another great learning experience for me. After this exercise, I was the TL leading two cars up Lasseter's and down to Ducks bypass. We all had a look at this track to see how we would do a recovery on this track if we had to. The weekend was an invaluable experience for me. I learnt a lot of useful skills and knowledge to help me and my fellow 4wd drivers should a recovery situation arise.

Rob Phillips

My goals in attending the inaugural trip leader training weekend at Talooge were to learn from experienced trip leaders and develop the skills and confidence to lead

Trip Leader Workshop

trips myself. We covered lots of topics from communications, route planning, recoveries and more. It was great having some experienced trip leaders there to share their knowledge and experiences.

Ultimately the goal is to provide more trips for club members and judging by the number and variety of proposals discussed on the weekend our trip calendar should start to fill up shortly.

Stuart Watts

The mornings were a bit chilly but never the less another awesome weekend at Talooge. Michael had mustered a great mix of experienced trainers to support him deliver the first (of hopefully many) Trip Leader Workshops. Saturday started with an open forum discussion where we all chipped in to the conversations regarding the important key factors to leading a good trip:

- Safety
 - Navigation
 - Team work
 - Setting expectations
 - Leading from the front and not being in the dust (tongue in cheek)
 - Going to places you want go
- Saturday night the ladies cooked up

a wonderful roast lamb feast which all enjoyed, followed by desert and birthday cake.

Sunday was all about putting into practice what we had covered on Saturday.

We split into two groups to (observed by the weekends trainers as well as driver trainer mentors).

It was a great weekend and I see this workshop being another well received by many club members into the future.

Thanks Michael.

Lynne Donaldson

Mmmmm , preparing ourselves for the weekend we were wondering how cold the weekend would be. Friday night was overcast and quite mild (thankfully) but Sunday morning the temperature got down to minus 9.9 (as advised by one of the members) Brrrrrr.

The early starts were a bit cold and I suggest if the Workshop was run in Winter again possibly a 10am start would be better ... lol !!

There was lots of laughter and good humour all weekend - What a lucky bunch we are to have a great property to be able to carry out these Workshops and the camaraderie within the group.

Trip Leader Workshop

As a first of its kind Trip leading work shop, we found that it was very informative and was carried out in a relaxed manner that you didn't feel uncomfortable to put your thoughts, ideas or questions out there to the group. Breaking into 2 groups on the Sunday to carry out recovery exercises was a good idea as it puts it into real life scenarios.

Would defiantly recommend anyone thinking of becoming a trip Leader to participate in the next Work shop. A big thanks to Michael for organizing this work shop and all the hours put into the planning.

Scott Broadhead

Recover a vehicle and think about the rest of the convoy - this was a very good part of the course.

Participating in a demo of how we will tackle an obstacle on a trip and how to get the rest of the convoy over/around the obstacle in the most efficient and safe way. This part of the course really made you stop and think about all the parts of a recovery that you need to worry about. Secure the vehicle, make sure the track is safe to work on (no cars,

chicken chasers coming down hill), best way to get the stuck car to a safe location and then to decide if it is possible to get the rest of the convoy past the obstacle. If not, what is our best option to get to our destination, keep going or turn back and find a detour.

Very beneficial for all participants and for people who will be going on a trip to understand this procedure. Make sure everyone knows their job and sticks to it and support's the recovery leader at all times.

Participants

Neil Ellison

Andrew Squire

Bronwyn Squire

Lynne Donaldson

Robert Phillips

Joe Briguglio

Bill Dykhoff Bill

Chris Bitmead

Stuart Watts

Dim Veteri

Trip Leader Workshop



Trip Leader Workshop





3RD – 4TH FEBRUARY 2018

**Keep these dates in your diary as we need YOU
to make it successful.**

This Show is run biannually by three ACT four wheel drive Clubs, the Landrover Club, ACT Family Club and Southern Tablelands.

Except for the Exhibitor Manager, it is run entirely on the volunteers from the three Clubs, a unique activity. Our Show is classed as one of the best.

Although the Clubs benefit from it, it also has a charity aspect where charities are used for the food supplies, a night presence by SES members and monies to three charities chosen by the Clubs themselves.

More information will be given as to how you can do your part as a Club member later in the year.

For information please contact Marj

email : marjjones@rocketmail.com or

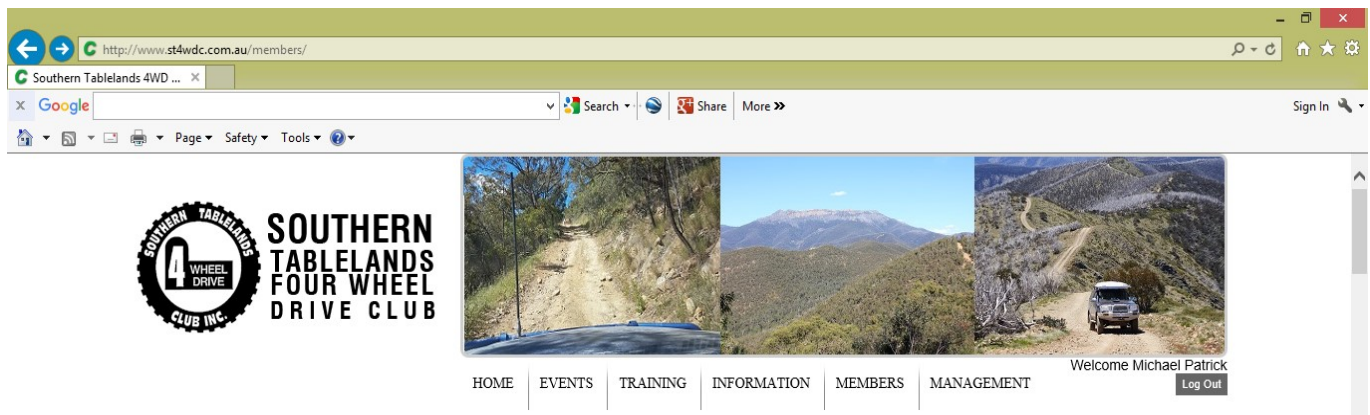
phone 0427 284 236

Updating Your Member Profile Vehicle Details

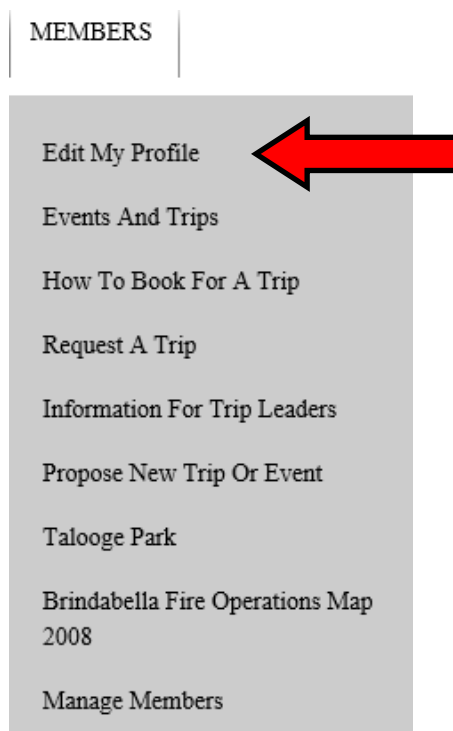
Members will know that we recently changed insurance providers and a requirement of the new insurance policy is that we keep records of all who participate in club activities and trips. One specific piece of information required is details about the vehicle used on any club activity. To enable the club to record this information and make a Trip Leader's job easier we are asking members to update their membership record on the Members websites to include the **Year, Make, Model** and most important the **Registration Number**. This way we can automatically record these details for most people who attend events and trips. Situations will arise at times when a member uses a different vehicle to the one list in their profile. In these instances we ask that you inform the trip leader.

To assist in updating your record the following "how to guide" is provided.

1. **Login as a member**
2. **Click on Members button**



3. In the drop down menu **Click on Edit My Profile**



4. At this page **Edit the details for your Vehicle**

SOUTHERN TABLELANDS 4WD CLUB MEMBERS MANAGEMENT

Membership
 Fred Bear
 Address1: PO Box 11111
 Address2:
 Suburb: Belconnen
 State: ACT
 Post Code: 2911
[Edit Membership](#)

*** Required Fields**

* Please check your details and click update to Save!

Login: *

Password: * [ISSUE MEMBER CARD](#)

Membership: Full

First Name: *

Surname: *

Best Phone:

Mobile SMS: SMS Off

Financial: Yes **AGM Vote:** Yes

OptOut Club Emails: Yes No

Email:

Email2:

Vehicle: ← **Make, Model Registration Number & Year**

Competencies: Basic ✓

- Advanced
- Water Crossing
- First Aid
- Sand Driving
- Navigation ✓
- Winching ✓
- Chainsaw ✓
- Instructor
- Advanced Trip Leader

← **Click Update**

[View my activity report](#)

Notes:

- To enable SMS messaging, contact committee
- You can select your own user Login

5. Once you have finished editing, **Click on the Update Button**

6. That it—you can now log-out

Meet a ST4WD Club Committee member

Name: **Michael Patrick**

Position held on the committee: **Events & Trips Coordinator**

Occupation: **Demonstrator of little things**

Why I joined the ST4WD Club: **Go bush**

The year I joined ST4WD Club was: **2001**

Why I took on a committee position: **To assist the club in operational activities**

What I drive around town: **Bus, 4WD, Zook Swift**

What I drive when 4WDing: **Prado**

Favourite place I've visited: **Vic High Country**

Favourite saying or quote: **OOPS**

My dream vehicle: **Prado**

On my Bucket List: **Don't have one**

The driving accomplishment I am most proud of: **Being a trip leader**

What I am passionate about: *Vic High Country*



Training Course Certificates

I still have quite a few certificates for members who have previously completed a training course. If you have completed a course and would like your certificate, please come and see me at the meeting or if you can't make the meetings contact me at membership@st4wdc.com.au and we can discuss how best to get it to you.

Regards Dim

2018 4WD EASTER JAMBOREE



Black Diamond Recreational 4WD Club in conjunction with NSW & ACT Four Wheel Drive Association would like to invite all affiliated club members to attend our Jamboree being held at Easter 2018.

All affiliated clubs are welcome. Come along and join in the Jamboree fun! Enjoy the adventurous 4WD trips and outdoor activities to be experienced by you and your family.

Located on 160 acres of private land adjoining Buckenbowra State Forest and Monga National Park. 45 minutes west of Batemans Bay.



MORE...
information

jamboree2018@gmail.com

Lee: 0409 668 175



**Buckenbowra - Batemans Bay
29th March - 2nd April 2018**

To book for this event please go to the ST4WDC Web site

12 Things You Should Never do in a 4WD Recovery

Page



Use a tow ball



Stand close to the action



Recover before using a shovel



**Join snatch straps together
with a shackle when
snatching**

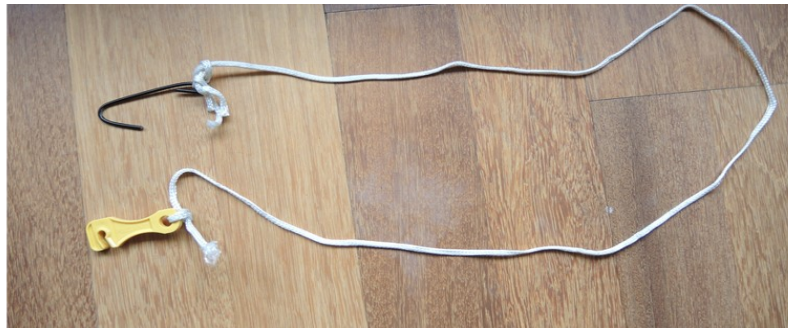


Rush around

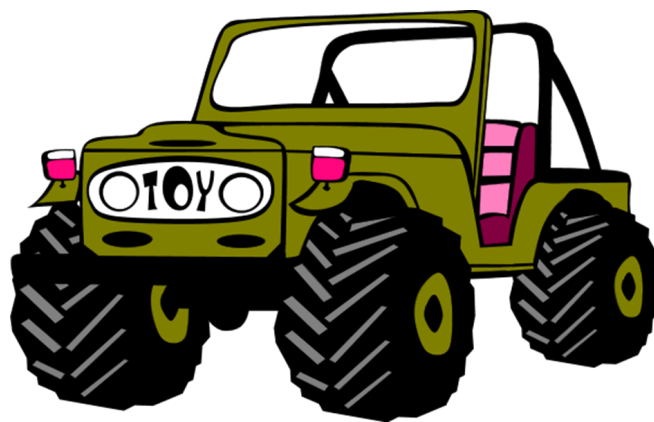


Recover from points that are not rated

12 Things You Should Never do in a 4WD Recovery



Use 4WD recovery gear that is not rated



Ignore your tyre pressures



Spin your wheels at a rate of knots

12 Things You Should Never do in a 4WD Recovery



Ignore the dampener



Have multiple people give instructions to the driver



Recoveries and alcohol go together

For Sale

Makita

**DE4035 chain-
saw**

\$90

14-inch bar, good chain and spare, comes with adjustment tool and original user instruction manual. This was my original first chainsaw and is a nice compact saw for firewood duties, track clearing and heavy pruning in the garden.



iSatphone Pro

\$500

Satellite phone handset for the InMarSat system.



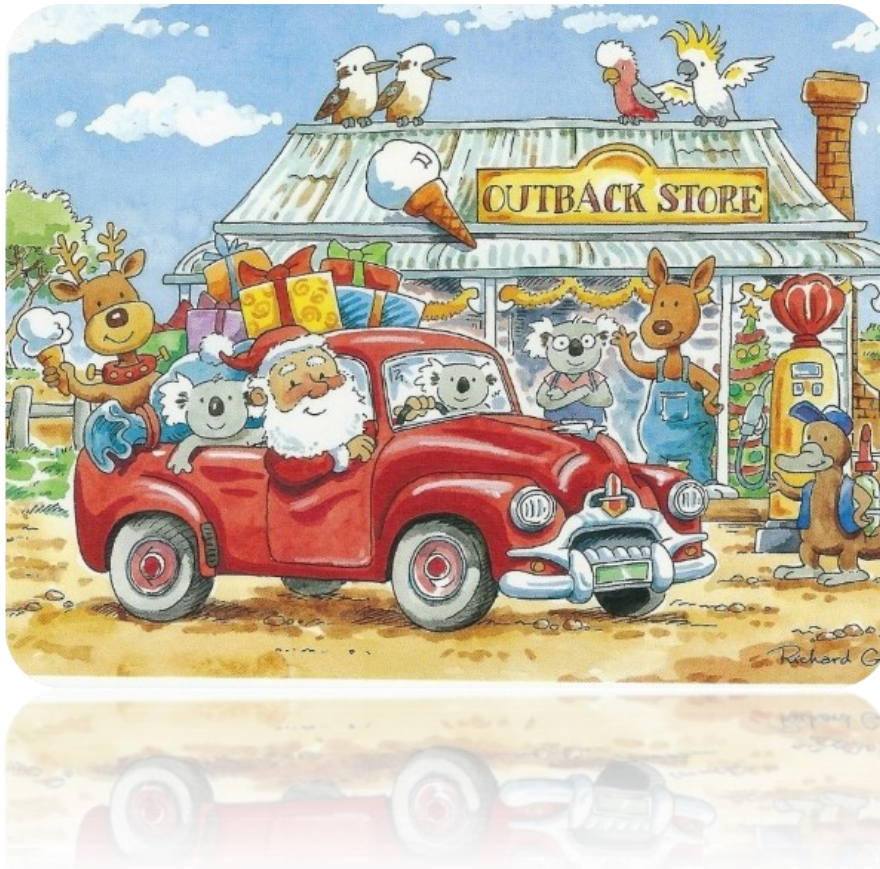
See details at

<http://www.inmarsat.com/service/isatphone-pro/>

Chris: 0490 038 235



Sheep with attitude



END OF Year and CHRISTMAS CELEBRATION

Do you HAVE any ideas or SUGGESTIONS
FOR FUN activities, Food ... etc.
to HELP Dave and Scott
MAKE THIS a TRULY MEMORABLE event.
PLEASE email your SUGGESTIONS to ...

Scott ... property@st4wdc.com.au

or

David ... general2@st4wdc.com.au

Goin' Campin'

CHICKPEA HASH WITH VEGGIES



INGREDIENTS

- 1 tablespoon oil
- 1 summer squash or zucchini sliced into 1/2-inch half moons
- 1 small red onion sliced into 1/4-inch half moons
- 3 mini sweet peppers cut into 1/4-inch slices, or 1 bell pepper
- 1 (15 oz) can chickpeas drained
- 1/2 teaspoon cumin
- 1/4 teaspoon coriander
- 1/8 teaspoon cinnamon

INSTRUCTIONS

Heat the oil in a skillet over your campfire or camp stove on medium-high heat until hot and shimmering. Add the onions, peppers, and zucchini and saute until beginning to soften, about 5 minutes. Add the drained chickpeas and spices and cook until the veggies and chickpeas are cooked through and browned in spots, about 10 minutes.

Move the veggies & chickpeas to the sides of the skillet to create a well in the middle of the pan. Add a little oil if the bottom of the pan is looking dry. Crack two eggs into the well and cook to your liking.

Pull the skillet off the heat and serve.

Recipe by Fresh Off the Grid

ORANGE CAKE



This is a fun camping activity kids can help out with and it's also good to eat! A small orange cake cooked to perfection. The flavour of the orange combined with the cake mixture is delicious.

For a super easy chocolate cake mix you'll need:

- 1 cup self-raising flour, sifted
- 1/3 cup cocoa, sifted
- 1 cup caster sugar
- 80 grams butter, softened
- 1/2 cup milk
- 2 eggs, lightly beaten

Method:

1. Grab an orange and cut the top off like a jack-o-lantern.
2. Eat all innards of the orange with a spoon and then place some cake mix inside, up to about half way.
3. Replace the lid and wrap the orange in foil. Place the package on a bed of coals in the BBQ for about 15 to 20 minutes. Unwrap, and enjoy!

Recipe from: [Australian Caravan Co.](#)

Graduates Gallery



Club members receiving their OziExplorer certificates



Club members receiving their chainsaw certificates

Our Sponsors



Email me your best caption for this photo ...

publications@st4wdc.com.au



If you would like to share your favourite recipe, tips and tricks, items to sell, good ideas and hidden gems or places to visit for our club newsletter - please email it to me at publications@st4wdc.com.au or hand it to me at the monthly meeting.

As you can see this current newsletter has been produced using Microsoft Publisher - if you can forward your information in that format I would appreciate it. If not, that's ok I'm happy to transfer it across from the format you give me.

Thank you very much ... Glennis

