



SOUTHERN TRAILS

June 2017



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Next ST4WDC Meeting

Will be held on

Tuesday 13th June

at

*Canberra Deakin
Football Club*

3 Grose St, Deakin ACT

Guest Speaker

Glenn Wilson

from

ARB

President's Post – Jim Anderson

Effective from 31 May, clubs affiliated with the NSW and ACT 4WD Association have a new insurance provider, AON. The change in provider results from a tender arranged by the Australian National Four WD Council (ANFC) and provides some additional cover at reduced prices.

The insurance policies are:

- Public and products liability;
- Personal accident;
- Combined professional indemnity and management liability; and
- Cyber liability.

Details will be put on the website in due course.

The ANFC has advised that it is now a requirement that the names of all people attending an approved club event are recorded (e.g. family members, friends or registered visitors etc) before the trip/event commences. The club website is used to record approved events and approved participants. However not all family members who attend are currently recorded for a trip and of course non-members can't be recorded. Therefore, trip/event leaders are now required to record the names of all attendees (and vehi-

BirksCartoons.com



cle registration for a trip) prior to the trip commencing. Details of the requirement will be provided on the website.

TALOOGE Park

Well the cooler weather certainly doesn't discourage a lot of people from enjoying the great outdoors and utilising and enjoying the club property. During the month we had a working bee, a basic driver training course, trainee driver instructor assessment and also a chainsaw training course delivered by the SES.

We rely on members to maintain the great facilities available so please consider helping out where you can – it really is appreciated. Property Coordinator, Scott Cumming, is now back from overseas and is the first point of contact if you are intending to visit the property.

Hope to see you at the June general meeting or on a track somewhere.

Jim



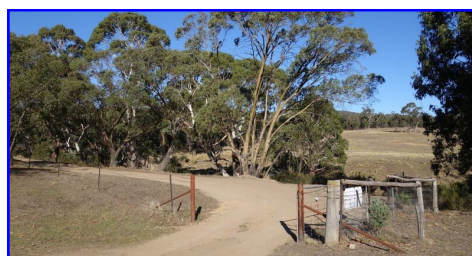
'I see my path but I don't know where it leads. Not knowing where I'm going is what inspires me to travel it.'

Rosalia de Castro

1837 -1885

Trips and Events – Michael Patrick

Start Date	End Date	Activity	Type	Leader
17-Jun-17	18-Jun-17	OziExplorer Nav X	Grade 3	Michael Patrick
1-Jul-17	2-Jul-17	Pack your winter woollies... Roast & Games night at Talooge	Grade 3	Lynne Donaldson
3-Jul-17	28-Jul-17	Working Bee/Care Taker Old Andado Station NT	Grade 1	Dave Sutton
15-Jul-17	16-Jul-17	Advanced Trip Leader Training	Training	Michael Patrick
12-Aug-17	13-Aug-17	It could be cold at Bendethera Caves!	Grade 3	Michael Patrick
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
1-Sep-17	1-Nov-17	First Aid Training (Expression of Interest)	Training	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
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
11-Nov-17	19-Nov-17	Victorian High Country Ramble Version 2	Grade 3	Michael Patrick
12-Nov-17	12-Nov-17	Brindabella Ramble	Grade 3	Michael Patrick
25-Nov-17	25-Nov-17	ST4WDC Christmas Party at Talooge Park	Event	TBA
8-Dec-17	8-Dec-17	Driver Trainers Christmas Dinner	Event	Julie Buttriss



Membership Moments – Dim Veteri

Hi Everyone, below is information on current membership and also a new section highlighting new or unusual 4WD or camping gear. Also, since I started last month with the Tonka Hilux, I thought I would show case the “Vehicle of the Month” that a member would want if they won Tatts. Just a bit of fun.

Thanks Dim

New members:

For the month of May, we have the following new members:

Greg Axell and Anita Axell

This month we had a good number of enquiries and visitors to the club meeting. Hopefully the people that made contact will join us in the near future.

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 May we have the following membership:

Ordinary Members	-	230
Life Members	-	9
Sub-Total	-	239
Family Members	-	172
Total	-	411

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

Training Course Certificates

I 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.

Vehicle of the month



Recently Bruce and Carol tackled the Great Central Road and reported that the Jeep and Supreme caravan both handled the task admirably.

However, Bruce has decided to spend the kid's inheritance and make a few mods to the Jeep. Ever considerate to Carols' needs he added heavy duty air conditioning. So far, he's pleased with the results.

I WANT ONE ...

Something new or unusual...

Hi folks, I thought I'd start a short little contribution to the Newsletter to bring you some information about a new (well, recent) 4WD or Camping product or a product that is just unusual enough to let you know about.

If you come across a new or unusual product that you think other members may be interested in or may get a laugh from, let me know by sending a quick email at membership@st4wdc.com.au and I'll write it up (no work on your behalf)

HERE THIS MONTH'S OFFERING:

HANDPRESSO PUMP FOR COFFEE LOVERS



In the category of something unusual we have this little number for the coffee aficionados in the club. (yes, I did have to look up how to spell aficionado)

If you enjoy an espresso in the morning or during a well-planned morning tea break on our trips, then this little number is for you.

It is compact and portable so with the Handpresso coffee maker you can drink a cup of decent coffee absolutely anywhere that one of our trips takes you.

Apparently all the Handpresso Pump needs is a compatible Handpresso E.S.E coffee pod (someone might know what one of these looks like) or your favourite ground coffee and hot water from the billy or thermos. You then generate 16-bar pressure and hit the brew button. In no time at all you have a fresh cup of premium quality espresso to drink.

You can even get it in this nice travel pack

The promo says "Lightweight, compact

and easy to use, the Handpresso Pump for coffee when you want, wherever your next adventure takes you."



Watch the video here: <https://www.youtube.com/watch?v=aHcVbLv7APg>

The only down sides seem to be:

It literally is a pump – as in that long handle is the actual hand pump (like in a bike pump) that you pump up to get the 16 bar pressure. So, some minor manual work is required. However, I'm sure someone in the club will modify it to connect to the on-board air supply.

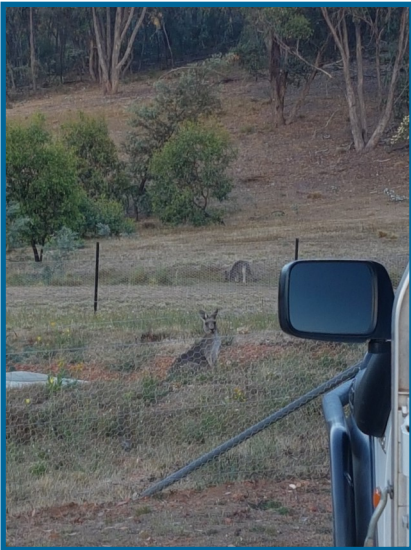
It ain't cheap – according to Mr Google & Ms Ebay price varies from \$130 - \$170 for the basic unit and the fancy travel kit above comes in at around the \$210 - \$260 mark.

If you have one let us know what you think.

*Now for the Tea Lovers...
Happy to feature something for you – just point me in the right direction.*



Talooge Park – Scott Cumming



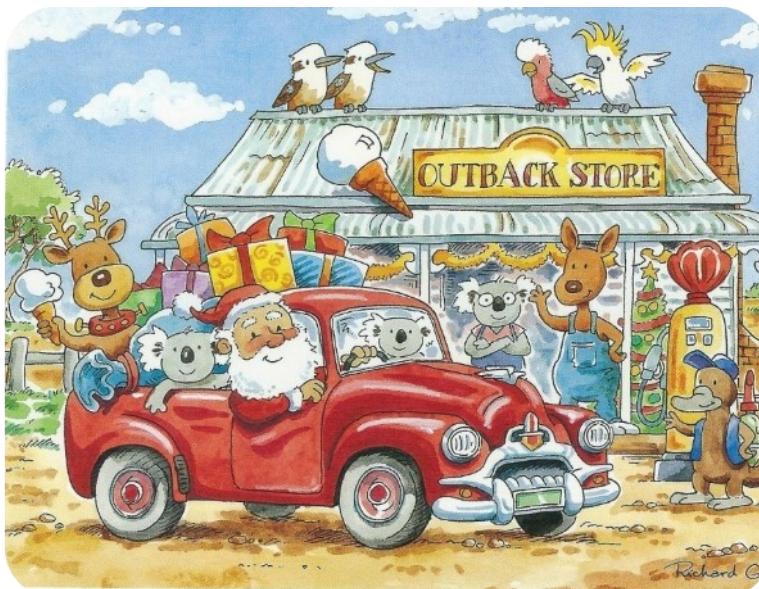
FOUND

One Chainsaw found out at Talooge Park on Sunday after the Chainsaw Course.

If you left a chainsaw behind or know of someone who attended Talooge the weekend of 3 & 4 June and is missing a chainsaw, please give Dim a call on 0401 990 855 or email membership@st4wdc.com.au and arrangements can be made to return the chainsaw.

Club Clothing – Debbie Davidson

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



TALOOGEE PARK

CHRISTMAS GATHERING

Would you be interested in helping make our ST4WD Club end of year celebration a great success?

Please contact David Sutton

general2@st4wdc.com.au

or Scott Cumming

property@st4wdc.com.au

for further information

Many hands make light work!

NATIONAL
4x4 & FISHING & BOATING
OUTDOORS SHOW **EXPO**

18-20 AUGUST 2017 MELBOURNE SHOWGROUNDS

Trip Reports

Blue Waterholes Trip

January 26 to 29

Garry Lymbery

Participants

Alex and Andrea Zsabo

BT50 Supercab

Garry and Pauline Lymbery

Glynis Whitfield

Rob Calvert

Sue and Rob Phillips

David and Margaret Lindquist

Humayun Qureshi (H)

Winston Buccknell and Liane Green

Victoria Jewett with David, Josh and Caleb

Janet Flint and David

Mazda

Ford Ranger Supercab

Suzuki Grand Vitara

Toyota Prado

Nissan Navara

Mazda BT50 plus camper

Mitsubishi Pajero

Mitsubishi Pajero

Toyota Hilux

Toyota Prado SWB and camper



On the Friday while having breakfast we noticed a fire at one of the other members' camp site. The fire was a butane stove that had caught alight.

THURSDAY

We all met at Namadgi National Park Visitors Centre car park for 9:00am. After a briefing on what was to happen for the day we headed off down Boboyan Road towards Adaminaby where we stopped for morning tea. After morning tea we headed down the Snowy Mountains Hwy to Long Plain. We turned down Long Plain Road and headed to Long Plain Hut. We stopped at the turn off and Alex and Winston went to check out the camping area. They found that there was already 2 caravans and a tent at the site so it was decided that we would go and look at Ghost Gully which we found to be crowded with horses and their owners, so we de-

cided to return to Long Plain Hut and set up camp.

FRIDAY

After breakfast on Friday, we went for a drive out to Tantangara. We had morning tea near the lake. Then we went to Corrango homestead and had a look around. We had lunch and some of the group went off to explore on their own. Alex and Andrea, H and Pauline and I continued around the lake and drove to Yarrangobilly Caves to go for a swim in the thermal pool. We met some of the others there. Then we returned to camp Long Plain Road.

SATURDAY

On Saturday after breakfast we drove to Blue Water Holes.

Some of the group decided to explore the area on foot, so Pauline and I decided to explore the area around Lake Tantangara. We saw lots of Brumbies and had morning tea overlooking the lake.



Then we drove around the lake and found a track that gave access to the western side. This was an interesting drive.

We saw something fluttering out on the exposed lake bed so we decided to drive out and have a look. It was a gazebo that had been destroyed by the wind and left there with other rubbish by the campers who had been there.



We then headed back to camp .

SUNDAY

After breakfast we packed up in a leisurely manner and split into groups; those with campers headed home by the highway and the rest headed back to Canberra via Long Plain and Broken Cart tracks to have lunch in Brindabella Valley and then home.



Alex and some of the others decided to explore Bullen Range, out the back of Cotter, on the way home.

Pauline and I decided to head home and said goodbye to the rest of the group.





Sunday there was a magnificent vista of fog in the valley.

We would like to thank Alex and the rest of the group for a very enjoyable trip.

Garry Lymbery

Tallaganda Ramble—Trip Report

Sunday 28 May 2017



Map and Stats

(Purple line is where we went)

Attendees:

Michael Patrick – Trip Leader	Toyota Prado
Ken Ullman	Jeep Wrangler 2 Door
Glenn Lawton	Ford Ranger
Scott Petrie	Mitsubishi Pajero
Bryn and Imogen	80 Series Landcruiser
Scott Broadhead	Mazda BT-50
Kyle Rollinson	Toyota 80 Series
Keith Williams	Mazda BT-50 2 Door
Lynton Sheehan	Mitsubishi Pajero
John Green	Nissan Navara
Wal and Lou + Kids – Charlie	80 Series Landcruiser

STATS



5 hrs 32 min
Moving Time



154.7 km
Distance



21.3 km/h
Average Speed

7 hrs 16 min
Total Time

27.9 km/h
Moving Speed

02:49 min/km
Pace

1 hrs 44 min
Stopped Time

3864 m
Ascent

3850 m
Descent



Adventure begins

We depart McDonald's car park Queanbeyan and head to Hoskinstown to rendezvous with Keith in the BT50 who came in from Goulburn. Let down tyres and off we went.

Great start with two turns missed before we even ventured into the state forest - haha!!! We hear "Turn around – this is the first time in 2 years I have missed a turn" – our beloved trip leader Michael barks over the CB – well it looks like the clock starts again Michael.



Once in Tallaganda NP we all stopped whilst Michael did a recon ahead, as the track had magically moved 50 metres from our GPS co-ordinates. 10 min later we were back on track.



This is us waiting for Michael to finish the recon.

Quite a nice spot to stop - spotted some mushrooms on the forest floor.

Off to the Waterwheel - well not quite - guess what - ALL cars missed something - *"Turn around the entrance is back a few hundred metres"* on the CB again - This is going to be a fun day he,he,he.



We stopped for morning tea for about 20 mins whilst at the Waterwheel - the area has been renovated by State Parks with new toilets and gravel and the waterwheel is now working.

Looks nice and could have relaxed here for a while. There are 2 nice walks you can do here – Fern walk and Hill walk – each about 30 mins.

Off on more adventures and we ran into others on our CH14 – so we moved to CH16 – Michael was on CH17 when the rest of us were on CH16 for a little bit – much quieter for 5 mins hehe so we then all moved to CH17 to keep him happy.

Climbing on the tracks and suddenly we are visiting the clouds and everyone is on cloud 9. Nice and misty @ 1400 metres elevation.

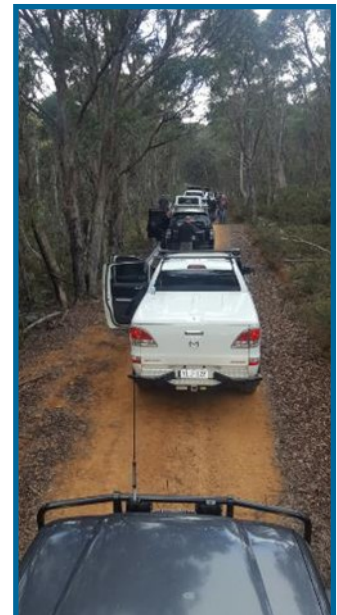


Temp check in a few vehicles ranged from 6.7 degrees to 10 degrees. Yep its chilly.

Stopped for lunch on the middle of the track – why not.



Found a wombat burrow (no one home)



After lunch we get into some nice tree lined tracks.

Michael on the CB *"Going right on the Y fork – going right on the Y fork, going left on the Y fork, going right on the Y fork"* - lots of Y forks out here!! Y = Because...

Few little creek crossings over the day, were nice to clean the wheels before they got dirty once again.



Final stop very cold and started raining.

Felt like it was about to snow. Brrrrr!!

Michael needed to keep up the theme of the day by stopping on tracks, so we all stopped on the track!



This view was quite nice.



Everyone hopped back in the cars to warm up and start the trek back to civilization.

Keith and Ken departed and the rest of the convoy headed to Michelago to air up and say our goodbyes.

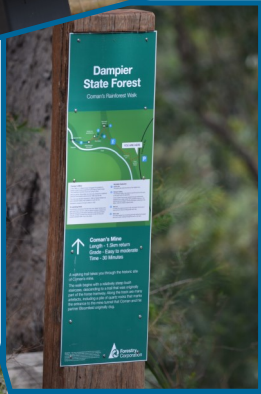
Wal, Lou and the kids were *Charlie* for the day and the kids did a great job in relaying all the details back to Michael. They might even be leading the next trip.

Everyone had a good day out but next time there are a few side tracks that will need some exploration.

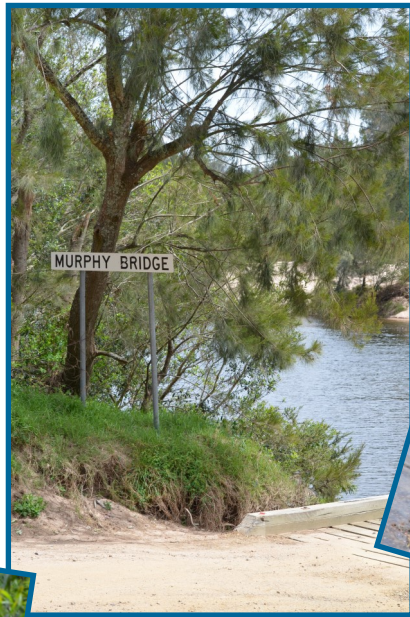
"Till then - over and out - roger..."

Scott Broadhead

Hidden Gems



Nerrigundah and
Dampier National Park
(near Narooma, NSW)



Food for thought

David and Helen Sutton have discovered more products that are shelf stable and do not require refrigeration until after they have been opened

LONG LIFE MEALS SUITABLE FOR CARAVAN and CAMPING

These are 1kg pouches which are ideal for caravanning, camping and touring! **No need to refrigerate**, the shelf stable pouch can be stored in your pack or van. Create a restaurant quality meal simply, by heating in a pot of boiling water or the microwave. Ready to eat meals that are highly nutritious and very delicious. They also have a variety of high quality soups. These products were on sale at the recent Victorian Caravan, Camping and Touring Supershow in Melbourne. They are available via mail order from Moredough Kitchens in the Caravan and Camping section at <http://www.rawmaterials.com.au/catalog/index.php?cPath=103>



David and Helen have taste tested some of the meals and soups. They are a high quality product used within the food service industry. If members wish to try them before ordering online, Chifley Friendly Grocer Supermarket stock a small variety of the retail packs approx. 450g. Please note: these are marked as a **chilled item only** therefore are not guaranteed as shelf stable items. If enough members are interested in purchasing these food service quantity items, bulk buying can be facilitated. Each individual product is 1kg and packaged in boxes of 14 units. The bulk buying will reduce the cost of freight and the per unit pricing. Please speak with David Sutton if you are interested.

CELEBRATION HEALTH MEAL PACKS (COLES RETAIL)

These meals are packaged using a "RETORT" process, They do not require refrigeration and have a 12 months "Best Before Date".

They are produced by a major food manufacturer in Victoria and are obtainable at all Coles Stores in the Health Food Section – \$5.50 ea.

There are other products in this food range, including soups, sauces and pulses.



Some examples of Shelf Stable Cheese available

There is a variety of imported and Australian export cheese. Many of these items are available through various retail outlets and the Australian export cheese.

Laughing Cow Cheese must be marked "Pantry Pack" to be stored shelf stable.

Happy Cow Cheese must be marked "Regular" to be stored as shelf stable.



Discontinued lines of Shelf Stable at Woolworths

Speaking with managers at various stores Woolworths no longer stock the following items of shelf foods suitable for camping:

- Steak and Kidney Pie
- Stagg Mince
- Hormel meals
- Canned Chicken Chunks
- Hormel Bacon Pieces

Some of these items are still available at Coles, Costco and selected independent grocery stores.

For Sale



Hillbilly BushKing Camp Oven KingCooker Kit 1

\$220

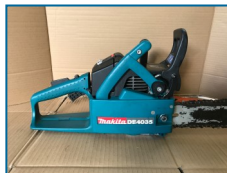
The BushKing with KingCooker kit comes as a complete campfire, heat bead and gas cooking system. There is a 12.5 litre BushKing Camp Oven with lid and handle, KingCooker gas ring conversion, stainless steel baking trivet, stainless steel vegie roasting ring, pot stand and canvas carry bag. Also included is a wind protection shield. Used once – selling as it's too big - want to down size. Original cost \$395

Steve: 0411 251 474

Makita DE4035 chainsaw \$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.

Chris: 0490 038 235



iSatphone Pro

\$500

Satellite phone handset for the InMarSat system.

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

Chris: 0490 038 235

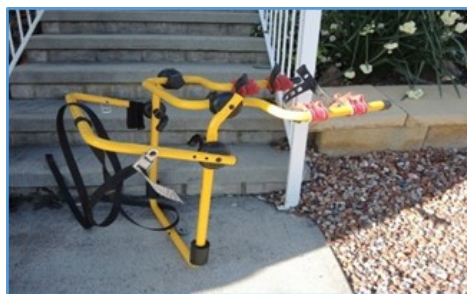


Tow Assembly To suit Prado 120 \$40

Contact Michael Patrick

phone: 0412 377 941

email: m-patrick@bigpond.com



Two bike carrier \$40.00

Attaches to rear spare wheel .

Contact Michael Patrick

phone: 0412 377 941

email: m-patrick@bigpond.com

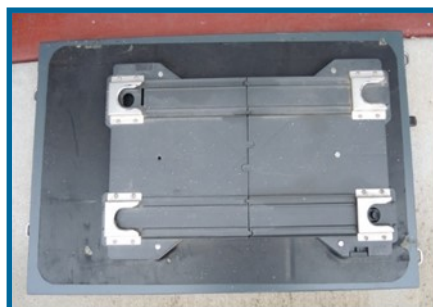
Fridge Draw Slide \$70.00

80cm X 47cm

Contact Michael Patrick

phone: 0412 377 941

email: m-patrick@bigpond.com





Tray Top Canopy with Drifta Drawer Assembly

\$6000

Steel canopy with canvas cover. Two side doors with fly screen and rear door. All on double struts and lockable.

Dimensions

Tray: 1900 W x 2100 L

Drawer Inside: 575 W x 200 H x 820 D

Table: 600 W x 840 D

Side Door: 1510 W x 540 H

Rear Door: 1120 W x 540 H

Please contact Bob & Cate

via email at cooperr61@gmail.com

4 Goose Necks

\$5.00 each

To suit a five stud tyre pattern.

Contact Michael Patrick

phone: 0412 377 941

email: m-patrick@bigpond.com



Goin' Camping ...

Pepper Steak Camp Oven Stew

<http://www.bestrecipes.com.au/recipe/pepper-steak-camp-oven-stew-L6093.html>

Recipe by: Schatzy

INGREDIENTS

- 1 kg chuck steak (beef) cubed
- 2 tsp pepper
- 2 tbs oil
- 1 onion large thinly sliced
- 2 garlic clove crushed
- 2 tbs plain flour
- 1 cup red wine
- 3 cup beef stock (liquid)
- 1 tbs Worcestershire sauce
- 1 tbs dijon mustard
- 8 baby potato
- 1/3 cup cream



Cola and Smokey BBQ Ribs

<http://www.bestrecipes.com.au/recipe/cola-smokey-bbq-ribs-L18625.html>

Recipe by: CastIronBoys

INGREDIENTS

- 1 kg pork ribs
- 1 bottle smokey barbecue sauce
- 1 L Coca Cola



STEP 1 Coat steak with peppercorns

STEP 2 Heat half the oil in cast iron camp oven on high heat (best on coals but can be done on stove top).

STEP 3 Brown half the meat and set aside. Repeat with remaining meat.

STEP 4 Add onion to the pan cook until soft.

STEP 5 Add flour to pan, stir until browned remove from heat.

STEP 6 Combine remaining ingredients and stir into onion mixture.

STEP 7 Add meat and juices. Cook over low heat for 2 hours.

STEP 8 Add potatoes, cook for further 45-60 minutes.

STEP 9 Stir in cream and serve.

=====

STEP 1 Cut the ribs into individual pieces.

STEP 2 Pour cola into the camp oven, add the ribs and bring to the boil. Let boil for half an hour.

STEP 3 Remove ribs and drain cola. Brush marinade over ribs and place back in the camp oven.

STEP 4 Bake for one hour, whilst re-basting the ribs with more marinade every 10-15 minutes.

STEP 5 Serve and enjoy!

Graduates Gallery



Sand and Water Crossing Certificate Graduates

Our Sponsors



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

