



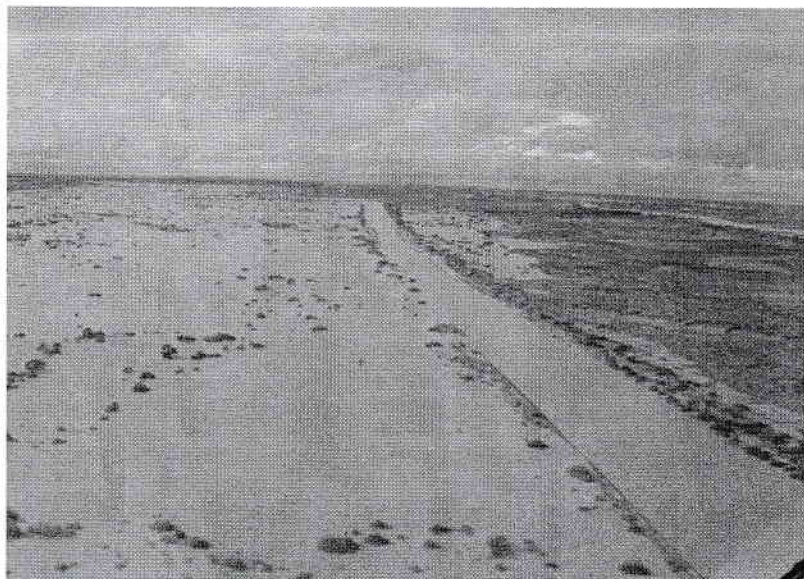
Rangers' Review

Mount Lofty Rangers Inc.

PO Box 1150, Blackwood SA 5051
www.mountloftyrangers.com.au

Volume 15 No.13

March 2010



Aftermath of the local rain's in the Innamincka area of SA

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Mount Lofty Rangers Inc.

About Us

The Club's aim is to enjoy all aspects of owning and using our 4WDs while enjoying the diverse surroundings offered by this great country. We are a club of 4WD enthusiasts who enjoy challenging driving, regular trips, camping, camp cooks and a great social scene on and off track.

Membership

Membership is open to anyone who owns a 4WD regardless of its make or model and has a passion for driving. Mount Lofty Rangers Inc is an affiliated member of the SA Association of 4WD Clubs.

Club Outings

The Mount Lofty Rangers provides regular day, weekend and extended four wheel drive trips, lead by experienced trip leaders. Trips are rated on the level of difficulty and are available to all members and guests.

The club has a dedicated social committee who also organises regular events that complement the club trips.

Experience and Training

Our current members possess a wide range of skills ranging from beginner to advanced. The club has a number of accredited instructors and assessors, and is involved in regular training via the SAAFWDC Driver Training Unit.

Meetings

Club meetings are the second Monday of each month* and are held at the

Blackwood Football Club Trevor Terrace Blackwood

Time 7:15 pm

*Except where this Monday falls on a long weekend then the meeting is held on the 3rd Monday of the month

Information

For more information on the Club please check out our website at:

www.mountloftyrangers.com.au

MT LOFTY RANGERS UHF CLUB CHANNEL NO 27

Editorial

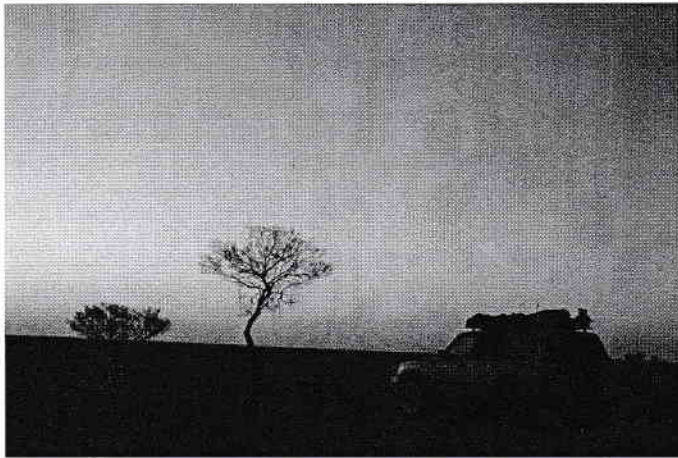
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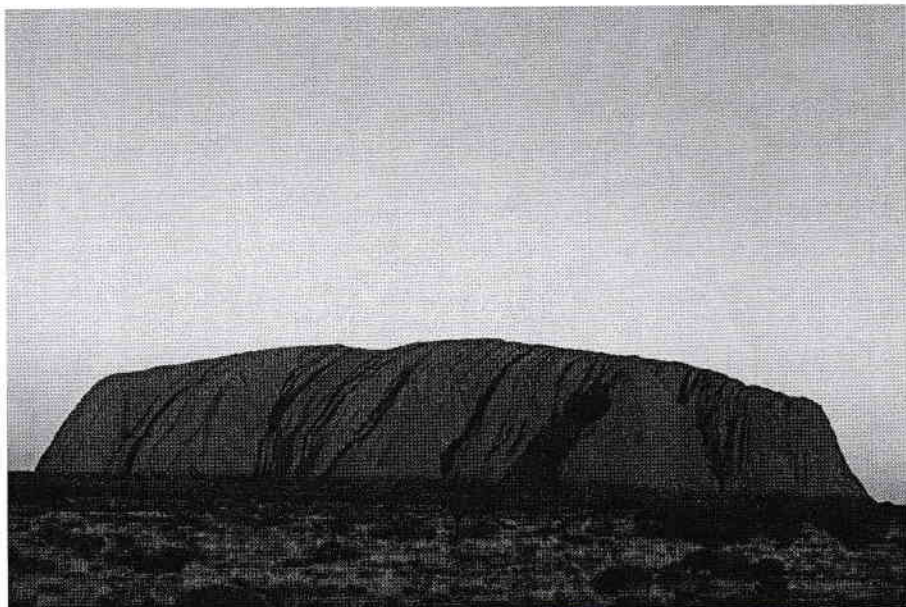
Welcome to the March edition of your club magazine.

Well, the start of this year is looking to be just as hectic as the end of the last! Work time has been taken up with dealing with the local rains and planning for the upcoming flooding of the Cooper Creek in the states NE corner. Its looking to be one of the largest for many many years ! Check out page 14 for more info on conditions around the Innamincka region.

Inside you will find updated info on DTU & club based training, upcoming trip information and a great social getaway for the middle of April.

Cheers Neil Cook







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your finance and investment property
needs in total confidentiality with someone
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Paul West has been a club member
for 12 years and really enjoys helping
people achieve their dreams.
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0405484448.



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SPECIALIST 4WD CONTRACTS

Proud sponsor of the Mount Lofty Rangers Magazine

Social Scene

What: **Rock the Mount and Remarkable Ute Muster**

Where: Melrose, SA (270km north of Adelaide, Approx 2 ½-3 hrs drive)

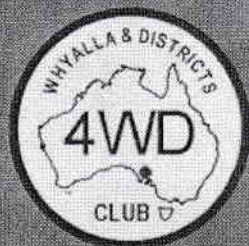
When: Friday 16th to Sunday 18th April

Cost: Weekend Pass \$125 (includes: Rock the mount stubby holder, 2 nights camping with showers at the showgrounds (fri & sat night), Breakfast on Saturday and Sunday, entry to view the Remarkable Ute Muster, day stage entertainment, **Lee Kernaghan's Planet Country concert** and unlimited shuttle bus between the Showgrounds and Melrose's Main Street).

Website: www.remarkablefestivals.com.au

Everyone that wants to attend this event must book their own tickets by calling them on 0438 888 307 or by email info@remarkablefestivals.com.au

2010 4WD WEEKEND in WHYALLA (WW6)



2nd, 3rd & 4th of October 2010



Activities include:

- Camp-oven Cooking Competition • Mt. Laura Circuit
- Get to know your GPS Session • Tagalong tours
- Night Navigation Challenge • Andrew's Canyon
- Camping with all facilities at Whyalla Showgrounds

Visit **www.whyalla4wd.org.au** for more details.

This event is open to all financial members of the South Australian 4WD Association. For Insurance purposes all weekend participants must be financial members of a SAAFWDC Club, and register this event with your Club as a Club Trip.

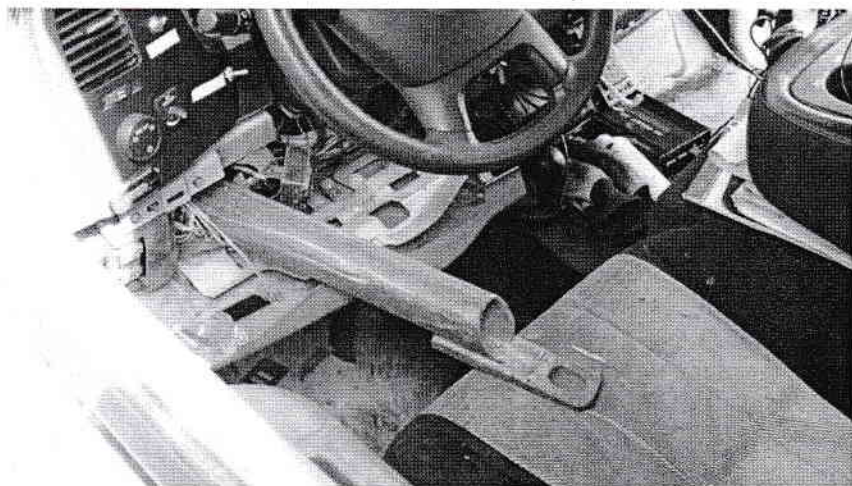
THANKS TO A NUMBER OF MEMBERS FOR SENDING THIS
THROUGH TO ME. Ed.

Most of us have to drive through access gates at some point of our driving careers.

We have had numerous incidents with gates swinging in the wind and hitting vehicles.

This guy caught a gate that was probably hidden by the tree line as he rounded the corner.





Be careful out there ! Ed.



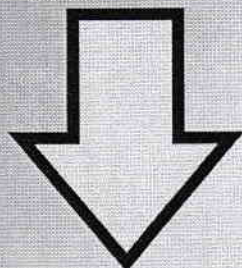
Official Information Release from Four Wheel Drive SA

4WD Matters

February 2010
- 24/02/2010

South Australian Association of Four Wheel Drive Clubs Incorporated ABN 24 036 898 953 - www.saa4wdc.asn.au

There's Some Serious Fun To Be Had



- serious free tucker fun
- serious (very) raffle prizes fun
- serious tag-a-long trips fun
- serious dinner & quiz night fun
- serious good weekend fun

- seriously it only needs you to
tell us what you're coming to!!!!

Fill out the application form now!!!!

March 26-28 2010

All roads lead to **Burra** for the FWDSA

Back to Burra Weekend

Free Morning Tea & AGM

Free BBQ Lunch

Continuous Tea & Coffee

Tag-a-long Tours

Concourse 4WD elegance vehicle competition

Camping at the Burra Showgrounds

FWDSA Dinner (bookings essential)

Quiz Night

Raffles, Prizes



See FWDSA Website
www.saa4wdc.asn.au
for Application Forms

Range Rover 4WD Tag-A-Longs

Camera Car CP



FWDSA Back to Burra Weekend

Detail: Copper Ore - green: Malachite - blue: Azurite; FWDSA Back to Burra 2010 Committee; Range Rover Club of (SA) Inc
Photos: Copper Ore photos courtesy Moortia Mines Museum - District photos courtesy Burra Visitor Information Centre
Edited by 4WD Adventurers Club of SA Inc- Direct all correspondence to Editor FWDSA email:- saa4wdc@saa4wdc.asn.au

4WD Matters February 2010 - 24/02/2010 : Disclaimer: Whilst every endeavour is made to ensure the accuracy of the material in this publication, Four Wheel Drive South Australia shall not be held responsible for any errors, omissions or inaccuracies.

FWDSA Back to Burra Weekend 26-28th March 2010 - Application Form
(electronic form - click on grey boxes and type in details)

If for personal reasons you cannot make a firm booking please tick this box, complete and forward the application - contact the Treasurer to discuss payment options.



Given Name Family Name
 Email (for contact details)
 Phone Home Work Mobile
 Vehicle Type Reg.No. Club

**Activities Saturday
March 27th**

Concourse 4WD'elegance

Longest trip/dirtiest vehicle/biggest hard luck story/
most accessorised vehicle etc - apply at Showgrounds

Indicate numbers
 Adult
 Child
 @ \$35.00 @ \$25.00 = Total \$

Morning Tea10.00am Free for All - Burra Town Hall

BBQ12.00am Free for All - BYO Seats & Drinks

Tag-a-long Tours...1.00pm Range Rover Club for details - apply at Showgrounds

Dinner6.00pm - 7.30pm Return your Menu preferences by March 14 2010

		Indicate choices	
		Adult	Child
Starter	Bread Rolls with each meal : BYO Drinks & Glasses		
	Spring Rolls and Dipping Sauce.....	<input type="text"/>	<input type="text"/>
	Crumbed Calamari with Tartare Sauce.....	<input type="text"/>	<input type="text"/>
Main Course	Roast Beef with vegetables and gravy.....	<input type="text"/>	<input type="text"/>
	Chicken Fillet Rolls with vegetables and gravy.....	<input type="text"/>	<input type="text"/>
Dessert	Bread and Butter Pudding with cream.....	<input type="text"/>	<input type="text"/>
	Apricot Danish with cream.....	<input type="text"/>	<input type="text"/>

Advise special diet requirements (eg diabetic, vegetarian) as soon as possible

Quiz Night.....7.30pm Teams of 8 - BYO Drinks & Nibbles & Glasses
 Prizes, Raffles & Presentation
 All proceeds to Royal Flying Doctor Service

Showgrounds Camping - FWDSA has arranged for facilities at the Burra Showgrounds

- 17 powered sites - 10 Amp outlets - No guarantee of powered site - Preference to those with a medical need
- Costs: \$12 per night : Register from 4.00pm Friday March 26th : Shower facilities available

Medical need for power	Yes/No	Friday March 26	Saturday March 27	Sunday March 28	Total \$
Indicate nights required		<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Application Form and Payment by March 14th 2010 - receipts will be issued upon arrival at the Burra Showgrounds

Make cheque/money order payable to "SAAFWDC Inc" or internet transfer to BSB: 805023 Acct.No. 04305267

Mail or Email Application Form & Details to FWDSA Treasurer:

Mr. John Newman 4 Tweed Court Lobethal 5241 SA john.newman@internode.on.net

Phone: 08 8389 6526 Mob: 0438 922 134

Thought this info may be of interest to upcoming desert travelers. *Ed*

SANTOS Cooper Basin Flood Report 17 March 4th 2010

Rainfall: Since the previous report of March 1st there were further significant falls over the lower catchment area(Windorah 94mm) with lesser falls of 25mm to the north. Falls of up to 100mm in the Wilson catchment area is now causing the **3rd Wilson flood event**. Since March 2nd there has only been minor falls in the catchment area & Cooper Basin. **Rain outlook for the next 14 days is dry.**

Rain Events: 2009-10 Summer Summary

Nov 24 Patchy rains caused a small influx of water into upper catchment area & main Cooper channel

Dec 28-Jan 5 Widespread rains in upper catchment area (No significant rain over Cooper Basin) Categorised as minor flood with water restricted to main flood plain areas

Jan 30-Feb 2 Widespread rain over catchment area and the Cooper Basin with average falls of 100mm

Feb 13-17 Moderate rain in upper catchment area(50-100mm) with heavy falls over lower Cooper Basin(Moomba 128mm, Tirrawarra 150mm+)

Feb 27-Mar 2 Widespread rain with falls ranging from 5mm to 200mm(heavy falls at Windorah(200mm), Ballera (100mm) & over Wilson catchment (~80-100mm)

A combination of these 5 rain events with 3 significant Cooper Basin rain events has resulted in the **highest impact Cooper Basin flooding since 1974.**

Although the volume of water coming down the Cooper from the upper catchment area is similar to the minor/medium floods in 2000 & 2004 there has been 3 Wilson floods and massive local run-off. **Although the Cooper Creek water volume through Callamurra is a medium flood volume - heaviest local rain falls since 1974 has resulted in a major flood impact.**

Windorah: A second flood, which peaked at Windorah on Feb 16, arrived at Ballera 1st March and is expected to peak over the next few days. **A 3rd flood peak is now manifesting itself at Windorah as a result of the last rain event. Volume of water is expected to be similar to the Feb 16 event. As all systems are full these 2 events could put up to an additional 2000gl into the flood plains south & west of Innamincka. If this prediction is correct strong out-flow across the Moorari crossing will continue until late April.**

Ballera Jackson crossing: Levels which commenced increasing on March 1 (crossing being closed from March 2nd) continue to increase with level today being some 51cm over the crossing at the western channel. Durham Downs is still rising and will peak in about 4-5days . **The levels at Durham now suggest that the Ballera crossing will be closed longer than previously predicted (15-20+ days).This could extend to 30days with a 3rd influx of water arriving at Ballera prior to levels dropping from this event.**

Innamincka Crossing: Current level is 5.9 m and will fall slowly until the next influx of Wilson River waters.I expect the crossing to remain closed for the next 4-6+ weeks based on previous floods of this magnitude.

Della Rd: Della- Moomba road still closed while undergoing repairs - Field Services advise that it is expected to be open to light vehicles by the weekend.

Scrubby Camp:(NW Channel feeding Coongie Lakes and cutting Mitchie & Kudrieke Crossings): Level which peaked at 3.63m is rising slowly agains with the current level at 3.3m above pool level. As previously reported waters form Scrubby Creek has filled the floodplains across the Bookabourdie-Coonatie Rd. Further more, Coongie Lakes are overflowing with the creek which bisects the Coonatie field in full flood. This is adding further water to the lake south of Coonatie which has cut off all access from Bookabourdie. **An alternate access road has been proposed which will bypass the swamp area. Should this be approved access to Coonatie could be restored by -mid May rather than June or later. This timing will be dependent on excellent drying weather, availability of equipment and approvals.**

Embarka Swamp(Tirrawarra & surrounds): Embarka Swamp is flooded with continued strong flow of water. Levels at Gidgealpa(throat of swamp) peaked at 5.4m above pool level on Feb 25th and are currently steady. There is strong outflow across Moorari crossing and Walkers crossing is cut. Water from the Cooper Creek flood will continue to flow strongly into Embarka Swamp and surrounds until levels drop significantly at Innamincka. Merrimelia Oil is isolated and the Tirrawarra Rd remains cut.

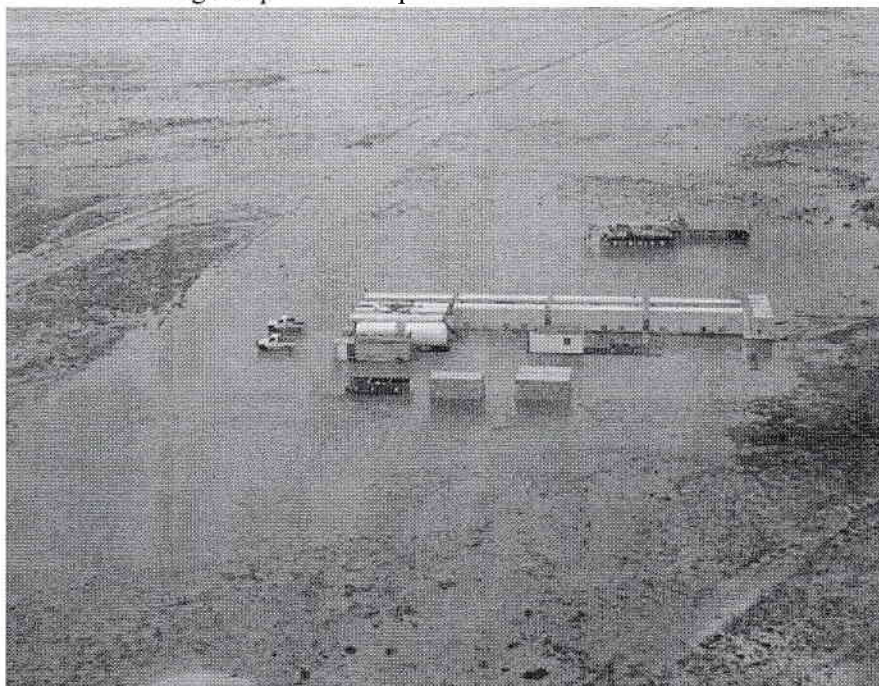
Tirrawarra Rd: The Tirrawarra road is breeched by flood waters and access is not expected for 6+weeks.

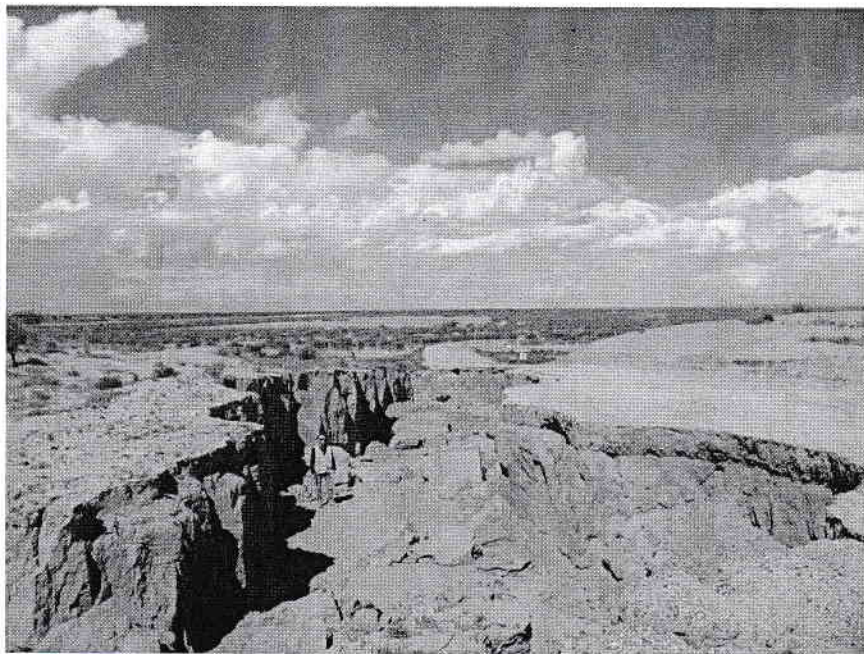
Walkers Crossing (Charo access): Flood waters continue to flow strongly across Walkers crossing -main access to Charo. No access expected for up to 2-3 months.

Current Predictions

1. The Embarka swamp is inundated with strong outflow across the Moorari crossing-no access for drilling for 6mnths
2. The Innamincka crossing could be closed until sometime in April.
3. Expect the Kudrieke crossing will remain impassable for the next 6mnths

Flooded drill rig camp in the Cooper Basin





Tirrawarra access road flood damage



Moomba in flood - who said
there's no water in the desert !

Subject: Invitation

Dear Rob, Peter, Bob, Brian, Martin, Andrew, Fred, and John,

There is an area around Blinman in the Flinders Ranges in which 9 Station properties are fighting to eradicate *Opuntia robusta* or wheel cactus. It is a close relative of prickly pear and every bit as disastrous to grazing properties.

Last October 2 dozen members from the Toyota Landcruiser Club spent a week on Gum Creek Station seeking and destroying wheel cactus. All involved considered it a great experience and are returning in May this year to cover more ground. The Station owner is very keen to make our stay as pleasant as possible; we have free use of the large Shearers' Quarters, drive the Station tracks, and enjoy a barbie and happy hour with him.

Apart from Gum Creek, the other Station owners have little or no volunteer support in their fight against the marauding plant so that is why we are inviting you or a Club representative to our February meeting.

At our Club meeting on Monday February 22 we are giving a video report on the week at Gum Creek. That will give a good idea of how the eradication program works. In addition the owner of Gum Creek Station, Bill Macintosh, will speak briefly about the program and the value from volunteers assisting.

After this, if you have any interest in following up with one of the other Station owners Bill will be able to provide you with contact details and anything you may want to know about a property. Some are in delightful parts of the Flinders and offer excellent driving.

The meeting is held in the West Adelaide Football Club Rooms, Milner Road, Richmond and starts at 7.30 p.m.

Please let me know by email or phone, who will be representing your Club so that we can welcome them and introduce them to Bill. Meanwhile I will be happy to answer any queries you might have.

Kind Regards, Vince

HOW TO IDENTIFY A STROKE

Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue

STROKE: Remember the 1st Three Letters.... S. T. R.

STROKE IDENTIFICATION:

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) .she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening

Jane's husband called later telling everyone that his wife had been taken to the hospital -

(at 6:00pm Jane passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this...

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke....totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to SMILE.

T *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)

(i.e. It is sunny out today.)

R *Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his or her tongue.. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

FOR SALE

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CGear annexe matting - special discount offer to all club members.

Small 1.8m x 2.4m - RRP \$109 - Club price \$85.00.

Medium 2.4m x 4.3m - RRP \$208 - Club price \$176

Large 2.4m X 6.0m -RRP \$274 - Club price \$220

Extra Large 3.6m x 4.6m RRP \$307 - Club price \$247

For more info on this product See Paul Tabone or phone him on

Ph 8276 5666

FOR SALE

The latest edition of Camps Australia 5

This is a great book for finding camp sites when in new areas.

B4 size spiral bound with camp site pics \$70 RRP normally \$79.95

A4 paper back \$40 RRP normally \$49.95

I have both in stock at the moment.

Cheers

Paul Tabone

Mitsubishi Pajero

1. Team Poly bull bar, Good condition, couple of light scratches, suit NL,
\$400 ono

Neil Cook 0400 416 220 nlhcook@adam.com.au

Toyota Landcruiser

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set of 5 - 6 stud Toyota skinny split rims and tyres in good cond.
\$150.00.

CONTACT LES TOOMER 0409285232.

TO SUIT 80 / 100 SERIES SOLID AXLE : Set of 2" lift heavy duty
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For further info & specs contact Neil Cook 0400 416 220

General

CGear annexe matting - special discount offer to all club members.

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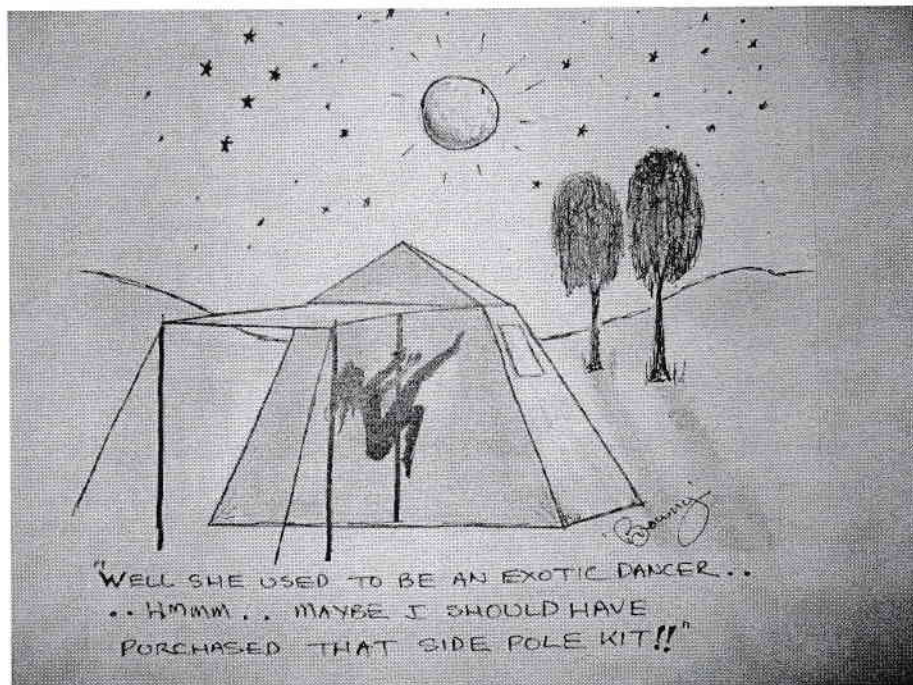
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Australia

Dengue in Cairns and Townsville, Queensland

Created: January 20, 2009 22:30 GMT

Updated: January 21, 2009 01:36 GMT

Two areas of Queensland are currently experiencing dengue fever outbreaks.

More than 150 people have been infected in Cairns with dengue type 3, where the outbreak began in early December. The cases there are particularly centered in the suburb of Cairns North. Other affected areas include Machans Beach, Manoora, Manunda, Stratford, Aloomba, Kanimbla, Kewarra Beach, Bungalow, Parramatta Park, Whitfield and Clifton Beach.

In Townsville, both type 1 and type 3 dengue are circulating. Since the outbreak there began in early January, nine people have been infected.

Queensland Health is establishing an incident management team in Cairns and is encouraging residents in both areas to rid their property of standing water, where mosquitoes breed.

Dengue is occasionally reported in Queensland. An outbreak in 2003 infected 365 people in Cairns.

The Disease

Dengue or "break-bone" fever is a viral disease found in tropical and sub-tropical areas. There are four strains, DEN-1, DEN-2, DEN-3 and DEN-4. It is transmitted by the *Aedes aegypti* mosquito. This insect bites during the day and is often found in and around human habitation. Symptoms of dengue include high fever, severe headache, cough, and joint and muscle pain. A rash often follows these symptoms. The acute illness can last up to ten days, and complete recovery can take two to four weeks.

Occasionally, a potentially fatal form of dengue called dengue hemorrhagic fever (DHF) occurs. DHF usually occurs in patients who have previously been infected with one strain of dengue fever, then contract a different strain of the disease.

International SOS Comment

There is no vaccine against dengue fever. Preventing mosquito bites is the only way to prevent the disease.

Prevent mosquito bites

Mosquitoes transmit many diseases that threaten travelers, and different mosquitoes bite at different times of the day. For example, the mosquitoes that spread malaria bite at night (from "dusk until dawn"), whereas the mosquitoes that spread dengue fever bite during the day.

Prevent bites while outdoors:

- Wear light-colored clothing that covers most of the body (long sleeves and long pants).
- Use insect repellent that contains DEET. Adults and children more than two months of age can use

preparations containing up to 35% DEET - the higher the concentration, the longer it repels. Longer acting preparations are also available. Reapply after swimming or excessive sweating.

Prevent bites while indoors or asleep:

- Check that there is fly-wire on the windows.
- Use "knock-down" insect spray to kill mosquitoes in your room.
- Use mosquito coils or electric insecticide vaporizers if mosquitoes can get into your room. (follow manufacturer's instructions)
- Note that air conditioning also repels mosquitoes.
- Consider using a bed net impregnated with pyrethrin.

Seek medical attention if you develop a high fever, especially if you suffer "rigors" (shaking) or a rash.

For more information:

- See "Dengue Fever" in the "Diseases and Prevention" dropdown on International SOS Country Guides
- See the travel advice articles "Preventing Mosquito Bites" and "Using Insect Repellents Safely" on the International SOS Country Guides
- See the International SOS Country Guide for Australia
- Contact any International SOS Alarm Center

Authors:

Dr. Doug Quarry

Dr. Irene Lai

Viki Hansen-Landis, MPH

David DoQuang, MPH

Feedback: [Non-urgent questions and comments](#)

PENDLETON FARM STAY, NGARKAT AND BORDER TRACK

ANZAC DAY LONG WEEKEND 2010

Friday 23rd April 10

- 3pm sharp meet at Shell Roadhouse Tailern Bend, drive to Pendleton Farm Stay, 13 km past Keith on your left on the road to Bordertown / Melbourne.
- 5 pm Set up camp, cook tea, relax around a camp fire (if the day is not a total fire ban).

Saturday 24th April 10

- Relaxing morning, children can participate in a free guided farm tour and animal feeding with the farm owners.
 - Late morning an easy drive through some of the sandy Ngarkat southern tracks before returning to camp by 3pm to start a fire, wood supplied by the farm.
 - Late afternoon the children can assist in rounding up the sheep and guiding them back to the stock yards, canoe paddle on the lake, view the shearing shed, swim in the pool (for those who can brave the cold) and navigate the large hay maze.
- Shared camp cook evening meal, please advise me of your intended meals so we can have as much variety as possible.

Sunday 25th April 10

- 9 am early start for our Border track drive today along the bitumen at first before we travel though Ngarkat and south down the border track returning to the farm very late in the afternoon.
- Individual dinner tonight with another camp fire and a few drinks.

Monday 26th April 10

A day at your leisure to enjoy more of the farm or local area before returning home at your own convenience.

Trip Requirements

1. Each family is to book direct with the Pendleton Farm Stay on 87567042. Camping costs are the same for powered or unpowered sites of \$22 per night for 2 people plus \$5.50 for each extra person per night. They provide all the facilities mentioned above at no extra cost. The farm is caravan friendly, they have cabins and fixed tents as well for hire subject to availability. We have access to caravan park style amenities with hot showers, toilets, laundry and a small kitchen area.
2. Car requirements
 - Rated shackles and rated snatch strap.
 - Air compressor
 - 3 metres measured from the ground Sand Flag
 - Tyre deflators

UHF CB

If you have any questions please contact me to discuss.

Paul McGregor

Mobile 0408 900 889, home 8322 7194, work 8376 6477

Email paulm@totalimage.net.au

Upcoming Trips

Summary of up coming trips:

When putting your name down for a trip you **MUST include your contact number** If you cannot attend and your name is on the trip sheet you **MUST** contact the trip leader or Trips coordinator.

- | | |
|---------------------|----------------------------------|
| ♦ Easter 2010 | Port Lincoln Shark Dive |
| ♦ 23-26 April | Pendleton Farm (Keith & Ngarkat) |
| ♦ 23-26 April | Ngarkat & Border Track |
| ♦ 15-27 May | Innamincka/Sturt Nat park |
| ♦ 2-11 July | Simpson Desert |
| ♦ July /August 2010 | Cape York |
| ♦ 2-4 October | Loveday 4x4 Adventure park |
| ♦ 2-4 October | Weekend In Whyalla 6 |

Club Trainers

Trainers: Ian Manglesdorf, & Tim Byrne

Assessors: Ken Bradey, Mark Curtis, Jeff Morgan, Ricky Esser, Paul Tabone

Advisors: Brenton Bowley

MLR Club Training

Contact: Paul Tabone, Education Officer Mobile: 0417 080 663

Unless otherwise specified, ALL MLR trips use UHF channel 27

Upcoming Trips

Trip	Port Lincoln Shark Dive
Date/s – Duration	1-6th April 2010 (Easter)
Trip Leaders	Neil & Linda Cook
Convoy limit	TBA
Distance – Kms	1500
Departure / meeting point & time	TBA
Difficulty	Scary !!!!!
General comments	Shark dive charter and camping in the Lincoln National Park (see flyer over)

Unless otherwise specified, ALL MLR trips use UHF channel 27

Trip	Pendleton Farm
Date/s – Duration	23rd to 26th April
Trip Leaders	Paul McGregor
Convoy limit	10
Distance – Kms	400
Departure / meeting point & time	TBA
Difficulty	TBA
General comments	Farm stay at Keith, with trip into Ngarkat and Border Track.

Upcoming Trips

Trip	Ngarkat Conservation Park
Date/s – Duration	23rd to 26th April
Trip Leaders	Mark Curtis
Convoy limit	10
Distance – Kms	500+
Departure / meeting point & time	TBA
Difficulty	TBA
General comments	Tintinara-Bucks Camp-North through park centre-Pine Hut Soak-Mt Shaugh-Red Bluff

Unless otherwise specified, ALL MLR trips use UHF channel 27

Trip	Innamincka
Date/s – Duration	15th to 27th May
Trip Leaders	Mark Curtis
Convoy limit	6
Distance – Kms	TBA
Departure / meeting point & time	TBA
Difficulty	TBA
General comments	Strez track to Innamincka-Bore Track-Stuart National park

Upcoming Trips

Trip	Simpson Desert
Date/s – Duration	2-11 July 2010
Trip Leaders	Mark curtis
Convoy limit	6
Distance – Kms	2000+
Departure / meeting point & time	TBA
Difficulty	Medium to Hard
General comments	West to East crossing

Unless otherwise specified, ALL MLR trips use UHF channel 27


Trip	Cape York
Date/s – Duration	July/August 2010
Trip Leaders	Les Toomer
Convoy limit	Expressions of interest required
Distance – Kms	Lots TBA
Departure / meeting point & time	TBA
Difficulty	Moderate to very hard
General comments	

Upcoming Trips

Trip	Loveday 4x4 Adventure Park
Date/s – Duration	2-4 October 2010
Trip Leaders	David Lamb
Convoy limit	TBA
Distance – Kms	1000
Departure / meeting point & time	TBA
Difficulty	TBA
General comments	Private property on the banks of the River Murray in the Riverland. October Long Weekend


Unless otherwise specified, ALL MLR trips use UHF channel 27

Trip	Weekend in Whyalla 6
Date/s – Duration	2-4 October 2010
Trip Leaders	TBA
Convoy limit	Non
Distance – Kms	1000
Departure / meeting point & time	TBA
Difficulty	Various
General comments	October Long Weekend, see flyer in mag



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Then the action begins !!

We have had Great Whites around the boat before hanging back on the anchor.

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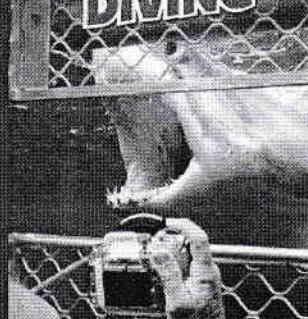
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**BOOKINGS and
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\$495 per person, wet suit & photos/video extra.

Includes warm lunch, 45minutes in shark cage, bar open on return journey.

No dive ticket required as face masks are controlled from the surface.

Looking to camp in the Lincoln National Park and do the charter on the Saturday or Sunday. We will be travelling over on the Thursday and returning on the Tuesday.

Please read all the terms and conditions on the web site, as the sharks are NOT guaranteed.

Payment required at the end of the December meeting.

Give me a call on 0400 416 220 if you have any questions and check out :

www.sharkcagediving.com.au

Cheers Neil & Linda Cook

TRAINING

Below are some dates for DTU ran training & MLR club only training.
This will be the last of the training offered by the DTU.

I strongly recommend any members wanting to do training get to some of these events.

This is for anyone wanting to start the training you MUST do this first.
This will be the only theory course for 2010.

Club Training - Basic theory at Cavan, 13th - 14th March 2010; Practical 20-21 March at Cherry Gardens

Club Training - 001B Practical at Cherry Gardens, 20-21 March, Theory course members get preference

Any of the Clubs Trainers please consider doing this course.

Assessor Course: 22-23 May & 5-6 June & 19-20 June 2010

This is for any of our clubs Advisors.

Trainer Course: 17-18 April & 1-2 May 2010

Morgan is a great location and not too far.

Anyone wanting 001B items Trained or Assessed this is for you.

Club Training - 001B Practical at Morgan, 8th - 9th May 2010

This one is for DTU members only eg Advisors, Trainers & Assessors.

DTU Professional Development / Advanced Assessment at Kupto, 7 - 8 August 2010 (DTU Members only)

MLR Club member training open to all MLR club members with training books.

Limited spots available depending on number of Trainers & Assessors available.

Weekend of the 27 or 28 March - Morgan.

Sun 11 April.- Deep Creek inclines etc then to Goolwa beach for sand driving and some recoveries.

Sat 22nd May somewhere local to do stuff like pre departure checks, Changing a wheel, puncture repairs etc.

Email Paul Tabone if you would like to attend any of the above.
I will need your full name and return phone number and email

Thanks
Paul Tabone.

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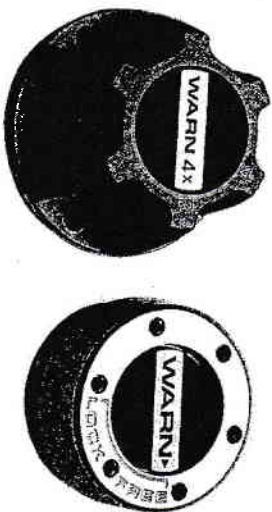
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TO FREE WHEEL OR NOT TO FREE WHEEL

A few years ago I purchased 3 old Landrovers (around 1969 vintage) to strip for spare parts. Of some surprise to us was the excellent condition of many of the front drive components in particular the dfts and tailshafts. As none of these vehicles was fitted with Free Wheel Hubs we expected to find most of the front components tally well flogged out but they weren't. Most vehicles we repair actually require the front tailshaft sliding joint repaired long before its rear counterpart. At times we have discovered worn Pinion Bearings in the front differential of a vehicle that has covered in the vicinity of 150,000k. This can come as a shock to the owner whose



comment can be along the lines of 'I always use my FW Hubs and have probably covered no more than 20,000k with the front diff engaged.

Unfortunately when the FW Hubs are disengaged for an extended time, and the vehicle travels on shall we say less than perfect roads, the parts that normally rotate can bounce or vibrate in the one spot and actually wear with out doing any work.

So although some minor fuel savings may be achieved by disengaging free wheel hubs, the added maintenance bill down the track can negate these savings.

As a rule when travelling predominantly on dirt roads I never disengage the hubs and for safety's sake I often engage 4WD on average dirt roads.

I believe that operators in the Cooper Basin are instructed to engage the FW Hubs at all times on dirt roads, simply for the added safety that 4WD Traction can give in an emergency situation.

In summary it would appear to be safer and possibly more economical to leave the Free Wheel Hubs engaged on all trips involving dirt roads.



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| 1 Dual Batteries | 1 Air Compressors | 1 Fridges |
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| 1 Warn Winches | 1 Wheel Carriers | 1 Fuel Tanks |
| 1 Canopies | 1 Recovery Equipment | |
| 1 Air Locking Diffs | 1 Old Man Emu Suspension | |
| 1 UHF Radios & Antennas | | |

*****CLUB DISCOUNTS AVAILABLE TO ALL MEMBERS*****

*****CONTACT GLENN BULL FOR FULL DETAILS*****



Mount Barker 4x4 Centre

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Shop 10/4 Dutton Road
Mount Barker SA 5251



MOUNT LOFTY RANGERS 4WD CLUB



GENERAL MERCHANDISE RANGE

Cloth Badges	\$7.00
Car Stickers	\$2.50
Name Badges	
Initial 2 on joining	FREE
Additional	\$6.00
Replacement	\$6.00
Sand Flags	\$2.50
Tyre Plugs	\$7.50

Please see Les Toomer (0409 285 232) for clothing or other purchases

ITEMS FOR LOAN

Crate Mate Recovery Tracks	Recovery Kit
Club Banner	Tirfor Winch
Club Flag	Puncture Repair Kit *
Exhaust Jack	First Aid Kit *
Maps	4 x Lightweight Shelters with sides.
* Please replace used items	

Please see Mark Curtis for any items you wish to borrow Ph 8358 4776

MOUNT LOFTY RANGERS 4WD CLUB



MERCHANDISE APPAREL RANGE

Sizes available for the clothing range are S, M, L,
XL, XXL & XXXL

So let's get out there and support & promote our

see Andrew Thomas 0408 854 694

Bulk orders placed in Feb, May, Aug & Nov or/if when minimum orders quantities are met
All items to be paid in full when placing order. Add \$5 per item for name embroidery.

HATS

with club logo embroidered



Baseball Cap
\$17



Bucket Cap
\$15



Beanie
\$15

SHIRTS

with club logo embroidered



Polo Shirt
With pocket \$37
Without pocket \$35



Chambray Shirt \$45
Mens and Ladies
Full, short or 3/4 sleeves



COOLER

with club logo printed

Stubby Holder
\$5

JUMPERS

with club logo embroidered



Windcheater
\$50
Ranger Review




Arctic Top
1/3 or full zip \$50



Winter Jacket
\$85

Your Committee

PRESIDENT	Andrew Thomas		0408 854 694
	Andrew.thomas@hills.com.au		
VICE PRESIDENT	Graham Jones		0419 851 040
SECRETARY & PUBLIC OFFICER	Pat O'Kane		0408 775 969
TREASURER	Paul McGregor		0408 900 889
ASSOCIATION DELEGATE	Richard Williams		0437 734 670
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Dave 'Shorty' Willsmore

0412 411 751

MERCHANDISE
OFFICER

Les Toomer



0409 285 232

TRIP LEADERS CHECKLIST

PRE-PLANNING

Choose a location for the club trip

Choose a date - start & finish

Choose a route - there & back

Accommodation - caravan, camper trailer or tents only

Cost of camping, track access or other costs

Determine difficulty of the trip

Determine vehicle suitability, requirements & convoy limit

Work out an estimate of the trip distance

AT A CLUB MEETING

With all your pre-planning information at hand approach the trips coordinator

Discuss & seek feedback on your trip details & amend if necessary

Ask if anyone else within the club has done the same trip for any advice or suggestions

Fill out a trip sheet & post on the trips board

Within the club meeting, stand up & introduce yourself

Explain all the details of your proposed trip as outlined in the pre-planning stage

Answer any questions if needed

During the next subsequent meetings keep up to date with progress of names listed on your trip

IN THE MEANWHILE FINALISE DETAILS FOR YOUR TRIP

A start meeting point & time for your trip, there can be multiple places to meet when on route

Finalise any personal, camping, safety & recovery equipment required for the trip as a minimum

Determine if there is any First Aiders, club trainers or assessors on your trip

Amount of fuel stops & fill up locations whilst driving

Notify & book in your trip with any relevant landowners, caravan parks, national parks etc

Assess & check any possible weather conditions you may encounter whilst on your trip

Leave details of your trip with the trips coordinator - itinerary, route & planned return time

Determine all the water & food requirements of the trip - are there any group cooked meals ?

THE LAST CLUB MEETING BEFORE YOUR TRIP

Gather together the members of your trip into a small group & finalise any details of the trip

Confirm all names & numbers of persons attending

Gather all participants trip application forms

Determine if there are any special needs or medical requirements of the participants

Collect any money or fees if it is required

THE FIRST DAY OF YOUR TRIP

Arrive first at the chosen meeting place & time

Once all intended persons have arrived, introduce yourself & anyone travelling with you & call sign

Get everyone else to introduce themselves, people travelling with them, call sign & type of vehicle driven

Make sure everyone is aware of your mobile phone number in case of an emergency

Make everyone aware of the nominated first aider

Discuss convoy procedures, marking of corners & making sure they can see the vehicle behind them

Remind everyone of UHF radio use, etiquette & rules. No swearing / bad language etc

THINGS TO DO THROUGHOUT EACH DAY OF YOUR TRIP

At the start of each day or each individual section of the drive appoint a Tail

End Charlie

Nominate a person to write the trip report for that day

Perform regular radio checks of all vehicles in your convoy

Make yourself available to everyone if there are any grievances or conflicts on the trip

CLUB BY-LAWS & RULES FOR TRIPS & ACTIVITIES

As extracted from the Club's Constitutional Document

CLUB ACTIVITIES

For the purposes of these by-laws & rules, only those activities that have been approved by the Directors or at a General Meeting & noted in the minutes shall be recognised as official Club activities. Any activity not so approved shall be considered as a member's private activity & shall only be discussed at General Meetings during general business, if time permits.

REGULATIONS

All members & visitors shall at all times abide by the Club Constitution, these by-laws, rules & regulations laid down by Government Authorities & owners/lessees of private property.

CLUB IDENTIFICATION

All club identification shall be removed from vehicles prior to sale or upon expiration of membership.

RADIOS

Members using CB, UHF & HF radios shall use them at all times in accordance with State &/or Federal Government rules & regulations governing the use of radios.

All members shall install 27 Meg (AM) or UHF radios for all club trips within 6 months of joining the club.

VEHICLE INSURANCE

All participants in Club activities are required to produce to Directors a written declaration stating that they have in force, and will have in force for the duration of the club's financial year, a current policy of Comprehensive or 3rd Party Insurance applicable to the vehicle they are driving, upon renewal of such participants' membership with the club.

CONDUCT OF ACTIVITIES

Direction of Organisers

All members & visitors participating in a club activity at all times shall abide by the directions of the activity organizer or trip leader in respect to:

- i. Compliance with Club by-laws & rules

- ii. Safety of all other members
- iii. Fire precautions & restrictions
- jjj. Care & respect of private property
- kkk. The rights of other people

Trip Leaders

On trips, the Trip Leader has absolute authority over the whole trip & they must ensure that members & visitors are aware of all relevant Club by-laws & rules & have adequate recovery equipment.

Assistant Trip Leader

Trip Leaders at their discretion may appoint separate trip leaders to lead separate convoys.

Contravention of Club by-laws & Rules

A member contravening Club by-laws or rules may be asked by the trip leader to leave the activity or trip & the incident reported to the Committee. Disregard of club by-laws & rules should be reported to the Committee members by the club members. All members must inform the Trip Leaders of their intention to go on a club trip.

National Parks & Forest Areas

All members & visitors are responsible for knowing & observing Park, Woods and Forest regulations whilst traveling in these areas, or in other areas controlled by Government Authorities.

Conclusion of Trips

Trip Leaders must ensure that all participants have clear directions to their destination at the conclusion of the club trip.

Children

Adults must be responsible at all times for the behavior of the children in their charge.

Prospective Members

Prospective members & visitors are allowed on Club activities at the discretion of the activity organiser but not to the exclusion of club members.

Non Financial Members

Persons previously on the club committee but who are currently not financial, or other persons, who are not financial, are not allowed to take part in club activities with our prior Committee approval.

Numbers of vehicles

The number of vehicles on a Club activity shall be determined by the trip leader but also may be subject to requirements of outside authorities. As a general rule the number of vehicles in a convoy shall not exceed 15 as the sight & inconvenience to other members of the public must be considered.

Dogs

On trips where dogs are permitted, they must be kept under control at all times, preferably on a lead.

Motorcycles

Motorcycles are not permitted on Club trips except with the express permission of the trip leader.

Firearm

Guns & rifles must not be visible inside vehicles & should only be removed in cases of emergency, or with the express permission of the trip leader.

Intoxicating Liquor

Excessive consumption of intoxicating liquor on club activities is discouraged.

Off Tracks

Vehicles are to stay on existing roads & tracks except in areas where permission has been granted to move away from existing vehicle corridors.

Flora & Fauna

Live branches are not to be broken from trees or shrubs. No member shall use a tree as an anchor for winching without providing adequate protection around the tree from slings or cables. Trip members must not disturb birds, animals & their habitat.

Gates

All gates must be left as they were found.

Camping

Campsites must not be within 500m of any artificial constructed watering points. Campsite adjacent to large natural watering points must be sited so that stock & wildlife are not prevented from gaining access to water. Campsite must be at least 1km away from any station homestead, shearing shed, outstation or other improvement unless prior approval of the land manager. Previous campsites should be used wherever possible. Care must be taken to minimize damage to vegetation etc at campsites & making of unnecessary vehicle tracks is to be avoided.

Water

Minimal water only is to be taken from any watering point. Members are not to swim or bathe in tanks or dams without permission from the land manager. If water is required for washing it is to be bucketed out. Soaps & detergents etc are not to be introduced into tanks, dams, rivers or natural watering points.

Litter

No litter or rubbish is to be thrown from vehicles. At all stops, members shall ensure that no rubbish is left at the site. All non-burnable rubbish is to be carried out & disposed of in approved receptacles or areas. Burnable rubbish may be burnt at campsites provided all other members are considered, correct precautions are taken & there are no fire bans in place. Non-combustibles are to be removed from ashes.

Historical Sites

All sites of historical significance are to be left undisturbed & artifacts are not to be removed off site.

Toilets

When using bush toilets ensure an adequate, deep hole is dug & covered properly before leaving the campsite. Do not allow paper & tissue to blow around the area.

Mobile Generators

The use of generators must be kept to a minimum & not used after 8.00pm or before 7.00am without the permission from everyone within the vicinity. At all times other travelers must be considered when using generators. Members must ensure as far as possible that generators are permitted in NPWS areas prior to departures or obtain permission from rangers at the site.

Fires

Fire bans must be complied with at all times. Normally one campfire should be adequate and the trip leader is responsible for its location. The trip leader may approve other small cooking fires. At sites where adequate supply of dead wood on the ground is not available (especially National Parks etc) or during potential fire danger periods members are encouraged to use gas or other means for cooking. All fires must be extinguished before the site is vacated, ashes disposed of, and where practical, no signs of the fire should be left at the site.

Spares

Vehicles must carry enough spare to be reasonably self sufficient in the event of breakdown. Spares for similar type vehicles can be shared amongst those on the trip. The specific spares would depend on the type of trip & location and agreement between participants.

Grievances

Any grievance arising from any club activity must be made as soon as possible (preferably in writing) to the organisers of that activity or Directors so that any problems can be resolved promptly.

Convoy Procedure

Regulations – All drivers shall observe all regulations at all times.

Departure Warning – The trip leader shall give a 5-minute warning before departing.

Briefing – Prior to departure each day all drivers are to assemble a central point for the trip leader's briefing on the next stage of the trip.

Travel – All members of the convoy are to follow the trip leader & not stray from route

Track Widening – Drivers are not to widen existing tracks by driving around obstacles such as broken branches, large holes, rocks etc but should endeavor to do minor track maintenance to allow vehicles to remain on the track, i.e. remove branches, fill holes etc

Convoys – Vehicles should stay in convoy position unless a change is authorised

Distances – members should keep a safe distance from the vehicle in front, particularly in hilly country or if brakes are wet after a water crossing. On main roads leave adequate space between vehicles to enable other vehicles to overtake safely.

Driver Responsibility – Each driver is responsible for the vehicle behind. Keep the following vehicle in contact at all times. In conditions where visibility is poor switch on lights & check regularly that following vehicle is in sight. Contact by radio if possible.

Acknowledging Turns – Wait at every turn with indicators flashing until the following driver acknowledges with their indicators flashing.

Separated Convoy – If the convoy becomes separated & an intersection is reached where there is no other vehicle, stop and wait for instruction from the trip leader.

Leaving Convoy – If members wish to leave a convoy for any reason they must inform the trip leaders by radio or at stops. If on the move, drop back & advise your intentions to the last vehicle who will advise the trip leader as soon as possible.

Breakdown of Vehicles – If a vehicle breaks down or becomes immobile for any reason, all vehicles must stop with the affected vehicle until it is again mobile or the trip leader has checked that the vehicle is safe to be left for adequate assistance. Arrangements are to be made to renew contact as soon as possible.

Stopping Convoy – if members wish the vehicle in front to stop, call on radio if available, attract drivers attention by flashing lights on an off or stop. Care must be taken when flashing lights at night to avoid causing a hazard to oncoming vehicles.

Negotiating Hazards – At any creek crossing, steep hill, sand hill or other hazardous terrain all those not involved are to stand well clear of the activity. The trip leader, or delegate, will have complete control over activities. Vehicles are to be moved well clear of the hazard to allow sufficient room for following vehicles.

Recovery Operations – During recovery operations members should give what assistance possible but not get in the way. Stand well clear of vehicles, towropes & winching cables. Obey instructions of trip leader.

Vehicle Damage – Any damage caused to a members vehicle is the member's own responsibility. Members should not be afraid to stop to remove obstacles to avoid this

Stopping Areas – Campsites or rest areas should be chosen where practical so that all members of the trip can be accommodated comfortably in the one area. Care must be exercised so that damage to stopping areas is minimised.

Starting Times – Times for daily departures are agreed to prior to departure or at daily briefing

Lunch Stops – Meal breaks should be about an hour unless otherwise agreed beforehand. Time starts from the arrival of the last vehicle at the site.

Stops – Convoys should stop for a short period every 2 hrs to allow participants to rest.

End of day's Travel – Where possible the day's travel should end with sufficient daylight available to allow campsites to be established unless otherwise agreed beforehand.

Convoy Speed – The maximum traveling speed for any club trip shall be determined by the road conditions, all state regulations and not faster than the slowest vehicle in the convoy. The trip leader prior to departure particularly for bitumen road travel should advise