



MOUNT LOFTY RANGERS  
4WD CLUB

[www.mountloftyrangers.com.au](http://www.mountloftyrangers.com.au)

[enquiries@mountloftyrangers.com.au](mailto:enquiries@mountloftyrangers.com.au)

# Rangers' Review



Australia Day "Bogan" dress up ideas!!!!!!  
Do you have your costume ready????

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**MOUNT LOFTY RANGERS  
4WD CLUB**  
www.mountloftyrangers.com.au  
enquiries@mountloftyrangers.com.au

## **Mount Lofty Rangers Inc.**

### **About Us**

The Club's aim is for its members 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 cooking 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 South Australian Association of Four Wheel Drive Clubs (FWDSA).

### **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 which 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 for 7.30pm start**

\*Except where this Monday falls on a long weekend then the meeting is held on the third Monday of the month.

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

[www.mountloftyrangers.com.au](http://www.mountloftyrangers.com.au)

**MT LOFTY RANGERS UHF CLUB CHANNEL NO 27**



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# DON'T MISS OUT!!

**Do you need camping kit replaced?**

**Do you need extra kit?**

**MLR will be holding a Club night and  
Pizzas at "Anaconda" on**

**Tue 20 Nov 6:00 – 8:00 PM**

**This is an ideal excuse to do some  
Christmas shopping.**

**The evening will include:**

- Pizza (supplied by the Club)**
- Exclusive access to the shop**
- Discounts for those who attend**

If you would like to attend make sure you put your name on the Trip Sheet at the monthly meetings or contact Gary Light.



**Located in: Mile End Home Maker Centre**

**Address: Mile End Homemaker Centre, 21/121-150 Railway Terrace, Mile End SA 5031**



## MOUNT LOFTY RANGERS 4WD CLUB

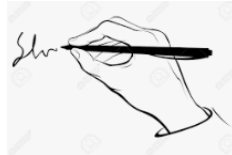
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# Presidential Press

Lots to cover this Month...

### Food for thought:

Over the last few weeks I have observed numerous conversations and activities. One of the themes related to "Knowledge" vs "Ability". This is quite relevant when we talk 4wheeling as there is a difference between having an awareness of how to do something vs, actual experience to practically execute the task in a competent manner. For example, the majority of people know how to sign their signature and this is usually done with their master hand. Given people know how to sign, if we get them to sign with their non-master hand we can demonstrate knowledge vs ability. We know they have the knowledge on how to sign, but they won't necessarily have the ability to sign with the non-master hand to the same standard as they don't have the practical experience. Have you seen examples of this when it comes to 4wheeling.....



### Wirrina Christmas Show:

Our annual Christmas show will once again be at Wirrina Caravan Park on weekend 24/25 Nov. More info will be provided as we get closer to the date. Notwithstanding that, the committee has locked in the food menu which will be provided by Golden Roast Catering (looks great).

The food will be provided by the Club but you will be required to pay for any camping fees.

Additionally, given that we are catering the activity, we will require a commitment deposit of \$20 per head which will be refunded on arrival to Wirrina. If you end up not being able to attend, your deposit will be refunded if you notify the trip leader prior to the date we are required lock in catering numbers (TBD), anything after that will be forfeited to offset costs.

So, if you coming to the show, **please bring your \$20/head in an envelope marked with your name** to the Nov meeting and provide it to Paul for holding.

### Dec monthly meeting:

On Christmas, our Dec meeting will be the evil Santa meeting.

There will be \$2 champagnes available, so bring your better half for a good evening.

Bring a present circa \$10 and get a ticket to receive a present, bring more than one, receive more than one etc. You should go home with as many presents as you brought, however, the quality may have changed☺

Tickets will be drawn, members can pick a gift from the table (unwrap and show gift to all) or steal a gift previously collected. If you have your gift stolen, you get to return to the table for a second pick.

Oh...Bring a small plate of nibbles to share on your table.



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# Presidential Press

## General Business:

*"Where do we want to be going forward"* was discussed further at the last committee meeting and one of the next steps is for you to have a say in what you want from the club. So, we plan to do a quick brainstorm at the Nov meeting where members by Table will be asked to capture collective thoughts. These will be gathered and be considered by the committee to inform future planning. So, put your thinking caps on come along and have your say.

There are still several members who have incorrect or no contact information registered. Please check the list in this news letter to ensure you're not missing out.

The membership team has reviewed the membership list and we have a clear idea of those that haven't paid. Numerous members records have subsequently been archived given they haven't been active for over 12 months. Other members are still yet to pay their membership and follow up communications (where possible) will be attempted. In the interim as previously mentioned these members will be placed on an inactive list and excluded from any club correspondence and activities unless they pay their fees or have a committee agreed plan in place.

## Next Meetings:

Our next monthly meeting is **12<sup>th</sup> Nov** with the next committee meeting being on **26<sup>th</sup> Nov**. Hope to see you all then.



## Word of the Month:

*Eucatastrophe - a happy ending to a story*

Oh....how many of you tried signing your name with your non master hand?



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## YOUR COMMITTEE 2018-19

### COMMITTEE DIRECTORS



PRESIDENT

Gary Light

[president@mountloftyrangers.com.au](mailto:president@mountloftyrangers.com.au)

VICE PRESIDENT

Chris Gear

[vp@mountloftyrangers.com.au](mailto:vp@mountloftyrangers.com.au)



TREASURER

Paul McGregor

[treasurer@mountloftyrangers.com.au](mailto:treasurer@mountloftyrangers.com.au)

SECRETARY & PUBLIC OFFICER

Jo Reed

[secretary@mountloftyrangers.com.au](mailto:secretary@mountloftyrangers.com.au)



TRIPS COORDINATOR

Trevor Light

[trips@mountloftyrangers.com.au](mailto:trips@mountloftyrangers.com.au)

FWD SA DELEGATE

Roger Wilkinson

[delegate@mountloftyrangers.com.au](mailto:delegate@mountloftyrangers.com.au)



MEMBERSHIP OFFICER(S)

Lothar Dunaiki / Rob Stevens / Marianne Sag

[membership@mountloftyrangers.com.au](mailto:membership@mountloftyrangers.com.au)





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## YOUR COMMITTEE 2018-19

### COMMITTEE MEMBERS

WEBSITE OFFICER

Michelle Watkin

[webmaster@mountloftyrangers.com.au](mailto:webmaster@mountloftyrangers.com.au)



MERCHANDISE OFFICER

Sheena Dunaiski

[merchandise@mountloftyrangers.com.au](mailto:merchandise@mountloftyrangers.com.au)

PROPERTY OFFICER

Peter Reed

[property@mountloftyrangers.com.au](mailto:property@mountloftyrangers.com.au)



EDUCATION OFFICER(S)

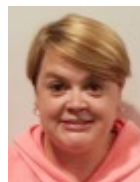
Steve Townsend / Tom Doody

[training@mountloftyrangers.com.au](mailto:training@mountloftyrangers.com.au)

MAGAZINE EDITOR

Kylie Cooper

[magazine@mountloftyrangers.com.au](mailto:magazine@mountloftyrangers.com.au)



COMMITTEE MEMBER

Craig Watkin

COMMITTEE MEMBER

Neil Stokes



COMMITTEE MEMBER

Paul Parsons

COMMITTEE MEMBER

Kim McCoolle





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## YOUR COMMITTEE

Committee members are elected by the members for the members. They are volunteers who kindly donate their time to represent the members interest in the day to day running of the Club, are you:

1. Interested in putting your hand up to help this club get even greater?
2. Not sure what role you'd like or what's involved?

Keep reading for a brief description of each role:

**President:** - Convenes all meetings of MLR. Meeting with 4WDSA to push the MLR interests. Sponsor Liaison.

**Vice president:** - Facilitate monthly topic of interest e.g. guest speakers, awareness sessions etc. Becomes acting President when the President unavailable

**Treasurer:** - Looking after club financials. Sponsor liaison.

**Secretary & Public Officer:** - Minute taking for meetings. Correspondence in and out.

**Trips Coordinator:** - Primary point of contact for members trip planning, advice and attendance sheets. Communicates trip calendar to members

**4WDSA Delegate:** - Attends bi-monthly 4WDSA meetings and is the voice of MLR, also reports back on any relevant information from 4WDSA that affects MLR.

**Membership officer:** - First point of contact for visitors that come to MLR, keeps track of criteria for membership acceptance.

**Website officer:** - Looks after MLR website and Facebook administration

**Merchandise officer:** - Organises clothing and other club approved merchandise for sale to members.

**Property Officer:** - Looks after club property and trailer, by maintaining where appropriate and lends equipment out to members.

**Education Officer:** - Organises club training and awareness days. Liaises with 4WDSA Driver Training Unit for wider training opportunities.

**Magazine editor:** - Collates all material to go into club magazine – photos, trip reports, jokes, interesting 4WD related stories sourced elsewhere. Facebook administration.

**Committee Member:** - Supports other Officers of the committee, and helps with club events and trips where needed.

If you would like to share your experience and contribute to the running of the club, please speak to a current committee member to obtain a nomination form.





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## **Club equipment for loan!**

- Grate mates
- *Uniden* UHF handheld radios
- Tyre repair kit (large & small)
- *Tifor* hand winch and cable
- Car Bra
- Trestle tables, plastic folding 1.8m (x2)
- Recovery bag (inc snatch straps, extension strap, tree trunk protector and shackles)
- Gazebo 3m x 3m
- Hot water urn and kettle
- Bead breaker
- Drag chains (x 2)

\*All club equipment is securely stored within  
the club trailer @ Lonsdale

For further information on any loan equipment, please email Property  
Officer: [property@mountloftyrangers.com.au](mailto:property@mountloftyrangers.com.au)



### **Specialising in ;**



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- Full range of aluminium commercial windows and doors.
- Window and door replacement (not glass replacement)

**New homes or renovating.** Club members receive **10% discount.**

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## TRIP REPORT: SALT CREEK FISHING COMP

SEPTEMBER 7TH - 9TH 2018

Participants :

Tasmin Hunt....80 Series Landcruiser

Ian McFarland .....Ford Everest

Adam Kalderovskis..... 120 Series Prado

Eric Kalderovskis..... 150 Series Prado

### Fridays report by Eric

On the way to Salt Creek we crossed the Wellington ferry and dropped a yabby net into the shallow backwater hoping for a feed of yabbies in a couple of days.

Caught up with Ian in his Ford Everest at Meningie and continued on to Salt Creek.

Arriving at the 42mile crossing 2 hours before High tide the beach looked impassable with water being pushed up to the sand hills. A quick inspection revealed that it was drivable with care.

We pushed further up the beach until a large drop off appeared and had to retreat to a closer campsite with a nice gutter out the front. Entering the campsite first I hit a embankment and rolled the front tyre off the rim. Ian, behind me had to stop and bogged down. Minor snatch out was required and no further problems encountered.





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## TRIP REPORT: SALT CREEK FISHING COMP



With high tide only an hour away , fishing commenced in haste with camp set up done later. The afternoon produced 10 Mulloway from small to just undersize with only 2 legal size at 83cm and 90cm.

With camp set up and a nice warm campfire going expectations were high for the following 2 days. Tas was going to leave Adelaide at 3am on Saturday as work prevented him arriving on Friday.

Saturday morning started early and with Tas turning up safe and well.





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## TRIP REPORT: SALT CREEK FISHING COMP

### Saturday and Sundays report by Tasman

Well it all started on Friday afternoon when Eric sent a photo of an 85cm mulloway. So vehicles fully packed ready for a 3am wake up.

Saturday morning 3am up for breaky, coffee and still excited got that 85cm fish stuck in my head, on the road by 3.30am we finally arrived 6am tyres down and hit the beach, found the boys got the rods out baited up, deck chair set up and cast out.



Around 10/11 ish a couple of Ford ranges drove past with 20inch rims, low profile tyres and no idea lol so yes they got stuck and then with a smell of clutch in the air, we helped out and gave them a snatch out.



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## TRIP REPORT: SALT CREEK FISHING COMP



Weather was great and the ocean was so peaceful, collected shells, plenty of beers great camp fire, roast dinners. Eric's camp site blew down so we used Adams truck to act as a wind breaker, so we rebuilt Eric's camp.  
Ian caught 4 fish, Adam 2, Tas 2, Eric caught the winner.





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## TRIP REPORT: SALT CREEK FISHING COMP

Sunday comp finished at 9, and time to pack up camp. Ian's Ford Everest got a flat battery, easily jump started. On our way home Eric said we have to stop at the Wellington ferry to pull up the yabbie net but we discovered a red belly black snake next to the rope of the yabby net, lucky Eric didn't step on it, sadly no yabbies were in the net.







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**8278 8777 / 141 MAIN ROAD, BLACKWOOD SA**

**[ADMIN@BELAIRHOTEL.COM.AU](mailto:ADMIN@BELAIRHOTEL.COM.AU)**



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## MERCHANDISE



**\$50**

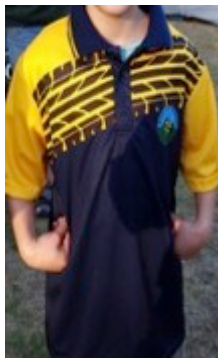
limited sizes - no names

### **Yellow Tyre Tracks Design**

Ladies: 7 shirts in sizes

14, 16, 18, 20, 22, 24, 32

Mens: 3 shirts in sizes 18, 28,30



### **Blue 25th Anniversary Design**

Ladies: 1 shirt size 26

Mens: 2 shirts in sizes 26, 28

**\$50**

limited sizes – no names

### Sand Flag

\$25 - MLR Sand Flag to be used under the the orange flag as required in the Desert Parks, Beachport as well as other places we 4WD like Peake and Morgan.







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## MERCHANDISE



### Khaki Shirt

We have new khaki shirts with the MLR logo, available for order, either short or long sleeve for \$40.

Add name for \$7.

**Contact Sheena to place an order:**

[merchandise@mountloftyrangers.com.au](mailto:merchandise@mountloftyrangers.com.au)

## GUEST SPEAKER

No Guest Speaker for November meeting.

### RECOVERY AWARENESS –

- straps, shackles, boards
- what to look for with recovery gear eg damaged or unsafe equip
- what to look for on rated equipment
- all the secrets revealed



**For further information or to book a guest speaker, please email  
Guest Speaker Co-Ordinator & Vice President at**

[vp@mountloftyrangers.com.au](mailto:vp@mountloftyrangers.com.au)



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## MLR CHRISTMAS SHOW

Saturday 24<sup>th</sup> November – why not make a weekend of it and stay the Friday night too. Camping on green grass with plenty of trees for shade and, weather depending, we can have a fire. The facilities are neat and clean. Flushing toilets and a hot shower make it “Glamping” so bring the family! There’s heaps of space to kick a footy or throw a frisbee, trails to walk, a golf course nearby and the coast is walking distance away. You could fish near the marina or launch your kayaks or similar. We’re looking for other activities so if you have ideas or suggestions, please send them through, we might have a navigation challenge like last year, which was great fun according to those who did it. Dinner will be catered for by Golden Roast on Saturday night. 3 meat, 8 veg/salad, bread & dessert to choose from.

Again we will again be asking for a \$20.00 deposit, refundable on attendance, just to help make sure we get the right numbers for catering. Payment can be made to Paul McGregor by putting \$20.00 in an envelope with your name on it. Please make sure to also get your name on the trip sheet if you are coming. If you can’t make the next meeting, please email [trips@mountloftyrangers.com.au](mailto:trips@mountloftyrangers.com.au).

More details on booking sites and cost for accommodation to follow. Feel free to contact me or one of the committee members if you have any questions.

Jordan





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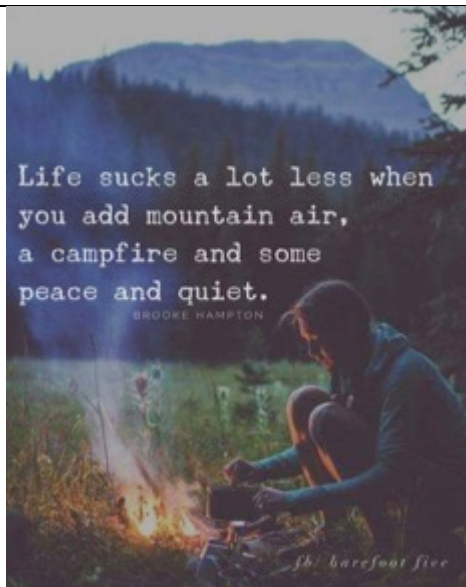
[enquiries@mountloftyrangers.com.au](mailto:enquiries@mountloftyrangers.com.au)

## CONTACT DETAILS

It would be greatly appreciated if the following members could verify their email addresses as electronic correspondence “bounces”:

- Barry Brown
- Peter Kluzek
- Paul Lehmann
- Hubert Orbons
- Dan Schultz
- John Farrell
- Darryl Crouch
- Peter Abigail
- Graham Misse
- Guy Richards
- Adam Kalderovskis
- Trevor Simmons

Please email [president@mountloftyrangers.com.au](mailto:president@mountloftyrangers.com.au) or [membership@mountloftyrangers.com.au](mailto:membership@mountloftyrangers.com.au) and we will be able to confirm correct details.





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[enquiries@mountloftyrangers.com.au](mailto:enquiries@mountloftyrangers.com.au)

Is it your birthday this month???

Come and see Kylie for a drink!



## **MLR XMAS MEETING – MONDAY 10<sup>th</sup> December**

Our Dec meeting will be the evil Santa meeting.

- ❖ \$2 champagnes available, so bring your better half for a good evening.
- ❖ Bring a present circa \$10 and get a ticket to receive a present, bring more than one, receive more than one etc. You should go home with as many presents as you brought, however, the quality may have changed
- ❖ Tickets will be drawn, members can pick a gift from the table (unwrap and show gift to all) or steal a gift previously collected. If you have your gift stolen, you get to return to the table for a second pick.
- ❖ Bring a small plate of nibbles to share on your table





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## **2018 SA SCHOOL HOLIDAYS**

Period	Start
School Holidays	Saturday 15 <sup>th</sup> December

## **SA PUBLIC HOLIDAYS 2018**

Tuesday 25<sup>th</sup> December – Christmas Day  
Wednesday 26<sup>th</sup> December – Boxing Day

## **TRAINING**

### **MLR TRAINING CALENDAR**

Courses to be run by Steve Townsend & Tom Doody:

### **DTU TRAINING CALENDAR**

Annual Professional Development Weekend @ Peake 3<sup>rd</sup>-4<sup>th</sup> November  
- Professional performance for Trainers/Assessors in alignment with standards in training manuals

3 <sup>rd</sup> /4 <sup>th</sup> November	Training	\$45	Peake	9.00am
10 <sup>th</sup> /11 <sup>th</sup> November	GPS & OziExplorer		Adelaide Car Club	9.00am

Contact: Geoff Green (Assistant Training Officer DTU) on 0438 874 170 if interested

MLR offers non-stop 4WD education from our trainers:  
Tom Doody & Glenn Lawson as well as the assessors: Jeff Morgan, Dave 'Shorty' Willsmore, Mark Curtis and Steve Townsend.

Email [training@mountloftyrangers.com.au](mailto:training@mountloftyrangers.com.au) for more information or to organise one-on-one or group training.



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## 2018 TRIPS CALENDAR

**“Put up a trip sheet and people will come”**

<b>MONDAY 12<sup>th</sup> November</b>	<b>Club Meeting 7.30pm Blackwood Football Club, Trevor Terrace, Blackwood</b>		
18 <sup>th</sup> November	Day trip	Trevor Light	Jakem Farm
<i>Drive the tracks @ Jakem Farm. Cost \$50 Choose your track to suit your vehicle &amp; skill level</i>			
Tuesday 20 <sup>th</sup> November	Club night	Gary Light	Anaconda
<i>Club night @ Anaconda. Xmas shopping! Wish list making! Discounts on the night and pizza.</i>			
Sat 24 <sup>th</sup> – Sun 25 <sup>th</sup> November	Xmas Show	Jordan Ray	Wirrina
<i>MLR Annual Xmas Show. Day trips. Catering Golden Roast. \$20 deposit required at November meeting</i>			
Sat 24 <sup>th</sup> November	Day trip	Steve Townsend	Wirrina to Deep Creek
<i>**Motorbikes only** Ride dirt roads in area prior to xmas show (subject to insurance company approval)</i>			
TBA November	Weekend trip	Eric Kalderovskis	Feed/swim with Tuna @ Victor Harbor
<i>Tuna feeding/swimming @ Victor Harbor – cost approx. \$120</i>			
<b>MONDAY 10<sup>th</sup> December</b>	<b>Club Meeting 7.30pm Blackwood Football Club, Trevor Terrace, Blackwood</b>		
7 <sup>th</sup> – 9 <sup>th</sup> December	Weekend trip	Trevor Light	Morgan Quarry / Cordolla
<i>Drive the tracks @ Morgan Quarry. Great place to test vehicle &amp; driver and get to know your vehicle better. Suitable for all abilities. Camping @ Cordolla</i>			
TBA April 2019 School Holidays	Extended trip	Tasman Hunt	Uluru (Ayres Rock)
<i>Walk up the Rock for the last time. Truck Museum in Alice Springs</i>			



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## 2019 TRIPS CALENDAR

### 2019 TRIPS

Fri 25 <sup>th</sup> – Mon 28 <sup>th</sup> JANUARY	Long Weekend	Gary Light	Beachport
<i>Dress up party! Day trips to Carpenters Rocks for hot chips! Wander the main street of Robe, visit the ICECREAM SHOP!!!! Local wineries. And lots more.</i>			

### \*\*\*AUSTRALIA DAY @ BEACHPORT\*\*\*

Book your site for Beachport through Tom [training@mountloftyrangers.com.au](mailto:training@mountloftyrangers.com.au). Stay tuned for site number then you ring and pay deposit to the caravan park.

\*Minimum 3 night stay for this booking over the long weekend.



WWW.HOLIDAYDESIGN.COM.AU



18b Railway Terrace • Beachport SA • Phone 08 8735 8010





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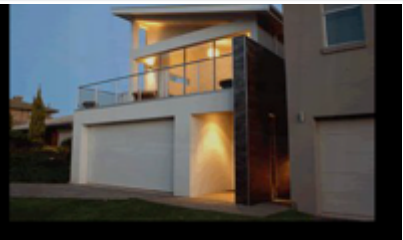
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## MLR QUIET ACHIEVER AWARD

Votes can be submitted at any time of year for members acknowledging how much they are valued and appreciated, recognising their important (often behind the scenes) contribution to the fabric of MLR. This is an award presented to those special people who go out of their way to do things for others, not because they want recognition but because it comes from their heart to give and serve others. Quiet achiever may contribute in numerous ways including:

- Always friendly and supportive consistently helping others
- Continued fundraising efforts
- Volunteer efforts for the betterment of MLR
- Behind the scenes support



NOMINEE NAME:			
NAME OF NOMINATOR:			
Nominators contact details:			
TELEPHONE :		EMAIL :	
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**CRITERIA CITATION** (Attach one additional A4 page with font size not less than 10 points if required)

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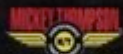
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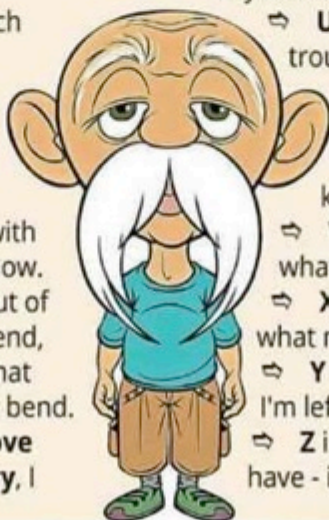
# Alphabet for seniors will make you laugh

**A** is for apple and B is for boat, that used to be right but now it won't float! Age before beauty is what we say but let's be a bit more realistic instead  
The alphabet for seniors:

- ⇒ **A's** for **arthritis**,
- ⇒ **B's** for **bad back**,
- ⇒ **C's** for **chest pains**, perhaps **cardiac**?
- ⇒ **D** is for **dental decay** and **decline**,
- ⇒ **E** is for **eyesight**, can't read that top line!
- ⇒ **F** is for **fissures** and **fluid retention**,
- ⇒ **G** is for **gas** which we'd rather not mention.
- ⇒ **H** is for **high blood pressure**;
- ⇒ **I** for **incisions** with scars you can show.
- ⇒ **J** is for **joints**, out of socket, won't mend,
- ⇒ **K** is for **knees** that crack when they bend.
- ⇒ **L's** for **lots of love**
- ⇒ **M** is for **memory**, I

forget what comes next.

- ⇒ **N** is **neuralgia**, in **nerves** way down low;
- ⇒ **O** is for **osteo**, bones that don't grow!
- ⇒ **P's** for **prescriptions**, I have quite a few, just give me a **pill** and I'll be good as new!
- ⇒ **Q** is for **queasy**, is it fatal or flu?
- ⇒ **R** is for **reflux**, one meal turns to two.
- ⇒ **S** is for **sleepless nights**, counting my fears,
- ⇒ **T** is for **Tinnitus**, bells in my ears!
- ⇒ **U** is for **urinary**, troubles with flow,
- ⇒ **V** for **vertigo**, that's 'dizzy,' you know.
- ⇒ **W** for **worry**, now what's going 'round?
- ⇒ **X** is for **X ray** and what might be found.
- ⇒ **Y** for another **year** I'm left here behind,
- ⇒ **Z** is for **zest** I still have - in my mind!







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## TRIP REPORT: STOCKPORT

Fantastic turnout attending Stockport Observatory on Saturday 20<sup>th</sup> October camping at Riverton Caravan Park with happy hour beginning at 3pm – and yes we do food well! Here's some snaps of MLR members enjoying yummy snacks and cheeky bevvies!





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## TRIP REPORT: STOCKPORT

A short 20 minute drive from Riverton to Stockport found us greeted by half a dozen volunteers who had cooked a wonderful Star-BQ complimented with lamingtons plus tea, coffee & biscuits!



There were 4 telescopes of various size and projections to look through. We were lucky enough to see Mars & Saturn close up as well as the moon. Some of us were able to see the planets appearing in the dusk sky looking like stars all in alignment. Nighttime photos were difficult as the moon as causing light pollution. Amazing experience, a little chilly (6 degrees!). Thanks Tom for organizing.





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## HEALTH & WELLBEING TIPS

Welcome to our new section offering some health tips and advice for one and all! Please feel free to make suggestions for next month! Cheers, Kylie



**With the festive season approaching I feel it appropriate to start with.....**

### **Binge drinking**

Binge drinking is when you drink a lot of alcohol in one session, or continuously over a number of days or weeks. It is very risky to your health and wellbeing.

There could be lots of reasons why you might binge drink. You might feel peer pressure to get 'maggoted' or 'smashed'. You might feel awkward or uncomfortable at a party. You might not know how much you are really drinking.

At least 1 in 5 Australians over the age of 14 drinks a risky amount of alcohol at least once a year.

In Australia, alcohol is so much an accepted part of 'having a good time' that many people do not realise it is capable of doing harm in a great many different ways.





## HEALTH & WELLBEING TIPS

### What's so bad about binge drinking?

Lots of problems are linked to binge drinking and not all of them are obvious or short-lived. It doesn't matter how old you are, whether you are male or female or what size you are, binge drinking damages your health.

You might feel sick, vomit, feel shaky or have a hangover. You could injure yourself or someone else if you get into a fight, fall over or have a car accident.

Alcohol kills and injures many people each year.

You might also behave differently when you are drunk and do things you wouldn't normally do, such as:

- have unprotected sex and risk a sexually transmitted infection (STI) or pregnancy
- embarrass yourself
- damage your reputation, which can affect your work or your family
- lose valuable items, such as your wallet, purse or mobile phone.
- Long-term effects of binge drinking include:
- problems at school, at work and with relationships
- risk of emotional and mental health problems, such as depression and anxiety
- physical and psychological dependence on alcohol
- health effects, such as damage to the brain and liver and increased risk of certain cancers.



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## HEALTH & WELLBEING TIPS

### More information

If you or someone you know needs support or treatment because of their alcohol intake, you can contact:

- your doctor
- your local community health service
- Drinkwise Australia at [www.drinkwise.org.au](http://www.drinkwise.org.au)
- Alcoholics Anonymous Australia at [www.aa.org.au](http://www.aa.org.au) or call 1300 22 22 22
- an alcohol or other drug helpline in SA: 1300 131 340

Sourced from: <https://www.healthdirect.gov.au/binge-drinking>





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