



# RANGERS' REVIEW



**March 2024**

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

# Our values

- FRIENDLY AND INCLUSIVE
- PARTICIPATION IS ENCOURAGED
- BEING RESPECTFUL TO EACH OTHER AND THE ENVIRONMENT
- VISIBLE AND TRANSPARENT
- TO UPHOLD THE EXCELLENT REPUTATION OF MOUNT LOFTY RANGERS 4WD CLUB

# Phils Phinkings

Summer seems to have finally arrived, ironically as soon autumn arrived! But it won't be long and we will be again able to sit next to a campfire. We've again booked the community oval at Jabuk (just past Peake on the way to Lamaroo) for our annual campcook weekend, on the first weekend of May, Sat 4th. Come along and cook up something special to share with everyone. It's always a great night with some amazing food. There's room for caravans, tents and camper trailers and MLR will make a donation on your behalf, to cover the cost of camping. You'll also get the chance to chat and plan trips for later in the year. I find it pretty inspirational sitting around a campfire talking to others about their travels.



*Phil Simes,  
President*



We also have booked at the Victoria Hotel in Strathalbyn, on Sat 13th April, for our Annual Dinner. For those that like to make a weekend out of it, there's the Strathalbyn Caravan Park a leisurely stroll away. We will be announcing our annual trophy winners, Club Member of the Year, Rookie of the Year and Quiet Achiever. Please come along for a pleasant evening and help celebrate these people that help make our club successful. Get your name up on the trip sheet at the meeting, or via our website.

Please consider bringing your partners along to the March club meeting, Mon 18th March. Dr Hugh Grantham has kindly agreed to come back and talk to us again and he will again be cutting through the hype and giving us all the important info about Defibs (AEDs) and remote area first aid. I received many positive comments about his last visit. It's important that we understand how easy it is to use an AED if required, and Dr Hugh will help us by giving us all the info we need to know, in simple, easy to understand terms. Please make an effort to be there!

Phil.

# Your committee



## **PRESIDENT**

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



## **VICE PRESIDENT**

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



## **TREASURER**

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



## **SECRETARY**

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



## **TRIPS CO-ORDINATOR**

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



## **FWD SA DELEGATE**

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



## **MEMBERSHIP OFFICER**

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



## **WEBSITE OFFICER**

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



## **PROPERTY OFFICER**

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



## **MERCHANDISE OFFICER**

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



## **MAGAZINE EDITOR**

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



## **EDUCATION OFFICER**

Glenn Lawson  
[education@mountloftyrangers.com.au](mailto:education@mountloftyrangers.com.au)



# Your committee

**GENERAL OFFICER**

Marianne Sag  
[general\\_officer@  
mountloftyrangers.com.au](mailto:general_officer@mountloftyrangers.com.au)

**GENERAL OFFICER**

Chris Gear  
[general\\_officer@  
mountloftyrangers.com.au](mailto:general_officer@mountloftyrangers.com.au)

**GENERAL OFFICER**

Ian McFarland  
[general\\_officer@  
mountloftyrangers.com.au](mailto:general_officer@mountloftyrangers.com.au)

**GENERAL OFFICER**

Jim Bletas  
[general\\_officer@  
mountloftyrangers.com.au](mailto:general_officer@mountloftyrangers.com.au)

**GENERAL OFFICER**

Roger Wilkinson  
[general\\_officer@  
mountloftyrangers.com.au](mailto:general_officer@mountloftyrangers.com.au)

# Committee roles

Committee members are elected by the members for the members. They are volunteers who kindly donate their time to represent the member's 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. MLR club registration officer.

**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 officers** (1 lead & 2 x assistants): - First point of contact for visitors that come to MLR, keep track

of member attendance at club meetings and criteria for membership acceptance, welcome visitors and link them with a buddy, run the club night raffle and pay for any birthday drinks.

**Website officer:** - Maintain and update 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.

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.

# 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 27**

# What we offer

- Inexpensive, hassle free membership to anyone with a 4WD (this is a requirement) regardless of make or model after a qualifying period (attending three Club activities, one of which must be a Club trip)
- Promote inclusiveness and participation
- Collaborative and safe environment
- Friendship
- Variety of events, trips and gatherings
- Flexibility/informality
- An opportunity to share experiences and knowledge with other like-minded people
- Training and awareness in the safe use of your 4WD and recovery techniques
- Opportunity to do trips which you might not otherwise do on your own



# Meetings & Trips

## FUN & RECREATION

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### MARCH 2024

MONDAY 18th MARCH - 7.30pm

MLR CLUB MEETING

Blackwood Football Club,  
Trevor Terrace, Blackwood

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SATURDAY 23rd -

SUNDAY 24th MARCH

**INTERCLUB -  
NGARKAT WORKING BEE**

Contact: Paul Parsons

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### APRIL 2024

TUESDAY 2nd -

SATURDAY 13th APRIL

**THREE CORNERS TOUR**

Contact: Paul Mildrum

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MONDAY 8th APRIL - 7.30pm

MLR CLUB MEETING

Blackwood Football Club,  
Trevor Terrace, Blackwood

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SATURDAY 13th APRIL

**ANNUAL CLUB DINNER**

Victory Hotel, Strathalbyn,  
Contact: Phil Simes

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### MAY 2024

SATURDAY 4th - SUNDAY 5th MAY

**CAMP COOK - JABUK**

Contact: Phil Simes

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MONDAY 13th MAY - 7.30pm

MLR CLUB MEETING

Blackwood Football Club,  
Trevor Terrace, Blackwood

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SATURDAY 25th - SUNDAY 26th MAY

**PEAKE SAND DRIVING**

Contact: Gary Light

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### JUNE 2024

SUNDAY 2nd - SATURDAY 8th JUNE

**BIG DESERT TO LITTLE DESERT**

Contact: Paul Mildrum

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MONDAY 17th JUNE - 7.30pm

MLR CLUB MEETING

Blackwood Football Club,  
Trevor Terrace, Blackwood

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# Meetings & Trips

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## JULY 2024

MONDAY 8th JULY - 7.30pm  
MLR CLUB MEETING  
Blackwood Football Club,  
Trevor Terrace, Blackwood

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DATES TO BE CONFIRMED

## **BIG DESERT WILDERNESS PARK**

Contact: Gary Light

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SUNDAY 28th JULY -

FRIDAY 2nd AUGUST

## **FOWLERS BAY- ATTEMPT 2**

Contact: Paul Mildrum

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## AUGUST 2024

MONDAY 12th AUGUST - 7.30pm  
MLR CLUB MEETING  
Blackwood Football Club,  
Trevor Terrace, Blackwood

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## SEPTEMBER 2024

MONDAY 9th SEPTEMBER - 7.30pm  
MLR CLUB MEETING  
Blackwood Football Club,  
Trevor Terrace, Blackwood

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MONDAY 9th SEPTEMBER -  
SUNDAY 29th SEPTEMBER

## **TOURING OUTBACK SA**

Contact: Alex Szabo

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## OCTOBER 2024

SATURDAY 5th -  
MONDAY 7th OCTOBER  
**LOFTYFEST**  
Contact: Phil Simes

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MONDAY 14th OCTOBER - 7.30pm  
MLR CLUB MEETING  
Blackwood Football Club,  
Trevor Terrace, Blackwood

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## NOVEMBER 2024

MONDAY 11th NOVEMBER - 7.30pm  
MLR CLUB MEETING  
Blackwood Football Club,  
Trevor Terrace, Blackwood

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## DECEMBER 2024

MONDAY 9th DECEMBER - 7.30pm  
MLR CLUB MEETING  
Blackwood Football Club,  
Trevor Terrace, Blackwood

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## EDUCATION & AWARENESS

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

# Sunsets Photo Essay



APY Lands, SA



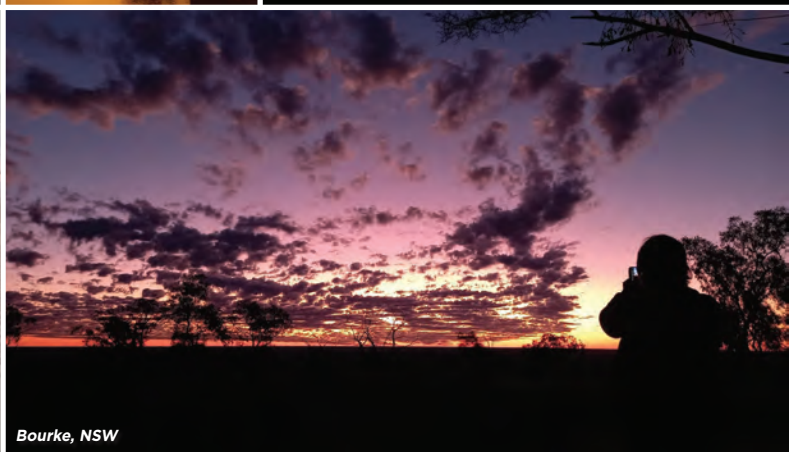
Gippsland Lakes, Vic



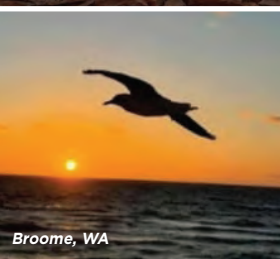
Botswana, Africa



Bendby Ranges, SA



Bourke, NSW



Broome, WA



Happy Valley, SA



Goolwa, SA



Kingaroy, Qld



East Coast, Tas



Broome, WA



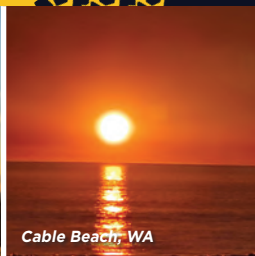
# Sunsets Photo Essay



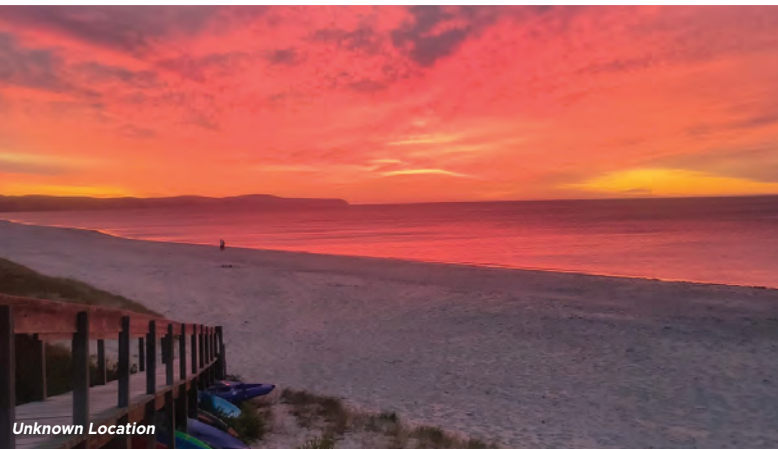
Madigan Line, Simpson Desert



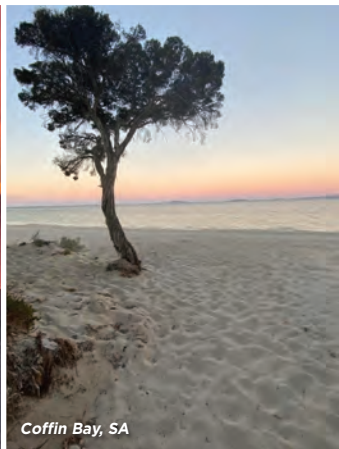
Bourke, NSW



Cable Beach, WA



Unknown Location



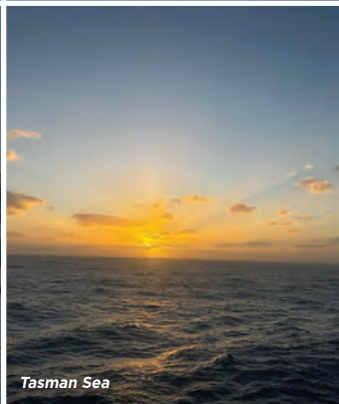
Coffin Bay, SA



Parson Beach, SA



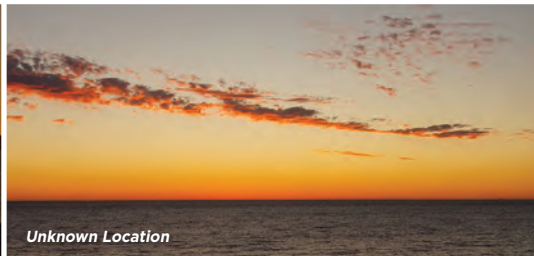
Mount Everest, Himalayas



Tasman Sea



Clayton Bay, SA



Unknown Location



Wellington, SA

# Sunsets Photo Essay



Lucky Bay, WA



Darwin, NT



Chandlers Hill, SA



Hawker, SA



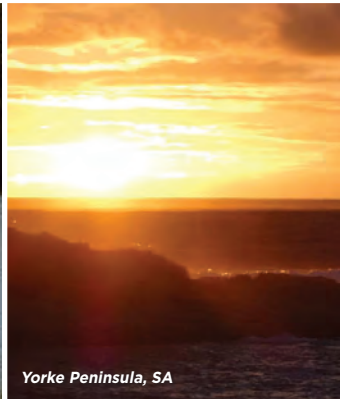
Witchelina, SA



Ublirr, NT



Tokyo, Japan



Yorke Peninsula, SA



North Haven, SA

# Club Trips Procedure

## Planning a Club Trip/Event

Anyone planning a club trip or event please follow the procedure as per below.

**Step 1:** Email or speak to, the club trips co-ordinator.  
Give as much detail as possible and fill out a “Trip Sheet”.

**Step 2:** The trip will then be presented to the committee for approval at the next available committee meeting. When a trip is planned prior to the next committee meeting, approval can be give by the committee via email.

**Step 3:** Once approved, put your trip sheet up on the board, send an email, post on Facebook, send details to [magazine@mountloftyangers.com.au](mailto:magazine@mountloftyangers.com.au) and get the word out there.

**Step 4:** Get out there and have fun!

**Note:** If only seeking an “Expressions of Interest” then sending emails & posting on Facebook is allowed prior to committee approval, but please make it clear that it is only an “Expressions of Interest”

**Any questions please speak to any  
of the committee members.**



# Sponsors

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OUR SPONSORS AT REDARC**

# Annual Club Dinner



## Victoria Hotel, Strathalbyn Saturday 13th April

We will be announcing our annual trophy winners,  
Club Member of the Year, Rookie of the Year and Quiet Achiever.

Please come along for a pleasant evening and help celebrate these  
people that help make our club successful. Get your name up on the  
trip sheet at the meeting, or via our website.

For those that like to make a weekend out of it, there's the  
Strathalbyn Caravan Park a leisurely stroll away.

**Contact: Phil Simes**

**VICTORIA  
HOTEL**  
EST 1865

# Membership Fees

The New Year is here and all 2023 MLR memberships have expired and are due for renewal.

Please note that our By-Laws state non-financial members “are not allowed to take part in club activities without prior Committee approval.”

The new membership year is for a full 12 months from 1st January 2024 to 31st December 2024.

## Membership fees for the 2024 Membership Year are:

- Annual Renewal Fee AU \$90.00  
(Due no later than 31st March)
- New Members Fee AU \$110.00

Payments can be made in person to the treasurer or via EFT

## MLR EFT Details:

- BSB: 065 132
- Account No: 1004 4806
- Account Name: Mount Lofty Rangers Inc.
- Reference on transaction, **MUST** include “Your Name” - Renewal”



**PAYMENTS DUE NOW, PLEASE PAY IF YOU WISH TO  
RENEW YOUR MEMBERSHIP, THANK YOU.**

# Club Trips

**NGARKAT  
WORKING BEE**

**3 CORNERS TOUR**

**CLUB DINNER**

**PEAKE**

**CAMP COOK**

**BIG DESERT TO  
LITTLE DESERT**

**BIG DESERT '24**

**FOWLERS BAY**

**LOFTYFEST**

**FISHING TRIP**





# Guest speakers



**Defib  
Info  
Night**

**March  
meeting**

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**April  
meeting**

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**May  
meeting**

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**June  
meeting**

# Trip Report

## Beachport “Geocaching” 2024

Saturday 27th January

Trip report by Heather Jesshope

3 vehicles headed off for the morning to do some Geocaching and explore the area.

Geocaching is the world’s largest treasure hunting game. Over 3 million cleverly hidden containers, called geocaches, are hidden all over the world just waiting to be found. The ones we were looking for aren’t actually a container at all. Instead they are Earthcaches.



*Lake Edward - a lovely spot for a picnic.  
Lots of Birdlife.*

# Trip Report



*Lake Leake - a lovely spot for free/donation camping. It was quite windy.*

An Earthcache involves looking at the listed co-ordinates and answering questions. The answers are then emailed to the cache owner, often with a photo of your group at the location to prove that you were really there.

We found a total of 4 Earthcaches and one small physical cache in our travels to Woakwine Cutting; Lake Leake; Lake Edward and Kongorong.



*Our group selfie at Lake Leake to prove that we were really there.*

# Trip Report



The day finished in Mount Gambier where  
we grabbed some lunch.

We had fun and found some really cool spots in the process.

If you'd like more information about  
Geocaching check out [www.geocaching.com](http://www.geocaching.com)

Thanks Tom for your local knowledge  
and helpful suggestions.





# Water Photo Essay



Unknown Bog Hole



Carnarvon Gorge, Qld



Parson Beach, SA



Simpson Desert



Lakes Entrance, Vic

# Water Photo Essay



Busselton Jetty, WA



Noosa Everglades, Qld



Carnarvon, WA



Loveday 4WD Park, SA



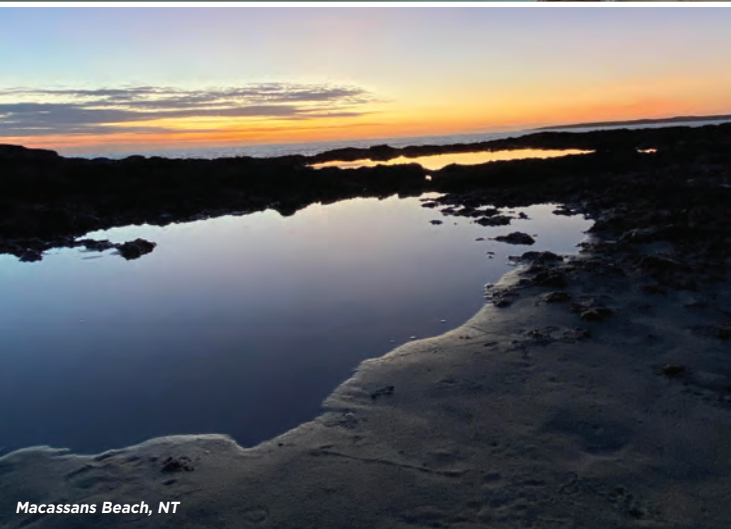
Arnhem Land, NT



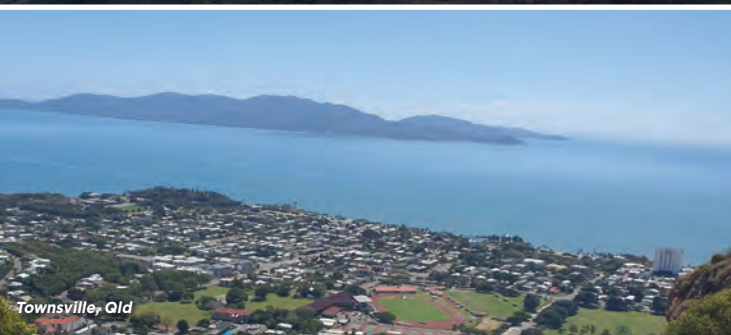
# Water Photo Essay



Narung, SA



Macassans Beach, NT



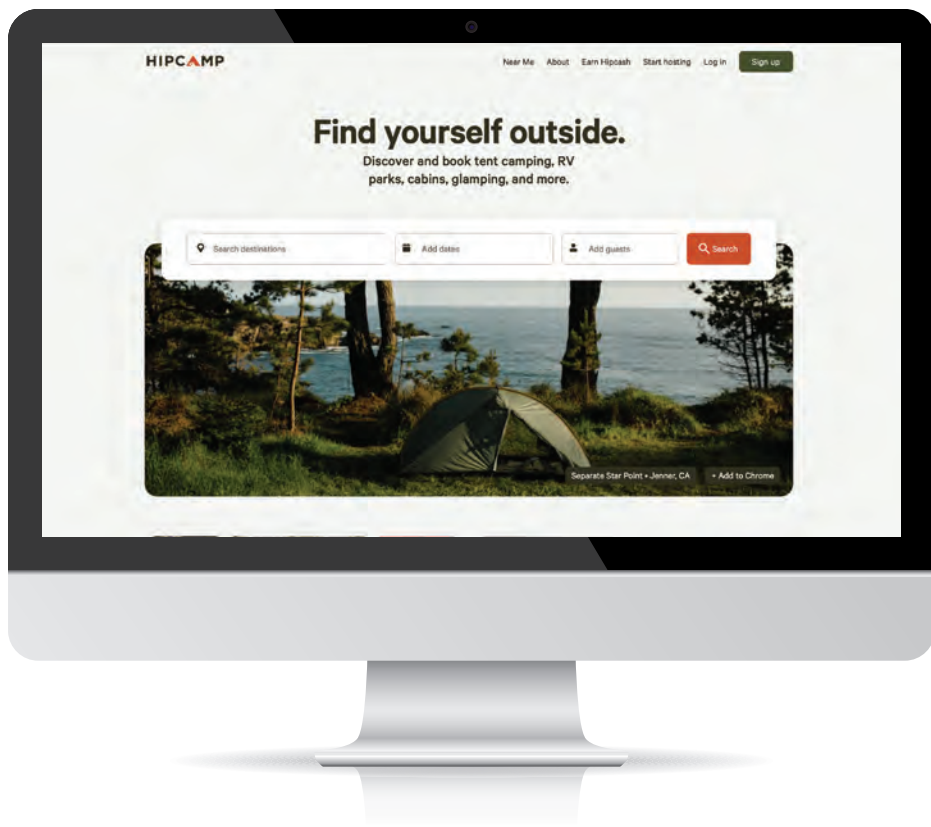
Townsville, Qld



Steep Point, WA



# Hipcamp



Most of you would have heard of, and used Wikicamps.

If you're looking for something a bit different which has private properties listed that aren't on Wikicamps, check out Hipcamp, you just might find a hidden gem for your next trip.

<https://www.hipcamp.com/en-AU>

# Healthy Hearts

## Warning signs of a heart attack

Pain, pressure or tightness in one or more of these areas:



Chest



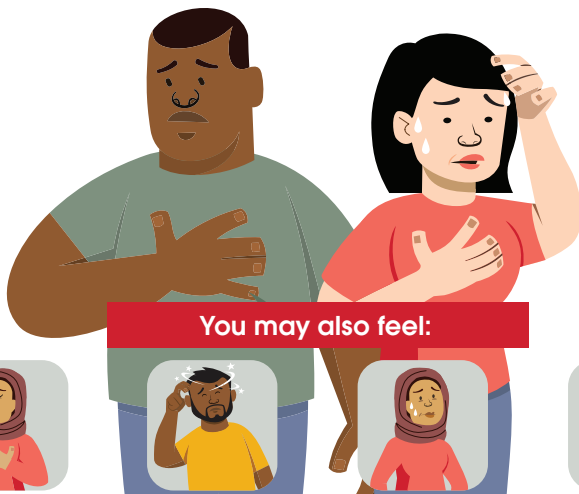
Arm/s



Shoulder/s or Back



Neck or Jaw



You may also feel:



Short of breath



Dizzy



Sweaty



Sick

Tell someone how you feel.

If feeling worse or not better after 10 minutes,



**Call triple zero (000)**



Chew 300mg of aspirin if you have it, unless you are allergic or your doctor has told you not to.

# Healthy Hearts

## Will you recognise your heart attack?



### Important notes

- **No two heart attacks are the same.**

Someone who has already had a heart attack may have different symptoms the second time.

- **Warning signs differ from person to person.**

Heart attacks are not always sudden or severe. Many start slowly with only mild pain or discomfort.

Some people do not get any chest pain at all—only discomfort in other parts of their upper body.

- **Knowing the warning signs of a heart attack and acting quickly can reduce the damage to your heart muscle and increase your chance of survival.**

Too many people lose their lives because they wait too long to call Triple Zero (000) for an ambulance.

### Remember

- **People who have had a heart attack are at increased risk of having another.**

People with coronary heart disease still delay seeking medical care the second time they experience warning signs of heart attack.

*This information is for educational purposes only. It is not a substitute for individual health advice provided by your doctor or cardiologist (heart specialist).*

### What are the warning signs of a heart attack?

The most common warning signs of a heart attack are outlined below. You may have just one of these symptoms, or you may have a combination of them. Symptoms can come on suddenly or develop over minutes and get progressively worse. Symptoms usually last for at least 10 minutes.

- **Discomfort or pain in the centre of your chest—**

This can often feel like a heaviness, tightness or pressure. People who have had a heart attack have commonly described it as like “an elephant sitting on my chest”, “a belt that’s been tightened around my chest” or “bad indigestion”. The discomfort may spread to different parts of your upper body.



Chest

- **Discomfort in these parts of your upper body:**



Arm(s)



Shoulder(s)



Neck



Jaw



Back

You may have a choking feeling in your throat. Your arms may feel heavy or useless.

- **You may also experience other signs and symptoms:**

- feel short of breath
- feel nauseous
- have a cold sweat
- feel dizzy or light-headed.

Some people have also described feeling generally unwell or “not quite right”.

If you have heart attack warning signs, refer to your action plan and get help fast.

Call Triple Zero (000) and ask for an ambulance.

**Will you recognise your heart attack?**  
Warning Signs Action Plan

Heart Foundation

Do you feel any  
pain pressure heaviness tightness  
in one or more of your  
chest neck shoulder back stomach?  
You may also feel  
nauseous a cold sweat dizzy short of breath

Yes

**1 STOP**  
and rest now

**2 TALK**  
tell someone how you feel

If you take angina medicine  
• When is the next dose?  
• What is the next dose?  
• Take the next dose of your medicine.  
• What is the next dose?  
• What is the next dose?  
• What is the next dose?

Are your symptoms  
getting worse?  
or  
different?

Have your symptoms  
lasted  
10 minutes?

Yes

**3 CALL 000**  
and have 200mg aspirin, unless you  
have an allergy to aspirin or your  
doctor has told you not to take it

• Ask for an ambulance.  
• Don't hesitate.  
• Wait for the ambulance's instructions.

# Healthy Hearts

## Warning signs of a heart attack —what to do

**1. Stop**—Immediately stop what you are doing and rest.

**2. Talk**—If you are with someone, tell them what you are feeling.

- If you take angina medicine:
  - Take one dose of your angina medicine. Wait 5 minutes.
  - Still have symptoms? Take another dose of your medicine. Wait another 5 minutes.
- If any of your symptoms:
  - are severe
  - get worse quickly
  - have lasted 10 minutes

**3. Call Triple Zero (000) now!**—and chew 300mg aspirin, unless you have an allergy to aspirin or your doctor has told you not to take it.

- Ask for an ambulance. Don't hang up. Wait for advice from the operator.
- While on the phone, chew 300mg aspirin, unless you have an allergy to aspirin or if your doctor has told you not to take it.

## Why is a heart attack an emergency?

With a heart attack, every minute counts. Too many people lose their lives because they take too long to call Triple Zero (000) for an ambulance.

Getting to hospital quickly can reduce the damage to your heart muscle and increase your chance of survival. In hospital, staff will give you treatments that help to reduce this damage.

## Why call Triple Zero (000)?

Calling Triple Zero (000) gets you:

- an ambulance fast
- treatment as soon as you phone
- advice on what to do while waiting for the ambulance to arrive.

Ambulance paramedics are trained to use special lifesaving equipment and to start early treatments for a heart attack inside the ambulance.

The ambulance is the safest and fastest way to get you to hospital. It gets you medical attention straight away. Attempting to get to hospital quickly in a private vehicle can be dangerous for the occupants of your vehicle and other road users.

It is always better to go to hospital and be told it's not a heart attack than to stay at home until it is too late.

## Want to know more?

For more information call the Heart Foundation Helpline on

**13 11 12** or visit [heartfoundation.org.au](http://heartfoundation.org.au)

## Be prepared

- Know the warning signs of a heart attack and what to do.
- Keep your action plan handy (on your fridge or in your wallet/purse).
- Make sure that you have ambulance cover.
- Tell your family and friends about the warning signs of a heart attack and what to do—don't keep this lifesaving message to yourself.
- Prevent another heart attack by taking steps to reduce your risk—talk to your doctor, attend a cardiac rehabilitation program or visit [heartfoundation.org.au](http://heartfoundation.org.au).



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ABN 98 008 419 761

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# Healthy Hearts

## What is a Heart Health Check?

A Heart Health Check is a 20-minute check-up with your GP. It can help you understand your chance of having a heart attack or stroke in the next 5 years and what you can do to prevent it.

### 1. Discuss

Your GP or nurse may ask about:

- whether you smoke
- whether you have diabetes
- medicines you are taking
- other health problems
- your family health history
- ethnic groups you identify with
- your postcode.

### 2. Check

Your GP or nurse may check your:

- blood pressure
- cholesterol
- blood sugar levels.

### 3. Assess

Your GP will work out your chance of having a heart attack or stroke in the next 5 years, using a clinically validated calculator.

### 4. Plan

Your GP or nurse will work with you to set a plan to lower your risk of heart attack or stroke. This may involve:

- ways to make heart-healthy changes to your lifestyle
- referrals to programs or other health professionals for more support e.g. dietitians
- prescribing blood pressure or cholesterol lowering medicines.



## Why should you get a Heart Health Check?

Heart disease is the leading cause of death in Australia. Many heart attacks and strokes can be prevented through healthy behaviours like eating a heart-healthy diet, being active, maintaining a healthy weight and being smoke free. Many people may not know their risk of developing heart disease, especially since you often can't feel risk factors like high blood pressure and cholesterol.

**Having a Heart Health Check is an important first step to protecting your heart.**



## Who needs a Heart Health Check?

- All people aged 45–79 years
- People with diabetes from 35 years
- First Nations people from 30 years

Speak to your GP about a Heart Health Check if you do not already have heart disease.

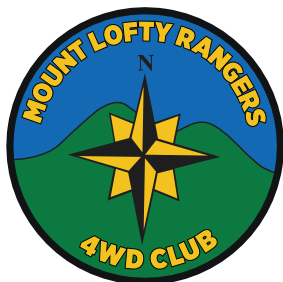


## How much does a Heart Health Check cost?

Heart Health Checks are covered by Medicare and are free at practices that bulk bill this service.

Ask your GP about the cost of your Heart Health Check before your visit.

# Interclub Trip



## Off the beaten tracks in mid-South Australia September 2024

Seeking expressions of interest for a combined Mount Lofty Rangers and Southern Tablelands trip in September 2024 (before school holidays in each state/territory). Genuine off-road camper trailers/caravans ok – there will be a lot of corrugations.

Trip starts in Peterborough SA on Monday 9th September staying at Willangi Bush Escapes with a day off to explore and then on property 4WDing (grading depending on track chosen by driver).

Then we go remote, generally following the Old Ghan line with days off in Farina, William Creek (options to take a flight over Lake Eyre South, and drive out to Halligans Bay on Lake Eyre), on to Oodnadatta, then through the Painted Desert for a day off in Coober Pedy (own accommodation arrangements, eg underground camping).



# Interclub Trip

After some bitumen, it's back on the dirt for overnights in Kingoonya and Gawler Ranges NP, before we're back on the black-top again on Friday 20th September allowing enough time for Canberrans to get home over the week-end.



For those with more time available, join us for another week on Eyre Peninsula, exploring various bays, foods and drinks (Coffin Bay oysters anyone?).

The trip will finish by mutual agreement between Cowell and Moonta about 25th September allowing time to get home by Sunday 29th September.



**Initially 5 cars from each club, to be adjusted according to level of interest. If someone is prepared to act as a second trip leader, we can increase the number of vehicles by travelling as 2 convoys.**

**For further information please contact  
Alex Szabo at [alexszabo@mountloftyrangers.com.au](mailto:alexszabo@mountloftyrangers.com.au)**



# Merchandise

Grab yourself one of the new Pilbara Collection shirts and look the part when you're out and about.

These shirts are high quality, hard wearing and look great!

Pick your colour & have the MLR logo embroidered on it for you!

**Just \$50 plus postage or collect from Sports Centre on Port Road yourself.**

Simply click on the link below to order yours today.

**MOUNT LOFTY RANGERS**  
**4WD CLUB - Sportscentre**



Hot Pink

Cobalt Blue



Azure



Black



Canyon



Charcoal



Clay



Cornflower



Diesel



Emerald



French Navy



Green



Jade



Kelly Green



Light Blue



Ochre



Olive



Pale Blue



Purple

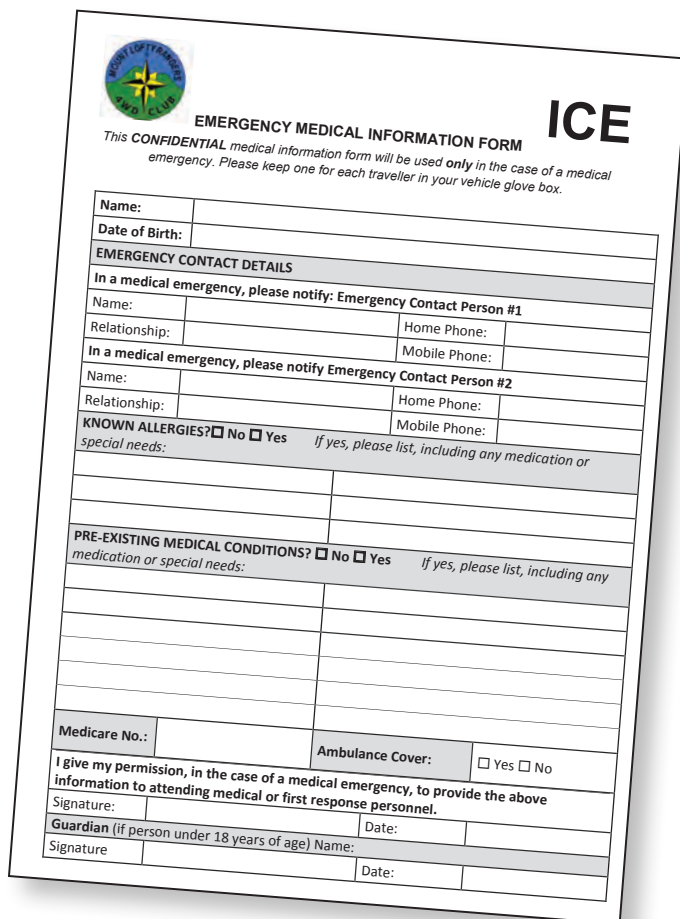


Red



Stone

# ICE Forms



**ICE FORMS** Download Form

**EMERGENCY MEDICAL INFORMATION FORM**

This **CONFIDENTIAL** medical information form will be used **only** in the case of a medical emergency. Please keep one for each traveller in your vehicle glove box.

**Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**EMERGENCY CONTACT DETAILS**

**In a medical emergency, please notify: Emergency Contact Person #1**

**Name:** \_\_\_\_\_ **Home Phone:** \_\_\_\_\_

**Relationship:** \_\_\_\_\_ **Mobile Phone:** \_\_\_\_\_

**In a medical emergency, please notify Emergency Contact Person #2**

**Name:** \_\_\_\_\_ **Home Phone:** \_\_\_\_\_

**Relationship:** \_\_\_\_\_ **Mobile Phone:** \_\_\_\_\_

**KNOWN ALLERGIES?** ☐ No ☐ Yes *If yes, please list, including any medication or special needs:*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**PRE-EXISTING MEDICAL CONDITIONS?** ☐ No ☐ Yes *If yes, please list, including any medication or special needs:*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Medicare No.:** \_\_\_\_\_ **Ambulance Cover:** ☐ Yes ☐ No

**I give my permission, in the case of a medical emergency, to provide the above information to attending medical or first response personnel.**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Guardian (if person under 18 years of age) Name:** \_\_\_\_\_

**Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

Please remember that it is recommended that all attendees on any club trips/events should fill out and ICE form and keep it in their glovebox.

Forms can be downloaded from the below link:

[ICE FORMS DOWNLOAD](#)

**If you have any questions or concerns please speak to the Trips Co-ordinator, Gary Light**

# Committee Positions

**WE STILL HAVE SOME POSITIONS  
VACANT ON THE COMMITTEE SO PLEASE  
SEE ANY COMMITTEE MEMBERS IF YOU WISH  
TO FILL ONE OF THE VACANT ROLES.**



**CURRENT VACANCIES:**

**• VICE PRESIDENT • MERCHANDISE OFFICER**

# Club equipment

The Club has a variety of tools and items available for loan at no charge to members, items can be used on club trips/events and any other relevant club activities.

## **Items available include:**

- Grate mates
- Uniden UHF handheld radios
- Tyre repair kit (large & small)
- Bead breaker
- Gazebo 3m x 3m
- Hot water urn and kettle
- 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)

Note: All club equipment is securely stored within the club trailer at Lonsdale

**For further information on any loan equipment, please email Property Officer: [property@mountloftyrangers.com.au](mailto:property@mountloftyrangers.com.au) or speak to him at any club meetings.**

# Birthday Drinks



**PLEASE SEE KYLIE AT  
THE CLUB MEETING FOR  
YOUR COMPLIMENTARY  
BIRTHDAY DRINK**

# Links Page



The Links & Files page on our website has heaps of useful information and downloads.

With everything from weather to road conditions and club documents to trip documents, it's a great resource for lots of things in one convenient place... check it out:

<https://mountloftyrangers.com.au/links/>

# Sponsors



## BELAIR HOTEL

Global pub grub served in a relaxed yet stylish venue with outdoor tables & a play area for kids.

- BISTRO • MAIN BAR • SPORTS BAR •
- DEN & GAMING • FUNCTIONS •

**141 Main Road, Blackwood SA 5051**

**Ph: 08 8278 8777 [www.belairhotel.com.au](http://www.belairhotel.com.au)**



# Club Trips Info

## Planning a Club Trip/Event?



Once your trip has committee approval, just send me as much detail as you can and I will put together something to go into the magazine leading up to your trip/event.

Cheers, Lloyd

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

# Sponsors



Here at Tyrepower Blackwood we are your one-stop shop for tyres, aftermarket wheels, brakes, suspension upgrades, vehicle servicing and of course wheel alignments.

Tyrepower Blackwood will always endeavor to deliver over and above on client satisfaction, advice and of course price.

**Please call (08) 8370 2195 to experience the  
Tyrepower Blackwood way today!**

**205 Main Road, Blackwood SA 5051**  
**<https://www.tyrepowerblackwood.com.au>**

# Merchandise

Look sharp in our new range of Club Merchandise



Mount Lofty Rangers  
4WD Club Mens Sub Polo

**\$60**



Mount Lofty Rangers  
4WD Club Womens Sub Polo

**\$60**



Mount Lofty Rangers 4WD Club  
Mens Long Sleeve Sub Polo

**\$70**



Mount Lofty Rangers 4WD Club  
Womens Long Sleeve Sub Polo

**\$70**



Mount Lofty Rangers  
4WD Club Mens Polo

**\$35**



Mount Lofty Rangers  
4WD Club Softshell Jacket

**\$60**



Mount Lofty Rangers  
4WD Club Vest

**\$55**



Mount Lofty Rangers  
4WD Club Hooded Jacket

**\$50**



Mount Lofty Rangers  
4WD Club Rugby Top 1

**\$50**

# Merchandise



Mount Lofty Rangers  
4WD Club Rugby Top 1

**\$50**



Mount Lofty Rangers  
4WD Club Beanie

**\$20**



Mount Lofty Rangers  
Pilbara Shirt

**\$50**

**21**  
colours  
to choose  
from



Mount Lofty Rangers  
4WD Club Cap

**\$20**



Mount Lofty Rangers  
4WD Club Bucket Hat

**\$20**

**Available in all sizes with no minimum orders!**

**Click on the link below to place your order:**  
[https://www.sportscentre.com.au/product-category/  
clubs/racing/mount-lofty-rangers-4wd-club/](https://www.sportscentre.com.au/product-category/clubs/racing/mount-lofty-rangers-4wd-club/)

Should you have any questions please contact Tom Doody  
[merchandise@mountloftyrangers.com.au](mailto:merchandise@mountloftyrangers.com.au)

# Trips Registration

Don't forget that all current members can register for any club trips/events via the website, simply log-in and register your details.

<https://mountloftyrangers.com.au/trips/>

The screenshot shows the website [mountloftyrangers.com.au](https://mountloftyrangers.com.au) in a web browser. The page features a yellow header with the club's logo and navigation links: Welcome, Membership, Awareness Instruction, Trips, Rangers' Review, and Links & Files. A banner for 'Loftyfest Reccy' is prominently displayed, indicating it is on Saturday, May 14. A green button prompts users to log in to register online. The page also includes a 'Rangers' Review' section with a magazine link, 'Support Our Sponsors' featuring a logo for 'as windows', and an 'Upcoming Events...' section listing future activities. A map of the venue, Argadells, is shown with a red pin. The footer contains links to the annual general meeting and a club night.

mountloftyrangers.com.au

Welcome Membership Awareness Instruction Trips Rangers' Review Links & Files

Next Club Meeting: 20th Jun @ 7:30pm

All Events

## Loftyfest Reccy

Saturday, May 14

Day trip to Argadells. Only for people who want to lead trips or run activities during Loftyfest.

You must login to register online

+ Add to Google Calendar

### Details

Date:  
Saturday, May 14

Event Category:  
Trip

### Venue

Argadells  
Quorn, South Australia  
Australia + Google Map

View Venue Website

### Organiser

Gary Light  
Email:  
goleudyus@gmail.com

### Rangers' Review

Our Latest Magazine (May 2022)  
Events Calendar (List)

### Support Our Sponsors

as windows

### Upcoming Events...

|        |  |
|--------|--|
| May 14 | All day<br>Loftyfest Reccy   |
| May 17 | All day<br>Club Night at The Dirt, Mt Barker.                      |
| May 21 | Saturday, May 21 - Sunday, May 22<br>Peake Sand Driving & Recovery |

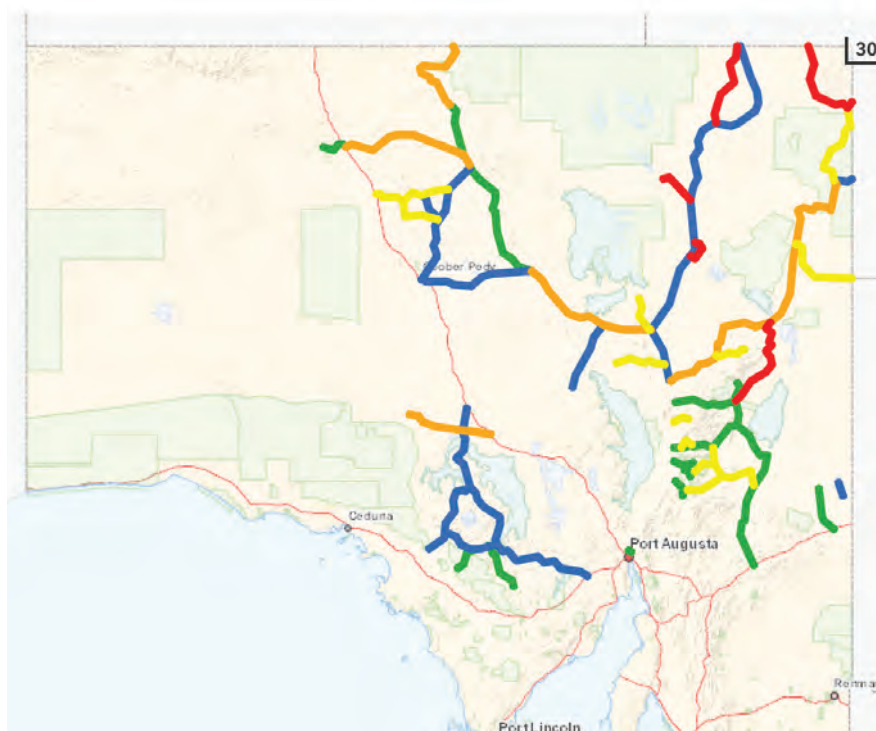
Annual General meeting

Club Night at The Dirt, Mt Barker.



# Road Conditions

Planning a trip in outback South Australia?  
Be sure to get the current road conditions at  
<https://www.dit.sa.gov.au/OutbackRoads>



## Legend

**OPEN**  
Open to all vehicles

**OPEN with warnings**  
Open to all vehicles, with caution

**4WD / HV**  
Open to 4WD and Heavy Vehicles

**4WD**  
Open to 4WD vehicles under 3 tonne only (no towing)

**CLOSED**  
Closed to all vehicles

# Historic Car Registry

**A 90 day conditional registration scheme For Historic, Left Hand Drive and Street Rod vehicles.**

**Members of Mount Lofty Rangers 4WD Club are eligible for Club Registration of Historic, Left Hand Drive and Street Rod vehicles through the club.**

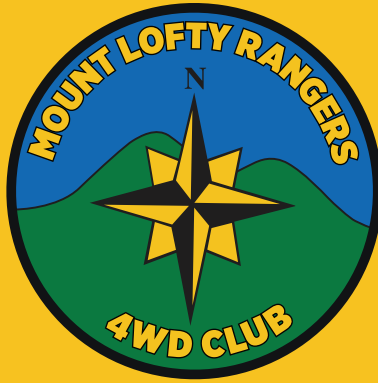
1. Inspect vehicle and make sure it meets the criteria for Club Registration. If previously registered bring current registration information including current permits for modified vehicles.
2. Complete MR334 form and original to owner and copy retained by Mount Lofty Rangers 4WD Club
3. Log book supplied to vehicle owner and explanation of the use.
4. Record and retain a copy of MR334, Certificate of Exemption and Statutory Declaration if needed.
5. Record the Log book Serial Number on the Certificate of Registration along with the date of issue, the Club Stamp and sign the certificate. Retain Copy of Registration papers as proof car was registered at log book issue.

## **IF YOU HAVE CLUB REGO PLEASE ENSURE THAT YOUR BOOK IS STAMPED**

If you require more information or would like to proceed with a Club Registration check our website:

<https://mountlofyrangers.com.au/membership/club-registration/>  
or contact Chris Gear [classicregistration@mountlofyrangers.com.au](mailto:classicregistration@mountlofyrangers.com.au)





**NEXT CLUB MEETING:**

MONDAY 8th APRIL - 7.30pm

**NEXT COMMITTEE MEETING:**

MONDAY 25th MARCH - 7.00pm