

Gawler & Districts

www.gawler4wd.com.au

4WD Club Newsletter

September 2014



Founded in 2002



Gawler and Districts 4WD Club Incorporated
is an active and supporting member of
Four Wheel Drive South Australia



Peake - July 2014

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WELCOME

to the Gawler & Districts 4WD Club

Previously known as "The Light Four Wheel Drive Club of SA Inc." this active 4WD club was founded in 2002. Members voted at the March 2008 meeting to change the club's name and meet at Gawler to give the club a more recognizable name and a more central meeting place.

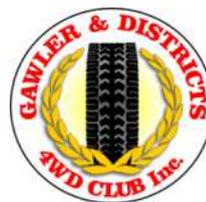
It has become a very social club and has run many a successful day, week-end, long week-end and extended trips. We are a member of the Four Wheel Drive South Australia which incorporates the Driver Training Unit. Most meetings include a Guest Speaker and a monthly club newsletter.

If you are a visitor to tonight's meeting, we welcome you and your family to our club. Please ask as many questions as you want. You can join us on up to 3 club outings before becoming a member. Trip Leaders run each outing and will be glad to help you with tips on four wheel driving and how to get the best from your vehicle. If you would like to join us on any trips and enjoy what 4WD can really bring, please fill out your details on our Trip Sheets.

The Club meets every second Friday in the month at 7.30 pm at the Gawler Elderly Centre Hall in Fourteenth Street, Gawler.

The meeting dates are shown on page 3 of this newsletter.

Annual membership fees are \$60 per vehicle/family, plus \$10 joining fee.



**Gawler & Districts 4WD Club
Inc.
P.O. Box 486
Freeling SA 5372**

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0410 526 317 (Peter - President)
08 8523 2507 (Deb – Secretary)
EMAIL: info@gawler4wd.com.au
WEB: www.gawler4wd.com.au

COMMITTEE MEMBERS

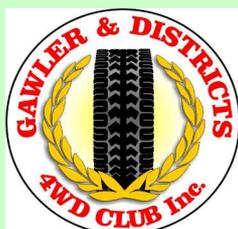
PRESIDENT/PUBLIC OFFICER Peter Harper : 8523 0889 / 0410 526 317	VICE PRESIDENT Wayne Heintze : 8523 0407 / 0432 339 213
TREASURER Norma Rivett : 0438 120 342	SECRETARY Deb Earl : 8523 2507
EDITOR Sandra Harper : 8523 0889	PUBLISHER Chris Sieben : 8280 7414 / 0438 223 724
MINUTES SECRETARY Lyn Lillecrapp : 0418 826 156 (<i>General</i>) Norma Rivett : 0438 120 342 (<i>Committee</i>)	SOCIAL SECRETARIES Lyn Leske : 8524 9002 / 0403 332 432
TRIPS/PROPERTY LIBRARIAN CO-ORDINATOR Quenton Earl : 8523 2507 / 0407 604 601	TRAINING CO-ORDINATOR DTU DELEGATE Peter Harper : 0410 526 317
COMMITTEE (GENERAL) Jane Jansen : 8523 0657 / 0409 091 851	ASSOCIATION DELEGATE John Mewett : 8522 5664 / 0408 824 654
WELCOMING OFFICERS	Dave Riddle / Paul Mitchell

SCHEDULE OF MEETINGS**2014**

<i>Meeting</i>	<i>Jan</i>	<i>Feb</i>	<i>Mar</i>	<i>Apr</i>	<i>May</i>	<i>Jun</i>	<i>Jul</i>	<i>Aug</i>	<i>Sep</i>	<i>Oct</i>	<i>Nov</i>	<i>Dec</i>
General		14	14	11	9	13	11	8	12	10	14	12
Committee		5	5	2		4	2		3	1	5	3
				30			30					

NOTE: DEADLINE TIME - All newsletter articles to the Editor before Committee Meeting date

Club committee meetings commence at 7:30pm on the scheduled Wednesday, on a rotating basis, held at various committee members' homes. All club members welcome.

Last General Meeting***August 2014******See the attached Minutes (members only)*****GAWLER & DISTRICTS 4WD CLUB**

Stickers For Sale – Only \$2.00 each

New Sticker with Web address - \$3.00 each

Magnetic Name Badges - \$10 each

See Quenton at the General Meeting

CONDOLENCES

It is with deep sadness that we learned of the passing away of Nikki, beloved daughter of Keryn and Brenton and devoted mother to Wil, Fox & Diesel on 6 September 2014.

On behalf of the Club, we would like to extend our deepest condolences to Keryn and Brenton at this difficult time. Our hearts and thoughts go out to you and your family as you grieve the loss of your beloved daughter Nikki.

NOTES FROM YOUR COMMITTEE

President's Report:

As we age, health issues seem to creep up on many of us. We wish John J, Jane J, and Mandy a speedy recovery from their current round of ails. Unfortunately, Mandy has had to resign from the Social Committee so we have a vacancy for a volunteer; just let one of the committee know if you would like to join the Social Committee.

To make a success of anything the Committee has to have the Club's support so if you feel we are not hitting the "right nail on the head" please step up and let us know where we are going wrong. Constructive criticism is always welcome, however, you need to temper that with some valuable suggestions. Would you prefer to see more social outings instead of just 4wheel driving? If so, where would you like to go or what would you like to do? Are you happy with the status quo? Do you want more training? We don't know unless you tell us.

The guest speaker for this month is Lisa Brock from OAMPS Insurance Brokers (formerly TCIS). OAMPS is the company that provides our public liability insurance and is well known in the off-road insurance market place. As Lisa is coming from Adelaide, her spot will be first so I would encourage members to arrive by 7:25 pm.

[Pete]

Editor's Report:

Welcome to the September edition of the Newsletter.

Thanks to Lyn Leske's research we have now settled on a Loxton venue for the 2014 Christmas Party, the details of which are in the Newsletter. As mentioned, 10 powered sites have been booked under the name of Gawler 4WD Club and when you call they will take your details and put your name against one of those 10 sites until they are all taken. The Loxton lights and fireworks start on the Saturday night 29th and the historic Loxton Village is probably worthy of a visit (see www.thevillageloxton.com.au.)

The training/social weekend at Peake was a fun filled weekend with many laughs and I encourage you to think about attending the next one in May. If we don't use the weekends, we will end up losing them to other clubs and losing a valuable training facility. Can we really afford to do that?

[Sandra]



COMING EVENTS

Quorn	October Long Weekend Sat 4th, Sun 5th, Mon 6th October, 2014
Limit:	12 vehicles
Details:	Staying at the Quorn Caravan Park, Driving Arden Hills 4WD track on the Sunday, optional 1/2 day Pichi Richi Explorer train ride on the Monday 10.30am.
Requirements:	Caravans, Camper Trailers, Tents. UHF radio, experienced 4WDers, usual recovery equip including air compressor, jack plate, shovel, camera, binoculars, all food and water. Note- Daylight Saving starts Sun AM.
Costs:	Caravan Park - Unpowered Single \$19, 2 Persons \$25. Powered Single \$26, 2 Persons \$32. Extra Adult \$10, Extra Child \$6. Please note: 3 nights minimum - Book your own site - 8648 6206 Arden Hills 4WD track \$45 per vehicle. Pichi Richi Explorer - Adult \$47, Conc \$44, School Child \$16, under 4 - free. Please note: Book your own seats - 1800 440 101
Meet:	Friday at Caravan Park, or Tarlee Saturday 8.00am
Leaders:	****TRIP LEADER REQUIRED****. Assistant Trip Leader – Nick
Trip Co-ordinator:	Quenton Earl 0407 604 601

Christmas Show	Friday & Saturday 28/29th November 2014
Trip Details:	Please see separate notice in magazine
Where:	LOXTON RIVERFRONT CARAVAN PARK Sophie Eddington Drive. Loxton Phone number: 08 8584 7862 Web: www.lrcp.com.au
Cost:	Powered sites \$35/night Unpowered sites \$30/night Ensuite Powered Sites \$40 Extra adult \$8/night and children \$6/night up to 16 yrs If we have more than 10 , then 10% DISCOUNT APPLIES These charges apply to all sites.
Deposit:	The Park require the fee for one night as a deposit (We have provisionally booked 10 powered sites under the name of Gawler 4WD Club. When you call they will take your details and put your name against one of the sites.)

Christmas Party 2014



When: Fri 28 & Sat 29 November 2014

Venue: LOXTON RIVERFRONT

CARAVAN PARK

Sophie Eddington Drive, Loxton

We hope to see you there!

FACILITIES INCLUDE: Undercover electric barbecues area, Lions playground adjacent to caravan park, recreation room, camp kitchen, disabled facilities and kiosk which provides ice, gas refills, milk, bread, papers, tourist information and general groceries.

As per previous years, the Club will provide the meat and dessert. Please bring a salad to share and also a gift for each child valued around \$10-\$15

For more information please refer to:

www.lrcp.com.au

PHONE: 08 8584 7862

*** See price details under "coming events" ***

10 powered sites provisionally booked.



The Social Committee has recommended that this year's function will be the 28/29 November 2014 at LOXTON! Big thanks to Lyn Leske for her detailed research (6 different locations) and helping us to make a final selection!



AUSTRALIA DAY 2015

Australia Day 2015 - Coorong.

This is a very popular weekend for trips and planning needs to get underway so if you are interested, please add your name to the trip sheet. If we know there is interest, planning can take place. Thank you. .

IDEAS AND INFORMATION

NEW SPEED RESTRICTIONS IN SOUTH AUSTRALIA

Please remember as from 1 September 2014 motorists must slow to 25kms/hour near emergency services flashing red and blue lights. This reduction will help protect frontline workers and volunteers from the CFS, MFS, SES, Police and SA Ambulance while they carry out vital emergency work.

OPEN DAY AT DEEP CREEK CONSERVATION PARK ON 21 SEPTEMBER 2014

National Parks will be holding a free family fun day at Deep Creek Conservation Park, 150 Tapanappa Road, with activities and displays from 11am – 2 pm.

NEW NAME FOR THE COONGIE LAKES NATIONAL PARK

The National Park is to be known as the Malkumba-Coongie Lakes National Park. Refer to press release at www.environment.sa.gov.au for further information.

MOUNT REMARKABLE NP OR INNES NP – BOOKING SYSTEM FOR CAMP SITES

A new system has been introduced to make it easier and fairer to camp at sites in these parks. Camp sites must now be booked prior to arrival at: www.parks.sa.gov.au. Don't forget to book if you are heading that way.

4WD WEEKEND IN WHYALLA – OCTOBER 2014

Whyalla and Districts 4WD Club will be running this annual event again on 4/5/6 October 2014..The event is open to all financial members of 4WDSA. If you are interested in attending, you will need to register for this weekend and a registration form and flyer is available on the 4WDSA website www.4wdsa.asn.au.

2015 NGARKAT WORKING BEE

The Next Ngarkat Working Bee has been set for the weekend of 28 & 29 March 2015. If you would like to assist, please make a note of this date. Thank you.

SOCIAL CORNER

Suggestions for club social outings include:

- *Progressive Dinner (If you are interested please fill out the “expressions of interest sheet” on the trips table. Proposed date 27 September 2014)*

**ONLY 4 COUPLES HAVE REGISTERED SO FAR !!
WE NEED MORE TO MAKE IT VIABLE !!!!!**

- *Teddy Bears Picnic*
- *Film Night*
- *Port Adelaide Graving Yard & Maritime Museum*

Please pass on any social suggestions or comments to one of our Social Committee!

WE ARE NOT GETTING MUCH FEEDBACK!!

PLEASE GIVE US THE NOD OR THE NAY!

RAFFLE ROSTER

We ask if all members could kindly donate an item for a raffle prize each month to approx value of \$15. Please check below to see if your name is on the roster.

These can be given to the Social Committee (Lyn Leske) any time.

AUGUST 2014	SEPTEMBER 2014	OCTOBER 2014
Max & Lyn Leske	Ian & Claire Mitchell	Nick & Sarah Rowe
Lyn Lillecrapp	Dave & Michele Riddle	Roy & Bronwyn Schwarz
John & Karyn Mewett	Bronte & Norma Rivett	Chris & Julie Sieben

GUEST SPEAKERS



These guest speakers have kindly agreed to talk with us (at the following general meetings):

- September:** Talk on insurance by Lisa Brock of OAMPS (previously TCIS Insurance Brokers)
- October:** Discussion about club needs for "ASSESSORS"/"TRAINERS" Matthew from Redarc to speak about electric brakes, dual battery systems solar panels, etc.
- November:** Bernie Stack talking about his rally & race driving.
- December:** AGM – please think about nominations as most positions will be declared vacant.

BIRTHDAY WISHES

Gawler and Districts 4WD Club wishes to extend a Happy Birthday greeting to the following members and family:

◆◆◆ September ◆◆◆
Astrid Gardener
Mandy Greatwich
Claire Mitchell





INFORMATION ON OTHER EVENTS

Bri Glen

If anyone is interested in camping at *Bri Glen* please contact Brian Sambell direct to make arrangements. If you would like to organise a group trip to *Bri-Glen*, discuss with Brian first and then we can promote the trip within the club.

Contact Brian directly on 8522 2871

PROPOSED TRIPS & OUTINGS

- **TBA** *Possible Border Track trip depending on access. Quenton to advise*
- **TBA** *Puppy Springs/Dorado Downs contact person Bill Small 8577 2228 (2 properties) – Leader required*

FRIDAY FUNNY

The Lost Keys

After a meeting several days ago, I couldn't find my keys. I quickly gave myself a personal "TSA Pat Down." They weren't in my pockets. Suddenly I realized I must have left them in the car. Frantically, I headed for the parking lot. My husband has scolded me many times for leaving my keys in the car's ignition. He's afraid that the car could be stolen. As I looked around the parking lot, I realized he was right.

The parking lot was empty. I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen.

Then I made the most difficult call of all to my husband:

"I LEFT MY KEYS IN THE CAR AND IT'S BEEN STOLEN." There was a moment of silence. I thought the call had been disconnected, but then I heard his voice. **"ARE YOU KIDDING ME?"** he barked, **"I DROPPED YOU OFF!"** Now it was my turn to be silent.

Embarrassed, I said, **"WELL, COME AND GET ME."**

He retorted, **"I WILL, AS SOON AS I CONVINCED THIS COP THAT I DIDN'T STEAL YOUR CAR!"**

Welcome to the golden years....

Gawler and Districts 4WD Web Site

Have you checked out our web site lately?

www.gawler4wd.com.au

Details of when meetings are to be held, what trips and events are coming up along with useful links to lots of 4WD resources are included. Read about the latest trip report or view our photo library. Of course, you can download one of our newsletters (back to Aug 2009) including our special 10th year anniversary versions.



Check our FACEBOOK link as well. www.facebook.com/GawlerandDistricts4WDClub

AUSTRALIAN SNAKES THAT BITE

In Australia, there are about 3,000 snake bites per year, of which 200 to 500 receive antivenom; on average one or two will prove fatal. About half the deaths are due to bites from the brown snake; the rest mostly from tiger snake, taipan and death adder. Some deaths are sudden, however in fact it is uncommon to die within four hours of a snake bite.

Struan Sutherland's 'Death from snake bite in Australia, 1981-1991' (The Medical Journal of Australia, December 1991, Volume 7, pages 740-46) contains some graphic descriptions of the 18 known fatal snake bites in that ten year period.

In 1906, the untreated death rates were as high as 40% to 50% for death adder and tiger snake bites! Improved supportive treatment and the availability of effective antivenoms has reduced this considerably.

Snake Identification

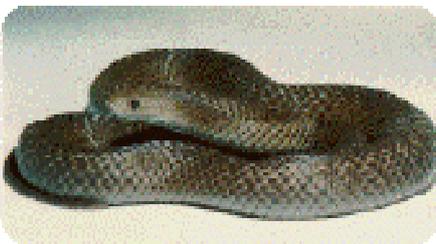
Before the advent of polyvalent antivenoms it was extremely important to positively identify the snake. Although less important now, it remains highly desirable, because snake-specific antivenoms are less hazardous to the patient than polyvalent antivenoms. Snake identification can be very difficult if it was seen fleetingly or in poor light. Scale patterns and colours can be quite unreliable, especially for brown snakes.

Venom identification kits, on the other hand, can often accurately identify the type of snake in 30 minutes, and thus reliably and safely reduce the need for administration of polyvalent antivenom.

If identification is uncertain, ALWAYS treat as if the snake was unidentified.

The Australian Reptile Park are experts in snakes and envenomation. If you have the time to visit them I recommend it highly. Brian Bush has a page for WA snake identification. Detailed information with pictures is also available from toxinology.com - click on snakes and select Australia as the country.

Common or Eastern Brown Snake *Pseudonaja textilis*

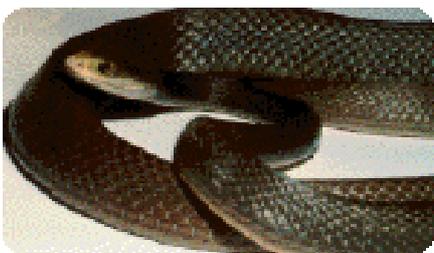


The Brown Snake may be found all over Australia. It has extremely potent venom, and although the quantity of venom injected is usually small, this snake causes more snakebite deaths in Australia than any other. Sudden and relatively early deaths have been recorded. Its venom causes severe coagulation disturbances, neurotoxicity, and occasionally nephrotoxicity (by a direct action of the venom), but not rhabdomyolysis. The Gwardir is also known as the

Western Brown snake, and the Dugite is a spotted brown snake found in Western Australia. All need brown snake antivenom.



Taipan *Oxyuranus scutellatus*



The taipan may be found mostly along the non-desert areas of north and north-east Australia (from Brisbane to Darwin). It is an aggressive, large, slender snake, and may be coloured any shade of brown but always has a rectangular head (large in proportion to the body) and red eye. Venom output is high and causes neurotoxicity, coagulopathy, and rhabdomyolysis, and the amount retrieved from just one milking from one taipan is enough to kill many

million mice. Paralysis is difficult to reverse unless treated early. Untreated, a good bite will almost certainly be fatal.



Tiger Snake *Notechis scutatus*

The tiger snake lives in the temperate southern areas of Australia. The characteristic stripes are not seen all year round, and there is a totally black variant found around the Flinders Ranges area of South Australia. As well as neurotoxicity and coagulopathy, rhabdomyolysis (due to Notexin in the venom) is very likely if treatment is delayed. Untreated mortality is about 45%.

**Death Adder *Acanthopis antarcticus***

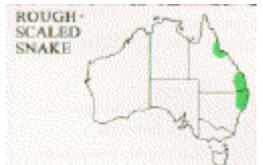
The death adder has strongly neurotoxic venom; coagulation defects are usually minor and rhabdomyolysis is almost never seen. The postsynaptic paralysis is easily reversed by antivenom. It has characteristic appearance and may be striped.

**Copperhead *Austrelaps superbus***

The copperhead is found in Tasmania, Victoria, and the western plains of NSW. Its venom has neurotoxic, coagulopathic and myotoxic actions, however, despite its large venom output, bites are rarely fatal. Use tiger snake antivenom.

**Rough Scaled Snake *Tropidechis carinatus***

The rough scaled snake is found mostly in northeastern non-arid areas. It may be striped, and hence confused with the tiger snake. It is extremely ill-tempered, and has venom with neurotoxic, coagulopathic and myotoxic actions.

**King Brown or Mulga snake *Pseudechis australis***

The king brown (or mulga) snake is found in all arid parts of Australia, and has the greatest venom output, with neurotoxic, coagulopathic and myotoxic actions, but of relatively low toxicity. It has a strongly defined dark crosshatched pattern on its scales, and is more related to the black snakes than the brown. The king brown needs black snake antivenom.

**Redbellied Black Snake *Pseudechis porphyriacus***

The redbellied black snake is found in all eastern non-arid areas. While the venom has neurotoxic, coagulopathic and myotoxic actions, it is not as potent as most, and no deaths after a redbellied black snake have yet been reported. Black or tiger antivenom may be used. Can 'jump' in the air if disturbed or chased.



Small Scaled or Fierce Snake *Oxyuranus microlepidotus*



The small scaled snake (sometimes called the inland taipan or fierce snake) has the most potent venom in the world, but is restricted to relatively uninhabited areas of south-western Queensland, so, fortunately, not many people get bitten. Use taipan antivenom.



Signs and Symptoms

The bite site is usually painless. It may have classical paired fang marks, but this is not the most common picture. Often there are just a few lacerations or scratches, and sometimes these may be painless or go unnoticed. Bruising, bleeding, and local swelling may be present, but significant local tissue destruction is uncommon in Australia.

Regional lymphadenopathy may be marked, even with non-venomous snake bites, and is not by itself an indication for the administration of antivenom. It may contribute to abdominal pain in children.

The usual sequence of systemic symptom development goes something like this:

- (<1hr) Headache (an important symptom), irritability, photophobia, nausea, vomiting, diarrhoea, confusion; coagulation abnormalities; occasionally sudden hypotension with loss of consciousness.
- (1-3 hrs) Cranial nerve paralysis (ptosis, diplopia, dysphagia etc), abdominal pain, haemoglobinuria, hypertension, tachycardia, haemorrhage.
- (>3hrs) Limb and respiratory muscle paralysis leading to respiratory failure, peripheral circulatory failure with pallor and cyanosis, myoglobinuria, eventually death.

This sequence of events is highly variable. ***Brown snake bites, even apparently trivial ones, have been associated with acute deterioration over a five minute period leading to death. This may occur as soon as 30 minutes to an hour after the original bite. Acute, severe cardiac depression may be the mechanism for sudden death.***

Paralysis, when it occurs, usually commences with cranial nerves, then skeletal muscle, then the muscles of respiration. In small children or with highly venomous snake bites it may happen much more quickly.

Major bleeding disturbances are, as mentioned before, rare with Australian snakes, although the development of coagulopathies and a DIC-like picture are relatively common. Thrombocytopenia and haemolysis may occur. Watch for haematuria, haemoptysis, haematemesis, low bowel haemorrhage, menorrhagia or haemoglobinuria, and remember that about 20% of patients who die after snake bite have cerebral haemorrhages.

Muscle destruction from myolytic toxins is not uncommon and may not be associated with muscle tenderness; it may lead to renal failure and should be specifically looked for, because early treatment with antivenom will reduce its severity.

Snake bite should always be considered in any case of unexpected confusion or loss of consciousness following outdoor activities in snake country. In Australia, snake venoms alone cause coagulopathy, so if present you can rule out other forms of envenomation.

Prognosis depends on the type of snake and the quantity of venom injected. An angry snake and multiple bites is usually associated with greater venom volumes.



First Aid for Snake Bites

Do NOT wash the area of the bite or try to suck out the venom!

It is extremely important to retain traces of venom for use with venom identification kits.

Do NOT incise or cut the bite, or apply a high tourniquet!

Cutting or incising the bite won't help. High tourniquets are ineffective and can be fatal if released.

Stop lymphatic spread - bandage firmly, splint and immobilise!

The "pressure-immobilisation" technique is currently recommended by the Australian Resuscitation Council, the Royal Australasian College of Surgeons and the Australian and New Zealand College of Anaesthetists.

The lymphatic system is responsible for systemic spread of most venom. This can be reduced by the application of a firm bandage (as firm as you would put on a sprained ankle) over a folded pad placed over the bitten area.

While firm, it should not be so tight that it stops blood flow to the limb or to congest the veins. Start bandaging directly over the bitten area, ensuring that the pressure over the bite is firm and even.

If you have enough bandage you can extend towards more central parts of the body, to delay spread of any venom that has already started to move centrally. A pressure dressing should be applied even if the bite is on the victim's trunk or torso.

Immobility is best attained by application of a splint or sling, using a bandage or whatever to hand to absolutely minimise all limb movement, reassurance and immobilisation (e.g., putting the patient on a stretcher).

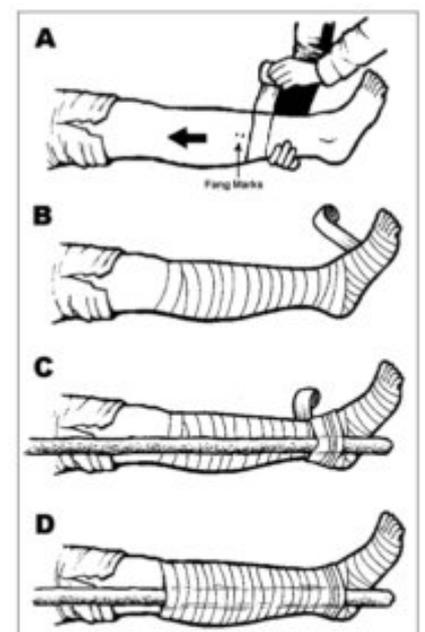
Where possible, bring transportation to the patient (rather than vice versa). Don't allow the victim to walk or move a limb. **Walking should be prevented.**

The pressure-immobilisation approach is simple, safe and will not cause iatrogenic tissue damage (i.e., from incision, injection, freezing or arterial tourniquets - all of which are ineffective).

Bites to the head, neck, and back are a special problem - firm pressure should be applied locally if possible.

Removal of the bandage will be associated with rapid systemic spread. Hence **ALWAYS** wait until the patient is in a fully-equipped medical treatment area before bandage removal is attempted.

Do **NOT** cut or excise the area or apply an arterial tourniquet! Both these measures are ineffective and may make the situation worse.



Medical Management of Snake Bites

Only 1 in 20 snake bites require active emergency treatment or the administration of antivenom. Medical management depends on the degree of systemic envenomation and the type of venom.

Critically ill patients

- Maintain immobilisation, splint and bandage until the situation is under control!
- Support airway, breathing and circulation.
- Intubate and ventilate with 100% Oxygen if airway or respiration fail.
- Give antivenom immediately (See below for details). Intravenous adrenaline should be given only for life threatening hypotension or anaphylaxis - its use has been associated with cerebral haemorrhage.
- Volume expansion may be necessary.
- Severe coagulation disturbances, electrolyte abnormalities, and muscle damage leading to acute renal failure are likely.
- Repeat antivenom as clinically indicated.
- General management as for less seriously ill patients as well (see below).

Less seriously ill patients - no signs of systemic spread

- Admit to ICU for non-invasive monitoring, strict bed rest and full head injury observations (wake hourly).
- Leave bandages in place.
- Obtain appropriate antivenoms and venom detection kit.
- Obtain intravenous access.
- Take blood for group and X-match, coagulation screen (including fibrinogen levels, and tests for DIC), full blood count, electrolytes and calcium, creatinine kinase and arterial blood gases. Perform ECG. Repeat at appropriate intervals.
- Collect urine for microscopy to detect haematuria and for free protein, haemoglobin and myoglobin measurement. Record urine output. Freeze the first sample for venom detection.
- Draw up adrenaline, antihistamine, and steroids in case of anaphylaxis to antivenom.
- When ready, cut a hole over the wound site, inspect and take swabs for use with the venom detection kit.
- Once the results of the venom detection kit are known, slowly and progressively remove the bandages. Don't rush!

If systemic symptoms ensue:

- Re-apply bandages and give antivenom as clinically indicated.
- Ensure the patient is well hydrated (to reduce the risk of acute renal failure due to rhabdomyolysis).
- Repeat blood tests, ECG, etc at clinically relevant intervals.
- Correct abnormal coagulation; look out for disseminated intravascular coagulation (heparin probably contra-indicated in DIC from snake bite).
- Analgesia and sedation - be cautious.
- Correct hypotension, if present, with volume expansion and vasopressors (exclude occult bleeding).
- Watch for development of renal failure - monitor urine output and composition.
- Tetanus prophylaxis is recommended.

Usually, if there are no signs of envenomation four hours after removal of the bandages, and if repeat blood tests taken at that time are normal, then it is probable that significant envenomation has not occurred. If laboratory tests are not available, 12 to 24 hours is a reasonable period of observation.

Recovery is usually complete, though the patient usually develops sensitivity to equine immunoglobulin. If the patient develops serum sickness (see below), the severity is reduced by steroid administration (eg. prednisolone 1mg/kg every 8 hours) until resolution occurs. A course of steroids is recommended in all patients who receive polyvalent antivenoms.

Antivenoms and Pre-Treatment

Antivenom should be given to all patients who exhibit signs of systemic spread.

If possible choose the appropriate antivenom. Snake identification is unreliable (unless the person works with snakes or was bitten in a zoo and they know what bit them!). Venom detection kits (instructions) may be helpful; if in doubt use tiger snake antivenom in Tasmania, tiger and brown snake antivenom in Victoria, and polyvalent antivenom in all other states and New Guinea or see the AVRU guidelines.



One ampoule (50ml of 17% protein) should neutralise the average venom yield from milking a snake of that species, and is usually enough for all but the most severe envenomations. Severe bites may require much more and a recent in vitro study (Sprivulis, Jelinek and Marshall. *Anaesthesia and Intensive Care* 1996; 24: 379-381) suggests that much more is also required to neutralize the procoagulant effects of Brown and Tiger snakes (up to 20 times the recommended dose!). If the situation allows, antivenoms should be given slowly (over half an hour, diluted in an IV fluid). A test dose may be advisable, particularly following prior exposure to equine protein.

The AVRU site provides detailed antivenom dosage information and info on dosage, administration, premedication, serum sickness, and suggested quantities to be held by hospitals.

Antivenoms are prepared from horse serum. The risk of anaphylaxis is very low (less than 1% even for polyvalent antivenoms), but is increased in people who have had prior exposure to horses, equine tetanus vaccines, and a general allergic history. This increased risk is much more common in people aged 50 years or more. About 4% of all administrations are associated with minor reactions.

Pre-treatment with a non-sedating anti-histamine (ie, promethazine 0.25 mg/kg), subcutaneous adrenaline (0.25mg for adults, 0.01mg/kg for children), and iv steroids (hydrocortisone 2mg/kg) is still recommended, although severe reactions are rare. In general the risk from the snake toxins is much greater than the risk of administering the antivenom.

Each State in Australia has a specifically formulated polyvalent antivenom to suit local snake species, however it is preferable to use a snake-specific antivenom whenever possible to reduce the chance of reactions. Details of which antivenom to use varies from state to state, and are found with the packs and test kits.

If an antivenom is administered, ALWAYS advise the patient of the possibility of delayed serum sickness (up to 14 days later). This is characterised by fever, rash, generalised lymphadenopathy, aching joints and renal impairment. The likelihood of developing this depends on the volume of antivenom required. It occurs in about 10% of patients who are given polyvalent antivenoms. Treatment with steroids is usually all that is needed.

Supplies of antivenoms may be obtained from Commonwealth Serum Laboratories, Australia. Struan Sutherland has suggested that metropolitan and regional hospitals should keep 4 ampoules of polyvalent antivenom and 4 ampoules for each type of snake that is found in the area. He also suggested that smaller centres should stock enough antivenom, as appropriate for the local snake population, to manage one bite, unless the incidence of snakebite is unusually high or low in that area. In southern Victoria a combination of tiger (3000 units) and brown snake (1000 units) antivenoms can be used where the identity of the snake is unknown, and in Tasmania tiger snake antivenom alone (6000 units) is suitable. Shelf life is 3 years when stored in a refrigerator. Antivenoms should not be frozen.

This information was provided by Dr. Struan K. Sutherland and from published papers. Inaccuracies and errors may exist and the content may become out of date with time.

<http://www.anaesthesia.med.usyd.edu.au/resources/venom/snakebite.html>

AVRU web site is http://www.avru.org/firstaid/firstaid_snake.html

NOTICE TO ALL MEMBERS

2014 AGM

is fast approaching: **Friday 12th December 2014**

All positions *except Vice-President and Treasurer*
are up for re-election including:-

**President, Secretary, Minute Secretary, Social Secretaries,
Editor+Publisher, Property Officer/Librarian/Trips Co-ordinator,
and Welcoming Officers etc**

Please consider nominating yourself or someone else for a position within the Club.
We need your continued help and valued input to keep our club active and progressive.

Attached to this newsletter is the AGM Notice, the Committee Member's Portfolios
and a Committee Nomination Form.

REMEMBER : Please bring a plate of Supper to share at the AGM!

CHRISTMAS HAMPERS

DONATIONS NEEDED

It's that time of year again folks!!

Each year we make up 3 Christmas hampers to raffle at our December AGM meeting and now it's time to start thinking about bringing something along to the meetings to pass onto Lyn to put it all together.

Tickets will start to be sold from our October meeting at \$2 per ticket and the raffle will be drawn at the AGM on 12th December 2014.

Anything and everything for the big and little boys, cute and smart girls or for any member of the family is appreciated. It can be tinsel, Christmas cake/pudding/decorations, tinned fruit or food, crackers, a basket or a tub to put the items in, a bottle of wine, chocolates or even a voucher, in fact whatever you would like to see in a hamper if you won it yourself you just might!! The list is endless so when you next go shopping, maybe pickup a spare item or two as the shops are already selling lots of Christmas items now.

Don't forget to bring those extra coins this month as we will have our normal raffle as well as start selling the Christmas raffle.

FOR SALE

FREE MEMBER'S "FOR SALE" ADVERTISING



Members can submit requests for a "FOR SALE" ad, free of charge, but there are some guidelines:

- (a) Maximum of 6 lines per ad (similar to a typical local newspaper ad)
- (b) Adverts can only appear for a maximum of 3 consecutive months
- (c) No pictures, text only (you can run a pictures ad for \$10 a month)
- (d) Must supply contact details (either a phone or email)
- (e) Editor reserves rights to reject and/or tailor any submitted adverts.

Please send full details to our editor editor@gawler4wd.com.au for inclusion in our next newsletter providing it arrives BEFORE the newsletter deadline! (See page 3)

GIVEAWAY

Nissan Patrol 2 x "Dickie" Seats to suit GU3 Patrol. Grey Velour. As new cond.

Phone Quenton 0407 604 601

FOR SALE

2005 Holden VZ Executive Sedan, White, Auto, 225,000 km, Good condition, Recently serviced & 4 new tyres : Price \$5,500 ono

Contact Paula, 0430 637 654, Photos on www.gumtree.com.au/s-ad/1055720689



***Got any 4WD related photos you would like to share?
THIS INCLUDES TRIP PHOTOS!***

Please bring them along to one of our meetings either on CD or memory stick and the publisher will prepare them for display upon our website for all to share!

(Don't worry about compressing the photos. Most picture formats supported including JPG, BMP, GIF, TIFF etc.)

This space is available for your advertisement.

Please contact our editor if you would like to have your advert in here!



The **Gawler and Districts 4WD Club** would like thank the **Wurth** Group and their representatives for kindly donating **Wurth** products to the club for use as raffle prizes.

Anyone interested in any products from the **Wurth** product range should check out their website: www.wurth.com.au

Contact **Neil Burton Ph 0400 075 227** to order any of their products.

Total Window Tinting

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Mar 2015



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May 2015



CHECK OUT OUR SPONSORS and ADVERTS
Maybe you have something at home you would like to sell.
Contact us for details

Want to advertise in our Newsletter?

WANTED!

- Sponsored Adverts
- Event Advertisers
- Classified Adverts
- "For Sale" items



Advertising Rates (12 months)	
Quarter Page	\$50
Half Page	\$100
Full Page	\$200
One off Advert : \$10	

Contact our editor editor@gawler4wd.com.au for details
[Fees apply and payment has to be made prior to printing]



MEMBERS NOTICE BOARD



It's back again!!!

***** 2014 PHOTO COMPETITION *****

The committee has decided that the photo competition this year will again be run by John J and the same rules apply to make it fair for all

The PHOTO COMPETITION RULES:

- (a) Two categories **OPEN** and **FUNNY**;
- (b) Each member may enter up to four (4) photos per category
- (c) Photos should be copy (not originals) - Size 15cm x 10cm (6"x4")
- (d) OPEN photos must have been taken on a club trip during the last 12 months
- (e) All photos must be labelled on the back with your name and where the photo was taken
- (f) Entries to be handed to John or Jane by close of November General meeting (14 Nov)
- (g) Late entries will not be accepted
- (h) All judging is carried out by our sponsors (and their decisions are final!):



So get clicking and get those photos in ... really GREAT PRIZES!!

DON'T FORGET
They must be in by November General Meeting!!

GREAT PRIZES!!!

***** 2014 TRIP REPORT COMPETITION *****

Due to the overwhelming response last year (we had 25 entries,) we have decided to continue on with the Trip Report competition this year to reward those who submit a Trip Report throughout the year!



It doesn't matter whether the report is long or short, serious or amusing, whether you have written one or more, your name will go in the "hat" for each report that is written and a winner will be drawn out of the hat at the end of the year at the Christmas Show BBQ.

So the more reports you write the better your chances of winning!

**There will be another
great prize so, please, keep-on writing!!!**

DTU TRAINING

If you are interested in more training, please make a note of the following dates and courses:

14th September OH&S, Risk and emergency response course

An internal course covering aspects of OH&S, risk management and emergency response relating to 4WD activities and training

Cost is \$20



18/19 October Trip Leader Course

An internal course covering aspects of Trip Planning and Leadership. Conducted at Cavan

Cost is TBA

15/16 November GPS / Ozi Explorer Course

An internal course covering aspects of GPS technology and the practical use of Ozi Explorer. Conducted at Cavan

Cost is TBA

CLUB TRAINING

Please give the following your consideration before the October meeting

One of the roles of your club is to facilitate 4WD training of members. This is done in-conjunction with the Four Wheel Drive SA Driver Training Unit (DTU). As many will know, until recently the DTU was a Registered Training Organisation (RTO). A little lesser known fact was that the DTU was one of the largest RTOs, in terms of number of registered trainers and assessors. The DTU RTO scope included the training of assessors to the recognised Workplace Training and Assessment TAE40110.

As an RTO, the DTU was subject to regular audit. Last year, responsibility for RTO management moved from the State Government to the Federal Government resulting in a change of rules and additional audit requirements. The DTU estimated that the cost of meeting the new audit requirements would exceed \$10,000 and the decision was made for the DTU to forgo its RTO status.

To continue to provide a recognised level of training to the member clubs, the DTU has entered into an agreement with an existing RTO, 4WD Training Queensland. Unfortunately, the scope of registration of 4WD Training Qld does not cover the training and certification of assessors.

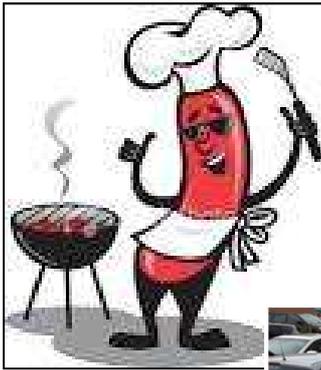
With the recent departure of Dave and Karen Hall, it has left our club without a certified assessor. As your club's Training Officer, I have every intent of gaining the required TAE qualification in the near future; but this is being done privately and at commercial training rates. This leads to a recent discussion by your committee:

Should we have our own club assessor? The committee would like the Club's ideas as to how we might go about it. The committee would like to know how many members are really interested in continuing their training. ***Do we really need an assessor?*** We are looking at options at the moment. Please think about these questions and present your ideas along with any potential answers. The club has recently been given a \$400 donation to consider its use into getting our own assessor. It costs around \$1500 to qualify a trainer to be an assessor.

We will bring this to the floor for discussion at the October general meeting. If you want or need more information please contact myself (Peter) or one of the committee.

[Peter Harper, Training Officer]

2014 BBQ

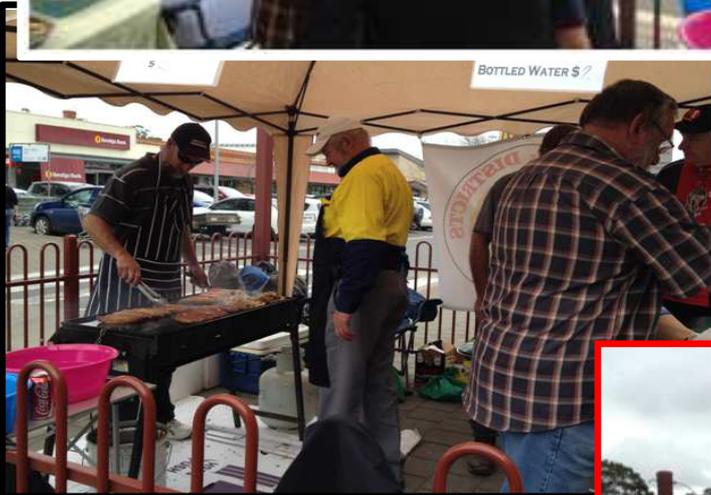


SATURDAY 23rd AUGUST – OUTSIDE WOOLIES (Gawler)

Thank you to all those members who helped with the club BBQ. It was another great success despite the threat of a bit of rain!!

[Chris - 2014 BBQ Organiser!]

With 45 KG of SNAGS (Approx 500), 28 Loaves of Bread, 12 KG of Onions



TRIP REPORT

TRAINING TRIP TO PEAKE, WEEKEND OF 9th & 10th AUGUST 2014 LEADER & TRAINER: PETER HARPER: ASSESSOR: BARRY ANDERSON

Participants: Peter and Sandra Harper
Barry & Jenny Anderson, Overland Club
Stephen, Dean & Cameron Kelly
John & Annemaree Tichborne
Norma and Bronte Rivett

Well, what an absolutely great weekend that turned out to be, full of training, assessing and fun.

Norma, Bronte, Barry, Jenny, John & Annemaree all travelled to Peake on Friday evening and set up camp and Pete, Sandra, Stephen, Dean & Cameron all arrived on Saturday morning around 9 am at camp (Pete, Sandra & Stephen, Dean & Cameron all met up by accident at the Shell cafe in Taillem Bend for a coffee on Saturday morning and drove the rest of the way together.)

Once at camp we were welcomed by everyone else and quickly set up camp so that we could get on to do some training and assessing which was the reason why we were there, as well as to enjoy some camaraderie around the campfire at night!

By approx 10.30am we were split into two groups. John & Annemaree wanted to be assessed in snatch strap procedures so were accompanied by Barry, the assessor, and headed out to the side slope side of the dunes. The rest of us, led by Pete, headed to the other side of the dunes for some training and fun.

Once out on the sand it was evident to all participants that whoever had been up there previously, had well and truly churned the place up with big wheels as deep ruts & evidence of "donuts" was everywhere with not a spot of "virgin" sand to be had!!! This made traversing the tracks quite a hairy experience and especially on the hills which showed evidence of deep ruts and deep holes which would test the mettle of

not only the trainees but the trainer as well.

Pete fearlessly led the way in his Toyota Prado but on a few slopes was unable to make it to the top in one go or sometimes not at all given the state of the track. He was aptly followed by Jennie in her Mazda B50 4WD Ute, Stephen & co in their Mitsubishi Pajero and Norma and Bronte in their modified Nissan Patrol vehicle. Full marks must go to Norma and Bronte in their vehicle for attempting the tracks in 2WD!!!!

After failing to get up the first one after several attempts, Norma checked to see if the hubs were in only to find that they had been previously but when Bronte thought he was putting them in, he actually put the vehicle back in 2WD. His excuse? He didn't have his specs on!! Really, Bronte!!! It caused quite a laugh but once rectified, the vehicle sailed up most of the slopes with ease as they both expected it to do. It'll take a while to live that one down!

After attempting most of the hills, we were at Hill 7 when we heard Barry on the radio asking for assistance as John & Annemaree's vehicle was well and truly stuck in the sand after taking a wrong path. Off we went, the cavalry to the rescue.

What ensued was a full snatch strap recovery of the Patrol with John being assessed by Barry at the same time and Annemaree in full control of the Patrol. The first snatch attempt by Pete's Prado moved the Patrol but not sufficiently enough to free it. So, everything was set up for a

second attempt from a slightly different angle this time.

Once the snatch was "live" everyone waited with bated breath to see if this would be the successful "snatch." The drivers of the vehicles were given their orders, let the snatch begin! There was a most sickeningly horrendous sound as the strap tightened and the Prado went sideways the full width of the vehicle as the snatch took place but it did successfully pull the Patrol free.

Once the vehicles had been disconnected we all came out of the dunes expecting to see damage to the Prado, but no, the awful sound we all heard was the chain jumping from one side of the strap to the other as the strap became taut. Phew! Thank goodness for that. All I could see were dollar signs as I envisaged an expensive repair job coming up!!

After all this excitement, in which John was successfully assessed, it was back to camp for lunch.

In the afternoon, Barry took John & Annmaree out again but to the other side of the dunes this time, and we all headed over to the side slopes for some practice. The idea was to see how slowly each vehicle could be driven to successfully cross this very chewed up area without having to resort to great speed to do so.

The ruts in the sand were huge and it was quite a feat to successfully traverse the slope in a slow manner but every vehicle did so congratulations to all drivers. Once we had had enough of playing there, it was back to the hilly bits again. Some hills were successful, others not as the deep ruts caused some real problems.

Jenny, who is learning, did a great job and was successful in everything she attempted.....except for the last hill where she got stuck right at the top with two wheels over the crest but she had bottomed out. Pete attempted to pull the vehicle free from the front but couldn't

budge it as most of the vehicle was down the back of the slope. All we were doing was digging ourselves in. Mmmm time for a re-think.

An attempt was made to contact John & Barry in the Patrol but, unbeknown to us, they were back at camp and out of the vehicle, so didn't hear the call. Okay, Prado to the rescue once more. Around the back of the dune we went so that Pete could back the vehicle up the slope towards the B50 and pull Jenny out backwards. Success at last!! By this time, it was time for "happy hour" so we headed back to camp.

When we got back, there was a terrific camp fire going thanks to Bronte so we gathered our chairs, drinks and nibbles and talked through the day's events. The weather was surprisingly mild, much warmer than Gawler/Freeling had been and the previous evening was the same according to Bronte & Norma. Meals were cooked and consumed then we settled down around the fire for the evening.

Most of us had brought extra clothing expecting to be rugged up around the fire at night but that wasn't the case - all we needed was a fleece, preferably with a hood, no hats or gloves were necessary at all. Wonderful.

We all chatted by the bright light of an almost full moon and the glow of the fire until one by one we left and headed for bed. I was amazed that I didn't need the thermals I had brought with me to wear to bed - just a pair of jammies and a couple of quilts sufficed - didn't even need the blanket! Beauty.

Sunday we were due for a 9am start so after the delicious smells of bacon and eggs cooking and breakfasts consumed, some folk started the packing up process while others decided to watch a winch recovery performed by Pete as part of his training/assessment for the Advanced part

of the training. This took most of the morning and was visible from the campsite.

A very lazy wind had sprung up making the morning quite cold. Clouds came and went with a sprinkling of rain occasionally. Once the training was complete, everyone returned to camp to have a spot of lunch before heading home.

We were in the process of packing up when the heavens opened and the tent got wet. Bummer! What a nuisance. We decided to join most people in the shed to eat lunch and chat hoping the nasty cold wind would

dry out the tent. It did a reasonable job but there were still areas that would need drying out later.

Goodbyes were said as one by one we headed home. What a great weekend, mission accomplished.. Not only was the training and assessing good but there was a lot of fun & camaraderie too.

I am sure that the next Peake trip will be equally successful and I know I'll be putting my name down again and I encourage others to do likewise if only for the social aspect it provides.

[Sandra & Pete]

DO THE RIGHT THING WITH OUR TRIP LEADERS

Please note: If you have put your name down on a trip sheet and are not able to go, as a matter of courtesy to the trip leader, please remove your name or let the trip leader know your change of plans as soon as possible by phone or email.

Whilst the Club welcomes and encourages visitors to join us on our trips, please be aware that, should you wish to go on an organised trip, the onus is on you to **let the trip leader sight a copy of your vehicle insurance cover before** you can join the trip.

This is to comply with the Club's legal liability insurance requirements. If these details are not forthcoming, you **will not be covered** by the Club's legal liability insurance and your name will be removed from the trip sheet.

There will be no exceptions to this rule:
so please remember: **no insurance details, no trip!**

We really appreciate the efforts made by our Trip Leaders so please help them and make it as enjoyable as possible by following these simple rules.

COMMITTEE MEMBERS PORTFOLIOS

(for Gawler & Districts 4WD Club Incorporated)

President/Public Officer: *(Elected)*

Elected in Even Years – eg. 2012, 2014

To Chair Committee & General Meetings. To be involved in the general administration of the club. To speak for and on behalf of the club. To welcome new Members.

Vice-President: *(Elected)*

Elected in Odd Years – eg. 2013, 2015

To stand in for the President should the need arise and to keep themselves familiar with the running of club business. To speak for and on behalf of the club. To organise monthly speakers to General Club Meetings.

Secretary: *(Elected)*

Elected in Even Years – eg. 2012, 2014

To keep a record of incoming mail, answer any correspondence or respond to as required by the committee. Collate a summary of incoming and outgoing correspondence for meetings to be included in minutes from committee and general meetings.

Treasurer: *(Elected)*

Elected in Odd Years – eg. 2013, 2015

To keep a true and accurate record of all incoming and outgoing accounts and to pay all accounts approved by the club. To keep a record of all members. The books must be audited each year and a report is tabled and presented at the AGM.

Minutes Secretary: *(Elected)*

To keep a true and accurate record of all business discussed at Committee and General Meetings, and any other meetings called by the committee. Type up these minutes and pass onto editor for insertion into newsletter each month.

Social Secretary/s: *(Elected)*

To organise a group of helpers for putting on all social functions. For organising and running all fund raising efforts within the club. To keep true and accurate financial records, to report at Committee and General Meetings on all of the above. Collect items to be raffled each month, have tea, coffee, cold drinks and supper ready for after the meeting. You are the welcoming face of the club as you are the first person the members and visitors see as they register and buy raffle tickets. This position is encouraged to be shared by 2 people.

Editor/Publisher: *(Elected)*

To collect material suitable for printing in the club newsletter including trip reports and photos and any information relevant to club activities, association business, and any other information to keep members informed on all matters relating to 4WDiving and our club. To organise advertising such as to compensate the production costs of producing the newsletter. To organise typing, printing and copying of the newsletter. You can ask for volunteers help from the membership.

Committee Member/s: *(Elected)*

To help and undertake responsibilities as decided by the club.

Welcoming Officer/s: (Volunteers Appointed)

To make welcome any potential new members which may come to the club meetings as visitors first. Answer any of their questions about the club and offer some information about the club.

Trips Co-ordinator: (Elected)

To keep a record of all information relating to any CLUB ORGANISED outing. To post any club trips in newsletter and let the members know at meetings, make sure all trips/ club outings are minuted, organise any trip that they so desire, but is not necessarily responsible for the running of all/any club trips. Help advice trip leaders on what information is required for a trip.

SAAFWDC Delegate: (Elected)

To represent the club at monthly association meetings and to report back to members all relevant information concerning club members.

Training & DTU Co-ordinator: (Elected)

To organise training for club members, to keep records of all training activities and progress of all members participating. DTU -(Must be a member of Driver Training Unit – Appointed) To attend DTU meetings and report back to members any relevant information.

Librarian/Property Officer: (Elected)

To maintain Club's Books, Videos, DVD's, Maps, Magazines from other clubs, general info and to retain 1 copy of each of our Club Newsletters for prosperity. Responsible for maintaining and storing all Club Property.

Property Officer: (Volunteers Appointed)

Responsible for maintaining and storing of all Club Property.

Trip Leader/s: (As required for each trip)

Any member of the club can organise and run a Club Trip of their choice providing all aspects of trip and convoy regulations are strictly adhered to. (Refer to Club By-Laws)



**We need people for our committee!!
Please consider joining the
committee and helping us to
continue to run this successful club
for benefits to its members.**