

4WD Club Newsletter

March 2022



Founded in 2002



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



Gilbert's Motor Museum, Strathalbyn

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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, weekend, long weekend and extended trips. We are a member of the Four Wheel Drive South Australia that 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

Enquiries Contacts: President or Secretary
0407 604 601 (Quenton - President)
0412 474 323 (Cindy Mulyk – Secretary)
EMAIL: info@gawler4wd.com.au
WEB: www.gawler4wd.com.au

COMMITTEE MEMBERS

PRESIDENT/PUBLIC OFFICER Quenton Earl : 8523 2507 / 0407 604 601	VICE PRESIDENT Peter Cusick : 0421 330 104
TREASURER Wayne Heintze : 8523 0407 / 0432 339 213	SECRETARY Cindy Mulyk : 0412 474 323
EDITOR Sandra Harper : 8523 0889	PUBLISHER Peter Harper : 0410 526 317
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TRIPS/PROPERTY LIBRARIAN CO-ORDINATOR Robert Tonkin : 0421 603 767	TRAINING CO-ORDINATOR Peter Harper : 0410 526 317
COMMITTEE MEMBER	ASSOCIATION DELEGATE Peter Harper : 0410 526 317
WELCOMING OFFICERS	Sandra Heintze

SCHEDULE OF MEETINGS

	2022										
<i>Meeting</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	11	4	8	13	3	8	12	9	14	11	9
Committee	2	30		4	29		3		5	2	
	23			25			31			30	

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

Dates for 2022

Adelaide Cup Day, Mon 14 March; Easter Fri 15 April to Monday 18 April; Anzac Day, Mon 25 April; Queen's Birthday Mon 13 June; Labour Day Mon 3 October; Christmas Day, Sun 25 December; Boxing Day Mon 26 December; Proclamation Day Tues 27 December; New Year's Eve Sat 31 December.

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.

NOTES FROM YOUR COMMITTEE

Presidents Report:

This year the Club celebrates 20 years. We have Mugs available to celebrate this milestone for \$15 each and will be ready to purchase at this March meeting. Please bring your cash along.

Our March meeting we welcome local Gawlerite Trevor Bellchambers talking about his car collecting. I hope you can join us as I am sure it will be very interesting.

Our first trip for the year was to Strathalbyn and Milang and was enjoyed (I hope!) by 20 of us. See Lisa's Trip Report in this Newsletter. More photos are also posted on the website.

We have many new trips organised for this year plus a couple of events in the planning, so please add your names on the Trip Sheets as soon as you can to help out our Trip Leaders.

Subs are now due - \$60 + \$10 Joining/late fee by this March meeting. You can do a direct debit to the clubs bank account. Remember to download a application/renewal form filled out and signed along with a copy of your insurance to hand to Wayne please. Please pay promptly to avoid a late fee.

[Quenton]

Editors Report:

Hello everyone and welcome to the March edition of the Newsletter.

This month the Newsletter is going out a bit earlier than usual as Pete and I are going to Victoria on Monday 28 February (Pete to the high country and me to Melbourne) so needed to get it done before we left. Just hope I've included everything in it!!!

It was a great turnout for the first trip of 2022 to Strathalbyn. The weather was reasonable, apart from the cool wind, and I'm sure most people enjoyed the occasion. Wandering around the streets of Strathalbyn was interesting, the coffee and chat good., but to see how many antique shops were located there, one wonders just how much of a living they make competing with each other for a small clientele? Lunch was a very nice interlude at the Oasis although I don't know how Quenton finds half these places he takes us to!! The scones looked amazing for afternoon tea but unfortunately Pete and I couldn't fit them in after such a large lunch.

Don't forget the Laura weekend on the March long weekend, 12/13/14 March, and remember to book the caravan park and add your name to the trip sheet. All other details in this edition.

Enjoy the final days of summer and I'll catch you next month.

[Sandra]



COMING EVENTS

12th,13th,14th March, 2022

Laura weekend

Trip Details:	March long week-end - Visiting Laura and surrounds staying in the Laura Community Caravan Park.
Where:	Laura, South Australia
Cost:	\$30 /night Powered site \$110.00 /night (2 Adults) Ensuite Cabin Your cost at Hotel Sat night.
Meet:	Tarlee - 9.00am Saturday (Parking Bay in township by toilets)
When:	Sat/Sun/Mon 12th, 13th, 14th March, 2022
Trip Leader:	Quenton & Deb Earl 0407 604 601
More Info	Visiting Bridle 4WD Track, Beetaloo Valley, The Bluff Look-out road, Wirrabara Painted Silos, CocoLaura Chocolate shop, Golden North Ice-cream eating competition, Saturday night meal at North Laura Hotel. The township of Laura will be celebrating 150 years in 2022. Caravan Park Ph. 8663 2296 (Alison) Please book ASAP.. www.laurasa.com.au

Easter 2022

Coodlie Park Farm Retreat 15 – 18 April 2022

Trip Details:	Staying at Coodlie Park Farm Retreat with lots of accommodation options and heaps of space.
Where:	Coodlie Park Farm Retreat Flinders Highway, Port Kenny SA 5671, Australia
Cost:	Camp site \$25 per night 1 cabin available at \$120 per night - \$50 deposit required
Meet:	TBA
When:	Good Friday is 15 April and Easter Monday is 18 April. Come early and leave late to miss the public holiday traffic
Trip Leader:	Pete and Jo
More Info	Check out the Web site for more info: http://www.coodliepark.com.au/ Long drop dunnies. Camp kitchen. Showers. No power

Sunday 3rd April, 2022	Outback Morning Tea - RFDS
Trip Details:	Morning Tea to socialise with fellow members over a hot cuppa & raise money for the Royal Flying Doctor Service
Where:	Bethany Reserve, Bethany
Cost:	Donation to RFDS at morning tea Your cost at bakery
Meet:	Gawler Visitor Information Centre 9.30am OR Bethany Reserve 10.00am
When:	Sunday 3rd April, 2022
Trip Leader:	Quenton & Deb Earl 0407 604 601
More Info	A get together to raise vital funds for the Flying Doctor over delicious baked goods & a freshly brewed pot of tea. B.Y.O tea or coffee & homemade morning tea to share. Afterwards a guided walking tour of Angaston main street followed by lunch at the bakery. Come dressed in your best Outback hat. Wear comfortable walking shoes.

May 2022	Witchelina, Outback SA
Trip Details:	We missed out in 2021, but are hoping to get to Witchelina and see some more of Outback SA
Where:	Witchelina and places east
Cost:	Will depend of where we stay
Meet:	TBA
When:	Unfortunately the Farina bakery opening has been put back to the end of May so we'll miss out.} We want to avoid the June long weekend and the school holidays which start on 2 Jul. So, Depart Gawler early May and return home 3-4 weeks later
Trip Leader:	Peter and Sandra, 04 1052 6317
More Info	More details will be provided as they mature. But, for now, please register your interest and preferred time frames Trip outline: Angorichina (or up that way) 7 Nights Witchelina (includes 2-3 days working bee activity) Maree to Birdsville (via Birdsville Track) Birdsville to Innamincka (visit Dig Tree) Innamincka to Sturt NP (visit Cameron's Corner) Tipoobera - Mutawintji National Park – Menindee – Mungo NP Approx 3500 km

May / June	Connie Sue / Sandy Blight Rd
Trip Details:	Travelling from Witchelina to Alice Springs via WA
Where:	Northern SA and WA
Cost:	TBA
Meet:	Witchelina
When:	May 2022 to June 2022
Trip Leader:	Stephen and Lisa Cloughton (0427 000 350)
More Info	<p>Off road camping. Route to be determined, but the Len Beadell Roads will feature.</p> <p>Grade of Trip: Med to Difficult</p> <p>You will need reasonable fuel range</p> <p>See Page 13 of the February Newsletter for some more info on the Len Beadell Roads</p>

Sunday 12 June	PW Mayflower Cruise
Trip Details:	90 minute cruise on the PW Mayflower from Mannum
Where:	Mannum
Cost:	<p>Adult \$25, Concession \$20, Child (Ages 5-14) \$10</p> <p>Guided Museum tour group price \$5 / head.</p> <p>Your cost at afternoon Cafe.</p>
Meet:	9.00am Gawler Visitor Information Centre
When:	Sunday 12th June, 2022
Trip Leader:	Quenton Earl 0407 604 601
More Info	<p>1 1/2 hour cruise on the PW Mayflower (the oldest paddle boat in SA) leaving Mannum 10.30am. Tea and Coffee included, bar facilities available.</p> <p>Final numbers required by May meeting.</p> <p>BYO Picnic lunch down by the river. Afternoon tea at Palm Court Cafe.</p> <p>www.psmarion.com</p> <p>(There is a flyer at the end of the Newsletter with all details)</p>


16th, 17th July Christmas in July – 2022

Trip Details:	Come for the week-end or just the Sunday. Lunch Sunday at Mt. Mary Hotel
Where:	Mt. Mary Hotel
Cost:	Your cost Sunday lunch Camping at front of Hotel - Free. Or Morgan Caravan Park. Landseer Museum \$4 per person.
Meet:	Saturday - make your way to the hotel to set up camp Sunday - 9.30am Gawler Visitor Information Centre
When:	Sat/Sun 16th, 17th July, 2022
Trip Leader:	Quenton Earl 0407 604 601
More Info	Saturday set up camp at Hotel. Sunday visiting Kapunda Community Gallery, Eudunda Silo Art, Lunch at Hotel, visit the Morgan Landseer Museum at 2.00pm for a Guided tour.

1 - 3 October 2022 Oct long w/end Coonatto Station

Trip Details:	Visiting Coonatto Station near Carrieton
Where:	1874 Wilmington Rd, Hammond SA
Cost:	Camping fee \$10 per person per night Firewood can be supplied - \$10 10 pieces, \$20 20 pieces Tracks - Free with camping Pichi Richi Explorer - Adult \$61.00 Concession \$56.00 Child \$23.00
Meet:	TBA
When:	Sat/Sun/Mon 1st, 2nd, 3rd October, 2022
Trip Leader:	Required
Trip Co-ordinator	Quenton Earl 0407 604 601
More Info	Camping at Black Oaks Campsite and Branch Creek Campsite with fire ring and Long-drop toilet. Driving 2WD and 4WD station tracks. Visiting Hammond ghost town, the newly renovated Carrieton Hotel and optional Pichi Richi train ride Monday at 10.30am at Quorn. (You will need to book your own train tickets ASAP for the Pichi Richi Explorer at www.pichirichirailway.org.au) Also see - www.coonattostation.com.au

GUEST SPEAKERS

	<i>These guest speakers have kindly agreed to talk with us at the following general meetings:</i>	
	March 2022	Trevor Bellchambers – his car collecting
	April 2022	Wizbang Magic
	September 2022	Jeremy Browne – Along the old Ghan line

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 FAC

EBOOK link as well. www.facebook.com/GawlerandDistricts4WDClub

GAWLER & DISTRICTS 4WD CLUB



Stickers For Sale – Only \$2.00 each

New design stickers complete with Web address - \$3.50 each

Magnetic Name Badges - \$13.50 each

See Quenton at the General Meeting

PAYING YOUR SUBS BY EFT

Did you know that you can pay your membership subscriptions of \$60 by EFT?

The club bank details are:

Account Name: Gawler & Districts 4WD Club
BSB: 105-109
Acc no 018030740
Ref: Surname + 2022

If you do pay by EFT, please email a receipt Treasurer Wayne, treasurer@gawler4wd.com.au, so he can update the club records.

BIRTHDAY WISHES

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

◆◆ March ◆◆
Quenton
Lyn Le



**Don't forget to
CHECK OUT OUR SPONSORS and ADVERTS**

Maybe you have something at home you would like to sell.

Contact us for details

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) Must supply contact details (either a phone or email)
- (d) 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)

TRIP REPORT

Strathalbyn And Milang Day Drive 20 February 2022

TRIP PARTICIPANTS

Quenton and Deb

Peter and Sandra

Bob and Cindy

Tas

Wayne and Sandra

Keryn and Brent

Steve and Lisa

Bob and Rosalie

Chris and Julie

Martin

Bob and Pauline

We all met at Dead Man's Pass car park in Gawler except for Chris and Julie who joined us at Kersbrook.

It was a beautiful morning. Once we got to Kersbrook, our drive took us through Lobethal, Woodside, Nairne and Mt Barker. When we got to Strathalbyn we all found a park where we could. We had the option of visiting the Gilbert's Motor Museum or checking out the market, antique or second hand shops or having a coffee. Most of the men went to the motor museum, while us girls went and checked out the stores and have a coffee.

The Gilbert's Motor Museum is located in the historic building owned by the Gilbert's since the early 1900s where they made Trebling bicycles and motorcycles. They also sold motor cars including the Buick and Holden as well as house hold appliances and farm machinery.

The vehicles they have on display were sold new from the premises and a particular display had vehicles from Rowley Park Speedway. The boys were lucky enough to meet and have their photo taken with Glenn Dix who was the flag marshall for many races.



Pauline and I met up with Bob and Stephen for coffee before meeting everyone back where we were parked. At the car park was a memorial built for Kenny Blake. The sculpture is made from mechanical parts of all shapes and sizes welded together. The sculpture is of Kenny and his bike. It took the artist about 3 and a half months to complete and is very impressive.

From there we ventured on to the Oasis Garden Restaurant for lunch. It was a very popular spot. The meal was excellent I had the kangaroo while Steve had the flathead.



After that it was on to Milang to tour the Railway Museum. The museum is located on the banks of Lake Alexandrina. We were given a tour by one of the many volunteers. There was a lot of great information. We all had a chance to go for a small train ride on a carriage that was used to transport munitions at the Smithfield depot.

There were lots of restored engines to look at and several interactive displays to try.



Then we all went into the restored carriage for some afternoon tea. Most of us enjoyed a Devonshire tea and the scones were magnificent. Some people had ice cream sundaes and some an old fashioned spider.

From there we all made our own way home.



It was a great day out and once again would like to thank Quenton and Deb for organising it and everyone else for their company.

[Lisa]

APPEAL FROM WOMBATS SA

(extracted from Friends of Parks eNews)

[submitted by **Merv Renton**, Webmaster **Wombats SA** / NHSSA | Mob: 0407 691 344]

Please help us Identify the Most Dangerous roads for Wildlife

Wombats SA is working with other Regional and Wildlife Rescue and Protection groups ask Local and State Government bodies to help reduce the number of road kills and injuries with a range of actions.

One plan is to get more signage and make changes where possible to the SA roads where wildlife road kills and injuries are the most frequent. We need help identifying these.

If you have knowledge of locations on SA roads where wildlife road kills and injuries are frequent, could you please reply with the road name and the location on the road? (nearest junction/s, towns, or landmarks, etc.). We will add these to the list being built and it will help create pressure for change.

If you have any suggestions for actions to reduce wildlife road kills and injuries, please add them.

Thanks very much for your help

Wombats SA President and Committee

Wombats SA *promoting, protecting and preserving our unique flora and fauna*

The above prompted by ABC's feature 'Phenomenal' roadkill numbers in South Australia prompt pleas for drivers to slow down ABC Radio Adelaide / by Malcolm Sutton. You can find the article [here](#).

SPONSOR ACKNOWLEDGEMENTS



GAWLER

FOR ALL YOUR 4WD AND SUV TYRES
OR
PASSENGER TYRES AND WHEEL ALIGNMENTS

**CONTACT MICHAEL OR JASON
on 08 85223000**

WE WILL BEAT ANY COMPETITORS PRICE

COOPER, BFG, BRIDGESTONE, KUMHO, TOYO,
MAXXIS, GENERAL

Gawler Fishing & Outdoors

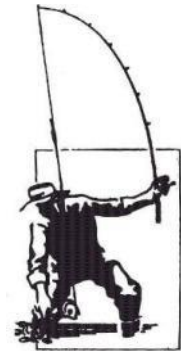
48 Murray St Gawler SA 5118

Phone 08 8522 6200

fishnout@bigpond.net.au

Club Discount with **club card
applies to all non-special items**

- *Fishing Tackle*
- *Fridge / Freezers*
- *Guns & ammo*
- *Binoculars*
- *Knives*
- *Camping gear*
- *GPS systems*
- *Swags*
- *Marine*
- *Repairs*



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and much more.

Want to advertise in our Newsletter?

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- Sponsored Adverts
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- "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]

WHERE AM I



The answer is on Page 17.

FREELING



LIGHT REGIONAL
**FARM &
4X4 EXPO**



MARCH 25TH & 26TH 2022
10:00_{AM} - 4:00_{PM}



Adults	\$15.00
Concession	\$10.00
Kids U15	free

- Jumping Castle
- Petting Zoo
- Fashion Parade
- Farm Machinery
- 4x4 displays

For bookings and information visit thefarmcentre.com.au or
email lightregionalfarm4x4expo@belgravialeisure.com.au

ANSWER TO "WHERE AM I"

C.J Dennis larger than life statue, Main street, Laura.

Australia's most prolific poet.

Poem by C.J.Dennis

The music of your voice

A vase upon the mantelpiece,

A ship upon the sea,

A goat upon a mountain-top

Are much the same to me;

But when you mention melon jam,

Or picnics by the creek,

Or apple pies, or pantomimes,

I love to hear you speak.

The date of Magna Charta or

The doings of the Dutch,

Or capes, or towns, or verbs, or nouns

Do not excite me much;

But when you mention motor rides -

Down by the sea for choice -

Or chasing games, or chocolates,

I love to hear your voice.

TOWNS OF SOUTH AUSTRALIA

In this series of "Towns of South Australia" I will explain a brief history of the town and how it got its name. This month we look at Laura

Laura

In the early 1870s Booyoolee Run, a pastoral holding was leased by Herbert Bristow Hughes. In 1872 he surveyed and subdivided the land and named the new town after his wife Laura Hughes. Prior to the establishment of the town the area had a number of large pastoral holdings including Beetaloo Station, a cattle run established in 1844.

Located 20km West of Laura, Beetaloo Reservoir was South Australia's first regional reservoir. It was built between 1885 - 1890 at a cost of 700,000 Pounds and supplied water to Port Pirie, Moonta, Wallaroo and Kadina. It is open 1 May to 1 November and has a picnic area and is stocked with Golden Perch, Silver Perch and Murray Cod.

In 1880 the Bowker family were selling fresh milk and cream from their dairy. In 1923 they established a factory in Laura to produce icecream and Golden North was born. The Bowker family sold Golden North to Farmers Union in 1983. In 2006 Golden North became a "Icon of the state" in the Bank SA Icon of the state awards. In 2008 it was sold to five South Australian families who are the current owners.

C.J.Dennis was born in Auburn, South Australia in 1876. His father was a publican and took over the Beetaloo Hotel from 1892 to 1910 and Clarence Michael James Dennis moved with him to Laura and worked in the Hotel for a brief time. C.J. Dennis was first published in the local newspaper the Laura Standard (taken over by what is now The Flinders News) when he was 19. His real fame came with "The Sentimental Bloke", a series of Australian poems. There is a larger than life statue of C.J Dennis in the main street of Laura.

A narrow gauge railway built in 1884 once joined Gladstone, Laura, Stone Hut, Wirrabara and by 1915 to Wilmington. It closed in 1969. A high class rail trail suitable for all mountain and road bikes runs between Laura and Stone Hut.

Located in Hughes Street the classically decorated Court House was built in 1878 (pictured). It was operated as a court house for 90 years, closing in 1968. It is now an art gallery.

Join us for a visit to Laura and surrounds over the March long week-end, 2022.

[Quenton]

VKS-737 RADIO NETWORK - CODAN ENVOY RAFFLE

Press Release from VKS-737

Here's a good way to distract yourself from the events of the last two years. Dream about what it would be like to be the happy winner of a brand new Codan Envoy HF radio complete with your choice of autotune antenna. Just 3,000 tickets are available. That increases your chance of being the lucky winner. Second and third prizes are Minelab Equinox Metal Detectors. Any Australian Resident is eligible to win. You don't have to be a Subscriber to our Network to enter. You could even be a Licensed Amateur Radio Operator. The Envoy will be programmed to suit the needs of the lucky winner. Tickets are just \$5 each. Buy a pile and help support the important work of our Network. Go to our Website for all the details. Good luck:

Want to know more about Codan Envoy HF Radios? Read our review of the radio here: <https://vks737.radio/codan-envoy-radio-review/>



(Extracted from Westprint this week)

MEMBERS NOTICE BOARD



PHOTO COMPETITIONS

This year we have a photo competition running which, at the moment, is the regular Open Competition sponsored by Gawler Fishing and Outdoors

The PHOTO COMPETITION RULES:

- (a) Each member may enter up to four (4) photos
- (b) Photos should be a copy (not originals) - Size 15cm x 10cm (6"x4")
- (c) Photos must have been taken on a club trip during the last 12 months (Nov 18 - Nov 19)
- (d) All photos must be labelled on the back with your name, where, and when, the photo was taken
- (e) Entries to be handed to John by close of November General meeting
- (f) Late entries will not be accepted

ENTRIES TO BE HANDED TO QUINTON BY CLOSE OF NOVEMBER GENERAL MEETING

LATE ENTRIES WILL NOT BE ACCEPTED.

The winning photo of the Open Competition will be selected by Gawler Fishing and Outdoors

So remember to take photos during the year and get them in to Quinton in plenty of time.



TRIP REPORT COMPETITION

It's on again...as long as we receive trip reports so please remember to take pencil and paper when out on a trip!

The committee has once again, decided to continue with the Trip Report competition this year to reward those who submit a Trip Report throughout the year!

It does not matter whether the report is long or short, serious or funny, whether you have written one or more, your name will go in the "hat" for each report that is written.

Winner will be drawn out of the collection of names at the end of the year either at the Christmas Show BBQ or at the AGM.

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

There will be another

Prize

so please keep-on writing!!!

FRIDAY FUNNIES

Really bad News headlines.

Something Went Wrong in Jet Crash.
Police Begin Campaign to Run Down Jaywalkers.
Miners Refuse to Work after Death.
Juvenile Court to Try Shooting Defendant.
War Dims Hope for Peace.
If Strike Isn't Settled Quickly, It May Last A while.
Cold Wave Linked to Temperatures.
Red Tape Holds Up New Bridges.
Man Struck By Lightning: Faces Battery Charge.
New Study of Obesity Looks for Larger Test Group.
Astronaut Takes Blame for Gas in Spacecraft.
Kids Make Nutritious Snacks.
Hospitals are Sued by 7 Foot Doctors.

And the winner is ...

Typhoon Rips Through Cemetery; Hundreds Dead.

Eat whatever you like and don't allow motivational speakers to deceive you.

1. The inventor of the treadmill died at the age of 54
2. The inventor of gymnastics died at the age of 57
3. The world bodybuilding champion died at the age of 41
4. The best footballer in the world Maradona, died at the age of 60.

BUT

1. The KFC inventor died at 94.
2. Inventor of Nutella brand died at the age of 88
3. Imagine, cigarette maker Winston died at the age of 102
4. The inventor of opium died at the age of 116 in an earthquake
5. Hennessey inventor died at 98.

How did these doctors come to the conclusion that exercise prolongs life?

The rabbit is always jumping up and down, but it lives for only 2 years and the turtle that doesn't exercise at all, lives 400 years.

So, take some rest, chill, stay cool, eat, drink and enjoy your life.



Since I bought this toy for my dog...
no more salesmen,
break-ins, or friends popping in
unannounced.
Just peace & quiet.



{Thanks to Westprint as always}

20 YEAR ANNIVERSARY MUGS

\$15 each, available at March meeting.



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.** Without these regular contributions, the raffle would be unable to go ahead each month. **To make it fair and equitable to everyone participating in the raffle, please use the \$15 as a guide.**

Donations can be given to the Social Committee (Joann Wuttke or Julie Sieben) any time.

March 2022	April 2022	May 2022
Chris and Julie	Tas	Russell and Dawn
Philip	Robert and Pauline	Brenton and Keryn

UPDATE ON SNAKE BITES

The following appeared in Westprint on 11 February

All snake bites must be treated as potentially life-threatening. If you are bitten by a snake, call triple zero (000) for an ambulance.

How do I provide first aid for snake bites?

Keep calm, and follow these steps:

- Get the person away from the snake.
- Ensure they rest and help them to stay calm.
- Call triple zero (000) and ask for an ambulance.
- Treat immediately – don't wait for symptoms to appear.
- Apply a pressure immobilisation bandage (see below).
- Don't wash the bite area — venom left on the skin can help identify the snake.
- Do not apply a tourniquet, cut the wound or attempt to suck the venom (poison) out.

Pressure immobilisation bandage

A pressure immobilisation bandage is recommended for anyone bitten by a venomous snake. You should firmly bandage the area of the body involved — such as an arm or leg. If you can't use a pressure bandage because the bite is on the trunk or stomach, apply constant, firm pressure.

Follow these steps to apply a pressure immobilisation bandage:

First, put a pressure bandage over the bite itself. It should be tight and you should **not** be able to easily slide a finger between the bandage and the skin.

Next, use a heavy crepe or elasticised roller bandage to immobilise the whole limb. If possible, mark the site of the bite on the bandage with a pen.

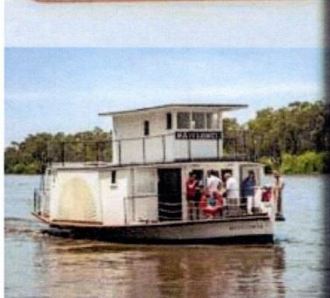
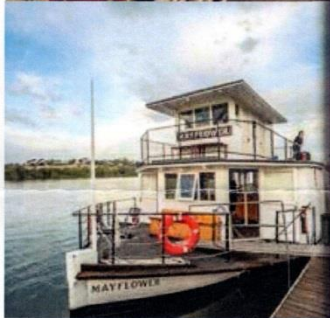
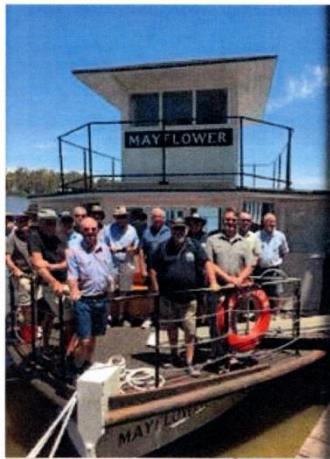
Splint the limb including joints on either side of the bite. Keep the person and the limb completely at rest.

How can I make sure the snake is identified?

Venomous snakes can be identified based on any venom deposited on clothing or the skin. Do not wash the area of the bite, try to suck venom out of it, or discard clothing. Do not try to catch or kill the snake to identify it since medical services do not rely on visual identification of the species of snake. Around 100 Australian snakes are venomous, but only 12 are likely to inflict a wound that could kill you. Australia has about 140 species of land snake, and around 32 species of sea snake. Antivenom is available for all bites by venomous Australian snakes.

More information. <https://www.healthdirect.gov.au/snake-bites>

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