

PATROLLING



***Volume 36 Number 2
April 2014***



Invest in tyres that last.

Your new 4WD tyres should be built to last so they're more puncture resistant, longer wearing and offer more protection in the sidewall of the tyre all while delivering the right amount of traction no matter where you drive.

Invest in tyres made to last

It's Cooper's ongoing commitment to developing new technology and making 4WD tyres that last, while other original equipment brands are being made with lighter construction and less tread. Cooper continues to develop and produce 4WD tyres incorporating modern technology, compounding and design to produce a range of tyres that suit every kind of application.

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With tyres to suit every kind of driving from highway mileage tyres, all-terrain tyres or serious off-road tyres, Cooper has your 4WD or SUV covered.

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With a round edge shoulder design, the A/T³ is great for off-road trails and tracks as well as sand driving as it won't dig down as much allowing the vehicle to get across the top of loose terrain making this the ideal all-terrain tyre that you

can take just about anywhere without sacrificing highway performance.

S/T^{MAXX} (Heavy Duty All-terrain) 50% Road & Sand, 50% Dirt & Mud

Tested in Australia's outback and introducing for the first time in a heavy duty all-terrain tyre, Cooper's proven Armor-Tek³ carcass construction. With sharp, square shoulders this tyre is better at digging down and suits a more serious four-wheel driver who spends more time on the dirt and needs more traction in hard to get to places.

STT (Super Traction Tyre) 20% Road & Sand, 80% Dirt & Mud

The STT is designed for the 4WD driver who wants a tyre with the grip and puncture resistance to drive the most serious of off-road applications. With Armor-Tek³, the STT now boasts even more strength than before.

With super traction tread employing a combination of features including deep sidewall lugs, notched shoulder lugs and a unique centre traction zone creates a bold, aggressive tyre.

Cooper Tyres are only available from authorised Cooper Tyres dealers. For your closest authorised dealer, a free tyre guide and information on different tread patterns find us on Facebook call 1300 COOPER or visit us at:

www.coopertires.com.au



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What people are saying about Cooper Tyres?



"I wasn't overly happy with my previous tyres, not getting the mileage and wear that I had expected. I put Cooper A/T³s on and haven't looked back" - John Haenke - DVD Producer

"Out in the scrub, you don't experiment with tyres - unless of course you get a kick out of bush survival! And that's why I chose Cooper's S/T^{MAXX}" - Pat Callinan Mr 4x4

"The Cooper STT is still saving me dollars because it's the toughest off-road radial I've ever driven on... bar none" - Ron Moon - 4WD Journalist and Adventurer

Nissan Patrol Club of South Australia Inc Established 1979



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CLUB MEETINGS are held at the Challa Gardens Primary School, Humphries Terrace (off Torrens Road), Kilkenny on the first Thursday of every month except January. Meetings commence at 7.30 pm.

The Nissan Patrol Club is a member of Four Wheel Drive SA Inc (FWDSA), which is a member of Four Wheel Drive Australia Pty Ltd (formerly the Australian National Four Wheel Drive Council Inc (ANFWDC)).

UHF Channel 21 is recognised as the official Club radio channel.

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Patrolling the Editor's Desk

As we enter the second quarter of the year, let's reflect on what has happened within the NPC already — We have had our Annual Sausage Sizzle prior to our Feb. General meeting; which followed what sounds to have been a great Murbko Australia Day Long Week-end; (read report in this edition;) Alcheringa also must have been most enjoyable. We'll all be sorry we didn't attend this one! The remote First-Aid Course obviously has been very successful. Next event will be Easter and for those going along to the Otways - have a safe and great time. To everyone else, hope you have a relaxing Easter break. (Don't eat too much Chocolate!!)



Kate

30 YEARS AGO - 1984

NAVIGATION DAY

Sunday April 8th

All drivers, navigators and back-seat drivers met at Tea Tree Plaza car park on a sunny Sunday morning at 9.00am. Once again, G. Thompson and family got lost. We could see the group on the other side of the trees, but couldn't get to them. (This was in the car-park). After directions from Alan, we eventually had our vehicle on the same side of the trees as everyone else. Jeff and Alan had planned the day carefully and expertly, resulting in clear and precise instructions for all concerned. After the usual "signing on" by drivers and navigators, each pair was given a map, a series of grid references and a distance gauge, as well as instructions on which direction to approach and leave un-manned checkpoints. The checkpoints were letters of the alphabet on signs placed in strategic spots on the side of the road. They could only be seen if you were travelling in the right direction. The idea was to plot and correctly complete the shortest route, observing and noting each checkpoint within a set time. At set time intervals each vehicle set out for the Gumeracha area. Mileages were taken, and upon arrival at the lunch spot at the Mt. Crawford Forest Camping area, log sheets were handed in and checked, with points being deducted for excess mileages, omission of letters and lateness in arrival at the final destination. The higher the point score, the better the navigating.

We enjoyed a most relaxing lunch in the sun, there was plenty to do and see for children, and it was soon time for the next part of the course. This time, it focussed on the forest area itself, with the same aims as before, ending up at the same spot as at lunch time. After points were tallied at the end of the "official day", David and Peter Owen had the highest point score, followed by Garry and Elizabeth Thompson and Tony and Wendy Bailey. Jeff and Alan then led us on a general run to pick up the checkpoint signs, and after a very enjoyable day, we made our way home. It was a little unfortunate so few members came along. Hopefully some more of our members will come next time and take part in an informal and fun-type day.

Thanks to Jeff and Alan for all the time and effort they put into arranging a really great day.

G.T., J.T. & E.T.

Patrolling Magazine

Trip Reports, photos, and any items of interest are all welcome. Please forward to the Editor. Contact details on page 3.

THE DEADLINE FOR JUNE ISSUE IS 23 MAY 2014

Views and opinions expressed in this magazine are not those of the Nissan Patrol Club of SA, unless specific reference is made to the article

Front cover is a February 2011 adaptation from **Marie Schultz's** 2003 original concept.

COMING EVENTS

DATES	DETAILS	LEADER	CONFIRMATION DATE
18 - 25 Apr Easter	Otway Club combined trip	Dave & Helen Richards	11 Apr 2014
25 Apr - 23 May	Venus Bay - Fishing	Janice Lamkin	Mar 2014
26 Apr - 2 May 2014	Victorian High Country -Immediately following Otway's Easter Trip. See P21 June <i>Patrolling</i> for proposed itinerary	Wayne & Dallas Dunn	7 Feb 2014
9 May 2014	Theatre Night - "The Boy from Oz" 53 Angas St Adelaide 8:00pm - See advert P18	Jeff Schapel	6 Mar 2014
21 - 22 June	Peake	Dave Richards	
5 Jul 2014	35th Anniversary Celebration Dinner - 6:30 pm at the Belair Park Country Club - see advert P16	Sub-committee	4 May 2014
7th July-Early Sept	Pilbara	Rod Kitto	
26th -27th July	Morgan Training Week-end	Dave Richards	
27th July-3rd Oct	WA Wildflower Trail	Pat & Des Trowbridge	Closed
13-14th Sept	Coorong Clean-Up	Dave & Helen Richards	
26-28th Sept	Bushy's Sand Driving	Tony & Chris Moran	
3-12th Oct	Pooncarie Races & Mungo National Park	Don Grigg	
4-6th Oct	Week-end in Whyalla	President	
17th Oct	Theatre Night—My Fair Lady	Jeff Schapel	
23rd Nov	Family Picnic	President	
21st Dec	Christmas Breakfast in the Park	President	

All participants must register their name and vehicle registration on the trip sheet, or advise the trip leader of their participation. Registration is required to comply with the Club's public liability insurance policy. Visitors are welcome to join most trips and social events; simply register your name on the sheet in the trip folder or see the Trips Officer. Visitors must also sign the Club "Warning" forms if participating on a trip.

All participants must confirm with the designated Trip Leader by the Confirmation Date that they still wish to attend the event or trip. Failure to do so will indicate to the Trip Leader that you do NOT wish to participate.

If at the last minute you are unable to join a trip for which you have registered, please make every endeavour to advise either the trip leader or someone else joining the trip. This will ensure the group is not held up waiting for a non-arrival.

(Remember to complete your ICE form prior to commencing on your Trip.)

The Club recommends that members have RAA membership to cover mechanical breakdowns on Club trips, and ambulance cover from the SA Ambulance Service or your private health insurer to cover medical emergencies.

The President's Points



Hi Patrollers,

Well we have got under way for 2014. We are in the 4th month of the year and Easter is upon us. We have had quite a few events over the past couple of months, all being very successful due to the enthusiasm and friendship of all our members.

The Otway/ Victorian High Country back to back trip should be an exciting adventure as well as the Venus Bay trip.

Our May General meeting will be a social evening due to a lot of members being absent on trips.

The theatre night which is held at the Arts Theatre in Angus Street Adelaide on the 9th May will be "The Boy from Oz". This should be a great show.

The trip table seems to be full of trips & events for the calendar year. A big thank you to all those who are leading them.

For our July 3rd General Meeting we will have a "mystery guest speaker." Please put the date in your diary as it will be an interesting evening.

Wishing you a very "Happy Easter"

"Remember Easter is the only time of the year when it is safe to put all your eggs in 1 basket."

Happy travels,



Your Club President
Helen Richards (364)

Nissan Outstanding Achievement (NOA) Award March 2014 Outstanding Achiever:

Awarded to:-Rod Kitto, Web master for his continued good work in updating the NPC Web-Site and producing interesting and informative topics. Keep them coming!



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CARAVAN & CAMPING INDUSTRIES ASSOCIATION OF SA

The CCIASA was held from the 19th of February to the 23rd February 2014. This year we had volunteers from Range Rover, Toyota, High Range, Southern Explorers, Holden, Jeep, Mitsubishi and Nissan.

The FWDSA stand was located at S62a in the Stirling Angus Pavilion (Keith Angus Pavilion) which was on the right hand side as you are walked towards the oval from the Ferris Wheel. As you walked through the door, the stand was straight in front of you and was in an excellent position in the pavilion. Being on a corner it attracted the attention of the public as soon as they entered the building.



Information on display boards with pictures, photos, maps were professionally displayed and people were able to move around and view everything. Brochures on individual clubs were readily available as well as FWDSA brochures. We handed them out as required.

I enjoyed and had a great time at the show promoting the Clubs and the Association to the general public. Thank you to Jeff Schapel, Bob & Janice Lamkin, Rod Kitto & Helen Richards for volunteering their time to attend to the FWDSA Stand.

Looking forward to the next CCIASA

Helen Richards (364)



Pete Phillips of Range Rover Club and Carmel Reynolds of Willow Springs (Sky Trek) spent time with Helen on the 4WDSA stand at the CCIASA.

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Support the businesses that support the Club

Alcheringa Country and Western Shindig Dave's Place at Wellington 7th – 9th February, 2014



Trip Participants : Brian and Judy Cook (Trip Leaders), Robert and Joy Brittain, Geoff and Marie Dalitz, Bob and Janice Lamkin.

Dave's Place at Wellington is a perfect venue to hold this shindig. Theatre style seating is already available in front of the stage and an area where you can set up in your own chairs.

All of this space is good for viewing,



listening and all under shade cloth. Although the temperature was high we appreciated the occasional cool breeze coming through.

The free camping area is just across the Wellington Road in a large paddock with Caravans, Camper trailers and swags. Toilets are provided in this area as well as in the performance area.



Entertainment was non stop on Friday evening, Saturday and Sunday and all artists were of a high class. Friday night was a good night for sleeping with cool almost cold air coming in through the open windows in the caravan.

Food, drinks and ice-creams were available at all times (just ask Bob about the home made cakes). Saturday night a roast dinner with all the trimmings followed by fruit



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salad with ice-cream and a big breakfast was available on Sunday morning.

Funds raised during the event went towards the local Lerwin Nursing Home at Murray Bridge.

Many of the artists were from interstate and we were told that some were on the way home from the annual big country and western event in Tamworth.

One of the younger artists, Kate (about 15 from WA) who had won an award at Tamworth was a brilliant entertainer and as well as her singing and guitar playing she filled in backing up others playing the drums and violin. She really enjoyed herself.



The parents of Kate were also introduced and received high praise from the other musicians for their willingness to drive her to the many country music campouts throughout Australia.

The Band "JJ Shannon and Winchester" were very popular playing and singing their own special pieces as well as backing up some of the solo entertainers. I particularly enjoyed the groovy guitar and banjo player, he had a good voice and personality plus.

Other artists that you may remember from previous music campouts included :

– they were absolutely brilliant, The Chaplins, Gummy Bill, Dave and The Electric light Horseman and many more!!

I can't finish this story without mentioning the MC, Bill Rowley from **Traralgon in Victoria** he had some good stories, great voice and continually reminded us that he came from Traralgon in Victoria. Where is that place???

The only low-light of the day on Saturday was the news of an Out of Control Bushfire in Belair National Park.

Special thanks to Brian and Judy for organizing the weekend and Dave's Place at Wellington for the venue, to the NPC members who attended for your company – it was thoroughly enjoyable.

JL



Murbko Lagoon Australia Day Long Weekend

Friday was a pleasantly warm day. The slightly overcast sky cleared as we were heading towards the Riverland for the annual Nissan Australia Day long weekend at Murbko Lagoon.

The site at the end of the track was claimed once again by the Nissan Club, with our banner proudly displayed. Several couples had arrived earlier that day, and some had come the day before to make the most of the weekend. We selected our site, and set up our camp, with all the home comforts of verandah out the front and en-suite toilet/shower out the back.



Then the canoe had to be unloaded and taken to the water.

Everyone caught up with each other at Happy Hour time. Brian Cook, our trip leader, outlined the activities for the weekend. Saturday was chosen as the day for the fishing competition, and the rules were discussed and decided

upon. The decision was made to celebrate Australia Day over two days this year, as the quantity (and quality) of the food exceeded our ability to consume all in one sitting.

We all handed our ICE papers over to the trip leader. No emergency occurred to have to use them, but it was a good precaution. It was good to know we would not have to be searching for our next-of-kin phone numbers if needed.



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After Happy Hour we all headed back to our camps to cook tea, and enjoy the rest of the evening as we desired. We burned the midnight oil talking to our good friends, whilst enjoying some chocolates and Irish Cream. Who could ask for more?



Saturday's weather was perfect. The fishing competition was up and running, with four people participating. A group of canoe owners set off up the creek towards the river. This is always an adventure, as each year the path through the reeds and water weed changes, making it a challenge to break through. Coming back was against a head wind, and we all had to

paddle a bit harder. There were approximately 12 canoes/kayaks this year.

Jim set out some yabbie nets, full of Carp, hoping for a big catch. This year the catch was better than the previous year, and we were able to take home enough yabbies and shrimp for a decent seafood cocktail.

Everyone amused themselves, fishing, reading, chatting etc. There were approximately 40 people this year, including Brian and Kerry who are regular Murbko visitors, the Schapel's son and grandsons, and the Foremans (ex-members who moved to Darwin).

At the Saturday night Happy Hour, Brian announced that Alan Langer was the winner of the fishing competition. I am sure he is eagerly awaiting his trophy at the end of the year. We all returned to our camps for tea - lamb being on the menu for lots of people. We tried to save a bit of room to return to the Happy Hour circle. The first night of the Australia Day sweets was a success, with Trifle playing a big part. Just how many serves of trifle can one person eat? Thank goodness the decision was made to spread the sweets over two nights.



We needed some exercise after all that food, so a few of us set off at a brisk pace, to tramp the dirt paths. We got back to camp in time to watch the International Space Station make its way across the sky. The starry sky is certainly spectacular at Murbko!

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Sunday was warm with the promise of getting hotter. (It reached 42 degrees under our awning.) Nevertheless, a few canoe owners set off towards the opening of the Murbko Lagoon to the River. We had to go under a couple of bridges, which meant lying back in the canoe to avoid losing your head. I always worry that a spider under the bridge will decide to jump into my canoe!

The rest of the day was fairly lazy, with fishing, reading, swimming, chatting, being the main activities. Alan had fun flying his remote control plane into the clear skies. The pelicans were curious what sort of big bird was up there with them.



Another Happy Hour - Australian Day colours were seen everywhere, but Dame Edna must have been busy this year, as she did not join us, nor did any notable Australian personalities.

We ate our way through the second stage of the Australia Day sweets, with more trifles, and a good few lamingtons.

After another brisk walk, we settled down under the stars to enjoy a last drink and chat, before we had to think of packing up on Monday to go home. Several people left early in an effort to beat the heat, but a few die-hards were staying for another night - just cant get enough of Murbko.



Thank you everyone for your company - once again another pleasant Australia Day weekend.

Pauline 319

MEMBERSHIP MATTERS:

Just a reminder to all members that if there are any changes to your details that are usually included on the renewal form, would you please let me know so I can easily keep the data-base up to date.

Changes can be emailed to me - tricol72@hotmail.com.

Thanks:- Tricia Membership Officer



Government of South Australia

Biosecurity SA

**TRAVELLING FROM WITHIN SOUTH AUSTRALIA TO THE RIVERLAND REGION
(SA Fruit Fly Exclusion Zone)**

Within South Australia, travellers and Riverland residents alike are reminded that it is illegal to carry fresh fruit & vegetables which could be potential fruit fly host, into the Riverland region without the proper documentation or certification.

Mobile quarantine roadblocks operate on country roads in South Australia. Motorists travelling to the Riverland from within South Australia may be stopped at a random quarantine roadblock and vehicles checked for fruit & vegetables.

Prominent road signs give warning to travellers approaching this Zone. Roadside bins or pits are available and are clearly signposted for disposal of prohibited produce.

What conditions apply when carrying fruit/vegetables into the Riverland?

Fresh unprocessed fruit & fruiting vegetables **purchased from commercial retailers within South Australia** will be permitted into the Riverland if accompanied by:

- An itemised receipt of purchase or
- A Plant Health Certificate

Note: Cooked, processed, preserved, stewed, dried, frozen or canned fruit and fruiting vegetables are permitted without restriction.

What is not permitted into the Riverland?

The following produce is **not permitted** into the Riverland, and will be confiscated at a random quarantine roadblock:

- Home-grown fresh unprocessed (raw) fruit & fruiting vegetables
- Purchased fresh unprocessed (raw) fruit & fruiting vegetables **without** the proper accompanying receipt of purchase, or Plant Health Certificate

What is potential fruit fly host produce?

The female fruit fly lays eggs in *all cultivated fruits and some vegetables* such as:

- **Citrus** – orange, mandarin, lime, grapefruit, lemon, cumquat
- **Pome** – apple, pear, quince, crab-apple
- **Stone** – peach, plum, apricot, nectarine, cherry
- **Tropical and temperate** – avocado, banana, berry fruit, feijoa, fig, guava, grape, passionfruit, loquat, mango, pawpaw, persimmon, olive
- **Fruiting vegetables** - capsicum, chilli, eggplant, tomato, tamarillo

The message for travellers and Riverland residents is simple –

- Don't carry fresh, unprocessed fruit & fruiting vegetables into the Riverland Region *unless* accompanied by an itemised receipt of purchase or a Plant Health Certificate
- Take notice of the prominent road signs and eat or dispose of prohibited produce before entering the zone if the entry requirements cannot be met

**For more information please contact:
Biosecurity SA - Plant Health Tel 1300 666 010**

<http://www.pir.sa.gov.au/biosecuritysa/planthealth/travellers>

Information current Feb 2014

FEBRUARY SAUSAGE SIZZLE

Once again, we commenced our year by getting together before our first General meeting in February with a Sausage Sizzle and having a relaxing chat catching up with what every-one else has been getting up to since we last met at the Christmas Breakfast gathering at Hazelwood Park.

We have to thank Pat and Des for going along to purchase the "Snags" and a huge thank you to our very keen chefs?? – Christine and Rod who excelled by not cremating the meat.

The salads were outstanding as usual and no doubt we will be repeating the tradition in the future.

Kate



NISSAN PATROL CLUB OF S.A.

35th Anniversary Celebration Dinner

Date: Saturday 5th July 2014
Time: 6.30pm
Place: The Garden Room
 Belair Park Country Club
 Upper Sturt Road, BELAIR
Cost: \$48.00 per person
 (Includes entrée, choice of two main courses, dessert, coffee and chocolates, and a commemorative glass)

Bring your photo's and memorabilia to share with us—take part in the fun quiz. Leave a special note in the Time Capsule.

Forward payment to the Treasurer by **1st May 2014**.

Accommodation is available at the adjacent Belair Caravan Park Ph:08 8278 3540

Contact Jeanene or Janice via email.

Email Address: npc35dinner@gmail.com

Please remember to wear your Nissan Name Badge on the night of the Dinner.

***PLEASE NOTE:- IF YOU ARE ATTENDING THE DINNER AND HAVE SPECIAL DIETARY REQUIREMENTS - PLEASE ADVISE JANICE LAMKIN OR JEANENE SCHAPPEL BY 20TH JUNE TO ALLOW SUFFICIENT TIME TO NOTIFY THE VENUE* -THANK YOU.**

KEEPING IN TOUCH A PRODUCTION OF THE FWDSA EXECUTIVE

Number 19
24/02/2014

K. I. T.

"KEEPING IN TOUCH"

BlazeAid needs the help of our FWDSA clubs and members in the clean up after the recent fires at Palmer and Wirrabara.

Currently, fencing in both the Rockleigh and Eden Valley areas is under way from the Palmer base camp.

Please contact the Palmer Basecamp if you or your club can assist:

BlazeAid Palmer, South Australia
 Camp Coordinator: Carli Richardson. Ph 0488 309 243
blazeaid.palmer@gmail.com

More volunteers are urgently needed for the Bangor area where fencing is also under way.

If you or your club can help out in the Flinders, please contact the Wirrabara Basecamp:

BlazeAid Wirrabara, South Australia
 Temp Camp Coordinator: Eugene Ross. Ph 0447 252 931
blazeaid.wirrabara@gmail.com

<http://blazeaid.com.au>

www.4wdsa.asn.au

BlazeAid Discussion at NPC March 2014 General Meeting

Brenda and Michael Colin addressed the Members at the meeting to inform us of their rewarding experience Volunteering with BlazeAid helping to erect new fencing etc., and re-iterated that any help offered by our Club would be most appreciated.

The contact details, should you be available to lend a helping hand, are as above in the 4WDSA article.



JEFF'S SHOW 'N' TELL
OR HOW TO BREAK AN 8.8 TONNE HIGH TENSILE STEEL BOLT

Jeff explained with the aid of a bulky weight distribution hitch (W.D.H.) a problem which may occur if the hexagon side plates which adjust the angle of the ball are fitted incorrectly or are out of alignment.

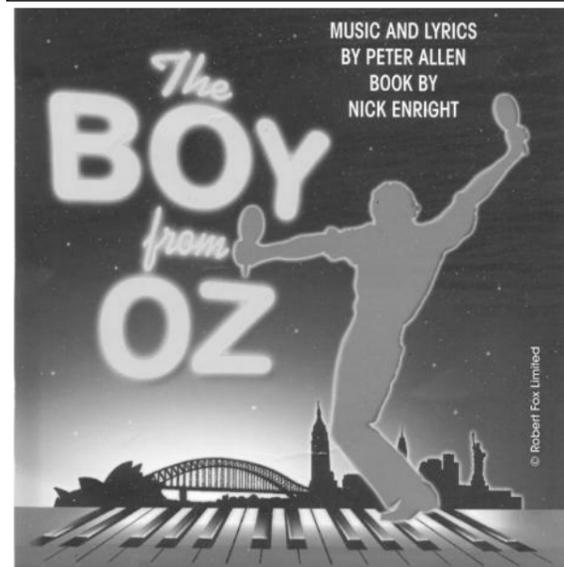
The result being that the substantial 1/2" diameter or 12mm diameter high tensile bolt may break or shear due to excessive forces applied to it when the plates are not lined up correctly. Jeff showed the bolt which had broken on his hitch.

The side plates which fit on each side of the hitch have two holes which can inadvertently line up but can really be incorrectly fitted, leaving the bolt at a slight angle to its correct position.

The bottom-line being, take extra care to ensure when fitting the hexagon side plates that they are fitted carefully and are in alignment with each other. The best way is to align the plates before attaching them to the hitch and mark them with a texta.

Also, take heed of any warnings the manufacturer of the W.D.H. may suggest with the use of these devices.

(Thanks Jeff for this report)



MUSIC AND LYRICS BY PETER ALLEN
 BOOK BY NICK ENRIGHT

THE METROPOLITAN MUSICAL THEATRE CO OF SA INC
 By Arrangement with David Spicer Productions
www.davidspicer.com.au

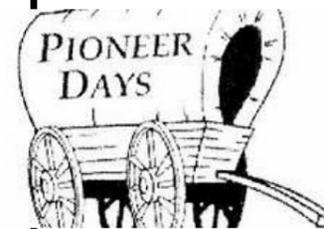
The Club has a group booking for **Friday 9 May 2014** at 8:00pm
 Expected cost per person is \$24-50
 Tickets must be paid for by Thursday 6 March - general meeting
 Venue: Arts Theatre - 53 Angas St Adelaide

Moving On
(While we still can)



Hello all Nissan Club Members. As you heard at the last meeting Trevor and I are finally moving on and up to Qld. It's all very exciting and exhausting packing up all our 'stuff'. This has been a long held dream of mine so we're taking the opportunity while it's here. (My eldest daughter said "Oh good, now we have somewhere free to stay for holidays!")

It is a wrench leaving family and friends and all we have known but I think of the pioneers leaving all behind and travelling in covered wagons with all sorts of weather, disease, pests and hostiles to contend with and it doesn't seem quite so daunting (at least we have text and email!).



We have met some entertaining, surprising, interesting, fun and inspirational people during our time at NPC. The trips and 4x4 driving have been quite breathtaking at times. It's been great to share some special moments with many of you.

We will always remember the good times and good friends from NPC and hope to see some of you on a trip up to our area. We'll let you know when we find where we are going to settle but for now we join the ranks of the Grey Nomads enjoying this wonderful country of ours.

All the best.
 Trudy and Trevor Elze.



ICE FORMS

With the introduction of the Club's new ICE form ("In Case of Emergency" contact) please ensure that you have received and filled in a form for each traveller, prior to commencement of your intended trip and upon completion of the relevant information, enclose it in the provided envelope; place a copy of each form into your vehicle's glovebox and hand a sealed copy to your Trip Leader, who will return it to you unopened on completion of your trip.

ICE forms will be available from the Trips Officer via trip folders and extra copies from your Trip Leader.



REMOTE FIRST AID COURSE

Four members of our Club recently attended the Remote First Aid Course organised by the Driver Training Unit (DTU) of FWDSA. The course was held at Cavan over two days.

Day 1, a rather full day, covered standard first aid assuming the patient and first aider have quick access to an ambulance service (15-20 minutes?).

Day 2 covered what can be done when you are in a remote area, ie the outback, using the sort of articles you would normally carry in your vehicle.

This course is the second one run by the DTU and we were told that there is now sufficient interest for a third. The course takes a maximum of 15 participants at a time, making interaction between course participants and the instructors very good. In our group we had members of several of the Adelaide 4WD clubs.

The cost of the course was \$150 per head for the two days. I recently received a notice of a course which had a cost of \$185 per head for a single day, so I think this remote area course is good value.

Having completed a written set of multiple choice questions and having been observed by the instructor doing practical exercises satisfactorily, course participants will receive a first aid certificate from a Registered Training Organisation (RTO).

The last time I did a first aid course was in my student days. Here the emphasis was on bandaging, especially getting no creases in the triangular bandage and getting the safety pin in the right place. I don't think CPR had been invented then, so it was with some trepidation that I embarked on this course.

Would I remember all of the acronyms and what they meant? Would I remember all of the detailed procedures? Would I be able to tie all of the bandages correctly? So it was with some relief that I, and probably the others on the course, found ourselves in a very relaxed setting learning why you handle a snake bite in that way and how you can stop bleeding in different ways including your finger.

Our instructor on day 1 was an ex-ambulance officer and trained instructor. On day 2 for the remote first aid, our instructor was a current clinical team leader intensive care paramedic with extensive outback 4WD driving experience.



John Kerr—Snake bite
Arm being immobilised



Rod Kitto—Broken arm and leg

(Continued on page 21)

(Continued from page 20)

Yes we did learn CPR (Cardio Pulmonary Resuscitation), yes we did learn how to use AED (Automated External Defibrillation) devices, and yes we did learn about bandaging and how to tackle problems in a rational consistent way.

For remote first aid we learnt about improvisation.

It's amazing what can be done with duct tape, clothing and a long handled shovel. The second day finished with a major accident scenario in which we had to assess, prioritise and treat patients with varying conditions, improvising using items at hand and without using a first aid kit!



Arm immobilized after snake bite



Completed stretcher-improvised with gear from a 4WD vehicle

I, and my fellow attendees, highly recommend this course.

Jeff Schapel NPC31

ROZ'S DATE & COCONUT SLICE RECIPE

(As requested by Murbko participants)

- | | |
|-------------------------|----------------------|
| 1 cup S.R. Flour | 4oz (125g) Margarine |
| 1 cup Chopped Dates | 1 Dspn Golden Syrup |
| 1 cup Coconut | 2 Tblspn Milk |
| 1/2 cup Sugar | 1 Egg |
| 1/2 cup Chopped Walnuts | |



Mix dry ingredients. Melt margarine and syrup. Add beaten egg and milk. Pour into Swiss Roll tin. Cook in a Moderate Oven.

When cool, ice with Butter Icing flavoured with Orange or Lemon Juice-
Top with Coconut

Alternative:- Top with Peanuts, Sultanas

Roz (249)

FOR SALE

Nissan Patrol Club sticker: Large circle \$2.20.
Nissan Patrol Club cloth badges: \$3.00
Nissan Patrol Club Key Rings: \$5.00
Water Bottles: Light stainless steel, \$8.00 each or 2 for \$15.00. Contact Marina.



Remember to Contact: editor@nissanpatrolclubsa.org to place an item For Sale and/or a "Give-Away" item.

STH AUST. EVENTS APRIL/MAY 2014

(Places to go, Things to see)

- * 4-13th April Adelaide Food & Wine Festival
- * 13th April Rock'n'Roll Rendezvous (motorhistory.sa.gov.au)
- * 13th April Barossa Airshow (barossaaairshow.com.au)
- * 11-13th April Coonawarra After Dark Week-end (coonawarra.org)
- * 21Apr-2nd May Big Burke &Wills Trek (burkeandwillstrek.com)
- * 25-27th April Swan Reach Country Music Festival (swanreachcountry.com.au)
- * 27Apr-4th May Tasting Australia (tastingaustralia.com.au)
- * 4-5th May Stirling Autumn Garden Festival
- * 16-18th May Clare Valley Gourmet Weekend (clarevalleywinemakers.com.au)
- * 31May-1stJune MS World Velo Endure 2014 (msvelo.com.au)



ENJOY!

REMEMBER - when disposing of your old vehicle, please remove your club stickers, as the person you sell it to may not be as concerned with the do's and don'ts of four wheel driving as you are and therefore will give the Club a bad name.



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NISSAN PATROL DIESEL. WE'VE GOT 4X4 DRIVING DOWN PAT.

Pat Callinan, one of Australia's most experienced 4X4 drivers, goes all over Australia in a Nissan Patrol Diesel. As he says: "The beauty of this Patrol is that it has a bulletproof drive-train plus the ability to personalise it to your needs. You can bolt a whole lot of goodies to this fourby to make it your ultimate four-wheel drive. Of course, straight out of the box it's one of the most capable 4WDs you'll find. In fact, I can't think of a tougher 4WD out there." Find out more about the legendary Nissan Patrol Diesel at your nearest Nissan Dealer or nissan.com.au/patrol.