

# ***PATROLLING***



***Volume 35 Number 4  
August 2013***



# 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.

### So what do you need to consider when choosing your next set of 4WD tyres?

#### Deeper Treads

Ask yourself, how much tread depth is on your tyres? Deeper treads mean you get more kilometres and greater grip.

#### Stronger Sidewalls & Steel-belts

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stronger sidewalls and steel-belts which for you means more impact strength, better puncture resistance and a higher load carrying capacity.

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The rubber gaps between the sidewall cords are the weakest point of a tyre. Cooper have reduced the rubber gaps by adding a third ply on a patented 8° angle making the tyres 2.5 times more resistant to tearing contributing massively to the durability of its serious off-road tyres.

#### What Cooper tyre for your kind of driving?

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.

#### A/T<sup>3</sup> (All-terrain)

70% Road and Sand, 30% Dirt & Mud  
With a round edge shoulder design, the A/T<sup>3</sup> 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<sup>MAXX</sup> (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-Tek<sup>3</sup> 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-Tek<sup>3</sup>, the STT now boasts even more strength than before.

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[www.coopertires.com.au](http://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/T<sup>3</sup>'s 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<sup>MAXX</sup>" - 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.

## Patrolling the Editor's Desk

We have had many good photos sent in for this magazine, thank you. I hope that all members will show the same enthusiasm and enter in this year's Photographic Competition. See the advertisement on page 8. Do it now - procrastination is the thief of time! (I know.)

People who do not know the meaning of "procrastination" are David and Gloria; see their profile on page 10. They have a ten year start on me but I think that it will be impossible for me to get even close to having 50% of the experiences that they have had, by the time I reach their age. They are a wealth of knowledge and valuable members of the club, and Gloria did not even mention her Murbko skill in catching popped champagne corks!

Don

## 30 YEARS AGO

### May Holidays Trip 1983 (précis)

At 4:00am Saturday 14th May we left Angaston to meet up with the others just out of Port Pirie. We arrived there at 6:45am and at 7:15 along came the Thompsons, Capells, Morris's and Matt.

We motored on to Mambray Creek for fuel and then to Port Augusta for brekkie. We refuelled at Woomera and headed off to Andamooka. Our first camp was some 20km west of THE car body on the way to Stuart Creek. Next day northward through Stuart Creek Station to join up with the main Oodnadatta road at Coward Springs. After refuelling at Oodnadatta and watching the first race at the Cup Day meeting we headed off for Macumba Station. That night's camp was at Udlawara water hole some 106 km out of Oodnadatta. Our second camp was the beginning of sleeping under the stars; our tents remained on our pack racks for the rest of the trip.....

From here it was cross country to Purni Bore, a run out in the desert for a round trip of 125km. Next day to Spring Hut 66km into a nice hot bath. Continuing next day to Oodnadatta via Dalhousie, Pedirka, and Hamilton out to Macumba again to a different campsite, to prepare ourselves for a S-SE run across the Macumba river to lake Eyre. I went to engage my hubs again and found one not working. Luckily I had with me original hubs which were quickly fitted to enable my 4WD. Crossing the Macumba was all too easy compared with the nightmare ride around the top of Lake Eyre for 30km to the Warburton Groove, sheer hell on the driver, passengers and the vehicle. Next day we crossed the Kallakoopah without much difficulty and headed off to the Warburton. Our campsite was at a great water hole for birds, having sighted 47 in and around the area. Next morning we crossed the Warburton and took a short run 25km to Poonarunna ruins, and called it a day. Towards evening we got the aroma of "Sui-min", so Garry and I set off on foot and after about 3km **met up with Rolly and the Suzuki guys.**

The back of the trip was now broken and we got down to some serious long range driving ..after leaving Cooper Creek on the Birdsville track at 8:10am we arrived home in Angaston at 7:30pm after driving 700km (Thursday 26th).

My G60 travelled 2990km, used 531 litres of fuel at a cost of \$256. **(This equals 16mpg or 18 litres/100km and at 48 cents/litre)**

Peter Taylor (NPC 006)

### 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 OCTOBER ISSUE IS 20 SEPTEMBER 2013**

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
1 to 4 Aug 2013	2013 Caravan, Camping and Off-Road Sale - Wayville Showgrounds 10am to 5pm daily -see email for ticket offer 2:1		
17 - 18 Aug 2013	Peake - Sand driving and social see page 21 for details	Dave & Helen Richards	10 Aug 2013
5 - 7 Oct 2013	Octoberfest Weekend - Willangi - see Helen's email for flyer and application form or go to our web site "Event Calendar" and click on link	Dave & Helen Richards	31 Jul 2013
19 - 20 Oct 2013	Coorong cleanup	Dave & Helen Richards	12 Oct 2013
25 Oct 2013	<i>Grease</i> Arts Theatre 53 Angas St Adelaide 8:00pm - coffee after at Milano - see advert P19 June <i>Patrolling</i>	Jeff Schapel	1 Aug 2013 (Gen. Mtg)
8 -10 Nov 2013	Training at Morgan	Dave & Helen	1 Nov 2013
24 Nov 2013	Family Picnic	President	
22 Dec 2013	Breakfast in the park	President	
24 - 27 Jan 2014	Murbko Lagoon - Australia Day weekend	President	
18 - 25 Apr 2014 Easter	Otway Club combined trip	Angelo Tsirbas	11 Apr 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

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.

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 are half way through 2013. The months seem to be flying. The June long weekend was a great weekend for all of us who attended. Lots of photos were taken. There was a great meal at the Naracoorte Pub and plenty of sightseeing. Dave and I had our friends from Perth with us and they had a wonderful time. They were amazed at the friendliness and good company of our club. Annie rang me and said, "Please pass on our thanks to all who befriended them and made them feel welcome."

At our July general meeting Pat Trowbridge delivered an excellent and informative talk on "Parkinson's Disease". Pat has this disease and gave us an overview of the causes, symptoms, treatment and therapy. Thank you Pat for giving us an insight into this disease. A lot of us have gained some really good information.

Well if you did not attend the Mid Year Dinner, you missed a great meal. For all who came for the weekend, all I can say is "WOW". Many thanks must go to Colin and Tricia for outstanding organisation and wonderful hospitality over the Strathalbyn Mid Year Dinner weekend, including scenic tag-a-long district tour, pop-up cafe at Mt Compass and a warm venue for the Saturday evening BBQ".

The CCIASA is being held from the 1<sup>st</sup> to the 4<sup>th</sup> August 2013. Thank you to some of our members who will be volunteering throughout the 4 days.

Well we have Peake Sand Driving on the 17<sup>th</sup> and 18<sup>th</sup> August. All welcome for a weekend of training or social. Perhaps we may cook a damper over the campfire.....hmmm sounds good.

It's great to see visitors coming to our meetings. Some of these visitors have become members now. For all the new members, your club is here for you, to expand your knowledge and to enjoy the friendship and experience of your fellow members. Ask questions, be involved. Well that's about it for now. As always I leave you with a parting quote.....

"The most important thing is to enjoy your life - to be happy - it's all that matters".

Happy travels,  
Your club president,  
Helen Richards (364)

Date	General Meeting Guest Speaker or Activity
September 5	Penny Kazla – CFS Fire Prevention
October 3	Helen Vonow, Collections Manager, DENR—Plants of the desert <i>Last opportunity to submit your photographs to the Secretary for the Photographic competition</i>
November 7	Photographic competition
December 5	AGM – Wine & Cheese



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## Annual Club Photo Competition Rules



1. There are four classes in to which photos may be entered, namely, 1) Open, 2) People, 3) Nature and 4) Sunrise/sunset.
2. Each person of a membership may enter one photo per class.
3. All photos must be in print format up to 5" X 7".
4. Photos should be sourced from an NPC related activity which occurred in the previous 12 -15 months and have not been previously entered in an NPC competition.
5. Write your name, and class number on the back of each print entered.
6. Give your entry to our Secretary at or before the October General meeting after which entries may not be accepted for this year.
7. Judging will be carried out by a secret ballot. All persons present at the November 2013 General Meeting are eligible to vote.
8. Prizes will be awarded.

## Nissan Outstanding Achievement (NOA) Awards

Outstanding Achievers:  
June 2013

**Rod and Aileen Kitto** for staying with and bringing Dave and Helen home after their vehicle broke down 'AGAIN' near Keith on the way back from Black Cockatoo Bush Camp after others just abandoned them. *(When they were clutching at straws or it was the last straw for their clutch? Ed.)*

June-July 2013



**Colin and Tricia Goodrich** for outstanding organising and wonderful hospitality over the Strathalbyn Mid Year Dinner weekend, including scenic district tag-along-tour, pop-up café at Mt Compass, and a warm venue for the Saturday evening BBQ

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## Member profile - David and Gloria Foster



We met at the O.B.I. (Our Boy's Institute)\* skating rink when we were 15 years old. Stayed together and married in 1955 both aged 18 years. We have four children, Wayne, Steven, Darryl and Cheryl; nine grandchildren and six great grandchildren. David did his apprenticeship as a fitter and turner for Collins & Son at Royal Park then worked for the S.A. Harbours Board who sent him to Melbourne to do a course on G.M. diesels. He went from that job to become a milkman (and I was his assistant) for eight years. After that worked on the S.E. Freeway project as a senior plant operator in charge of servicing earth moving equipment. Also worked later for Peter Nitschke Drilling doing the same and including diamond drilling equipment and office

manager.

Gloria worked as a sewing machinist until marrying and starting a family. Later did sewing at home for a factory in Adelaide; silk screen printing; secretarial and payroll work.

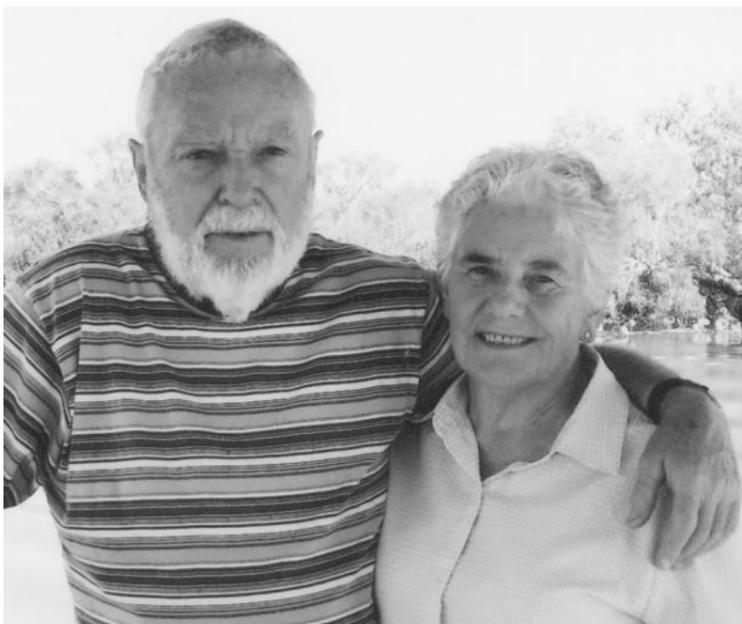
We built our first house at Seaton in 1958 after living with David's parents for three years. Sold that house in 1967 and bought an 88 acre property at Wistow where we went into pig husbandry as a hobby while David was then working on the S.E. Freeway project. Sold the farm in 1972 and bought and sold a few houses which we improved or altered, while we had another 3,500 acre hobby farm at Bow Hill where we ran sheep. In 1978 we bought 60 acres in Nairne where we built another house and piggery. A few years later after selling that farm we bought a block of six units in Mount Barker which we had for twelve years. We had a "shack" at Walker Flat so decided at 50 years of age to retire and

live up the river as self-funded retirees. As the "shack" was only about 50 meters from the ferry, David was asked if he would fill in as a casual ferry operator when needed, a job he quite enjoyed. The "shack" was only two rooms on leasehold land when we bought it in 1981 and we were later offered to buy the freehold title, so we decided to build a three bedroom elevated house over the old one which we built ourselves. After eventually selling the units we then bought and sold another couple of houses in Nairne, again doing improvements and alterations. We now live in Nairne.

**Other hobbies have included:**

**David:** – rugby, sailing, skating, car

*(Continued on page 11)*



David and Gloria

*(Continued from page 10)*

racing (a VW with the Onkaparinga Ramblers), snow skiing and water skiing (which we still enjoy).

**Gloria:** – netball, gymnastics, ballet, banjo, girl guides, car racing (same VW), snow skiing. water skiing and line dancing.

We were both founding members and **fire fighters** with the Walker Flat C.F.S. for 10 years.

**Boating:**-David sailed with the Grange S.C. in the early sixties, he also had a 20' Hartley cabin boat. Swapped that to a 21' Hartley which we did a trip in from Walker Flat to Yarrowonga (about 1800 kms). Upgraded to a 24' Mustang cruiser which we towed up to the Whitsundays. Next was a Sonato 7 sailing boat which we took to the Hawkesbury River and Broken Bay N.S.W. Now we have a 18' Hamilton jet boat which we have just done a short trip on the Murray River. All the family used to come up to the shack for holidays and weekends and as we had a ski-boat all the grandchildren learnt to water ski quite early.



**Caravanning:**-We had a 15' Viscount off-road caravan which David put a second axle under. Did a lot of outback and off-road trips with that van, covered just about all of Australia. We now have an 18' Jayco off-road van which we still do and intend doing lots more trips.

Have also done some overseas travelling.

**Vehicles:**-Too many to mention but our 4 x 4's. First was a Nissan G60 followed by a Toyota FJ60 which was a petrol/gas but sold that to buy another diesel FJ60 to do the Canning Stock Route. Our current vehicle is a Nissan GU diesel 2.8 litre.

We are very lucky to have had no health problems and enjoy doing everything together. Our 60 years together have been very interesting and fulfilling with many more to come hopefully.

Since joining the N.P.C. we have made lots of great friends with whom we enjoy spending time on trips and various social occasions.

*Gloria Foster (NPC 375)*

*(\*Our Boy's Institute (OBI) was a junior branch of the Young Men's Christian Association. Opened in 1896 the club was housed in a purpose built premises at 221 Wakefield Street Adelaide. The OBI was in continuous operation until 1961, when it amalgamated with the Youth Clubs Association of South Australia to become the South Australian Sports Club (OBI) Incorporated, based at Woodville. Today this site is the Adabco Boutique Hotel. - Sourced from Wikipedia.)*

221 Wakefield Street Adelaide



# BLACK COCKATOO BUSH CAMP JUNE 7th-8th-9th-10

Our weekend at Black Cockatoo Bush Camp, on a property approximately 10km North East of Naracoorte, started out as a mystery tour for those who arrived after dark on Friday. The local Council has renamed some of the roads and even though the names were still valid they were not on the same roads as on the maps and GPS.



“big campfire”

Those of us who arrived in the daylight had a big campfire going with the wood supplied by our

campground hosts. Thank goodness because it was a freezing night. As we were wondering the fate of our late comers there was a radio call put out and sure enough they had found each other but not the camp. A guide was dispatched to light the way and not long afterwards everyone had arrived.

Saturday was a day to relax, explore the town of Naracoorte and/or the surrounds. Those who got away early, found the Saturday morning market in Naracoorte. Others started a little later at the Visitor Information Centre which is in the “Sheep’s Back Museum”. This museum gives a fascinating



“dinner at the Naracoorte Hotel”

insight into the geology, history and heritage of the area. The museum has a big indoor display with artefacts and videos to explain



(Continued on page 13)

(Continued from page 12)

the past in warm air-conditioned comfort. Outside is a big shed containing a wool technology display including the unique “Robotic Shearer” (on loan from the Power House Museum). Also in the grounds is Pallant’s Woolshed made of hand cut timber, the Hynam Post Office and a local small schools display housed in the old Kybybolite School building. In the far corner of this vast area was another big shed housing some veteran and vintage vehicles and a huge array of “Nuffield” tractors all in pristine condition. If you had arrived early enough at this last stop there were Devonshire Teas available (rumour has it).

Speaking of food there were three Bakeries in Naracoorte and the one I sampled was very good. In fact so good we went back again on the Monday

Other places of interest were the Mini Jumbuk Factory, Yulgibar Wood Gallery and the Naracoorte World Heritage Fossil Site and Caves. Also, there was a 3km walk in patch of pristine bush next to the camp ground, very good.

Saturday night we had dinner at the Naracoorte Hotel, good food and great company. Here we were joined by Shane and Sam the last of our group to arrive; making a total of about 30 members and visitors.



Eagles’ nest on bush walk



(Continued on page 14)

After dinner it was back to camp and another very welcome camp fire.



Shane makes a splash with the "new" Toyota



Angelo going nowhere fast!



Craig makes waves



Dave makes a bigger (more expensive?) splash

Sunday was the day for the "boys" who dared to go and play in the mud. There was a



"Wise men say, 'only fools rush (or half-slide) in'", but Dave there was no way that you were going to drive out of this Nissan clutch-burning grave pit.



Craig tows out Dave - first of many to come



Bog after Dave's tow out

(Continued from page 14)

paddock just near the camp which had been a yabbie farm. The ponds had been scooped out and some were very deep with tall mounds at each end and others were gentler with some obstacles added. Because there had been rain earlier in the week everywhere was soft and muddy. There were four "brave" souls willing to sacrifice their cars to the mud and the remainder of us stood around enjoying the entertainment of people getting stuck, digging to attach the snatch strap and then getting snatched out. There was a cost of \$15 per half day to drive in this area. All the drivers thought it was great fun and so did the spectators. The drivers then spent as much as \$30 each in the Truck Wash in Naracoorte to remove most of the mud afterwards. Two unfortunate people had the clutches fail on their cars, one on the way home the next day. This was an extra bonus cost of around \$2,300.00.

Our group was made up of members, new members, visitors and families and judging by the smiles I think everyone had a great time. The facilities were bush style in a shed but the flushing loos worked and the shower water was HOT, excellent!

Thanks Helen for organising the weekend. The only things missing were the black cockatoos. Did anyone see any???

Story by Kathy Grigg (NPC 260)

Pictures by Kathy(260), Marie(400), Helen(364), Tony(384)



James does a little futile gardening while Dave notes a number of black shadows overhead.

# Strathalbyn and Midyear Lunch A weekend of memories 5 - 7 July 2013

I had been looking forward to our midyear lunch and weekend at Strathalbyn, as this is where I had completed my last two years at primary school and my high school



Caravan Park on the wet Saturday morning



Drivers ready for tag-a-long tour

education. We arrived on Friday afternoon and set up our caravan, looking across at the oval that I played football on in my school team.

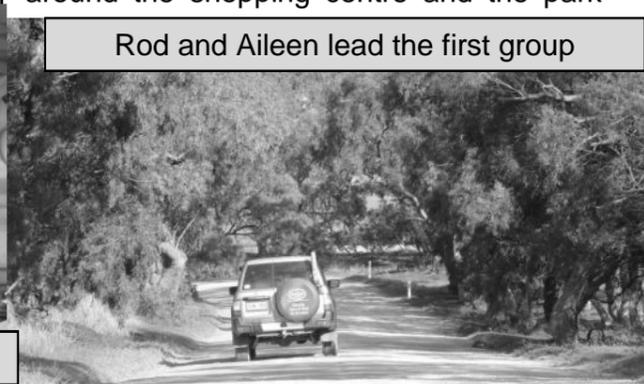
Friday night happy hour was great as usual, catching up with members under the shelter of a good facility.

Saturday morning Marie and I walked around the shopping centre and the park

Rod and Aileen lead the first group



Angelo and Colin lead the second group



along the river. It was good to remember much of what I saw. The primary school which I attended overlooking the river is now a library and council offices. A new primary school has been built close to the high school of which I will be back to attend the one



Whoops! There's Rod and Aileen heading in the opposite direction - another "Uee" Wayne!

Canoe tree, one of about three

hundred year celebration in November.

Saturday afternoon Colin and Tricia had organised a tag along drive around the district. We headed off out past the race course first toward Milang before turning off towards Currency creek. We then turned toward Tooperang and enjoyed the scenery with many memories for both Marie and I as we rode many of these roads on our motor cycles. From there we headed towards Mount Compass and it looked as if we were to have afternoon tea at the bakery. I had heard on the radio that both the service station and the bakery were to close, so I called Colin on



Tricia and Colin at Café de Popup



(Continued from page 17)



C'est si bon!

the UHF to warn him but he did not appear too concerned. We soon learned why. We were instructed to turn into the Nangkita road and there was Tricia with their caravan set up with tea, coffee and scones with jam and cream. What a lovely surprise.

Our journey then took us along the edge of Kuitpo forest and past Kuitpo colony, which reminded me that my scout master Vic Ready from the First Prospect Hill Scout Troop, was in charge of the colony at that time. My cub master prior to joining the scouts was Keith Griggs, but no relation to Don Grigg as his name ended with an "s"

We skirted around Prospect Hill and proceeded along Bald Hills road, which I used to take to go to boy scouts. Next we proceeded through the scrub where my father and I gathered our fire wood. Emerging out of the scrub we drove past the dairy farm that I grew up on at Bull Creek. Further on we passed a dilapidated open top water storage tank that I used to swim in as a boy, then on past our farm house and those of our neighbours, before crossing the Meadows Ashbourne road and proceeded along the old Bull creek road back to Strathalbyn. I walked my push bike up that hill many times to visit my best friend and then had a quick

**Extract from Tag-a-long History notes**

1). **Currency Creek** was named by T.B. Strangways and Y.B. Hutchinson on 5th December 1837, after the first craft, a whaleboat, that entered it. The natives knew it as Bungung. A large town was surveyed here for English proprietors. Some people were deceived by representations that the place would be a rival for Adelaide. A special survey was taken up in the name of the Currency Creek Association when the province was 4 years old. The Whaleboat referred to was borrowed by Strangways and Hutchinson from Captain J.W.D. Blenkinsop of the Encounter Bay Fishery. It is recorded that the banks of Currency Creek were so little raised above the water that the occupants of the boat stepped from it while afloat into "a rich grassy meadow presenting no indication of being subject to overflow". A week later Sir John Jeffcott and Captain Blenkinsop were drowned by the upsetting of the same whaleboat at the mouth of the Murray River.

2). **Mt Compass** has an interesting origin to its name. In 1840, the Rev, R.W. Newland and Watts Newland were travelling from Encounter Bay to Adelaide by bullock dray, and near Mt Jagged, met Governor Gawler and party, who were going out on a new route to Encounter Bay. The Governor lost

his compass in the vicinity of the hill, so called the eminence Mount Compass. We are now on the Bull Creek Range. On the right is the area of McHarg's Creek.. John McHarg and his family arrived in 1839 from Wigtonshire in Scotland.

3). **Bull Creek Range.** On the right is the area of McHarg's Creek. John McHarg and his family arrived in 1839 from Wigtonshire in Scotland. A sensation was created in June 1841, by the mysterious disappearance of Sarah, one of the daughters. She left Mr Burr's survey camp at Meadows to go to her father's home, about two-and-a-half miles away, over a well beaten track, and was swallowed up by the bush. The Register of 9 September 1843, reported: 'The remains of Sarah McHarg have been found in dense forest near Currency Creek, so she must have lost her way and wandered about fifteen miles, and died of starvation. She had built a wurli of boughs, round which her bones were found, apparently torn asunder by wild dogs. Her clothes were found rotted, but recognisable, also two books, little injured, which she was known to have had with her. In one of them the following words had been traced with a pin. "Dear Elizabeth (her sister) Grieve not for me, I am resigned to my fate"

(Continued on page 19)

(Continued from page 18)

ride down the hill to get back home. We then crossed an intersection where I used to catch the school bus to Strathalbyn, but the shelter shed is no longer there. I can still remember that the Melbourne Olympic games where held in 1956 when I travelled that road to school.

Back to Strathalbyn brought many memories of my childhood, although Colin and Tricia were unaware of all the sites we would pass that meant so much to me.

Many thanks Colin and Tricia for a great



week end with a lovely time enjoying their generous hospitality at their home on Saturday night and a beautiful lunch on Sunday.

Story Geoff Dalitz(NPC400)  
Pictures Helen(364), Kathy (260)

# Parkinson's Information

Despite first being described in a paper by James Parkinson in 1817, Parkinson's Disease is not very well understood. Indeed, even the author of the paper assumed that all Parkinson's sufferers develop a tremor, whereas we know now that a good 30% of them never do so. In fact it is said that no two sufferers exhibit the same set of symptoms.

However a tremor is the first thing I noticed and reported to my doctor. It was hard to tell when it started – like Topsy it “just sort of grew”, but by the time we figured out that this was a permanent feature I had spilled so much coffee on the carpet that it had to be replaced. It also meant that I had to stop making cute little offerings on biscuits for Happy Hour since I would rattle many of them off the plate before I reached the table. I settle for dips and bowls of chips these days. I also had to give up being Trips Officer as the noise made by the rustling of my trips lists became deafening over the microphone.

I had conveniently forgotten that brushing my teeth had become more difficult over the years – my wrist would “freeze” after a while. An electric toothbrush soon fixed that problem so that I didn't think of it again. I did notice that my daily walks were decreasing in length in the given time, which I put down to increasing age, until one of my neighbours also mentioned that I leaned forwards a little more these days as I walked. I knew that I had been unable to smell anything for the past twenty years, I had always assumed that I had inherited my urinary incontinence from my mother and my tendency to cry at sad movies was legendary. However I was surprised to learn from my neurologist that Parkinson's Disease was responsible for all these failings. It is now understood that Parkinson's Disease takes over twenty years to develop and during that time you lose about 80% of your dopamine producing cells in the brain.

I had come to realise that my tremor increased proportional to stressors; excessive heat, cold, anger, fear, tiredness and so on. Which means that on trips I am always the first to say Goodnight and return to the more stable temperature in our caravan. Mind you, a consistent tremor of between 4 -6 Hertz is very useful for hand-watering the garden. But

I have had to learn to hold my fishing rod in my left hand, and my coffee, and I have learned to use the computer mouse left-handed too. If my writing continues to deteriorate I may have to learn to write left handed, too, at least before the tremor spreads to the other side.

Parkinson's is caused by a lack of dopamine. Dopamine is to the body what an oil-can is to an engine. Without it we are like toy soldiers running down. Our movements slow down and become shaky, causing us to jerk about and lose our balance, and eventually we grind to a complete halt. The four best known physical signs are Tremor (in 70%), Bradykinesia (the slowing down and decreasing in amplitude of movement), Muscular rigidity and stiffness and Posture and balance problems. Walking steps are reduced to a shuffle, the body bends forward, our voices become softer and higher as our vocal cords stiffen, the muscles of our faces become rigid thus denying us the ability to laugh or frown and sleep disturbances and fatigue are common.

Dopamine is also one of the “feel good” agents produced by our brains. You get a shot of dopamine every time someone you love drops in unexpectedly, or you win the raffle, or orgasm or pop an illegal-substance pill. Indeed, a world of insufficient dopamine is a bleak place to live in, so it is not surprising that depression is very common also.

The treatment for Parkinson's is to relieve the symptoms by means of medications. Since we do not know what causes the disease we cannot yet treat the problem itself. And since all parts of the brain are accessible to all other parts, the side effects of both the disease process and the treating medications can be wide and varied. I have been tried on three different medications designed to relieve the tremor so far. The first one stopped it dead, but it also stopped me being able to swallow or breathe. The second had absolutely no effect on the tremor, but put me to sleep for a month. The third caused me such weakness and breathlessness whenever I went for my walk that it had to be stopped.

Bear in mind, however, that no two sufferers

*(Continued on page 21)*

*(Continued from page 20)*

are alike. Some people, particularly those who are younger, (Early Onset sufferers such as Michael J. Fox aged 29 and Mohammed Ali aged 32) get it more severely. Many put down their vague symptoms as signs of ageing and never seek diagnosis or treatment. If medications fail, however, there is the option of Deep Brain Stimulation. This is an operation where the surgeon implants electrodes that act much like a pace-maker....when abnormal activity is recognise they shock the failing section of the brain back to a more normal situation. In the meantime the Parkinson's Association does as much as it can to help. Run almost exclusively by volunteers it provides information, education and support for all sufferers and their carers. It provides regular education seminars for the newly diagnosed as well as workshops and conferences, counselling and a Helpline for emergencies. It runs many support groups, publishes a

regular newsletter, stocks a comprehensive library and makes referrals to other appropriate agencies. Due in part to intense lobbying we now have a dedicated Parkinson's Nurse at the Flinders Medical Centre, and have been instrumental in getting some medications included on the Pharmaceutical Benefits List.

It all helps. But there is so much more to be done. Finding a cause and a cure would be nice, but that takes an awful lot of expensive research. Perhaps you could help.

Pat Trowbridge  
(NPC 219)



## PEAKE WEEKEND 17 -18Aug 2013 SAND DRIVER TRAINING

The Peake weekend is for social fun and Driver Training with our Trainer Dave Richards. Members and Visitors are asked to let the Trip Leader Helen know on 10 Aug what day and time they will arrive. Individuals are to make their own way up to the property on the Friday evening or the Saturday morning.

### VEHICLE REQUIREMENTS

- Min Insurance required is third Party Property
- UHF CB Radio set on Ch. 21
- Sand flag (red or orange)
- Shovel preferably long handle
- Snatch strap and rated shackles
- Recovery points both front and rear
- Tyre Gauge
- Compressor
- Lifting jack and Plate
- Enough fuel to last two days 4x4 driving (closest fuel is Taillem Bend)

### CAMPING REQUIREMENTS

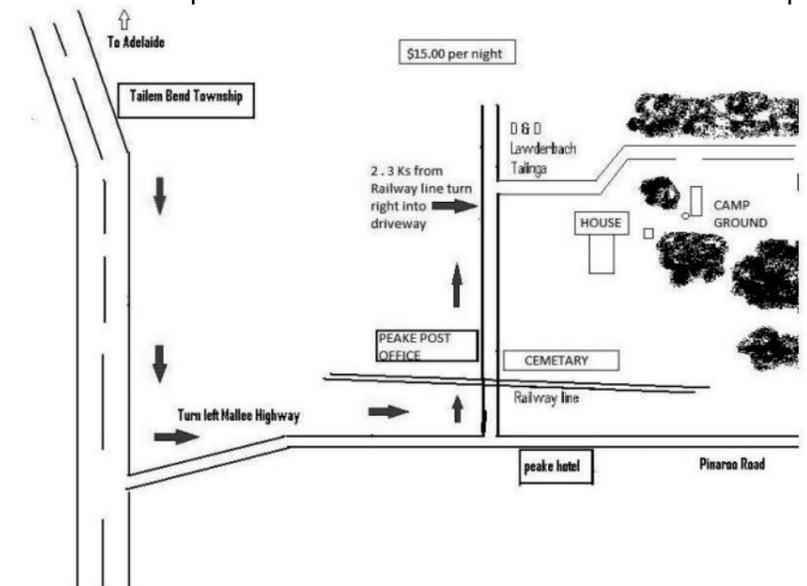
- Caravans and Campervans can be easily towed into camp area
- Be self sufficient with all camping gear including cooking
- Strictly no pets allowed
- There are 4 long drop toilets on the property and must be used at all

times

- Firewood is to be supplied by campers
- Each vehicle to carry sufficient water
- Warm sleeping gear as it gets very cold at night
- Tarp to put under tent for those tenting helps to stop the cold

### ACTIVITIES

- General social camping
- Driving over sand dunes is optional
- Driver training is optional



# 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 are available for \$8.00 each or 2 for \$15.00. See Marina.



It has a canopy with 2 sided canvas wall for protection from wind and weather. A battery compartment and battery to run 3 internal lights and external light. A steel roll out full length drawer, 1 jerry can holder, large tool box on draw bar, slide out kitchen cupboards with 2 heavy duty burners and grill plate. 2 gas bottles, 1 large pull out storage box. Queen size bed with 2 bedside storage boxes. 60 litre water storage and pump 40 litre Engel fridge. included

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Contact Allan Ph 8381 5415



### Camper Trailer

**Cameron** heavy duty 4x4 camper trailer in excellent condition  
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**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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