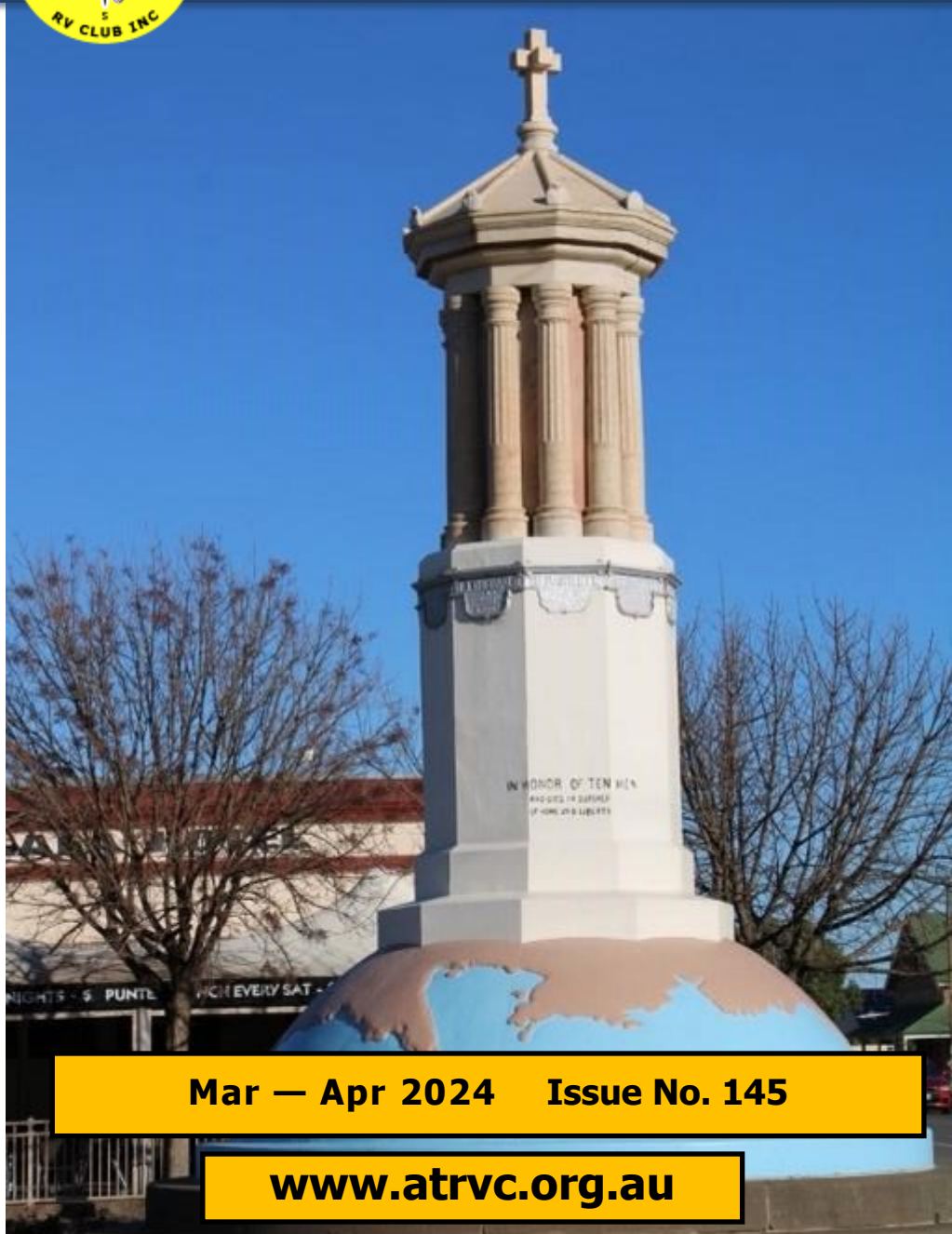




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Mar — Apr 2024 Issue No. 145

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We extend a very warm welcome to the following members who have recently joined or re-joined us:

Colin and Wendy de la Nougerede
Terry & Elaine Sherlock
Mark & Lesley Burich
Peter & Joy Stirling
John & Marj McGuiness
Geoff & Caroline McKebery

Please take the opportunity to join one of our get-togethers soon and meet some of the characters that make up this club.

For Future Get Togethers see Pages 16-17 or log in to the website at

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The Traveller is edited by John Vannereau

Contact Location: Phone 0414 287 506

Email: traveller@atrvc.org.au

Printed By: Advance Press, 186 Railway Pde, Bassendean WA 6054

Distribution: Colin & Lorraine Ralston, WA.

Front cover : Mallala S.A. WW1 Memorial 'In Honour of Ten Men'

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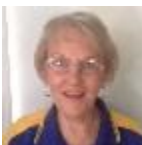
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nqdelegates@atrvc.org.au

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Please contact Delegate Liaison Officer Ric if you are interested in the position.

sqdelegates@atrvc.org.au

Victoria and Tasmania



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0409 352 515

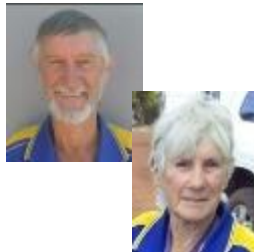
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0417 943 226

Are you interested in becoming a Regional Delegate or Coordinator, or interested in organising a Rally or a Get Together for your Region?

Our Club will not survive into the future unless we have people willing to put their hands up.

Please feel free to discuss this with a Committee Member or email a message with your suggestions.



Beautiful Beechworth



Mount Buffalo Chalet



Red Stag Deer & Emu Farm



Glenrowan & Ned Kelly Country

National Rally 2024

Registrations Are Now Open!

Myrtleford Victoria
16th to 26th April 2024

Tours to Tempt You!

Our National Rally Sub-Committee team has recently been working with Fallons Bus Group to plan tours for our members to really explore this beautiful area of Victoria.

We are well underway with planning some "cracker" locations and exciting itineraries.

TOUR 1

A day trip to Beechworth.

TOUR 2

A day trip to Mt Buffalo, a BYO picnic lunch & afternoon tea at the Red Stag Deer & Emu Farm.

TOUR 3

Tag-a-Long Tour

A day trip to Glenrowan.

Please email your expression of interest in the tours to

vicdelegates@atrvc.org.au



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THIS NEW WRENCH IS AMAZING.

One side is "Standard",



the other side is "Metric".

We truly live in an age of technological marvels.

In the good old days, this was the Standard toolkit for the Ford Model T





Update from the Committee Room February 2024

Hello Members,

We hope you are regularly checking the club Facebook Page. Our 2024 ATRVC National Rally in Myrtleford, Victoria, is the major topic of conversation. Thank you to Wendy Carter for posting the updates.

Members of the Victorian Region attended the rally venue at the Myrtleford Showgrounds recently for a week to finalise the organisation of the rally.

An email, with an attached Commemorative National Rally Shirt Order Form, was emailed from Secretary Geoff on behalf of the National Rally Sub Committee, on the 9th February.

Please note that the close off date for ordering the commemorative rally shirts is 23rd February.

Many thanks to the members who have already registered for the National Rally. As of 5th February, we had 48 registrations. It makes it easier for the organisers if they know numbers as soon as possible.

The \$25 per person Rally Fee was due with Registration. A Site Fee deposit of \$30 was due on 16th February, with the balance payable before 2nd April. Please contact Secretary Geoff for information regarding late entries. A copy of the Registration Form may be downloaded from the Home Page of the club website.

Please note that the balance of the Site Fees are to be paid into the ATRVC Account by 2 April but please wait to be advised of your balance as the final daily fee will be set late in February.

For all members who will be travelling interstate, and/or intrastate, please be aware that there are quarantine restrictions that must be adhered to. They vary from state to state and in some cases between regions within the state, South Australia being a case in point and beware they won't caution you, if you contravene their regulations, you will be fined.

Australian Interstate Quarantine Booklets are available and information with regards to interstate quarantine can be found at <https://www.interstatequarantine.org.au>.

On the subject of travelling, please remember to record your expenditure from the time you leave home. The information will be tallied at the rally and submitted to the National Association of Caravan Clubs (NACC) for the Expenditure Online Database. Expenditure records could include fuel, food, site fees etc. You won't need to provide the receipts at the Rally. A form will be provided for you to complete the totals.



Remember to check the Get Together Schedule/Calendar in the magazine(s) when you are travelling because, as you know, we do not have borders in this club – all members may attend a Rally or a Luncheon in any region. Just ensure that you contact the organisers to book in and maybe to gain some local knowledge about the event.

The 2024 AGM will be held via Zoom on Tuesday 10th September. Times will be advised closer to the date. Contact Ric Bennetts if you would like to plan an AGM Rally or Get Together.

HOT NEWS:

Your Management Committee is proud to announce that the 2025 ATRVC National Rally & AGM will be held in Albany, WA. The date will be in Springtime.

The National Rally Presentation will be in Myrtleford at the 2024 National Rally.

Thank you again to Ric & Fran Bennetts for sourcing the venue.

Advertisers

The club would really appreciate having more advertisers to help with the costs of producing The Traveller. Members are asked to broach the subject to businesses who they are supporting. Please contact Treasurer David for the current information that is available to be emailed to prospective advertisers.

To the ATRVC National Rally Attendees – remember to check the rally advertisements as part of your preparations for travelling.

Travel safe. Keep well and healthy.

Looking forward to seeing our members in Myrtleford.

Take care.

Wendy Abraham—ATRVC President

Phone: 0438 833 200 Email: president@atrvc.org.au

rvSafe Handbook—Recreational Vehicle Safety Guide

rvSafe is delighted to provide you with the rvSafe Handbook – a comprehensive recreational vehicle safety guide. The content throughout aims to support and provide resource materials for improved behaviours on our roads and minimise issues relating to overloaded and/or non-compliant vehicles. The handbook focuses on nine core areas including towing, vehicle weights and weight distribution, speed, overtaking safely, UHF radio communication, rest, roadside services, consumer behaviour and licensing.

<https://rvsafe.com.au/rvsafe-handbook/>



St Lawrence Wetlands bursts into life celebrating with one of Queensland's premier cultural and food events each June. The three-day event provides one of Queensland's most unique experiences with visitors from around Australia travelling to the Isaac Coast. Visitors enjoy our unique intimate setting and partake in the arts and cultural heritage experiences, delight in our localised culinary sessions, while exploring the wetlands and learning about the region's broader environmental eco-system.

This award-winning event is a must do experience having achieved success at both the Queensland and Australian Tourism awards, focusing on the Arts, Culture, Food and Environment with something for everyone of all ages.

Attached are some images of the 2023 event and associated video can be seen at [Highlights from the 2023 St Lawrence Wetlands Weekend \(youtube.com\)](https://www.youtube.com/watch?v=...)

We are due to announce our celebrity chefs and other celebrity guests shortly as well as dates for ticket release.

The event has great discounts for group bookings and we welcome any and all enquiries.

Go to Isaac Regional Councils webpage and follow our facebook page to keep updated [St Lawrence Wetlands Weekend - Isaac Regional Council](https://www.facebook.com/IsaacRegionalCouncil)



Myrtleford Rally—Working Bee at Myrtleford Showgrounds. 6/2/24 – 13/2/24

This is the most basic Rally we have ever done, with no activities planned.

It was basically a working Bee to prepare for our National Rally, commencing on 16/4/24.

We had a total of 11 vans in attendance with 2 cabins in Ardern's Caravan Park.

Whilst there, all activities arranged for our Rally were confirmed.

We tested out the camp kitchen and recently completed commercial kitchen, with 2 new fridges and new benches & cupboards.



As some days were hot Happy Hour was sometimes under the large shady trees.

Some new Power and Water points were also being installed.



The new flag pole was also tested.

We as delegates, thank all the attending members for their commitment to the National Rally.

See you all there, and hope you enjoy the beautiful picturesque location.

Destination—Mount Palmer W.A

Some 67 residential blocks were auctioned at the Southern Cross Courthouse, raising £3,969 for land that was worthless a few months earlier, and destined to be worthless again when the gold ran out a few years later. The average lot price was £40-£50. The surveyor reserved areas for a post office, police station, public hall, and churches. The town boasted boarding houses, bakeries, butchers, a school, and a medicine shop. As well there were three billiard saloons where two-up, dice, and SP betting were conducted.

Consequently, a grand hotel was planned for the centre of the town.

The Beginnng -Sunday Times – Perth – 11 August 1935, page 17

The new hotel at Palmer's Find, Yellowdine, is being erected for Miss A. M. Cummins by Messrs. Cavanagh, Cavanagh, and Tracey, architects, of Perth. A contract has been entered into with Todd Bros., contractors, to have the hotel completed before Christmas at a cost of £13,000 (one of the most expensive on the Goldfields). The building, in an Art Deco style of brick and cement construction, will be 76ft frontage to



Palmer street and 82ft frontage to Mackie street, with 27 bedrooms, 4 double and 26 single with 6 bathrooms, and three shower rooms all with hot water and all glazed with white tiles. There was a lounge bar, a public bar a saloon bar, lounge, dining room, and kitchens, staff accommodation, and all modern conveniences. A beautiful polished grand jarrah staircase accessed the two floors. There was Electric Lighting throughout and six lock-up garages for the use of patrons.

The End – Daily News – Perth 7 June 1947, page 6

Kalgoorlie, — Preliminary work has started on the erection of a modern store in Hannan Street for Selfridges (W.A) Ltd The building of the new premises will be from old material recovered from the deserted Mt. Palmer Hotel.

The Mt Palmer/Palmers Find hotel was opened on the 18th December 1936. However, this splendid building was to have a short life. In only a decade it went from opulence to desertion. In 1947 the very first chain store was approved to be built in Hannan Street, Kalgoorlie. However, the main problem was the lack of building materials. In May of 1947, a Perth businessman bought, sight unseen, the now deserted hotel at Palmer's Find at a cost of \$8,000.



It was at this time the only building left in the town. The building was made up of 200,000 bricks. Only 80,000 bricks were needed for the new store in Kalgoorlie and the balance of 120,000 bricks were offered to the State Housing Commission to build 5 new houses in Kalgoorlie. The store was what is now the Bank West building at 215 Hannan Street and was the first air-conditioned commercial premises on the Goldfields.



The Road to Mt Palmer

Hotel remains in 2014 when the Editor passed by.

Cr. Outback History/com/au

I just tried that new app that showed
What you will look like in 40 years.



The irony for mankind
is that a computer
program asks a human
to prove that they're
not a robot.



Truck Stops and Rules to Know



Most trucks are legally required to stop and rest every 12 to 14 hours as a safety measure. To assist truck drivers, State Governments have installed truck and car rest stops on the side of the highways throughout the country. Many RVs, caravanners and other travellers appreciate having a place off the road to rest and take a break as well.

It is important to note that these dedicated 'Truck Stops' are NOT designed as free campsites and generally caravans and RV's are not permitted. In Queensland, unless signposted otherwise, overnight stays are NOT permitted. There are general use rest areas that can be used by trucks, cars and recreational vehicles.

Truck drivers, as regular drivers on these roads, are fully aware of the location of these truck stops and plan their trips so that they can be reached at a certain time to stay within the legal driving periods. Failure to do so results in a very heavy fine.

Trucks and B-Doubles need wide and long spaces to enter, park and leave the rest areas and they often arrive in the middle of the night when most travellers are sleeping. As expected, truck drivers can get very upset if they arrive at the truck stop and find one or more RVs or caravans parked in the middle of the stopping bay.

In some cases, the thoughtlessness of the van or RV driver may not allow room for a long B-double to park behind or in front of the van. This may mean the truck driver has to decide whether to drive on to the next stop, but he may not have enough driving hours left to get there.

If you must stop in the truck stopping bays please have the courtesy to park at one of the ends of the bay leaving plenty of room for the long trucks that the stops were designed for. By parking close to each other, caravanners and RV's can allow uninterrupted space for the large trucks. Remember, trucks also need plenty of turning room, so don't park in any turning bays.

Another issue you may encounter is the loud refrigeration motors and air brakes found on many trucks. These can make the truck stop an unpleasant place to sleep in a caravan or RV but it would be unfair to complain. Truck stops are intended for trucks after all.

Truckfriendly.com/au



New Caravan Industry Electrical Standards November 2023



As the caravan industry gears up for a transformative shift, all eyes are on the impending arrival of brand-new standards that take effect November 2023. Titled AS/NZS3001.2:2022, these changes promise to revolutionise the way we approach portable connectable electrical installations, particularly in the realm of lithium battery standards. The standard is a detailed document and covers electrical installations in RVs as well as other connectable installation used for accommodation, habitation or commercial.

This blog will highlight a few of the changes around battery standards, specifically focusing on portable connectable electrical installations (Caravans, Motorhomes and Camper Trailers).

What is a portable connectable electrical installation? Put simply, any vehicle that has a 240V inlet plug fitted on the outside for mains power connection. These plugs are usually 15 Amp and connect to a battery management system within the van. At time of writing, vehicles without the hard wired 240V inlet are exempt from the latest standards changes.

While these changes may seem significant, they are indeed achievable and not overly complex. Let's delve into what these upcoming regulations mean for every caravan enthusiast.

Existing Power Installations:

Before we get into it, it's worth mentioning that if you already have a caravan with lithium batteries or inverters installed, and it was delivered before these new standards come into effect, there's no need to worry. The new caravan industry standards are not retrospectively enforceable. Only if you're upgrading your existing system from, say, AGM batteries to lithium, should you carefully consider the standard requirements.

Battery Fitment Standards:

Perhaps the most critical aspect of the new caravan industry standards is battery fitment. Contrary to some misconceptions, you don't need to mount your batteries outside the caravan. They can be safely installed internally in non-habitable areas such as storage locations, tunnel boots, and under beds. It's essential to follow the battery manufacturer's guide for proper installation, securing, and ventilation.

If you already have a power system installed before November 18, 2023, but want to make sure your system is still complying to the new rules one simple step is segregating the lithium batteries from the rest of the system with a wall and a secured lid as well as a gasket seal to ensure the portion of the build is gas proof.



This compartment can be made from any materials as long as it is sealed and secure. Another step is a single ventilation point, 20mm to the external of the caravan.

Solar Compliance:

For parallel connections of 3 or more solar panels, compliance with the new caravan industry standard also requires individual fusing for each panel before they are connected. This additional layer of safety ensures that a short circuit in one panel won't disrupt the entire system. Another new addition to the rules is the need for a fuse, circuit breaker, or a single point of isolation prior to the controller on the solar side. This isolation point is required regardless of the number of panels in the system and allows you to troubleshoot or test any issues you may be having with your panels or something else in the system.

In conclusion, the new lithium battery laws in the caravan industry represent a positive step towards enhanced safety and compliance. If you have any questions or concerns, simply reach out to your battery manufacturer, or don't hesitate to reach out to us and we can point you in the right direction. Always consult your installing electrician for clarity on the latest standards for your installation in your state.

Ruby Anderson—Caravan & RV Camping

Southerners Lunch W.A

The Southerners held their luncheon at the historic Earl of Spencer Inn.

We were a bit short on people, as Fran wasn't able to attend (wounded Finger) and I didn't get there until it was just about all over.

It is a lovely setting with a great outlook over Albany.

Unfortunately, the comments on the Meals weren't that good (ah - well there is always the next luncheon to try somewhere different)

Still it is good to catch up, and have a meal with friends and a chin wag.

We will try and be there next time (as long as Fran can keep her finger out of where it isn't supposed to be.)

Take care.

Your Southern correspondent

Ric Bennetts.



What you need to know about feeding wild birds in Australia and how to do it properly

Is it ok to feed our wild birds?

Feeding wild birds is a controversial issue, especially in Australia. In some countries, it's actively encouraged – but in Australia, official advice from councils, environment departments and conservation and wildlife rescue groups warns against the dangers of feeding wild birds. In Western Australia, it's even illegal to feed native fauna, including birds, without a licence.



Still, millions of well-meaning Australians continue to enjoy feeding the birds in their backyard. Unfortunately, many don't realise that feeding wild birds can do more harm than good for our feathered friends – and if done incorrectly, can lead to serious problems including malnutrition, disease and unbalanced populations.

In an ideal world, people wouldn't feed wild birds at all – but with as many as 30 to 50% of Australian households feeding birds, it's important that people are aware of the risks of wild bird feeding and how to avoid harming the same wildlife they want to help.

In this guide, we unpack the complexities of wild bird feeding and address supplementary feeding, reducing the spread of disease and nutrition advice for birds for your consideration.

So, if you are going to feed wild birds, here's how to do it properly.

DON'T feed birds:

Bread, crackers or other human snacks

While bread is often the first food people reach for to feed the birds around them, it's often highly-processed and high in salt.

Bread contains little to no nutritional value for birds, and quickly fills a bird's stomach with empty calories and none of the energy or nutrients they need to stay healthy. Larger pieces can easily get stuck in their crops (the specialised pouch in their oesophagus used for storing food).

Bread also gets mouldy quickly, which is especially toxic for birds – mould spores can cause Aspergillosis, a potentially fatal respiratory infection. And in water, bread left uneaten by ducks and other waterfowl can even cause a build-up of toxic algae. In short, feeding birds bread is never a good idea.

Mince and raw meat.

It might be cheap and convenient, but mince also tops the list of bird-feeding no-no's. Mince lacks calcium and other important nutrients that carnivorous and omnivorous birds would usually get from their natural diet



Raw meat and mince can lead to calcium deficiencies in young birds – which in turn can cause brittle bones and beaks and even long-term metabolic bone disease. Mince can also stick to their beaks, causing bacterial infection. By feeding birds mince, you could be killing them with your kindness. Raw meat is also high in the wrong kinds of nutrients and minerals (like fat and phosphorous), so if you feed other meat to birds, make sure to add an insectivore supplement to it.

Honey and sugar.

Nectar-feeding birds like honeyeaters thrive on a diet of nectar and pollen from our native flowers, and other naturally-occurring sugary sweets like lerps, manna and honeydew. This food is abundant and rich in the energy and complex sugars they need to survive – unlike mixing water with sugar or honey, which are high in the wrong kinds of sugars.

Instead, we recommend planting a variety of flowering native shrubs as a safe and healthy food source for the nectar-feeding birds in your backyard

You CAN feed birds:

Bird nectar mix - Suitable for honeyeaters and lorikeets.

Fresh fruit and vegetables - Suitable for fruit-feeders such as parrots, pigeons and doves and bowerbirds.

Never feed birds avocado, citrus, onions or garlic – these foods are toxic for birds.

Earthworms, mealworms and insects - Suitable for insectivores like fantails, fairy-wrens, flycatchers and whistlers, and some carnivores like magpies and butcherbirds.

Seeds, nuts and grains - Suitable for parrots (including cockatoos, Galahs, corellas and rosellas), pigeons and doves and finches.

Birdlife Australia

Disc Bowls

Disc Bowls Competition It has come to our attention that many clubs are still using wooded disc bowls and other clubs have purchased the new polypropylene sets. We wish to advise that the wooden discs will not be used at the 2025 national rally. If competitors wish to practise with the newer discs, then we will try to ensure that some sets are available prior to the competition.

We plan to set up the playing area prior to our visitors arriving. This will enable the keen competitors to practise anytime—**National Caravan Clubs**



Payments to the Club by Electronic Funds Transfer

Bendigo Bank BSB 633 000 109562397

To keep the Club's records up to date it is important when paying by Electronic Funds Transfer, that any forms be posted or emailed to:

Membership Officer ATRVC

Kerry Dymock 8 Poplar Court, Forrestfield 6058

Or to membership@atrvc.org.au (preferred)

ENSURE THAT YOU INCLUDE YOUR MEMBERSHIP NUMBER AND THE REASON FOR YOUR PAYMENT WITH DEPOSIT

Reference examples for payments:

- **Payments for Membership fees, reference is : Member number + "Membership".**
- **Payment for new Members, reference is Surname + "New Member"**
- **Payments for National Rally Fees, reference is Member Number + "National Rally"**
- **Please see the Merchandise Page for the Bank Location when ordering & include Member Number as the deposit reference.**

Please contact Treasurer David on 0474 482 034 for assistance or other payment options.

The Traveller Publication

The Traveller will be published every two months:
January, March, May, July, September and November.

The cut-off dates to submit articles, photos and any other item to be included in the magazine are

15th December	15th February	15th April
15th June	15th August	15th October

It is requested that you please submit your copy as early as possible.

Email to: traveller@atrvc.org.au

Notice to All Members

In future credit card payments for club membership etc. will incur a surcharge of 1.9% for tap/insert (card present) payments and 2.3% for over the phone (card absent) payments. These costs are what the bank charges us and are only being passed on.

EFT does not incur any surcharges and is the preferred method of payment. When paying please quote your member number and reason EG 3333/ Membership.

Membership Challenge

CLUB AIM:

Every Member to introduce one new member per year.

(Singles, Couples and Families are all welcome)

"There will be a prize of FREE MEMBERSHIP for ONE YEAR, for the most introduced between the 2023 AGM and the 2024 AGM !"

Recruitment List to-date:

Colin and Wendy de la Nougerede referred by Warren & Lynette Everett

Terry & Elaine Sherlock referred by Stephen & Lorraine Spiers

Mark & Lesley Burich referred by Kerry & Ken Dymock

Peter & Joy Stirling referred by Marge & David Marshall

John & Marj McGuinness referred by Denise Bratley

Geoff & Caroline McKebery referred by Maureen & Hugh Robertson

David & Roslyn Parker

LEADERBOARD

PLEASE REMEMBER

If you are feeling unwell, please stay home, or in your RV if away from home.

Wear a mask if unsure.

Covid19 is in the community. It may one day be contained or be less aggressive if it is not allowed to spread.

Remember to keep up to date with your State's Health advice at
www.healthdirect.gov.au/covid19-restriction-checker

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as they support us

**Make sure you let the business know that you are a
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Caravanning Net Surfing



Some interesting websites to visit:



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<https://www.truckfriendly.com.au>
<https://www.cmca.net.au>
<https://rvsafe.com.au>

Recipe Corner

Steak Chilli Dutch Oven Camping Recipe

Ingredients

4 slices thick bacon cubed
 2 large onions diced
 4 cloves garlic minced
 1 1/2 pound boneless chuck steak cubed in 1/2" pieces
 2 cups beef stock
 15 oz. can black beans drained and rinsed
 15 oz. can diced tomatoes
 1 teaspoon chipotle chilli powder*
 1 teaspoon regular chilli powder*
 1 teaspoon unsweetened cocoa powder*
 1/2 teaspoon ground cinnamon*
 1/2 teaspoon cayenne pepper*
 1 teaspoons ground cumin*
 1 teaspoon sugar*
 1 teaspoon salt*
 1 teaspoon black pepper*
 Green onions sliced (optional)
 Sour cream optional
 Cheddar cheese shredded (optional)
 Lime wedges optional
 Jalapeno peppers sliced (optional)

Instructions

Ingredients marked with * can be measured and mixed at home so you are only taking one small container to the campsite.

Heat 12-inch Camp Dutch Oven.

Fry the bacon.

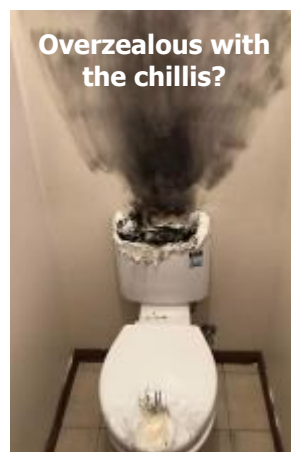
Add the onions, garlic and steak stirring occasionally till browned.

Then stir in the beef stock, black beans, diced tomatoes, chipotle chilli powder, regular chilli powder, cocoa powder, ground cinnamon, cayenne pepper, ground cumin, sugar, salt and black pepper.

Cover and simmer for 1 hour.

Remove lid and continue cooking until the chilli thickens to your liking.

Remove your Dutch oven from the heat and top with optional toppings green onions, sour cream, cheddar cheese, lime wedges and jalapeno peppers.



The Funnies Page

Political Correctness hampers communication.

A policeman spots a black guy dancing on the roof of a car.

He radios for backup, saying "I've got a darkie dancing on a Volkswagen."

"You can't say that over the radio," replies the operator "You have to use politically correct terminology."

"OK" he says "Zulu.... Tango.... Golf...."

I went to my nearby Pharmacy, straight to the back, where the Pharmacists' high counter is located.

I took out my little brown bottle, along with a teaspoon, and set them up on the counter.

The Pharmacist came over, smiled and asked if he could help me.

I said, "Yes! Could you please taste this for me?"

Seeing a senior citizen, the Pharmacist went along. He took the spoon, put a tiny bit of the liquid on it, put it on his tongue and swilled it around.

Then, with a stomach-churning look on his face, he spat it out on the floor and began coughing.

When he was finally finished, I looked him right in the eye and asked, "Now, does that taste sweet to you?"

The Pharmacist, shaking his head back and forth with a venomous look in his eyes yelled, "HELL NO!"

I said, "Oh, thank God! That's a real relief! My doctor told me to have a Pharmacist test my urine for sugar!"

I'm not allowed to go back to that Chemist, but I really don't care, because they aren't very friendly there anymore.

When you are single and told there are plenty of fish in the sea. These are the fish.



From the Floorboards Up

We trundled into town for sixty miles or more, and from the back seat of the car I was placed upon the floor.

As I gazed up from the floorboards in my bassinet of wicker, I watched them come together in thin and in thicker.

They would gather in the local hall you know the sort I mean, weatherboard and galvo roof with a picture of the Queen.

Quietly in our country town and every far-flung place, they rallied with a purpose and a smile upon their face.

A much-loved institution which boldly forged a track, a community of women living in the harsh outback.

When I cried, they held me, in arms of warmth and hope, they bathed my wounds with Dettol and bars of Sunlight soap,

From my feet they pulled the prickles and then would kiss it better, and as I grew, they showed me how, to write a formal letter.

They taught me how to hem a dress, to cross-stitch a tablecloth, how to make a choccy fudge, and for the sick a healing broth.

I learnt to knit and crochet and arrange a vase of flowers, all the while I was unaware of their gentle powers.

Together they would share, the burdens found in life, and help a needy a stranger who found themselves in strife.

From a simple friendship circle, they've become a trusted force, through droughts and floods and bushfires, guiding governments on a course.

When disaster strikes our nation, they are there to help and serve, never asking for acknowledgement or the praise that they deserve.

They quietly volunteer their time for the good of this great nation, from every humble timber hall, in each remote location.

They pledge to Honour God and loyalty to the throne; they have served their country fiercely before internet or phone.

Through and for and by, country women they said, and they meant it all in earnest as they quietly baked the bread.



They wiped their hands on aprons to take my crying child, a soft shoulder they have given, and assurance they have smiled.

Young mothers have sought comfort to know they aren't alone, safe haven has been offered when things got rough at home.

They took in the wounded soldier and gave comfort to his kin, they saw no wealth or status, nor colour of the skin.

They raised funds to help the needy and took smokos to the fire, a commitment to community, their one and true desire.

The child that needed medicine found only in the city, they gave with hearts and hands but never showing pity.

The cake stalls which they ran to fund an education, for so many rural kids from all parts of the nation.

With hostels, houses, units all spread across the state, where all expectant mothers, can stay and safely wait.

I have learnt so many lessons from these women of the bush, how to care and nurture but be steadfast in your push.

Resilience and patience and advice to make you think, it's not all about the scones or patty cakes so pink.

As the photo on their walls will now become the King, they carry on with strength and grit, despite what life may bring.

I drive many miles on highways with their achievements in full view, seat belts, fog lines, RBT, just to name a few.

And as my 2-way crackles with loud truckies full of gruff, they talk about the fog line, it's fairly standard stuff.

I wonder if they really know who fought that battle strong? To reduce the rural road toll, on our highways ever long.

They pushed for a simple white line to guide a driver's hand, their legacy lies on the tar, stretched right across this land.

If you motor through a rural town and pass their modest hall, these are the ones on whom, a nation comes to call.

But if you only think, that they're just scones and tea, then you will never truly know what they mean to me.

Their simple blue white logo borne on a country hall, will tell you in this town, they welcome one and all.

For 100 years no less, they have stood firm in their plight, never caving to a challenge, they're up for any fight.

So, when you eat their cakes and delight in their preserves, know that many reap reward from these unfailing bush reserves.

No matter if you serve your tea in a pannikin or cup, I only pray you see my view, from the floorboards up.

The poem "From the Floorboards Up" was written by Mary O'Brien in 2022 to celebrate the Centenary of the Qld Country Women's Association.

**You are invited to contribute your Hints and Tips.
Any topic is acceptable.**

Please email the Editor at traveller@atrvc.org.au

The dangers of driving while dehydrated

W.A has just experienced a record heat spell, which has taxed not only our bodies but also our vehicles.

Driving while dehydrated can be a serious problem and many drivers do not consume enough fluids on long journeys. This is often to avoid too frequent stops.

The dangers of driving while dehydrated.

A few years ago, a university in the UK undertook an exercise to test the effects of dehydration on driving. Using driving simulators, a group of male drivers were tested when they were effectively hydrated. The same group undertook the same tests again when slightly dehydrated.

The result was that twice as many errors were made during the second series of tests compared to the first. Concentration levels were reduced, reaction times were slower, and their recall was impaired. There were also negative effects on the mood of the tested drivers.

The importance of proper hydration when driving.

The test mentioned above highlights some effects of driving while dehydrated. Other studies have found that the condition increases inattention and fatigue. This can lead to errors in maintaining a safe distance and the positioning of a vehicle (to avoid lane wandering or veering).

So, being hydrated helps keep you alert. This means you're better equipped to respond to poor or selfish driving behaviours of other road users. Yes, for long journeys, you might need a bathroom break or two, but exiting your vehicle, moving around and getting a little exercise as you take these breaks also helps to refresh your mind and body.

A failsafe way to check hydration is to observe the colour of your urine.

If dark and strong smelling, it can be a sign of dehydration.

Optimally urine should be pale and odourless.

Medications taken may affect the above.



Carbon Monoxide (CO) Monitor

Carbon monoxide, (CO), a highly toxic, colourless, odourless, flammable gas produced industrially for use in the manufacture of numerous organic and inorganic chemical products; it is also present in the exhaust gases of internal-combustion engines and furnaces as a result of incomplete conversion of carbon or carbon-containing fuels to carbon dioxide.



Carbon monoxide's toxicity is a consequence of its absorption by red blood cells in preference to oxygen, thus interfering with the transport of oxygen from the lungs to the tissues, in which it is required. Indication of carbon monoxide poisoning include headache, weakness, dizziness, nausea, fainting, and, in severe cases, coma, weak pulse, and respiratory failure. Treatment must be prompt and includes respiratory assistance and the administration of oxygen, often with 5 percent carbon dioxide and sometimes under high pressure.

If present in the air of your caravan in concentrations over 100 parts per million (PPM), it's considered dangerous to human health. Fortunately, there are CO detectors widely available on the market that are suitable for installation in a caravan. They operate in much the same way as smoke detectors and they cost around the same money. Be sure to follow the fitting instructions to ensure the alarm is installed at the correct height. CO has around the same density as air so it doesn't pool at the bottom of the van nor does it rise to the roof.

Where to purchase:

- Hardware stores
- Caravan parts and accessories retailers

Retail price:

- Between \$35 and \$100

Placement:

- Placed on the wall approximately 1.2 to 1.5 metres above the floor close to the main bed
- Always follow manufacturer's installation instructions

Maintenance:

- Usually powered by a single nine-volt battery that must be replaced once a year
- Ensure the battery is installed correctly
- Use the test function at least once a year
- May need to replace the whole unit after 10 years



Future Rally Details

Myrtleford Rally

It is recommended that everyone bring an additional 15 amp power cord together with an extra length of hose plus a double/ quadruple water tap adaptor.

Myrtleford Tour Details

Monday 22nd April.

Bus Tour to Beechworth & Surrounds.

Full Day tour. Realistic Price.

Ample space on coaches.



Wednesday 24th April

Bus Tour to Bright & Surrounds.

And to cap it off, an exceptional lunch at The Red Stag Deer Farm.

Full Day tour. Realistic Price.

Ample space on coaches.



Luncheon at Kardinya Tavern. W.A 13/2/24

We had a nice turnout, with about 40 people for our first luncheon for 2024 ,at the Kardinya Tavern. It was lovely to see Ric & Fran attending, it's not often they get to come to a metropolitan lunch. After a few speeches, welcoming 2 new members and two visitors from England, Peter & Brenda's brother and sister. We all enjoyed our meal & the catching up done by all.



Lunch
organisers
Alan & Beryl



Australian Touring RV Club Inc. Get-Together Schedule 2024

Luncheons—contact the relevant organiser for Location and/or to register/book in.

Western Australia	10th To 16th Mar	Rally with Dennis & Beth Manjimup Central Caravan Park
Victoria	13th March	Luncheon @ 12 Noon Keilor Hotel, 670 Old Calder Highway, Keilor. Seniors Meals Available, Numbers to be confirmed 1 st March. Advise vicdelegates@atrvc.org.au or phone 0409-352-515
Western Australia	April	Luncheon with Hugh & Maureen Robertson Details TBA
Victoria	16-26 April 2024	ATRVC National Rally Venue Myrtleford Showgrounds 109 Odonnell Avenue Myrtleford Vic. 3737
Western Australia	May 8th to May 13th	Rally with Robyn at Big Valley Campsite Margaret River 2P P/Site \$42/night 2P unpowered \$32 : Single unpowered \$20 Need numbers by late Jan 2024 15 Powered sites booked Phone 089757020
Victoria	May 22	Luncheon Wednesday @ 12 Noon Wheelers Hill Hotel, Cnr Ferntree Gully & Jells Rd. Wheelers Hill. Seniors Meals Available Numbers to be confirmed 10 th May Advise vicdelegates@atrvc.org.au or phone 0409-352-515

Western Australia	June	Luncheon with Gordon Nunn Details TBA
Western Australia	July	Rally with Geoff & Denise (Station Tag along) Details TBA
Victoria	17th July to 24th July	Rally at Creswick Holiday Park. 12 Cushing Ave., Creswick. Vic. Ph. 03-4320-0711 Powered Sites \$38.00 p.n. (Disc. For 7 Nights \$34.20 p/n) Basic Cabin \$150 p.n. 2 B/R Cabin \$ 160 p.m. (Limited Cabins please book early.) Booking required by 1st July. Please book directly with Park then advise vicdelegates@atrvc.org.au or phone 0409-352-515
Western Australia	August	Luncheon with Geoff & Kylie Details TBA
Victoria	21st Aug	Luncheon Manningham Hotel @ 12 Noon 1 Thompsons Rd. Bulleen. Numbers to be confirmed 9 th August Advise vicdelegates@atrvc.org.au or phone 0409-352-515
Victoria	5th Sept To 12th Sept	Rally at Lake Hamilton Motor Village & Caravan Park. 8 Ballarat Rd., Hamilton. Vic. Ph. 03-5572-55. Powered Sites \$44 p/n. (Disc. For 7 Nights \$39.60 p/n.) Ensuite Sites \$60 p.n. (Disc. For 7 Nights \$54.00 p.n.) Basic Cabin \$130 p.n. (Disc 10%) 2 B/R Cabin \$140 p.n. (Disc 10%) It is expected that Club AGM will be held by zoom on 10 th Sept. Please book directly with park. Bookings to be made prior to 8/8/24. 14day cancellation policy. Advise vicdelegates@atrvc.org.au or phone 0409-352-515

Western Australia	8th Sept To 13th Sept	AGM Rally with Mary & John Kellerberrin Caravan Park Those attending, give names to Mary on 0467247736 Do not ring park.
Western Australia	October	Luncheon with Les & Jean Details TBA
Victoria	16th Oct	Luncheon at Dandenong Club at 12 Noon 1579 Heatherton Rd. Dandenong North. Seniors Meals Available. Numbers to be confirmed 4 th October. Advise vicdelegates@atrvc.org.au or phone 0409-352-515
Western Australia	10th Nov To 15th Nov	Rally with John & Mary, Fremantle Village Caravan Park Phone Caravan Park to book on 9430 4866 Deposit of \$49 ASAP—Inform Mary when paid. Discount of 10% applied on arrival. Sites not guaranteed on late bookings.
Victoria	27th Nov To 4th Dec	Rally at Big 4 Naracoorte Holiday Park. S.A 81 Park Terrace. Naracoorte Ph.08-8762-2128. Site Fees \$42 p.n. (Disc. For 7 nights \$37.80 p.n.) Basic Cabin \$125 p.n. 1 B/R Cabin \$145 p.n. 2 B/R Cabin \$155 per night. Please book directly with park. Bookings to be made prior to 6/11/24 with 1 night deposit to be paid. 7-day cancellation policy Advise vicdelegates@atrvc.org.au or phone 0409-352-515
Western Australia	December	Luncheon with Colin & Lorraine Details TBA



Future Rally Details

Manjimup Rally Sunday 10Th March to Saturday 16Th March (leave on Saturday)

Manjimup Central Caravan Park

\$37.00 per night, plus deposit for toilet block key's (refunded on return)

There re ensuites available if members wish (you will have to enquire regards costing)

Contact details for CV park 97772355 or Emma 0424638924.

There is no deposit required (which makes a change)

Pay the full amount when you arrive at park.

Emma has put aside a number of bays for us.

Can you also let Beth know on 0448791048 or Dennis on 0412905899

Or email bethjoyhall44@gmail.com

Wednesday 8Th May leave Monday 13Th.

Big Valley Campground Margaret river. Phone 97575020

Book under ATRVC Robyn Mengler.

If you wish to stay for **7 nights and only pay for 6 nights**, you can book in from the 6Th till the 13Th May.

1 nights deposit of \$42.00 will be required to secure your site with Power and water.

1 Month before the Rally the full payment is due.

Robyn has only secured Powered sites at \$42.00. However there are unpowered sites available.

There is no chalet accommodation at Big Vally, if you need accommodation Robyn can arrange this for you,

Please ring Robyn and let her know you are coming.

Robyn Phone number 0403218540.

Australian Touring RV Club Club Merchandise



Men's Polo Shirt
Grace Portland 1225 \$40.00



Ladies Polo Shirt
Grace Fairlady 1220 \$40.00



Iron on Cloth Badge \$5.00



Heavy Duty Stadium Jacket \$70.00



JB Polar Fleece Jacket
\$40.00



Lanyard \$5.00



JB Polar Fleece Vest
KB 30V \$35.00

Club Decal sheets
1 large badge & 2 smaller badges.
\$10.00 per sheet.



Stubby Holder
\$6.00

EFT: BSB: 306 453 Account: 0898541
Reference is your surname and membership number.

Orders to merchofficer@atrvc.org.au

Phone: 0423 288 559

Contact Merchandise Officer to obtain postage costs.
Cheque or money order payments—please phone for new account name and postal address.



Cap with badge
4075 \$20.00



Broadbrim Hat with badge \$20.00



Wool Beanie with badge \$16.00



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I've nearly finished setting up my rig!

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It was only a matter of time.

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