



GROPERERS GOSSIP



On Saturday night at the Guilderton Rally it became very apparent to all of us present that we have a very eclectic mix of Sandgroper Members after we all gave a brief rundown of our 'past lives'. It was fascinating to hear everyone's stories and to appreciate the talent and experience our Club has from farmers to politicians, tech. gurus to journalists, builders to entrepreneurs – we have it all! The contributors to this month's Gossip are testament to this fact. Hope you enjoy the read! Ed

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President



Cheryl Kent
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Sharon Burge
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Chris Back
Com. Member



Ian Moore
Member. Sec.



Lyn Mitchell
Com. Member

PRESIDENT'S REPORT MARCH 2022

Hope everyone has survived one of Perth's hottest summers, and we are all looking forward to some slightly cooler weather during the Autumn months, which are often the most pleasant months to be out and about.

Those who attended the Guilderton rally appeared to have a great time with a fewer number of vans providing a good opportunity to spend more time together. I hear that one evening members talked about their earlier lives, and sometimes it is amazing what new things you learn about your fellow Club members. Well done to Helen Schell who I presume introduced the idea. Brian and I along with Chris and Di went for a day visit on the Friday and enjoyed watching the hard-fought games of ladder golf.

At the rally there was some discussion about running a demonstration at the next rally of some basic recovery techniques, CPR and the use of the defibrillator. It may surprise you to know we have three First Responders in the Club – Chris Back, Chris Young and John Allen – who will be participating in the demonstration (see the program for details). Also, there was a suggestion that each van carries a Covid kit, details of which are in this Gossip. I think this is an excellent idea, and one that is easy to achieve.

Our new van is due to come off the production line at the end of next week, so then it is just a matter of how quickly it can be shipped to Perth. We have our fingers crossed that it arrives before the end of March so we can attend the Miami rally, otherwise we will just have to do a day visit once again.

Robin and Di Ashford have put together a simple program mostly remaining on site in light of the anticipated increase in Covid cases by that time, but it is flexible and can be adapted as required.

Stay safe and well.

Cheers, Helen.

UPCOMING RALLIES

MAR 31–APR 3 MIAMI HOLIDAY PARK 617 Old Coast Road Falcon. (95342127) See page 7 for all details

APR 28 – MAY 1 TOODYAY HOLIDAY PARK 188 Racecourse Rd Toodyay (9574 2534) All services, Moondyne Festival. Venue Officers – Colin & Noelene Muir with help from Graham & Cheryl Kent.

JUN 9 – JUN 12 SERPENTINE FALLS TOURIST VILLAGE 2489 South West Hwy Serpentine. (9525 2528) All services, Serpentine Falls, Millbrook Winery, bushwalks. Venue Officers required please.

SANDGROPER CELEBRATIONS FOR MARCH & APRIL

March Birthdays

16 Mary Wales

18 Di Young

24 Robin Ashford

25 Brian Wales

March Anniversaries

06 Noelene & Colin Muir

21 Di & Chris Young



April Birthdays

23 Brian Bizzill

April Anniversaries

18 Jim & Helen Schell

26 Linda & Colin Haig

GUILDERTON RALLY

24th – 27th February 2022

(Also known as the NO Chocolate Rally)

Venue Officers - Jim & Helen Schell

All attendees arrived and set up Thursday. The Caravan Park has been the subject of unwelcome attention in the past week. Although some bookings had been messed up this didn't deter us. What a magnificent view over the Moore River leading to the Indian Ocean. Thanks to Alan and Lynne Kirby for doing the program, which we did try to follow. Hope to see you back caravanning soon.



Caravan park and Gazebo from the lookout



Thursday night saw us gather at the Muir's van for happy hour. Mark, a South African chap had been working all afternoon to erect his camper. We invited him to join us for Happy Hour. Of course, the sea breeze comes in late morning or thereabouts so a cosy little spot out of the wind. The little willie wagtails were present as were the mudlarks and of course the resident ducks. A greedy wattler tried to steal the nibbles.

Left: Ron, Chris & Jill enjoying a swim in the river

Rod needed to do some pruning. Who has a pruning saw and a ladder? Colin has one, always handy to be prepared. So, what do blokes carry in their vans. Ladders, pruning saws, dumpty hammers, chain saws, tarps, steel posts, oodles of tools. One lady has a hairdressing kit. Lyn M now needs to carry a screwdriver after becoming firmly locked in the shower on Friday morning. We did wonder where she was but she finally appeared.

Friday morning programme Chill out and read the papers. Some went walking but no Tai Chi. Sharon was out with the shears and the haircuts took place.



Before haircuts.



After haircuts

Ladder golf was next. Alan had the score sheets and rules done. Off to the gazebo area where the competition started, a slight distraction was the blokes doing some rescue practice beside us plus the glorious views. Thanks to umpire Roy who knew the rules. (Well nearly?). After some hard-fought games, it was a break for lunch.



Stunning views of the walkers on the beach.



Watching Ladder Golf under the gazebo



Lovely to see Di looking so well after her op. Chris taking out the Ladder Golf Champion title for 2022



After lunch it was lovely to welcome Di, Helen, Brian and let's not forget Chris. Great haircut Chris. As the breeze had sprung up, we shifted to slightly less breezy site. The final pair to fight for the honour of champion was Mr and Mrs Back. This was a hard-fought final with Chris just edging out his lovely wife. Not sure who did the dishes that night. And who knows where the Trophy is, maybe it will magically appear over the weekend. (It did! Ed.)



5pm and opening of the Rally by VP Cheryl. She said although a small group quality not quantity. We also have 3 first aid responders in the Club. Chris Back our esteemed vet who is great at removing glass shards from a foot, Chris Young and John Allen. We will hear more as time goes on. (For more info, please read the Program for Miami where we will have a demonstration by our first responders. Ed)



A couple of BBQs were produced and the group stayed together for tea. After tea we had a quiz prepared by Alan. Bit of fun with some answers being quite easy and others a little harder. So, Linda how many senators in the Australian Parliament? Here I must add that Jim and I got into trouble for NOT bringing the choccies. No excuses but it must improve the waistline. And of course, Chris Y was not there. Jim had been to IGA but the shelves were empty. I am sure he was right.

Left: Quizmaster Helen puts us through our paces.



Ron and Lyn looking very relaxed by the Moore River



Our ukulele group practicing.

Saturday and our van site overlooks the Moore River. How beautiful to watch the pelicans on the river. The kids dragging kayaks, paddle boards etc down to the water. A rustic little park but a great place to unwind.

Message from Lynne Kirby at 7.29am. "I expect to be there by morning tea. Bringing some sticky date flapjacks"

Next message 9.34am. "Geez you never want me on early shift, just leaving probably be there by AFTERNOON tea."

3rd message 10.50am "I am here!" Not at all bad Lynne and the sticky date flapjacks were lovely and the figs very enjoyable.

Oh yes and after not knowing where the trophy was yesterday Lynne provided that too. In due course, said trophy was presented to Chris. Congratulations!

Kevin and Thelma were staying at the Seabird Caravan Park, which Kevin tells us is very nice and lovely to see them both join us for morning tea.



Both Jim and I had commitments with Lawn Bowls on Saturday. So, what to do with the "kids" while we fulfilled our duties to our Bowling Club? Jim suggested Mini Golf out near Cowalla Rd 17 kms inland. Reports that came back indicated that everyone had a fantastic time with GK being the final winner. However not to be outdone Maureen had to show the boys how to play and got a hole in one. Great work Maureen. Home I believe for Nanny and Poppy naps. Jim and I arrived back at about 5.30pm ready for Happy Hour. (After beating the top side! Well done. Ed)



Lots of fun at mini golf.



Graham not very impressed with the size of his trophy

6.30 and time for the curries and rice. No doubt about the Sandgropers putting a meal together. My thanks to all who did either a curry or a dessert. After devouring the yummy curries, we had organized to find out a bit more about our fellow campers. Starting from the far end we all gave a little history on what we have done in a previous time. Half way through this and with the curries nicely settled we had second course, sweets to die for. Well, we didn't have the choccies but the sweets certainly made up for that. Then those who hadn't given us an insight of who they were gave us a little look at their past. What a diverse bunch of characters we are. So interesting to hear such fascinating stories. Thanks everyone. I along with everyone really did enjoy those stories. Most wandered off to bed at a very reasonable hour.



Sunday morning and again we enjoyed the view from the van. 9.30am and close of the rally. VP Cheryl gave a sterling sum up of the weekend. Here I might add Cheryl did a great job standing in for Helen B who is still waiting for their van to arrive.

From Jim and myself thanks to Alan and Lynne for putting together the programme and Lynne for coming along. Cheryl said it had been a great rally and we certainly agree however this is sure to happen when the group was so responsive to

suggestions and enjoying themselves. Thank you all for making the weekend the success it was. Must not forget the thank you to Colin and Noelene for the caravan prize which Jim and I won, a bottle of wine. Will be enjoyed.

Several couples left after the closing so a small group remained. We all congregated for Happy Hour again near the Muirs van. After some (serious) discussion it was thought we should include in the Gossip "Aunty Rods Agony Page" for those who have any tech problems. If the problem is not too hard Rod will be at the Carnamah Rally.

Finally happy and safe travels to Rod and Sharon and to Linda and Chris who are looking forward to catching up with family very shortly. Thanks everyone for making it another great rally.

Helen and Jim along with Allan and Lynne.

Attendees at Guilderton: Schells, Muirs, Burges, Backs, Allens, Glenda, Jill, Lundys, Kents and Mitchells. Visitors Lynne Kirby, Thelma and Kevin Forbes, Brian and Helen Bizzill and Di and Chris Young.

EMERGENCY FIRST AID DEMONSTRATION

We are extremely fortunate in our club to have three qualified First Responders to assist us in case we need urgent medical attention at one of our rallies. Chris Back, Chris Young and John Allen have agreed to give us a demonstration of emergency first aid at our Miami Rally after morning tea on Friday. It will be a very important and worthwhile event and your attendance is highly recommended. Ed.

At the Miami rally it is proposed to present a brief overview of some emergency first aid procedures for interested club members. John Allen, Chris Young and Chris Back, who are St John's first responders, will:

1. Introduce the "St John's First Responder" app, which can be downloaded on mobile phones.
2. Demonstrate the Recovery Position for an unconscious patient or one needing urgent support.
3. Demonstrate CPR for a person who is not breathing and/or in cardiac arrest. This will include a run through of the Club's defibrillator unit.

It will help if everyone has downloaded the "St John's First Responder" app onto your mobile phone prior to attending Miami. If this event is useful we may include short sessions on handling common first aid emergencies for people in our situations at future rallies. Kind regards, Chris Back.

Features of the St John First Aid App: The St John Ambulance First Responder App is an invaluable tool in an emergency situation. It offers users access to vital information, such as first aid instruction guides, location of the nearest medical centre and emergency department, as well as real time updates on emergency department waiting times and more. Over 200,000 Western Australians have downloaded the app, which also contains other resources, which our team will run through at the demonstration.

Help St John Ambulance find you in an emergency: We know that sometimes pinpointing your exact location can be difficult but when a situation is life threatening, every second counts. The St John First Responder App sends your GPS coordinates to the operator when you call Triple 000 for an ambulance, speeding up the time it takes to confirm your location and dispatch an ambulance. It is an invaluable tool and essential to all of us.

SOME HELPFUL COVID INFORMATION

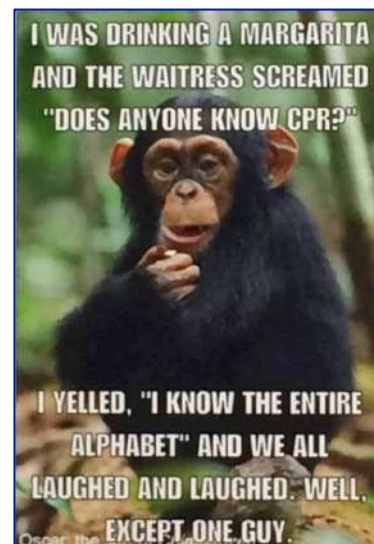
Now that our borders are open the chances of Covid spreading through our community are very real. If you do contract the virus here are some tips to help you through your isolation.

How do I isolate when I have COVID-19? Self-isolation means you must stay at your home or accommodation and remain separated from others. You can't leave your house or accommodation, unless for medical care, an emergency or an allowed purpose. If you are in isolation, you shouldn't go out in public. Don't travel on public transport or in taxis or ride-share services.

Only people who usually live with you should be in your home. Do not allow visitors into your home unless it is absolutely necessary or they are providing medical or personal care. You should separate yourself from the other members of your household as much as possible. This includes staying in a separate, well-ventilated room, sleeping alone and using a separate bathroom if one is available. If you can't isolate in a separate room, avoid shared spaces, such as the kitchen, as much as possible. Do not share household items and wash these items thoroughly after using them. Wear a mask when moving through shared areas. Wipe down any surfaces you touch.

At our Guilderton Rally Glenda showed us a box that she carries in her campervan that contains essential items in case she was suddenly made to isolate. It is a great idea and one that we should all have. It contains:

*Masks *Hydralyte *Pulse Oximeter (thermometer) *RATs *Tissues *Alcohol wipes *Hand wash *Panadol *Throat lozenges. *Personal essential medications. Hopefully you won't need to isolate but it pays to be prepared. Ed.



Program



Miami Holiday Park

Miami Holiday Park
627 Old Coast Road, Falcon –
9534 2127

Thurs 31 March – Sun 3rd April

Venue Officers



Falcon Beach

Robin 0439 757 230 & Di Ashford 0403618169

Please note we will be camped close to the estuary foreshore, personal repellent and fly insect knock down spray could be useful. Mandurah Council does spray for mossies.

Also because the State Gov. believes that the Covid outbreak will peak around the end of March we have not booked anything outside of the park at this time. We can always arrange something at the last moment if it seems safe to do so.

Thursday 31/03/22

5pm Happy hour

Friday 1/04/22

8.30am Walk

9.30am Tai Chi with Master Brian

10am Morning Tea

11am First Aid and Defibrillator demonstration by our first responders. (It would be very helpful if everyone could download the St John App on your phone before the demo.)

2.00pm Committee meeting

3pm Afternoon Tea

5pm Happy hour and **Opening of the Rally** by President Helen.

6pm Sausage Sizzle with everything provided at a cost of \$2.00 per person. (Because of Covid we will have one person cooking and one person serving only.)

Saturday 2/04/22

8.30am Walk

9.30am Tai Chi with Master Brian

10am Morning Tea

(Falcon Bay is less than a kilometer away down Baroy St opposite the park. It is a nice beach with café.)

3pm Afternoon Tea

5pm Happy hour

6pm Evening Meal at your leisure.

Sunday 3/04/22

9.30am Morning Tea and **Closing of the Rally** by our President.

Registered attendees: Allens, Ambrosius, Ashfords, Backs, Bizzills, Freind, Forbes, Jordans, Kents, Lundys, Mitchells, Muirs, Olesen, Tyler & Youngs. Visitors: Cheryl & Mark Norris

The following two pages were compiled by our members Ron & Lyn Mitchell who are very experienced four wheel drive enthusiasts. The pages will update the Convoy Procedures in our current members information packs and be inserted in new member's Welcome Packs. Once Covid has settled down, Ron and Lyn have offered to take interested members on a day outing of some of the four-wheel drive tracks they are familiar with culminating in a picnic. Have a chat to Ron and Lyn to express your interest in attending. Sounds like fun! Cheers Ed.

Sandgroper Caravanners Inc. Radio Procedure compiled by Ron Mitchell

By knowing how to use your Ultra High Frequency Citizen Band (UHF CB) radio effectively ensures that it becomes a very useful tool when travelling in a convoy or for communicating with other vehicles on the highway.

Generally, caravan owners use Channel 18 to communicate with other caravanners and Channel 40 to communicate with truck drivers.

Using a Two Way Radio is not quite the same as using a mobile phone. A mobile phone is a duplex device, meaning both parties can speak at the same time. A two way radio is a simplex device, meaning only one party can speak at a time. That is why a known radio procedure is required.



The preferred UHF CB radio option for best communications in a convoy is a “vehicle mounted” radio. This means a radio that is permanently mounted in your 4WD and powered from your vehicle with an external antenna mounted on the roo bar. The radio and antenna should be rated at 5 Watts output power.

An external roo bar antenna is much longer than a handheld stubby radio antenna, which makes it more efficient, powerful and reliable than a handheld unit. However, the distance that your radio can receive or transmit can vary considerably with the terrain, weather and environment. Quite simply the taller the antenna and the higher the output power, the further the unit can transmit. Do not take the manufacturers' claimed performance range as fact.

Although handheld UHF CB radios are cheaper to purchase, they come with a stubby short aerial and often only have 1 or 2 watts of output power. As a result, the small antenna trying to transmit through the metal and glass of your vehicle is not as efficient as an external antenna mounted on your roo bar. In addition, handhelds usually have an internal battery and require regular recharging or replacement batteries, which do not last long when transmitting.

Receiving (Rx) on a UHF CB is very simple: Turn on your radio. Set the squelch by turning it down until you hear constant “static” then turn up the squelch until the static only just disappears. When someone else transmits you will hear them.

Transmitting (Tx) is also very simple. However, users should think about what they want to say to the other party/s before they press the transmit button. Also make sure that the channel is clear before you transmit. Otherwise you will cut across someone else's conversation. Hold the microphone about 50mm (2 inches) from your mouth and press the “Press To Talk” key (PTT) and count to two in your head before speaking. This allows time for the UHF CB to switch from Rx to Tx mode.

Speak clearly at a normal conversation level because loud speech will distort the signal. At the end of your transmission, use the word “Over” if you want the other party to respond or “Out” if you have finished the conversation.

Some common words used over the radio are: Over – short for over to you; Out – I have finished my conversation and I'm standing by; Roger – I understand your message; Negative – No; Say again – Please repeat your message; Loud and Clear – One party is receiving the other party clearly, and Breaker – Another party wants to join your conversation.

Sandgroper Caravanners Inc. Convoy Procedure compiled by Ron Mitchell

Travelling in a convoy requires common sense and a few simple rules to keep the convoy together.

Convoy Procedure

1. Prior to heading off in a convoy, a Trip Leader (TL) is appointed to lead and control the convoy – preferably someone who knows how to get to the destination.
2. The TL nominates the convoy's Tail End Charlie (TEC), who brings up the rear of the convoy and advises the TL of any difficulties.
3. Each vehicle in the convoy is responsible for the vehicle directly behind them.
4. All vehicles in the convoy must stay in their position within the convoy and should never overtake anyone in the convoy unless there is an emergency.
5. Ideally, all vehicles should be equipped with a UHF CB Radio – See Radio Procedure for details.
6. The TL should hold a quick meeting with the convoy participants to ensure that everyone knows the destination. The TL nominates a convoy speed that everyone is comfortable with and performs a radio check with each vehicle.
7. For safety, convoy vehicles should travel with their headlights on low beam.
8. The convoy vehicles should maintain a spacing of at least 3-4 seconds from the vehicle in front of them on the road/track. This provides other road users with space to safely pass through the convoy.
9. If travelling on unsealed roads/tracks, all vehicles should stay out of the dust from the vehicle in front. This may require the convoy to stretch out, hence the need for good radio communications.
10. Convoys do invariably spread out in the dust and tend to travel at a slower speed than the speed originally nominated by the Trip Leader. As a result, please be patient and observe road rules at all times
11. If you are 4WD driving on a track in a convoy, please ensure that the vehicle in front has completed a difficult section before following them.
12. When crossing private property and Crown land under lease, gates, slip rails and property will be left as found or as instructed by the Trip Leader.



Marking the turns for the convoy

This process means that at every turn during the journey, the Trip Leader stops at the turn and waits for the vehicle behind to acknowledge that they are aware of the upcoming turn. This acknowledgement can be a quick message via radio or by flashing their indicator or flashing their high beam.

Once the TL is sure that the following vehicle is aware of the turn, the TL can continue on. The following vehicle repeats the process of marking of the corner by waiting at the turn until they are sure that the vehicle following them is aware of the new direction the convoy is taking.

This marking the turn process is repeated by each vehicle throughout the convoy until the TEC finally makes the turn and lets the TL know by a radio message that all vehicles have turned. This process ensures that the convoy stays together and stops vehicles from missing a turn and becoming lost.

Please note - If you cannot see the vehicle behind you in the convoy, slow down or even stop in a safe location. Use your radio to try to contact the following vehicle and let the Trip Leader and/or Tail End Charlie know there is a problem.