



Association of Caravan Clubs Victoria and Their Members Inc.

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Email:- admin@accvic.org.au

Delegate's Meetings.

26 August 2023 Executive meeting via Zoom at 2:00pm
28 October 2023—AGM

PRESIDENTS REPORT

Hello everyone.

It has been a busy few weeks for committee members and delegates. Meetings have continued to be held via Zoom, being the preferred “conduit of convenience”, and have been well attended. COVID is still with us. I trust attendance at Club rallies has not been depleted too much by COVID. It seems it will linger longer, and not just at Yarrowonga. (lol). (The Editor always thought LOL meant Lots of Love, but apparently it means Laugh out loud).

Matters of interest that committee and delegates are grappling with include caravan shows at Sandown and Bendigo, ACCVic website matters, public liability insurance for 2023/24, submitting Rally Expense Forms to NACC, and ACCVic committee vacancies.

Despite their best efforts, our affiliate caravan club in Wodonga finds itself unable to provide sufficient volunteers to staff an ACCVic stand at the *Border Caravan and Camping Expo* in August. It emphasises the dilemma many clubs are facing: respectfully, an aging membership and a diminishing number of members. Consequently, ACCVic has declined the *Caravan Industry of Victoria's* (CIV) offer of a free stand. Many thanks to that club for their efforts.

Your ACCVic committee voted recently not to maintain a site at caravan shows we have previously attended. The main reason was a requirement put on us by the Caravan Industry of Victoria Inc, the organiser of the shows, to provide between six and ten vintage caravans to be on display for the duration of each show. Reprieve for this year's Bendigo show was given but Sandown and next February's Melbourne Supershow was not. Committee will be developing alternative methods which we can employ to promote ACCVic to caravan clubs not affiliated with us, and alternative ways for those that are affiliated to promote yourselves.

DISCLAIMER

The material in this Newsletter is in the nature of general comment only and neither purports, nor is intended to be advice on any particular matter. No person should act on the basis of any matter contained in the Newsletter without considering and, if necessary, taking appropriate professional advice upon their own particular circumstances. The Association of Caravan Clubs Victoria Inc, the authors and editors, expressly disclaim all and any liability in respect of anything done or omitted to be done, any such person in reliance, whether whole or partial, upon the whole or part of the contents of the Newsletter.

Our joint webmasters, Jen and Gary, have been working on the website. Read Jen's report below. There are further opportunities to promote your club.

Public Liability Insurance cover for affiliated associations is well in hand. There are one or two "sticking points" being finalised. Club secretaries will be kept informed of developments.

After each club rally, clubs are invited to submit an Expense Form. Committee has received questions about "Why do we submit them?". We will discuss the issue of reporting rally expense at the next zoom meeting. A general explanation is below.

At the last joint Committee and Delegates Meeting, one delegate reported that his club wrote to the relevant Shire informing them of the rally and the money spent in their town. The Shire wrote back thanking the club for supporting local businesses. Could YOUR club consider doing it?

There are a number of vacant committee and appointee positions needing to be filled. At our AGM last November/March, it was voted that there be three "Ordinary Members". We have two. We need a third. Assistant Treasurer and Assistant Secretary positions are important to fill as support and back-up to the Secretary and Treasurer. Having assistants "learn the trade" also ensures continuity of knowledge of practices and processes providing a clear pathway to succession. Fortunately, we have expert personnel as Secretary and Treasurer, but Assistants would be appreciated. Other positions to fill are Public Liaison Officer and Media person. Contact Secretary Janice if interested in any of these positions:

admin@accvic.org.au / 0459 232 136

Until next time,
Alan Andrews

Club Rally Spending Reporting:-

Currently reports from clubs on rally expenditure goes through state associations and then up to the National Association of Caravan Clubs (NACC). Expenditure summaries are reported on the NACC website. ACCVic can get reports on what has been spent in areas— what has been spent and where the clubs are from. NACC and states could use information to gain support from councils to get support for state/national rallies.

Fuel is to be included, even if spent outside the particular rally town, if it was required to attend the rally.

The Rally Expenditure can be sent through to: spending@accvic.org.au

This is received by Stella Breese from ACCVic who then forwards it onto NACC.

Johannes Jacobus BAANS

Members of the Association of Caravan Clubs SA Inc and affiliated clubs were deeply saddened by the passing of our dear Secretary, John died on 24th May.

John also served as Secretary for the recent 18th National Caravan Rally, 2023.

A tireless worker whose cheerful smile and attention to detail will be greatly missed by the caravanning community in South Australia and beyond.

All Clubs have expressed their sincere condolences to Judy and family.



State Rally

15th to 18th March 2024

Kerang Holiday Park

9399 Murray Valley Hwy,

Kerang Ph.03 5452 2232

Register your booking under ACCVic

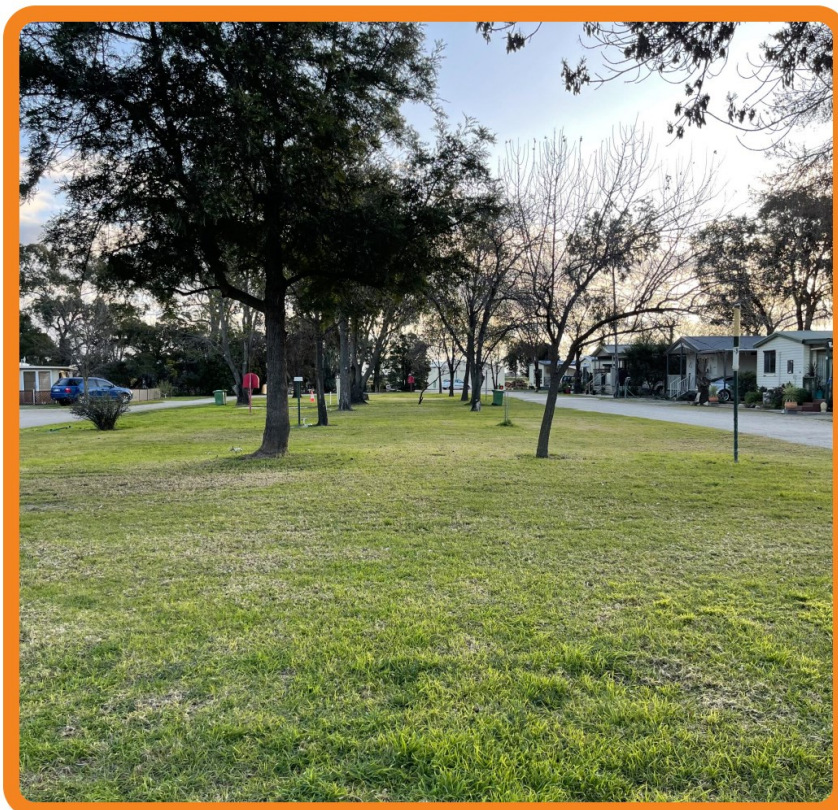
Please notify the Registrar at

registrar@accvic.org.au

Most of us remember this Caravan Park being called the Ibis Caravan Park which is situated just before the Fruit Fly Quarantine Bins as you enter Kerang.

ACCVic has booked 50 powered sites under the name of ACCVic—please quote ACCVic when registering which can be done from today.

Once you register with the Caravan Park please advise ACCVic at — registrar@accvic.org.au



The last National Rally was held in Barmera South Australia in March/April 2023. The next National Rally — The 19th National Caravan Clubs Rally will be hosted by the NSW Association of Caravan Clubs at the Australian Rural Education Centre 267 Ulan Road Bombira NSW (MUDGEE). Monday 29th September to Tuesday 7th October 2025.

Further details can be found here:- <https://www.19thnationalcaravanrally.org.au>

Registration can be made through the above web site.

NB—The second payment is due by the 30th September 2023.

Public Liability Insurance

All club Secretaries were advised that Public Liability Insurance is in place for the 2023—2024 financial year. ACCVic has already paid \$8,413.00 to the NACC as requested in payment of the Public Liability Insurance however the final amount has not yet been set and therefore a further payment may be required.

Invoices will be issued when the final payment amount has been advised to us.

A former Sergeant in the Marine Corps took a new job as a high school teacher.

Just before the school year started, he injured his back. He was required to wear a plaster cast around the upper part of his body. Fortunately, the cast fit under his shirt and wasn't noticeable.

On the first day of class, he found himself assigned to the toughest students in the school. The smart punks, having already heard the new teacher was a former Marine, were leery of him and he knew they would be testing his discipline in the classroom.

Walking confidently into the rowdy classroom, the new teacher opened the window wide and sat down at his desk. When a strong breeze made his tie flap, he picked up a stapler and stapled the tie to his chest.

Dead silence...
The rest of the year went very smoothly.

Why a woman needs a husband?



Woman: I don't want to marry. I am educated, self sufficient and satisfied with myself. But my friends all say that I should marry. What should I do?

Psychiatrist: You will no doubt achieve great things in life. But sometimes things won't go your way. Sometimes your plans will fail. Then whom will you blame? Will you blame yourself?

Woman: "NO."

Psychiatrist: "yes.. that's why you need a husband.."



Check out the website for your association.

This is where people who are looking to join a caravan club can find the information they need. Are your club details up to date?

Under the **“Clubs” tab** is the **“Club contacts”** page. The details for your club contact are listed here (showing first name only) giving a phone number and email contact for your club. If your details change it is vital that you notify the ACCVic secretary immediately so that these can be updated.

Club secretaries (or another nominated contact person) can also have access to the site to update their club details. If you have not already received a username and password to do this and would like one, please notify the secretary and the information will be passed on to the webmaster (Jen Lowe) to arrange provision of these details. Jen is also offering to run a zoom meeting so that members can become familiar with the procedures involved in updating the club details if people are interested.

The Club contact person also has access to an **“Incident Report Form”**.

Once you have access to the website you also get access to many other features:

Under **documents**:

- ⇒ **Record spending** – download the form to fill in and send to spending@accvic.org.au
- ⇒ A record of all past **minutes of meetings**.
- ⇒ **Public Liability Insurance**—Basic Summary and Examples of Risks that could apply.

If you do not have a **club web page**, you can have one attached to the ACCVic site. Gary Fitzgerald, the developer of the website, has information about this on the home page. Check out the clubs currently taking advantage of this under Club Pages. Many clubs have a separate Club website which may be access directly from their club contact details.

Another area that would benefit from more input from clubs is the **Member Travels** page. If your club has some photos and a summary of a rally to a great park or location send it through to the secretary and we will add it to our website. If you are agreeable, it can also be added to the Facebook page for The Association of Caravan Clubs of Victoria and Their Members Inc. – another one for you to check out!

There is a wealth of information on this site which can only be improved by member input.

95% of electric vehicles are still on the road.
The remaining 5% made it all the way home.

Be nice to your kids.
They will choose your
Nursing Home.

www.cafepress.com/GeezerShop



LiFePO4 vs Lithium Ion Batteries: What's the Best Choice for You?

LiFePO4 is short for Lithium (Li) Iron (Fe) Phosphate (P04)

The battery industry has advanced rapidly in recent years, making superior technologies more affordable. Lithium iron phosphate is the latest development in this rapidly changing industry.

The LFP battery type has come down in price in recent years, and its efficiency has dramatically improved. It's surpassing lithium-ion (Li-ion) as the battery of choice for many applications, including off-grid and solar power — and even Electric Vehicles (EVs).

In most ways, LiFePO4 batteries are better than comparable lithium-ion batteries. Lithium iron phosphate batteries are less prone to combustion and thermal runaway, making them safer for home use. Plus, a longer cycle life means the LiFePO4 batteries will outlast lithium-ion for up to five times longer.

LiFePO4 batteries are safer than Li-ion due to the strong covalent bonds between the iron, phosphorus, and oxygen atoms in the cathode. The bonds make them more stable and less prone to thermal runaway and overheating, issues that have led to lithium-ion batteries having a reputation for a higher risk of battery fires.

LiFePO4 batteries offer a wider operating temperature range. They can function well in temperatures ranging from -20°C to as high as 60°C.

Many Li-ion batteries can go through around 500 charge and discharge cycles before degrading in performance. LiFePO4 batteries can go through thousands of cycles before their performance begins to drop.

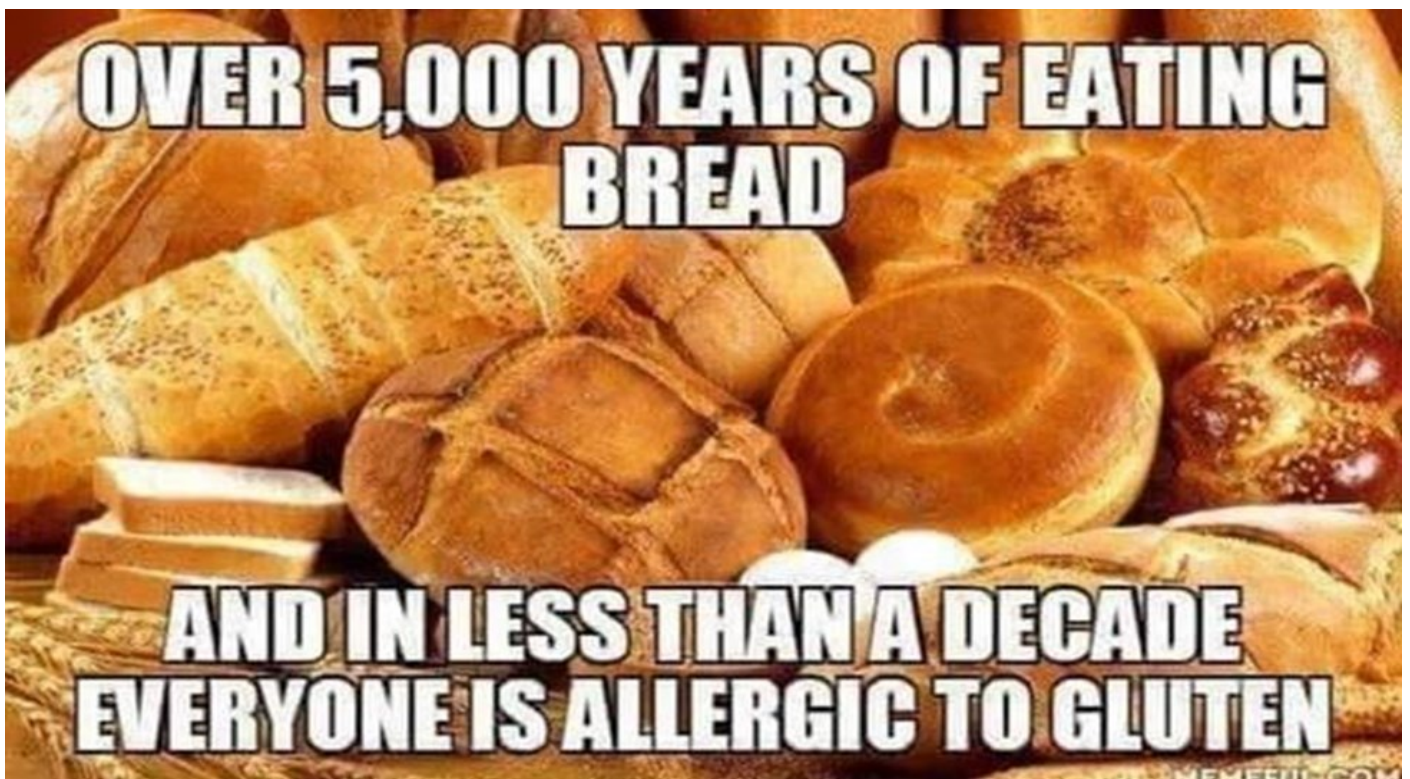
LiFePO4 batteries have a self-discharge rate of around 1-3% per month, depending on usage, temperature, and other factors. The low self-discharge rate means you can leave the battery in storage for months.

It will still supply substantial power even after a period of disuse.

To follow best practices, top off your battery at least every few months to keep it optimised for use.

The above information was from this web site:-

<https://blog.ecoflow.com/au>



GLUTEN INTOLERANCE as told to me by one of the Victorian State Manager's of one of the major bread bakers. (His explanation differs greatly from those below—I wonder which is more accurate)

When I was first employed by one of the large bread bakers I was given a tour of their factory. I asked what was in the large stainless steel vats, similar to what wine is stored in. I was told that that was gluten. Further questioning revealed that after the wheat was converted to flour the gluten was removed. Then when making bread for every one kilo of gluten removed from the flour the bakers put 2 kilos back. When I asked why they said that it made the bread whiter and fluffier, nothing else just whiter and fluffier, and nothing to do with health.

Here is what I found on several internet sites: -

Why is gluten intolerance so common now?

Experts have given the following reasons as potential causes: Wheat grain has been altered to provide crops that are more resistant to drought and bake more easily. Our stomachs, however, have not adapted as quickly to these changes. We are eating more wheat products now than ever before.

Overview

Wheat allergy is an allergic reaction to foods containing wheat. Allergic reactions can be caused by eating wheat and also, in some cases, by inhaling wheat flour.

Avoiding wheat is the primary treatment for wheat allergy, but that isn't always as easy as it sounds. Wheat is found in many foods, including some you might not suspect, such as soy sauce, ice cream and hot dogs. Medications may be necessary to manage allergic reactions if you accidentally eat wheat.

Wheat allergy sometimes is confused with celiac disease, but these conditions differ. Wheat allergy occurs when your body produces antibodies to proteins found in wheat. In celiac disease, a specific protein in wheat — gluten — causes a different kind of abnormal immune system reaction.

How common is gluten intolerance in Australia?

Coeliac disease affects on average approximately 1 in 70 Australians. However, around 80% of this number remain undiagnosed. This means the vast majority of Australians who have coeliac disease don't yet know it.

1940s: The gluten-free diet is discovered

World War II wreaked havoc across most of Europe. Children became malnourished, with limited access to fruits, vegetables and especially wheat. While that lack weakened the health of most, it seemed to strengthen those with celiac disease.

Dr. Willem-Karel Dicke, a Dutch pediatrician, noticed that fewer children with celiac disease were suffering symptoms during wartime than before the war, when the disease had a mortality rate of about 30%, Fasano said. Doctors had long known about celiac disease and viewed it as a condition that mainly impacted children.

“This gentleman during World War II noted that the mortality of celiac disease was zero, and he didn't realize immediately why until when the war was over and the mortality went back to the pre-war era,” Fasano said.

“Something during the war that was missing was the culprit, and one of the commodities that was missing was wheat. As a matter of fact, flour during the war was made with potato starch and not with wheat,” he said.

In 1941, Dicke published a paper about his clinical observations of the effects that a wheat-free diet had on his patients (PDF).

Doctors started to link gluten to bloating, diarrhea, constipation, gas, stomach pain, nausea and other celiac disease symptoms.

Gluten: 5 things you need to know

1. It's a protein that can cause problems. Gluten is the major protein found in some grains. It is present in all forms of wheat (bulgur, durum, semolina, spelt, farro and more) as well as in barley, rye and triticale (a wheat-rye cross).
2. You probably don't need to completely avoid it. For some people – about 1% of the population – gluten can be a matter of life or death. These people have a condition known as celiac disease. True celiacs, as they are called, are so sensitive to gluten that even a small amount – really just a trace – can make them very sick. Because gluten damages the lining of the small intestine in those with celiac disease, it can lead to a host of health problems ranging from chronic diarrhea and abdominal cramping to osteoporosis and even the risk of some cancers. Unless you are part of that 1% (and only special tests will let you know if you are), it's unlikely that you will need to live a completely gluten-free lifestyle.
3. You may need to cut back. With the significant increase in our gluten intake over the past 50 years due to the ubiquity and overconsumption of products made with highly refined wheat flour, we are just beginning to appreciate gluten's impact on our health. As a society, we are in a state of “gluten overload,” and millions of people of all ages and all walks of life are suffering as a result of a condition that was recognized only a few years ago, called gluten sensitivity. When people with gluten sensitivity eat foods containing gluten, it triggers unpleasant symptoms: stomach pains, bloat, heartburn, joint pains, headache, skin rashes, fatigue, insomnia and brain fog, to name some of the most common.

3. Although many of these symptoms are similar to those experienced by celiac sufferers, if you turn out to be gluten-sensitive, it probably won't require giving up gluten entirely. In treating patients in my practice, I have found that eliminating gluten for a few weeks and gradually reintroducing it is the best way to assess your body's response to gluten and determine your own gluten threshold. By gradually introducing gluten-containing grains and other foods, you'll get an understanding of which of these foods, or how much of them, your body can process without triggering symptoms.
4. Living gluten-free can make you fat. Some people who go off gluten to lose weight end up gaining weight instead. That's because they consume gluten-free packaged products that are often just as high in saturated fat, sugar and sodium as other junk food, and these products often contain high-glycemic refined ingredients like white rice flour or fillers like potato starch that can affect your blood sugar and trigger cravings. If you find that you can't eat just a few gluten-free crackers, for example, without going back for half the box, this product spells trouble. You're far better off sticking with naturally gluten-free foods, including vegetables and fruits, lean meats, fish and poultry, certain whole grains like brown rice and quinoa, reduced-fat or fat-free dairy, nuts and seeds, beans and other legumes, and healthy fats, like extra-virgin olive oil and canola oil.
5. Gluten is not something to fear. I like to tell my patients that they need to be gluten-aware, not gluten-phobic. This happens when they learn where they fit on the gluten sensitivity spectrum and discover their own level of gluten tolerance. On one end of the gluten spectrum, for example, are some professional tennis players who never felt sick but when they drastically cut down on gluten found increased energy that enabled them to win long, tough matches that they had previously been losing. On the other end of the spectrum are people, like some patients of mine, who frequently feel like they've been hit by a bus when they wake up in the morning with headaches, stomach aches, joint pains and fatigue. Once they start paying attention to gluten in their diet, they wake up feeling great and pop out of bed in the morning. I'll say it again: Not everyone who is sensitive to gluten necessarily has to be gluten-free. This is important, since leading a gluten-free life – as is necessary for those with celiac disease – is difficult and can be expensive. Therefore, excluding celiac disease comes first. If you test negative for this potentially serious condition, then you can begin a trial to see just how gluten-sensitive you are, if at all. It's a test worth taking, since the results could transform your diet and your health for life.

Have a
careful
look.



Portable Fuel Filter Funnel

Protect your engine by using this innovative product every time you transfer fuel to your tank. This Fuel filter is your tool for pure fuel. Dirt and water are practically unavoidable in stored fuel, causing microbial growth, corrosive acids, electrolysis and rust. This can plug filters, corrode components, decrease efficient combustion and cause engine shutdown or system failure. The filter removes water and dirt from fuel by it's unique filter technology. It is a heavy duty, anti static and fast flow funnel with built-in filter technology. The Portable Fuel Filter will combat these problems.

Able to flow 13 Litres per minute, great for re-fueling Larger engines in Boats & Farming Equipment. It can be used with Diesel, Petrol, Heating Oil & Kerosine. Made in the USA, the filter is Self Cleaning requires no replacement parts. The Mr. Funnel Fuel Filter is a heavy-duty, fast-flow, convenient and portable funnel with built-in, patent pending filter. The Mr. Funnel Fuel Filter is specially designed to filter out water, dirt, and debris from most fuels including, gasoline, diesel, heating oil, and kerosene. These harmful contaminants can lead your engine to a loss of efficiency, engine shutdown, or even system failure. Can be filled by a Bowser, High Flow, with all fuels.

The following link will take you to Western Filters web site:-

https://www.westernfilters.net.au/mr-funnel-f3nc-portable-Fuel-Filter-Flows-13-Litres-per-minute-f3nc/?utm_term=&utm_campaign=PMax+:+Catch+All+%7C+Audience+Test&utm_source=adwords&utm_medium=ppc&hsa_acc=8679354686&hsa_cam=18444241170&hsa_grp=&hsa_ad=&hsa_src=x&hsa_tgt=&hsa_kw=&hsa_mt=&hsa_net=adwords&hsa_ver=3&gclid=EAlaIQobChMIprTwpsX4_gIVDXZ9Ch1ekQAgEAQYBCABEgI0AfD_BwE

**MY WIFE MADE ME
COFFEE THIS MORNING AND
WINKED AT ME WHEN SHE
HANDED ME THE CUP.**

**I'VE NEVER BEEN MORE
SCARED OF A DRINK IN ALL
OF MY LIFE.**

