



NEWSLETTER No. 196 July 2023

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NEXT MEETING - Sunday 20th August 2023

Meeting Held 16th July 2023

54 Members attended and 2 Visitors

Raffle Winners Gaianne Wilcox \$50.00

> Gaianne Wilcox \$30.00 Nick Jenkins \$20.00

Winners of Gift Cards donated by Creightons

Chris Sherwood \$30.00 Graham Williamson \$20.00

Winners of \$10.00 Gift Cards supplied by The Doylo

Jan Ryan & Rod Thomas



August Birthdays

Lee Sing William	3-Aug	Moore Joy	5-Aug
Barnes Peter	16-Aug	Kane Coral	10-Aug
McConville Bill	21-Aug	Laney Lorraine	12-Aug
Wells John	25-Aug	Roth-Magar Jenifer	22-Aug
Maranik Aado	28-Aug		
O'Brien Bill	31-Aug		

Eat whatever you like because...

- * The inventor of the treadmill died at the age of 54.
- * The inventor of gymnastics died at age
- * The world bodybuilding champion died at age 41.
- * The best footballer in the world, Maradona, died at 60

And then-

- * The KFC inventor died at 94.
- * The inventor of Nutella died at 88
- * The inventor of Hennessy died at 98

How did doctors come to the conclusion that exercise prolongs life, when

- * The rabbit is always jumping but it lives for around 2 years, and
- * the turtle that doesn't exercise at all, lives over 200 years.

So, rest, chill, eat, drink, and enjoy life Daily Dose of Inspiration



This story was from an ABC news article.

An 88-year-old woman who was found dead inside a caravan in Victoria's north was killed by carbon monoxide poisoning, the Coroners Court has confirmed.

Key points:

- An 88-year-old woman died in a campervan parked in a campsite in Cohuna, in the state's north, last year
- The Coroners Court of Victoria has confirmed the woman died by carbon monoxide poisoning
- Energy Safe Victoria says a modified gas-powered fridge was found inside the woman's unventilated campervan

Energy Safe Victoria (ESV) said the woman's body was found inside an unventilated campervan parked at the Cohuna RV Rest Area, north-west of Echuca, in February last year while a modified gas-powered fridge operated beside her.

The woman was from Orange in New South Wales and was on holiday with friends and was driving a 2008 Toyota HiAce van, which had been modified by her son into a campervan.

An investigation found the fridge had been modified with a flue extender to release carbon monoxide.

It had to be fed through one of the campervan windows to ensure the proper escape of carbon monoxide whenever the fridge was in operation.

The energy safety regulator revealed there was a warning on the appliance that said it should not be used in enclosed areas like tents or motor vehicles.

Just a little refresher

UHF Channel Guide					
CHANNEL	FREQUENCY	USE			
1 - 4	476.4250 - 476.5000 Duplex	Repeater output			
5	476.5250 Duplex	Emergency use only (repeater output)			
6-8	476.5500 - 476.6000 Duplex	Repeater output			
9	476.6250 Simplex	General use channel			
10	476.6500 Simplex	4WD Convoys, Clubs & National Parks			
11	476.6250 Simplex	Call Channel			
12 - 17	476.7000 - 476.8250 Simplex	General use channel			
18	476.8500 Simplex	Caravanners & Campers Convoy Channel			
19 - 21	476.7000 - 476.8250 Simplex	General use channel			
22 - 23	476.9500 - 476.9750 Data	Data only - no voice packet			
24 - 28	477.0000 - 477.1000 Simplex	General use channel			
29	477.1250 Simplex	Truckies Channel / Road Safety Syd to Bris			
30	477.1500 Simplex	UHF CB Broadcasts			
31 - 34	477.1750 - 477.2500	Repeater input			
35	477.275	Emergency use only (repeater input)			
36 - 38	477.3000 - 477.3500	Repeater input			
39	477.3750 Simplex	General use channel			
40	477.4000 Simplex	Highway Channel			
41 - 48	476.4375 - 476.6125 Duplex	Repeater output			
49 - 60	476.46375 - 476.9125 Simplex	General use channel			
61 - 63	N/A	Reserved for future expansion			
64 - 70	477.0125 - 477.1625 Simplex	General use channel			
71 - 78	477.1875 - 477.3625	Repeater input			
79 - 80	477.3875 - 477.4125 Simplex	mplex General use channel			
© www.freecampingaustralia.com.au					

July Social Report

Not a lot to report this month, hope you are all looking forward to Stockton for Christmas in July. Thank you to those who brought in photos of themselves, we will be guessing who you are on the FIRST night at happy hour and welcome nibbles supplied by club. I will then ask that you take your photos with you as I don't want to be responsible for anything happening to them.

Your program for Stockton will be sent out to you please print it out and bring it with you. Thank you also for putting your names on the sheets for things we are doing at Stockton it makes my job a lot easier.

The raffle we are having at Stockton - I just want to tell you about First prize, the day at the vineyards wine tasting. It was donated to the club by Gaianne's granddaughter who won it at her physiculture. She said this isn't much good for a 5 yr old nanna, you have it and Gaianne gave it to me. The club then bought Maddie some Smiggles things to replace it. She was thrilled.







DEL RIO

For those of you that are going please bring a BAG OF WOOD (NOT IRON BARK) or ECO logs. Both are obtainable from Bunnings as we can have fires and we tend to have them going most of the day. This is a great week just sitting round chatting and relaxing, playing card and games, going sometimes over to the club for a meal.

DARLINGTON

Janis

You should all be booked by now if not do so ASAP. We will be holding our disc bowls at this rally as well as Melbourne Cup.

The run sheets are on the table.

Stay safe on the roads, see you at Stockton.





Fires at Del Rio

SCAMS!!

On Sunday 16th July 2023, we had a very informative session on Scams at our TLC General Meeting. It was conducted by Jon Lobendahn from "Rescueme Computer Solutions".

Email Address: service@rescueme247.com



Frankly it was scary enough to make you think twice about using emails, facebook, voice and text messaging.

Points were: -

COMPUTERS, EMAILS AND FACEBOOK

- 1. Never click on that little blue address link you see in so many emails, even if the email looks legitimate. Close down emails and go to the actual website e.g., Telstra. There have been a rash of emails recently which really look like the real thing, all asking for overdue payments or asking for your details to be checked. If you respond they have either your banking / credit card details, and or all your personal details. There have been fake emails from iCloud, MacAffee, Trend, Nortons recently to name a few.
- 2. Be very careful purchasing online, best to go to the genuine website, not a link from facebook or an email tempter.
- 3. If you think you may have been scammed, act quickly, close down your computer and disconnect the internet, and contact your bank.
- NEVER allow anyone to have remote access to your computer or devices. They can
 access all stored passwords, banking information and personal information if you do allow
 them in.
- 5. Don't participate in lucky draws, lotteries etc. unless you really know and trust the promoters.
- 6. REMOVE ALL FINANCIAL PASSWORDS FROM YOUR COMPUTERS AND DEVICES.
- 7. DON'T HAVE COPIES OF YOUR PASSPORT, LICENCES OR CARDS ON YOUR COMPUTER.
- 8. TURN OFF VOICE MAIL.

TELEPHONES AND MOBILES.

- 1. If you don't recognise a telephone number that is calling you, DO NOT ANSWER. If it is a legitimate call, the caller will leave a message.
- 2. If you have answered, do not get into a discussion with the caller, particularly if you believe it is a scammer. They will try to get you talking for as long as possible. Do not argue with them.

3. MOST ALARMINGLY Jon told us about the latest scam in Europe. It is the same as the one where the text message says "Mum I have broken or lost my phone and am using a friend's phone. I need money urgently, please send it to this phone number I am using." (Yes, you can transfer money to a phone number now).

The latest is that the scammers with the assistance of *Artificial Intelligence*, have picked up the voice so it sounds exactly like your daughter/son/relative. (This would happen when they have answered one of those unknown numbers, Artificial Intelligence then can analyse the voice and have a replica speak whatever words are required to dupe the victim). They have been able to then link their phone records and know that you are the person they would call. You would naturally go ahead and pay up for your kid overseas or in trouble.

We had only been recently discussing with a family member the need to have a <u>family password</u> that could be used to ensure that you are in a legitimate conversation, or a text had actually come from one of us. (Don't store it on the computer or devices).

Good luck and be very careful!



Authorised Safety Check

Caravan and Trailer
PINK SLIPS

Valid for 6 Months!

Book in with your next scheduled service



- More than just sway control. AL-KO ESC is the serious safety technology designed for emergency towing situations.
- Maximum control in an emergency.
 Only AL-KO ESC brakes all wheels to wipe off speed and stopping distance.
- Designed and made in Australia for our roads.



30 + Years Experience

PRIVATE & INSURANCE WORK WELCOME NO JOB TOO SMALL

Mitch Servicing all makes & models

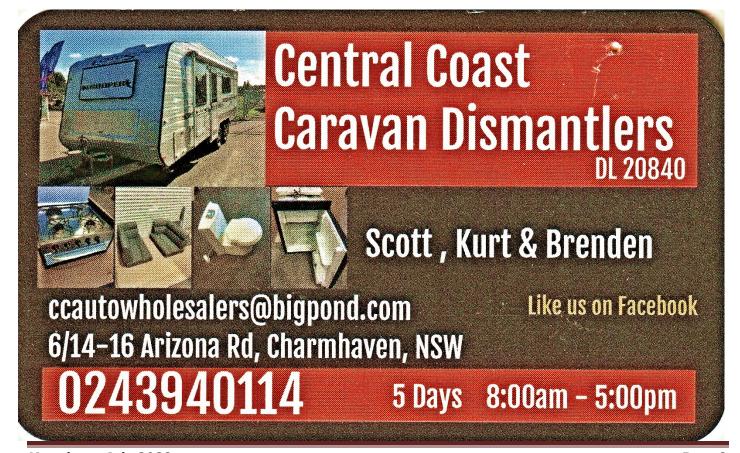
Ph: 0498 554 505

140 Pacific Highway Doyalson NSW 2262

Email: info@aacrcentralcoast.com.au

Web: www.allaboutcaravanrepairs.com.au





		Tuggerah Lakes Caravanners TRIP SHEETS 2023		
DATES	DESTINATION	MEMBERS ATTENDING	CONTACT	PARK
20 – 27 July 2023	Stockton Beach Caravan Park – Christmas in July	Anderson P/H, Angell A/W, Barnes D, Bickley/Baird C/C, Bryce/Tanner J/H, Cok A/W, Collins M/L, Cornwell J, Cooper D, Curtis M/R, Dawson R/K, Dew A/C, Dick/Moore M/T, Edwards/Williamson S/G, Fraser T/A, Howard B/A, Insull B, Knight J/C, Lee-Sing S/W, Leotta A/L, Maranik D/A, Merrett/Wright J/P, Moore J/N, Nutter/Pryde R/F, Olesen P/C, Palmer/Evernden I/F, Pollard C, Rogers R/R, Ryan J/R, Sherwood R/C, Thomas F/R, Treacy/Wenning J/R, Wilkinson C 33 + 1 visitors Laverty E,	CLUB ORGANISED	Stockton Beach Caravan Park 4928 1393
In 8 – Out 15 August 2023	Del Rio Riverside Resort Wisemans	Barnes S/P, Collins M/L, Cooper D, Cornwell J, Crimmins R/M, Curtis D/M, Dew A/C, Dick/Moore M/T, Howard B/A, Lee-Sing S/W, Maranik D/A, Pollard C, Rogers R/R, Ryan J/R, Schultz B/A, Sherwood R/C, Thomas F/R, Treacy/Wenning J/R 18	Fay Thomas 0408 271236	Del Rio 4566 4330
29 Sept – 2 Oct 2023	NSW State Rally	Davidson/Whitehead P/Y, Kennedy/Cousins M/D 2	Peter Davidson 0417 053 756	Hawkesbury Showground
2 – 9 Nov 2023	Darlington Beach Caravan Park Arrawarra	Barnes D/Gosper G, Barnes P/S, Collins M/L, Cooper D, Cornwell J, Dick/Moore M/T, Holmes J/L, Howard B/A, Insull B, Latham B/D, Lee-Sing S/W, Lindsay F/A, McConville B/D, Merrett/Wright J/P, Newell G/M, Nutter/Pryde R/F, O'Brien D/B, Oakes J, Olesen P/C, Palmer/Evernden I/F, Rogers R/R, Rohwer P/P, Smyth J/H, Steele K/L, Thomas F/R, Treacy/Wenning J/R, Wilcox/Richardson G/J 26 + 2 visitors Val Wall/Ron Campbell	CLUB ORGANISED	Darlington Beach 6640 7444
12 – 26 Nov 2023	Narrabeen Leisure Trip	Bickley/Baird C/C, Bryce/Tanner J/H, Davidson P/Y, Dew A/C, Fraser A/T, Leotta A/L, Maranik D/A, Moore J/N, Newell G/M, Rohwer P/P, Wells J/J 11	John Bryce 0424 963 954 or Helen Tanner 0468 637 711	Big 4 Lakeside
22 – 30 Nov 2023	Belmont Lakeside	Barnes D, Edwards/Williamson S/G, Fraser T/A, Laney R/L, Leotta A/L 5	Susan Edwards 0414 452 317	Belmont Lakeside 4945 475