

Tuggerah Lakes Caravanners Incorporated



NEWSLETTER No. 212 November 2024

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NEXT MEETING - Sunday, January 19th , 2024

Meeting Held 17th November 2024

This was a General Meeting and AGM

Members: 50 Attended 11 Apologies and 2 Visitors

Raffle Winners

1st prize \$50.00 Margaret Dick

2nd prize \$30.00 Debbie Latham

3rd prize \$20.00 John Knight

Winners of Gift Cards donated by **Creightons**

1 x \$30.00 Coles card Robert Wenning

1 x \$20.00 Coles card Brenda Kirk

Winners of \$10.00 Gift Cards supplied by **The Doylo**

Wes Kirk and John Bryce

Birthdays for December



Rogers Rod	2-Dec	Shoobert Bev	2-Dec
Baker Steve	9-Dec	Curnow Laurel	3-Dec
Holmes Jim	10-Dec	Brill Helen	9-Dec
Thomas Rod	12-Dec	McConville Diana	14-Dec
Curnow Roy	17-Dec	Wilcox Gaianne	20-Dec
Ryan Ross	19-Dec	Wall Val	28-Dec
Leotta Andy	19-Dec	Smyth Helen	31-Dec
Jones Douglas	26-Dec		
Dawson Ron	27-Dec		
Howard Allan	31-Dec		

Club Shirts

It is so great to see so many members in their club shirts.

If you require a club shirt, please see Bev Insill

****ATTENTION****

At the November meeting Three (3) items were discussed that you should be aware of.

1. Our constitution needs to be updated, if you haven't got yours, you can find it on our Web Site. Please have a read and if you consider any changes, give your written suggestions to the secretary.

2. A couple of members have requested phone numbers of other members. It has been suggested that a list of all members names with only their mobile phone numbers be emailed to all.

If you do not want your phone number published, please notify the secretary. This will be published early next year.

3. Next year (2025) our April meeting is scheduled for the 20th April. This date is also Easter Sunday. For this reason we will **CANCEL the APRIL MEETING**.

Mike

Club Palm Beach



8th January 2025

Cruise from Ettalong Wharf to Palm Beach: 10.50am departure

Lunch at Club Palm Beach with your choice of:

Roast of the day with vegetables,

Fish and chips with salad,

Chicken Schnitzel with chips and salad

\$30PP

Departure from Palm Beach 2pm, 3pm or 4pm

Contact Helen Tanner on 0468637711

19th National Caravan Clubs Rally

Currently there are no more sites available for the 19th National Caravan Clubs Rally. Club members may still register for a powered or non-powered site but their details will be added to a 'waiting list'. We are asking those members, who still wish to submit a registration form, to refrain from making a payment until they are advised that there is a site for them.

If sites become available, the Registrar will contact the person who is first on the waiting list. That person will be reminded what your 'Rally ID code' is and asked to make payment within two weeks. The club member will be required to pay the first three instalments which amount to \$390. If no payment has been received within that period, their registration will be discarded.

To secure a site, all payments must be paid no later than 30th June 2025. No late payments will be accepted at the national rally.

There are many people who have submitted a form but never paid any money and another 48 registrations who have only paid their \$50 deposit. We are currently trying to establish if these people are committed to attending the rally. Major payments must be paid in the following months and it is vital to have some idea of numbers.

Sunday Medical Presentation:

A bit thankyou to Ian and Tanya(Lathams daughter) for sharing their knowledge on Sunday.

Tanya gave a very good explanation on the snake bite bandage which can also be used where a copression bandage is required as the same amount of pressure is needed. Her advice is bandage with two if you have them and the bandage has indicators on the bandage itself which shows if it has enough pressure being applied.

If more information is require please check on line for bandaging procedure.

Leonie

Christmas Lunch 8th December

Date: 8th December

Time: 11.30am for 12 noon start.

Secret Santa: If you would like a bit of fun bring a small gift to the value of about \$10 labelled Male or Female. These can be swapped for one of the others to join in with the Christmas Spirit.

Come and celebrate with others of the club. Time together is worth more than money can buy. Recalling time and trips we have had together over the year.





Melbourne Cup Rally



We had a late start Thursday morning as had to finish the packing of the van. We had a great trip to Tamworth arriving about 2.30pm.

It was a quick unpack and set up then we went to happy hour to a lovely spread of snacks put on by the club.

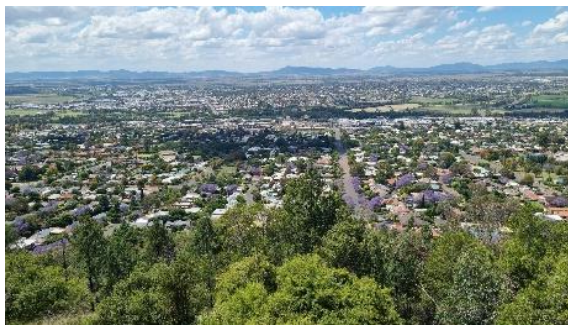
Friday was a beautiful sunrise and although a light jumper was needed for my walk it was very pleasant. We had a very lazy day catching up for morning tea with the others.

Dinner saw some of us head to the servicemen club for dinner.

This was a buffet and great value for money. There were prawns, mussels, soup, Chinese selections, roast dinner and a large variety of desserts.



Saturday 2nd Nov, was an early walk along the river to take in the sites of Tamworth. It was then off to little craft markets where there was wood work, weaving, crocheting and so on.



Some of those in our group bought a few things and then we made it up to their little cafe/kitchen area which apparently had the best homemade scones, according to Jimmy. 🍌🍌🍌

It was then off to the book sale. There were more books than in a library and all at reasonable prices and good quality.

Jimmy and I went up to Oxley Lookout which gives a lovely view over Tamworth. Lots of beautiful Jacarandas and open country. This afternoon was happy hour and a hamburger night. Which was really yummy and to top it all off was movie night set up by John and Ian. Another great day.

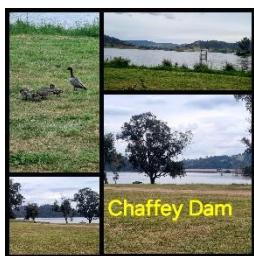




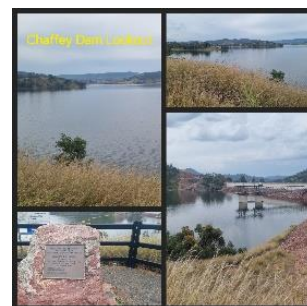
Sunday 3rd Nov many of us head to Moonbi Lookout for morning tea. There is a huge boulder that many ventured up to look at the view. For those who couldn't climb up the view though not as spectacular was still breathtaking.

After our adventures here we headed the short distance to Bendemeer where we checked out the free camp and then onto the pub for lunch. The meals were huge with many needing doggy bags to take home what couldn't be eaten. Jimmy and I only shared a small meal as we were having a roast dinner that evening.

Monday 4th saw a few of us washing parts of our vans and cars as they were covered in crap as many of us are situated under trees with many birds frequenting them 🦜🦜🦜 as well as bats flying over in the area 🦇.



A few of us headed to Nundle to the wool factory for much needed socks and then a pub lunch. On the way back we explored Chaffey Dam but didn't get very far in the western side as the roads now closed as it is impassable as the water now covers part of it. We looked at the dam from the look out and check out the



free camping area before we headed home.

Another wonderful day with a balmy 32°C at its peak



Tuesday 5th November saw us arise to a beautiful day but we were aware it was heading to temperature in its 30s.

This morning started with a small hiccup with the fridge breaking down spoiling the food the club had in there. Fortunately, we were reimbursed by the Caravan Park and the committee were able to replace food and still

have the lunch ready for us all.

The lunch was chicken, salad and ham followed by strudel, ice-cream and custard. The meal was very yummy. As the temperature continued to rise after lunch many of us stripped out of our fancy gear into costumes to cool off before the big race started. Although Christine decided that changing was too hard so took off her fascinator and watch and went in clothed.

As usual for Melbourne Cup was run, there were more losers and winners but we all had a great time.

It was lovely and about 6pm a cool breeze came in and dropped 10°C to a more comfortable 25°C.



Free to good home:

We have a 19 ft caravan cover that we no longer use. If anyone would like it, please contact me. Gaienne

Your guide to managing diabetes when it's hot

For many of us, summer is a time to soak up the warmer weather and enjoy a little rest and relaxation. But as the temperature rises, there are some extra things to think about for people living with diabetes. In this article, we explore how hot weather can affect diabetes and share practical tips to help you stay cool and well this summer.

Stay hydrated by drinking water

Not drinking enough fluid can cause high blood glucose levels (BGLs). Additionally, high BGLs can increase the risk of dehydration. This is because high BGLs increase the need to go to the toilet more often.

Drink water regularly to stay hydrated, even if you don't feel thirsty. If you have limits on how much fluid you can drink, always talk to your doctor about what's best for you.

If you use insulin, check your BGLs more often

Hot weather can increase your risk of having low blood glucose levels (or a hypo). This is because higher temperatures can affect how quickly your body uses insulin. Therefore, check your blood glucose levels more often, especially when exercising or feeling unwell. And always carry your hypo treatment kit with you.

Keep diabetes medication and supplies out of the heat and sun

Heat can damage insulin and non-insulin injectables, making them not work as well. Store these in the fridge until you are ready to use them. Once opened, keep them below 25 degrees Celsius. If you go out, carry your insulin in a cooler bag (but don't place the insulin directly on ice) and don't leave the cooler bag in the car. If you use an insulin pump, you may need to change your insulin cartridge more often.

Store other diabetes medications and supplies in a cool, dry place away from heat and sunlight. Always follow the storage instructions on your medicine label.

Know how heat can affect your diabetes technology

Heat can damage your blood glucose meter, insulin pump, continuous glucose monitor (CGM) or flash glucose monitor (Flash GM). If you use technology to manage your diabetes, ask your diabetes health professional how to use it safely when the weather is hot.

Plan outdoor activities during cooler times of the day

Check the weather forecast and plan outdoor activities during cooler times of the day such as early morning or late afternoon, or on days when the humidity level (amount of moisture in the air) is lower. The more humid it is, the harder it is for your body to cool itself down.

Dress for the heat

When you go outside, always protect your body from the heat and the sun to reduce your risk of sunburn and overheating. Wear shoes that cover your feet, including the tops of your feet, especially if you have reduced feeling in your feet. This will help protect them from sunburn as well as surface burns from hot sand or footpaths. Wear loose, light-coloured clothing that covers your shoulders and arms, and use a sunscreen or sunblock that is at least SPF50 on exposed skin. And don't forget your hat, sunglasses, and water bottle.

Take extra precautions if you have diabetes-related complications

Diabetes-related complications, such as damage to nerves and blood vessels that affect your sweat glands, can impact your body's ability to sweat and control its temperature. This increases your risk of dehydration and heat exhaustion. Some symptoms of heat exhaustion may feel like the symptoms of low or high BGLs, such as:

- dizziness
- headaches

- irritability
- confusion
- sweating
- fast heartbeat
- nausea and vomiting.

Therefore, check your BGLs often, avoid the heat, and stay hydrated. Heat exhaustion needs urgent treatment, so it doesn't become heat stroke, which is a medical emergency.\

Be prepared for hot days

Plan ahead and make sure you have enough food, diabetes supplies and medicine to manage your diabetes at home, so you don't need to go out when it's hot. Keep your house cool by closing curtains and blinds and using air conditioning or fans. Check you have an up-to-date sick day action plan and emergency kit in case you become unwell.

Find more information on our hot weather [here](#).

And remember, stay cool to stay well.

Hot weather and diabetes

Stay cool to stay well!

Hot weather can put your health at risk.

When you have diabetes there are some extra risks, so staying cool can help you to stay well.

Tips to help you stay healthy when it is hot:

- ✓ **Drink enough water** throughout the day to stay hydrated.
- ✓ **Avoid being outdoors** in the hottest part of the day.
- ✓ **Always wear covered shoes** outdoors to protect your feet from burns.
- ✓ **Keep your home cool** by using air conditioning or fans, and by closing curtains and blinds.
- ✓ **If you monitor your blood glucose**, check regularly. Check more often if you feel unwell.
- ✓ **Keep medications and blood glucose monitoring equipment** out of the heat. The label on your medications tells you how to store them safely.
- ✓ **If you are using an insulin pump or continuous glucose monitoring**, ask your diabetes health professionals about how to use these safely when it is hot.
- ✓ **Have a sick day action plan.** Use this plan if you are unwell or have any signs of illness.
- ✓ **If you are at risk of hypoglycaemia** (also known as a hypo or low blood glucose), always have hypo treatment with you.
- ✓ **Have enough food, medications and diabetes supplies at home**, so you do not need to go out if it is hot.
- ✓ **Stay in touch with family and friends**, and contact someone if you feel unwell.
- ✓ **Talk to your doctor or diabetes health professional** about looking after your diabetes in hot weather.

Find out more

Go to ndss.com.au/hotweather or call the NDSS Helpline on **1800 637 700**. Watch a video about hot weather and diabetes by scanning the QR code.





Christmas

MEMORIAL SERVICE 2024

Saturday 7th December at 10am

Hillside Chapel, Palmdale Lawn Cemetery and Memorial Park

57 Palmdale Road, Palmdale

We invite you to attend a beautiful memorial service with our community to offer comfort and to show that we do not grieve alone.

Our service will include: Music, song, a candle-lighting ceremony, a Christmas ornament with your loved one's name for you to take home and light refreshments to share.

We invite you to bring a photo of your loved one for display during the service



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Tuggerah Lakes Caravanners TRIP SHEETS 2024				
DATES	DESTINATION	MEMBERS ATTENDING	CONTACT	PARK
8 th Dec	Doylo Auditorium	Brennan S, Collins M/L, Cooper/Kinnell D/V, Cornwell J, Curtis D/M, Davidson P, Evernden/Palmer F/I, Howard A/B, Insull/Doyle B/J, Jenkins L/N, Knight J/C, Lees-Sing S/W, Maranik A/D, Nutter/Pryde R/F, Ranse C, Rogers R/R, Ryan J/R, Sherwood R/C, Shoobert B, Strachan K/N, Thomas R, Treacy/Wenning J/R, Wilcox/Richardson G/J, Williams K 41 members	Joan Cornwell 0438 891 381 Leonie Collins 0419 763 107	Payment must be completed by end of meeting on 17 th November.
Tuggerah Lakes Caravanners TRIP SHEETS 2025				
DATES	DESTINATION	MEMBERS ATTENDING	CONTACT	PARK
8 th Jan 2025	Club Palm Beach	Brill C/H, Bryce/Tanner J/H, Collins M/L, Cornwell J, Dick/Moore M/T, Merrett/Wright J/P 6	Helen Tanner	0468 637 711
3 rd Feb 2025	Lakeside Forster	Bryce/Tanner J/H, Cooper D/V, Cornwell J, Insull/Doyle B/J, Kane P/C, Kirk W/B, Lindsay F/A, McConville B/D, Newell G/M, Rodgers R/R, Ryan J/R, Sherwood C/D 12	Coral & Peter Kane 0412 605 887	Lakeside Forster 02 6555 5511
3 rd Mar – 12 Apr 25	Perth & Return	Cok A/W, McConville B/D, Ranse C 5 Addilla R/M visitors	Bill McConville	0411 433 232
3 rd – 10 Mar	Ingenia SW Rocks	Collins M/L, Cooper D/V, Cornwell J, Dick/Moore M/T, Insull/Doyle B/J, Latham B/D, Lee-Sing S/W, Merrett/Wright J/P, Newell G/M, O'Brien B/D, Rohwer P/P, Wilcox/Richardson G/J 12	CLUB ORGANISED	Ingenia South West Rocks 02 6566 6264
7 th – 20 th Apr	Hartwood Campfires & County Music	Curtis D/M, Howard A/B, Jeffs S/K, Kane C/P, Lindsay A/F, Newell G/M, Rogers R/R, Ryan J/R, Sherwood R/C, 9	Coral & Peter Kane 0412 605 887	info@hartwoodfestival.com.au 0456 780 824

29 Sep – 7 Oct 25	19th Nat. Caravan Clubs Rally	Collins M/L, Davidson P, Kennedy/Cousins M/D	Leonie Collins 0419 763 107	https://www.19thnationalcaravanrally.org.au
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