



FOUR WHEEL DRIVE CLUB OF SOUTHERN  
AFRICA  
KZN BRANCH

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## TRACTION

Issue 04

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Four Wheel Drive Club of Southern Africa (KZN)  
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Westville  
3620

Website:

[www.4wdkzn.co.za](http://www.4wdkzn.co.za)

Photo Albums:

<http://community.webshots.com/user/4WDClubKZN?vhost=community>

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*Kevin Govender*

## Chairman's Cab

Hi 4 - Wheelers,

More exciting times are upon us - well, for some of us anyway. With two meetings behind us, the Namibia trip fast approaches, leaving all involved anxious, and with great expectations and anticipation.

The last outing to Inanda Valley was well attended, leaving us organisers with a few learning points to ponder. That being said, we can only get better while learning from our little mishaps. We were also fortunate to have with us on

the trip, an Australian couple, who have shipped their Cruiser over, and are going to be touring Africa (see further on their article to their club magazine). The next outing, to Gwahumbe, promises some great game viewing, without the huge costs that are normally associated with such an activity.

Don't forget the next Regional Challenge on the 4<sup>th</sup> July 2010 at the Ballito Prawn and Jazz Festival. It will be a weekend long event, starting on Friday 2<sup>nd</sup> July, when we will drive around a pre-determined obstacle course. Saturday will see us host a fun Club Obstacle day, with the Regional event on Sunday. There will be camping available at Salt Rock Caravan Park (we are currently negotiating a Club rate), and a separate e-mail will be sent out with the details. There will be lots to do for the entire family, so bring everyone along.

The annual Cars in the Park will be held this Sunday in PMB. Our sister Club, the FWDCSA Midlands, will be hosting a stand, and have kindly invited us to participate. All members are encouraged to go along, and support the Clubs and the Club's stand. This can be achieved by both supplying your vehicle for display, and by availing yourself to hand out information pamphlets to the public as they walk through the stand. All members keen to assist in some manner, are to contact Roger Stern on 082-557-6060.

Until we meet again, keep wheeling!

Regards  
Kevin



*Jacques Mabon*

## Latest News

As Kevin mentioned in his article, some of our member's will be doing their first long 4x4 trip in June this year. No-one has mentioned who will be taking photos and writing out the trip report as yet.

Many of them, I would assume, are busy thinking what to pack and what to leave behind. Some would phone a friend, ask some members for a clue and others would work on instinct based on their own camping experiences. Others may very well be thinking that they should have spoken to Bob and Anne Finch whilst the opportunity was there. You snooze, you lose!

Either way we are likely to make a few mistakes. Whilst surfing the internet one evening recently (before my computer crashed!), I came across this article which I found to be pretty informative with some valuable links. I trust that this will be of some help to the guys leaving next month.

## **Planning your first long 4x4 trip**

(Greg van der Reis)

African Expedition Company

It's Saturday morning and while waking up to the smell of coffee your thoughts drift to the 4x4 in the garage and the coming holidays. The kids bring in the weekend paper, the travel supplement has some pics of sunsets, folks in their 4x4's. You now have a mission for the weekend. No weekend jobs out of the job jar...this weekend you are planning your first long trip.

You call the wife, discussion time.

Get a few friends who might be interested in joining you to join in at the planning stage, they will feel part of the team and the old saying goes "drive alone and die alone".

Where to go is determined by a number of factors, namely:

- Cost
- Amount of time available
- Safety / stability
- Requirements
- Vehicle

Once you have sat down and made a short list of places you want to visit the next consideration is how far we are going to travel. At this stage it is very helpful to sit down at the PC and spend some time searching for information on each of the destinations.

For some rough pre planning you can get some help from the following websites:

[www.multimap.com](http://www.multimap.com) (Multimap has some very basic maps but it can be the first place to start)

During research you can use a number of the search engines such as [www.google.com](http://www.google.com) and just do a search for the name of the country that you wish to visit. Look for the government website and then try tourism. This usually gives you a vast amount of information on the country as well as maps. Websites

such as [www.gov.bw](http://www.gov.bw) has a vast amount of information on Botswana, another example would be [www.zambiatourism.com](http://www.zambiatourism.com) .

Determine the distance of the planned round trip and estimate the costs of the trip.

This is my method and works for me.

### **Fuel**

Distance in kilometres at 2 x normal fuel cost

Say I travel 750km on 95 litres, that equals 7.89km per litre

Contact the fuel depots example Shell and ask what the cost is per litre in the country that you are going to visit. Let's say the average fuel cost is R 4.50 per litre.

Fuel cost is thus  $R\ 4.5 / 7.89 = R0.57$  per kilometre

Fuel cost is thus  $2 \times R\ 0.57 = R\ 1.14$  per kilometre

The round trip is say 6000km @ R 1.14/km

**Fuel cost: R 6840.00**

### **Accommodation**

I work on an average of travelling 250km per day. This is the minimum time required to undertake the journey and still enjoy it. I have done many more kilometres' than this but this becomes less of a holiday as there is no time to explore and see the sights.

6000km / 250km gives me 24 days vacation

If my leave allows for 24 days then the trip has a good chance of working.

Cost of accommodation (assuming 4x4'ing) R 60 per person per day

4 Persons @ R 60 equals R 240 per day for 23 days

**Accommodation: R 5520.00**

**Note:** Some National Parks are much more expensive therefore it is essential that you do your homework and adjust the budget accordingly.

### **Food**

We try to eat the same food as we do at home but we all tend to be a bit extravagant on holiday and so I allow R25 per person per day for the little extras.

4 Persons @ R 25 equals R 100 per day for 24 days

**Food: R 2400.00**

**Road Taxes**

Check the country in question. Either call the embassy or search the tourism page of the web site.

**Road Tax: R 200.00**

**Activities**

While on holiday what activities am I going to participate in? Game Drives, rafting, Ballooning, etc.

Say R 500 per person

**Activities: R 2000.00**

**Contingencies**

Add on about 20% for unforeseen expenses

**Contingencies: R 3392.00**

**Total anticipated Cost: R 20352.00**

At this stage a decision needs to be made...Can we afford this?

The budget is affordable and the vacation time also available so the trip is on!

**Where to from here?**

Do a thorough search on each country that you will be visiting and travelling through. The following website has fairly accurate background information on each country and is a great place to start is [www.cia.gov/cia/publications/factbook/index.html](http://www.cia.gov/cia/publications/factbook/index.html). After you have put the basic picture together visit the local embassy and get any information that they have on the places you wish to visit. Spend some time in the travel section at the local bookstore and study the information on customs, religion, traditions and the people themselves. Struik Publishers have a vast selection of books available on a number of our neighbouring countries and the series by Willie & Sandra Olivier is great. One can also search on [www.kalahari.net](http://www.kalahari.net) or [www.amazon.com](http://www.amazon.com) for books on the country. Spending time in the local library is also a good place to start.

Search the internet (try [www.google.com](http://www.google.com) or [www.yahoo.com](http://www.yahoo.com) for the inexperienced) for the country. A quick search for "Botswana" produced in excess of 6 million referrals to Botswana so your research is definitely a long term process. For more detailed searches try and narrow the search down, search for "Botswana road tax" this resulted in three sites listed.

## **Embassy**

The embassy can inform you of the vehicle and medical requirements.

### ***Vehicle Requirements***

Do you require your vehicle papers?

Do you require an International Drivers License?

These are available at the AA for R 65 each – you will require two passport photos.

What is the speed limit?

Must seat belts be worn?

Two way radio licenses – are they required for visitors?

### ***Medical***

What tablets and inoculations do you require.

Take some time and check the Netcare Travel Clinic @ [www.flysaa.co.za](http://www.flysaa.co.za)

Can you drink the water or must you take purification tablets?

Have there been any outbreaks of disease in the area you are planning to visit?

What are the rules regarding taking your prescribed medicine across the border.

### ***Fuel***

Is fuel available – check the availability of diesel and unleaded petrol. Ask the embassy to get you the telephone number of the local fuel merchant and enquire from them what the availability is.

NB. Check your fuel range between fuel depots/garages and work on the worse scenario.

### ***Spares for your vehicle***

Contact the local representative of your vehicle manufacturer, e.g. Toyota, Ford, Nissan, etc. and ask them for the representatives number in the country you will be visiting. For older vehicles that have travelled in excess of 150 000 km ask about the availability of spares. Some new Tdi vehicles need intermittent services, can this be undertaken?

On this note you might find that your local service station will “lend” you the parts that you might need and refund you on your return if they are unused.

### ***Maps***

The embassy will be able to either give you maps of the country or should be able to give you the details of the government printer where maps can be

purchased. A great source of “unobtainable maps” is the aeronautical charts. These maps have all the features that we require as well as aeronautical info. The Michelin map set is a help or try the new National Geographic Adventure Atlas for similar maps of Africa. Garmin will soon be launching a new digital map similar to the Michelin maps which can be loaded onto your GPS.

I use Tracks 4 Africa maps and tracks and they are brilliant Ed

[www.tracks4africa.com](http://www.tracks4africa.com)

### ***Passports***

Do you require Visas? Must your passport be translated?

What is the expiry date in your passport? The country you are visiting usually require some leeway on the expiry date of your passport (the passport must be valid for six months after the anticipated date of your return.)

Do your children have passports? Children’s passports are valid for a shorter period than adults passports as their features change.

### ***Books***

It is advisable to purchase a variety of books on the animals, insects and plants that can be found in the area that you plan to visit. The children can keep a logbook of each animal that they have seen, the children must confirm the ID using the guide books.

### ***Clothing***

What are the local dress codes? Be very careful that you do not offend the locals...a few days in jail is hardly worth it. Only wear costumes where permitted. Just observe the locals and you should be safe.

Planning usually requires about six months to complete. Plan your adventure well in advance, good planning will result in a much more pleasant vacation and will open the doors to the future.

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An interesting website to go and visit regarding the above type of scams and hoaxes is <http://www.foax-slayer.com>. Here you will find a wealth of information regarding all types of shenanigans that various people get up to as well as means to secure yourself against them. It makes for some interesting reading.



Shavaun Lesch

# Calendar 2010

COMMITTEE MEETING	NOGGINS	OUTINGS	CHALLENGES	PRO EVENTS	DRIVER TRAINING
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## MAY 2010

15th	GAUTENG NATIONAL
16th	CARS IN THE PARK
20th	NOGGINS - MARK ADERSON - SARDINE RUN & SHARK ANGELS
29th	DRIVER TRAINING
30th	OUTING - GWAHUMBE - SHAVAUN
15th	GAUTENG NATIONAL

## JUNE 2010

2nd	COMMITTEE MEETING
5th	DURBAN NATIONAL
9TH - 25TH	OUTING - VIC FALLS & NAMIBIA - KEVIN - INFO IN APRIL TRACTION
17th	NOGGINS - KLOOF CONSERVANCY - BRIDGESTONE
2nd	COMMITTEE MEETING

## JULY 2010

2nd - 4th	BALLITO - PRAWN AND JAZZ FESTIVAL  Organised by <b>EVENT-IT</b> <small>Special Events Co-ordinating</small> <a href="http://www.ballitoprawnfestival.co.za">www.ballitoprawnfestival.co.za</a> <i>Your winter 'hot spot'</i>
3RD	BALLITO - CLUB CHALLENGE - OUTING
4th	REGIONAL CHALLENGE BALLITO
10th	WESVAAL NATIONAL
15th	NOGGINS
16th-20th	OUTING - LESOTHO - GERALD

## AUGUST 2010

4 <sup>TH</sup>	COMMITTEE MEETING
6 <sup>TH</sup> – 9 <sup>TH</sup>	OUTING – HEAD FOR THE HILLS, KOKSTAD - KEVIN
7th	DRIVER TRAINING
14 <sup>TH</sup>	PRETORIA 2 NATIONAL
19 <sup>TH</sup>	NOGGINS
29 <sup>TH</sup>	REGIONAL CHALLENGE ESTON

## SEPTEMBER 2010

1st	COMMITTEE MEETING
16th	NOGGINS
18th	BEACH CLEAN UP DAY
18th	BLOEMFONTEIN NATIONAL
24th-26th	OUTING - MZIKHABA - JARROD

## OCTOBER 2010

3rd	REGIONAL CHALLENGE HIGHSTAKES
6th	COMMITTEE MEETING
18th	NOGGINS
29th-31 st	OUTING -ROSETTA CONSERVATION CAMPING WEEKEND - PHIL & HUGH
30th	DRIVER TRAINING

## NOVEMBER 2010

3RD	COMMITTEE MEETING
6TH	RUSTENBURG NATIONAL
18TH	NOGGINS
21ST	REGIONAL CHALLENGE PMB - TOYOTA / LAND ROVER CHALLENGE

## DECEMBER 2010

3RD - 5TH	XMAS - NON STOP ADVENTURES - KEVIN
12th	DRIVER TRAINING



*Jacques Mabon*

# Photo's

What an awesome sunset.....





*Rodget Stearn*

# Noggins



## THE GREATEST SHOW ON EARTH To be held at Noggins on 20 May 2010

A bit of a change this month! In celebration of World Environment Day we have decided to leave our engines, gears, cogs, oil and tyres at home. Instead we have invited Mark and Gail Addison to come share with us their knowledge of the Sardine Run and other wonders found under the sea. Mark has a company Blue Wilderness which is a dynamic underwater filming logistics and expedition company. For the past 20 years he has been involved with filming amazing underwater and shark images. We are privileged that they have agreed to share with us some of their experiences and their images and we ask you come to Noggins to support their efforts.

Although they will share with us images mainly of the Sardine Run, Mark and Gail's passion is ensuring the survival of the most feared and even more misunderstood animal on the planet - the shark. They are involved with an organisation Shark Angels (<http://sharkangels.org>) and will also share with us some information of what this organisation is doing in an endeavour to prevent these creatures from destruction.

Please be aware that Mark will be travelling from Umkomaas where they live and have agreed to do the presentation at no charge. As a token of the Club's appreciation we ask that all of us consider making a donation to Shark Angels. A box will be available where you can contribute what you see fit.

**Venue:** ECCC Club house (Behind Lord William Charles) opposite Sandy Centre in Old Main Road, Pinetown  
**Date and time:** 22 April @ 19h00  
**Bring:** Own eats, utensils and a friend  
**Don't Bring:** Liquor, the club house is licensed  
**Speakers:** Mark and Gail Addison

Looking forward to seeing all our members there,

Roger



*Phil Jacobs &  
Hugh Cawood*

## Outings & Trails

Check [Calendar](#) for outing changes

### OUTING

30<sup>th</sup> MAY 2010

### GWAHUMBE RESERVE

This is an outing the club went on for the first time last year. There is nothing too extreme and it is a really great family day out. The area covers 3000 ha of riverine forest, valley bushveld, plateau grassland and majestic cliff faces. Ranging from 700 m above sea level to 400 m in the river valleys,



the topography is reminiscent of northern KwaZulu Natal but enjoys a milder climate and is malaria free.



There are a number of animals to see. Over 180 bird species have been recorded in this area. These range from forest species such as the trumpeter hornbill and colourful narina trogon, waterfowl, grassland “little brown jobs”, bushveld birds such as thrushes

mouse birds and barbets, to a variety of raptors of which the Crowned Eagle is recorded to have bred in the valley for over twenty five years. Another endangered species that occurs here is the ground hornbill. A variety of antelope may be seen including, nyala, impala, blesbok, black and blue wildebeest, reedbuck, kudu, eland and the endangered blue duiker. White Rhino, Giraffe, zebra, Caracal, large spotted genet, black backed jackal, porcupine, Cape clawless otter, thick-tailed galago, aardwolf and warthog are also found on the farm. Hippos were re-introduced into Malinga Hippo Pool in 2000, a first for the region.

There is one Rhino you do have to watch out for as he loves to charge cars that get too close to him. So keep an eye out for him.

Bring along the family and join us on this fun day out.

**Meeting Place:** Camperdown exit number 57

**Meeting Time:** 8:00 am to leave by 8:30am sharp.

**Grade:** 2 - 3

**Lunch:** Braai or picnic lunch (please bring along your own chairs and braai)

**Contact people:** Clinton 082 495 1469 or Shavaun 082 571 0685

**Important:** Please remember convoy procedure so no one gets left behind.

Toilet facilities available for the Ladies.

The costs to get into the reserve are as follows: Per vehicle R65.00  
Per adult R40.00



I will be collecting the money from each vehicle and going to the reception to make one payment to save time and taking over their small reception area. Each driver will have to sign an indemnity form on the day.

See you there Shavaun.



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## A Day out with the South African 4x4 Club

Our meeting point was the car park in the Spar shopping Centre in the outer suburbs of Durban. We had been invited to attend day trip in the local area after we had contacted the club.



MEETING POINT AT CARPARK

### UNDER THE DAM WALL

By 8.30am everyone had arrived in a variety of vehicles from nice and shiny Pajeros, old and new Land Rovers, Hiluxs and beastly Land Cruisers. There were two trips on offer, a hard trip with rocky tracks and deep water crossings, the other a more moderate trip with dirt roads, Zulu villages and some rocky river crossings, then a Braai for lunch on some huge smooth rocks, reminiscent of Cathu.

We went to the bottom of a massive spill over for a dam that supplies Durban, and went up and down around the “1000 Hills” area, through the local Zulu villages. Then we came to a creek crossing where some of the members decided that it was too deep for them. We followed Dave through but managed to avoid the hole he found, he must have a penchant for falling in water, as when he walked it, he also fell over when trying to answer his mobile phone, as he said he doesn’t talk on it when driving and now he won’t when he is walking in water.



### CREEK CROSSING

The trip leader at this point had to leave us as his wife had rung and said she was about to cut a hole in the house as she had gone out and bought a sliding door - not sure if he was going home to help or to kill. So now it was three of us.

We arrived at the lunch spot shortly before the other group which had grown considerably in numbers from when they had left the mornings meeting point. They had done quite a bit of rock hopping and some damage as well.

It was quite cool but the kids eventually “slipped” into the fast flowing stream, like a huge slide and then they ran back up to the top to start all over again.



### ZULU VILLAGES IN THE HILLS



I THINK I CAN, I THINK I CAN, I CAN'T



HAVING A BRAAI 4WD CLUB STYLE

Then some of the adult children decided that these huge rocks needed to be conquered with their cars. A Land Rover crewcab, powered by something bigger than original, tried and got stuck with an eventual big bang from the front axle, so that was time for a visiting Lada Niva to try the big hero, he managed to half get him out backwards, as we all ran for cover. The recovery was up to a Cruiser ute (bakkie) with a V8 that barked like a mad dog. After the recovery the Niva tried to do his thing in the creek, and then got into an even worse mess. Stock standard mind you Bruce!! After all this entertainment with a few more recoveries, it was getting late and we still had quite a way to travel to get home.



A NIVA WASH  
CHASIS - AWESOME



TOYOTA VAN ON HILUX

The locals went off in one direction, while four of us took a different route home to Pietermaritzburg, along a dirt road which was not bad, just a single lane track cut into the mountain side and very high, back on the highway and home just before dark.

One of the Pietermaritzburg members Graham out with us for the day, offered to go with us up Sani Pass into the country of Lesotho - STAY POSTED FOR THIS ADVENTURE FROM THE FINCHES.

Anne and Bob Finch

***Editor's Note:*** A big thank you to Bob and Anne Finch for supplying the above article for our Newsletter, Traction. It was indeed an honour to host both of you. Please keep us informed of your travels as many of us will be green with envy. We wish you all the best on your travels through Africa.



*Kevin Govender*

# Motorsport

Hi All,

There has been some indication that some of our members would like to see the return of our Club Challenges. It was felt that this “informal” sort of challenge was more enjoyable as it allowed more experienced members to interact with each other thereby sharing valuable experience and tips with the newer members and those with limited experience.

This has been discussed at recent Committee meetings. We will be having a fun Club Obstacle course at Ballito in July.

Regards

Kevin



*Kevin Govender*



# Halfway Toyota 4x4 Challenge

Hi All,

The third leg of our **Halfway Toyota KZN Regional Challenge Series** will take place at Ballito on the first weekend in July.

The Committee is putting in a huge effort to make a success of this. Veronica has been running around arranging new flyers and pamphlets. Some of the Committee members will be handing these out in an attempt to create interest for the event.

I've spent the best part of a week in getting earthmoving equipment into the area and creating a track from the virgin bush. I'm pretty sure that the competitors will find this very interesting and challenging.

A special plea is being sent out to all members to come and support us in making a success of this event as it promotes the 4WD club as well as creating visibility for our Regional Challenges.

Members are also reminded that we still require some sponsorship for individual obstacles at these events. Those members that are interested in assisting us with this must please contact me directly so that I can provide them with the relevant information and details.

We look forward to seeing you at the next Challenge.

Regards,

Kevin

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*Shavaun Lesch*

## Membership

### SA 4x4 MAGAZINE.

To all members,

It is that time again to renew your SA 4x4 mag subscription or look at taking one through the club if you have not before.

If you subscribe personally you will pay R290-00 for 12 issues but if you do it through the club it will be R215-00 depending on us reaching a minimum number requirement. This is a saving of R75-00 for the year. So if you would like to renew or take up this offer please email me, ASAP so I can get an idea of numbers interested.

Thanks

Shavaun

# 2010 MEMBERSHIP

## A warm welcome to all our new members!

All the membership envelopes have been hand delivered or posted to members, so if you have not received yours yet please let me know.

Please would all of you ensure that we have the correct e-mail addresses for you in order for you to receive updates, notices and messages on a regular basis? Please send an e-mail to the addresses below. Thank you.

If you have not received your membership card or membership stickers, please send an urgent e-mail to [Shavaun Lesch](#) and I will attend to it as soon as possible.

If you know of someone who would like to find out more about becoming a member, please contact Shavaun Lesch and a membership application form will be forwarded to you as soon as possible. Alternatively you could fill out the [Membership Form](#) online, and fax the proof of payment to 086-514-0737

### **A reminder from the Membership desk.**

Please could all club members who either sell their vehicles or resign from the club please remove their club logo stickers from their vehicle. This is especially important if you sell your vehicle.

We at the club would not want to re-iterate Vali Moosa's comments about all 4x4 drivers being ruffians especially if it is a non-club member driving around and behaving like a ruffian, thus giving the club a bad reputation.



*Rodget Stearn*

# Motormouth

## "Motor Mouth's" FAQs and Tips Page

World Cup and extended school holidays are just around the corner and with this in mind some of us are getting ready for the soccer fest of our lives, others are planning to get as far away as possible. Mom's are getting excited at the thought of their "Little Darlings" running around the house all day offering to help with the housework while Dad is out in the garage preparing the 4x4 and trailer for the "Getaway from it all " break.

I thought this may be a good time for some travelling and safety tips.

### Safe towing tip for the month:

Preparation is the key to safe towing. The following is a list of recommended activities that will ensure the safety of your vehicle, family and those around you while travelling down the highway.

1. Balance the load in the trailer. Put the heavier cargo at the front and in the middle while keeping the light loads to the outside.
2. Always secure the load to avoid shifting.
3. Check electrical wiring for broken wires or terminals, and proper connections. Repair or replace if necessary.
4. Check brake and indicator lights on trailer for proper signal and functionality.
5. Ensure that you are using the correct size tow ball for the trailer being towed.
6. Inspect safety chain, and retaining pins for damage and corrosion that may lead to premature failure.
7. Always use safety chains when towing. This will prevent the trailer from seperating from the towing vehicle in the event of an accident.

### ***And if you do come across an accident?***

If the authorities are already on the scene, **DON'T STOP AND GAWK**, try to keep your vehicle and others around you moving. Dead and battered bodies aren't a pretty sight, especially for kids. If you are first on the scene, follow the sequence of events as listed below.

- Don't panic, it is your duty as the person taking charge to keep casualties and bystanders calm
- Park your vehicle off the roadway, **PAST** the scene of the accident
- Assess the scene, remember your safety comes first
- Switch on your vehicle's hazards and all working warning lights on the vehicles involved in the accident
- Notify authorities and emergency services as soon as possible (Dial 147 on your cell phone Doll!!)
- Turn off the ignition, apply the hand brake and disconnect the batteries of the vehicles involved in the accident
- Assess the injuries and assist in order of priority
  - Not breathing
  - Severe bleeding
  - Unconscious
- Do not move the injured unless they are in immediate danger
- Do not give them anything to eat or drink
- Keep them warm with a light blanket and assure them that help is on the way
- Continue assessing the condition of casualties and treat accordingly

Let's hope it's not you that someone else has stopped for, "Time is never of the essence"

Motor Mouth wishing you all a very lekker holiday.



*Gerald O'Brien*

## Driver Training

Hi Guys,

To all our new members that have recently joined the club are reminded to attend our next Driver's Training Course on the 29<sup>th</sup> May 2010. If your are unable to make the next course then please make an effort to join us on the following one.

Please remember, this training provides the basis for you to understand your vehicle. As you progress over the next few months, both the Committee and other experienced members in the Club will continue to provide guidelines and assistance to allow you to get maximum enjoyment out of your vehicle as you gain experience.

I have set aside the following dates for Driver Training.

- 29th May 2010
- 07th August 2010
- 30th October 2010
- 12th December 2010

All new members must please make the effort to attend as soon as possible to prevent exclusion on our Outings. My contact details are: -

Landline      039-978-3299  
Cell            082-874-6138  
Email          [gerald@halfway.ws](mailto:gerald@halfway.ws)

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**YOUR PLANET NEEDS YOU - UNITE TO COMBAT CLIMATE CHANGE**

This is the theme for World Environment Day (WED) which has been celebrated every year since 1972. World Environment Day is not to lament the sad state of our environment, but to celebrate that it is still here, to appreciate what a wonderful place it is, and to build up a desire not only within ourselves but those around us to change our harmful lifestyles so that life can continue.

Some of you may be aware that I recently attended an Environmental Seminar held at the MSA offices in Westville. All sporting federations have been requested by the IOC to adopt and Endeavour to support the universal declaration printed below. All clubs, competitors and officials have been requested to comply with this request. As a result the seminar was held with many positive suggestions and recommendations which if adopted, can contribute hugely to protecting the environment while still enjoying motor sport. In a future articles I will share

with you some suggestions which we as a club can adopt and so be seen to be proactive in our desire to support the MSA Environmental Code.

**Universal Declaration:**

- *every person has right to enjoy nature while, at the same time respecting the value to humanity*
- *Practicing sports in nature is a right, which must be accompanied by ethical and moral rules, admitted and respected by all the promoted by nations*
- *Nature must be protected from any form of negligence, exploitation or any practice which may cause its degradation*
- *In keeping with the spirit of an universal citizenship approach, the practitioner pledges to inform him or herself to train or to promote the principles relative to conserving natural habitats*
- *Thus, nature is and must remain the heritage of humanity*
- *Man is and must be its protector. The world we live and work in, we enjoy in sport and relaxation is wondrous; let us present an even more wonderful world to the generations still to leave footprints on this world, footprints that are transient and non-destructive.*

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As a follow up to last month's article about the Sardine Run, we have arranged for Gail Addison to come speak to us about this great phenomenon as well as some other wonders found in the ocean. Please see details under Noggins meeting and make sure you join us.

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**Until next month,**

**Happy Earth Day!**



*Veronica Taylor*

# Public Relations

Hi There,

The Committee has recently discussed the printing of new flyers and pamphlets to assist with promoting the 4WD Club to the general public particularly those who have an interest in 4x4'ing and the general outdoor life.

Our Clubs biggest event over the next few months will be at the Ballito Prawn & Jazz Festival. A massive effort has gone in by the organisers to promote this event through the various forms of media. This form of advertising is to increase as we draw closer to the event to create the necessary hype.

I have no doubt that this is going to provide us with a valuable base to promote the interests of the club and our activities to the general public in KZN.

We will be making use of the Club flyers, pamphlets, banners, vehicles, etc. to make an impact.

I'm very confident that Shavaun will be busy with all the new applications.

Regards

Veronica

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*Jacques Malan*

## Just for a Laugh!

### Are you an Internet Addict?!



*Jacques Malan*

## Campsite Recipes

In June this year, the club will be venturing outside our borders for a three week trip which will be led by Kevin. This is by far the longest trip I know of since I have been in the club. No doubt many of the members will be preparing and servicing their vehicles in preparation for the trip, working out what meals is to be prepared and what can be bought on route, etc.

Looking at the itinerary, there will not be much time for setting up camp at night and packing everything back again in the morning. It is with this in mind that I thought it might be an idea to have a look on the internet for some quick meals that can be produced by the driver, wife, co-driver or even the kids

whilst packing/unpacking the campsite. Now I'm pretty sure some of the members out there have more of these little quick recipes, how about sharing these out for those going on the trip.

### **Breakfast.**

#### **Recipe Ingredients:**

- 2 large eggs (Jumbo)
- sausage, bacon, or ham
- any of your favorite omelet veggies
- shredded cheddar cheese
- salt and pepper to taste

#### **Cooking instructions:**

Crack eggs in a zip lock bag. Add shredded cheese. Add meat and veggies salt and pepper to taste. Put baggy in a pot of boiling water for about 5 to 10 min. Then just cut bag off and enjoy!

#### **Variations/Hints:**

You can make a western omelet with sausage, cheese and bell peppers, just add salsa. Or just veggie omelets or ham and cheese... Just have fun!!

#### **Comments:**

These are great and they come out just like a real omelet. You can make up a lot of these before hand and just throw them in the water when you wish.

### **Lunch.**

#### **Recipe Ingredients:**

- 2 pounds flank steak (I use sirloin)
- 1/2 cup soy sauce
- 1 clove garlic, minced
- 1 tablespoon sugar
- 1 teaspoon salt

#### **Cooking instructions:**

Slice steak against the grain into pieces about 2.5cm thick; cut pieces crosswise into 12-15cm strips. (They should be about the size of Vienna's.)

Mix soy sauce, garlic, sugar and salt. Soak the meat strips in this marinade for 60 minutes or longer. Cook on grill about 10cm from hot coals 4-5 minutes on each side. This keeps well with light refrigeration/cooler box and is delicious as a snack.

Makes 6-8 servings

**Variations/Hints:**

I prepare this at home and cook at the campsite. Travels well!

**Supper.**

**Gourmet Bangers in a Blanket**

450g pork sausages  
8 prunes, stoned  
75g Cheddar or Emmenthal cheese, grated  
3 tbsp fresh parsley, chopped  
8 rashers streaky bacon

Place the sausages on a preheated barbecue and cook for 4 minutes each side. Remove and split each almost the whole length (taking care when sausages are hot).

Stuff a prune and some cheese and parsley into each sausage. Wrap each sausage in a rasher or two of bacon.

Return to the barbecue and cook for a further 2-3 minutes, each side, until thoroughly cooked and bacon crispy.

Serve the sausages with a yoghurt dressing and a mixed salad.

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**Disclaimer**

The information herein is used at your own risk and the views expressed in these pages may not be shared by the 4WD Club - KZN Committee or other members of the club.

Traction Editor: Jacques Malan

Friday, 21 May 2010