



# DRIVE TORQUE eNEWS

MAY 2023



## **COMMITTEE MEMBERS**

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## SUBARU & RECREATIONAL 4WD CLUB INC.

### MINUTES OF GENERAL MEETING

**Date:** Friday 12 May 2023

**Venue:** Camden Sports Club

**Meeting commenced at:** 8:02 PM

Subject	Details
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<b>Attendance</b>	See attendance sheet (copy accompanies these minutes).
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<b>Minutes of previous meeting</b>	Held at More 4X4, Brookvale. Accepted (moved: Stephen Bennett, seconded: Bill Twyman).
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<b>Visitors/new members</b>	Daniel Sorrasson. New member. Went of the Sofala trip. Drives a new Outback XT.
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<b>President's Report</b>	Mark was unable to attend tonight's meeting
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<b>Vice President's Report</b>	Thanks to Jo Quinn, Chris Mifsud and David Wellham for organizing recent trips.
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<b>Report</b>	Club meetings coming up – June monthly meeting on Saturday 17 June, with an overnight camping option. Venue not decided yet (Wheeny Creek, Wingello may be possibilities).  July – hopefully at Ermington Hall.  August – AGM on the Sunday.  Oktoberfest at Olinda.  November – BBQ in park on river at Ermington.
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December – Christmas party. At Coolandel this year instead of Myall River (Hawks Nest).

Michael will contribute information on Committee roles for publication in the newsletter.

**Secretary's**  
**report** Nothing additional to report at this meeting.

**Membership** Karolyn was unable to attend tonight's meeting, but Michael H said his **Secretary's** recollection was that member numbers were about 73 (including 9 life

**Report** members).

**Editor's**  
**Report** Stephen said that the Club needs more trips. There was discussion about whether there should be an end of year (annual) magazine, and if so, whether it should be hard copy or digital. No firm decision reached – to be discussed further.

**Driver** Michael Hamilton mentioned that he had some ideas, track awareness days, **Awareness** do some theory at Club meetings. Also some discussion about Association **Officers' report** provided training and accreditation. The \$90.00 per day charge is only for Accreditation.

**Trip Conveners'**  
**Report** All relevant information is on the Club website. Noted that if anyone does a recci (i.e., a reconnaissance trip to get an idea of the suitability of a new venue), they should notify the Club secretary beforehand, for insurance purposes.

**4WD Assn** Nothing new to report this month.

**Delegates**

**Social** No report this month.

**Fundraising** No report this month.



<b>Webmaster</b>	As of the last report from Troy, there were no new issues.
<b>Serjeant-at-Arms</b>	Nothing to report this month.
<b>General</b>	Jo is getting stickers and brochures printed by Vistaprint.
<b>Business</b>	<p>Noted that there is a form for recording personal details (e.g. emergency contact) and relevant medical information for trips, on the Club website.</p> <p>Bill Twyman noted that it would be good if we could arrange to declutter Mark's garage (Club gear stored there).</p> <p>Daniel Sorrasson noted that there were Forester and Outback groups on Facebook, and that members could consider using/joining these if they wished.</p>
<b>Next Meeting</b>	June 17, Blue Mountains (optional overnight camping).
<b>Close</b>	9:07 pm.

# SUBARU & RECREATIONAL 4WD CLUB INC.

## Treasurers Report

Apr-23

Cash Book Balance Brought Forward	\$10,182.43
Plus Income	\$100.00
Less Expenditure	\$3.20
Closing Balance	<u><u>\$10,279.23</u></u>

<b><u>Income</u></b> -	Memberships	\$100.00
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<b><u>Expenditure</u></b> -	Paypal Fees	\$3.20
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### Bank Reconciliation

Bank Account Balance as at 30/4/2023	ANZ	\$9,653.08
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<b><u>Less</u></b> Unpresented Cheques		\$0.00
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<b><u>Plus</u></b>	Funds held in Pay Pal as at 30/4/2023	\$290.40
	Cash on Hand	\$335.75

Available Funds as at 30/4/2023	<u><u>\$10,279.23</u></u>
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## Association News & Updates: May 2023

**Hello from David Wellham – your friendly Delegate to Four Wheel Drive NSW & ACT (Association). If you would like to join me to represent our club to the Association, please contact. Association documents are located on our website. Please contact via email at - [delegates@subaruclub.com.au](mailto:delegates@subaruclub.com.au) for information about these topics or in relation to the Association. Looking forward to seeing you all on the tracks or at a meeting soon.**

### **10 unwanted car sounds and what they mean – Credit NRMA**

Knowing the causes of odd car sounds will help you work out whether the problem is big or small, and how soon you should get the problem checked out. If you're not sure whether your car's sound is the result of a serious problem, stay safe by asking a reputable mechanic for advice straight away.

**1. Clunking** - If your car makes a clunking sound when you use the brakes, it could mean there is significant wear or damage to the brake discs, callipers or pads. If the clunk happens when you drive over bumps, there might be a problem with your car's suspension, or part of the exhaust could be loose. However, if your car clunks when you're turning corners, it could be a problem with the steering, wheels and tyres, or a worn-out wheel bearing.

**2. Grinding or whirring** - A grinding or whirring sound from your car's gearbox might point to a problem with the clutch thrust bearing, or the clutch itself (in a manual), or a problem with the shafts and gears inside the transmission. If the grinding or whirring is coming from under the car, it could be from the differential(s) or gearbox, which might be low on oil, or from a universal or CV joint or wheel bearing. Grinding when you use the brakes can suggest worn-out brake pads – the metal backing of the pads is grinding on the brake disc rotors. Your brakes won't work well, and the metal-to-metal contact will quickly damage the discs.

**3. Hissing** - A hissing sound from under the bonnet suggests there is a fluid leak, which is getting onto a hot part of the engine, such as radiator coolant leaking onto the engine block or exhaust manifold. If the hissing happens when you accelerate, it could instead be a vacuum leak from one of the small hoses around the engine's air intake.

**4. Knocking** - A knocking sound from your engine is usually a sign something is seriously wrong – get it checked out as soon as you can. An expert will be able to tell you if it actually is a big problem with the engine's insides, or something that's more easily fixed. There is an engine condition that's sometimes referred to as 'knocking', but it actually sounds like a faint metallic 'ping' when you accelerate, and can come from an engine that's poorly tuned, or running on the wrong fuel, with too low an octane (or Research Octane Numbers (RON)) rating.

**5. Banging, popping or spluttering** - A loud bang from your exhaust pipe is the sound of a backfire, which happens when unburned fuel comes out of the engine and ignites in the tailpipe. You might have a vacuum or exhaust leak somewhere, or a problem with the catalytic converter – in an older car, it could suggest that the engine is out of tune. If the popping or spluttering is coming from the front of the car, it could indicate a problem with the engine's fuel, ignition or exhaust system, caused by a blocked fuel filter, old spark plugs, or a malfunctioning catalytic converter.

**6. Rattling** - Rattles from underneath your car indicates something is loose, or that something has lodged itself down there. It could be that part of the exhaust system or suspension has come undone, and should be checked out as soon as possible.

**7. Roaring** - Roaring or a plain noisy exhaust when you accelerate usually points firmly to an old exhaust system that has rusted or become damaged to the point that a muffler is no longer doing its job to keep the car quiet. An exhaust problem won't usually stop your car, or cause further damage, but it could be letting exhaust emissions into the cabin, so should be checked out straight away.

**8. Tapping or clicking** - A tapping or clicking sound from under the bonnet might mean your engine is low on oil, which is easy to check and top-up. On an older engine, it could suggest there is a problem with the valve train. If your car has done a lot of kilometres and/or has not been serviced regularly, it might simply indicate that your engine is worn-out, though some engines will continue happily for a long time with a top-end tick, especially if the sound goes away when the engine warms up, or in warmer months.

**9. Whistling** - A whistling from under the bonnet might mean your engine has a vacuum leak from one of the hoses around the air intake – these can be tricky to trace, but are usually simple to fix.

**10. Squealing** - A squealing sound from under the bonnet of your car is one of the most common – and easily fixed – car sounds. It means one of the belts that drive accessories such as the air conditioning or power steering from the engine is slipping on a pulley. A good mechanic will have this fixed for you in minutes. If the squealing comes from the wheels when you use the brakes, it could mean you have worn-out brake pads or another brake system problem. However, if the squalling is coming from your tyres, you should turn your cap round the right way and go a bit easier on the accelerator.

### **Number 11 Credit of The Wife**

**Nagging** - This is what happens when you don't stop for coffee or toilet breaks. Drive slower and enjoy the drive.

## *Some important information from our friends at Repco Service Centres*

### **Are you aligned?**

Discover why a wheel alignment is so important and signs to look out for when you need one.

[What is a wheel alignment?](#)

### **Get Your Bearings Right**

If you want to keep your motor running without heat or friction developing you really need to get your bearings right. Like all moving parts on a car, wheel bearings are subject to significant wear and tear. So, what are wheel bearings and why are they important? See our Auto Facts Video and get your bearings.

[Tyres and Wheel Service](#)

### **Is Your Car Exhausted?**

The exhaust system of a vehicle is a complex beast. The process starts near the engine where manifolds connect to the cylinder heads and collect the gases created by the engine. These gases then travel through a series of pipes until they reach the oxygen sensors, which determine how the catalytic converter treats the gases to make them more environmentally friendly. They then travel through the muffler, which makes them quieter.

[Exhaust Service and Tune](#)

### *What about running the engine occasionally? – Credit NRMA*

If you are not driving your car for a period of time, the best option is to drive your vehicle every few weeks for 30 minutes as this will put your brakes, gearbox, suspension, driveline and other key components through their paces, making them ready once you start driving again. If you can't drive your car for that long, start the engine and run with varying revs from 1,000/1,500rpm for a few minutes and run air con too. Be aware of the dangers of exhaust gas in enclosed spaces. A battery saver/charger is a great way to prevent the battery from going flat.

### *What's the best way to maintain my car battery?*

If you haven't been driving your car or it's been left sitting idle because of the current lockdown, you may not have enough power in your battery to start the engine. And while it may seem like a good idea, running your vehicles engine five minutes a day is not enough to maintain your car battery. To maintain the charge in your vehicles battery you need at least 30 minutes of driving - depending on the vehicle and the battery age. However, with the current restrictions in place, we recommend using a battery charger. With a fully automatic charger, it can be fitted to maintain your pride and joy or, used as a normal battery charger. Charge every two weeks and you'll extend the life of your battery, restore battery performance and minimise the chances of breaking down. **Credit NRMA**

### *How does cold weather affect your car battery?*



Inside the typical lead acid battery are lead plates in electrolyte liquid which creates an electro-chemical reaction to produce a charge to the battery terminals. Heat accelerates this chemical activity but also speeds up the internal corrosion with the cells which in turn reduces the lifespan of your battery. This is particularly true of batteries that repeatedly reach high internal temperatures, and once capacity has been damaged by heat, it can't be restored. But just as heat speeds up chemical reactions, cold temperatures slow them down. That's why you might feel your battery can become sluggish in winter, even though its state of charge may remain unchanged.

At colder temperatures, the battery's ability to provide sufficient power to start and run a vehicle is diminished. Automotive batteries are rated in CCA (Cold-Cranking Amperage). This is the amount of current a battery can deliver for 30 seconds at -18 C without dropping to a specified cut-off voltage. A fully charged lead-acid battery can survive up to -50 C, but a battery with a low state of charge can freeze at -1 C. When the water in a battery freezes it expands and can cause irreparable damage to the cells. We recommend that car owners start paying close attention to their batteries after three years of installation. If your battery is starting to go, the first thing you'll probably notice is that the car sounds sluggish when trying to start. This is a major warning sign that shouldn't be ignored. If you hear sluggish sounds when you start up your car, do not immediately assume that the battery needs replacing. Check that the battery connections are tight and that the wires are not broken or disconnected. Also ensure that your terminals are clean - you can get them cleaned regularly during every major service. If your battery has caps, remove them and check that the fluid inside is about 5mm above the plates, or between the levels as indicated on the battery case. If low, top up with deionised water and avoid overfilling. Mop up any spillage. Some batteries are permanently sealed and do not require maintenance, so you won't be able to check the fluid if this is the case.

### ***Frogs are dying - we need to know why***

Frogs - the barometer of our ecosystem - are dying. There has been an increase in sick, dying and dead frogs across NSW. While the first cold snap of each year can result in a few localised frog mortalities, this outbreak has impacted more animals over a greater range than previously encountered. Key agencies are working together to coordinate a response and further investigate to try to determine the cause. What signs can you look out for?

- Lethargic (slow to move)
- Skin discolouration (lighter or darker than normal)
- Thin (emaciated)
- Red bellies, red feet and excessive sloughed skin



### ***What should you do?***

If you come across sick or dying frogs, please contact Karrie Rose from the Australian Registry of Wildlife Health (via call or text on 0402 553 537) immediately. They are gathering samples from sick frogs or frogs that have died within 24 hours for diagnostic testing. If you come across dead frogs, please report and [email photos](#) to the Australian Museum. Their [FrogID project](#) is managing reports of dead frogs. Best practice biosecurity measures are recommended if you come into contact with frogs. You can read [more here](#) about some theories and what else you can do.

### ***Shell-ebrating turtles***

World Turtle Day (23 May) is an opportunity to acknowledge the role turtles play in helping our ecosystems thrive, and to recognise the importance of protecting critically endangered species like the Bellinger River snapping turtle. After an estimated 90% of the snapping turtle's population was wiped out by a virus, urgent action was taken to save the species from total extinction in the wild. Find out more about the work being done by Saving our Species and partners to conserve these unique turtles.

## Webmasters Report

Just a quick update to say that the website now has the membership renewals active for the next year 2023-2024 so you can now renew your membership.

Also just after the last magazine update we had Heidi, Brian and Izzy drop in to visit on their way back from Adelaide.





## Trip Convener May report - Bill Twyman

Since the April Drive Torque magazine the club has had 4 outings:

- April 26th - WW# 13 Blue Mountains
- May 10th - WW# 15 Dams of the Dilly)
- May 12th - General meeting at Camden Bowling Club
- May 20/21 - Crookwell Camp oven Cook Off (bought to you by our 4WD Association - (4WD NSW & ACT INC)
- May 24th - WW#14 - Pittwater Basin & Barranjoey Light House which has great views in all directions of the entrance of the Hawkesbury River. Crossing Pittwater by ferry we will be at the Ku-ring-gai Chase National Park.

### Upcoming trips

- June 14th - WW # 16 Dally In The Dilly. Explore more of the Wollondilly Shire including a visit & close up encounter at a Dingo Sanctuary, picnic lunch at Thirlmere Lakes, the chance to enjoy a beverage at one of Australia's oldest pubs, explore historic rail viaducts, pump house & deserted station & the opportunity to sample some local produce.

*You need to book in to the Dingo Sanctuary ASAP as we are not able to hold spots. It is \$10 for a Sanctuary tour & a further \$10 for a dingo encounter. I have booked in for both but the choice is yours. Pls book online at; [dingosanctuary.org.au](http://dingosanctuary.org.au) It will be 10am session on 14th June. Click on both to add to your cart then checkout.*

*We will have a BYO picnic lunch at Thirlmere Lakes where gas BBQ's are also available.*

- June 18th - June General Meeting at Mt York in the Blue Mountains (with or without overnight camping)
- July 14th - July General Meeting at Ermington Community Centre, 6 River Road Ermington, starting at 8pm.
- August 13th - (Sunday) August General Meeting and **Annual General Meeting** (AGM).

10am for 11am meeting, followed by BBQ lunch.

Committee positions will be declared vacant and nominations will be called from members to fill positions.

Will be held at "The Dairy" Western Sydney Parklands, enter Cotswold Road off Cowpasture Road, Abbotsbury NSW 2176.

- September 29th - Oct 3rd - Olinda October Fest 4 night camp
- October 13th - General Meeting at Ermington Community Centre, 6 River Road Ermington, starting at 8pm.
- November 4th - Tasmania 3 week onroad/offroad trip.
- November 10th - BBQ and General Meeting at Ermington. George Kendall Reverse, Trumble Avenue, Ermington. Starting at 6.30 and finishing around 9pm. *Food will be basic sausage sizzle with soft drinks - bring any special food and beverages. Please register so that we know how many sausages etc we need to cook. The Ermington Community Hall at 12 River Road has been booked as a backup venue in case of bad weather.*

### **Sgt At Arms May Report - Bill Twyman**

- No issues to report this month.

# Michael's Driving Tips

## Part 3 - Thinking Offroad

Before tackling an obstacle, ask yourself these questions ...

1. Do I need to go that way?
2. Can my vehicle and I drive the obstacle safely?
3. If I don't make it, will a recovery be straight forward?

If you decide to drive the obstacle, have a think about ...

1. Traction and clearance (keeping the car as level as possible, taking the best line to avoid wheel lift)
2. Environment (not damaging the track)
3. Possible consequences (could I slide into an embankment or end up with water inside the vehicle?)

**IF IN ANY DOUBT - WALK THE TRACK BEFORE DRIVING IT**

Remember that the line taken by the person in front of you  
may not be the best line for you and your vehicle.



A few more tips ...

1. Plan ahead (consider the terrain well in advance)
2. Be smooth (progressively apply the brakes or throttle, avoid sharp steering inputs)
3. Conserve momentum (steady progress is usually the key)
4. If things don't go as planned, re-assess and try something different (don't dig yourself into a hole)

I always try to follow the old adage ...

**DRIVE AS SLOWLY AS POSSIBLE - BUT AS FAST AS NECESSARY**

## Weekday Wander #14: Lower Blue Mountains 26<sup>th</sup> April 2023

**Trip Leader:** Jo Quinn

**Trip Report:** Sue Bennett

**Attendees:** Kelly and Chris, Kevin, Michael, Julie and David, Andrew, Jean and John, Jo, Sue and Stephen

After meeting at Blaxland, we drove to the Australian Painted Panaroma at Glenbrook and afterwards enjoyed a donut or two at Dollys Donuts.







Then a short drive to Lennox Bridge, built in local stone and completed in 1833 by David Lennox using unskilled convict labour.

We walked the historic Lapstone Zig Zag walking track that leads to the Knapsack Bridge, a huge sandstone arch viaduct that was built to carry the Zig Zag Railway line across the Knapsack Gully.

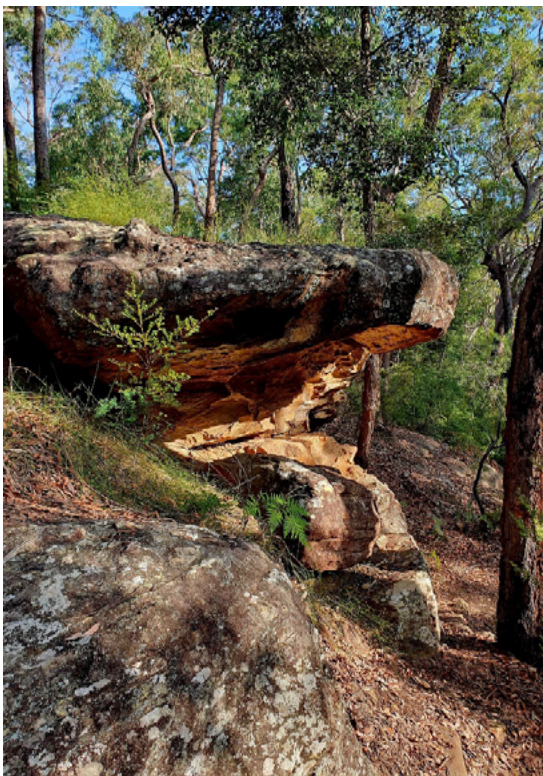


On board the Nepean Belle Paddle wheeler we enjoyed a delicious 2 course lunch and a 2.5 hr cruise on the Nepean River, with a commentary about the river and its history.





Finishing the day at The Rock at Mulgoa with spectacular views of the Nepean River.



Thanks everyone for another great day!



## Weekday Wander #15: Dams of the Dilly 10<sup>th</sup> May 2023

Trip Leader: Jo Quinn

Trip Report: Kevin McCormack

Attendees: Stephen and Sue; Chris and Kelly; Tom & Cath; Jo; Kevin

Well, the weather gods certainly shone upon us with a beautiful crystal-clear blue sky and no wind. Even our morning meeting location at Appin Bakery was lovely and warm in the sun despite the 13C temperature. Having never been to the bakery before some research revealed it had a great reputation so as the first to arrive I was soon tucking into a cheese & bacon pie and after wrapping a slow cooked lamb pie in foil it was added to the engine bay in readiness for lunch. As others arrived the cream buns seem to be a favourite and boy they did look good! (on my list for next time!)



Our first stop of the day was to visit the giant koala just a short walk up the road from the bakery. It seems Appin has adopted a koala theme to raise awareness of their plight as “There are also a number of smaller Koala’s commissioned by local artists placed around the town.” We found another in a tree at the local school painted in the school colours.

Back to our cars and we headed off towards Cataract Dam, the oldest dam in Sydney. “At the time of its construction from 1902 to 1907, Cataract Dam was the biggest engineering project in Australia and the fourth biggest in the world. Upon arrival we discovered beautiful well-maintained picnic grounds with electric BBQs, playgrounds etc.



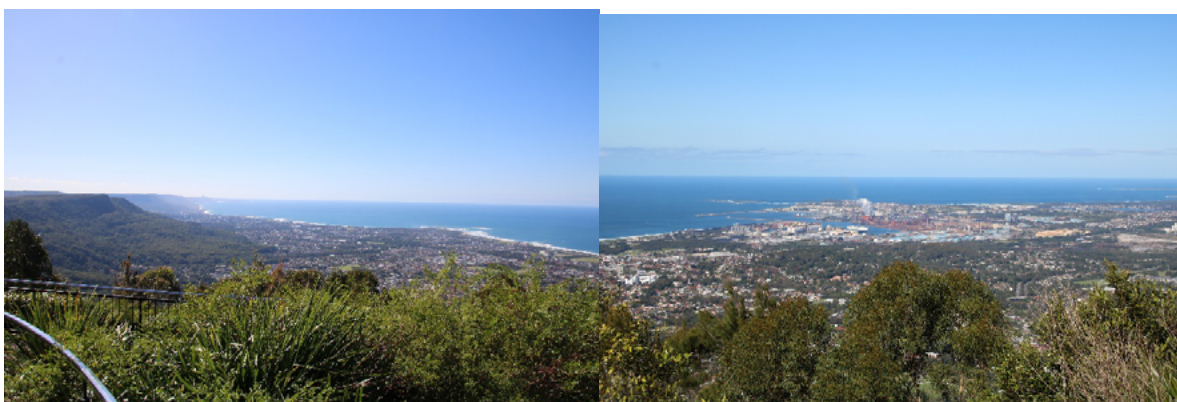
We took the path down to the dam, after checking the distance with a local worker who said “we wouldn’t raise a sweat”. Along the way we saw a couple of buildings used during the construction; a lovely sandstone cottage and the impressive “Manor House” a Federation Queen Anne bungalow. After navigating a very steep set of stairs we arrived at the dam itself; my first thought was all that water and you cannot do anything in it or on it i.e. no fishing, no swimming, no boating. We walked across the dam wall and viewed the Tudor style valve house which looks like a mini castle. At the time of our visit a huge drone was being used to inspect the dam wall.







The walk back to the car park was not so easy especially commencing with the steep stairs and, yes, as we told the local worker, we did indeed raise a sweat!



After morning tea at the Cataract Dam we had a brief stop at the viewing platform in Mount Keira Summit Park located at the top of the Illawarra escapement and, wow, the views across the Illawarra coast and Wollongong were awesome, especially as it was such a nice day.



Next stop the Cordeaux Dam with its Egyptian inspired architecture. Seems the theme was adopted following the discovery of King Tutenkhamun's tomb in 1922 and it was impressive indeed. "Cordeaux was the second of the four dams constructed to collect water from the Illawarra Plateau. Created by damming the Cordeaux River, construction started in 1918 and was completed in 1926." Unfortunately, the resident engineer in charge of construction, Guy Chalmers, along with James Flynn a local police officer, were shot and killed 10<sup>th</sup> March 1924 while taking a robbery suspect to Appin police station; the offender was later hanged. There is a plaque of remembrance on the dam for the victims.



This time we were able to drive to the small picnic area right beside the dam itself so no raising a sweat to get to the dam this time! As this was our lunch spot I retrieved the lamb pie from the engine bay; yum! As we couldn't get to the Nepean Dam wall for the next originally planned stop we took our time over lunch and walks along the Cordeaux Dam wall which was very pleasant. Earlier on our way to the dam at an upper large picnic area we noticed what appeared to be a marketplace set up with a huge number of people and vehicles so decided to stop in and have a look on our way out. While it was a marketplace of sorts it was an annual gathering of home-schooled kids and their families and the offerings were crafts, nick-nacks, honeys, jams etc with many items made by the kids themselves. We managed to tour the marketplace unscathed and with wallets intact before saying our goodbyes and heading home.

My impressions of the architecture of both dams is they were built with some flair as well as being practical, the Tudor inspired Cataract and the Egyptian inspired Cordeaux, both quite beautiful and makes me wonder what will be thought of more recent dam architecture in another 100 years; pretty boring mostly.



Another great trip thanks to our trip leader Jo Quinn – BTW for anyone who wants to run repeats of a mid-week trip on a weekend the trip notes are available from Jo. (As most members know Wednesday is Jo's only day off work so that is why her trips are run mid-week.)

Additional photo's can be viewed on the Facebook page.

# FOR YOUR INFORMATION

## PAGE

### Future Meetings

**June** – Saturday 17<sup>th</sup>

Mount York with camping option and possible day trips.

Meeting at 3pm sharp

**July** – Friday 14<sup>th</sup>, Meeting at Ermington Hall at 8pm

**August** – AGM Picnic on Sunday 13<sup>th</sup> at Western Sydney Parklands Abbotsbury

10am with meeting at 11am followed by sausage sizzle

**September** – Friday 8<sup>th</sup> Meeting at Ermington Hall at 8pm

**October** – Friday 13<sup>th</sup> Meeting at Ermington Hall at 8pm

**November** – Friday 10<sup>th</sup> BBQ in park at Ermington (Hall as backup if bad weather) at 6.30pm

More details in Upcoming Trips section on website.

Please register for trips with catering so that we have food for everyone.

## Membership Fees

The Annual Membership fees are due by 30 June for the year to 30 June 2024.

The Committee has decided to keep the annual fee at \$50 for the next year.

Please logon to Club website, go to 'Renew Membership Fees' tab and complete payment.

Any new members since 1 April 2023, please remember your membership is already valid till end June 2024.

Until Next Time  
**STAY SAFE**