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NSW STATE ASSOCIATION

Frank Smalley

Jeanette Burton

CARAVANNERS OF THE MONTH

The O'CONNORS

DO NOT TAKE OVERTURNING VEHICLE



Even though they left their beloved Princeton on it's roof (near the Land Rover, also on its roof) they still made it to the State Rally in time to cheer on our disk bowls team and also to deliver their shower tent ...in case we needed it

That's dedication for you



BIGGEST LOSER COMPETITION

**Its still not too late to join the
Biggest Loser Competition
For details see the last page**

Upcoming Rallies

May...8th to 10th.....Patonga Camping Area

June...5th to 8th.....Mudgee Tourist & Van Resort

July...10th to 12th.....Belanglo State Forest

Disclaimer

The news items, reports, comments and views expressed in this newsletter are by individuals and do not necessarily express the views of the CCC.Members

Killalea Rally February 2009



Killalea State Park is an oasis in the middle of new and somewhat overcrowded housing developments. Had Bruce not taken some of us there for a look around during the Windang Rally, the majority of the members in the 12 vans attending this rally would never have known of its existence. Lovely green parkland, bordered by beaches welcomed us all, with the majority arriving, as usual, during Friday afternoon. Of course, once all had set up, Happy Hour ensued and it was very pleasant to catch

up with friends over a drink or two.

The following day dawned somewhat drizzly and this continued on and off for the remainder of the day. A short general meeting was held to adopt the new Constitution and Operating Procedures. Our inaugural weigh in for the “Coromal Biggest Loser” competition also took place. Once these formalities were dealt with it was declared that the rest of the day would be free time.



Most members took the opportunity for some quiet relaxation and chatting amongst friends. A few hardy souls set off for a walk to the beach and stayed mostly dry.



Ben and Penny demonstrated their new fold-up bicycles.



Happy Hour brought out all different kinds of snack foods, moving away from chips and fattening nibblies and onto dried fruit platters and dips with carrot and celery sticks.



The evening saw us all gathered again for another of our much-loved “pot luck dinners”. Several very tasty dishes were provided. Those of us who had joined the weight loss competition were happy that at least the pre-dinner snacks were mostly low fat and that the weigh in had been this morning and not tomorrow.



Sunday dawned somewhat brighter, but unfortunately for most of us, it was time to pack up and say goodbye. A lucky 3 vans got to stay longer.

Behind every successful man stands his loyal wife—and his surprised mother-in-law!



NSW STATE RALLY - BERRY - MARCH 2009



Our club's largest attendance at a State Rally, a gathering of 13 vans, arrived sporadically over 3 days from the 10th to the 13th of March.

The rally proper got underway on the evening of Friday 13th with a dinner at the nearby School of Arts hall. The theme, understandably, was Witches and Wizards. After the meal, a guest speaker had been arranged. This was Darren Flanagan, who had been partly responsible for digging out the two miners trapped in the tunnel collapse at Beaconsfield Mine. To say that he held the audience spellbound would be an understatement. His emotional tale brought tears to many listeners and hardly a person was left without a lump in the throat.

Saturday dawned a beautiful sunny day. The formalities of flag raising and speeches soon got under way, as well as a very tasty morning tea. Our representatives in the disc bowls – Ian and Jeanette – did our club proud. The final end resulted in a tie requiring an extra end to be played. The game came down to approx 2ml difference in the placing of the discs, resulting in a narrow defeat to our gallant team. This enabled us to get on with the more important matter of socialising. Several of our members went off exploring the area and all that Berry has to offer.

Everyone enjoyed inspecting the vintage caravans and cars and many had a "nanna nap" preparing for the main event of the evening.



The theme of this night's dinner was "Pink and Blue" with all guests encouraged to wear these colours and to donate to Breast Cancer and Prostate Cancer research programs. All of our members chose to wear some item of pink or blue apparel with a couple of members going all out with coloured wigs and top-to-toe pink and blue. The dinner provided was delicious and Hayman Reese chipped in with wine for every

table! Entertainment was also excellent and most of us danced the night away with conga lines going in and out of the hall. Those who were unfortunately unable to attend this rally will be able to



see some of the highlights in an upcoming issue of Caravan and Motorhome magazine. A most enjoyable night was had by all.

Sunday brought the inevitable end to this year's State Rally. Flag lowering ceremonies, speeches, presentations and group photos, as well as another tasty morning tea rounded off the morning. Seven of our vans had to leave, while six stayed on for another day.



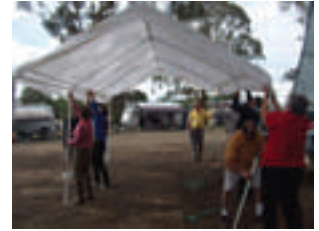
My hot flushes are so bad I think that global warming is my fault!

EASTER RALLY- MACQUARIE WOODS— APRIL 2009-05-16



A hidden gem of a campground revealed to us by Elizabeth, Macquarie Woods sits smack in between Bathurst and Orange. For any member who has not been there, we highly recommend it. Camping is free and firewood is supplied and delivered by the Ranger. The camping area is vast although somewhat undulating. Flush toilets are available but no showers and no power.

Half the 9 vans attending arrived on Thursday afternoon and the remainder on Good Friday morning. The weather was cool and cloudy, with showers threatening so the first order of the day was to erect a shelter area. Several tarps and a large gazebo provided by Elizabeth were soon erected with much discussion and some hilarity. Elizabeth then drove us around the Woods in her minibus with some following along in cars.



The first stop was a magnificent lookout showing the whole of the wooded area and we also stopped nearby and collected pine cones for the evening fires. A drive through the Woods themselves followed, with a large mob of kangaroos (disturbed by Kerry's truck) bounding onto the road directly in front of our bus. Later we had to wait while the sheep all ambled across the road.

Back at the camp, it started to rain, which put a “dampener” on the evening's activities. Several braziers were lit and we managed to stay dry whilst imbibing more than a few social drinks.



Saturday started off cloudy and cool, but dry. We all headed off in convoy, first to Blayney for some necessary shopping and then on to historic Carcoar. It was like stepping back in time wandering through the small country township and everybody enjoyed discovering the beautiful old court house which has featured in some Australian movies.

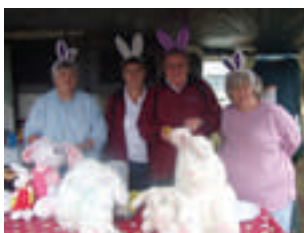


From there we drove out to the windfarm and the dam where we ate our picnic lunch. A visit to the nearby campsite (possible future rally site) followed and then on to drive across the dam, through picturesque countryside to the township of Milthorpe. More than a few members partook of a visit to the lolly shop.

Once back at the camp, it started to rain – again.

*Age is not a particularly interesting subject.
Anyone can get old. All you have to do is live long enough*

The original planned ball had to be postponed so after dinner we held a trivia competition which was won by the President and Newsletter Editor.



Sunday brought more cool weather, but still dry during daylight hours. Several Easter Bunnies delivered chocolate eggs. Frank and Kate headed off to Orange to find a dentist for his toothache – unsuccessfully. Rob and Jeanette went to Church.



On everyone's return a spirited game of boule took place with rules changed along the way to suit whoever was playing. A dart board was also set up with a few members trying their hand.



In the afternoon we again set off exploring – first to visit the historic church and cemetery at Byng where all enjoyed a wander through time in the “dead end” of town.

Then on to the Devils' Marbles with several stops for Bruce to get the perfect photo.



In the evening, you guessed it, more rain!! Once again we had to cancel the planned Easter Ball. This did not stop Doug from showing off his wonderful “Bunny” costume. As usual, Happy Hour drifted into dinner time which then drifted into more drinks until we all crawled off to bed.

Monday morning brought the dreaded pack up time. Unfortunately the Newsletter Editor and President had to leave early because of his aching tooth. Several members met for lunch at The Beehive. Whilst waiting for their meals, they enjoyed a honey-tasting and watching the bees at work in their hives. The museum within the building was also examined, with a few venturing down the spiral staircase to the cellar. All the vans, except 2 who stayed on at camp, then went their separate ways home.

BIGGEST LOSER UPDATE

I am very pleased to report that to date, 13 members have joined our weight loss incentive competition. This makes the pot a very healthy \$260.00 which will be handed to the member who loses the largest percentage of their original body weight.

It is still not too late for any member wishing to join. Just e-mail (or snail mail) your starting weight—and please be honest. There are still six months to go, so the competition is still very open.

What started as just a bit of fun, has led to long discussions on menus and exercise regimes and I'm sure we'll all end up healthier for it. The rules are set on the following page. The more members who join, the bigger the pot will be!

*On our last rally we lost our corkscrew...
we were compelled to live on food and water for a whole weekend*

Coromal Caravan Club's

BIGGEST LOSER

Rules

- (1) Entry fee \$20. Winner takes all.
- (2) Winner will be the biggest loser as a percentage of their weigh-in weight.
- (3) Official weigh in will be at Killalea Rally (those unable to attend can phone their weight in (02) 9987-4045 and please be honest).
- (4) Final weigh-in at the Christmas rally (before dinner).
- (5) Kate will be official weigh-in-person. All actual weights will be kept confidential only percentage loss/gain will be listed.
- (6) Persons in purple dressing gowns will have 5 kg added to their weekly weights.
- (7) The President has the last say (if Kate lets him).



Hearty Vegetable and Veal Stew

Great for the camp oven

POINTS® Value: 3

Servings: 4

Preparation Time: 15 min

Cooking Time: 60 min

Level of Difficulty: Easy

For a hearty, delicious meal anytime make a batch and freeze it in single portions. When you want a quick meal, just microwave!

- 1 tsp olive oil
- 1 medium garlic clove(s), chopped
- 8 oz lean veal shoulder, cut into 1-inch cubes
- 1 cup(s) carrot(s), sliced
- 1 small green pepper(s), chopped
- 1 small onion(s), chopped
- 2 tsp canned tomato paste
- 2 cup(s) canned beef broth (or beef stock and omit the water)
- 1/2 cup(s) water
- 1 cup(s) canned cannellini beans, drained and rinsed
- 2 tbsp parsley, chopped (for garnish)

- In a Dutch oven, heat oil. Sauté garlic until golden. Brown veal, about 5 minutes; set aside.
- Add vegetables and cook until tender, 6 minutes. Add tomato paste, broth and water. Return veal to pan.
- Cover and simmer 1 to 1 1/2 hours or until veal is tender. Season to taste.
- Add beans; heat through. Sprinkle with parsley and serve. Yields about 1 1/2 to 1 3/4 cups per serving.
- **Flavor Booster:** To enhance the delicate taste of veal, tie 1 bay leaf, a fresh rosemary sprig, 3 or 4 leaves fresh sage and a strip of lemon peel in a muslin packet and simmer with the stew. Remove before serving.

The reason that my husband and I are still together is the children - neither of us want custody!