



Freedom
All Wheel Drive Club
of Western Australia



President's Report

G'day Members

Hope you are all surviving the heat!

A great big thank you to all those who helped out at this year's show, really do appreciate it.

Christmas time is almost here, and I would like to take this moment to wish you all a very merry Christmas to all of our members and their families.

Data base is up for the upcoming Christmas Party.

Don't forget to come along to our last club meeting for the year on Monday night. Wow, where has the time gone this year.

Hope to see you on Monday night, in the meantime take care and be safe.

Luke Rowe
President

Freedom All Wheel Drive Club is a family oriented 4WD Club for drivers of Compact and Standard 4WDs.

Monthly Meetings are held on the fourth Monday of each month at the Manning Senior Citizen's Centre, 3 Downey Drive Manning. **Contact** us via email at info@fawdcwa.com

Dates for your Diary:

Next Meeting: Monday 25 November 2019

* Last 2019 meeting

Upcoming Trips: President's Trip
24 November 2019

Christmas Party: 8 December 2019

Next trips: Buffalo Beach Run
12 January 2020

An away trip
Watch this space

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Snippets from the Editor

Hello Everyone. Happy November. I hope you all survived the extreme heat at this year's 4WD Expo. It was a doozy! This month we have a couple of new features. We've got two recipes, so after you've sampled them let us know how they go. Success stories are always welcomed to be taste tested at Club outings. Rowan and Michel Andersen are our featured members this month, and they have each contributed articles for the newsletter. That's the Club spirit.

Each month I change the image banner at the top of the newsletter. They are all from Club trips. Has anyone identified where they are from yet? I will put the answers in the next month's newsletter. The Creature Report this month also has how to properly rescue the creature – if it comes to that. Happy reading (to the few of you who do!)

Diane Court
Newsletter Editor
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Recipe: Gluten Free Peanut Butter Biscuits

Contributed by Michel Anderson

From *Seriously Good! Gluten-free Baking*
Serves 12 (depending on size, I got 18!)

Hi All, here is a quick and easy recipe for you to treat that special “gluten-free somebody” in your life with! Just in time for Christmas too! Enjoy!

PS: Please remember to check your ingredients, namely the peanut butter and choc-chips to make extra sure they are gluten free. If baking for a coeliac, ensure all equipment and surfaces are squeaky clean too!

INGREDIENTS:

1 XL Egg
80g Castor sugar
125g Peanut butter, crunchy
40g Dark chocolate, chopped (I used choc chips)

METHOD:

1. Combine egg and sugar in a bowl and mix well.
2. Add peanut butter and mix until smooth.
3. Fold in the chocolate.
4. Spoon heaped teaspoons onto a baking tray lined with non-stick baking paper.
Allow room for spreading.
5. Bake at 180°C for 12-14 minutes. Watch carefully as bottoms can brown quickly!
6. Remove and cool on the tray.

Recipe: Easy Beer Bread

Tasty when fresh and warm, but it also makes fantastic toast the next day

Makes 1 loaf. Takes 30 minutes.

Ingredients

2 rounded cups Self Raising flour
1 tablespoon sugar
1 can of beer (better if it's not cold)
Butter for greasing a loaf

Method

Preheat your camp oven to medium heat, with coals around the bottom edge and on top. Drop in a trivet. Grease your loaf tin with the butter.

Mix together the flour and sugar, then stir in the beer.

Pour into your loaf tin and place on the trivet.

Cook at medium heat until the loaf is golden – an inserted skewer in the middle comes out clean when it's done.

Serve warm with anything you like. Slice any leftover bread and put it aside to make toast the next morning.

BACON BEER BREAD:

Sprinkle some chopped bacon and grated cheese over the top. Swirl in a little, then bake as above.

Image is at this [link](#).

Recipe courtesy of RV Magazine Issue 45.

Member Profile

Rowan & Michel Andersen



We emigrated from South Africa 1 year and 8 months ago. It has been a journey of discovery, fun, missing family and friends and making some special new ones. We started our 4x4 adventure in South Africa when we decided we wanted to see more of our beautiful country and go off the map to experience it.

Rowan studied Electronic Engineering with Computer Science and moved into Business Analysis and Product Management. At present Rowan works in the Customs space, dealing with Global Trade Management. He loves all things technical, pulling things apart (and yes he does put them back together again), working on our 4x4, playing Playstation and being at the sea.

Michel studied Consumer Science and majored in Food, Nutrition & Product Development. She started out by making home-cooked meals and that progressed to a corporate catering company. She discovered she could no longer eat wheat and decided to make the shift to producing gluten free products. At present she is eating her way around Perth doing taste testing! She loves cooking and baking, her happy place is the kitchen where she can invent new products. When she does leave the kitchen she enjoys reading, exploring the world of photography, gardening, flowers and birds.

Our first 4x4 was the most beautiful Jeep Wrangler TJ. We can highly recommend them! Once you've had a Jeep it is always in your blood! Being a 2-door it took some very careful packing skills to fit all our equipment in, but we managed and the adventure began! We both completed a 4WD training course and hit the road! We travelled far and wide to experience as many game parks as we could and our ideal camping spot was in the middle of nowhere without another person in sight. We love 4WDing, being on the open road and discovering new coffee spots! Rowan is never scared to experience a new route and Michel is always there to talk him out of it if need be. Together we make a good team!

We have changed tyres in lion territory, climbed snow-capped mountains without mud terrain tyres or chains, packed stones to get through wash-outs and crossed flooded rivers to reach our camp after dark. One of the many highlights was staying in a tree house surrounded by inquisitive giraffes and rhinos and coming face to face with elephant and buffalo traffic jams. All this taught us loads and gave us a very good sense of humour!

Here in Australia we drive a Toyota Prado 120. We love our long range fuel tank and have put it to great use. We highly recommend this vehicle too! We have loved seeing the country with the club and look forward to many more happy trips to come!

Tech Talk: Advanced monitoring of your vehicle

Written by Rowan Anderson

While towing heavy trailers and when out 4WDing, especially on sand, one of the most important items to keep a look out for are the various temperatures of the different components of your vehicle. Many modern vehicles will warn you when operating temperatures are exceeded by illuminating a light on your dash board. However, often this is too late, and it is better to keep an eye on the exact temperature so that driving behaviour can be

adapted to help cool the components before damage occurs.

One value that is important here is the temperature of the transmission oil. Unfortunately, most vehicles do not provide a gauge that displays this, so keeping an eye out on rising temperatures is tricky.

To solve this, I decided to look into alternate options to display more information while driving. The solution is twofold. Firstly, I needed to be able to access the sensor data being sent to the vehicles Engine Control Unit (ECU). Secondly, I needed a way to display this data while I was driving.

The ECU of my vehicle supports OBD-II (OBD2). What this means is that there is a “port” underneath my dashboard where a technician can connect to, and this will provide him with “On Board Diagnostic” information. This is the same information that I need access to, so I bought a Bluetooth Adaptor that plugs into this port. This allows me to connect my cell phone to the adaptor via Bluetooth and read the sensor data.

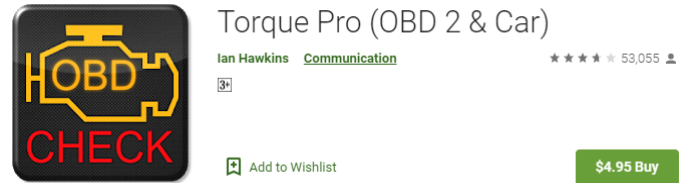
The adaptor I purchased is the “Konnwei KW903 ELM327 Bluetooth ODB2 Car Diagnostic Scanner”



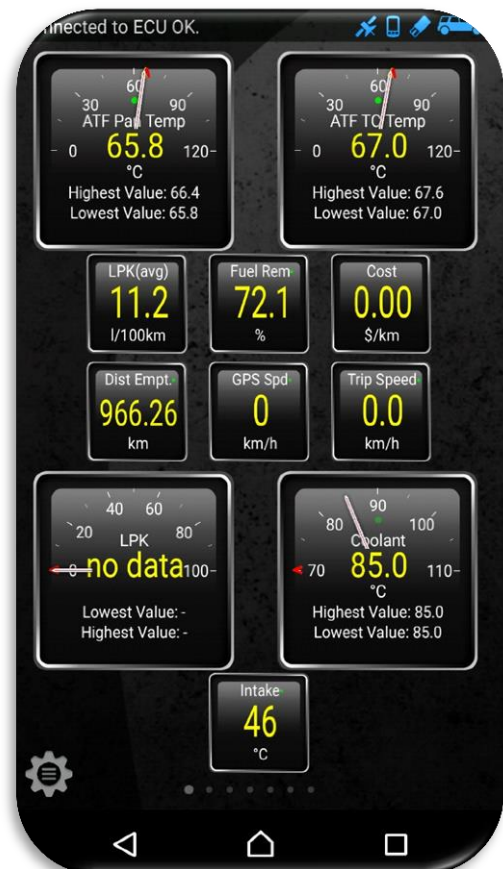
I purchased it off eBay for about \$15. There are cheaper options available, however the reason for buying this one is that it has an “on/off” button on it that I can use to reset the device if I have problems connecting to it via Bluetooth. This way, I don’t have to struggle to unplug and then plug the adaptor in underneath the dashboard just to reset it.

To display the OBD information, I purchased an application called “Torque Pro” which will allow me to read the OBD information and then display it on my phone screen in a “dashboard” like layout. It only cost \$4.95 (there is a “lite” version available to test before you purchase the full version). As an added bonus, the app will also allow me to view any Fault Codes that are reported by the vehicle.

The link on the Google App store looks like this:



Once you have installed the app, paired your Bluetooth adaptor with your phone and setup your vehicle profile, you can access the “Realtime Information” that is being logged by your ECU. See the following two screenshots for some examples of the information that can be read and displayed:





Each screen is customisable by selecting from a wide range of graphs/dials that contain everything from your current fuel consumption through to the rev's of your engine.

The transmission temperature parameter settings differ for each vehicle. To access the information for my vehicle, I set up a custom Parameter ID (PID) in the app. This is then displayed on a gauge showing the real time temperature that is being read from the transmission. As you can see from the first screen shot, the two top most gauges refer to the automatic transmission fluid (ATF) temperatures. The one on the left is the temperature of the automatic transmission fluid in the pan. The second value is that of the automatic transmission fluid in the Torque Converter.

I can now monitor the temperatures of my vehicle and proactively manage them to keep them within acceptable limits when out hitting the trails.

Disclaimer: This device works with my vehicle and

with my android cell phone. I cannot guarantee it will work with your own vehicle nor with another phone (iPhone etc.). Please research your own specific vehicle and phone to make sure the items you purchase are compatible. Not all vehicles have a temperature sensor for the transmission fluid, so again you will need to research what is possible on your vehicle.

Links:

<https://play.google.com/store/apps/details?id=org.prowl.torque>

<https://www.ebay.com.au/itm/Konnwei-KW903-ELM327-Bluetooth-ODB2-Car-Diagnostic-Scanner-Code-Reader-Tool-sN/264387876626>

Trip Report

Gnomesville – 20 October 2019

Written by Jeanette Tai

Trip Leaders – Jeanette & Michael Tai



Attendees: Tony and Carole and their UK visitors, Jan and Steve, Phil, Andy and Linda, John and Debi and visitors Stacey, Lisa and Angus and John and Deborah. Neil met up with us at Gnomesville.

The plan for the day was to pick up with the Mundal Track in Jarrahdale and follow it down to Collie where we were to meet up with Neil. In the

previous couple of days prior to the trip, an alert came out from the 4WD Association advising of some road closures due to mining activity. I downloaded a new set of coordinates before setting out on the trip, only to find out they had not yet been updated. Panic!!!

I had to go back and find the associations FB post advising changes, print it out and try and marry it up with the running sheet. To say I was a little nervous is probably an understatement as I was unable to upload the waypoints onto the Hema, so was going to have to rely solely on the printed waypoints, something I've not done before. On top of that, there was also bushfires along the route in the days beforehand, so a quick check of the DEFES site before leaving home, indicated that all was ok. Phew!!

Debi and John completed this section of the MundAl Track on the September long weekend and had the trip flagged on their navigator, so we were hoping to tap into their memory of the route for assistance.

We all met up at Byford Caltex bright and early on a sunny morning and after stocking up on the usual coffee set off south on Albany Highway before turning left onto Jarrahdale road and then commencing on the MundAl Track at Kingsbury Drive. A short way in, we took a small detour into the bush which proved to be a dead end and the wrong way!

Back on Kingsbury Drive, we passed Serpentine Dam and then a short while later passed North Dandalup Dam where we stopped for a photo op and convenience break.



After another small detour off track, Deb handed over their navigator to us to “hold” as well. We thought Oakley Dam would make a good morning tea stop, but this time the MundAl Track did not pass that way, so after driving some distance further we stopped at the back of the POW camp near Dwellingup for our morning cuppa.

On to Collie we headed and towards the detours around the mining activity..... My anxiety was growing.....could we navigate through this section without getting lost??? I was now sitting in the passenger seat casting my eyes between the map book, running sheet, FB update, Deb and Johns Hema and our own Hema on the windscreen! Thank goodness, we made it through without any further unplanned detours!

Time was getting away from us a bit, so when we came across Harris Dam, 12 km north of Collie, we decided to stop here for our lunchbreak. There was a very pretty grassed area, picnic tables, toilets and lots and lots of very friendly flies!





When in range, I phoned Neil who was camping in Collie for the weekend with his pooch, and as it was getting a bit late, we decided to drive via the shortest route and meet him at Gnomesville. Our drive took us through the beautiful Wellington NP, but as we were running much later than planned, we were unable to stop. As luck would have it (not), we encountered a road closure and had to make a 30km detour!

Eventually we reached our destination where Neil and thousands of gnomes were waiting patiently for us. A huge thank you to Neil who did a fantastic job making a sign for us to place on our display.



Our first task was to find a suitable site for our gnomes, preferably on some high ground where they would be safe from future flooding. This time luck was on our side and we found a perfect little shaded area on top of a ridge on the main path not far in. After completing some minor site works, our gnomes were settled into their new surrounds.

Tony, as VP presided over the official opening and wished our little friends a happy life in their new home.

The end of the trip was called after everyone had a look around and we made our way home from here.



Creature Report:

Echidna

Written by Diane Court

This month's Creature is the Echidna (or Spiny Ant-Eater). As we have observed and rescued (well, encouraged out of the way of the convoy) Echidnas I thought we might learn more about them.



Image by [pen ash](#) from pixabay

The Echidna is a monotreme, which is an egg-laying mammal. There are only two species of monotremes in the world and both are found in Australia. The other monotreme is the Platypus. Echidnas are shy creatures who do not tolerate heat well, which is why you will find them hiding under leaf litter, in burrows or under rocks. They are slow movers, but their front arms are powerful for digging. When threatened they curl up into a prickly ball, but if a predator does try to drag them out of a hiding place, they will try to dig in and latch on with their strong front arms.

Echidnas are solitary but they will have overlapping territories. When the female lays eggs after mating they are deposited straight in to her backwards facing pouch, and in 10 days the puggle will fight its way out of the egg and latch on to milk pouch (they don't have teats). It stays in the pouch for about 50 days, but when it starts developing its spines Mum digs a nursery burrow and leaves the puggle there, returning every few days to suckle it. The puggle can stay in the den for up to one year before leaving.

Perth Zoo (PZ) is a world leader in Echidna reproduction, having bred several puggles in captivity. Until this time breeding of captive echidnas had not occurred. PZ had cameras in the birthing den and were able to capture footage of birth and emergence of the puggle, which was also a world first.

Echidnas are timid animals, and although their curly ball of spines is intimidating they are still preyed on by foxes, feral cats, dogs and goannas, and snakes can eat puggles.

Echidna Rescue

Echidnas are often hit by cars and are protected in all states of Australia, so if an Echidna is on a road and/or in danger it is appropriate to move it. Before trying to move an Echidna, ask if it's really necessary. Is it injured? Improperly moving an Echidna can cause it a lot of stress or injury. If it's in your backyard (or campground) it's best to let it move off in its own time.



*Never use a shovel or try to force an echidna out of hiding with high pressure water or pointed implements. These could injure the animal. On soft surfaces, approach the animal from behind, attempt to slip one or both hands under the shoulders and legs, then relax. When the echidna relaxes, gradually push further under the soft underbelly. When you have a firm hold, lift and place the echidna into a container with a firm lid and air holes. Do not use a container with plastic slats on the side as the animal

is likely to force its beak through the holes and injure itself.

On hard surfaces (e.g. a road), use a rubber mat from a car or an old coat. Wedge the mat as far under the echidna as possible. This usually moves the animal enough so it is possible to gently roll the echidna on to the portable surface and carry it off the road or, if injured, place the animal in a container.

NEVER pull, lift or hold any echidna by their hind feet or extract them with tools. Handling in this manner can cause hip displacement plus abnormal strain on both the leg and stomach muscles.

** Image & rescue information from Wildlife Rescue,
<https://preview.tinyurl.com/wn3gplu>*

*Information from Wikipedia, *Wildliferescue.net and being a former Perth Zoo Docent.*



For Sale

Ridge Ryder Roof Rack

\$50

Contact Luke Rowe on 0420 587 865



Birthdays

And last but not least we wish happy birthday to:

