

**South Australian Motor Racing Officials Assoc.
Marshals Mumblings**

May 2011



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**MARSHALS MUMBLINGS
May 2011**

**Official Newsletter of the
South Australian Motor Racing Officials Association Inc.**

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The Editor welcomes contributions from any person interested in motor sport. Therefore, views expressed in this Newsletter are not necessarily those of the South Australian Motor Racing Officials Association or any of its members.

SAMROA WEB SITE www.samroa.org.au

Postal Address: PO Box 1312 ADELAIDE, SA, 5001.

The South Australian Motor Racing Officials Association (SAMROA) Inc. is a volunteer organisation affiliated with the Confederation of Australian Motor Sport (CAMS) Ltd.

President's Report

By the time you read this, the Shannons Nationals will be done and dusted. Great to see over 30 people on the list for this important event. Also, fantastic to see some new people.

Steve Clift has taken on the role of new members officer and has already done lots to help our new people. One program that he is putting together is a mentoring program, where new members are referred to an established member who will help them get settled and feeling welcome. It can be quite daunting turning up to your first race meeting without knowing anybody. If you would like to participate, please let Steve know.

Also, a special thanks to Steve Santinon for his donation of shelving for the shed and some marketing materials, and to Peter Cirillo for taking the shelves out to Mallala and assembling it all. This will be a big help in keeping the shed organised.

The annual dinner is taking shape, with Troy Harrison (the one man band) making a return visit. Troy provided the entertainment a few years ago and is a regular on the pub circuit. This will be a good night. Stay tuned for ticket details....

Think that's about it from me for this month..a reminder that meetings are now held on EVEN months – so no meeting this month.

Hope to see you at the track,

Andrew

ED SAYS...

Remember this is your newsletter. Your experiences, your jokes (keep them clean), your questions, your photos, your ideas – this is what we want to share with other members. I am happy to rewrite, edit, polish your efforts – spelling, formatting, English – I'll fix it. Photos are always welcome. Lets share what a great job we all do!

Please send everything to the Editor,

Fran at editor@samroa.org.au

Minutes of the General Meeting

Announcements / Reminders:

- Due a break-in at the Veneto Club, we had to find a new venue rather quickly – thank you for the RSL to make a room available for us at short notice. Also, apologies to those who turned up at the Veneto Club and found no-one in attendance, although Emails were sent out, it is sometimes hard to predict who exactly is attending the meeting and inform everyone accordingly.

Reports from Other Committees:

OHS&W

- Nothing new to present – Andrew Robinson presented a reminder on “Living with Diabetes”

T&CC (Provided by Paul Bonnett)

- Good to see some new officials coming out to see what we do – If you're out at Mallala and you see a new face, introduce yourself and give them some assistance – it's the little things that make the difference between attending once and coming out again.
- Talking about giving assistance to the new members – at our last T&CC / Committee meeting, discussions led to the creation of a “Membership Officer” who could handle the introductions of our new members when attending their first race meetings. Steve Clift is happy to take up the position – basically it now means that only ONE person will look after the whole process. (Email address newmembers@samroa.org.au will now go straight to Steve and he will also load Potential Members onto the Database) There are still a few details to formalise but notification will be in next Newsletter and on the Web Site.
- Training Day – Due to the recent motor racing events, there has been no chance to organise anything, however it is still on track for 09 July. (Peter Tann confirmed that we can use undercover area at his work if we need to)
- Parking at Mallala – For the “larger” race meetings (where merchandise trucks / food vendors / car clubs etc. are using the grassed areas) we need to enforce that SAMROA Officials use our allocated parking area. It was discussed that the Superkart / Regularity meetings were not a real problem but the consensus was that we should do it for all meetings so we can be seen to be doing the “right thing” by Clem and the promoters.
- Easter Historic – Chief Flags will be the two Paul's (Hart & Bonnett) Briefings will be around 8.00 am each morning with break being supplied by the SCCSA Sunday morning – always a good meeting
- Regularity 6Hr Relay Meeting – Chief Flag for this one will be Leigh Marches. More details will be sent out in due course.

Minutes of the General Meeting (cont.)

CAMS REPORT (Provided by Peter Tann)

- Emma Flanagan has left the SA CAMS office – sad to see her go, she will be missed. Until they find a replacement, there may be changes to the office opening times.
- Launch of the new on-line training module: This is more interactive and will hopefully lead to more consistent training of Officials. Details are available on the CAMS website (www.cams.com.au) and also YouTube has some video (links from the Web Site)
- Few changes at Tailem Bend Motorsport Park. What little amenities were out at Tailem Bend have now been removed (Toilet blocks / Grandstands) If you need to organise an event, you need to be mindful of arranging temporary toilets etc. Not sure what will happen in the future in relation to building new ablution / shower accommodation.

STATE OFFICIATING PANEL (SOP) REPORT

- Peter Cirillo was not at the General Meeting so nothing to report.

MOTOR RACING PANEL (MRP) REPORT (Provided by Darren Matiske)

- Superkarts – Superkart Working Group is now disbanded. A new Superkart Committee has been formed by the QLD, NSW, Vic and SA Club Presidents to tap into the AMRC. There is quite a difference on how each state run race meeting.
- 250 Superkarts – The reason we are seeing less 250cc Superkarts is that they use the old two stroke GP bike motors. As the GP bikes have been four stroke for some time the supply of 250cc motors and parts are drying up. SA would like to trial the 4 stroke GP motor.
- Formula Ford, some time ago replaced the old Kent (Escort) motor with the more modern Curated (Festival) motor. Ford are no longer building the Curated engine. Most likely follow Formula Ford UK with the replacement of the Duratec engine. (could possibly be a turbo charged diesel motor (variation of the current Duratorq))
- Historic Formula Ford – Need to run the old tyre – none available in Australia – Ongoing issue to find a new tyre

Junior Development Program (JDP) Update

Minutes of the General Meeting (cont.)

WEBSITE

- Website is our “first impression” from potential new members and it's beginning to look a bit dull and boring – do we need to revamp / update it with new photographs etc? Any ideas – let us know!

SOCIAL COMMITTEE (Provided by Andrew Robinson)

- Venues for Annual Dinner – Cafe Fellini (North Adelaide) has been booked and deposit paid. We are now looking for a MC / DJ – Troy Harrison has been approached and is keen to do it again. (Troy performed at an earlier dinner and was well regarded)
- Stocks at the Mallala shed – It's been noticed that stocks of drinks / BBQ gear etc. are getting low. If any member notices that something needs replacing then can you please bring it to the attention of any Committee member so it may be replenished. Also, if you see what you think is a good deal in drinks etc. and you've got some spare cash, buy them and the club will always reimburse the money. It's sometimes difficult for the Social Club to keep on top of restocking the shed and any assistance we can give them will ensure that there is always a cold drink in the fridge at the end of day.

PROMOTIONS (Provided by Darren Matiske)

- As a committee we are continually looking for new ideas for how we promote OUR club. (And ultimately recruit new officials) Tried and tested methods such as dropping flyers at motor accessory shops / motor museums etc. work but we need to formulate a theme and update our display photos – once again, if anyone has any suggestions then please bring it to our attention.
- Gawler Show: This year, the show will be held Sat 27/Sun 28 August and the club is once again considering a display (may be in conjunction with Mallala again but we'll need to confirm that) Some members say that it is waste of time and effort but it serves the purpose of promoting the club especially as Mallala is close to Gawler. More information will be promulgated as we get closer to the dates and if you can spare a few hours to man the display then please let Darren or any of the Committee know.

SPORTING CAR CLUB of SA (Provided by Bronwen Williamson)

- Round 3 of the State Championships (August 20 – 21) will see the 50th Anniversary of racing at Mallala. Not sure of what celebrations are planned but it's something to put down on the calendar.
- Bronwen had Nothing from the SCC-SA that affects us.

Minutes of the General Meeting (cont)

General Business

- For those who know him, Keith Jones passed away recently – his funeral will be at Tony Monte , 01 Webb Street Port Adelaide Friday 29/4/10 @ 1:30 – Card being handed around and will be sent out next week.
- Bob S. asked for clarification on the decision for us to go to Bi-Monthly General Meetings. All in line with the Constitution and Bob had no problems with the decision once it was explained. We just have to ensure that we work harder on keeping the communication lines open to the members – Newsletter will continue to be MONTHLY.
- Darren asked about Camping arrangements at Mallala for the Shannons Nationals – It is not yet known but Bronwen will ask question next week.
- Service Badges – Peter Tann asked if anyone had ideas on where to source – Bronwen suggested to go back through the accounts as we brought some 5-6 yrs ago.
- Darren (on behalf of all that attended) would like to thank Cathy Croci for organising the “get-together” event for the officials who went over for the Korean GP. Someone to write up an article for the Newsletter.

With no further General Business, the meeting was closed at 21:00 (9:00 pm)

**Next Meeting: 20:00 (8:00 pm) on Wednesday 15 June 2011.
Veneto Club, 06 Toogood Ave, Beverley, SA.
(Any change of venue will be notified)**

Cover photo: One of the spectacular vehicles on display at the SCC Easter
Historics meeting at Mallala. Courtesy Peter Tann

OH & S Report from Steve Clift

Officials need to make time to be at their best

CAMS Officials are like drivers in that they have to perform at their best in every motorsport event. Staying focused, making correct decisions, managing equipment and personnel, are essential roles. To perform these tasks consistently and reliably officials must be fresh and well organised. This is especially so for officials who have demanding physical roles such as *long days in the heat, cold or rain*, and for officials who need to make precise decisions over one to four days at events such as Bathurst, Clipsal and the Australian Formula 1 Grand Prix.

Monitoring fatigue and stress levels and learning how to minimise their effects is something that both athletes and officials have in common. Doing this will help officials to be reliable and consistent in their performances and hopefully lead to more enjoyment of their officiating roles? Here are some simple suggestions to achieve this:

Daily: Listen to your body to find out how tired or stressed you are. Keep a simple checklist or diary to register your responses for:

- Quality of sleep—a good sleep is invaluable.
- Energy levels—start the day with plenty of energy.
- Personal stress, for example, lifestyle issues. Plan how to manage these.
- Enjoyment for your officiating role—enjoyment and satisfaction are important monitors of your stress levels.
- Any illness or injury concerns—manage these and note any patterns. Eat a balanced diet and plan appropriate meals and post event snacks. Stay hydrated and make sure that you have fluid and fuel for the whole day. Shower before bed and stretch after the shower—start to relax physically. Practise a relaxation technique before bed, for example, visualise a happy place, listen to relaxing music, or do some light reading. Switch off from the day’s events

Weekly: Spend 5-10 minutes planning ahead for the week. Use a weekly planning template or electronic diary to identify and prioritise any weekly commitments for work, study, and officiating. Make sure you include family time and relaxation time for yourself. Try to maintain a balanced life.

Annually: review, revisit and re-focus. Review your last year’s performances and adaptation to stress. Identify any changes and how and when to make these. Have an annual medical check-up that includes vision testing and muscular-skeletal screening—prevention is better than cure. Reset your goals for the year.

Provided by:- CAMS Australian Officials’ Commission (AOC) and Australian Sector Marshal’s Group (ASMG) *Information to promote the Health and Fitness of CAMS Volunteer Officials*



T&CC Report

Hi folks, before I get to the contents of this report, I would just like to express my sincere thanks for the opportunity to be the Assistant Chief Flag at the National Easter Historical meeting held 23/24 April. Whilst I did an assistant's job back in 2009, this one was slightly different as I had a greater input to the pre-event planning and also the Sunday Morning briefing – I can tell you it's a bit daunting, standing out there in front of all that experience and hoping that what you are saying actually makes some sense. My advice to you all is that if you are ever asked to perform these tasks then don't hesitate, sure you may mess it up the first time but that's part of learning and ultimately, it will make you a better official. I just hope that all who attended over the weekend enjoyed themselves as much as I did.

09 May 2011 - UPDATE

1. 75 Books in total
2. 34 Books are still out with members to sell
3. 16 Books still to be issued out
4. 25 Books have been sold so far.

Tickets need to be sold and returned to Secretary by **mid June** and up until now I have only received 25 books back. If you have sold your tickets or you would like some extra books to sell then please let me know and we'll make arrangements. I always bring the tickets with me to the Committee and General meetings plus it's not often that I miss a race meeting so the tickets will be there also.

With the three day Shannons Nationals fast approaching and three other events at Mallala before the end of June, there is still ample opportunity to sell some more books; now is not the time to get worried but I don't wish to be chasing tickets in the last couple of weeks either. I would also like to remind you all that it is part of the Terms and Conditions (yep the small print) that we have to account for every ticket (All 75 BOOKS) so if you find you have lost any, then please inform me so I can take note of the numbers.

There will be a further reminder in the June Newsletter and don't forget, if you have any problems – CONTACT ME. (My details are at the front of this Newsletter)

Cheers

Paul Bonnett

Secretary.

Upcoming Events

DATE	EVENT	CHIEF FLAG	BRIEFING TIME
13 – 15 May	Shannons Nationals	Barry Hughes	TBC but expect it to be 07:45 – 08:00 for Sat / Sun
22 May	Superkart/Modern Regularity	Andrew Robinson	08:15
04 / 05 June	State Championships Round 2	Loui Mori Alex Varcoe	TBC but expect it to be 07:45 – 08:00 for Sat / Sun
26 June	Superkart/Modern Regularity	Karen Magnusson	08:15

T&CC Report (cont.)

By the time you read this article, the Shannons Nationals will have passed so as you can see; our next couple of meetings are two Superkart meetings and Round 2 of the State Championships. I really don't like sounding like a broken record but as I check the database, the numbers are slowly increasing for these events but it's always nice to have more so we can maybe consider placing officials into new roles. The Red book is always at meetings and if you wish to get your name down and you don't have access then give a friendly Committee member a call – we'll put your name in for you. And before we leave the Upcoming Events and move onto other things, here is something for us all to contemplate:

“You are an Official at Flag Point 8, the grid is full and the starter is ready to let the cars go. As the cars leave the grid, one stalls and is hit by the car behind – you now have half the grid swerving to avoid each other, two damaged cars and a fireball to contend with! – WHAT WOULD YOU DO?” After the last round of the V8's in WA, I can imagine that sequence of events will be used at training venues for some time – yes it does highlight the dangers that we can all potentially face but it should also make you start thinking of how you could handle a similar situation if you faced it.

As you may well know, CAMS have been looking at streamlining the Event Assessment process and there is now an official Request form available from the CAMS Website (That's fine for all those with access to a computer but for those who don't have access, we'll print some off and keep them in the shed) Please remember that although CAMS is now running the assessment process, any SAMROA member who wishes to undertake an EA should first contact a T&CC member and keep them informed of your progress – ultimately, it is the T&CC who does the placements and we need to be kept up-to-date with Official's experiences and levels. (As a footnote to this, if you feel you have the knowledge and experience to become an Event Assessor, CAMS is holding an EA Course on the 17July. If you wish any further details contact Laurene at the SA CAMS Office, phn no: 1300 883959. Remember, Commencing Apr 27th 2011 the CAMS SA/NT Office hours will be 9.00am to 5.00pm Monday to Thursday. The office will be closed on Fridays until a replacement for Emma is found)

T&CC Report (cont.)

I mentioned Knowledge and experience earlier on – if you feel you would like to give back some of that to the Club, how would you feel about becoming a Mentor to our up-and-coming new members? During our last T&CC meeting (05May) Steve Clift came up with the idea of starting up a mentoring program to help our newer members, the Committees think this has merit and although there needs to be a bit of organising we thought we might ask the question: Is anyone out there interested in becoming a mentor? Think about it and if the answer is “maybe” or “yes” then please let us know.

OK, Two more things before I sign off for this month, It has been mentioned before that the Committees are busy organising an informal “training” day to allow the members to get up and close to some race cars to acquaint themselves with safety equipment like the driver's HANS Device. Isolation switches, on-board fire suppression “bombs” etc. etc. We are hoping to get a good mixture of classes, both open and Tin-Top and it should be a great opportunity to see these cars and talk to the drivers. The date for this will be Jul 09 and the venue now will be at Peter Tann's work (Gerard Corporation, Port Wakefield Road at Cavan – Peter is working on a map for attendees) There is a page in the Red Book for this and all interested members are requested to get their names down ASAP. There will be a BBQ on the day so we need to know numbers 1 week prior.

This month being May, we are fast approaching the time of the year when we (hopefully) start thinking of membership renewals, annual dinner and AGM. I would also like to ask you to start thinking of the T&CC and if you would like to join us on the Committee. It would be good to see this year that we could get enough volunteers to enable the Committee to consist of a Chairman, Vice Chairman, Secretary, OH&S Officer and 3 members (2 of which come from the General Committee anyway) Do the Maths, I do the Secretary work, we already have the OH&S and 2 members from the Committee, so we just need a minimum of THREE volunteers – Who's up for the job?

So that's the report for May, Leigh will hopefully be back next month (if his computer is working by then) so Stay Safe, Enjoy yourselves and we'll see you trackside at one of our up-coming meetings.

Paul B. and the T & CC.

Annual Training Day – Saturday 9 July from 9:30 am

Location:

Gerard Corporation warehouse (so we can stay dry), 101 Port Wakefield Road, Cavan (access only for northbound traffic).

Directions:-

- Proceed north from Gepps Cross on Port Wakefield Road
- After approx 1km, pass Stratco on your left
- Proceed past Cavan Road intersection from left (traffic lights)
- Approx 100 mtrs, pass Cavan Hotel & Steak Van on your left
- Approx 200 mtrs, Bus Stop 29, then 20 mtrs turn left through Gate 2
- 50 mtrs turn left, (warehouse entry straight ahead) then 20 mtrs turn right and park

Following on from the very successful Fire training and 1st Aid training of the past two years, your T&CC Committee is pulling out all the stops this year.

We are organising a variety of race vehicles so that we can all get up close and personal to find out first hand the nuances of how we can assist drivers, emergency and recovery personnel, including in car fire suppression systems, different types of harnesses, electrical “kill switches”, HANS devices and much more.

We are working towards having the following race vehicles available:- 2 superkarts; V8 supercar; rally car; sports sedan; improved production; HQ; West; Formula V;

Numbers are strictly limited, so get your name in the Red Book or on the data base by 2nd July.

There will be a free BBQ lunch for the first 20 members to register.

Don't miss out – get in early!

June Newsletter:

May issue will be printed on Thursday June 9 for post on the Friday.

Final deadline for material is **9:00AM Tuesday 07/09. Earlier is better.**

Alternate Uniform

For those who are interested, the pants are available from Totally WorkWear, Unit 2A, 340-356 South Road Richmond Ph 08 8443 3868

Style :K13800 Workcool Pant – features 10 pockets

Colour: Orange

Price: \$50

Ed Says

As everyone in the motor racing world would know, Jason Richards, V8 Supercar driver, was diagnosed last year with a rare and expensive to treat cancer. Motor racing has rallied around one of its own and set up www.bid4jase.com with various items for online auction and the opportunity to simply donate. Take a look.

Congratulations to members celebrating birthdays this month:

May

David Micallef	19th
Paul Karamanov	25 th
Michael Fitzell	28th

June

Sarah Kenyon	7 th
David Marshall	9 th



SAMROA Merchandise



SAMROA Sew On
Badge - \$6



SAMROA Sticker - \$3
(10cm across)



SAMROA Logo Pin
(Metal) - \$3



SAMROA Polo - \$40



SAMROA Cross Flags
(Metal) - \$3



SAMROA 30th year
badges...\$10 each



Trade Discount at Ray's Outdoors:

SAMROA is now a trade customer at Ray's outdoors, simply quote the Business name (South Australian Motor Racing Officials Association) or number D73564 at the register to get a significant discount.

28 stores nationwide, SA Stores at:

61-69 West terrace ADELAIDE

1 Phillip Highway ELIZABETH/

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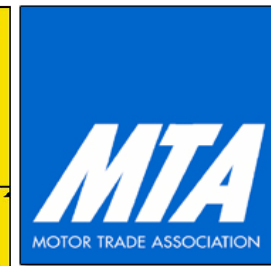
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