

South Australian Motor Racing Officials Assoc. Marshals Mumblings January 2010



MARSHALS MUMBLINGS January 2010

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

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



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PRESIDENT'S REPORT

And...another year is up and running – and things have been happening already:

On behalf of the general committee, I would like to congratulate the following people on being nominated for SA/NT CAMS awards:

- Matthew Johnson for motor sport official of the year, in recognition of services to Circuit, Rally and bike events.
- Karl Fleming for circuit official of the year, and
- Brian Agars for speed official of the year

Congratulations to you all – and good luck.

Next, a big 'thank-you' to Paul Bonnett and his family for conducting repairs on the flags during the break – as well as washing the club overalls ready for the new year.

Also, a 'thank-you' to the crew who helped out at our first 'sausage sizzle' fundraiser at Munno Para Bunnings on the 9th of January – particularly Darren Mattiske for organising it (and to his family for their patience..).

It is with regret to note that Adam Williss, after 12 years has resigned his post as State Manager within CAMS to take up a position managing volunteer services at Scouts SA. We wish him well.

One thing the committee is trying to do is to make the general meetings more interesting, with guest speakers and other things happening. Where we can, we will announce these before the event...

With that, I hope to see you at the Venetto club for our next meeting on Wednesday 20th January...

Andrew and the rest of the general committee.

T&CC Report

Hi Folks

Welcome to 2010, we hope that everybody has had a great Christmas / New Year's break and are ready for the trials and tribulations of once again being trackside. If you look at the calendar for 2010, the Clipsal 500 will be held between the 11th and 14th of March and there are two meetings at Mallala before that to allow you to "blow out the cobwebs".

- Superkarts and Modern Regularity on 21st February, Andrew Robinson is Chief Flag and briefing (I would assume) will be at 08:15 (This will be confirmed in the next newsletter)
- SCC-SA Circuit Racing Championships Round 1 (Twilight) on 27th February, Adam Litchfield is Chief Flag: Briefing / Start Time TBA.

Names are urgently needed for these two events as at the time of writing, there are only 4 names on the database for the Superkarts and 5 for the Twilight meeting. Don't forget that for the Superkarts, we will accept names right up to the day of the meeting (bear in mind though that if too many people do this, we will have difficulties in feeding everyone). However, with SCC meetings, we have to close the red book (e.g. no longer accept names) 7 days prior due to the SCC needing numbers for catering purposes. We recommend that you get your name placed ASAP. Paul Bonnett has the Chief Flag's briefcase at this time and both the red book and phone are in the case. If you can't access the database, contact Paul on 0409 092 535 (or the Chief Flag's mobile number) and get your name entered. (Of course, you can contact any of the Committee members also)

Whilst we are on the subject of events, all of the remaining events for the 2009-2010 Season have now been loaded onto the database. Log on, enter your name and let's see you trackside. This is also a timely reminder that there is a "Placing Preference" box available to all members on the database; you are welcome to use this to inform the Training Committee of any new roles you would like to learn. Please accept that it might take some time to give you a placement but if numbers allow, you will get your wish.

Cover Photo: Fundraising BBQ at Munno Para Bunnings

Photos: Darren Mattiske

Any photo or other contributions are gratefully accepted.

T&CC Report (Cont.)

Our flags have received a bit of a spruce-up over the break, the yellow and blues have been stripped down and restitched/repared. My wife (Diane) and her mum fired up their sewing machines and after also giving them a bit of a bath, they will now last us a bit longer. The rest of the flags were left as they were as their condition was not too bad but it is also an upcoming project for both committees to replace them all this year. One quote has already been received; I need to contact a company to get another.

Another project this year for the T&CC is to look at more training, we are already planning a refresh session for Communications and Flags; another one for Report Writing has also been suggested. In 2008 we ran an informal, information session for flag point seniors which was well received and maybe another one may be held in 2010. If you have any preferences, the T&CC would like to hear from you – sorry for the cliché but “it is your Club – get involved”

Well, that's about it for now but I'd just like to remind you of a couple of points as we once again head out to do what we do best:

1. With the start of the new year, the temperatures have been extreme to say the least – while you are out in the heat **BE AWARE OF YOUR FLUID INTAKE** – By the time you realise you are dehydrated **IT IS TOO LATE**;
2. When you are out a flag point, pay particular attention to the condition of the equipment and the general area around you. Please bring any deficiencies to the attention of your Senior, Chief Flag or Committee member; and
3. The Performance Sheets seem to be working quite well but we still need them to be filled out by ALL officials, and be honest with your self assessments – we are starting to use this information to help improve your knowledge and performance.

Stay Safe and we'll see you trackside, 21st February 2010.

Paul B. and the T & CC.

Bunnings Sausage Sizzle

Bunnings did call Friday to advise we didn't need to turn up for the BBQ due to the extreme hot weather, however, with sausages & bread already ordered, I wasn't going to cancel. Friday night reality hit as how many eskies I had packed with sausages and extra cold drinks.

The sales were slow but consistent. We knew the sales would be down due to the hot weather. The afternoon heat was reduced by shade coming over us and the northerly breeze bringing the cool air from the Bunnings entrance past the BBQ. While we haven't completed crunching the numbers, we probably contributed about \$400 for the club's funds and had a few people interested in the club as well... What we didn't sell has been frozen and will be used out at Mallala.

We all learnt a lot (breath through your mouth when cutting onions & don't use permanent marker on the price board) and now looking forward to our next BBQ.

I would like to thank the members involved:

Paul Hart, Andrew Robinson, Scott Chamings, David Lans, Bronwen Williamson, Steve Clift, Phil Zeunert, Glen Malthouse, Peter Tann and Toni Aloji, as well as Damian from Gully Meat Service for the sausages (we did some quality control during the day, and the sausages were excellent) and Bunnings at Munno Para for the opportunity.

Darren Matiske.



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KWIK STIX Sponsoring SA Officials

Kwik Stix are sponsoring Motor racing officials in South Australia by providing over 2,000 gift vouchers to officials working at events.



People who have been to their restaurants will agree that they provide great food and good service at a good price.

The new meal vouchers are now for “**one main meal**” at all restaurants owned by The New World Lifestyle group. The New World Lifestyle group own several restaurants throughout Adelaide

Note: These vouchers are only for the restaurant specified on the voucher

Dehydration and hot weather

The human body contains a high proportion of water, so when the temperature rises and the body tries to cool itself by sweating, dehydration can be a real concern, particularly for children.

What is dehydration?

Dehydration is the loss of water and salts from the body. We need water to maintain enough blood and other fluids to function properly, and to maintain our blood pressure. Along with the fluids, the body also needs electrolytes, which are salts normally found in blood, other fluids, and cells.

How do we lose fluid?

The body may lose fluids in a variety of ways:

- when urinating;
- when you vomit or have diarrhoea;
- when sweating; and
- from the lungs when you breathe.

Why do we need water?

The human body consists of nearly 60 per cent water; brain tissue is said to consist of about 85 per cent water. This is why drinking 6–8 glasses of water a day helps our body function efficiently. It is estimated that if we lost just one-tenth of the water within our body, we would not be able to stand, let alone walk.

Although fluid loss occurs during hard physical work, even simple tasks like gardening, walking or riding a bike can result in a significant loss of fluid within a very short period. We can also lose a lot of fluid in hot or humid conditions.

Babies and small children feel the effects of heat sooner and more seriously than adults. Children in cars need special protection from heat as cars can heat up very quickly. A parked, locked car can reach dangerously high temperatures very quickly, even if the windows are open slightly. You should never leave a child in a parked car — your child can quickly become overheated and dehydrated, with potentially fatal consequences.

At highest risk of dehydration are babies under one year old, particularly if they are suffering from diarrhoea or vomiting.

Dehydration and hot weather (Cont.)

Stages of dehydration

The early stages of dehydration usually have no signs or symptoms, but can include dryness of the mouth and thirst. Other symptoms in early or mild dehydration may include dry, warm skin; dizziness; or cramping in the arms and legs. As dehydration increases, signs may include:

- a flushed face;
- rapid pulse;
- dark, yellow urine;
- passing less urine than normal;
- sunken eyes;
- in infants, a sunken fontanelle (the soft spot on the top of the head);
- skin that has lost its elasticity and doesn't quickly return to its normal position after being pinched;
- irritability or drowsiness;
- irrational behaviour; and
- absence of tears when crying.

If you are with someone, particularly a child or young person, who suddenly becomes dizzy, nauseated or weak during hot weather, get them indoors or in the shade. Replace lost fluids with cool water and cool the person down with a cool shower or sponge bath. Seek medical attention if the symptoms get worse or last for more than an hour.

If someone has dry, red skin, has a fast pulse, looks confused or delirious, or feels very hot, that person is in extreme danger and you should seek medical attention immediately, as well as taking the steps outlined above. In severe cases, dehydration can result in shock and even death.

How do I combat dehydration during hot weather?

Water should be given to counteract dehydration. It should be drunk before you get to the stage of feeling thirsty. It's best to remember that other drinks, such as soft drinks, coffee, or alcohol-containing beverages, are no real substitute for water. Although they contain water, they may also contain dehydrating agents.

Dehydration and hot weather (Cont.)

So-called isotonic sports drinks can replace some of the salts lost when sweating during intense or prolonged exercise, and are an appropriate fluid replacement in this setting.

If you are sweating profusely or have vomiting or diarrhoea, oral rehydration solutions such as Gastrolyte and Hydralyte are also suitable. They should be made up and given according to the manufacturer's instructions.

Preventing dehydration during hot weather

It is recommended that during hot weather we should be drinking water even when not thirsty. Drink at least one-and-a-half cups of water every half hour and at least one-and-a-half cups of water 20–30 minutes before playing or exercising in the heat.

Other things you can do to avoid dehydration during hot weather include:

- avoiding the sun in the middle of the day — exercise or do outdoor activities early in the morning or evening instead;
- wearing sunscreen and a hat that shades your head, neck, ears and face — sunburn stops your body from cooling itself down properly;
- wearing thin, loose clothing — this allows good airflow, which helps sweat evaporate; and
- avoiding dark clothing, as this absorbs more heat than light clothing.

By recognising the signs of dehydration and taking measures to prevent it, you can look forward to a sizzling, and safe, summer.

Source: <http://www.mydr.com.au/travel-health/dehydration-and-hot-weather>

Note: Anybody who believes that they are suffering from dehydration or heat stress should be taken to the medical centre for assessment and treatment. Recovery is far quicker with early treatment.



**Remember: Clothing – Sunscreen – Hat – Shade – Glasses
(or Slip-Slop-Slap-Seek-Slide..)**



Members that will be celebrating Birthdays in the coming month Happy Birthday!!



January

Steve Lewis (20th), Danny Trezise (21st)

Bruce Morisset (24th)

David Lans (24th), Peter Nicholas (25th)

February

Shaun Doecke (5th), Steve Clift (6th), Yulia Petrenko (14th)



And a special note to Life Member Alan O'Dea (Pictured here with his wife Heather at the 2006 Dinner) who is turning 50 on the 22nd of January

Congratulations !!

-----HELP WANTED-----

The Mitsubishi GSR/Evo club are running a 3-event Supersprint series this year, and they have approached us for assistance to provide people with flag experience who are able to man 3 flag points at their events.

Dates are Monday 8th March, Sunday 25th July and Monday 4th October. Anybody who can help is asked to contact Tristan Catford on 0400 820 745 or info@gsr-evo-club.net

Food & drink provided... any help is very much appreciated.

Vale: Steve Forbes

Steve Forbes (Photographer, Nevets Photography) passed away on Jan 9th 2010 aged 46. Our thoughts are with Jacqui and his children Emily and Taylor.



2010 Calendar of events

Date	Event	Location
21 Feb	Superkart/Mod Reg	Mallala
27 Feb	SA Circuit Racing Champ Rnd 1	Mallala
11-14 Mar	Clipsal 500	Parklands
25-28 Mar	Australian F1 GP	Melbourne
3-4 Apr	National Historics	Mallala
11 Apr	Superkart/Mod Reg	Mallala
1-2 May	SA Circuit Racing Champ Rnd 2	Mallala
23 May	6 Hour Mod Reg	Mallala
29-30 May	Shannons Nationals	Mallala
4-6 June	Bigpond 300	Barbagallo
5 June	HQ Enduro	Mallala
18-20 June	SKYCITY Triple Crown	Hidden Valley
20 June	Superkart/Mod Reg	Mallala
18 July	Superkart/Mod Reg	Mallala
15 Aug	Superkart/Mod Reg State Champ	Mallala
21-22 Aug	SA Circuit Racing Champ Rnd 3	Mallala
26 Sept	Superkart/Mod Reg	Mallala
2 Oct	Lobethal Grand Carnival	Lobethal
30-31 Oct	SA Circuit Racing Champ Rnd 4	Mallala
7 Nov	Superkart/Mod Reg	Mallala
18 Dec	Officials Appreciation Day	Mallala

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THE SAMROA SOCIAL COMMITTEE NEEDS YOU !



Do you enjoy the BBQ lunches at the Superkart meetings, BBQs after some events, the Annual Dinner, or crushing the Superkart Club to defeat when they are brave enough to challenge us??

All these activities happen because of the members of the social committee.

Not much time is needed from members of the committee, we meet once a month for an hour or so on a Monday night at the Para Hills Community Club for a drink and to discuss what supplies are needed for the shed and upcoming activities.

Unfortunately due to other commitments, we are currently down to two members on the Committee. We desperately need some assistance to keep the BBQs and Events occurring, so come on and join the committee.

Members partners or family members are also encouraged to join, perhaps this is a good chance to check out this club that the other half runs off to on the weekend!

**Contact Jodie Johnson on 08 8562 3528 or
Scott Chamings on 0417 806 832
to register your interest.**

SAMROA Merchandise



SAMROA Sew On
Badge - \$6



SAMROA Sticker - \$3
(10cm across)



SAMROA Logo Pin
(Metal) - \$3



SAMROA T-shirt - \$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

The logo for Ray's Outdoors, featuring the name in a white, stylized script font on a red rectangular background.

1 Phillip Highway ELIZABETH
Harbour Town ADELAIDE
AIRPORT

February Newsletter:

February issue will be printed on Thursday Feb 11th for post on the Friday.

Final deadline for material is Midday Thu 11/2. Earlier is appreciated.

Thanks to Peter Tann for his assistance in printing the newsletter each month.



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