



**South Australian
Motor Racing Officials Association
Newsletter
DECEMBER 2021**

A Motorsport Australia affiliated Organisation



Website: www.samroa.org.au

Next General Meeting:

General Meeting will be held on the first Wednesday of the month:

8th December, at The Maid Hotel, 1 Magill Road, Stepney starting at 7:30pm

Due to COVID-19 you must scan the site QR code or add your details to the register.



Merry Christmas from the SAMROA Committee

SAMROA is proudly supported by



Modbury



Contents

President's Prattle	4
Local Events Calendar	6
T&CC Report – Kim Morrison.....	7
Social Committee Report – Deb Squires	8
Member Profiles	8
WH&S Report – Cathy Sinton	11
Promotions Report	13
October General Meeting Minutes	13

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.

MARSHALS MUMBLINGS

December/January 2021

Official Newsletter of the

South Australian Motor Racing Officials Association Inc.

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Chairperson	Peter Cirillo	
T&CC Members	Tony Aloï, Peter Cirillo, Kim Morrison, Owen Smith, Brad Morrison, Graham Church	
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Social Committee Members	Janelle Orrock, Deb Squires, Leslie Atkinson	
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The South Australian Motor Racing Officials Association (SAMROA) Inc. is a volunteer organisation affiliated with Motorsport Australia Ltd.

President's Prattle

Welcome to the December/January Newsletter

Well, it's hard to believe that it's that time of the year again and another year is almost finished.

We were finally able to hold our 43rd Annual dinner on Saturday 30 October at the Caledonian Hotel, North Adelaide. It was a great night and a terrific effort by the Social Committee – Thank you to Janelle, Leslie and Deb.

On the night, as always various awards were presented starting with Service Award Badges

5 years – Alec Donnon, Elise Westin, Kim Morrison, Paul Papanikolaou & Kimberly Stevens

10 years – Brad Morrison, Grant Paproth, Chris Paproth & Thomas Harris-Howson

15 years – Andrew Robinson, David Lans & Alan Candy

20 years – Tony Aloï & Peter Stevens

25 years – Steve Lewis & Barry Hughes (Life Member)

35 years – Cathy Sinton & Colin Leaker (Life Member)

40 years - Paul Karamanov

Not all the above were in attendance on the night but all were acknowledged.

The Most Improved Official went to Alec Donnon and The Kaye Morisset Memorial Club Member of the Year went to Owen Smith.

Congratulations to all the above and also to Peter Cirillo for his Orange Turkey Award.

We have struggled at times to get sufficient members to attend race meetings over the last 12 months or so and as a result of this the committee has made a concerted effort to attract new members. With the assistance of Rob Thiry and Janelle Orrock, who were busy beating the bushes in many and various ways we've had a very good result in a very short period of time. Since the race meeting held on 9/10 October we've been successful in signing on 6 new members. Well done to all involved.

At the 9/10 October race meeting at Mallala one of our members announced that he would no longer be active trackside after 23 years. A big thank you to Dieter Von-Zieden for your contributions, and enjoy your extra free time.



I'd also like to thank all the members for their support during the year, and look forward to that being continued in the coming year.

In closing, I'd like to remind all members that the next General Meeting is on the 8th December to be held at The Maid Hotel, 1 Magill Road, Stepney starting at 7:30pm.

All future Committee and General Meetings will be held at this venue so why not come along, get to know the venue and come early for a meal prior to the General Meeting. Committee members and others will be in attendance from 6:15pm.

Till then stay safe and well and I'll see you when I'm looking at you.

May you all have a very Merry Christmas and a Happy and Prosperous New Year.

Bruce Morisset – President

Next General Meeting, 8th December The Maid Hotel, 1 Magill Road, Stepney starting at 7:30pm

Local Events Calendar

Reminder, as the COVID-19 situation is ever changing, keep an eye out on social media, SAMROA emails and newsletters for updates.

- ~~10th – 12th Shannons National – Tailem Bend~~ **Saturday 10th ONLY – Check emails for updates.**
- TBA – member's database 2022

Also check out what is happening across the state in all forms of Motorsport via the Motorsport Australia

Events Calendar: <https://motorsport.org.au/events/championships/state/sa-nt> (this site is not validated for accuracy by SAMROA)



Happy birthday to our members who will be celebrating milestones in December or January.

<i>December</i>	<i>January</i>
Graham Church-9 th	Jackie Schlein – 2 nd
Darren Mattiske -17 th	Debra Hills – 8 th
Shaun Dobbins-17 th	Dillon Robinson – 12 th
Shaun Dobbins-17 th	Karl Fleming – 16 th
Chris Monk-18 th	Stephen Lewis – 20 th
Robert Schofield-25 th	Alan O’Dea – 22 nd
Ray McGuinness – 12 th	David Lans – 24 th
Bryce Crawford -14 th	Bruce Morisset -24 th

T&CC Report – Kim Morrison

Hello and welcome to the December T&CC report, well this year is certainly flying by with all SAMROA events completed for 2021. Please remember there is still one motorsport event left in South Australia for 2021 and that the Shannon's National on the 10th to 12th December 2021. On behalf of the T&CC I would personally like to thank all the members that have attend race meeting this year, it has been an amazing effort while we have all worked our way through Covid.

A few stats for this year:

19 SAMROA events completed

1 SAMROA training days

Please start to have a look in your diaries and see if you can support the club in 2022 with attending events, this year we had some events that had poor numbers making it hard for people to be trained in new positions. If you can and don't have database access, please contact any member of the general or T&CC committee to discuss.

A reminder that the weather is now starting to change and getting warmer, so make sure you check your race bag to ensure you have the appropriate attire in there like sunscreen, extra water, and a hat. The T&CC are working on some ideas for training next year including fire training, senior specific training, and general skills development. We are also looking at training different people in different roles (i.e., Race Control, Form Up and Starter) so if there is a role you would like to try, please let us know. Please remember we want to train new people in different roles, but this is very hard if we don't have enough official's trackside, so please see if you can attend events.

Massive congratulations to Alec Donnan for winning the 2021 Most improved official, and Owen Smith for taking home the official of the year. Well, that's about it from for 2021, please stay safe over the festive season and enjoy your time with family and friends. I wish you all a very Merry Christmas and a safe and Happy New Year.

See you all trackside in 2022.

Written by Kim Morrison – SAMROA T&CC member

Social Committee Report – Deb Squires

Stay tuned for future updates.



The image shows a sign for Mister Minit Unley. At the top left, it says "MISTER MINIT UNLEY". In the center is a cartoon character of a man in a white coat pointing. To the right of the character, it says "MISTER MINIT" in large blue letters, with the tagline "'Real people fixing problems'" in red below it, and "Since 1957" in small black text. On the left side, it lists the franchisee's name "Shaun Halliday", his title "Franchisee", and his email "E unleymisterminit@bigpond.com". Below this, there are icons for a telephone, a location pin, and a website, with the following information: "(08) 8357 7391", "Kiosk 3, Unley Shopping Centre, 204 Unley Rd, Unley SA 5061", and "www.misterminit.com.au". On the right side, there is a red box listing services: "Shoe Repair", "Key Cutting", "Engraving", and "Watch Service".

SAMROA member Shaun Halliday is a franchisee of Mister Minit which specialises in repairs, engravings, cutting services plus much more! Shaun has offered a 20% discount for SAMROA members upon presenting their membership card. His kiosk is located at the Unley Shopping Centre. Come on down and support each other.

Member Profiles

Dear members and newsletter readers,

As a way of making the newsletter a little more interesting to read, and a fun way of getting to know each other more, I've put together a "Member Profile" survey. I would like our members to complete this profile and then have some of them printed in upcoming newsletters for all to read. In this way we can learn a bit more about each other, and it is a great conversation starter trackside.

You might be surprised how much in common you might have with other members apart from our love of the sport.

You can email your surveys to the secretary at secretary@samroa.org.au. I've done mine to start things off. 😊

Cheers

Cathy



Name: Catherine Sinton

Nickname: Cathy

Date of birth: 4th October 1970

Birthplace: Adelaide

Where did you grew up? Tailem Bend

How did you get into motorsport, and when did you start with SAMROA? My dad drove rally cross in Tailem Bend and he always took us to Riverview speedway, Murray Bridge, I loved the smell and thrill of the sport, I joined SAMROA via my dad who was a member before me, but he made me wait till I was 17 yrs old and had my driver's licence.

What's your most memorable motorsport moment? The thrill of standing on the edge of the track at Adelaide Formula One Grand Prix and the formula ones roaring past, feeling the rumble and noise was a thrill, before they made us stand behind barriers

How would friends and acquaintances describe you? Hopefully nicely but probably say I talk to much.....

What are you most proud off accomplishing? Living this long and been a part of international training team, going overseas to train other marshals, something I never dreamed of doing when I started in the sport. Oh, and having a wonderful son who is now also enjoying his motor sport.

What's the most useless talent you have? I can touch my nose with my tongue

What is the dumbest or funniest way you've been injured? Broke my finger in primary school doing a play in class when another student fell on me.

What's your favourite indoor/outdoor activity outside of Motorsport? Listening to live music, and trying to dance 😊

If you could learn to do anything, what would it be? I'd love to learn to crochet or old style rockin' roll dancing.

If you could meet anyone, living or dead, who would you like to meet and why? Betty Kleminko to chat about owning a supercar team in a very male dominated world, the challenges and the good fortunes of it all.

If you could be any fictional character, who would you choose? Speed racer

What do/did you want to be when you grow up? Be Young again



Please complete and email your surveys to the secretary at secretary@samroa.org.au. Feel free to attach photos that you may wish to include in the newsletter also.



Name:

Nickname:

Date of birth:

Birthplace:

Where did you grew up?

How did you get into motorsport, and when did you start with SAMROA?

What's your most memorable motorsport moment?

How would friends and acquaintances describe you?

What are you most proud off accomplishing?

What's the most useless talent you have?

What is the dumbest or funniest way you've been injured?

What's your favourite indoor/outdoor activity outside of Motorsport?

If you could learn to do anything, what would it be?

If you could meet anyone, living or dead, who would you like to meet and why?

If you could be any fictional character, who would you choose?

What do/did you want to be when you grow up?



WH&S Report – Cathy Sinton

I have reviewed and update the SAMROA OHS Policy – please feel free to read and if required provide feedback.

I am continually working with both Mallala and Taillem Bend circuits to improve and make repairs as required to marshal posts, although this can appear very slow. I would like to encourage everyone to either email me or put in engineering request if you have any issues/concerns at either of these circuits marshal post. Hopefully in 2022 we can see some more improvements across both circuits for us all.

Christmas thoughts! - Taking care of yourself and each other during the Festive Season

After another year of uncertainty and periods of isolation brought about by COVID-19, the festive season comes with expectations for an extra jolly holiday period and spending time connecting with family and friends in celebration.

However, for many people the festive season can also magnify financial issues, family conflict and loneliness and increase stress for people with anxiety and depression.

Here are some steps on how to improve your ability to cope, and how to take care of yourself and others around you if you know someone who might be struggling.

Managing Loneliness

Reach out: Create opportunities for moments of human connection. Loneliness can produce a negative cycle – the lonelier we feel we tend to withdraw and dwell on negative thoughts. One way to break the cycle is to initiate conversations with people, even if it takes some effort.

Make a list of your supports: Sometimes when we are stressed, we get caught up and forget all the support resources around us. Plan to check in with your trusted friends, colleagues and family members regularly during the Festive Season. Share a drink, have a meal together.

Volunteering your time: Helping others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.

Take a breather

Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Some options may include:

- Taking a walk at night and stargazing
- Listening to soothing music
- Reading a book

Know your limits and plan ahead

Buying gifts and attending social get togethers can be expensive. Plan ways to reduce spending. For example, you could suggest to your family and friends that you only buy gifts for the kids, or organise a 'Secret Santa' among the adults. Set a budget and stick to it.

Don't let money cut you off from your family and friends. If you can't afford expensive restaurant meals or cocktail catch-ups, organise a BBQ in the park or a party at home where everyone brings a plate of food.

Have an exit strategy and a back-up plan for potentially stressful or upsetting situations. Plan ahead so that you don't have to come up with an excuse in an emotionally heightened state. If you know that shopping centres and crowds are trigger points for you, try to shop online and restrict shopping trips to off-peak times for short periods. Try not to overschedule, leaving a day or two between each big activity.

Accept and allow feelings

If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

This is similar If someone you know is struggling - allow them the space to feel their feelings. Provide a listening ear but don't try to fix or save. Simply being accepting of someone as they are right now, and being open to hearing how they feel, goes a long way.

Change your expectations and keep things in perspective

The holidays don't have to be perfect or just like the previous year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate.

Be mindful and live in the moment

Practicing mindfulness is about being in the present moment and helps us to pay attention to our thoughts, feelings and the sensations in our body. Mindfulness helps us to identify when things are getting too much and helps us to not dwell on the past or to worry about the future. Great ways to practice mindfulness include guided meditation, listening to music, breathing activities, colouring in, running, yoga, and more. Smiling Mind is a free app which provides daily mindfulness and meditation at your finger tips.

Reach out for help it's ok to ask for help if you're struggling, never feel alone or that you can't get help.

May your holidays shine with moments of love, laughter be filled with cheer, warm memories, and happiness. And the year ahead be full of contentment and joy. May the magic and the wonder of the holiday season be with you throughout the coming year.

Merry Christmas and a Happy New Year!

Cheers

Cathy

Cathy Sinton - T&CC + WHS



Promotions Report

Hi all,

In 2022, we are planning on having Promotional Days to get SAMROA out in the public eye. I think we all can agree that we are in need of recruiting new members. Next year is looking as busy as ever if not busier. Rob Thiry, Owen Smith and I will be teaming up to brainstorm and implement the running of successful Promotional Days across Adelaide. What we ask from members is, that you be involved and support the running of these days. There is always a ton of work that is done behind the scenes to run any event that perhaps is underestimated. Fortunately, we will also have Nick Papanikiloau, Kim Morrison and Niki Jay to back us up.

“Many hands make light work”.

Deb Squires

Ass. Secretary/Committee member

Promotions

October General Meeting Minutes

See attachment at end of newsletter.

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Strathalbyn, SA, 5255
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AVC West
1025 Port Rd,
Cheltenham, SA, 5014
Ph: 08 8241 2255

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Treasurer's Report

	August 2021	September 2021
Opening Balance: \$		\$12,227.08
Receipts: \$		\$1,318.42
Outgoings: \$		<u>\$1,175.34</u>
Closing Balance:		\$12,370.16

Special Purpose & Transaction Accounts: \$7,516.34 & \$4,853.82

Term Deposit: \$10,706.66

Total: \$23,076.82

Report was Presented by Treasurer

Motion: Treasurer's Report be accepted

Moved: Janelle Orrock Seconded: Owen Smith

Accepted.

Accounts for Payment:

- Cathy Sinton: Gas for BBQ. \$25.90

Motion: Payments be approved

Moved: Ray McGuinness Seconded: Peter Cirillo

Carried

Reports from Other Committees:

WORKPLACE HEALTH SAFETY (Presented by Cathy Sinton)

- Nothing to report from meeting.
- Point one at Mallala: Mallala were meant to put down carpet for the weekend, however, this wasn't done. The ground has been raised with soil and they are encouraging the grass to grow as this area is mowed.
- Wet weather gear – reminder to take wet weather gear to the track as we are still getting rain. Also take sunscreen and hydrolyte in preparation for the summer months.

T&CC (Presented by Peter Cirillo)

- 3 more race meetings for the year, plus Shannon's.
- 23 October Superkart meeting is on a Saturday
- 20 November SCCSA grand finale
- 28 November Superkart
- Next year's calendar has not been finalised
- Reminder: Shannon's is not organised through SAMROA, but through registration

New Members

- Alan Hardy
- Andrew McKibbin
- Peter Miller– from Wallaroo
- Wendy Booth– issued cap on weekend
- Paul Rhineer – super keen.

MOTORSPORT AUSTRALIA

- Paul Bonnett is an apology, so no report. Paul is stepping down from November.
- Janelle has been selected to be SAMROA representative on the MA committee
- Janelle will attend until November as a guest.

STATE OFFICIATING PANEL (Presented by Janelle Orrock)

- No meeting held.
- Email drive to get officials to events

MOTORSPORT RACING PANEL

- No report

WEB SITE

- Nothing to report

SOCIAL COMMITTEE

- Annual Dinner: Limited to 60 people and currently at 45. Get RSVPs in ASAP if you wish to attend. Cost covers food and first drink.
- Fridges have been restocked at Mallala

PROMOTIONS

- **Bunnings Promotion:** 4 expressions of interest were received
 - Peter Cirillo commented: it was a good day even though there were a few problems. Need to do more Bunnings in other areas, and look at other opportunities. If you have ideas, send an email to secretary@samroa.org.au to get it happening.
- **New Member Promotions:**
 - Rob Thiry and Deb Squires have put their heads together and will be out in public more to attract members. Need more members involved in encouraging more new members.
 - Kim Morrison has offered to help. (Kim's position on the committee has not yet been ratified, but Kim will be included in any decisions and activities)
 - Flyers and promotional materials are being gathered.
 - Strike at places where we can get members. Rob Thiry will be working hard over 12 months to promote members into motorsport.
 - A promotional video is being developed so it can be used at these events. Also, to be shown at Taillem Bend in house and on their big screen. This needs to be done right.

- Send all ideas to the committee
- Cathy Sinton: We also need to look at how we can get the current membership out. This has already been noted at committee level. Need to reinvigorate current members. It is up to all members to get people out trackside.

SCCSA (Presented by Janelle Orrock)

- **Bring a friend promotion:** SCCSA are giving a \$20 voucher if you bring a friend that hasn't officiated before. You also go into a draw for a hot lap at the Bend.
 - Graham Church: It is things like this incentive that go a long way.

Nominations for T&CC

Currently 2 people from committee, WH&S, 4 from the floor.

Nominations: Tony Aloï and Owen Smith from the committee, Cathy Sinton (WH&S) Peter Cirillo, Kim Morrison, Graham Church, Brad Morrison (on the understanding he may not be available at times during the fire season) have all nominated.

All positions are filled and accepted.

Peter Cirillo thanked Ray McGuinness and Janelle Orrock for their help over the last 12 months

General Business:

Tony Aloï:
Nil

Leslie Atkinson:
Nil

Deb Squires:
Nil

Janelle Orrock:

- **Shannons:** 10-12 December. Register through Rosterfy. If you can't access email jorrocksc@bigpond.com

Ray McGuinness:

- Invitation through Motorsport Australia (and Rosterfy) to train into senior official roles. Register prior to 15/10/21

Rod Mountifield
Nil

Graham Church:
Nil

Owen Smith:
Nil

Shaun Halliday:
Nil

Nicola Jowett:
Nicola was surprised that this was the first promotional event, and has lots of ideas to be introduced later.

Tim Edmonds:
Tim thanked Janelle for asking him to be a flag marshal at The Bend. However, it will be the last time, as scrutineering is easier. (Tim was involved in the incident at post 18.9 on 19 September). Tim thanked the association for their support after the incident at end of this event.
Bruce commented: This is an awakening that these things can happen out of the blue. This incident brought home a lot; that everything that has been put in place to assist in these situations happened.
Tim: it is different when it happens in front of you. Hopefully an extra barrier will be placed at 18.9 as the car came over it. Training worked well. Thanks for all the support.
Cathy Sinton commented: This is a good reminder to stay alert right up until the course car goes through on the opening lap. This incident happened on the last corner on the last lap of the last race, after the chequered flag.

Bruce Morisset:

- Masks: SAMROA masks are being done as give aways
- Men's shirts: shirts have been sourced. If you want one let the secretary know.
- 4 people did 5 race meetings on a row. Alec Donnan and Cathy Sinton are present at the meeting– Bruce Morisset bought them a drink each to thank them for their efforts.
- Peter Cirillo commented: seeing friends at motorsport and the camaraderie you get is the best.

No further General Business.

Meeting Closed: 21:38

Next Meeting:

Date: 8 December 2021

Location: TBA

Start Time: 7:30pm