Subaru 4WD News

4WD CLUB SUBARU WESTERN AUSTRALIA

Myalup-Preston-Whitehills Beach Drive

16 February 2025

Our fearless trip leader Adrian led a beach day trip down south to Myalup and Preston to stretch the legs, get sand between the toes and stop for a swim and paddle.

Did it all go to plan?
Interested to hear more about how a Subaru goes on the soft sand?

See inside for more details

MARCH 2025

This issue:

DAY TRIPPING WITH ADRIAN

HEART BEAT 45+

CLUB CLASSIFIEDS

UPCOMING TRIPS & MORE!

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Find us on Facebook & Instagram!

IF YOU ARE NOT ALREADY A MEMBER OF OUR FACEBOOK PAGE WHY NOT FIND US AND JOIN THE CONVERSATION?

WE ARE ON INSTAGRAM TOO
WE'D LOVE YOU TO HELP SHARE OUR STORY!
@subaru4wdclubwa

CLUB MEMBER OF THE YEAR 2023 - 2024
ROSS MEAD

LIFE MEMBERS:

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NINA JOHNSON
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JIM WILCOX
TONY RICHARDS
KEITH WILCOX
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President's Report

Deborah Thyne

Reflecting on the President's report from a year ago I could start with the same line, 'the hot weather persists, and I am hoping for a drop of rain …'

A wonderful opportunity is coming up on 9 March to cool off and enjoy a coffee, muffin, and/or an ice cream at **Yanchep Lagoon**. These will be at no cost to members thanks to our late member Karl who was very partial to a swim and an ice cream. Come early for a swim, paddle or just to get your toes in the sand.

Unfortunately, the **Go Karting** trip didn't rev up enough interest to hit the road this March. We need a minimum of twenty people to confirm in order to have exclusive use of the track. There is still room for a couple of vehicles on Ross' Easter trip to **Boat Harbour**. Ross has a wealth of knowledge on the state's southwest and always runs fun and informative trips.

Adrian is leading a **Guilderton to Seabird** day trip for those who would like to learn how to drive and handle your Subaru in sand. I encourage you to take this opportunity to tap into Adrian's skill and knowledge in beach and sand driving environments. These trips are always fun, and you will learn a lot and be surprised how well your car will do in sand and increase your confidence.

Adrian will also be leading a discussion on trip planning at the **March General Meeting**. If you have an interest in a trip to a specific destination, we can work through this in the meeting with you and even show how it goes onto the website. This may be a day trip, weekend away or a longer trip.
Bring your trip ideas please - we need your help to fill the calendar!

I have been contacted by the new President of the Subaru 4WD Club of Victoria, Deborah Leask, who is looking to foster connections between clubs across Australia. Deborah raised some conversation points which will be familiar to our club in relation to membership, training programs and strategic partnerships. I look forward to club treasurer Sue and I catching up with Deborah. In the meantime, Deborah has extended an invitation to any club members who may be visiting Victoria to join an event or trip.

See you out there in your Subaru!

Deborah Thyne

President
Subaru 4WD Club of Western Australia

Writing a Trip Report

Vanessa Carn

On each trip the leader will ask one or more of the members to write a report. If you can't write the report assigned to you, please let the trip leader know. Otherwise, send your trip report(s) in to the trip leader to review and collate as soon after the trip as you can.

Trip leaders please **include photos** with collated reports if you can. Send photos **as separate files**, or send a link to your cloud image storage (eg Dropbox) to share them. Do not embed them in the trip report document(s) as the image quality is reduced if you do.

Things to include with your report(s):

- **Your name**
- **The trip name**
- **The date and day of the trip**
- **Photos - Please name & date all images - If I wasn't there, I need your help to match the images to your report**

Thank you all for your help to capture and share our story!

CLUB COMMUNICATIONS POLICY

For the purpose of Member protection, child protection, confidentiality and copyright breaches

When writing a trip report or other article for the Club Magazine, please comply with Australian and State/Territory Government Copyright and Social Media guidelines.

These include:

- Avoid including names and personal details of minors (unless parent/guardian gives permission)
- Ask permission from everyone involved to publish photos, addresses, or phone numbers in the magazine
- Comply with copyright laws by citing the source of material (images, text, recipes, etc.) that is not yours
- Avoid any messages that are discriminatory, defamatory, harassing, bullying, anti-social, inappropriate, abusive, racist, threatening or illegal.

Cover Story

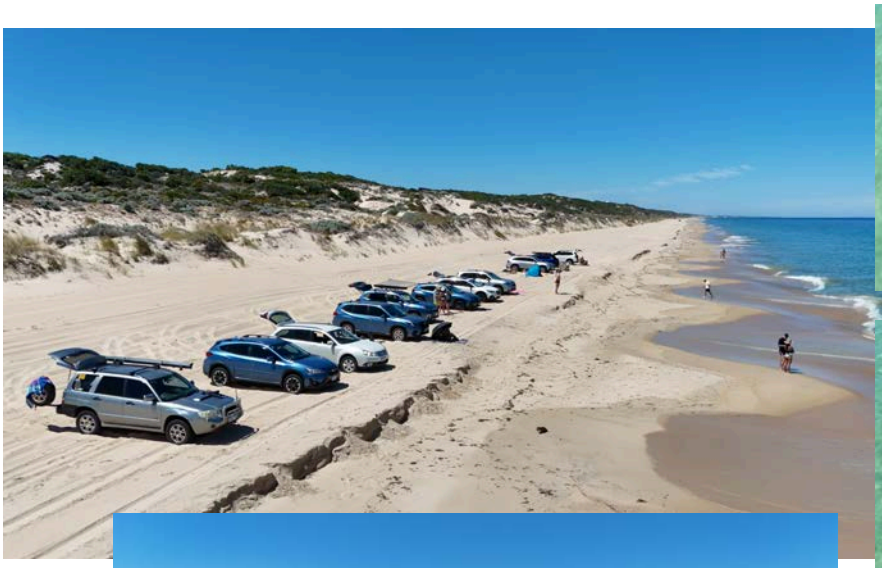
Adrian Longwood & Lisa Mirtsopoulos

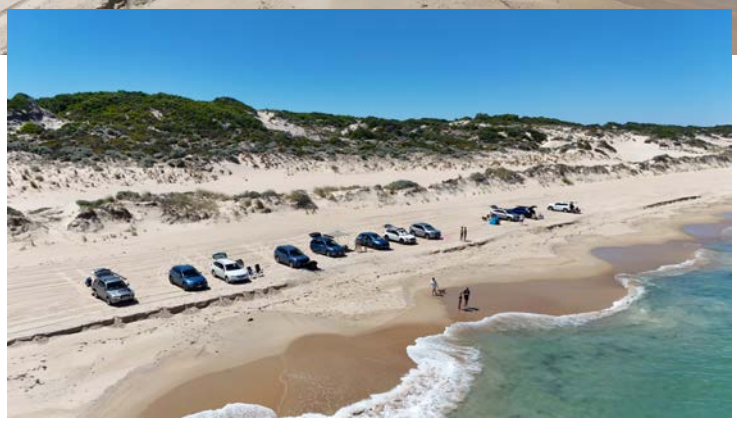
Sunday arrives and we are treated with warm sunny weather and gentle easterly winds. The meet point was BP Southbound Kwinana Fwy, and everyone was there relatively on time. I welcomed a few new faces and guests during the briefing before getting our convoy of 10 cars going. With an hour's drive ahead and anticipation of good beach conditions I got us driving by 8.15am. The drive down was pretty straight forward, and the final member of the group was meeting us there.

Arriving within one minute of the ETA I'd given Paul a few days prior, we arrived at 9am to absolutely pristine beach conditions.

Gentle low swells and fairly flat water greeted us, so I did a short briefing and explanation on tyre pressures and instructed everyone to set theirs between 10-14psi. I did a quick check on each car to make sure everyone knew which buttons to push and any other controls and then I led us all out of the Myalup Carpark heading north.

Within five minutes of driving the back half of the convoy spotted dolphins swimming by to our left and others caught a glimpse of an eagle soaring to the right. Spectacular start to our day. With ~25km of beach driving before the next exit at Preston Beach, I got us close to the halfway mark before calling it the morning tea and swim stop. Many opted for a swim to cool off, while others opted for shade. I let this stop go for a while to soak up the beach conditions while they were at their best. That included a visit from two dolphins swimming close by. Ian had the drone snap some pictures of them and us.





Premium SUV Offroad Training

SNATCH KIT GUIDE

Follow This Guide To Build YOUR Perfect Snatch Kit

Choosing The Correct Strap

- THERE ARE 2 TYPES OF STRAPS:
  - FLAT SINGLE LAYER (20% MAX STRETCH)
  - DUAL LAYER ROUND BRAIDED NYLON (30% MAX STRETCH)
- STRAPS SHOULD BE 2-3X THE 'GVM' OF LIGHTER VEHICLE IN THE RECOVERY
- YOU SHOULD ALWAYS CARRY A STRAP SUITED TO YOUR VEHICLE
- DUAL LAYER ROUND ROPE STRAPS HAVE A VERY LONG SERVICE LIFE AND HIGHER ELASTICITY THAT REDUCES SHOCK LOADS

Choosing The Right Bridle / Equaliser

- BRIDLES DISTRIBUTE THE LOAD ACROSS 2 POINTS
- *RECOVERY POINTS LESS THAN 750mm APART CAN USE 2.5/3M LONG BRIDLES*
- *RECOVERY POINTS MORE THAN 750mm APART SHOULD USE 5m OR LONGER BRIDLES*
- *BRIDLES DONT NEED TO STRETCH AND JUST NEED ANY RATING OVER OVER 4000KG MBS*
- *BRIDLES AND TREE TRUNK PROTECTORS ARE SIMILAR*
- *TREE TRUNK PROTECTORS (WIDE STRAP) ARE BETTER AS A TREE TRUNK PROECTOR IF YOU'RE DOING A LOT OF WINCHING. YOU MAY NEED A BRIDLE AND A TREE TRUNK PROTECTOR*

Choosing The Right Shackle

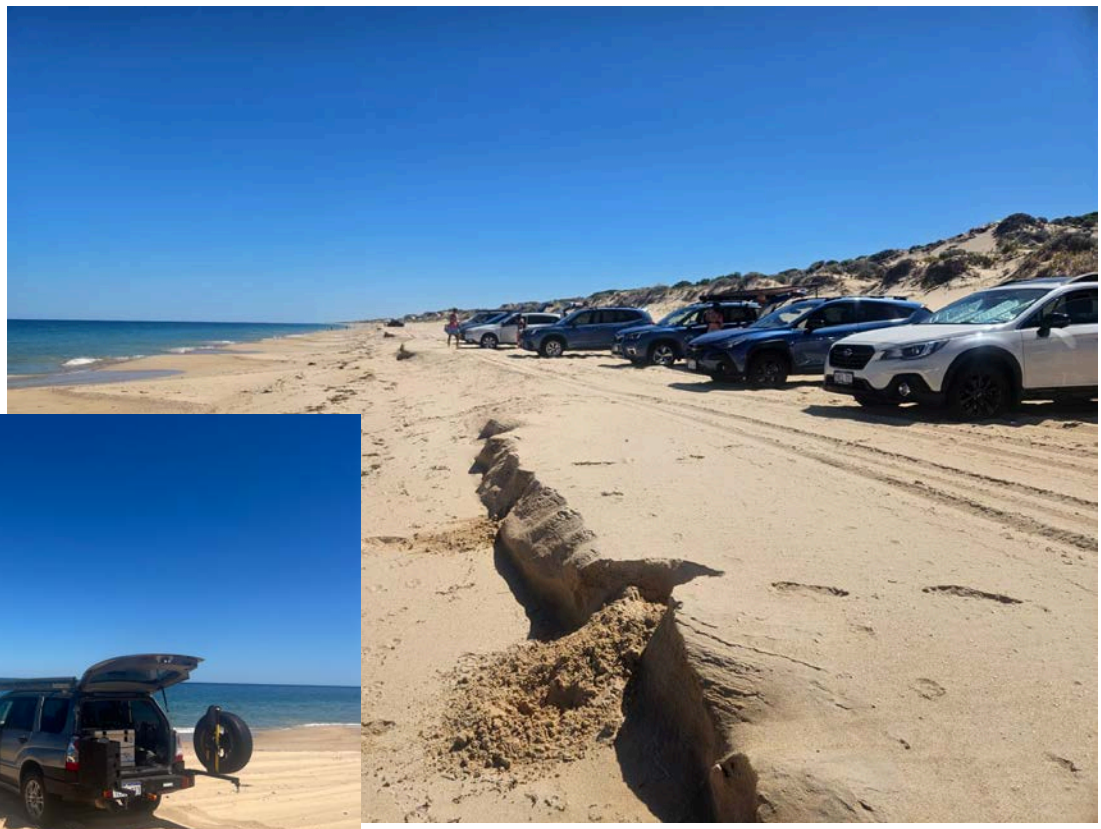
- *METAL SHACKLES ARE RATED IN WLL WITH A MBS OF X5 OR X6*
- *SOFT SHACKLES ARE RATED IN MBS*
- *NEVER USE 'D' SHACKLES IN 4WD RECOVERY SITUATIONS*
- *SOFT SHACKLES ARE SAFER, LESS DAMAGING TO PEOPLE AND VEHICLES. THEY FLOAT IN WATER AND THERE'S NO PIN TO LOSE*
- *SOFT SHACKLES ARE NOT SUITED FOR SHARP EDGES OR THIN FLAT STEEL CONNECTION POINTS. THEY NEED LARGE CURVED RADIUS EDGES TO BE SAFELY USED.*
- *YOU MAY NEED A COMBINATION OF METAL AND SOFT SHACKLES TO SUIT YOUR VEHICLE AND POSSIBLE RECOVERY SCENARIOS*
- *TAKING SPARE SHACKLES IN YOUR KIT IS HELPFUL IN CASE ANY ARE LOST OR DAMAGED*

www.psot.com.au | 0424723558 |Perth, WA

Nearing midday it was time to get the group moving again so I led us further north and we reached Preston Beach. Rob took the opportunity for an early departure, others made use of the bathrooms before we continued on again. By this time 22km of beach driving remained until we reached the exit at Whitehills Rd.

Despite the sea breeze coming in, it was not too strong, and the swells were not very big. I led us up around halfway and pulled us over again however it was due to a tyre going flat with sand in the bead from a trip two weeks prior. This forced us into the lunch stop while I attended to the tyre. Re-inflating to ~15psi was enough to hold pressure so there wasn't any issue, and we all enjoyed the water again for the lunch stop. With a snorkel on I saw a large school of big herring so I swapped the snorkel for the fishing rod, but they'd gone by and I missed out. Someone had the luck with a fisherman further up the beach landing one at least.

A SUP Paddle board came out too, although it was a short paddle in the choppy conditions.



It felt as though everyone had a blast at the beach but the arvo was getting on which meant it was time to pack up from lunch and then head on home. The drive north was pretty straight forward with an easy exit up Whitehills Rd. The access road now has bitumen extended further to there's less corrugations now which is handy. We pumped in up in the shade on the side of the road and members peeled off once they were all pumped back up. The Trip and convoy ended here.

SUBARU 4WD CLUB OF W.A. INC.

CLUB MERCHANDISE – buy items at meetings

Bisley khaki 100% cotton long sleeve shirts (Mens and Women's sizes) are available at a subsidised cost of $40 with logo (but no name) and $45 with logo and name.

If you buy a shirt from Club stock with no name, you can have your name added later by taking the shirt to Hip Pocket in Balcatta and having it embroidered (on the spot if you ring first) at a cost of $9.

Royal blue & white ("Contrast") polyester/cotton polo shirts (with pocket) are available at a subsidised cost of $15

JBsWear Full Zip Polar Jackets (in Mens and Women's sizes) with logo (to be added) are available for $36. Details: 100% polyester for durability; 290gsm low pill polar fleece; 2 front pockets; and adjustable elastic hem with toggles.

Cap – royal blue and white. Logo to be added. $15

Broad Brimmed Khaki Hat $20

Royal blue and white ("Podium Bold") 100% polyester polo shirts (with pocket) are available at a subsidised cost of $15.

Club stickers $3

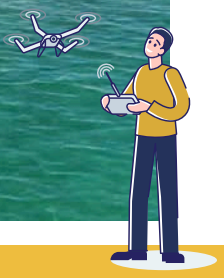
Embroidered Badges $5

Flat pack neoprene can coolers – $5

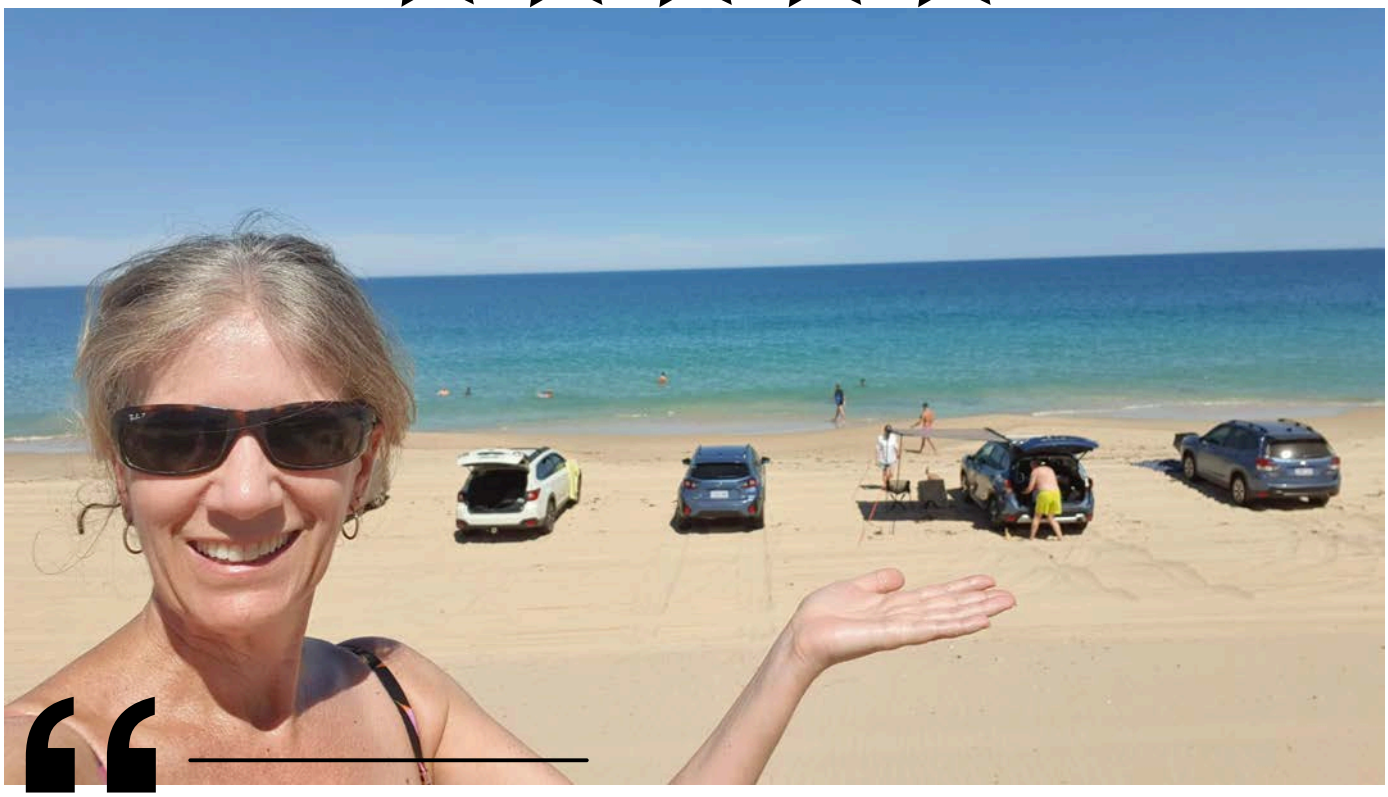
Navy blue beanies – $12

The supplier of all Club clothing items is Hip Pocket Workwear & Safety, Balcatta.

www.hippocketworkwear.com.au



Thanks to everyone on the trip for sharing their fantastic photos!



At our first stop, we were thrilled when a dolphin swam unexpectedly close to shore. It seemed to be heading straight for Tony and his partner before quickly veering off to follow the coastline. While a couple of group members sprinted down the beach, hoping to snap a photo in sync with the dolphin, Ian had a better idea. He pulled out a case, launched his drone, and captured some incredible aerial shots of the dolphin from above.

turbocharge your next adventure

With over 25 years of back-to-back innovation, Subaru's most technologically advanced SUV is set to supercharge your adventures. Introducing the all-new Subaru Outback AWD Sport XT and Outback AWD Touring XT, boasting a new 2.4-litre turbocharged horizontally-opposed Boxer engine[1]. Pushing out more power and torque, the turbocharged Boxer engine boasts an impressive braked towing capacity of up to 2,400kg[2].

Celebrate the new towing capability, and go anywhere Symmetrical All-Wheel Drive, while curating your drive via the 11.6" touchscreen with wireless Apple CarPlay® and Android Auto™ smartphone connectivity[3] standard across the range. The Subaru Outback AWD Touring XT redefines comfort and luxury with Nappa leather[4] accented seat trim. Pre-order Subaru's flagship SUV now and discover more power to explore.

Visit your local Subaru Retailer.

1. Subaru Outback AWD Sport XT and Outback AWD Touring XT feature a 2.4-litre turbocharged Boxer engine. 2. Towing capacity is subject to regulatory requirements, tow bar and vehicle design and towing equipment limitations. If the towing mass is greater than 2,000kgs, an Electric Brake Controller must be fitted and is only capable of towing a trailer with a maximum of 2 axles. Requires fitment of optional tow bar accessory. Refer to Owner's Manual for towing instructions. For further information, ask your local Subaru Retailer. 3. Compatible Apple® or Android™ device required. 4. Nappa Leather seat trim only available on Subaru Outback AWD Touring Outback AWD Touring XT only.

SUBARU

Heart Beat 45+

Saturday 15 February 2025

Vanessa Carn

Like any skill, the ability to perform resuscitation can diminish without regular practice. Thanks to funding from the WA4WD Association, a small group of members recently participated in the Royal Life Saving WA's Heart Beat 45+ CPR Refresher community education course. This engaging three-hour session is specifically designed for adults seeking to enhance their emergency response capabilities. Participants addressed a wide range of topics, including CPR, cardiac arrest, sunstroke, choking, hypothermia, shock, as well as treatment for bites and stings.

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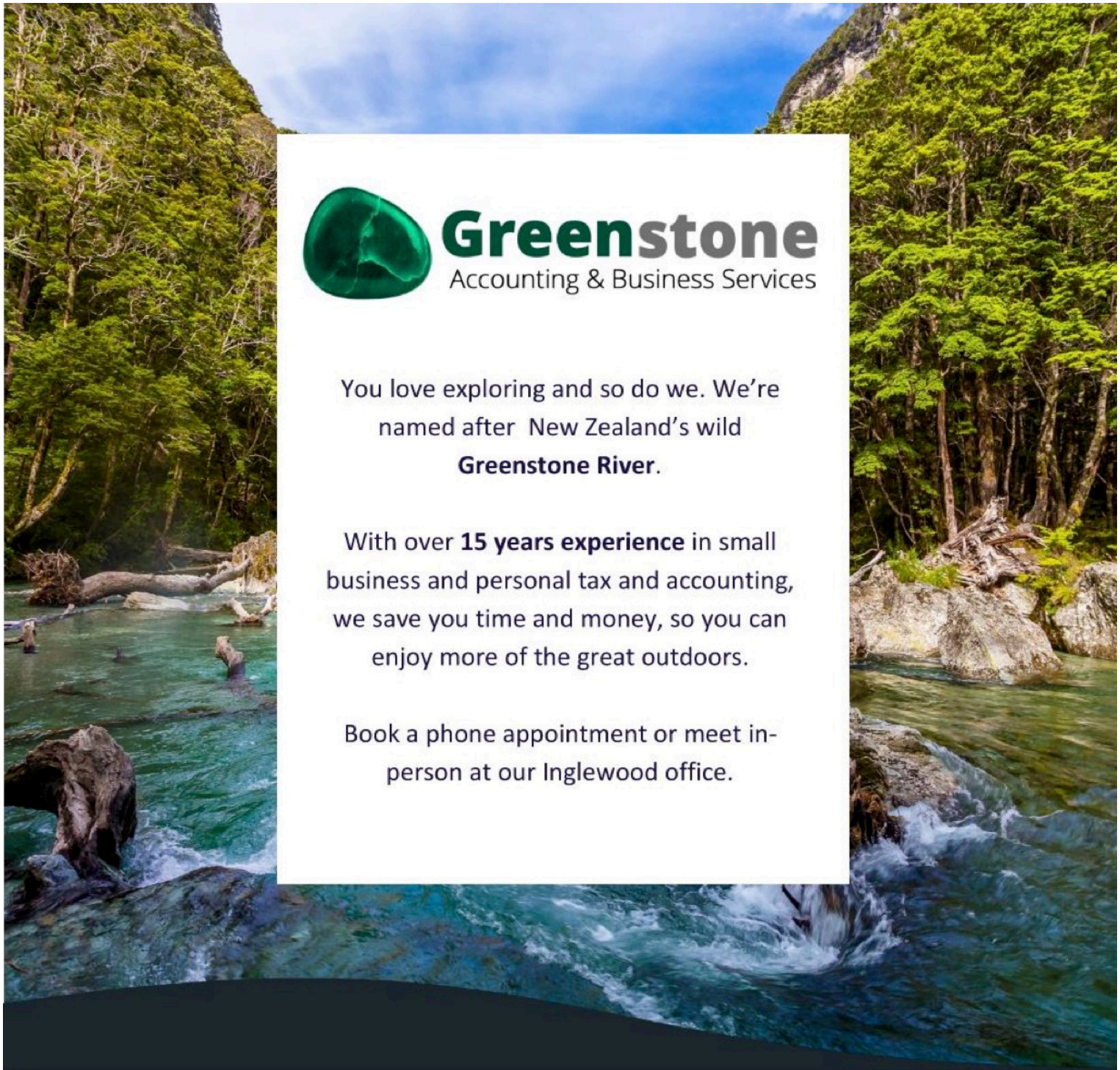
*This ad must be presented at the time of service booking to receive the 10% discount & free window tint offer. Free window tint only available with new purchases. Offers only valid until 30th June 2025. May not be used in conjuntion with any other discounts or offers.

Club Classifieds

Club member Peter Van der Wedden has a fantastic offer for you! He is generously providing a nudge bar and an aluminum engine bay protection plate from his cherished Forester MY13, which he recently parted with. These items can be yours for a nominal donation—simply arrange to pick them up directly from him. Peter acquired that vehicle in February 2013 and enjoyed it for an impressive 278,000 kilometres before trading it in for a mere $2,000. It's likely that the Forester is now enjoying its retirement at a wrecking yard!

Need to clear some space in the garage?

Send a picture and short description of the item(s) to the editor or add a post to the Members Only page on Facebook.



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Trips & Socials

Please refer to the club website for all dates & details

https://www.subaru4wdclubwa.au/

✱ Day Trip

UHF radios are required for all club trips. They can be hired from the club by indicating on the website when you put your name down for a trip or by contacting trips co-ordinator Adrian on 0424 723 558 or email trips@subaru4wdclubwa.au

MARCH

✱ **CLEAN UP DAY HEPBURN HEIGHTS BUSHLAND**
2 MARCH

KARLS REMEMBRANCE MORNING TEA @ YANCHEP LAGOON
9 MARCH

✱ **WANDOO NATIONAL PARK CLEAN-UP WITH TRACK CARE**
16 MARCH

✱ **GUILDERTON TO SEABIRD 4WD TRIP**
30 MARCH

APRIL

WANDOO NATIONAL PARK CLEAN-UP WITH TRACK CARE
6 APRIL

BOAT HARBOUR, BUSH & BEACHES
18-21 APRIL

ANZAC TRIP IDEAS NEEDED (3 DAYS)
25-27 APRIL

MAY/JUNE

WA4WDA GATHERING IN ALBANY
31 MAY - 2 JUNE - GET YOUR NAME DOWN EARLY

JULY/AUGUST

STATION HOP
20 JULY - 3 AUGUST

The Club is running trips for members in accordance with the latest advice issued by the WA State Government COVID-19 Guidelines.

Please remember to support our Sponsors

SUBARU AUSTRALIA - SUBARU OSBORNE PARK

PREMIUM SUV OFF ROAD TRAINING - GREENSTONE

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