

The Victorian Flagmarshalling Team News

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News and information

September 2021



I think I've got the hang of this now!

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Mike Shallcross
Mike Murphy (dec)
Barry Petersen [dec]
Gloria Shallcross (dec)
Neil Thompson [dec]

Cover Picture - Low flying at
Le Mans

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Reminder - General Meeting – Thursday 7 October 2021

Don't forget to come along to the next general meeting, support the club and listen to an interview with racing driver, Leanne Tander – details as follows:

- MG Car Club rooms
- Unit 53 & 54
Eastern Business Centre
41-49 Norcal Road
Nunawading
- Meeting: 7:00pm
- Pizza at end of interview

POSTPONED
due to COVID restrictions
Meeting now by zoom
at 8:00pm

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A Word or Two

Hello People

I venture to suggest that at some point in every person's life, they will experience a need for comfort, advice, guidance and companionship. As a small child, comfort and guidance from parents is of utmost importance and as adulthood is achieved, advice and companionship play an important role in shaping our lives.



With the irrevocable march of time, this collective becomes more and more relevant and reassuring as we get older. In these times of debilitating uncertainty, we could be excused for wondering when this will all end and we can, once more, return to a life of relative normality and once more enjoy the company of family and friends.

Motorsport in this country, and indeed worldwide, is a business and a very large one, with large amounts of people and resources working together to achieve the very best results. None of this colossal outlay of money and engineering expertise would have any point without the most important aspects of our sport, and they are the officials. The enormous worldwide family of predominantly unpaid volunteers, without whose devotion the sport would simply not exist. From the local motoring club event, be that a rally, motorkhana etc, to the highest pinnacle, these dedicated people, regardless of gender, age, occupation and socio-economic background, and in fair weather or foul, are always on hand to help with the smoother running of an event.

Where else would such a vast army exist? I never cease to be so proud to be a member of this army.

Personally, I am sure I am not alone in experiencing bitter disappointment with being unable to travel, not only freely within Australia, or even within our state, but of course overseas as well. It pains me to see sporting events and in our case of course, motorsport events, being attended by tens of thousands of people overseas, all enjoying the spectacle. Although perhaps not boat racing, as recently seen at Spa for the Belgian F1 Grand Prix!

The Australian Grand Prix in Adelaide some years ago had the dubious honour of being one of the shortest Grands Prix on record, owing to torrential rain, but Spa was something to behold, and really took the cake! And to quote words from the MacArthur's Park song "someone left the cake out in the rain"!! I could never really work out what on earth that song meant! However, I digress. Even the appalling conditions that we sometime experience at Phillip Island and other circuits, would, in some twisted sort of way, be tolerable rather than nothing at all for month after month after month.

We had been looking forward to the Training Day in September, and an entertaining October General meeting with Leanne Tander as a special guest. Both of these eagerly awaited face to face events have had to be postponed owing to current restrictions but it is our intention to hold both of them as soon as they can be arranged. My thanks and commiserations to the people involved in the organisation of these events but we look forward to enjoying them when the time comes.

In the meantime, stay positive, look after yourselves and your families, make sure you get 'the jab' if possible and remember, my phone is always available if anyone wishes to have a chat. You may not think that you are being affected but quite often a bit of a talk does wonders to your outlook and positivity. If we can stand trackside and not bat an eyelid at cars coming towards us at speeds that you cannot pronounce, then we can beat this horrible time.

Kind regards to you all
Roger Chirnside
President



Flag One Reporting

Hi all

Welcome to another Flag One Report. I hope that you are all safe and well during this time of great uncertainty.

Our motor racing calendar has taken a big hit again as it did last year. As I said at the last general meeting a lot of work goes on behind the scenes to get race meetings up and running - to have them pulled is very disappointing, but that's the world we live in now.



The list below of upcoming events you can still register for all of them. Get on the list early just in case things start up again. Register via the web site. For the V8s at Phillip Island 22-24 October register via My Volunteer page when it opens. I have no opening date for when this will be. *Editor's note: This event has now been cancelled.*

The Presentation night, 9th December at Sandown Greyhound Track bookings are open now. It will be the event to be seen at - it will be a great night.

The pandemic we find ourselves in at this time, it affects everything we do in life as well as motorsport. Please, if you can as they say, get the JAB asap so we can all get back to what we love to do on our spare weekends i.e. get our backsides trackside.

I was thinking the other day (you might say 'me thinking?!'), let's have a quiz. Name your top 10 Ford /Holden drivers of all time in my opinion - from 1970- 2020. I will draw up my list of drivers of both brands. Whoever comes the closest to my lists wins. I will talk to our committee for some prizes for the 2 winners. Just an idea. Send your answers to wjgaff@live.com.au. Winners will be announced in the next magazine. The list must match my list or the closest to it.

This pandemic has raised more questions than answers. The big thing to raise its ugly head is mental health. If you're feeling unsure or not right please reach out to your friends or family. If you just need a chat, the club is here to support you through this time. There is help for everyone out there in our motorsport family. Please do not suffer in silence. If you want to talk, give me a call, or your committee members and your grade reps.

That's it from me - stay safe.

CANCELLED EVENTS 2021

July Sandown VSCRC4
August Phillip Island VIC 6 Hour
August Winton Festival of Speed
August Access Phillip Island TBA
September Sandown Shannons

UPCOMING EVENTS 2021

25-26 September VSCRC 5 Phillip Island
16-17 October Alfa Club 12 Relay Winton
22-24 October V8 Supercars Phillip Island
5-7 November Historic Sandown
27-28 November Island Magic Phillip Island

REGISTER VIA:

VFT *Editor's Note: Event now CANCELLED*
VFT
MY VOLUNTEER *Editor's Note: Event now CANCELLED*
BETTER IMPACT
PIARC

At the time of writing the information is correct. The calendar is subject to change at any time.

Until next time.

William Gaff
Chief Flag
0418 127 835



Training Matters

Hi All,

Due to the most recent announcement regarding a further extension of lockdown 6, it has again forced us to make changes to the date of the Training day. I have consulted with the VFT Committee and we have come to the decision that due to the high uncertainty of what we can and can't do, it is making it difficult to hold the Training day this year. Therefore, it is with great regret that we will be postponing the Training day until next year (date TBA). Hopefully this will have us in a much better position to hold events with more certainty. It is especially more complicated, considering the Training day will be an indoors event with a large number of people gathering together.



I know this is more bad news to hear, but I'm hoping everyone can understand and let's hope for a much better 2022!

Stay safe, get your vaccination if you can and most importantly take care of yourselves and I hope to see you at a track soon!

Cheers
Tim

Grade 3/3A Report

Just reaching out to let everyone know that I am thinking of you all in these monotonous lockdowns.

I for one know that particularly being locked in our homes from 9pm-5am has affected me heavily, and waking up with a smile on my face, let alone bouncing out of bed, each day is taking a lot of intentional mindfulness on my part.

I am doing a lot of mindful breathing and writing daily gratitudes, including reflecting each evening on anything lovely or nice, no matter how small, that happened throughout the day.

This could simply just be getting out of the house for a walk, or FaceTiming with my beloved family back in Sydney.

I've found these little techniques very helpful to keep me motivated and at least calm/peaceful.

If I can be of help or support to anyone, please do reach out to me for a chat (everyone knows I love a chat!) :)

Thinking of you all!

Regards

Meg Boers
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Vice President Report



Hi everyone,

I hope you all are keeping busy and are in reasonable spirit. Without motorsport, we all look to see what other things we can do in its absence - I guess most of us have our work, a partner that loves to write lists of what needs to be done, a garden that always needs attention, lawns to be mowed but there has got to be time to do some of those satisfying things for ourselves, like kicking back on a sunny afternoon with some gooey cheese, a crusty baguette and some great wine... hmmm sounds good eh or just hanging about and putting that model together.

So, I thought I would share with you all what I have been doing for the last couple of months. It's not motorsport as you will see, but I have tried to keep myself busy with all sorts of stuff. So here goes....

For work, I have been spending a lot of time on the Melbourne Metro Tunnel & West Gate Tunnel Projects. They have been very challenging but nonetheless fascinating projects to be involved in, so I thought I would share a few photos with you of things that perhaps you would not normally get to see beneath our city.



This is the face of the huge Tunnel Boring Machines (TBM) that are currently carving their way under Melb, Sydney & Brisbane as well as the Snowy River Scheme to name but a few.

At home, I am in the throes of building my wife a garden shed up in my back yard, it's been a slow process with the bad weather and strong winds



but hey its getting there, it won't be long with a few nice mild days coming up in spring.



I also managed to spend a lot more time with my dog Darcy, a Snoodle no less and a lot of fun to be around. I may even end up a bit fitter with all the dog walking. We picked him about 8 years ago as a 2 year old rescue dog and never looked back. They say cats rule the roost but I'm not so sure, between him and the birds we feed, I think they have got together and collectively rule the roost!



I even managed to grow a carnivorous plant, called Sarracenia Oreophila - Carnivorous Plant Pitcher Plant Insectivorous. We have named him Gomez for short, he lives on wasps and must be immersed in water all the times. It's been interesting to watch him fill up on wasps and bugs and to see him grow, then to our surprise a massive seed flower type arrangement popped out the top! Anyway, it will help keep the wasps at bay and is something a little different, I guess.



I also managed to add to my collection of armour - you can never have too many helmets I say, so I've spent a bit of time cleaning and polishing the amulets, helmets and chain mail, not an easy job I can tell you! You need plenty of elbow grease but a job you can put down and go back to easily, and the rewards are nice when you see your armour all nicely polished up. Well, it is for me!

I managed to do a full inspection of all of our Flags. I gave them all a good airing and passed on the damaged and out of sorts flags to Will & Roger for upgrade or replacement, so when we are back trackside, Willy will have replaced all of the wooden handles with poly handles & caps and Roger would have replaced any damaged flag with new ones, so thanks guys.





We also managed to run a Silver Module Course at the MGCC. We had a good turnout. David Thornbury and I ran the course with Roger & Will providing plenty of anecdotes. We had 12 other participants including Meg Boers, Shane Rogers, John Pollard, Andy Kelk & John McBain all from the VFT who all successfully passed, so congratulations to one and all on your achievement.

Time for a bit of Astronomy, yep, these perfect cold winter nights, only when clear of course, are great for looking at the planets. I've been doing astronomy for about 30+ years now and love it, the planets are looking exceptional at the minute with Jupiter, Saturn & Mars looking really good to the naked eye and amazing through the telescope. Then on to looking at galaxies and star clusters, then to finish off the night with a look at the amazing moon. I absolutely love the Phillip Island night sky, the Southern Cross stamping its place in our sky, it's truly an amazing sight with a lot of the planets clearly visible due to very little light pollution at PI, the Milky Way is also easily seen in all its glory.

If you are down there for a race meeting and staying on the Island, I encourage you to just stand for 10 minutes and have a good look at this amazing sky, you will see some really cool stuff. I have given Astro photography a bit of a go, unfortunately not that good at it, but hey its worth a go even if the results are mediocre. Even though the moon is big and bright, it's a real challenge to

photograph due to the aberration of the earth and the speed the earth rotates, but nonetheless it's nice to look at up close. I would encourage anyone to have a look at the full moon or even a partial moon with a pair of good binoculars, you will be amazed at the detail, it's great fun for the kids and grandkids.



Anyway, that enough from me, I'm sure each and every one of you has a story to tell, however I thought I would share a few things that keep me occupied during these crazy times. I guess it's important that "You can't wait until life isn't hard anymore before you decide to be happy". It's time to talk about you and what you like even if it's the smallest things that perhaps we take for granted. Share your story with others.

So now it's time for me to have a little more happy 😊 and pour myself a glass of wine, kick back and wait to see what tomorrow brings, who knows.

Keep well and safe everyone and hope to see all very soon.

Cheers

Mark

Mark Thompson
Vice President



Wedding of Katrina and Lucas

Michelle Clewett

Mikey and I were so lucky to be able to attend the wedding of former VFT member Katrina Ballard and my nephew Lucas McNamara.

But let's start at the beginning. I first met Perry and Katrina Ballard through the VFT back in 2009. Perry Ballard became a flaggy and was a member for many a year. Then alas, Perry had to give up flagging due to medical reasons.

But in February 2018 I got a message from my nephew Lucas saying he met someone and that she knew me. Lo and behold it turned out to be Katrina Ballard.

Skip to the next year - they got engaged in November 2019.

So now the planning started, and they decided to get married at Mt Lofty House up in the Adelaide Hills in South Australia.



Things got a bit jumbled around due to COVID but they made up their minds for the 17th July 2021.

Things were all set. So, after their numerous trips back and forth to sort out all the details associated with a wedding, the Wedding Week was now upon them. Katrina, Perry and Lucas travelled over earlier in the week to sort out the last minute details and give themselves time to prepare.

Now came the fun part for family of both sides and guests!

Mikey and I were originally going to fly over on the Friday - 16th July. But the afternoon of 15th July it was announced Melbourne was going into a lockdown and SA/VIC borders were shutting at midnight. Well, it was a mad panic, and same with my family, to quickly pack all that I was taking into the car, cancel flights, wait for Mikey to arrive home and out the door and rush to get across the border. Phew, we all managed to cross the border within 10 mins of each other with approximately 15 minutes to spare. So, now we could relax, and after finding the Motel we were staying at for the weekend we rested till the weekend.



Friday, they had their rehearsal and as it was atrocious weather and more was expected for the Saturday it was decided to move the wedding inside and bring the wedding forward an hour. It had been originally organised for outside. So, hence the wedding could go ahead as planned,

So, on this day 17th July Lucas McNamara and Katrina Ballard now known as Katrina McNamara were married.

And in his speech as the bride's father, at the Reception, this is what Perry quoted:



"In 2009 both Katrina and I joined the VFT. It was through this that we met Michelle & Mikey Clewett, not knowing at the time that Michelle was Lucas's aunt and 9 years later that they would meet once more. What a small world we live in."



So, included here are some of the photos of that lovely day.



Permission granted to publish from Lucas, Katrina and Perry



A Day at the Races

Imagine it's a nice day trackside at say Sandown, turn 4. The sun is shining and all drivers are behaving themselves. Then a large field of Excels start a race, and things start to go downhill. (With apologies to all Excel drivers!)

Imagine a car gets a generous touch on the rear bumper and firmly headbutts the wall just near your point. You see an ominous lick of flame and some smoke under the crumpled bonnet, and you observe that the driver is unable to exit the car because the door has been distorted and is jammed shut.

Checking the last of the traffic has passed, you amble over to the car carrying a powder extinguisher. To your surprise the driver shouts to you "don't use that, go back and get a foam one." Really? you say, "surely either one will do the job?"

In a fire, any extinguisher is good and if the ship is sinking, any life jacket is a good one.

Yet here in Australia we have been hearing a lot of "I don't want that vaccine, I shall wait for the other one even though it's not yet available."

Really? In a pandemic, any vaccine is a good one. The fact that a tiny proportion of people who have the AstraZeneca vaccine get a blood clotting disorder has been well publicised. That a tiny proportion of people who have the Pfizer vaccine end up with inflammation of the heart muscle is largely unknown.

Let's be clear - both vaccines have side effects that can be serious but deaths are rare. Both vaccines give fairly good protection against any COVID disease, and both give a very high degree of protection against serious disease.

A person fully vaccinated with either one is very unlikely to end up in intensive care.

So, get one, either one, as soon as you can.

And Another Thing

In the last magazine, Jason shared with us that he had recently hit the wall hard, in terms of his mental health.

There is no doubt that COVID, on top of all the other stresses of life is taking a toll on us all. Well done Jason for shining a light on the difficulties we face.

It is estimated that at least one in five of us will have an episode of clinical depression during a lifetime. Other disorders such as post traumatic stress disorder are also common out in the community, and no doubt amongst our fellow club members. Fortunately, most cases respond well to treatment. My stock phrase to a depressed patient was "depression is a potentially fatal disorder, but it's very treatable".

We have heard a lot recently about the importance of asking others "are you ok?" That's very good advice, but I would also like to add how about asking ourselves "am I ok?" Let's turn the spotlight inward, and do a bit of honest self assessment.



I'd like to suggest a short list of what I consider to be danger signs:

Has my overall mood been depressed or anxious over several weeks?

Do I have feelings of hopelessness or worthlessness?

Am I feeling that the future is not likely to improve, and that there is no way out?

Have I noticed tearfulness or sleep disturbance that is prolonged?

And the BIG ONE.

Am I contemplating ending it all by taking my own life?

All of these feelings are signs that all is not well. The last one, suicidal thinking, demands immediate medical intervention. Apart from the fact that your doctor needs the money for his/her BMW, he or she can be a huge help in this situation.

Some professional counselling, and possibly medication can turn things around.

So, let's continue to look after each other, and let's be self aware as well.

Despite nothing is happening trackside your committee remain busy looking to the future, and are there to help.

Feel free to give me a call on 0418 301 953 if you have a question or a problem with mental health. Speaking personally, my "trackside deprivation syndrome" has relapsed, so here's hoping we get back to normality soon.

Kind regards,
Doc Paul.

Merchandise

Merchandise Officer 2021 – Meg Boers

The Merchandise Officer role is in the process of being handed over from Jason Carroll to Meg (but lockdown hasn't helped!!) and there will shortly be an update of items for purchase with pictures and prices etc, so watch this space!!



Meanwhile for any merchandising orders or questions you can see Meg at the track, (hopefully sooner rather than later), or

Email: merchandise@vicflag.org.au or
Mob: **0434 533 097**



For those who are bored with the current restrictions!

Anonymous - British

Something for seniors to do to keep those "aging" brain cells active! And for you younger ones, to get them growing!!

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
2. There is a clerk at the butcher shop, he is five feet ten inches tall and he wears size 13 sneakers. What does he weigh?
3. Before Mt. Everest was discovered, what was the highest mountain in the world?
4. How much dirt is there in a hole... that measures two feet by three feet by four feet?
5. What word in the English Language... is always spelled incorrectly?
6. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?
7. In California, you cannot take a picture of a man with a wooden leg. Why not?
8. What was the British Prime Minister's Name...in 1975?
9. If you were running a race, and you passed the person in 2nd place, what place would you be in now?
10. Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?
11. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in another field?

Here are the Answers: (No peeking!)

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name? Answer: Johnny, of course.
2. There is a clerk at the butcher shop, he is five feet ten inches tall, and he wears size 13 sneakers. What does he weigh? Answer: Meat.
3. Before Mt. Everest was discovered, what was the highest mountain in the world? Answer: Mt. Everest.
4. How much dirt is there in a hole that measures two feet by three feet by four feet?
Answer: There is no dirt in a hole.
5. What word in the English language is always spelled incorrectly? Answer: Incorrectly
6. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?
Answer: Billy lives in the Southern Hemisphere.
7. In California, you cannot take a picture of a man with a wooden leg. Why not?
Answer: You can't take pictures with a wooden leg. You need a camera to take pictures.
8. What was the British Prime Minister's name in 1975? Answer: Same as is it now - Boris Johnson
9. If you were running a race, and you passed the person in 2nd place, what place would you be in now?
Answer: You would be in 2nd. Well, you passed the person in second place, not first.
10. Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?
Answer: Neither, the yolk of the egg is yellow [Duh]
11. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in another field?
Answer: One. If he combines all of his haystacks, they all become one big one.



Impossibilities in the world

- 1) You can't count your hair.
- 2) You can't wash your eyes with soap.
- 3) You can't breathe through your nose when your tongue is out.
Put your tongue back in your mouth, you silly person.

Ten (10) Things I know about you.

- 1) You are reading this.
- 2) You are human.
- 3) You can't say the letter "P" without separating your lips.
- 4) You just attempted to do it.
- 6) You are laughing at yourself.
- 7) You have a smile on your face and you skipped No. 5.
- 8) You just checked to see if there is a No. 5.
- 9) You laugh at this because you are a fun loving person & everyone does it too.
- 10) You probably want to send this to see who else falls for it.

To Keep that brain working; try to figure this one out....

See if you can figure out what these seven words all have in common?

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
6. Uneven
7. Assess

Give it another try....

Look at each word carefully. You'll kick yourself when you discover the Answer

No, it is not that they all have at least 2 double letters....

Answer is below!

Answer:

In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word.

Did you figure it out?

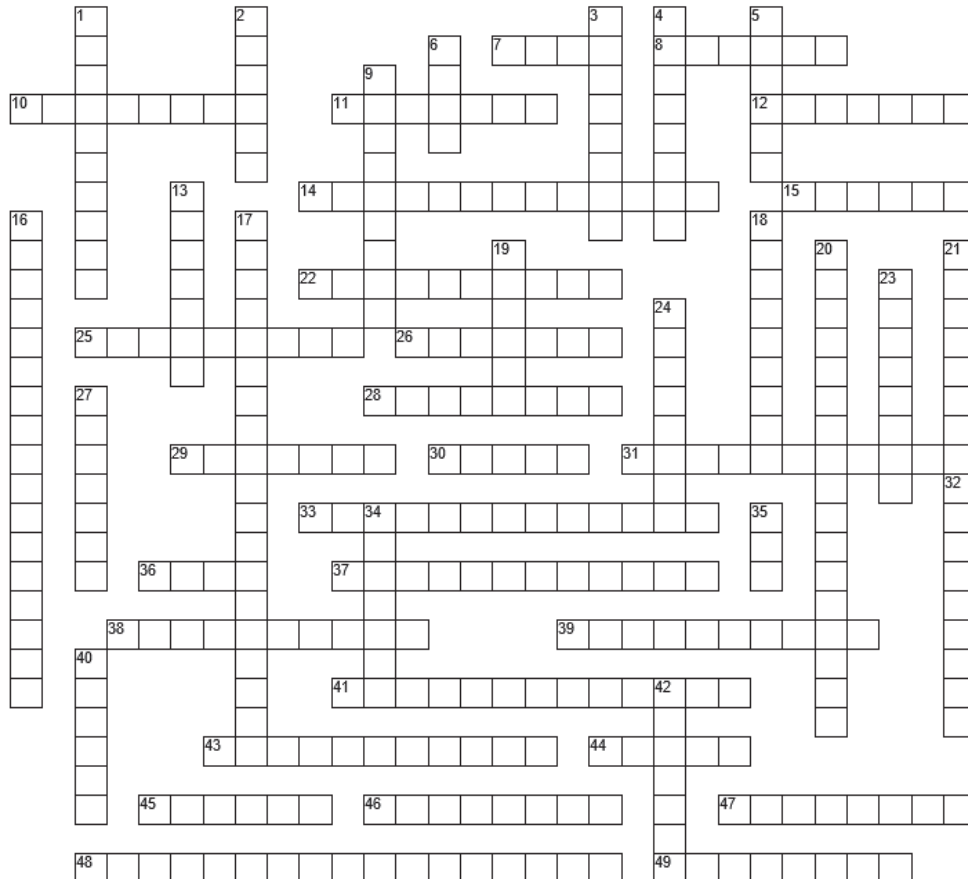
No? Then ask more people and stump them as well.

Then, you'll feel better too.....!



VFT SUPER CROSSWORD

Mark Thompson



Across

- 7. Lapping Flag
- 8. Victorian Hill Climb
- 10. Circuit on the mountain
- 11. American Muscle car
- 12. Where a drive through penalty is taken
- 14. Who checks the cars
- 15. Iconic Australian Car
- 22. Grand Prix Racing
- 25. No1 medical car
- 26. Stop Go
- 28. Organiser of the event
- 29. Famous Italian Sports Car
- 30. Rough Road Racing
- 31. Driver on the day
- 33. Who calls the shots
- 36. Fire crew
- 37. Name of a National round
- 38. Resistance quarter mile
- 39. Australian formula One circuit
- 41. Who calls the shots
- 43. The Tower
- 44. Helps communicators
- 45. Drives for Mercedes
- 46. Hearings
- 47. Trackside Volunteer
- 48. Half a minute before the race
- 49. Iconic UK speed festival

Down

- 1. Where the officials meet
- 2. Racing Circuit near Benalla
- 3. Tow Truck activity
- 4. Information given at the start of the day
- 5. For the winner
- 6. Where the cars are worked on
- 9. Virgin Competition
- 13. Australian oil company
- 16. TCM
- 17. Motorsport governor
- 18. Celebratory drink
- 19. Replacement for Holden
- 20. Circuit on an Island
- 21. Always a hat in these cars
- 23. DJR Racing GTHO Bathurst 17
- 24. Insurance Sponsor of VFT
- 27. Flag waver at the start of a race
- 32. Where the competitors line up prior to the grid
- 34. High performance fuel used by Supercars
- 35. Bayerische Motoren Werke
- 40. Famous F1 Driver
- 42. Flag to stop the Race



Reminder - Social Family Day at the Rob Roy Hillclimb

Register your interest with Terry Register, MGCC, 0416 195 437

(Subject to restrictions at the time)

It has been suggested by one of our club members that our club has a social family day for VFT members and families at the venue of the Rob Roy Hillclimb on 31st October, when the 30th Historic and Classic Hillclimb is being run by the MG Car Club. It is a great day for spectators and would be a good chance to have an extra social event on the calendar.

MG CAR CLUB OF VICTORIA
Venue of the First Victorian & Australian Hillclimb Championship 1938
Clintons Road Christmas Hills
MELWAY REF 264-A9

30th
Second oldest, permanent
built, hill climb in the
world

ROB ROY

Historic & Classic Hillclimb

31 OCT 2021

SHOWCASING A VARIETY OF CLASSIC VEHICLES

Competition Commences 9.30am
Competition Entries available at CAMS Entry System
or manually via robroyhillclimb.com.au

Full Catering Provide by Pantom Hill CFA
who will receive all catering proceeds

Admission - Single Entry \$10 or \$20 Full Car

General Enquiries
Event Director - Wayne Rushton 0412 339 934
Competition - John Kelso 0417 398 606

Location

- 375 Clintons Road, Smiths Gully VIC 3760 (Melway Map Ref 265 A9) [\[Map Link\]](#) (Clintons Rd is almost opposite the road into Sugarloaf Reservoir.)
- Most come via the south end of Clintons Rd. **Note** there is a single lane bridge 100 metres from the start of the road, take care!
- Entry to the property is on the right, about one km from the south end of Clintons Rd.

Parking

- Parking is free.
- Turn left from the gatehouse (up a dirt road) for the west carpark, or straight on for the main car park.

Amenities

- BBQs are not allowed but tables, chairs and picnic lunches are available
- Be aware that the local CFA provide a BBQ breakfast and lunch at a reasonable cost



How well do you know your Motoring Logos??

Roger Chirnside

Below are four levels of difficulty:

LEVEL ONE - Easy



LEVEL TWO - Not so easy



LEVEL THREE - Difficult



LEVEL FOUR - Diabolical



Something to while away some time - answers in the November magazine, so you have plenty of time!! Happy thinking!!



Soul Rest! ...you're gonna love this!

Quote: 'Come to me, when you are weary, and I will give you rest, rest for your souls.' Spoken by Jesus from *Matthew 11:28-30*



Life is a marathon, not a sprint; you've got to look after yourself if you want to go the distance. Travelling from childhood into adulthood grows responsibilities that are mostly very enjoyable but at times it can become heavy and burdensome for ourselves and for those we love, care for, and pour our whole lives into. The hamster in the wheel metaphor, lots of activity, but going nowhere!

Weariness is common today. It's not a sense of feeling defeated; in fact, there is great hope about the future, but that doesn't remove the physical and emotional fatigue that can lead to feeling empty. *What's your plan for soul care? Your soul houses five aspects that make up the real you, your mind, will, emotions, personality, and character.* We are unique, how does soul stress affect you?

Here are some common signs of soul stress; there are one or two others you could add.

Soul Stress – When normal life rhythms and practices do not result in the positive outcomes as they normally would.

Sleep doesn't bring you rest – Have you ever been there? – you sleep but wake up tired?

Playing doesn't bring you joy – For most of us the answer is 'WHAT PLAY? we're in lockdown!'

Work doesn't bring results – You're working hard, but it's not working. This is a common one.

Prayer doesn't bring you peace - You talk to God about stuff, but you're still carrying it.

Community doesn't bring you a sense of belonging – You are spending time with friends, but you don't feel that connection you used to, maybe feeling more disconnected.

Ways to Invest in Soul Care: KEYWORDS - MEANING AND MARGIN

Focus on meaning. The human spirit craves meaning. It's amazing how energizing hard work is when you know it's worth it and you step towards it. Detached from meaning, your soul becomes weary. Meaning starts with your clear purpose, add your gifting and passion, plus hard work and begin to see results. The power of fulfilment is energising. If you're stuck, ask for help.

Lean into God. When I experience tough seasons, my soul feels distance from God. I've learnt to quieten the anxiety, take a deep breath, and hush the clutter in my soul. I find a place of solace by just sitting, pondering, listening, giving the heaviness and taking on peace and strength to push on.

Live-out Grace, Grow Strength and Stability in Your Emotional Well-being. When your soul is running on empty, your emotions get the best of you. Our emotions need room to breathe; they are not designed for sustained overload. And we all desperately need to give and receive grace.

Your heart tends to follow and expand what your mind focuses and dwells upon. Margin (being the difference and making things better) helps you sustain that experience for the long haul.

Build up your physical health. Your body is a truly complex work of art, and how you care for it has a direct and dramatic connection to your overall well-being. Disappointments will rob you of energy and can lead to feeling flat, lethargic, and lazy. A brisk walk releases endorphins into this amazing machine we live in and recharges life-changing purposes and satisfaction by margin.

Be Authentic in Community. Isolation never leads to a place of healthy living. Authenticity matters, honesty is connected to maturity, and maturity is essential for soul strength. Authenticity leads to self-awareness when solid friendships and high trust validate a strong sense of belonging. This makes you feel most like the real you and fully loved and accepted. That's freedom indeed!

I love our Motorsports family and not being able to see you all at the track has been hard. My live-by passage from the good book is, 'Don't grow weary from doing good, ...at the proper time a harvest will come.' This pandemic will pass and we will get back to doing what we love soon, *be the difference* and do what you can do to *make it better* for those around you – today.

Doin' life together, Cheers.

Chaplain Mark Bateman 0412 151 121



From the Editor

Many thanks to all contributors - please keep the articles coming! Without any local motor racing, currently there are no pictures to include, so it's good to have other articles to put into the mag. Hope everyone enjoys the 'funnies' and the crossword/quiz - it might help fill in a bit of time for those who currently have more spare time on their hands due to lockdown restrictions!

Please note articles for the November edition are due 24th October - magazine@vicflag.org.au - Joy Chirnside.

Photos in this magazine appear courtesy of Mark Thompson.

Remember to Keep These Dates Free:

(Restrictions permitting)

Sunday 31st October 2021 - Rob Roy Hillclimb Social Family Day -
375 Clintons Road, Smiths Gully VIC 3760 (Melway Map Ref 265 A9) [\[Map Link\]](#)

Thursday 9th December 2021 - VFT Presentation Night - Sandown Greyhound Racing Club

Sunday 12th December 2021 - VFT Christmas Gathering - Como Gardens, The Basin

Saturday 15th January 2022 - Chief's BBQ - Brooklands, Boronia (Roger & Joy's place)

Minutes of the VFT August General Meeting

Victorian Flagmarshalling Team Inc. – August 2021 General Meeting

General Meeting Minutes

5 August 2021, 7:30pm

Online (Zoom)

Members present: 28 Members and 2 guests (Dylan Kemp Tim Goodall) Online

Apologies: Roger Chirnside, Joy Chirnside, Meg Boers, Tanya Salan, Brad Ross, Chris Plumridge, Graeme D'Arcy, David Ebeling, Samantha Magro, Anthony Filippousis, Gary McLean, David Martin, Sam McCoubrie, David Humphries, Russell Paech, Philip Maraca, Alan Steuart, Neil Harris, Margaret Hardy, Lily Riley, Alan Brown, Matthew Hardy, Frank Arduca.

Minutes from the previous General meeting (10 June 2021):

Moved: Will Gaff, seconded: Paul Freeman, that the minutes be accepted. Carried.

Matters Arising:

1.0 Nil

Reports:

2 President:

2.1 No report. Has had a family matter to deal with.



3 Vice President:

- 3.1 Government grant. Result expected next week. Next round is now open. Have applied for 20k.
- 3.2 Training day. Congratulations to Tim Oh for this initiative. Hopefully the September date will work.
- 3.3 VSOP. Drivers day trackside has been supported by State Councils and SOPs around the country. Motorsport Australia have not warmed to the idea of reinstating.

4 Secretary:

- 3.1 Motorsport Australia Survey. The club completed a survey on motorsport infrastructure from Motorsport Australia. Have emphasised improvements to flag point work areas and shelter.
- 3.2 Victoria 6 Hour. The event needs 30 teams to break even. 3 clubs underwrite the event.
- 3.3 Event postponements/cancellations. Please refer to the Upcoming Events page of the website to stay up to date as the situation changes rapidly.

5 Treasurer:

- 5.1 As per report.
- 5.2 Payments to be passed:
 - AIS Insurance \$906.00 Trailer/Equipment Insurance
 - R&J Chirside \$52.80 Magazine PostageMoved: Andy Kelk, seconded: Glenn Rochester that payments are passed. Carried.
- 5.3 Website. John spoke to the report he submitted to attendees regarding his concern/s around the website.

Mario Pacifici asks if there will be an audit of the process. John confirms he will conduct one. John Haywood notes that we are volunteers. If a mistake was made, we must show compassion. Paul Freeman notes there is a divergence of opinion between John and the committee, which will be discussed.

Mario suggests the club needs to introduce a procurement procedure as there have been issues historically.

6 Chief Flag Marshal:

- 6.1 Completed Events: N/A
- 6.2 Upcoming Events:
 - Victorian 6 Hour Relay
 - VHRR Festival of Speed
 - Kevin Watson notes for this event, members should register with Winton to assist with contact tracing.
 - Shannon's Nationals
 - VSCRC 5
 - Winton Supercars. Not a VFT event, but you are welcome to attend.
 - Phillip Island Supercars
 - Historic Sandown
 - Island Magic
- 6.3 Cancelled Events
 - August Access
 - VSCRC 4
- 6.4 Will Gaff would like to send a shout out to event organisers for all the work they have put in to events, only to have them cancelled.
- 6.5 There was issue at VSCRC 2 where back up equipment with wooden poles was provided. These poles have now all been replaced by PVC. Mark Thompson thanks Will for his work doing this.
- 6.6 Lockdown. Will encourages members to go get their COVID vaccinations so we can get out of lockdown.

7 Asst. Chief Flag Marshal:

- 7.1 August Access. Disappointed the event is not going ahead/
- 7.2 Magazine report/mental health update. Thanks to John Haywood for his message of support. John notes that blokes tend to bottle these things up. Well done to Jason for sharing his situation.



8 Training Officer:

- 8.1 Four assessments currently ongoing.
- 8.2 Training Day. Shame it could not be held on 17 July. Hoping to run 11 September.

9 Motorsport Australia Rep:

- 9.1 Government Grants. Mark and the committee have been working hard to secure funds. It is a very detailed process. There is still money available.
- 9.2 Driver day trackside. There is no longer a requirement for drivers to do a day trackside as part of their licence upgrade. The club has expressed its concern around and hopes for the decision to be reversed, which is widely supported by the State Council. Paul Overell notes the fight is also happening in Queensland, and he appreciate the support from other states. Mark Thompson has approached a number of drivers who have recently gone through the process. While supportive, they are reluctant to put anything in writing.

9 Grade 3 Rep:

- 9.1 Feel free to get in contact if you have any issues to raise.

10 Grade 4/5 Rep:

- 10.1 Reach out if you have any issues.

11 Induction:

- 11.1 Welcome to perspective members Dylan and Tim

12 Merchandise:

- 12.1 Working through the handover of stock, but a bit difficult with the lack of events due to the lockdown.
- 12.2 Looking at some new items, including a way of recognising grading with the new uniform.

13 Magazine:

- 13.1 Articles for the September magazine are due on 24 August for September. With the lack of events, please think about any stories or photos you could share to create some content.

Reports: Moved Lloyd Owen, Seconded Terry Register that reports are accepted. Carried

14 General Business:

- 14.1 Mark Thompson – Silver module. Congratulations to those who recently completed the Silver module. Good to see it covered in Speed Read
Glenn Rochester thanks Mark, David Thornbury and Roger Chirnside for presenting.
- 14.2 Mark Thompson – Speed Read. If anyone has any stories for Speed Read, Mark is happy to work with you to get it published.
- 14.3 Mark Thompson – Motorsport Australia Awards. Please let Mark know if you think someone id deserving of a State Official or Fabulous Official Award.
Don Johnson suggests those who have organised cancelled events.
Paul Overell notes it's an easy process.
Jason Carroll notes there have been discussions to nominate our club award winners.
- 14.4 Andy Kelk acknowledges the passing of Robert Foote, the marshal killed at Brands Hatch, and encourages members to support the family via the justgiving.com campaign.
- 14.5 Terry Regester – Rob Roy Family day 31 October. Terry suggests this will be a great opportunity to see each other after a long time, and to enjoy the event and cars. Food is available on site.
John Haywood suggests members with special cars bring them along.
- 14.6 Shane Rogers – Nick Karademis. Shane advises of the passing of Nick on Friday. Suggests the club sends its condolences.
- 14.7 Karen Legg. Karen queries when the last magazine was sent. John Pollard advises 13 July.
- 14.8 Glenn Rochester – October Meeting. Glenn advises he has arranged for Leanne Tander to do a Q&A at the October meeting.
- 14.9 Michelle Clewett - Perry and Katrina Ballard. Michelle passing on greetings to the members from Perry and Katrina, whom she caught up with at Katrina's wedding.

Meeting Closed: 8:52pm

Next Meeting: 7 October 2021 at TBD



2021 Calendar			
4 February	via Zoom	VFT AGM	
19-21 February	Phillip Island	Aust All Wheels Race Fest Shannons/M'sport Aust	Cancelled
19-21 February	Sandown	VSCRC Rd 1 [MGCC]	
5-7 March	Phillip Island	Phillip Island Classic	
20-21 March	Sandown	Repcos Supercars	Also register via My Volunteer
27-28 March	Winton	VSCRC Rd 2 [VSRS]	
8 April	MG Clubrooms	VFT General Meeting	
11 April	Sandown	Porsche 6 Hour Regularity	
15-16 May	Phillip Island	VSCRC Rd 3 [PIARC]	Also register via Lyn Johnston, PIARC
3 June	MG Clubrooms	VFT General Meeting	
23-25 July	Sandown	VSCRC Rd 4 [ASSA]	Cancelled
31 July - 1 August	Phillip Island	Vic 6 Hour Relay	Cancelled
5 August	MG Clubrooms	VFT General Meeting	
6-8 August	Winton	Festival of Speed	Cancelled
7-8 August	Phillip Island	August Access	Cancelled
17-19 September	Sandown	Shannons M'Sport Aust Championship Rd 5	Cancelled
25-26 September	Phillip Island	VSCRC Rd 5 [VMCI]	Cancelled
7 October	via Zoom	VFT General Meeting	
16-17 October	Winton	Alfa Club 12 Hour Relay	
22-24 October	Phillip Island	Supercars	Cancelled
31-October	Rob Roy	Rob Roy Hillclimb Social Day	Register with Terry Regester, MGCC
5-7 November	Sandown	Sandown Historics	
18-21 November	Albert Park	F1 GP (not a VFT event)	Cancelled
27-28 November	Phillip Island	Island Magic	
2 December	MG Clubrooms	VFT General Meeting	
9 December	Sandown Greyhound Racing Club	Presentation Night	
12 December	Como Gardens	VFT Christmas Gathering	

PLEASE NOTE

Due to uncertainty at this stage all meetings are subject to official confirmation

Expressions of interest to attend any events must be conveyed to the Chief Flagmarshal via any of the following 4 ways:

- The VFT Club Phone: **03 8796 5321**
- The VFT Club Mobile: **0409 823 657**
- Email: chief@vicflag.org.au
- In person, **trackside or at club meetings**

Please DO NOT use Social Media for expressions of interest!



www.vicflag.org.au



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