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In this issue: •Steps needed to fix parking shortage •Chirpy new bird identifier •Wing it to Waroona

Going the extra smile

Research proves taking the Big Lap is likely to be the road to happiness

While some older people – often grey nomads – are routinely labelled as being ‘grumpy’ ... the truth, it seems, couldn’t further from truth. Numerous studies have concluded that, despite age-related declines in physical and cognitive abilities, older people are significantly happier than youngsters. And, among older people, those who travel, interact with nature, and are socially engaged are the happiest of all. In other words, ‘living the dream’ really is as good as it sounds.

And, of course, Australia is one of the happiest countries in the world to begin with. In the most recent Ipsos’s Global Happiness survey, 80% of Australian respondents described themselves as happy. And a previous study, NAB’s Regional and Agribusiness Horizons Report, found that people in the regions were the most content of the lot. “Some of the primary drivers of happiness are being close to nature and having a strong sense of community,” said NAB’s Executive for Regional and Agribusiness, Julie Rynski. “Regional and rural locations are perfect for meeting



No fish? No worries ... it’s more about enjoying the activity than being successful at it
PIC: Cizza

these needs.” And frequent travel lifted the happiness bar yet again. A recent study published by researchers at the US’s Washington State University found a strong relationship between travel frequency and overall life satisfaction. Survey participants who travelled more frequently reported a 7% increase in overall life satisfaction compared to those who travelled less frequently. And that happiness lift was realised regardless of the participant’s age, gender, or wealth. Leading clinical and health

psychologist, Dr Bob Montgomery, previously told the GNT that it made sense for retirees to find new meaningful activities – like travel – to replace work. “Grey nomads are definitely doing a good thing,” he said. “Getting out and doing new things and going to new places is better than sitting at home watching endless TV, or not knowing how to fill in the time.” However, Dr Montgomery warns that just being ‘out there’ isn’t always enough, and travellers should – within

reason – be prepared to try new things. “By simply being on the road grey nomads are doing the right thing but they should still be ready to push the envelope a bit to further lift enjoyment levels,” he said. “Trying new things and not liking them isn’t a failure ... it’s all part of the process.”

• *Has hitting the open road made you happier? Why? Have you met many ‘grumpy grey nomads’ on your travels?*

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Why bigger is better

‘Our first long journey convinced us that we needed to upgrade our rig’

Before hitting the road, Brett and Kathy Kempster – like most soon-to-be grey nomads – thought long and hard before buying the rig they thought would best suit them. And then – like many newly experienced grey nomads – they had a change of heart after ‘living the dream’ for a few months!

Actually, that’s not quite true. The couple bought a 17’ 6 tandem Island Star poptop back in 2006 and it served them well for many a short trip. In fact, it served them so well that they had no qualms about heading off on the ‘big one’ with it in 2010 ... and that’s when they started to miss their creature comforts.

Without solar or a 12v system, toilet or shower, or an oven, the couple found they had to spend most nights in van parks. “Another downside for prolonged RV travel was limited living space,” said Brett. “Yes, the awning gave us brilliant outdoor space but it wasn’t the storage space we needed ... the nightly chore was to transfer stuff on the bed to the L-shaped lounge and vice versa in the morning.”

That first eight-month adventure took the couple across Queensland and NSW and they found the country ... and



Brett enjoys the creature comforts and living space that his new van provides

the weather ... full of surprises. Up north, there was the heat. “The cross ventilation the vinyl roof gusset of the poptop provided was a welcome relief in places such as Norman-ton and Karumba in the gulf country,” said Brett. And further south on the NSW Great Dividing Range, there was the cold. “We encountered –6 at Glenn Innes!” Said Brett. “And it was at this point it began to dawn on us the comfort of a full caravan might be the way of the future.”

After getting back home, the rig research began all over again, but this time with the benefit of big trip experience ... and, in 2013, the couple

took delivery of a brand new 21’6 Globetrotter caravan. “Solar panels were becoming the ‘in’ thing by then, so I had 2x100 amp hour batteries installed at factory level while I fitted the two solar panels on the roof,” said Brett. “Other must-have items on our list were a full oven, full size fridge/freezer, ensuite with separate toilet & shower, and 12V TV & DVD package.” And this time they got it right ... and that same van is still serving the couple well today as they continue to criss-cross the country.

Brett and Kathy say they do miss the lower fuel bills the poptop gave them, but there is no way they could do without



Kathy and Brett on the road

the extra storage they now have, or the ‘facilities’. “The full ensuite is so inviting when you need to visit the little boys’ room at 2am,” said Brett. “Trudging across the caravan park in 2C temperatures at that hour is not my idea of fun!”

• *Have you had a rig re-think?*
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It is often a struggle to find a place to park in shopping centres if you have a caravan in tow. PIC: Cizza

Steps to fix parking woes

The solution to finding parking spots for rigs could be a walk in the park

Do grey nomads who complain about a lack of convenient parking for big rigs simply have unrealistic expectations about what should be available to them?

One leading Australian expert appears to think so, and he says other motorists are equally guilty of adding to congestion issues by circling around looking for that 'rock star' parking spot.

Urban planner and author of a new book, 'Rethinking Parking', Dr David Mepham

argues it is now time for a radical re-think, and to challenge the sense of entitlement Australians have for cheap and convenient parking.

He believes there are already too many parking spots in cities and towns and that the land could be better used ... if only we could get used to walking more!

"My view is that the place/centre should prioritise walking, cycling and access to transit," Dr Mepham told the GNT.

"Ideally parking and associated traffic should be pushed back from the centre to the 'frame' ... income from parking should be invested in a higher

quality walk-up experience." He says things like wider footpaths and shorter waits to cross the road would encourage pedestrians.

In terms of grey nomads and their large rigs, Dr Mepham says he would expect these to be parked on the 'frame'.

"There could be more flexibility with access to suitable car parks outside of normal hours with more information on which sites/car parks provide RV/etc access via web/apps, with information on available services," he said. "Local government tends to under-manage their public parking assets ... they could do much

more to improve aesthetics, trees/greenery, amenity, safety, access and allow more flexible uses."

And Dr Mepham insists car parks should not be subsidised by ratepayers.

"We need to treat the car park as a valuable asset and charge a market rate for access," he said. "This will improve the quality of car park facilities and compete fairly with the private sector."

• *Would you be happy to park your rig further away from a town centre if the walk into the CBD was a pleasant one?*

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Letters to the Editor

Share your thoughts with fellow nomads

Our story about a 'yappy' nomad dog called Grenade sparked quite a reaction

Grenade and his ilk are the very reason we, and others, avoid pet friendly caravan parks like the plague.

Tom J

Nobody should have to live with the sound of a constantly yapping dog, whether at home or travelling. How irresponsible of Eric to think it's okay. Barking collar, muzzle ... or take the pest with you everywhere!

Sylvia T

Our small dog yaps a lot also, so we put a small muzzle on her when travelling. It's a muffler and cuts the level down from ear piercing to tolerable. But there are many people out there who, like people with young children, have become desensitised to the screams of their dogs or their youngsters. But for others, it can become unbearable. For us, a screaming child sets up anxiety and heart palpitations. Nothing worse!

Jason F

Dogs that bark constantly are the bane of my life. Perhaps Doreen and Eric need to spend some of their holiday money on obedience classes for Grenade.

Helen G

We have a Jack Russell x Silky



The Big Yap

We adopted our Cavalier, Puck (pictured), when he was a year old. My husband had Cavaliers as a child and assured me they were non-barky dogs. Wrong! Puck is particularly loud when we try to talk to other people for more than a minute. Maybe he's jealous! It's embarrassing and annoying ... but we'd never leave him behind.

Cynthia A

Terrier named Nutmeg who always travels with us when we 'lap'. Whilst not a yappy dog like Grenade, she does bark somewhat trying to protect her area. On the few occasions we leave her in the van to go places where dogs are not permitted, we turn the radio or TV on just loud enough that she cannot hear outside noises, and we also keep the van dark so she can't see out the windows. We have never had any complaints from nearby neighbours and have had conversations with other dog owners who do very similar things. If push comes to shove you could always try a bark collar to help train

Grenade to keep the barking to a dull roar.

Pat G

I would suggest that he shouldn't be left alone in the van and many parks these days do not allow dogs to be left alone in vans for that very reason. Perhaps if you want to go out for the day you might have to look for a pet sitter in the area. Yapping non-stop while on walks is a bit strange unless he's yapping at another dog coming along. A lot of small dogs have what I call small dog syndrome. As soon as they see another dog, no matter how large they go into a frenzied barking which I maintain is meant to show

they are not to be messed with.

Di D

When we hit the road with our toy poodle called Princess, she became so yappy that we had to take action and really put some effort into training her. The transformation is incredible. So worth it!

Dom G

A lot of people whinge about barking dogs and noisy kids. However, the sounds of all animals, kids playing, music, birds at dawn and many other 'noises' are just part of life. Have some tolerance ... or go live on a deserted island where you belong!

Kay A

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Letters to the Editor

Share your thoughts with fellow nomads



PIC: Visit Victoria

Where is it?

Originally built in 1911, this heritage listed bridge stretches 91 metres and was once used to transport coal. Now the bridge is a popular tourist attraction. Do you know where this is? **Email us here** if you think you know. The first correct answer drawn out of the hat will win two Grey Nomad stickers. The mystery location in GNT 309 was Whyalla, SA. The winner was Sarah Craig

SmartBar Photo of the Month

Dust off your cameras, get snapping and hit us with your best shots to enter our SmartBar Photo of the Month competition. The winner – as decided by our judges – will be awarded a \$50 ARB voucher, courtesy of competition sponsors, SmartBar. For your chance to win, simply email your original photo entry to:

photo@thegreynomads.com.au

Please supply a paragraph about the picture, such as where it was taken and when, and what it means to you. **Click here** for terms & conditions.



Re: **Iconic trees** (GNT: 309). Yes, I have visited many of Australia's iconic trees both famous and not so. The Dig tree, the Tree of Knowledge, the Derby prison boab and those giants of the south-west WA, and also the giant fig trees of Queensland, and the mountain ash trees of Victoria. But trees are so much more than the stories associated with them. They collectively absorb carbon dioxide, store the carbon and release oxygen. Studies have shown that a walk among trees can have a calming effect and relieve anxiety and depression. Trees filter and absorb pollution from cities and highways to have a cleaning effect on the air we breathe. Trees provide homes for our birds, insects and animals. Trees give us shade

to reduce summer heat. Trees filter the water that we drink from catchment areas.

Stewart G

I'm always on the lookout for interesting, pretty or unusual trees. I love the sheer size of massive gum trees especially River Redgums and Ghost Gums, the beauty of flowering Poinciana and Jacaranda trees, and strange but interesting forms of Bottle trees and Curtain Fig trees of north Queensland.

Di D

Re: **Safety in beauty spots** (GNT: 309). We think that it's our own responsibility to take care of ourselves, have commonsense, and know your own abilities. We do a lot of bush walking but always stick to the trails and are always aware of

our surroundings. Life is more precious than a selfie.

Maryline P

Fencing should not be needed in all these areas. People should be able to read the signs and be aware of the risks. If they don't and want the selfie on the edge. Well, the Darwin award is next ... taking yourself out of the gene pool for stupidity.

Eric W

No! Please leave the wilderness as just that. People die all the time ... traffic accidents and even just getting out of bed. What next? A ban on travelling and sleeping? There are plenty (too many) of restrictions and rules in place already. Responsibility for your own actions is still a real thing!

Bob B

Unfortunately, you cannot teach idiots commonsense. Recently, we witnessed five idiots climb over the protecting fence at Wentworth Falls in the Blue Mountains to stand on the cliff edge so they could take turns in taking 'selfies'.

Len & Barbara S

Re: **Budget travel**. I am thinking of retiring soon and although I don't have a great Super, I do own everything house, car, caravan etc. Can you do the Lap on just a pension with a small amount of super, especially with the price of fuel and accommodation these days? Just wondering if anyone else is doing it on a shoestring budget and, if so, some tips please.

AI M

(Has anyone got any tips for AI? **Email us here** – Ed).



Letters to the Editor

Share your thoughts with fellow nomads

How much do nomads spend in towns with free camps? Quite a bit!

Our caravan club has a rally once a month for approximately five nights. All members are asked to submit their expenses spent in the local town over that time. On average, the club spends \$3000-\$5000 per month. And we are only one small club.

Ann A

We tend to free camp in town once a week. We do groceries and drinks ... \$200, we are smokers ... \$120, use the laundromat ... \$15, and fuel up ... \$200. So around \$500. That's our week's budget before going bush again.

Jen H

We free camp 99% of the time and we might spend zero for six days, and then hundreds the next day on 200 litres of fuel and a major grocery shop. But, of that \$700, all is spent at national and international businesses and almost nothing benefits the local economy.

Tony L

We recently stayed at Bollon donation camp in Queensland. In three days, we spent: dinner and drinks at the pub - \$75; at the store - \$29. We try to stay at low-budget camps and always spend money in the town.

Barbara L

I doubt free campers spend any more than vanners staying at the caravan park. Some are even too mean to put \$10 in the honesty box.

Graham J

We spend on fuel, groceries and alcohol in every free camp town we visit. That is equal to at least \$150. If there is a significant tourist attraction we attend, we spend another \$50. We are worth \$200 a visit. Do



Tree for all

Huge thanks to grey nomad, Murray Pendle, for sending in this picture of an old gnarled double trunk tree which he says is so stunning 'it would inspire anyone'. Murray took the photo on his phone while prospecting at Kanowna, north east of Kalgoorlie in the WA Goldfields. "It was taken in the late afternoon with the setting sun in the background," he said. It is so unusual and beautiful that it deserves to be seen."

the maths. If we can't get cheap or free camping, we move to the next town or rest stop.

Susan P

Shires should put a box with a sign saying 'keep receipts and put in on departure'. This will give them some idea of how much is staying in the town. We always joke about how expensive it is to stay at a free camp behind a pub!

Rick P

We always use free camps when they are available but, every third day, we go to a caravan park to fill the water tanks. We always visit the town and, at a minimum, buy lunch and coffee. Usually, we also need to stock up on some

food ... and we always need more wine!

Ralph & Pat L

Too many self-contained travellers think free camping is their right. Low cost, not free, should be the mantra as toilets, dump points, and overseeing of camping spots costs money.

Brendan L

We spend around \$20-\$25 per day. Coffee and a light lunch x 2. Then, add in fuel and groceries as needed, plus entrance fees to any points on interest.

Kevin C

We travel for approximately five months each year. While

we are not big spenders, we must eat, drink, buy fuel, and exact various repairs/maintenance etc. In essence, our money (around \$15,000), goes somewhere! It is up to the various communities to find ways to tap into where we spend it.

Derm O

We will regularly spend more than \$500 in a town and, on a few occasions, over \$1000. This is mainly diesel (500l tanks), groceries, coffees, snacks, laundry. We bush camp 99% of the time as we are totally self-contained. If we can't source water, we'll find a different town!

Peter C



Letters to the Editor

Share your thoughts with fellow nomads

Camping behind pubs (GNT: 309). I'm always a bit nervous about approaching pubs for camping out the back. Not sure what their expectations are and the balance of patronage versus campsite. I know that a drink each for my husband and I costs at least \$20 in a pub. Is that enough or are we expected to have a meal, as well? That is more than the price of some caravan park sites. Not griping, just unsure.

Susan P

Mystic Park Hotel in the Mallee in Victoria is a great free site. Lovely hospitality.

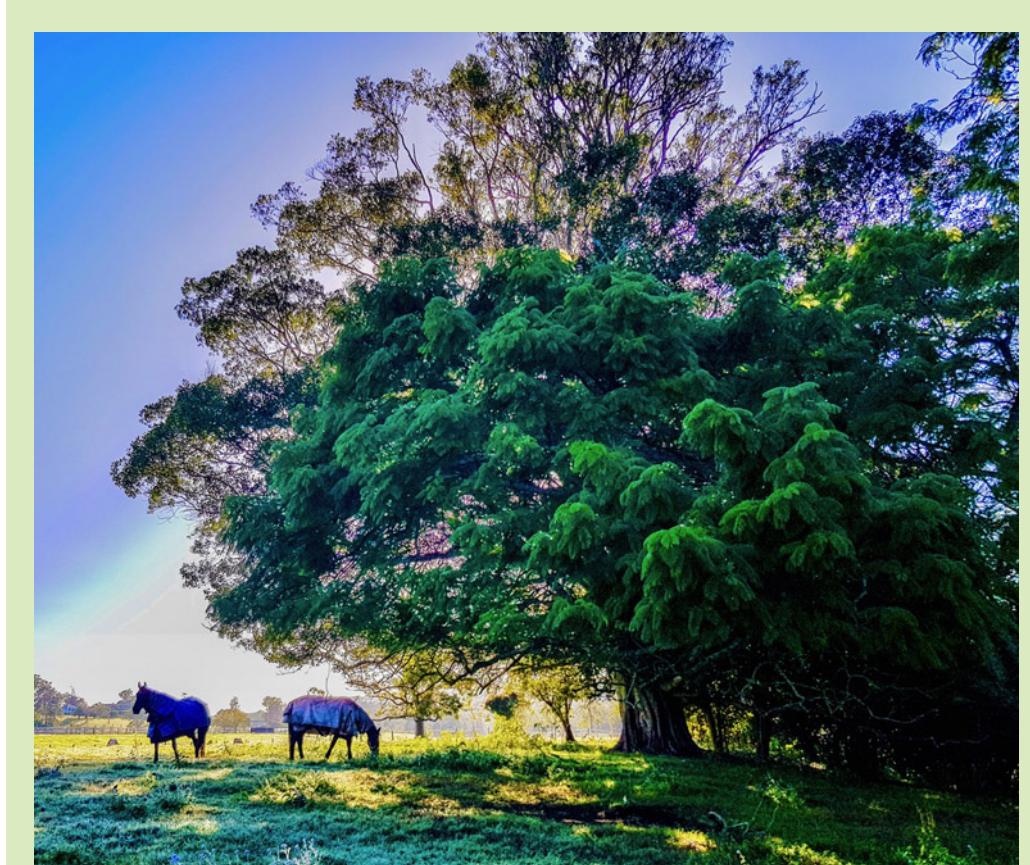
Mary T

Re: **Rural travel**. Sadly for us, travelling inland roads and visiting rural communities must now be avoided due to the appalling state of major roads which make caravan travel very uncomfortable and dangerous. So, our annual touring north must be contained to the reasonably maintained east coast highways for safety ... but at the cost of dull and crowded transit locations.

Peter & Jan L

(How much of where you travel is dictated by the state of the roads ... and the amount of traffic on them? [Email us here](#) to share your thoughts – Ed)

Re: **Water from air** (Innovations: GNT 309). It might get the scientists in the lab excited, but I suggest the rest of us don't get too excited about power from the moisture in the air. As an electrical engineer, I can assure people that it's of no significant use. Voltage is one thing, power is another. No such thing as



Trunk a treat

Re: **Land of the tree** (GNT: 309). We stayed at Guanaba alongside the Coomera River just below Mt Tamborine in Queensland where there were some superb specimens like the Moreton Bay Fig. I took these photos of this magnificent tree with my Samsung phone ... I hope others can get some pleasure from seeing them, even though it's not like being amongst the foliage in person!

Glenn Bowyer



something for nothing!

Jason F

The 0.9 volt produced might be about half the voltage of an AA battery but that is only half the story to do with the power output. Eight AA cells

in the series will give you 12 volts or so, same as a car battery but try and start your car with them. The internal resistance of the source limits how much current can be drawn and the product of voltage

and current is the 'power output'. Don't go looking in the shops for it any time soon, it will probably be like fusion generated energy ... always 50 years away from working!

John S



Picture puzzle



Last week: A major seasonal attraction for grey nomads in WA, and several other parts of the country.

Answer: Wildflowers
Winner: Bernii Kuhn

Win grey nomad stickers!



PIC CLUE: Lose an 'S' to find this stunning natural attraction in the Far North of South Australia.

Email us the solution to the puzzle. Winner announced in Issue 311.

Quiz corner

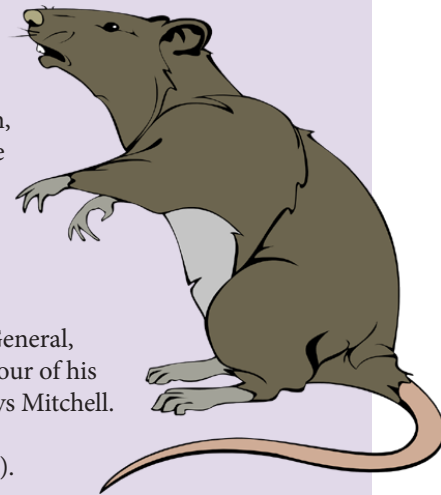
1. I am driving directly between the Queensland towns of Roma and St George. Which highway will I spend most of my time on?

2. The Queensland town of Surat was named:

a) By surveyor James Burrowes who named the site after the town in India of the same name where he had previously lived.

b) By Thomas Hall, the first European to establish a pastoral station in the region, and whose early years on the land were blighted by an infestation by the Australian brown rat (Surat Rattus Diem).

c) By then NSW Surveyor-General, Sir Thomas Mitchell, in honour of his Egyptian wife Surat Nephthys Mitchell.



3. Clearer Armpit (anagram).

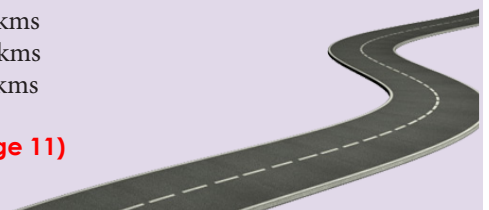
Perfect rig for canvas-loving nomads who prefer to tow something light .

4. If you added Inary to this northern WA river, it would sound a lot less special than it really is. What's the river called?

5. Shortest road distance between Melbourne in Victoria and Geraldton in WA?

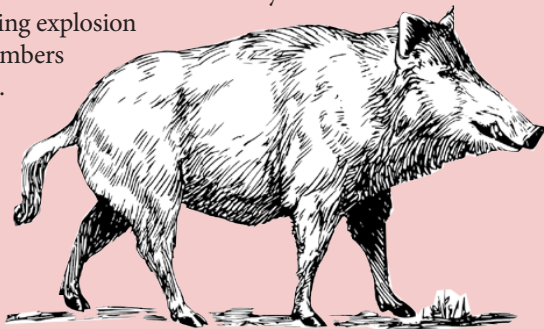
- a) 2871 kms
- b) 3022 kms
- c) 3702 kms

(answers on page 11)



It's a wacky world

The feral pig problem in NSW has become so big that the state has appointed its first ever so-called 'pig tsar'. The new feral pig co-ordinator will oversee a \$13 million control program designed to cut porker numbers in hotspots such as the Riverina, as well as north-west and western NSW. Farmers say the ongoing explosion in pig numbers is a crisis.



The Grey Area



Identify birds on the cheep



For many grey nomads, one of the great joys of taking the Big Lap is seeing – and learning more about – some of the unique birds that populate the length and breadth of this wonderfully varied country. However, travellers often struggle to put a name to a feathered face. Even those who have their binoculars and identification book to hand aren't always quick enough thumb through the pages before the bird has flown. Happily, help is at hand. US company, Scribe Labs, has just unveiled an AI-powered portable device that can accurately and speedily identify more than 6,000 bird species from around the world. The BirdWeather PUC (Portable Universe Codec) is a smart bird listening machine that has already had more than 170 million detections, and built up a living library of bird vocalisations. The portable nature recorder which comes in a rugged weatherproof enclosure, features dual microphones, environmental sensors, a microSD card, a built-in neural engine,



The BirdWeather PUC can identify many different birds by analysing their song PICs: Scribe Labs

and is Wi-Fi, Bluetooth and GPS enabled. Its mobile app and web dashboard work hand-in-hand with the device, enabling users to quickly learn more about the birds they encounter, and listen to birds from around the world. Scribe Labs founder and CEO, Tim Clark, said the possibilities were endless. "With the BirdWeather PUC, we've removed the complexity and created a simple, easy-to-use (one-button) AI-powered portable device that is equally at home in your backyard, out in the field, or tagging along on a hike, continuously listening and automatically identifying over 6000 global species," he said. "Why

sound? For every bird you can see, there are dozens more you can hear ... from owls to osprey, not every bird is interested in sticking around to have their photo taken." The company says the response from the birding community to the new device has been incredible, with users saying it has given them previously hidden insights into birdlife, and enabled them to gain a deeper connection to the natural world. The BirdWeather PUC is currently available for US\$199 on Kickstarter. Delivery is expected to begin in December.

• Do you think this device would help enrich your travels?

[Click to comment](#)

Survey Results

Big breakfast a hit

Grey nomads are sometimes labelled as being pretty tight-fisted, but it's a reputation that's not always deserved. Indeed, our recent GNT poll revealed that 40% of respondents had spent more than \$20 on breakfast for themselves in the past three months. "At a cafe in Lithgow on a Sunday morning," said Graeme D. And Steve M said he actually paid more than \$20 for a very big breakfast ... but says he still got good value. "My wife and I shared the meal and the shop did not care," he said. "It was a sale ... and business is business."

What do you think?

There are reportedly more than 600 Big Things in Australia for grey nomads to visit, photograph, and tick off the Big Things checklist. Bumping into these 'icons' goes with the territory when doing the Big Lap, but – other than the must-sees like Coffs Harbour's Big Banana – do travellers really go out of their way to check out the likes of the Big Deckchair and the Big Boomerang?

POLL

Do you keep a list of all the Big Things you have visited?



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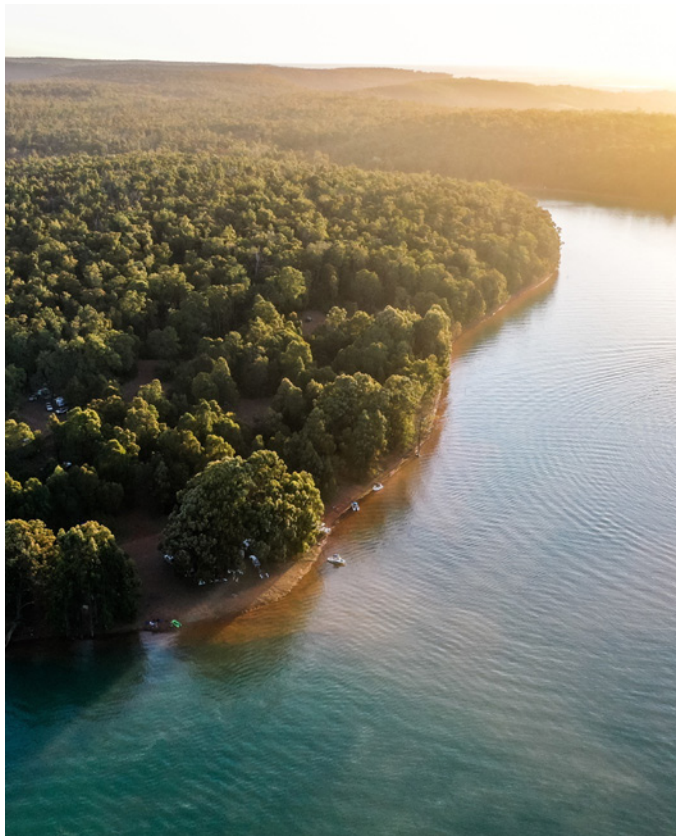
Sitting at the foot of WA's spectacular Darling Range, the country town of Waroona promises grey nomads a warm welcome, plenty of great camping options, and a swathe of man-made and natural attractions to enjoy.

Located on the South Western Highway between Harvey and Pinjarra and, about 110 kilometres south of Perth, Waroona – which was originally known as Drakesbrook – was first settled by Europeans in the 1830s.

It really kicked into life though once the Pinjarra to Picton railway line opened in 1893. Before long, it had a booming timber mill, as well as schools, a post office, a general store, a blacksmiths and, of course, churches.

Today, the local shire says the economy of the town – which has a fast-growing population of around 4,000 – is reliant on agriculture, bauxite mining and tourism.

A fun way to explore is to take the Waroona Heritage Trail – which can be walked or driven – and consists of 15 artistic bollards which offer information about some of the town's historic buildings and sites. One of the most impressive of those is the brick-and-stone Memorial Hall, which opened in 1934 and used to regularly show movies up



Lake Navarino (Waroona Dam) offers a huge range of recreational opportunities. PIC: Tourism Western Australia

until the late 1960s.

Maps to this and other trails can be found at the Waroona Visitor Centre, which also houses an art and craft gallery. Outside the visitor centre is Mooriel the Cow, a life-sized statue which is 'dressed' in an ever-changing wardrobe. The famous fibreglass bovine made headlines earlier this month when it disappeared for four days. Police eventually tracked Mooriel down to a Perth suburb.

Elsewhere in town, there are antique shops, interesting little

stores, and plenty of places to eat and drink.

Well worth a visit is the historic village of Hamel, just a few minutes to the south, and there are also several decent wineries nearby.

Popular local annual events include the All Australian Car Day in April, and the Waroona Agricultural Show in October. And, if all that's not enough, Waroona also has some magnificent natural attractions and recreational opportunities on its doorstep.

Top of the heap in this regard

is the 145-hectare Lake Navarino (Waroona Dam) 10 minutes to the east, which is a popular place for walking, birdwatching, picnicking, and a whole range of water activities ... including fishing for trout, perch and marron. Lakeside camping is not permitted, although there is a caravan park here.

Even closer to town is Drakesbrook Weir, which was constructed in 1932 to provide water for irrigation and is now a popular recreation area with a stunning hilly backdrop. Again, there are some nice bush walks here, and it's another great place to picnic and to throw in a line.

About half an hour east of Waroona is Lane Poole Reserve, consisting of more than 50,000 acres and boasting stunning waterways, great hiking trails, fantastic lookouts, and several excellent camping areas.

And half an hour west from Waroona is Yalgorup National Park, Lake Clifton and its ancient thrombolite reef ... and magnificent Preston Beach.

As well as three caravan parks, the Shire of Waroona Shire – which famously stretches from 'sea to scarp' – also offers a dump point and three free short-term RV stops – including one at the showgrounds. What's not to love?

• *Have you enjoyed a stay in the Waroona area? Would you recommend it?*

[Click to comment](#)



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**ASK JACLYN
and Heidi**



Our experts solve your grey nomad etiquette dilemmas

Podcast problems

Dear Jaclyn and Heidi,
Husband John and I have been travelling for six months now and, to make long Outback journeys go more quickly, we always pick out a podcast to listen to ... and there are thousands of ones we like covering everything from domestic politics, international events, and history to flora and fauna, and sport. I'm starting to get worried though that we're actually enjoying the podcasts more than we are the country we are travelling through. Last week, I tried to point out to John a wedge-tailed eagle sitting on a fence as we drove past, and he shushed me because he was listening to a podcast on the latest political infighting to choose a new speaker for the US House of Representatives! I've realised since then that we don't talk about things – or probably even notice things – the way we used to.

Rachel

It's great that you've discovered podcasts, Rachel, and that you and John are both broadening your horizons, but you can get too much of a good thing. Easy fix, though. Just moderate your podcast listening behaviour. You don't mention whether you have spoken to John about your concerns, but that is the obvious starting point. Just work out some ground rules. Maybe something like no podcasts on trips less than two hours, no more than one podcast a day, and definitely no 'shushing' when someone is pointing out an interesting feature of the trip. Maybe you could also try listening to podcasts that are relevant to the area you are driving through, whether they be about history, or about flora and fauna. There is no reason why podcasts can't enhance your enjoyment and knowledge of an area, rather than be a distraction.

Jaclyn

Why would you bother looking at, or talking about, the stunning area you're driving through when you could be listening to a podcast about last week's footy game or the political shenanigans in a faraway land? Taking the Big Lap is a privilege and an opportunity. Of course, you can do what you like on your own trip but, really, what's it all about? If you and John are so disinterested in your surroundings and the beauty of this incredible country that you'd rather be bombarded with an avalanche of random podcasts, maybe it's time you headed home and freed up some space in our campsites. Then you can sit in your lounge room and listen to podcasts about things happening to other people in other places 24/7! Come on, Rachel. Hit the 'off' button and live in the moment. You won't regret it.

Heidi

Click to comment

We now have 6,000 Instagram followers

The Grey Nomads Instagram page is seeking to bring people together who share the same dream and passion to explore Australia. Please click below to follow us:



QUIZ CORNER SOLVED

1. Carnarvon Highway
2. a) By surveyor James Burrowes who named the site after the town in India of the same name where he had previously lived.
3. Camper trailer
4. Ord
5. c) 3702 kms

Pain at the bowser set to continue

Grey nomads and other motorists who expect to be clocking up a lot of kilometres in the weeks and months ahead are being warned that their fuel budget will need to be a hefty one.

Petrol prices increased 7.2% in the quarter just gone, contributing a quarter of a percentage point to quarterly inflation ... and the future isn't looking too bright, either.

The Government says production cuts and disruptions in global oil markets have been a key driver of inflation, and are the main reason why Australians have been facing higher prices at the bowser.

And the Treasurer, Jim



'I'm glad we didn't go for that bigger van, aren't you?' PIC: Cizza

Chalmers, said people should not hold their breath waiting for significantly lower prices.

"We shouldn't be surprised to see some volatility in inflation figures going forward,

particularly given the global uncertainty from the conflict in the Middle East and the war in Ukraine," he said.

The fact that the Australian dollar is relatively weak at the moment isn't helping the pet-

rol price situation, either.

While higher fuel prices affect most people around the country, grey nomads – who typically drive long distances in big rigs and who are commonly on tight budgets – tend to feel the pain at the bowser particularly acutely.

For a way of getting an overall picture, a litre of diesel in Derby, WA, has recently been costing around \$2.56; in Cooktown in Queensland, it has been around \$2.26; and in Tennant Creek in the NT, it had been around \$2.30.

• *How much did you pay per litre the last time you filled up, and where were you?*

Click to comment

There are many house-sitting positions available on the Grey Nomads website. [Click here](#)

CLASSIFIEDS

FOR SALE

FOR SALE

Coromal Caravan Lifestyle 638 Model 2011. Dual axle, Independent suspension, rego till 2024 August, serviced 04/10/23, TARE 1860 kg., ATM 2450 kg. GTM 2310 kg. tyres 12 months old, new roll out awning, privacy screens, full annex, 2 x 60 lt. Water tanks, 2 x 60 watt solar panels and 2 deep cell batteries, 2 single beds (can be converted to a double bed), plenty of storage above and under the beds, many more features and inclusions. Vendor selling due to age and health.
Price: \$39,900
Ph: 0400 699 440



FOR SALE

MOTORHOME: Isuzu Sunliner Monte Carlo Fantastic Home for Off Grid/Free-Range Living! This fabulous motorhome has:
An Isuzu NPR 400 Diesel motor with an AMT (Automatic Manual Transmission) gearbox which means you can switch between auto and manual anytime and given it's low kilometres it has a lot of travel still to do. With 3.5 ton towing capacity and rear two Bar and Tow Hitch it can easily tow a car (or save your money and just hire a car at your next destination). The front bull bar has a winch. Many extras and inclusions. Registered until 14 November 2023. Priced at a low \$130,000 ono
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FOR SALE

5th Wheeler & RAM 2500HD. 2011 ROCKWOOD SIGNATURE ULTRA LITE 8288WS (FIFTH WHEEL)
Can be driven on car licence & Truck is 6 CYL car reg. Suitable for full time living. I am reluctantly selling this complete outfit due to my medical condition and advice, however I am willing to consider a trade of a "b class" motor home, or late model car.
Asking price is \$140,000 and would also consider a trade.
Email: sanmarco@bigpond.net.au



FOR SALE

2014 Landcruiser GXL V8 Diesel with Airbags VHS Radio and extra rear view screen.
Coupled to 2015 Jayco Silverline 24.75-2 with Auto Sat Dish, Diesel Heater and Annex. A great rig. We have to sell for health reasons. Located at the Basin at the foot of the Dandenongs.
Price: \$80,000 for the van and \$70,000 for the Landcruiser
Email: leggattbill@gmail.com



FOR SALE

VW 2006 It 35 series camper van. 5 Speed Manual. Great fuel economy, Comfortable to drive with sheepskin covers. Original Factory fit out. Engel fridge 2 yrs old, 3 gas burner stove. Many other extras. Timing belts recently done with full service. New clutch with 10 k on it. Serviced every 10k.
Email: Michel1164@hotmail.com



FOR SALE

VW Amarok twin cab ute 2012, 6spd manual. Country vehicle in exc cond. Completely ready for your big outback travels. Full service records, receipts, manuals etc. You can buy this vehicle with absolute confidence as it has always been correctly serviced and maintained. Toyo AT3 tyres 95%, 2 spares, 247,000 km, "Thule" roof racks supplied. Many extras.
Price: \$18,000 neg.
Email: bob.lois00@yahoo.com



FOR SALE

Mercedes Benz Sprinter Camper Mobile carava - Sleeps three. Tare 2888 Ass: 3550
Engine No: 65199532715270 - Diesel / Fuel Six Speed Automatic Body MOBCVN: Year: 2015/6 Cylinder- 4 Vin/Chassis No: WDB9066352P20818 Colour - White
Email: linjo@westnet.com.au



FOR SALE

2012 Toyota Hilux Dual Cab with Canopy 4X4 SR IKamper and more. Long range tank, IKamper roof top tent. 185685 kms, 80 litre Engel fridge/freezer on Easy slide drop down rack, Howling Moon 270 degree awning, Kenwood car play/radio/Bluetooth, LED Strip lighting to inside and outside IKamper, ARB Compressor, Power tech CEL Fi Wave (Wifi Extender), Water tank and pump, you can even have a hot shower! Kings Battery Box in Canopy, And there's so much more.....!
Pick up from Geraldton WA
Email: Margotb70@hotmail.com



FOR SALE

1996 Davison built PHOENIX SCORPION 4.4m Off-road caravan, single axle ALCO suspension, DO35 coupling. Overall length 6.6m. Twin beds (1x 2.0m, 1x 1.8m) Refurbished 2017 by Caboolture Caravan Repairs (Davidson Brothers). New 115 litre Vitrifridge 12/240v Compressor fridge, Truma Aventa Aircon, 2x 180w solar panels, 3 battery setup, auburn an SW6DEA gas/electric HWS, Exterior shower. Tong metal generator box with Honda 2kVA generator, diesel heater.
Email: kenanne@outlook.com



FOR SALE

2005 Ford Transit Winnebago. Ready for an adventure! Very clean and tidy both inside and out. Turbo Diesel 4 cly, fully serviced, road worthy and is registered. 249,000kms on the clock. Features include: Dining table, Lounge, Shower, Fridge, Toilet, Television, Microwave, 6 berth Gas cooktop, Solar. Very reliable and comfortable. Located in Tweed Heads South, NSW.
Price: \$72,000 or nearest offer.
PHONE PAUL: 0407 854 542



FOR SALE

Car / caravan tyres as new. I have five (5) near new tyres (size 225/65 R17) 4 have done only 1000 km, 5th has 90% tread. \$400.00 the lot (5)! I can arrange freight from Barcardine Qld. I changed the tyres to all terrains for country use on my new car. These tyres would suit a new tyre buyer at a fraction of new price. Would suit car, caravan, camper trailer etc.
Phone Bob at 07 4651 6246.



FOR SALE

18' Caravan - Jurgen Skygazer, Single beds. This lightweight van is garaged, in excellent condition, well maintained & serviced regularly. It's 1800kg ATM makes it a dream to tow, does not require a large SUV /Ute and results in reduced fuel costs. We are selling as we are upgrading. Located in Melbourne area
Price: \$49,750 neg.
Email: n.sayle@outlook.com



FOR SALE

Royal Flair, Discovery (2007) 19'8" caravan Queen Bed, toilet/shower combo, 2 swivel seats, A/C, TV, Stove (3 gas, 1 elec + grill + rangehood), 2 owners, ideal for retired couple.
Tare (kg) 2345 / ARM (kg) 2745 \$35,000 ono.
Email: lauren.jennifer.miller89@gmail.com



PROPERTY FOR SALE

FOR SALE

Shed Home; Barraba, NSW
Price: \$250,000
Lock up and Leave, low maintenance, insulated Ranbuilt shed converted into 1br/2br with lounge, dining, kitchen, bathroom, laundry. Built-ins in main bedroom, ceiling fans throughout, split system a/c, gas Hws, electric stove, other white goods included, new carpet/curtains, external blinds, 20foot storage container with double doors one end and personal access door at other end, approx 22,000 litres rainwater, town block with all services.
Contact Sally 02 6785 1704 or 0427 217 089



HELP WANTED



Programmed is now hiring for the upcoming grain harvest season!

We have hundreds of roles available across Queensland, New South Wales, South Australia and Victoria including:

- Grain Samplers
- Grain Handlers
- Weighbridge Operators
- Plant Operators

To find out more at and apply today visit: programmed.com.au/harvest



Explore Australia with flexible, casual nursing roles in 5 states.

Work at any of our 100 Care Communities. Be part of a team that values your nomadic spirit and nursing prowess.



Apply now opalhealthcare.com.au/travel-nursing-australia

LOXTON, SA

Almond Harvest Operators Required
We are currently seeking Harvest Operators for February 2024 for approximately 8-12 Weeks work. Located in the Riverland, Loxton SA Caravan Park onsite with Laundry, Toilet and Shower facilities available at no charge. [Click here.](#)

MAREEBA, QLD

Person/s with own van to do odd jobs and gardening for a few weeks in Nov-Dec. Flexible with dates and amount of time. I can provide your own shower, toilet and shared washing machine. [Click here](#)

BOURKE REGION, NSW

Governess/school tutor/teacher wanted to support 14 year old son completing high school through Distance education / school of the air. Position is for 3 days a week with option of extra hours cooking, gardening, etc. Remote area. [Click here.](#)

CORAMBA, NSW

Christmas tree farm workers wanted. Join us and stay on this stunning hinterland property with electricity and beautiful views. We need some special helping elves to help us with all the fun. [Click here](#)

DARLINGTON POINT, NSW

Casual Almond harvest positions available. Wide range of roles to commence early February 2024 for 8 weeks, weather dependent. [Click here.](#)

CLEVE, SA

Seeking a chaser bin driver for harvest starting in the next 2 weeks until harvest finishes which should be around the end of Dec. Tractor experience is preferred but willingness to learn we are happy to teach if needed. [Click here.](#)

BLACKALL, QLD

We are looking for a GARDENER/ CARETAKER to join our team. Located 35km south east of Blackall on the banks of the Barcoo River. Responsible for general maintenance of homestead gardens and surrounds. [Click here.](#)

the Grey Nomad Times

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HELP WANTED

THREE SPRINGS, WA

Looking for farm sitter (paid), mid/late Dec to end of Jan. Mainly animal checks and water runs, farm Ute supplied. Must have horse experience, please. Chooks, cats, dogs and sheep. Watering lawns. Pool for use, shed available for caravan with power and water supplied. [Click here.](#)

LANGHORNE CREEK, SA

Mechanic work 2 days a week in exchange for free accommodation. I have a much treasured Holden HK Monaro looking to be put back together. Need an old school, trustworthy, reliable, diligent mechanic with a love of old Holdens. In exchange for 12 hours a week offering fully furnished 2 brm home rent free. [Click here.](#)

BARCALDINE, QLD

We are looking for a self-motivated Grounds & General Maintenance Person to be part of our team and be responsible for maintaining our landscaped gardens. General maintenance to buildings and displays will also form part of your duties. This is a Casual Position of 25+ hours/week. [Click here.](#)

CAPE YORK QLD

Looking for an industrious & tidy couple interested in enjoying the lifestyle in Cape York during the 2024 Wet Season from approx. end November 2023 to April 2024 at Bramwell Station Homestead (no cattle). Food, Diesel, WIFI, Netflix & Air-condition room supplied. Will be isolated for most of the wet season. [Click here.](#)

WHEATBELT AREA, WA

We are a small Tavern with Steakhouse Restaurant and Motel Units. We're seeking the right couple to stay with us for 3, 6 or 12 months to assist with general gardening, maintenance and cleaning. Offering a fully paid position for gardening/maintenance (25 hours/week) and cleaning (15 to 18 hours/week). Caravan space with electricity and water provided as well as a fully self contained unit with en suite included. [Click here.](#)

VARIOUS LOCATION, NT

Want a unique volunteering experience in some of the most beautiful areas of Australia? Come join us as a Campground Host in the Northern Territory! The role varies depending on the location, [Click here.](#)

MENINDEE, NSW

Seeking Tourist Information Volunteers for a minimum of 2 weeks at a time or longer. The current hours are from 10.00 to 2.30 but this is flexible. The Center provides Tourist information as well as a gift shop and gallery. At the rear is a toilet and shower as well as a small kitchenette that can be used but own caravan is needed. [Click here.](#)

JURIEN BAY, WA

General help needed for small family run hotel. The jobs can include, housekeeping, kitchen hand, waitressing, bar work, gardening and general maintenance. We need someone now and on going, beautiful coastline here, good fishing, swimming, snorkeling and walkways. [Click here.](#)

GN SERVICES

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12 VOLT GUY; CRONULLA, NSW

We carry out all your electrical installations, repairs and modifications to Campers, Caravans, Motor homes and 4WD's. This includes specialising in Solar upgrades, lighting, Inverters, Lithium upgrades, DC and AC chargers, Electric brakes and setting up of tow vehicles.

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LOW 4 OFF ROAD TRAINING COURSES; MAREEBA, QLD

Located just 55 minutes from Cairns in the Far North QLD region (Mareeba), offers hands-on 4WD adventure training courses, caravan and trailer courses, and various off-road skills training to enhance drivers confidence and ensure safe driving. Prepare for your next off-road adventure with us!

Contact Tash on 0472 704 174 or

Email manager.low4offroad@gmail.com.

www.low4offroad.com.au

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Our 'Safe Trailer Towing' course teaches you how to tow an RV safely, and includes both Theory and Practical elements. Specific training in reversing is also available. Mob: 0413 778 812

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Email: karlkaegi@gmail.com

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Safe2Tow is a Mobile Weighing Services located in Townsville. We weigh both your vehicle and caravan and provide you with a full comprehensive report. Our aim is to help educate people on getting you to "know your legal weights" assigned with your manufacturer specific weights. Bookings Essential.

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GN FRIENDLY CAMPSITES

NEW SOUTH WALES

CLARENCE VALLEY, NSW
5-acre property on the banks of the beautiful Clarence river surrounded by lush farmland 20 min from Grafton. Flat sites. \$40/night for 2. [Click here.](#)

TABULAM, NSW

On the Clarence Camping is a 1600-acre cattle farm. It has Clarence River frontage, perfect for swimming, fishing, kayaking Flushing toilets hot showers. \$25 per adult per night. [Click here](#)

NARRABRI, NSW

Narrabri Fish Farm is set 10km outside Narrabri. Fishing and tours available. Flushing toilets, cold showers, campfires permitted. [Click here.](#)

SOUTHERN HIGHLANDS, NSW

Sutton farm is a 50 acre iconic working equine property featured in Phar Lap movie. Flat easy access. Powered and unpowered sites. \$55/ night. [Click here.](#)

GREAT DIVIDING RANGE, NSW

Clarence River Lodge offers affordable camping in pristine wilderness area situated on the headwaters of the Clarence River. No pets. [Click here.](#)

NORTHERN TERRITORY

DARWIN RIVER FERN FARM, NT

Located in Darwin River in the NT, 45 minutes from Darwin. Spacious, easy-to-access campgrounds with powered camp sites and clean potable water hookups for caravans, camper vans, and motor homes. [Click here.](#)

TUMBLING WATERS HOLIDAY PARK, BERRY SPRINGS, NT

An unforgettable tropical holiday experience and the perfect base to relax, unwind & explore the beautiful Top End! We are set on 100 acres, nestled among lush tropical gardens, palm trees and manicured lawns. [Click here.](#)

MANBULLOO HOMESTEAD; KATHERINE REGION, NT

We are a rural quiet and friendly park located on the banks of the Katherine river. We have shady, grassed powered and unpowered sites, cabins and motel rooms. [Click here.](#)

HUMPTY DOO, NT

Two powered sites with water available in Humpty Doo, 35 minutes drive from Darwin, 2km from Humpty Doo pub. Suitable for caravans and RVs. Access to gardens, pool and large paddock. \$50 pn or \$300 pw. [Click here.](#)

PANDANUS ON LITCHFIELD CARAVAN PARK, NT

Our caravan park has a great range of facilities to suit any needs. We have unpowered and powered spots for you to set up and enjoy our resort-style facilities in Litchfield. Shady, sunny or partially sunny sites. [Click here.](#)

QUEENSLAND

SHADY WATERS CAMPING MAREEBA, QLD

Situated in natural bushland with plenty of shade surrounded large dam on a 140 acre property just off the main highway. Ideal base to explore Atherton Tablelands and Far North. Small fires permitted, pets welcome on leash [Click here.](#)

THAGOONA BLOCK QLD 4306

Situated just 35 minutes from Brisbane's core, our camp offers a 12-acre haven for those on the road, seeking a serene place to park and pause. Easily accessible, yet far enough to provide a peaceful retreat. \$20 per night for GN members if they come self-sufficient. [Click here.](#)

MOSSMAN GOLF CLUB RV CAMP AREA, QLD

We have 21 Van, RV Sites for fully self contained campers. Guests may use Club House Toilets & Showers 7am thru to 5.30pm 7 Days per week. We are pet friendly. [Click here.](#)

WATERFRONT EAST TRINITY (NEAR GORDONVALE); FAR NORTH QLD

Large modern shed on rural waterfront house block. 30 mins from nearest shops. Kitchen, bathroom washing machine. Available for one caravan for medium term rental \$300pw inc elec [Click here.](#)

MAREEBA BUSH STAYS, QLD

150 acre property in the most beautiful, peaceful natural bush setting, about 8 kms outside the town of Mareeba. Powered and unpowered sites Self contained campers. [Click here.](#)

LONGREACH, QLD

Camp on the banks of the Thomson River 42km north east of Longreach. Firepits. No facilities, must be self-contained. [Click here.](#)

MARIAN, QLD

Quiet and peaceful camp located 30 kilometres west of Mackay on an alpaca farm. Powered and unpowered sites. \$20 for unpowered, \$30 for powered for two. [Click here](#)

BAFFLE CREEK, QLD

Paperbark Bush Camp is set amongst trees and green grassy paddocks. Flat bush camp setting. Both powered and off-grid sites. Three amenities buildings [Click here.](#)

CHARLEYS CREEK, CHINCHILLA, QLD

Camp on the peaceful banks of Charleys Creek, on Chinchilla's doorstep. This unique campground is situated on 35 acres having a beautiful bush setting adjacent to the creek. [Click here.](#)

IVORY'S ROCK; SCENIC RIM REGION, QLD

The campground is at 310 Mt Flinders Road, Peak Crossing. We have approx 20 hectares to offer campers. We can accommodate any size vehicle and tents. Powered and unpowered sites. We also give guests private bathrooms for their exclusive use. [Click here.](#)

PORT DOUGLAS, QLD

Situated in the Four Mile region of Port Douglas and within walking distance to the beach. Large front yard which is shady & easily accessed by all types of vehicles. Power & water available if required. You must be fully self contained with regard to toilet & shower & we do NOT allow grey water run off onto the property. \$350 P/W Bookings essential. [Click here.](#)

STANDOWN PARK; GYMPIE REGION, QLD

Standown Park offers beautiful gardens, quiet and safe surrounds with plenty of open space with all your amenities and extensive camp kitchen. Grass or slab sites, drive through options for big rigs. [Click here.](#)

RIVERSIDE BURRUM HEADS; QLD

Offers a traditional camping experience. 4x4 Recommended Campfires, pet friendly, flushing toilets, hot showers, heaps of space, beautiful scenery, wildlife, fish and launch your tinny/ kayak. [Click here.](#)

INGLEWOOD, QLD

Greenup Meeting Place is a picturesque 10 acres with frontage on Bracker Creek. Peaceful nonpowered campsites. Access to toilet, shower and non-drinking water. [Click here.](#)

MACKAY, QLD

75km North of Mackay situated on the O'Connell river. We offer hot showers, flushing toilets, grassy sites and shady trees. Accessible by all vehicles. Dogs on leash. [Click here](#)

SOUTH AUSTRALIA

KIMBA, SA

Located conveniently along the Eyre Highway and Halfway Across Australia (as the crow flies) is the colourful township of Kimba. find out about Kimba's Grey Nomads Program and the incentives on offer. [Click here.](#)

SNOWTOWN, SA

Hummocks Station caravan park. 15 powered sites, spectacular unpowered bush camping areas, camp kitchen, modern ablution block. [Click here.](#)

MARION BAY, SA

Unpowered camp sites, camp toilets, hot showers, flushing toilets, water and rubbish disposal. We are dog friendly \$31 per night. [Click here.](#)

TASMANIA

HAGLEY RV FARM STAYS, HAGLEY, TAS

OPEN OCT TO JUNE

- Low-cost campground offering powered & unpowered spacious, level, grass sites with rural and mountain views • Town water connection
- Easy access for big rigs • Pet friendly
- Campfires permitted [Click here.](#)

PORT SORELL CARAVAN PARK, PORT SORELL, TAS

Offering a range of accommodation options to suit all budgets, the park is situated at Port Sorell, just 15 minutes' drive from Devonport City centre. Powered and unpowered sites, Large bush sites with power and water. [Click here.](#)

VICTORIA

HALLS GAP LAKESIDE TOURIST PARK; GRAMPPIANS, VIC

Come and enjoy our region and save 25% on your stay (cabin or powered site) if you stay 3 nights and more. We are nestled in the heart of the breathtaking Grampians National Park, a haven for nature lovers, adventure seekers and relaxation enthusiasts. [Click here.](#)

LANG LANG CARAVAN PARK; JAM JERRUP, VIC

Located on the Westernport Foreshore opposite French Island Marine National Park, the park is a short drive to Phillip Island and a range of other tourist attractions. range of accommodation options. Pets permitted. [Click here.](#)

MURTOA, VIC

Yarriambance, Unique rural escape to fresh air, open spaces, big skies, stunning sunsets, starry nights, open fires and the sounds of nature. Amenities, power. [Click here](#)

WESTERN AUSTRALIA

WAVE ROCK SHORT STAY; HYDEN, WA

If you like camping in the woodlands, under clear sky and being surrounded by nature then The Camp is your destination! All sites are unpowered, generous in their size and we provide flushable toilets only! Pet friendly. [Click here.](#)

GLADSTONE BAY; SHARK BAY REGION, WA

Sites always available. Campground open 24/7. Historic site, wilderness camping on foreshore. Flushing toilets. Cash only Pension card holders: \$10 per person pn,. Full rate: \$13 per person pn. [Click here.](#)

DUMBERNING WA

Downery Wines. Small working farm property Quiet relaxed setting. Stunning farmland views. Toilets but no showers. \$15/night. [Click here.](#)