

**ASSOCIATION OF CARAVAN CLUBS WA Inc**

Welcome to our May 2024 issue.

Last night on a very cold and wet night your Delegates met for the May Delegates meeting.

**How to reduce the chance of a stroke, what action.** [strokefoundation.org.au](http://strokefoundation.org.au)

Our speaker, Deb Palacios presented a very informative talk on "Strokes and treatment".

It is not just oldies who suffer, children as well and there are two types of stroke, she advised.

**RING 000 to get assistance quickly if you suspect someone is having/had a stroke.**

- F** See if their or your face has drooped
- A** Arms – can they both lift evenly
- C** Is the speech slurred OR do they understand a simple question
- T** Time is critical – **Call 000**

Information is available from [strokefoundation.org.au](http://strokefoundation.org.au) or 1800 787 653

**Keep healthy – Eat well, Be active, Be smoke free, maintain a healthy weight, manage diabetes and drink alcohol in moderation. This sounds like a caravanner member of ACCWA.**

**ACCWA business:**

- **First Aid training** is still available through Ashley Hams [hams@globaldial.com](mailto:hams@globaldial.com)
- **Finance Committee list of possible expenditure to benefit members is attached to the Delegates Meeting Minutes.** All committee members, delegates and club secretaries are asked to view the list and recommend items for further consideration by ACCWA.  
This is an abbreviated list.  
How to Run a Club booklet to be created  
Naming rights for a State Rally to be considered  
Training courses at each State Rally or anytime to be arranged  
Rate your experience at a caravan park for ACCWA members to refer to
- **Geraldton Marquee for the Geraldton State Rally in early April 2025 approved.** The CCC Café, board games, delegates meeting and casual gatherings will use this all weekend..
- **Facebook posting** – Post an article about your Club and tell Russell – he can then authorise it to post on our Facebook Page. Email him [mckmedia@iinet.net.au](mailto:mckmedia@iinet.net.au)

**Geraldton State Rally: 3<sup>rd</sup> April 2025 - 2 newsletters produced – registration in September**

Many clubs confirmed they have their April 2025 rally set for Geraldton – well done and thankyou.

**Support our Advertisers - they often are not aware you are an ACCWA member when you go to them. Leave your magazines everywhere !!**

Enjoy your Club and submit "snippets" for the editor to print – points of interest, great Parks, interesting sites to visit, wonderful hosts etc, as well as your rally reports for all to read.

**Refer to our website [ACCWA.ASN.AU](http://ACCWA.ASN.AU) and Facebook page for other items.**

**Ashley Hams** President. [hams@global.net.au](mailto:hams@global.net.au) or [hams@globaldial.com](mailto:hams@globaldial.com) Mobile\_0408959863