



ON THE ROAD

with *Clyde & Charmaine*

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Aussie Sunshine Stored in Aussie Batteries

by *Steven de Vroom*

The rate of change in the Solar Energy market is quickening its pace. It is now possible to harvest Aussie sunshine, store it in an Australian battery system and then convert it to mains power with an Australian inverter. It is called "Going Green with Red".

Two Australian companies in the renewable energy space are offering products that work together in a bid to help Australian households reduce the cost of their electricity, either by augmenting their mains grid supply, or by going completely off grid.

Brisbane based [Redflow Australia Limited](#) (ASX: RFX) is now offering Zinc Bromine Flow batteries for household power supply systems which store energy generated from solar cells or from off peak supply from the grid.

Zinc Bromine Flow batteries have some distinct characteristics which set them apart from other technologies. They are not really suitable for transportable applications such as vehicles. Up until recently, they were only available in large industrial systems, but now Redflow has released a version suitable for houses. It is called ZCell.

Along with the batteries, which have a liquid electrolyte, Redflow also provide a Battery Management System. This is necessary as the batteries need to be periodically put through a rejuvenation cycle in order to maintain their performance. This involves completely discharging the battery and then running a pump within the battery while the electrolyte is rejuvenated. This procedure takes several hours and would typically be performed on a weekly basis, depending on usage.

But the owner doesn't have to do the job. It is completely automatic. Because the battery is out of action for some hours, if you were completely off grid then you would have at least 2 batteries. The battery management system would then ensure that at least one of the batteries was in service at all times.

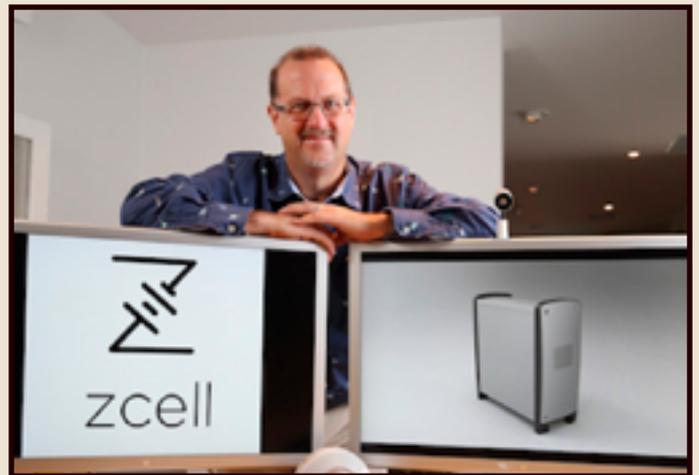
One of the great advantages of this technology is that the battery can be safely discharged completely, making 100% of its energy storage capacity available to the user. Another advantage is its long life, with a 10 year guarantee and a competitive cost per kw/hr of storage.

To complete a power system for your home, in addition to the batteries, an inverter would be required. Inverters are well known to nomads as we often have them in our caravans and motorhomes to provide us with power for our TVs and computers. But the inverters required to run a household power system are more sophisticated. There are a number of inverter products on the market and until recently, Redflow had certified only a product from Dutch manufacturer, Victron.

Victron Energy is a world class power management systems company, who provide inverters and chargers for the boating world, as well as for caravans and motorhomes. They also have a top shelf price tag. But now, Redflow has certified an inverter from Brisbane based company Redback Technologies whose product, while meeting the exacting standards required by Redflow, have a more economical price.

[Redback Technologies](#) develops and produces advanced, lower cost solar solutions for residential and commercial users. Redback's integrated hardware and software systems capture, store and manage solar energy. By combining them with Redflow's battery system, we are able to move closer than ever to having a completely home grown solar industry.

All we need now to complete the kit, is for an Australian company to produce Australian solar cells!



Redflow founder & CEO, Simon Hackett



Redback power management system

Just Mad About Trip Planner

by Clyde Camel

As an avid fan of Trip Planner, I am finding it useful for more than just planning our next camping and caravanning adventure. A simple shopping trip to the big smoke can be much less stressful if all of the destinations, complete with GPS coordinates, are printed out in advance, ready to enter into the Sat Nav device.

Recently I had to visit Sydney to check out some products for the house renovation. Since I didn't need to buy more than a few small items on the day, it was a great excuse to get on the motorcycle and enjoy what would normally have been a bit of a drag. There is no doubt that as the years have gone by, the Big Smoke has become not only smokier, but bigger. Getting to where you have to go is more challenging, with changes to the roads and more people competing for road space.

I started by making a list of all of the places that I had to visit, putting them roughly into the order in which I wished to proceed. I then entered them into the Trip Planner using the Fat Blue Pin to mark each location and add it to the list. First I added my home town and also put this at the end of the list as well. In that way I could calculate, with the click of a button, exactly how far I would be travelling throughout the day.

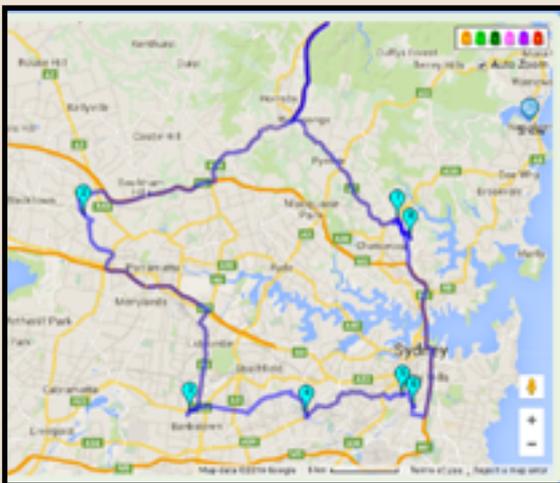
Trip to Sydney

[Return to Trips](#)

[View](#) [Print](#) [Import/Export](#) [Properties](#) [Directions](#) [Edit](#) [Remove](#)

[Lock Sorting](#) [Enable Sorting](#) [Reverse Order](#) 9 Destinations

Map Pin	Name of place	Km	Category	Latitude, Longitude	Arrive	Depart	Over Night	Mark All None
1	Start			-32.05085, 150.86774			<input type="checkbox"/>	<input checked="" type="checkbox"/>
2	Workboot Warehouse	270		-33.78029, 150.94783			<input type="checkbox"/>	<input checked="" type="checkbox"/>
3	Helmet Warehouse	23		-33.90868, 151.02988			<input type="checkbox"/>	<input checked="" type="checkbox"/>
4	Digital Camera warehouse	12		-33.91091, 151.12116			<input type="checkbox"/>	<input checked="" type="checkbox"/>
5	Velux Skylights	8.1		-33.89773, 151.19556			<input type="checkbox"/>	<input checked="" type="checkbox"/>
6	Tradelink	1.5		-33.90493, 151.20387			<input type="checkbox"/>	<input checked="" type="checkbox"/>
7	Prestige Appliances	17		-33.78375, 151.19157			<input type="checkbox"/>	<input checked="" type="checkbox"/>
8	Harris Farm Markets	2.6		-33.79563, 151.20093			<input type="checkbox"/>	<input checked="" type="checkbox"/>
9	Finish	263		-32.05081, 150.86746			<input type="checkbox"/>	<input checked="" type="checkbox"/>



Once the destinations were in the trip planner, I was able to try varying the order of the places I wished to visit to see what gave me the best route.

Here you can see a printout of the Trip List which I used at each stop, ready to enter the coordinates of the next location into the Sat Nav. Not only are the names and coordinates of each place included in the printout, but there is an option to also print notes. Distances and times are included if you have clicked the Show Route button before opening the print window.

If you need help with Trip Planner, I recommend this [YouTube Video](#).

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for nomads in australia

Trip to Sydney

- **Start** -32.05085, 150.86774
- **Workboot Warehouse** -33.78029, 150.94783
Notes: 55 Station Road Toongabbie
 Buy a pair of solid workboots
 270km 3h 5m
- **Helmet Warehouse** -33.90868, 151.02988
Notes: 401 Hume Highway Yagoona
 Try on some quality motorcycle helmets
 23km 29m
- **Digital Camera warehouse** -33.91091, 151.12116
Notes: 178 Canterbury Road Canterbury
 Check out new camera equipment
 12km 24m
- **Velux Skylights** -33.89773, 151.19556
Notes: 78 Henderson Street Alexandria
 Research skylights for renovation of house
 8.1km 19m
- **Tradelink** -33.90493, 151.20387
Notes: 1037 Bourke Street Waterloo
 Buy some plumbing items
 1.5km 5m
- **Prestige Appliances** -33.78375, 151.19157
Notes: 478 Penshurst Street Chatswood
 Look at range hoods and stove tops
 17km 21m
- **Harris Farm Markets** -33.79563, 151.20093
Notes: Buy some fruit & veges
 2.6km 7m
- **Finish** -32.05081, 150.86746
 263km 3h 5m

Total Distance: 595.8km (7h 55m)

Continued page 3

Trip Planner: Continued from page 2.

Trip Planner is continually evolving, thanks not least to members with suggestions and requests that they send to us. Here are some of the latest tweaks and additions:

Travel times have recently been added to the printout, along with the distances. In order to include this information it is necessary to click the Show Route button before opening the Print window. This information is provided by Google Maps via their programming interface.

There is now a visual indicator to show if a location in the list has any comments added to them. Comments and dates can be added to trip list locations by selecting the list item and clicking the Edit button. Once notes have been added, a light buff tint will be visible in the Arrive and Depart (date) columns in the trip list. See the Trip list on page 2.



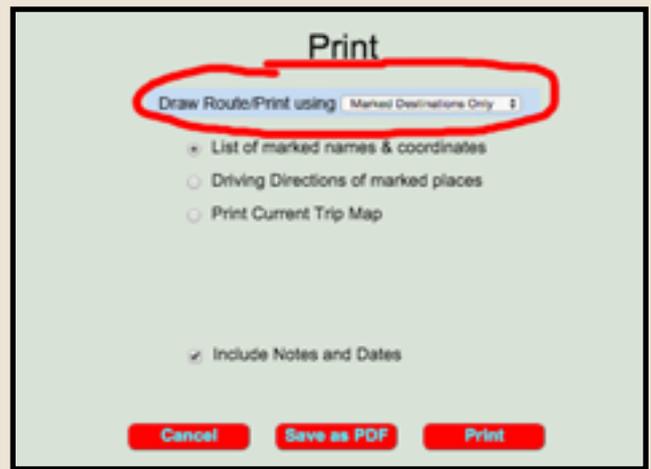
A change has recently been made to the way that trips are printed. Before, if any of the places in the list had a checkbox in the Mark column selected, the printout would be for Marked Places Only.

In order to print All Places, it was necessary to either mark all of the places in the list, or unmark them all.

Now, the print mode is determined by the **Draw Route/Print using...** selector in the light blue bar between the trip list and the map. (Above).

If for instance, Draw Route/Print using... *Marked Destinations Only* is selected, then Marked Destinations Only is what will appear in the print window (right) and that is what is printed. It means it is possible to quickly and easily choose between three print modes; All Destinations, Overnight Destinations Only or Marked Destinations Only.

The total distance and travel time of the selected route are now included in the printout.



Postie Bike Dash News

Last month we invited members to apply to join us on the Variety Postie Bike Dash which is run during Melbourne Cup week, from October 30th to November 4th this year. One lucky member has been chosen to ride with us, sharing the sectors with Clyde Camel.

George Butler has been a member of Caravancaravan for several years and is an experienced motorcycle rider. He works as a maintenance manager in the aged care industry.

George rides a red Honda Shadow and his partner, Maria, rides a Suzuki 650 scooter. They own a caravan and enjoy trips away whenever they have the opportunity. George is also a keen kayaker.

George and Clyde will take turns in riding Bike 88 and driving the Ute throughout the Dash.



Clyde on Bike 88

Thanks to all members who applied for this opportunity. We are sorry that we can't invite you all to join us. Perhaps next year we may be able to increase the positions available with us in the event.

The Variety Postie Bike Dash is a worthwhile fundraiser for Variety the Children's Charity. All donations received go to helping disabled and disadvantaged kids reach their potential. The participants in the Dash are volunteers and pay all of their own expenses, as well as their own donations to help the cause. We also encourage our friends and business contacts to help with a sponsorship donation which can be made using their credit card via the official fundraising website.

Donations of \$2 and above are tax deductible and a tax receipts are issued. If you would like to make a donation, be it large or small, you can do so here: www.variety.bike88.org.

The Dash covers a distance of 1,350km and runs over 6 days. Overnight stops are at Lithgow, Orange, Wellington, Muswellbrook and Gloucester. The event starts and finishes in Newcastle. If you will be along the route during the Dash, why not come and cheer on the participants.



George Butler on his Honda Shadow

Walking for Good Health

By Charmaine Camel

One of the great pleasures that can be enjoyed while travelling in a caravan or motorhome, is walking. There are so many opportunities to discover great walking trails, visiting lookouts with vistas splendid and getting to know our wonderful and diverse National Parks.

But the best aspect of walking is the important health benefits that come from this gentle exercise, particularly if it is undertaken on a daily basis. The walk doesn't have to be long or hard. Just 30 minutes per day can have a remarkable positive effect on your cardio vascular fitness. This in turn reduces the risk of heart disease and stroke. Regular walking can help to reduce high blood pressure, high cholesterol, reduce the risk of diabetes and improve joint and muscular pain, as well as stiffness.

According to the Victorian Government [Better Health Channel Website](#), it also strengthens your bones, improves your balance and reduces body fat.

Visceral fat, which is contained in the abdominal cavity around the internal organs, is particularly dangerous to your health and wellbeing. By walking regularly and watching what you eat, visceral fat can be reduced, lowering the risk of future serious illness such as diabetes and heart disease.

So how much walking should you do each day? Research shows that just 30 minutes per day has a significant impact on improving your health and fitness. That is about 2km if you walk at a brisk pace of 4km/hr. So 1km out and 1km back is all you need to do. But providing that you are fit and don't have issues that might prevent you from going further, there is no reason whatsoever to limit your daily walk to this distance.

If you are constantly on the move while travelling, why not plan your walks ahead of time? There are many places listed on [caravancaravan.com.au](#) in National Parks or are lookouts, which can be enjoyed on your travels. The Internet is a wealth of information and National Parks websites usually list the walking trails that are available. You can use our Trip Planner to note which places that you are visiting that offer a good walking opportunity. Each place added to your Trip can have notes added to it. Just select the place in the trip list and click Edit.

Google Maps provides some excellent visual information when planning a walk. Satellite View allows you to see the area from above and Street View, if available where you are searching, provides a good eye level view of the parking space and entrance to many walks.

Some interesting research shown on TV recently indicated that men burn fat more efficiently if they walk before eating, while women do so if they walk after a meal. But the difference wasn't important enough to mean that you can't walk together. Perhaps it is a good excuse to take a picnic breakfast with you to have at the top of the walk. Walking with someone makes the experience more enjoyable and helps with motivation if the going is a little challenging.



Walking for better health



Three Capes Walk in Tasmania

Burning Mountain is Australia's only naturally occurring underground coal seam fire, which has been burning for about 5,000 years. The track is an interesting walk with plenty of wildlife, especially in the early morning and late afternoon. We published a story on this location in the July 2015 edition, issue 37.

If you have a favourite walk somewhere in Australia, why not drop us a note via the [Contribute to Newsletter](#) form on the website. Be sure to include "Walks" in the title and if you provide us with a description and a photo, we might publish some of these in future editions of the newsletter.



Burning Mountain Nature Reserve