

COUNTING DOWN THE DAYS



Thought for the day

“Reading is to the mind what exercise is to the body.”
– Sir Richard Steele.

As we put this newsletter to bed, I am extremely grateful for the generous way our sponsors have pledged their support to the 2010 Rally to Read.

With only a few days left before our Western Cape Rally, which is the first of the 2010 series, we have achieved R5 819 300 in pledges and have managed to exceed our sponsorship target. Thank you to everyone involved!

The next couple of weeks are going to be a flurry of activity for the respective Rally teams, and we request that sponsors and participants finalise travel arrangements for themselves and their guests timeously. This will help the different Rally Co-ordinators and team leaders with their planning, which ultimately ensures a much more enjoyable experience for everyone!

In this issue we feature a few off-road driving tips – just in case! – and some inspiration for finding your true passion.

I look forward to welcoming you at the 2010 Rally to Read soon!

Until next time, best wishes

Iris Francis

National Co-ordinator: Rally to Read

PS: Please do not forget to email us your feedback and photos for inclusion on our website and newsletters to rally@mccarthy.co.za.



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FINDING FOUR-WHEEL FINESSE

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FINDING YOUR PASSION

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Over the last 12 years, the Rally has built an enviable heritage. Since its humble beginnings almost R40-million has been invested in improving literacy levels of rural learners. To date, 76 rallies have delivered educational resources to 650 schools in 34 rural areas of South Africa.

"The Rally is quite remarkable as our sponsors and their employees are directly involved in the distribution of Rally material, as are McCarthy team members," notes Brand Pretorius, McCarthy's CEO.

"This adds a unique personal touch, which one seldom finds in CSI projects."

Rally to Read has not only created awareness for literacy improvement in remote rural schools in South Africa, but it has also managed to empower both educators and learners through the provision of much-needed educational resources and training for the educators, who are among the least qualified in the country.

FINDING FOUR-WHEEL FINESSE



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Drive as slow as possible, but as fast as necessary

There are times, such as in soft sand or mud, that speed needs to be moderate, hence 'as fast as necessary'. But usually taking your time on the trail will allow you to pick a smooth path and allow you time to react/act to the varieties of terrain, like moving rocks and logs under the tyres. If you have low ground clearance going slow helps. If you do hit a rock with the diff or other rock grabber, it will usually stop the vehicle on impact or you will lightly scrape over it. If you were going too fast and hit a rock or other obstacle, it could knock a hole in the oil pan, diff or even knock off the oil filter.

Survey the trail ahead to avoid any 'surprises'

When in doubt, get out and check! Check to make sure the trail goes beyond the obstacle. Surveying the area can give you a good idea of the terrain and help you devise a plan of approach.

Where possible drive directly up and down hills

Travelling diagonally may result in a sideways slide and in worst case, a rollover. Know your approach and departure angles. Some trails will require off-camber driving. Just go slow, keeping the tyres in the tracks. Use enough momentum to get up and over the hill. Use the engine brake method for the descent.

Do not turn around when on a hill

Rollover can happen. Practise backing down.

Reduce the tyre pressure

This improves traction in all conditions, especially sand. Remember that ground clearance has been compromised. Be careful to not turn too fast and push the tyre off the bead.

Cross ditches or logs at an angle

Cross so that one wheel at a time goes over the obstacle; the other three help the one wheel to climb over. Dropping the tyre into a ditch or crack in a rock is scary! Turn the vehicle at an angle to facilitate the one tyre at a time approach. Be careful not to allow one of the front tyres and one of the rear tyres to get in the ditch at the same time.

FINDING YOUR PASSION



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'Everybody has huge natural talents. Kids are born with great confidence, great ambition, great imaginations. And they tend to wither, often as we get older. People are pushed away sometimes from their natural talents. But my first message to everybody is that we all have great natural talents and we need to look for them and find them and start to develop them'.

'Start to reflect on the times when you've felt most connected to something, most relaxed, most authentic. Those moments where you've thought, "You know, I get this, this is great". Put yourself out, try new things and see how they start to resonate with you.

Funny what can happen when you do what you're meant to do. Ken tells the story of a young man who knew from an early age he wanted to be a fireman.

'He said: "I had a teacher who just wasn't encouraging me at all; he said I was throwing my life away if all I wanted to do was become a fireman. He said I should be going to university and make something of myself. Anyway, six months ago I saved his life. He was in a car wreck and I pulled him out and gave him CPR. I think he thinks better of me now".'