



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

Patron - The Hon. Marjorie O'Neill MP, Member for Coogee

Volume 2 Issue 6

JUNE 2021

Editor: Tom Wolf: <newslettereditor@waverleycommunitymensshed.org.au>

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IF YOU ARE NOT WELL, YOU ARE NOT WELCOME AT THE SHED!



FROM THE EDITOR'S DESK

I have proudly held the position of Members' Welfare Officer for many years, and I hope that members have been satisfied with the support WCMS has been able to provide. We track the welfare of all men who may have fallen ill or on hard times, or if for whatever other reason they can't come and enjoy membership benefits with the other members but inevitably some cases slip through the net, we apologise for any misses. We sincerely hope that all our members are well, or making speedy recovery and will be able to join us soon as we are effectively running the Shed unrestricted and on the same conditions as before the pandemic (with some minor differences such as temperature checks and electronic signing in additional to the manual signing in). We are thinking of you all.

We remind our readers that Scuttlebutt is their newsletter and that is why we ask for contributions and we thank those who have contributed (yes, you know who you are, thanks!). Anything from a favourite project to a nice holiday venue can be the subject of a contribution, and as for your favourite recipe, it can be your wife's recipe of your favourite dish. Seriously, it is up to the WCMS members to keep this newsletter going, I am just the Editor. Our readers have become so apathetic of Scuttlebutt that I have not received a single response to last month's Caption Competition. Well, so much for that!

Tom



FINALLY THE FIRST AID COURSE WE HAVE BEEN PROMISING!



We have been trying since pre-pandemic closures and limitations to hold this Course and the good news is that it is now set down to take place on:

TUESDAY, 8 JUNE 2021 - 12 noon to 5pm

This will be a **Full certificate course** which includes CPR and certifying you for 3 years, the venue will be within the hospital grounds **at the Education Centre (the same room where we had our Show near the Carrington Road Gate).**

Regrettably this course is fully subscribed, but we can arrange to hold another course at a later date if there is more interest. To express your interest please contact <secretary@waverleycommunitymensshed.org.au> **ASAP.**

When communicating with the Secretary, please make sure you provide all phone number and email details as there is Course material to be studied **BEFORE** the Course.

The Emergency Care Course (Basic care: Defibrillator and EpiPen use plus bandaging of injuries) will be held at the Shed on **TUESDAY, 15 JUNE at 3:00pm**

Some members have already indicated their interest but we need to confirm who wishes to do the course, please communicate with the Secretary (as above)

It is hoped that the fees for the Courses will be contributed fully (or at least to a large extent) by the generous grant from the Wolper Foundation.



WCMS IS ORGANISING TOPICAL SEMINARS FOR ITS MEMBERS, BUT WE ALSO PROUDLY SUPPORT THE WAR MEMORIAL HOSPITAL UNITING 2021 HEALTH PROMOTION SEMINARS

Held between 10:00m to 12:30pm at the Day Centre, War Memorial Hospital

JUNE 7

HEARING AND VISION

MEMBERS ARE ENCOURAGED TO ATTEND THE SEMINARS

Bookings are essential: Catriona Beaumont 93690215 or by email to

[<catriona.beaumont@health.nsw.gov.au>](mailto:catriona.beaumont@health.nsw.gov.au)



Recruiting for survey on older adults' sexual health

Louise Bouchier is a PhD student at the University of Melbourne researching the sexual health needs of older adults in Australia and seeking participants aged 60 and over to complete an anonymous online survey. All responses will remain completely confidential, and participants will not be able to be identified in any way.

Older adults have different sexual health needs from younger people and there are very few information sources tailored to older demographics. This research investigates how we can better meet the sexual health information needs of older adults.

If you wish to help with this project please go to <http://go.unimelb.edu.au/td2i> or contact louise.bouchier@unimelb.edu.au for further information.



THANK YOU GAD!

We held our first Discussion Group on 26 May on the topic of **Prostate myths, problems and issues that concern.**

The discussion was led by our member, **Dr Gad Kainer**, who has had both Medical and personal experience on the subject and 10 members participated in the discussion which was to the point and brutally honest, and not a single one came away from the discussion without better understanding about this troubling issue,

The format was a short presentation by Gad, followed by a discussion and questions and answers.

The afternoon was a great success, we express our gratitude to Gad who generously shared



his time with us at a time when he continues to recover from very serious medical condition.

We apologise to members and readers who may have wished to come along but couldn't, this discussion date was organised after the previous issue of Scuttlebutt so all notifications were by email, we will try to be better organised in the future.





MEDICAL EMERGENCY AT THE SHED

On 11 May, John Hayes (one of our members who lives in the village next door) struggled into the Shed asking if we could help. A phone call to 000 brought the ambulance around, in the meantime John was put at rest and members monitored his condition. It was a suspected heart attack.

It is comforting to note that had John's condition deteriorated, a number of members present were trained and could have administered the defibrillator.

John was taken to St.Vincents Hospital where a stent was inserted and John is making excellent recovery. We hope to see him at the Shed very soon.



NOW IS A GOOD TIME TO FIND/ COLLECT TIMBER

By Peter Charlton

Shedders, particularly those who are wood turners or are potential/aspiring wood turners should be aware that winter is a very good time to collect pieces of wood for turning, particularly wood from deciduous trees.

This is because in winter the sap flow diminishes and your collected wood will dry more quickly than wood collected at other times of the year. This means it will be suitable for turning much sooner.

A deciduous tree is one that loses all of its leaves for part of the year, and among those the species that have pretty and easy wood to turn include Ash, Elm, Oak, Jacaranda and just about any fruit tree.

Many types of trees shed their leaves as a strategy to survive harsh weather conditions, most deciduous trees have broad leaves that are susceptible to being damaged in cold or dry weather. Shedding leaves helps trees to conserve water and energy.

As to the size of log, the bigger the better in terms of trophy/prize winning pieces, but large pieces take longer to dry than smaller pieces.

Anything over 150mm diameter is a good start and if you get a choice, a piece that includes a fork ('Y' shaped piece) can be lovely, where each of the three arms of the fork are about 1.5 to 2 times (in length) the diameter.

Why not keep your eyes open and see what you can collect; listen for the sound of a chainsaw and run outside before it is fed into the chipper and lost forever.

There is always a little bit of room in your garage to store a few pieces?

As a cautionary note, gum trees do not provide the sort of wood that beginners are likely to be happy with.



Got some NEWS to share with other members?

If you have any articles, project notes and other items to share with fellow Shedders, just drop us a line!

So, what's your project presently? Whether you are working on it at the Shed or at home or other workshop, why not drop a line with pictures to the Editor to include in Scuttlebutt to share your experiences.



HAVE YOU HAD YOUR SEASONAL FLU SHOT YET?

Most of our members are of an age when the Flu Shot is free, so there should be no barrier to updating your Flu Shot if you have not yet done so.. With the change of seasons getting a bad dose of the Flu can be almost as dangerous as the infectious virus we just survived



SHED GOINGS-ON (CURRENT PROJECTS ETC.)

May was a busy time at the Shed with great attendances and lots of fantastic projects being worked on, both community and private projects.



Charles Gerrard (left) finished the rocking horse for his grandchildren. He is seen here taking it to the car to go home ... and what happens when you get the rocking horse home and give it away?



Your daughter sees it and wants one for her children as well! So, Charles has started making another rocking horse assisted by **Michael Barker** and **Mo Dhanoya**



Our Honourary Member **Clif Munro's** stool has been "sitting around" waiting for repairs for some years. Now **William Honeyball** (another "HM") is fixing it



Rodney Goldberg (right) continues his restoration work on the "Baumann Child's Chair" which now looks as good as new. Just a coat of varnish and it is ready to be given back to its owners.



Jack Leigh (right) is one of our recently inducted "P" plat-ers. Jack is making a guitar stand and it is looking great!



Peter Ulmer (left) has taken on the task of repairing an old chair. He is relishing the reputation of being "The Chairman"



As previously reported, **Graham Ely** is restoring an old cutlery box. He has finished scraping back the varnish on the veneer on the lid, but removing the inside lining to enable the installing of new lining has been a very slow and tedious process, but Graham is getting close to finishing that task.

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We were approached by volunteer music teacher Philip Feinstein, who has established music classes for children and adults inside immigration detention centres under the name “Music for Refugees”. The group is staging a musical and we were asked to help with some of the staging fixtures. **Bremmy** is making one of the props for the show



Geoff Silberbach is working hard on the lathe and now has a full set of timber plates. Regrettably they are all of a different finish, size, shape and made of different timbers.



We don't know how they come up with these zany ideas, but **Mo Dhanoya** and **Tony Mandarano** created a hanging table that is more aptly named as “can't understand how it stays up” table. ..



And **Mo Dhanoya** and **Tony Mandarano** (right) are at it again! This time they paired up to put the finishing touches to Mo's spice tray



More possum boxes!! **Peter Black** and his team are hard at work, **Wing Chew** (above) is seen applying oil to the boxes in readiness for delivery.

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Mike Fisher (left, a new “P” plater) is making a box. Mike has no experience with woodworking but enjoys the knockabout atmosphere of the Shed



William Honeyball (above) has started restoration work on a lovely fold-out coffee table.



Jordan Stuart (left) is working on his invention. We'll have to keep you in suspense as to what it is until he registers his design (or patent)



Graham Ely (right) is trying things out on the lathe. So far, he has turned a stump into a slightly conical shape

In the meantime **Tom Wolf** has started repairs to an old wicker rocking chair that has seen happier days



CUTTING WIDE BOARDS ON A TABLE SAW

Crosscutting wide boards on a table saw can be a challenge. The pieces are awkward to handle, and it's hard to control the mitre gauge when its head is off the table.

Our SawStop has a T-slot in the table and a mitre gauge bar with a plate that catches in the slot, but what do you do when the back edge of the board is too wide and the mitre gauge head is off the table?

To make cutting wide boards easier, turn the mitre gauge around, so the mitre gauge head is in front of the wide board, instead of behind. Then hold the work piece snug against the gauge with your left hand, and use your right to push the work piece through.

With some very wide boards (which should only be cut if assistance is available), the mitre gauge head may be off the saw table when you complete your cut, so make sure a firm grip is kept on the gauge.



TO CUT WIDE STOCK MORE EASILY,
TURN MITER GAUGE AROUND AND
PUSH STOCK THROUGH

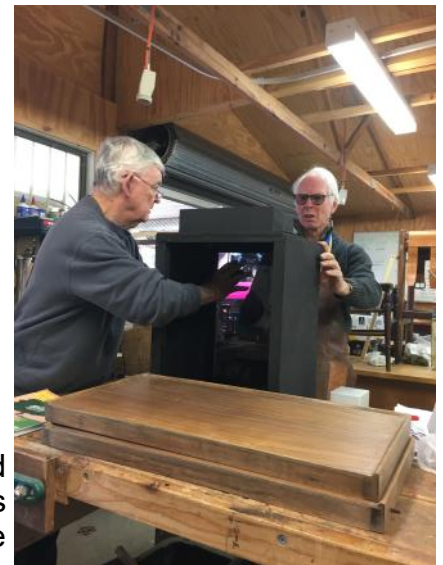


LIGHT BOXES TO HELP CHILDREN WITH COCHLEAR IMPLANTS

Peter Black and **Peter Charlton** have been building 5 "light boxes" on order for the Royal Institute for Deaf and Blind Children based at WMH. The boxes are designed to help children, who have never been able to hear any sounds or noises overcome the "surprise" of it all, as when the operator perceives that the child is responding to hearing a sound the light box is used to distract the child by lighting up to see some toy.



Don't ask how it works, just be happy that it does work and is just what the Institute wanted!



Peter Charlton designed the boxes in consultation with the people from the Institute and they were cut and assembled by Peter Black. The electricals were certified by an electrician, and for good measure they were tagged as being compliant.



"AT THE SUPERMARKET"

A guy goes to the supermarket and notices an attractive woman waving at him. She says hello. He's rather taken aback because he can't place where he knows her from. So he says, "Do you know me?" To which she replies, "I think you're the father of one of my kids."

Now his mind travelled back to the only time he has ever been unfaithful to his wife and says, "My God, are you the stripper from my bachelor party that I made love to on the pool table with all my buddies watching while your partner whipped my butt with wet celery?" She looks into his eyes and says calmly, "No, I'm your son's teacher."

BUNNINGS
warehouse

Tip #22:
When unable to find
staff to help you

Go to the gardening
section and start one
of the chainsaws ...
they will come and
find you.



NSW STATE LONGBOARD TITLES

By Peter Chapman

Our resident surfing gurus, long time shed members and even longer time surfers **Rodger Jamieson** and **Peter Chapman** competed in the State Longboard Titles, put on by Surfing NSW in early May 2021



Rodger and Peter have been good friends and surfing buddies for many years, hitting the waves together at Bondi and Bronte.

So, they decided to see how they would go against the best surfers of their age in NSW (and there are some very good senior surfers in NSW).

The competition was held at Birubi Beach in the beautiful Nelson Bay area, where glorious

undisturbed sand dunes meet the pristine Pacific Ocean. One thing about surfing is that you get to experience some beautiful locations such as this one.

Although an amateur event of course, the old blokes take the competition very seriously at the same time as enjoying the friendship of many like-minded and like-bodied guys (very much like the Men's Shed) that brings men with similar interests together (although these surfing comps have both men and women divisions).

Our boys did themselves proud, impressing the judges with their manoeuvres and style in the playful one metre surf,. Both making it to their respective age group finals, Rodger coming 4th overall in his (over 70's) and Peter 2nd in his (over 65's).

Again, like the Shed these surfing events encourage everyone to stay active and engage in healthy living.

"FORGETFUL"

The man looked a little worried when the doctor came in to administer his annual physical, so the first thing the doctor did was to ask whether anything was troubling him. "Well, to tell the truth, Doc, yes," answered the patient. "You see, I seem to be getting forgetful. I'm never sure I can remember where I put the car, or whether I answered a letter, or where I'm going, or what it is I'm going to do once I get there -- if I get there. So, I really need your help. What can I do?"

The doctor mused for a moment, then answered in his kindest tone, "Pay me in advance."





TOYMAKING CONTINUES

It's almost like a competition between **David Brem**, **Ian Dawes** and **Peter Black** to see who can make the most imaginative toys for the next round of donating to needy children. Then **Rodney Bassetti** got in on the act and started painting up the toys.

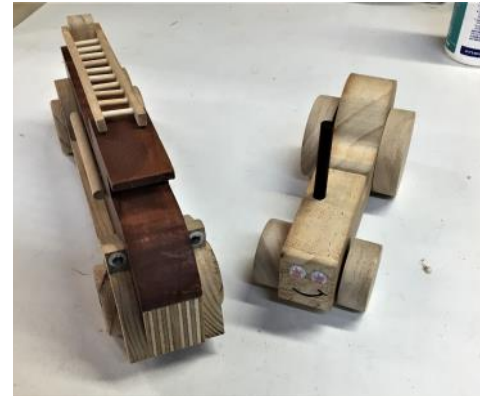


Left is a colourful ship made by Peter (and made colourful by Rodney)



Ian is making trains, trucks and crocodiles
All the while David is making very innovative transport toys as shown below

These toys are just waiting for a child to take possession and will be donated to the Childrens' Hospital at Randwick in the very near future for distribution.





SAFETY IS NO ACCIDENT

Article provided by a member, source unknown

1. **Think Before You Cut**- The most powerful tool in the shop is your brain - use it. Pausing to think through your cuts and movements before acting can help save both fingers and scrap wood.
2. **Keep a Clean Shop** - A messy and cluttered shop is an accident waiting to happen. You should not have your movements made more difficult, having to avoid tools left lying around in accumulated waste.
3. **Avoid Distractions**- Pay close attention to your actions particularly repetitious ones. Looking away to a TV, radio or a visitor can result in contact with an operating tool or blade. Do not take your eyes off a moving blade until you have finished the cut.
4. **Don't Rush** - Keep in mind this is a probably just a hobby. Take a break when you feel rushed or frustrated. Mistakes are more likely when you rush or take short cuts.
5. **Don't Force It**- If your blade is resisting the cut, stop and find the cause. A misaligned rip fence, poor fitting bench clearance plate, or a dull blade sticking in hardwood, are just a few of many possible causes for a blade to stick. Forcing your work into a sticking blade may force your work out of alignment and into a nasty "kickback" back at you.
6. **Protect Yourself** - Wear appropriate Personal Protection Equipment (PPE). This is an essential part of operating a workshop tool. Glasses, Earplugs and Dust masks should be worn. Keep your hands well away from cutting surfaces with push sticks and purpose built jigs. Make sure the tool's designed safety features are in place.
7. **Let the Tool Stop**- Giving the power tool time to come to a full stop. This is an often overlooked safety mistake. Even without power, a spinning blade can do damage.
8. **Dust & Fumes**- Airborne dust and fumes are personal hazards and fire risks. Correctly installed and operating exhaust systems are an essential part of every workshop.
9. **Wear Appropriate Clothing**- Loose clothing, long hair and jewellery/rings can catch on moving tools and result in severe personal injury.
10. **No Alcohol or Drugs** - Alcohol and drugs (incl. some prescription drugs) will impair your movements, clear thinking and concentration. No impaired person should be around operating workshop tools.



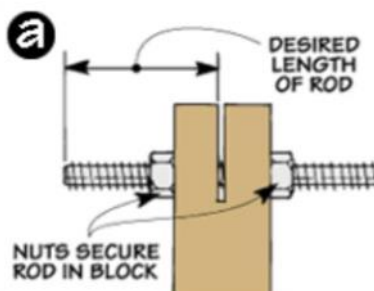
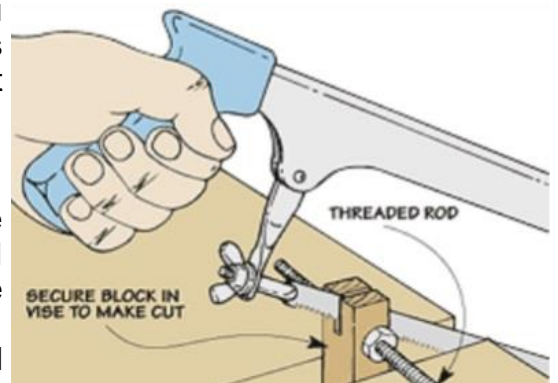
CUTTING THREADED ROD (OR CUTTING A BOLT)

Article provided by a member, source unknown

Cutting threaded rod is difficult as the rod spins as you try to make the cut or alternatively crush the threads when the jaws of the vice are too tight? Or it just adds up with a mangled less-than-straight cut.

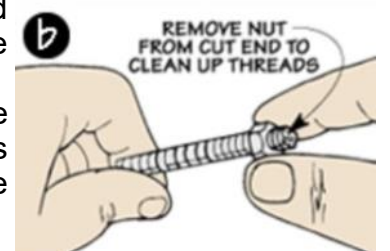
? Here's a simple way to make this job a lot cleaner.

Instead of clamping the threaded rod directly in the vice, use an ordinary wood block that can be tightened in the vice. The rod passes through a hole drilled near the end of the block, and a thin kerf guides the hacksaw blade while the cut is made.



You can prevent the rod from spinning as you make the cut by threading a nut on each end until it's snug (but not tight) against the block (see 'a')

The nut remaining on the cut-off piece can be used to clean up the threads damaged by the saw by removing the nut (see 'b')





ANTIBIOTIC ALLERGY

Do you have an antibiotic allergy? An antibiotic allergy occurs when your body's immune system mistakes the antibiotic for something harmful. Your body then releases the chemical in response which cause your allergic symptoms (eg. rash, breathing difficulty)

To find out if you have an allergy to an antibiotic, you may have an allergy assessment done in hospital. If you decide to get tested, you'll be referred to an allergy clinic, allergist or immunologist specialising in drug allergy testing.

If you know you have an antibiotic allergy, you may still wish to discuss your reaction with a allergist or immunologist as allergies can change over time.

Penicillin is the most commonly reported drug allergy, but 9 out of 10 people who report a penicillin allergy are not truly allergic. A family history of penicillin allergy does not mean that you will have a penicillin allergy.

If you are allergic to one type of antibiotic, it does not mean you are allergic to all types of antibiotics.

If you have a confirmed antibiotic allergy, make sure that you are able to identify the antibiotic generic name (ie, the active ingredient) and describe your reaction to all your healthcare providers.

Disclaimer: This article is not intended, nor should it be read, as medical advice. It is merely information to be used in recognising and responding to some symptoms and if in any doubt, medical advice and attention should be sought.



What you can do to stop antibiotic resistance



Understand that antibiotics only work against bacteria, they do not work for colds and flus which are caused by viruses.



PROJECT IDEA: TOY GARAGE

This project idea for a toy garage comes from a repair job that we did some time ago for the Waverley Toy Library. Every element is static, there are no moving parts (except the fuel hoses which are secured at the top. All signage is printed on a home computer, and glued on, after the varnish on the timber has dried.





DACH HALL ON "LANDFALL II"

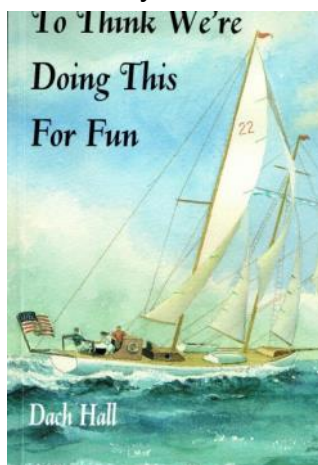
"Landfall II" is a 48' Staysail Schooner, designed by Edson Schock, and built by Boeing Aircraft Co in Vancouver for John "Victor" Farrow and Maureen O'Sullivan in 1934.

Victor Farrow was a movie director and Maureen O'Sullivan was the original Jane in the 1930's Tarzan movies, they are actress Mia Farrow's parents.

She was originally called "Mavourneen" which comes from old Irish "Mhuirnin" which means "My Darling". By 1936 she was sold to S. Austin Jones of Los Angeles and renamed "Landfall II", she was then bought by a retired US Naval Surgeon, William F. Holcomb in 1941 who kept her until his death in 1976.

In 1954 a young 18 year old Australian lad, Darrell "Dach" Hall, having just finished school at Sydney Grammar, was invited to join as crew and joined her in Ceylon (now Sri Lanka) and continued to be their on board for 2 years and 7 months and sailing 27,000 miles, Dach sailed all the 'Puddles' except the Pacific.

Skipper 'Ted' Holcomb and his wife had sailed Landfall II extensively around the world from 1953 to 1957 (some 60,000 miles) and was awarded the prestigious Trophy, the "Blue Water Medal", by the American Yacht Club of Rye (New York) in May 1957.



Dach's adventures on board were, as you would expect, incredible (sailing through weather foul and fair) and some 40 years later Dach wrote a book titled "To Think We're Doing This for Fun" based on the letters he had sent home and which he had found when sorting out his Mother's Estate.

Dach recalls one very freezing night sailing through rough seas and being frozen, drenched and wet all over and Skipper saying to him "And just imagine boy, they think we are doing this for fun" which became the inspiration for the title of his book about his exploits.

Dach Hall and his wife Margot have been living in retirement at The Mark Moran Village in Vaucluse 2016. Dach has been a member of the Sydney Model Shipbuilders Club for many years and has been a keen modeller just about all his life. He has made a number of models of ships that are now exhibited at Royal Australian Navy establishments and at The Mark Moran Village.

It took Dach 2 years to complete his model of "Landfall II" at the scale of 1:24 based on original plans and blueprint supplied by the Mystic Seaport Museum, whose staff were absolutely fantastic and assisted with details, plans and drawings in bringing the model alive.

The model is displayed in a diorama depicting it as "Landfall II" is sailing in the trough of a swell in 20 knot winds. while the swordfish incident described in the book is readying to make its move in piercing the hull in the Indian Ocean.

The model was first exhibited at the Annual EXPO of SMSC in 2018 and is now on display at The Mark Moran Village.

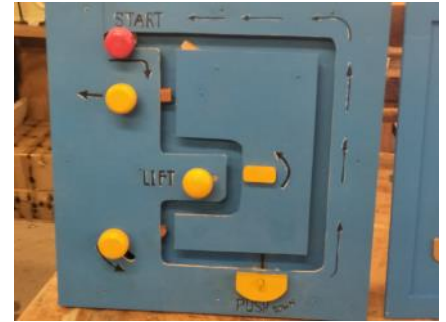
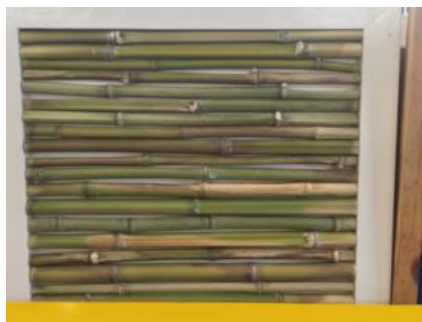
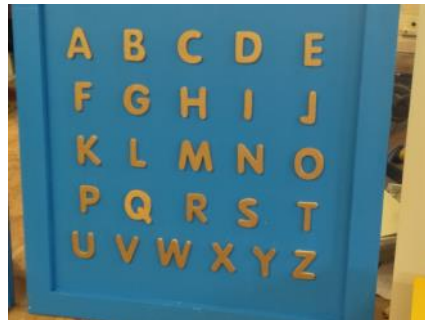
Dach is an Honourary Member of the Waverley Shed as he continues, with Tom Wolf, to run the annexe at The Mark Moran Village.





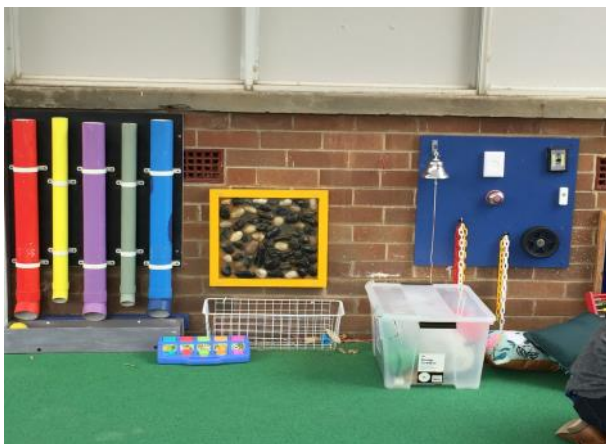
PAST PROJECT: WAIROA SCHOOL SENSORY BOXES

Following up from the success of the 6 piece outdoor sensory panels made back in 2014 and erected in the playground, in 2019 the members of the Waverley Shed went about making sensory boxes for the Wairoa School, a school for children aged 5 to 18 years, all with moderate and severe intellectual disabilities including complexities, which impacts on their lives daily, particularly physical disabilities, Autism, medical and health care issues which require assistance and specialist equipment.



Recently the School upgraded a small play area in the main playground used by children who have high sensory needs. The Waverley Men's Shed members designed and made beautiful sensory boards for this play area, including a posting panel made from colourful pipes and framed panels with a variety of tactile elements.

These framed panels are explored by the students who are curious about the materials. These panels are placed at accessible heights within the play area and provide interesting activities for the students and encourage them to interact and socialise together. This all helps improve the quality of the lives of our students.



At the Waverley Men's Shed we are proud of our continuing relationship with the Wairoa School and look forward to being able to assist in the future.

Special thanks to **Peter Black** who became the driving force behind this project, but he was very ably and willingly assisted by the members.



ALLEN WILKINS: OUR FRIENDLY BUILDER

Most of our members may not be aware of the generous contribution made to the renovations and fitting out of the Shed structure in 2013 and 2014 by our genial builder **Mr Allen Wilkins**.

When the old gardeners' shed was generously made available, the structure was totally unsuitable for the Shed's purpose until substantial work was carried out by Allen.

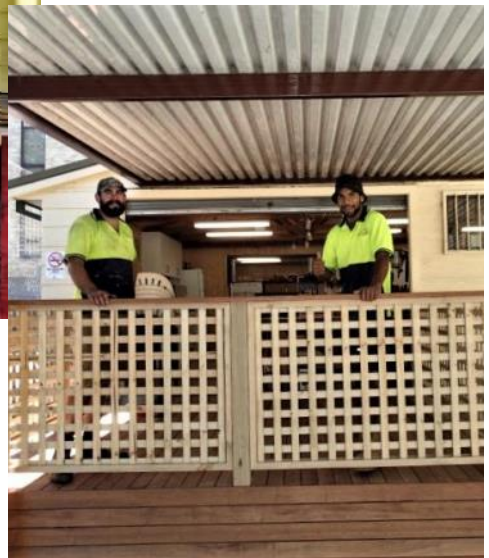


In recognition of his contribution, a plaque naming the main work room the **ALLEN WILKINS ROOM** was unveiled on 22 March 2013 (the plaque is installed just near the microwave).

There's not a single member of WCMS who has not enjoyed having his lunch on the patio. But did you know that it was not always like that?

When the Shed opened up in July 2013, the area where the patio is now located was just a paved area, commonly used to park a car when the boomgate wasn't down.

After obtaining permission to build the patio structure, in 2014 our friendly builder Allen Wilkins yet again generously offered to build the structure for the cost of the material, donating his (and his workmen's) labour and time.



**WE GRATEFULLY ACKNOWLEDGE
THE SUPPORT GIVEN TO THE
WAVERLEY COMMUNITY MEN'S
SHED BY ALLEN WILKINS**



SHEDDER'S COOKBOOK

How often does your other (better) half complain that you don't support her by doing some of the cooking? Let's hope not too often.

This is a recipe that Tom Wolf has found easy to make and delicious. We are reminded that you don't have to be a great cook (you heard about the army joke when the sergeant asked "Who called the cook a bastard? ...") but it is good to tempt fate at times and to prove victorious. This is one of Tom's favourite recipes.

PORK STEAK WITH PEPPERCORN SAUCE -

Serves 4

For 2cm thick steaks use the 6-2-2 method:

1. Simply take a 2cm pork steak (try the sirloin, scotch fillet, porterhouse or medallion).
2. Preheat a pan, griddle pan or BBQ plate just like you would for any other steak
3. Cook it on one side without turning for 6 minutes.
4. Turn it over once and allow it to cook for 2 more minutes. This method will cook the steak to just white. If you prefer a little bit of pink just reduce the cooking time. If your steak is thicker than 2cm, adjust the cooking time on the second side.
5. Take the steak straight out of the pan without flipping over and place on a plate to rest for two minutes. That allows the juices to settle and it will be lovely and tender.

Remember!

- Pork doesn't need to be overcooked to be safe. In fact, pork can be eaten with a hint of pink in the middle (with the exception of mince and sausages).
- Like all meat, pork continues to cook after removal from heat. For best results, let your dish rest uncovered for 1-2 minutes in a warm environment prior to serving (except for sausages and mince).
- Always cut meat across the grain to keep tender.
- Avoid frequent prodding of the meat while cooking.

PEPPERCORN SAUCE:

Ingredients (check list):

- 1 tblsp Whole Black Peppercorns, *crushed*
- 1 cup / 250ml Double Cream, *at room temp*
- 1/2 cup / 125ml Beef Stock
- 2 small Shallots, *finely diced*
- 1 clove Garlic, *finely diced*
- 1 tblsp Butter
- 1 tsp Worcestershire Sauce
- Salt, *to taste*

Instructions:

1. If you're pan grilling etc leave the juices in the pan. This will add a huge amount of flavour to the peppercorn sauce.
2. Melt your butter over medium heat and deglaze the pan if necessary. Fry your shallots until fragrant and translucent. (2-3 minutes)
3. Add in your garlic and peppercorns and fry for a minute or so until the garlic just begins to brown.
4. Pour in your Worcestershire sauce and beef stock, then stir in your cream.
5. Add salt to taste.
6. Reduce to a simmer until the sauce thickens enough to coat the back of a spoon. (8-10 minutes). It will thicken, just keep simmering.



Bon Appétit!

If you have a favourite recipe that you have actually made and would want to share with your mates, why don't you send it to us.

Peterborough Rail Museum, SA

by Richard Cortis

The Steamtown Heritage Rail Centre, Peterborough, in the Southern Flinders Ranges, South Australia is a museum with a difference. Guided 1.5 hour tour are conducted daily when visitors can get close to historic locomotives, trains, carriages and numerous freight vehicles. The turntable is the main feature of the exhibit, it may be of technical interest to some members as it has a bogie exchange for three different gauges.



Diesel Shed and Drop-table

This building was built in 1969 for the then new Standardisation project due to commence operation in January 1970.

It was used as the diesel locomotive maintenance depot.

All three gauges were installed, with the track immediately in front of you being of dual-gauge standard/broad to your left and standard/narrow to your right.

The track over the drop pit and drop-table is triple gauge with standard/broad running through the shed and narrow gauge entering from your right and ending on the drop-table.

This allowed the three gauges to use the drop-table.

It was also fitted with a heavy lift over-head traveling gantry crane.

The two bays on the opposite side of the drop pit, in front of you, are of standard gauge only.

The drop-table facility was used to remove the bogies from the locomotives for maintenance.

The loco was driven or shunted onto the table and the loco supported by arms wound out by the yellow wheels beneath the raised platform and the table lowered with the bogies.



Narrow gauge (1,067 mm or 3 ft 6 in), standard gauge (1,435 mm or 4 ft 8 1/2 in) and broad gauge (1,600 mm or 5 ft 3 in).

This unique situation arose from the standardisation project of the late 1960's. At this time, various broad gauge lines passing through Peterborough were replaced by standard gauge line, but other sections remained narrow gauge.



The standardisation took place and was finalised in the 1970's and soon after the workshop, that had employed up to 1,000 workers, closed down and became a museum.