



WAVERLEY COMMUNITY  
MEN'S SHED INC.

# SCUTTLEBUTT

## WCMS MEMBERS' NEWSLETTER

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

Volume 2 Issue 9

SEPTEMBER 2021

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

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### THINK POSITIVE AND TEST NEGATIVE!



## FROM THE EDITOR'S DESK

As reported in the last issue, Tod Thompson has kindly agreed to take over the role of Members' Welfare, a role previously performed by myself for the past 7 years. Tod got involved in the role straight away, and some members who have been ill or have not come to the Shed for some time have been contacted by Tod enquiring as to how they were coping. We believe that this camaraderie is what sets the Waverley Shed apart. Regrettably, we have been told that some of our members are having health issues, and we wish them all a speedy recovery. As some of us have already experienced, it is particularly difficult to recover from an illness when you can't even entertain family and visitors for a bit of relief.

It has been extremely frustrating to have another planned party aborted, and our next party is likely to be the Christmas Party on Wednesday, 15th December, so set the date aside!

I sincerely hope that all the members are doing something fruitful during the present lockdown, you'll see some letters showing that there are some projects going on.

Just like during last year's lockdown, I have again taken the liberty to send all our members some emails with humorous (?) jokes etc. From the number of return email comments, even if my sense of humour doesn't meet everyone's taste, these "keep your spirits up" emails have been hitting the right spot. I thank all members who have shown their appreciation by writing to me. Would you believe that I have sent out (altogether with last year and this year) about 360 of the memes, cartoons and jokes as "keep your spirits up" messages? Thanks to all members (and many non-members) who have assisted and supported this health initiative.

Like many of our readers, I spent 2 weeks of the lockdown glued to the Olympics, and may I express my pride in the dedication and effort of all the athletes who competed in what can only be described as horrendous conditions. Being a former 'jock' (believe it or not), I truly appreciate how hard it must have been, my thoughts are with all who trained for many years only to be injured and not being able to complete their programme.



There was however one moment that really symbolises the kind of mateship that I have found in the Men's Shed. This inspirational event happened in the last race of the pentathlon when Aussie athlete Cedric Dubler sacrificed what chances he had to achieve his Olympic dream by slowing down and screaming encouragement to his fellow Aussie mate Ash Moloney to get him over the line in a time which enabled Moloney to earn the Bronze Medal. What can you say, but thank you Cedric, you have enforced my faith in mateship.

*Tom*

# THERE ARE NO HEALTH PROMOTION SEMINARS AT THE WAR MEMORIAL HOSPITAL DURING LOCKDOWN

All enquiries contact: Catriona Beaumont 93690215  
or by email to [catriona.beaumont@health.nsw.gov.au](mailto:catriona.beaumont@health.nsw.gov.au)



## The Shed Wireless Episode 6 (Season 3)

The Shed Wireless (see the AMSA website) caught up with Tom Wolf who was one of the first people in Australia to get COVID-19, early in 2020. He thought he was a goner. So, how's he going 18 months later? The interview with John Paul Young was broadcast on August 19, 2021

<https://dannymarxyoung.podbean.com/e/the-shed-wireless-episode-6-season-3/>



## ZOOM LUNCHTIME SESSIONS CONTINUE



Following on from the successful sessions in July, the lunchtime sessions continue and if there is continued support, will likely be a way for all our members who, even after the current attendance limitations are lifted, for some reason are unable to attend the Shed but wish to stay in contact.

This will ensure that we are able to support each other as part of our men's health initiative and avoid the issues caused by isolation, we need to keep joining in because there is someone there that will be pleased to see you and with a bit of luck there might be more than one.

**Time: Every Monday at 1.00pm**

**Click into: <https://us02web.zoom.us/j/81288394099>**

Type the address in your browser or click in and follow the prompts and the ZOOM Convenor (Tod Thompson) will let you in. You will need to turn your camera and the speaker on, but if you don't know how to do it, you'll be helped.

You will get a reminder on Monday mornings, **so come and join in!**



**Always carry a clean  
mask with you**

**COVID-19**





# R U OK DAY is Thursday, 9 September '21



Just like in 2020, due to COVID lockdown we are unable to have our breakfast this year, but that does not mean that we can forget how difficult this present time is for people in the community (or indeed some of our fellow Sheddors and possibly some of your own friends) Do you know how the people in your world are really going?

**Are they really OK? Ask them today.**

Life's ups and downs happen to all of us. So chances are someone you know might be struggling. Your genuine support can make a difference whatever they are facing, big or small.

So, don't wait until someone's visibly distressed or in crisis. Make a moment meaningful and ask them how they're really going. Your conversation could change a life.



## TAI-CHI at 3

Our member **Tod Thompson** is conducting simple Tai Chi exercise classes for 20 minutes at 3pm. (Monday to Friday) It is intended to be a break in the afternoon to limber up the body and refresh the mind and is offered **pro bono** to WCMS members during lockdown to ease the experience.

The sessions are conducted by ZOOM.

**Time:** daily at 3.00pm (Mon - Fri)

**Click into:** <https://us02web.zoom.us/j/87871939322>

If you are interested, please contact Tod by email at [TodThompson888@gmail.com](mailto:TodThompson888@gmail.com) or phone **0432082087**



**Disclaimer** - Even though Tai Chi/Chi Kung is among the lowest risk/impact exercise available, when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities and assume all risk of injury to yourself.

**WCMS Disclaimer:** This article is not intended, nor should it be read, as an activity conducted by Waverley Community Men's Shed as its programmed activity but merely to inform members of an activity offered and available to them.



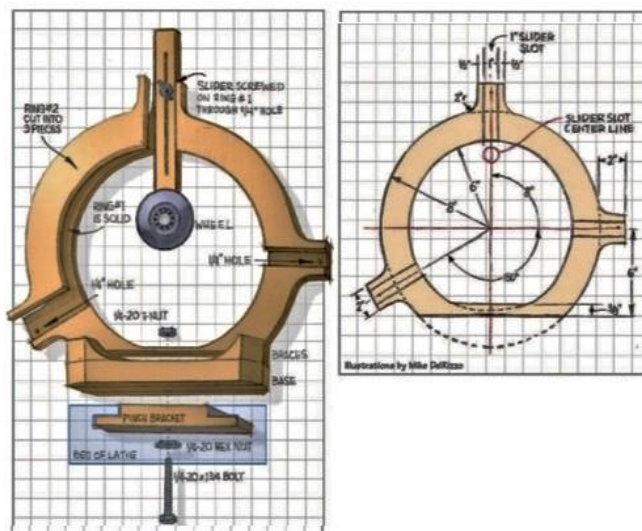
## WANTED: CAN YOU HELP?

The Shed's turners would like to add a Lathe Steady Rest to their range of tools and accessories at the Shed and for some, personally.

They can make this Steady Rest for the Vicmarc lathe (and other lathes) but need a set of wheels from In-line Skates (Roller Blades). The design for the Steady Rest is shown in the image.

The wheels need to be in good condition (that is with no flats on the perimeter). It is of course possible to buy new wheels but they are a little expensive and if one of our members (or grandchildren of same) were not using their Roller Blades any more we could use the wheels to make the Steady Rest. Please contact:

**Peter Charlton** <[domingo2@tpg.com.au](mailto:domingo2@tpg.com.au)>





## LETTER FROM THE WEST

This is a letter received from Peter Chapman

"While my fellow Waverley Shedders are in the unfortunate situation of lockdown, I am one of the lucky ones who is able to travel freely.

Why? Because, through good fortune rather than any smart planning, my wife and I are on the road in our motorhome in Western Australia.

We had planned to return home in the first week of August after 3 months travelling around our great country in an anticlockwise direction but everyone who we speak to says "DON'T COME HOME'. It has been a wonderful experience and we are thankful that it has gone well.

On my travels I have often thought of our Shed and our members, mainly when I come across timber artifacts, machines and museum pieces that I know would be of interest to you guys.



## LETTER TO THE EDITOR

In the November 2020 issue of Scuttlebutt we reported that **David Rowley** is making repairs to his 1950's "Atomic" coffee maker which created a lot of nostalgic interest.

David usually repairs/restores musical instruments (drums) but this project was motivated by a desire for great coffee.

We haven't seen much of David this year (as he writes) "owing to a sudden onset of work that finally caught up with me, however I managed to complete the restoration project of two seriously destroyed and abused Atomic coffee machines that are now up and running again like they should.

Along the way I have a friend with some serious metal-working tools to help me drilling out some weird non-original elements that were literally wedged into the some of the water inlets."

***Fantastic! Anyone for "real" coffee?***







## LETTER TO THE EDITOR

**Rodney Bassetti** has written to Scuttlebutt:

"Encourage the guys to think about what they are going to enter in the RAS Show. It is a wonderful show and I am sure some of the guys will pick up prizes. Cost is \$45 and that includes the Cocktail party etc - It is really great to have your kids (and grandkids) want to be photographed in front of the exhibit. All entries have to be in by about Christmas. - See RAS web."

For any other questions (and lots of encouragement) see Rodney at the Shed (once we re-open)

*Photo on right: Rodney with some of his paintings at the November '19 Show.*



## LETTER TO THE EDITOR

**Eddy Gorog** wrote just to let us know that "I am well and surviving the lockdown by being incredibly lazy and cooking up a storm. Also, I am practicing my gluing and clamping on an old cupboard door that just fell off one of my partner's cabinets."



## LETTER TO THE EDITOR

**Richard Cortis** wrote:

"Thanks for the support. To the secretary, committee, and members. I am writing to you to thank all those members of the Waverley Men's Shed who provided support, encouragement, counselling, and some light diversion during my recent extended stay in hospital. COVID-19 restrictions meant that I was not allowed any visitors so those frequent, and occasionally extended, telephone conversations were really appreciated. The support of Shed Members was a significant factor in maintaining my sense of well-being and accelerating my recovery. I am now convalescing at home and looking forward to the Shed being open in the, hopefully, near future. My thanks, good wishes, and best regards to all Waverley Sheddors"



## A SENIORS PERSPECTIVE OF FACEBOOK-AIN'T IT THE TRUTH?

by **Roger Patten (Midland Mens' Shed, WA)**

For those of my generation who do not, and cannot, comprehend why Facebook exists: I am trying to make friends outside of Facebook while applying the same principles.

Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog, of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch and doing what anybody and everybody does every day. I also listen to their conversations, give them the "thumbs up" and tell them I like them. And it works just like Facebook.

I already have four people following me: two police officers, a private investigator and a psychiatrist.



*Ideal social distancing*

6 August 2021

*Rodger on a  
wave at South Bondi*

©Eastern Break

Photograph by Mark Bennett Surf Photography  
Instagram page @eastern\_break



## THE FORGOTTEN KERF

Kerf is defined as **the width of material that is removed by a cutting process.**

Let's say you need to cut three lengths of 1×4 material, each 3 feet long. By happy coincidence you have a 9-foot stick of 1×4, so you quickly measure and mark two lines, and then make your cuts. But when you go to use the pieces for your project, you find that two of the pieces are too short. The reason is because **you forgot** to factor in the kerf, or thickness of the saw cut.

The kerf is determined by the width of the blade but also the wobble in the cut, and the size of any material torn out by the blade. It's the reason that you have to give a little extra thought to planning your cuts.

The easy solution is to stay ahead of this common mistake. Always measure and mark each cut. (You can use a tape measure, or speed up multiple identical cuts by using a pattern stick or stop block.)

If you want even more precision, here's a great tip to allow you to see exactly how much of the stock board the kerf will consume. Begin by making a partial cut into a scrap piece of lumber. This will leave a shallow channel in the surface of the material that you can measure to make allowance for the width of the kerf before you make your cut



**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 are you doing during lockdown? If you are working on a project in your home workshop, why not drop a line with pictures to the Editor to include in Scuttlebutt to share your experiences with your mates.**





# SAFETY FIRST



Extracted with permission from the Hornsby Men's Shed Newsletter

The Shed's main aim is for you to work safely, to achieve this you must help yourself, to do this it is essential you start with the following procedures:

- Think what equipment can be used and pick the most suitable machine/tool for the job.
- Think or ask what can go wrong.
- What will you do if it does go wrong.
- Make sure work area is clear of any obstructions.
- If uncertain about any part of operation ask a supervisor, if still uncertain get a second opinion.
- Leave work area clean and tidy when finished, this includes putting tools back where they belong.
- Never leave a machine unattended while it is still in motion regardless of whether or not you have turned machine off at stop switch, if something is still moving it is unsafe to walk away.

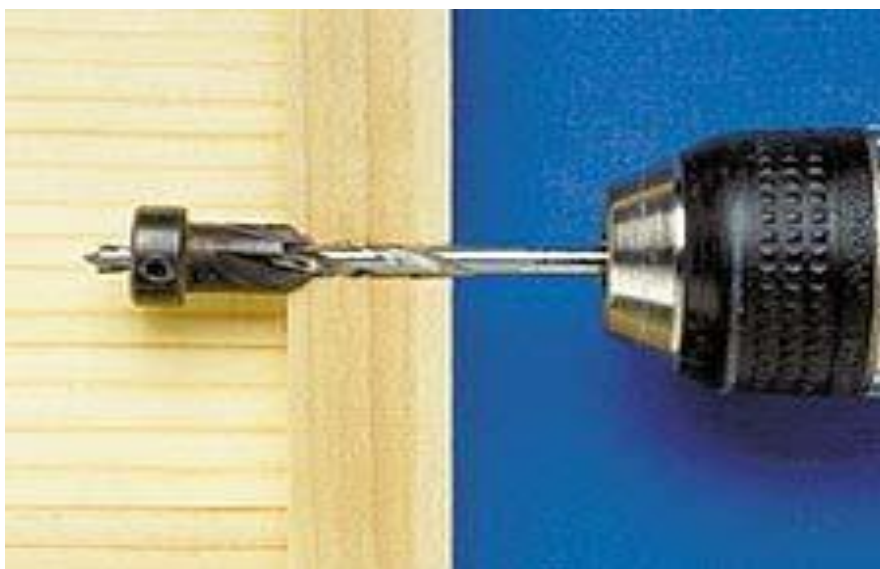


## TIPS & HINTS: COUNTERSINK TIP

When working with drawers the handles are installed after the drawers are assembled, but with some small drawers this can get you into trouble.

The pilot holes aren't the problem — they can be drilled from the front. But when the mounting screw needs to be countersunk, the drill is often too big to fit inside the drawer. This is a quick solution.

First reverse the countersink cutter on the end of the drill bit, as shown in the photo. Then insert the bit through the pilot hole from the inside and chuck it in the drill from the outside. To countersink the hole, all you have to do is reverse the direction of the drill and gently pull back on the bit.



## THE COMPUTER LITERACY OF AN AVERAGE SHEDDER:

"Hello, computer tech support? ... all right ... I've removed all the cookies ... and I have put them into the recycle bin ... now what?"



# STEPPING BOXES FOR PRINCE OF WALES HOSPITAL

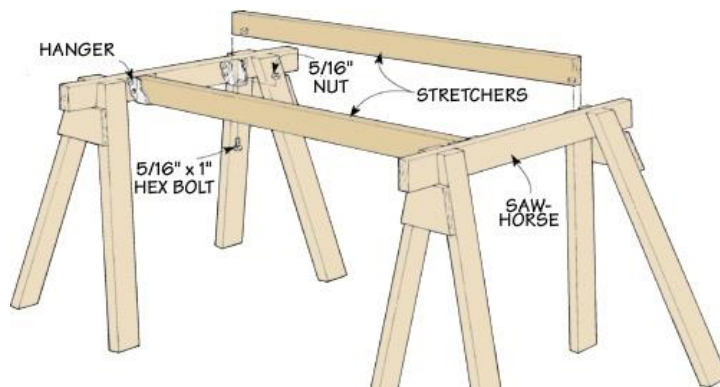
One of our earliest Community Projects dating back to 2014 were the stepping boxes that were made at the Shed by **Peter Black** for a neurological study at the P.O.W Hospital.

The boxes were made in 2 different heights as requested by the Physiotherapists, with non-slip tapes across the top.



# SAWHORSE TRESTLE

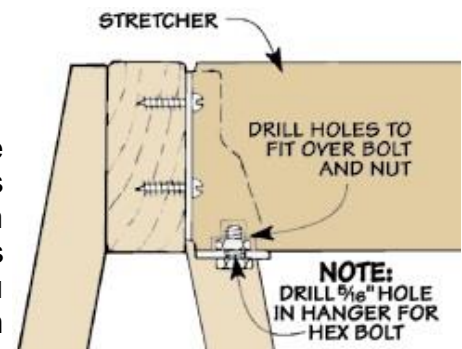
When cutting sheet goods or assembling a large project, an extra work surface sure comes in handy, but you may not have room for a permanent "bench". Instead, you can make a bench that "knocks down" in seconds.



The key is a pair of metal joist hangers attached to each sawhorse to act as "pockets" that hold a couple of 2x4 stretchers. Fitting the ends of the stretchers into the joist hangers creates a large, sturdy work support to then place your tabletop to create a bench.



To keep the stretchers from accidentally slipping out of the hangers, they fit onto a metal pin in each hanger. This "locking" pin is just a bolt that passes through a hole drilled in the joist hanger, tightening a nut on the end of each bolt holds it in place. To fit the stretcher over the bolt and nut, all you need to do is drill a pair of counter bores near the end of each stretcher.



# BRAINFREEZE

WHEN YOU CAN'T FIND GOGGLES AND A FACEMASK





# HAY FEVER (ALLERGIC RHINITIS)

Hay fever (allergic rhinitis) is a medical condition caused by allergy to substances breathed in the air.

Most people with allergic rhinitis have a blocked or runny nose, some also have sneezing and itching in the nose and back of the throat, but not everyone with allergic rhinitis has these symptoms.

People with asthma may not recognise that they also have allergic rhinitis because the symptoms can be mistaken for asthma, so if you are asthmatic, you should get yourself checked out for allergic rhinitis.

Allergic rhinitis can make asthma more difficult to manage, but effective treatment for allergic rhinitis may reduce the chance of severe asthma attacks and make the lungs work better.

Allergic reaction makes the inside of the nose irritated, swollen and abnormally sensitive (inflamed), it also affects the back of the mouth and throat.

Approximately 19% (almost 1 in 5) of Australians have allergic rhinitis, at least 3 out of 4 people with asthma also have allergic rhinitis. Asthma and allergic rhinitis are related medical conditions.

See your doctor (or an allergy specialist) who may suggest oral or injectable immunotherapy, this treatment is to continue for 3-5 years. There are risks and side effects, so make sure that you discuss the benefits and the risks with your doctor.

A clean, healthy environment is important, but don't over-sanitise your home with cleaning products.

It is important to work out which allergies in your environment trigger your asthma, your doctor may order or perform allergy tests.

The 2 most common allergy tests are skin prick test and blood tests, these tests identify antibodies to specific allergens. Sometimes a scratch test is used.

Your doctor will need detailed medical history from you to make a reliable finding, and all allergy tests must be carried out by specially trained medical professionals.

**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.



## EXERCISE IS THE BEST MEDICINE?



**I have flabby thighs,  
but fortunately my  
stomach covers  
them.**



# THE JANKA HARDNESS TEST

The hardness of timber is measured by the Janka hardness test that measures the force that is required to embed an 11.28mm steel ball to half its depth into wood. It is an industry standard for determining the ability of a particular timber species to withstand denting and wear.

Species	Janka Rating (kN)
American Oak	6.0
Australian Beech	7.5
Bamboo (horizontal)	5.87
Bamboo (vertical)	6.58
Bamboo (strand woven)	16.10
Blackbutt	9.1
Brazilian Walnut	16.37
Brushbox	9.5
Cypress Pine	6.1
Flooded / Rose Gum	7.5
Forest Reds	9.1
Ironbark	14.0
Grey Box	15.0
Jarrah	8.5
Karri	9.0
Merbau	8.56
Messmate	7.1
New England Oak	6.1
Northern Beech	7.5
Red Mahogany	12.0
Ribbon Gum	6.1
Spotted Gum	11.0
Stringybark	8.1
Sydney Blue Gum	9.01
Tallowwood	8.6
Tasmanian Oak	5.5
Turpentine	12.0
Victorian Ash	4.49

## JANKA SCALE

0.444" steel ball embedded halfway into wood sample

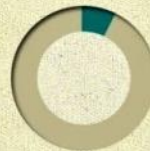


The Janka Scale also known as the **Janka Hardness Scale** is used to measure the relative hardness of wood. The scale is prepared after the test piece of wood passes through the Janka Hardness test.

The "**Janka hardness test**," was named for Austrian wood researcher **Gabriel Janka**, who invented it in 1906.

## FACTS ABOUT JANKA HARDNESS TEST

Testing is done on **wood** from the trunk of the tree and is almost always the heartwood.



The dimension of wood must be at least **2" x 2" x 6"** long.



The standard sample as indicated in ASTM D 143 is to be at **12%** moisture content, be clear of knots.

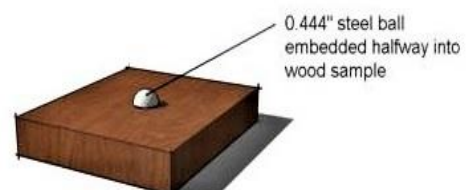


## Durability Classifications

Wood Substrate	Janka Scale	Class
Soft Wood	Less than <5.5	4
Moderate Wood	5.5 to 7.0	3
Hard Wood	7.1 to 10.0	2
Very Hard Wood	Greater than >10.0	1

## Janka Hardness Test

Measures force needed to embed ball







# PETER'S WHEEL

Inspired by a visit to an annual Timber Boat Show, Peter Charlton determined that his passion for wood-working and woodturning would not be satisfied until he made a proper ship's wheel.

There are many designs out there, but instead Peter set about taking lots of photos at the Boat Show and then designing his own. In fact Peter recalls that it took a lot of thinking and planning - much more time than actually turning.

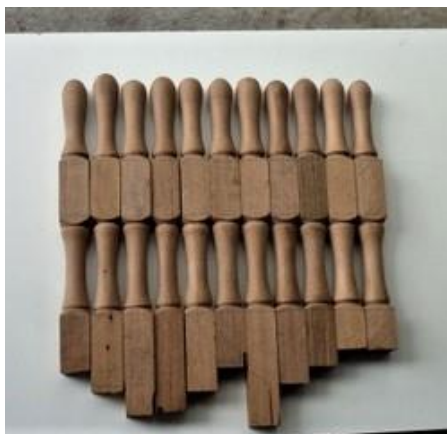
The wheel is made of a number of components, but broken down to a small number of parts that have to be reproduced lots of times.



It is basically just like a cart wheel but with spokes sticking out past the rim.

So, a central hub is made with 8 notches to fit the spokes, then 8 identical carved (turned) spokes are made and they are connected by the rim, which is then reinforced on each side. The central spoke is also covered on each side—**AND WHAMMO, YOU HAVE A SHIP'S WHEEL!** Simple?

Peter's wheel attracted a lot of attention at the November 2019 Show.







# BUILDING "BLUENOSE II"

**Tom Wolf** has been building model ships at the Shed and at Mark Moran Village ever since the Shed opened.

Tom is an experienced ship modeller and has completed a number of projects which have fared well in various exhibitions and contests. Tom's latest completed model is that of "Bluenose II", a kit made by Billings (Denmark).

The original "Bluenose" was built as a fishing vessel (schooner) built in 1921, and was found to be so fast that she became a racing ship.



She became a provincial icon for Nova Scotia and an important Canadian symbol in the 1930s, serving as a working vessel until she was wrecked in 1946. The ship was shown on Canadian stamps and coinage, and she was later commemorated by a replica, "Bluenose II", built in 1963.



The ship's beautiful and sleek design and gaffe rigging are well illustrated by the model. The brass pedestals were created by **Richard Cortis** from the spindles of old tap fittings.



**ATTENTION DEFICIT  
MODELLER DISORDER**  
when you start building one model  
but get distracted by another kit  
that needs building and you start  
to build that other model





# OBSERVATIONS OF AN OCCASIONAL RIVERCRUISE TRAVELLER

by Richard Cortis

Whilst travelling on the Rhine, Main, and Danube rivers in October 2017, my wife Dagmar and I came across a number of characters (probably similar to characters encountered by many of the readers on holidays abroad), some of whom I have recorded and set out below.

**Foghorn-leghorn.** This character typically originates from the USA. Necessarily loud and bombastic, and occasionally in identifiable headgear or clothing. There were many of these on our cruise.

**Vietnam War Veterans.** This group are all from the USA and tend to self-identify. They tend to seek out their colleagues.

**The Deputy Sheriff.** This lady comes from Texas, USA, unashamedly voted for Donald Trump, and will not give up her gun for anyone.

**The Mormons.** This couple appeared at our table and were conspicuous because they ordered Coke Light with dinner when the wine was free. Identity confirmed when they advised that they were from Salt Lake City, USA. Not big on dinner conversation, particularly when others were onto their third glass of wine.

**Pistol Packin' Momma.** This lady appeared as a normal housewife until she revealed that she keeps a gun in a drawer in case someone tries to break into her house. Limited dinner conversation.

**Lutheran Missionaries.** This couple turned out to be fairly good company especially as they did not attempt to convert us. Loud singing at the dinner table after they had been to Salzburg for the afternoon.

**The Food Photographers.** This pair photographed each dish at each meal and uploaded the photos to their Facebook page. What more can I say about them?

**Mr. and Mrs. Hawaiian Shirt and Shorts.** This group originated from somewhere in USA and dressed in loud shirts and shorts even when it was 13C with a heavy fog on the river. No further information available.

**The Trophy Wife.** Typically, she was not a grandmother, although "he" usually had several grandchildren. Typically ten or fifteen years younger than "him" and probably keeps a pistol in a drawer with lots of ammo.

**The Developer.** Flaunts wealth. Talks business, and otherwise boring. Best avoided.

**The Shopping Ladies.** Easily identified by their knee high leather boots with high heels. Nearly always return from a shore excursion with a bag of recent purchases, such as a Tyrolese hat, cow bells, and a cuckoo clock. Otherwise boring, especially if you are unfortunate enough to end up with them at the dinner table. Best avoided.

**The Barfly Ladies.** This pair of silver hair elderly ladies can always be found propping up the bar in the afternoon, and frequently after dinner.

**The Photographer.** This specimen carries a very large camera, tripod and accessory bag and expects others to move out of their field of view whilst they focus for the perfect picture of some inconsequential church, castle or artefact.



Necessarily, the above list is only a brief and limited sample of the cruising population. Further detailed investigation is required to develop greater depth of understanding. There may be a number of sub-groups which have not been developed in this necessarily brief initial assessment.

**Editor's comment:** *I wonder how Richard found any company for dinner, and in reverse one must ask what impression was recorded by these people about the author?*

# USING WD-40

Remember the guy from the movie “My Big Fat Greek Wedding” who used ‘Windex’ for anything that ails? Well here are some interesting, brilliant and unexpected uses for WD-40 that nobody has ever told you about (maybe?)

## Clearing Stains From Wood

Is it too late to tell you that you should have invested in coasters if you have stains on your wooden coffee table? Yes, and no. Watermarks left on wood can make something look cheap and dilapidated. You can actually spray WD-40 on these marks and they will disappear.



## Removing Stickers

Stickers are so much fun.... until you can't get them off. Whether your kids have stuck them on your new pair of glasses, or if you have labelled something incorrectly, there's still a way back. WD-40 turns those stickers into easily-removable mush. Try it

## Cleaning Crayon Stains

Kids are creative. They also like to spread that creativity wherever they go... walls and doors included. Instead of losing your temper over this common occurrence, try the WD-40 method. That is spraying the crayon marks on the wall and easily wiping them away.



## Removing Super Glue

Do you know what the Kryptonite version of superglue is? It's WD-40. While the makers of superglue promise to keep everything together, WD-40 promises to do the exact opposite. So if you've superglued something and you're having regrets, just whip out the spray and get to work.

## Removing Ink Stains

At some point, we all make that annoying mistake of putting a leaky pen in our pocket. The result is an obvious ink blotch that can be seen a mile away. We have some good news for you. WD-40 can actually get rid of that bluish stain



## Cleaning Dried Glue

Did you know that WD-40 is the worst nightmare of just about any glue out there? It does not matter what kind you previously used, this miracle product will ensure that it will be defeated. Even superglue does not stand a chance against it!

**and there's lots of other weird and unexpected uses, just look them up on your computer!!**





# 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 **Peter Charlton** has found easy to make and delicious and that is designed for use by lads who are not "big time cooks". This is because it is easy, requires little washing up, is not time critical and can be expanded to feed a large group. We are again 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.

## **CHICKEN-IN-A-BAG** - a family feast.

### Ingredients

- One uncooked chicken plus several uncooked chicken drumsticks. The chicken by itself will feed five-ish but if there are more to feed just add extra drumsticks, one for each person .
- A wide variety of vegetables is both good for the health conscious but helps make the dish look good.
  - ◇ Potatoes. Cut them to a size that is two mouthfuls. One per person.
  - ◇ Onions. Whole and small otherwise they will not be cooked through. One per person.
  - ◇ Tomato. Whole but only two or three as they will almost disappear adding to the gravy.
  - ◇ Red Capsicum. Cut into large pieces. The red colour looks good on the plate. Allow 1/2 per person.
  - ◇ Zucchini. Large and whole. Allow 1/2 per person.
  - ◇ Green Capsicum. Cut into large pieces. Allow 1/2 per person.
- One extra large Oven Bag.
- Pepper and salt to taste.



### Method

- Put the chicken in the bag and place in a baking dish, breast up.
- Turn oven to 200C.
- Insert the zucchini in the chicken cavity (this will reduce the heat and stop them over cooking).
- Spread the drumsticks and vegetables around in the bag.
- Add the pepper and salt.
- Seal the Oven Bag but make one small hole in the top to let the steam out.
- Cook in oven for 1 hour 40 mins. (but another 20 minutes will not cause trouble)
- There will be a lot of juice in the bag that will make excellent gravy.

**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.**



**healthy  
snack**





# BOWRAL EXPERIENCE

**Bowral** is the largest town in the **Southern Highlands** and sports some of the most spectacular parks and floral displays you will ever want to see. Its pristine and clear air is a welcome change from the "Big Smoke". Talking of sports, it is also the home of the Bradman Museum, the parks and the museum are open the year around.



Bowral, and its surrounding historic towns of **Mittagong, Berrima and Robertson** are well worth a visit any time of the year, but in particular during the latter half of September and early October (that being "**Tulip Time**"), and just a little bloom of **Cherry Blossoms**.

Every year major displays are open to the public in parks and private homes. Although the festival was actually cancelled during the COVID period of 2020, the tulips were on display undaunted.

**Well worth the trip if permitted!**

