



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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

Volume 2 Issue 11

NOVEMBER 2021

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

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



THE SHED HAS RE-OPENED;
TIMES AND ATTENDANCE
CONDITIONS CAN BE VIEWED
ON THE SHED WEBSITE:
waverleycommunitymensshed.org.au



FROM THE EDITOR'S DESK

"Freedom Day" brought on more challenges and uncertainties in the running of our Shed. Working in our workshop environment can be challenging at the best of times, we now have to enforce some attendance conditions that take up more administration time.

The Shed has reopened, and even with the restricted way we have to operate, we are looking forward to some exciting times.

A date for your Calendar is our Break-up Day on 15th December which will also be our End of Year Party.

We expect that some members will continue to shy away until they are satisfied that the pandemic is all over and the Shed functions without restrictions, with the assistance of the Church in the Marketplace we'll keep the Zoom sessions going every Monday lunchtime into the future.

The Committee resolved that, with the purchase of new machinery in the past couple of years and the extended periods of enforced absence from the Shed, with a view to the safety of our Members and to avoid potential abuse of machinery, the MA's will conduct a form of review of everybody's machinery certification. There's no need to fear it, it is only a review to make sure you still remember what you are already know, and if you are not yet certified on a machine now is the best time to get certified.

Coming up this month is our Annual General Meeting on the 24th November and this is your opportunity to step up and participate in the decision making process involved in the actual running of the Shed. This is a good time to express the gratitude of all the members to the 2020-21 Committee for the work they did in this very difficult year.

Tom



WAVERLEY COMMUNITY MEN'S SHED ANNUAL GENERAL MEETING

will be held at **3:00pm** on **Wednesday, 24th November, 2021**
at the Men's Shed in the grounds of
The War Memorial Hospital, 125 Birrell Street, Waverley.

At this meeting an Executive Committee and Board Members for
2021/22 will be elected.

A Motion to amend the Constitution regarding the acceptance of
Membership Applications will be put to the meeting.



NEW ZOOM LUNCHTIME SESSION DETAILS



With the generous support of one of our sponsors, **the Church in the Marketplace**, we are pleased to continue the weekly lunchtime sessions until the end of January (at this stage) for those members who 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.

The joining details have changed to:

Time: Every Monday at 1.00pm

Click into: [https://uca-nswact.zoom.us/j/93806910719?](https://uca-nswact.zoom.us/j/93806910719?pwd=SW4wY2hXdk16dFF3bWJzM1pvTWJ4UT09)

[pwd=SW4wY2hXdk16dFF3bWJzM1pvTWJ4UT09](https://uca-nswact.zoom.us/j/93806910719?pwd=SW4wY2hXdk16dFF3bWJzM1pvTWJ4UT09)

Type the address in your browser or click in and follow the prompts and the ZOOM and join in. You will need to turn your camera and the speaker on, and if you don't know how to do it, you'll be helped. You will get a reminder on Monday mornings, so come along and join in!

We thank **Tod Thompson** who permitted his personal Zoom app previously.



A VOTE OF THANKS FOR CONTINUED SUPPORT

In November 2020 the Waverley Shed received a generous grant of funds from **The Wolper Jewish Hospital Health Foundation** to assist in the provision of health initiatives for our members for one year.

In line with the terms of the grant, some members have completed First Aid Courses and our AED defibrillator and EPIpen have been updated but unfortunately we were unable, due to the intervention of the pandemic lockdown, for all of our members who wished to receive First Aid training. We are grateful that the **period of the grant has been extended** and therefore we can offer subsidised First Aid training to all members as soon as the pandemic restrictions are lifted. We invite all members who wish to participate in such training to register their interest with our Secretary by email to secretary@waverleycommunitymensshed.org.au

HEALTH PROMOTION SEMINARS AT THE WAR MEMORIAL HOSPITAL

at 10:00am on 1st NOVEMBER 2021 - HEALTHY AGING

Health Promotion seminars are online via zoom, please join using the zoom link below

<https://us02web.zoom.us/j/85001283184?pwd=T1Y3Z2tDbHJhQ3p1a0xkZUhjOFR2QT09>

Enquiries: Catriona Beaumont 93690215 or catriona.beaumont@health.nsw.gov.au

SYDNEY ROYAL ARTS & CRAFTS SHOW

Get ready, it's nearly time to start making it

Whether your passion is taking photos, drawing, painting, designing, carving, sculpting, knitting, baking or just about any other creative art, it is nearly time to start making it.

Entries for the 2022 Sydney Royal Arts & Crafts Show will open in December 2021, and they are putting on a new class to help celebrate their bicentenary.

- In 2022 for the first and only time the 200 Year Celebration Cake Class will be held – in honour of the bygone years in Agriculture and the rich history of the Sydney Royal Easter Show.
- The Arts Preview will be held on Wednesday 6 April 2022, from 6-9pm in the Arts & Crafts Pavilion at Sydney Showground. This is an incredible opportunity to be amongst the first to view and purchase award-winning artwork from the Sydney Royal Arts & Crafts Competition.

Check the website to be kept up to date with all the Arts & Crafts and Easter Show news. And don't forget to start planning your entry and get ready for making it. Online entries close February 2022. More details:

[https://cl.s6.exct.net/?](https://cl.s6.exct.net/?qs=a4e6835deaf522c31ae5180358606a3269e7237bff9623acf12a2c2974568e845fe01c278cdc773bf8f5979952add7c0e6974fa69a365a39)

[qs=a4e6835deaf522c31ae5180358606a3269e7237bff9623acf12a2c2974568e845fe01c278cdc773bf8f5979952add7c0e6974fa69a365a39](https://cl.s6.exct.net/?qs=a4e6835deaf522c31ae5180358606a3269e7237bff9623acf12a2c2974568e845fe01c278cdc773bf8f5979952add7c0e6974fa69a365a39)



Got some NEWS to share with other members? If you have any articles, project notes and other items to share with fellow Sheddors, just drop us a line!

So, what are you doing? 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.



HE'S BACK!

Members will recall that **Kenny Lazarus** went to live in South Africa in late 2019. Well, **HE'S BACK!!** Kenny dropped us a note to let us know he is well and to tell us about 2 projects that he did back in SA before he sold his machinery.



"All the joints were cut on the table saw except for a little bit of hand work cutting the dovetails. I needed to build a table for the apartment in Sydney as my 3 metre table in SA would not work here.

The pair of cutting boards were made from a thick piece of wood that I cut down the centre to make the book match effect with the grain, which to me is the whole effect."



A COMMUNITY LOCKDOWN PROJECT

Tod Thompson took on cleaning up a piece of bushland near his home in North Bondi over the Covid Lockdown.

It is not wood work, but is a creditable community project and deserves mention.

Before and after pictures show one small section of it.





MY LOCKDOWN PROJECTS

By Ian Dawes

I didn't sit still during "lockdown" and I am sending through some pictures and a brief description of the many home productions that I created. The top photo of various toys: a dragon that is for the latest grandson's first birthday – a toy familiar to many in the shed from previous versions. The racing car was fun to make with its variegated air intakes and hopefully will be enjoyed by a child at the Prince of Wales Hospital.



I made three versions of the move the pyramid puzzle – one for the neighbours daughters, one for a granddaughter and I'll save one to keep Mo busy when the lockdown ends.

The London bus has been a long slow project really suited to the lockdown. Measurements were taken from photos of buses on the web. Rather than have a bland bare inside I decided to put in rows of seats – this took some patience. The photo above shows it in a stage of construction with the lower deck and half of the stairwell exposed.

I can't keep away from the lathe forever, so here is a photo of three bowls that have been turned recently. The bowl on the left. Is from Queensland fishtail oak (related to banksia), the middle one is from a blank that was bought from the Sydney wood show when it was held at the Moore Park Showground. I've had it so long I can't remember what the wood is – which is a real shame since it was wonderful to turn and on light sanding the bowl has a glass like finish with no need at all for wax or other finish, probably due to resins in the wood.



I would love to get more of it. The right hand bowl is from an English oak that was cut down on a friend's property at Mt Irvine in 2019. The bottom was turned and the wood weighed until it was losing little weight (after several months) – it initially weighed 1.3kg, but lost just over 100g in water during the drying.



ENGINEERING A SPECIALIST TOOL

by Richard Cortis

Recently, I needed to pass a cable through the fire wall of my car. Following earlier cable installations for other uses, the idea was to pass the cable through the rubber grommet which was part of the car. Pushing a wire through one of these rubber grommets is like trying to thread spaghetti, difficult. So I made a tool to allow it to be pulled through. The main materials were a piece of wire coat hanger and some of the copper outer braid from a piece of RG213 (heavy) co-axial cable and some thread or thin string (see photo). Bend back 15mm at one end of the coat hanger wire and slide the copper braid so it goes about 30mm past the bent end and then use the string to tightly bind the braid to the wire stem just beyond the bent bit.



Just for neatness, I put a bit of heat shrink over the bent end and the string binding, I suppose you could use a little bit of electrical tape. Sharpen the other end of the coat hanger wire or use another sharp tool to make a small hole in the flat bit of the rubber grommet. Now, slide your cable all the way into the open end of the copper braid and draw the braid down onto the cable. The next step is to tightly bind the braid onto the cable so it does not fall out during the cable drawing process. Insert the end of the coat hanger wire into the hole in the grommet and push it through.

Using strong fingers or pliers, grab the end of the coat hanger wire and pull it through, past the braid until the necessary cable has appeared and then pull the length of cable you expect to need (perhaps plus a bit, just in case). Undo the string binding and remove the cable from the braid. Perhaps keep this tool for use on a future project?



MOTORCYCLE COUNCIL OF NSW

Waverley Shed co-founder and Past President **Clif Munro** is a motorcycle rider. He is also a Committee member of the Motorcycle Council of NSW Inc. (MCC), an internationally recognised umbrella group for motorcycle clubs, associations and ride groups in the state of NSW

Since its establishment in 1981, the MCC has worked as an advocacy group for motorcyclists by championing issues on their behalf with the NSW government and semi-governmental entities. Quarterly meetings are held the State Regulatory Insurance Authority (SIRA) for motorcycle CTP; Transport for NSW (TfNSW) for safety of motorcyclists interacting with infrastructure plus licensing and registration compliance; Centre for Road Safety (CfRS) , as well as receiving invitations to make submissions or appearances before Parliamentary Select Committees.

Other initiatives have covered rider training; introducing a 5 star rating for protective clothing (MOTORCAP); lane filtering; recreational trail riding; legal advice by professionals; appropriate road tolling (ongoing); and display stands at motorcycling events.

Each October, MCC conducts 'Motorcycle Awareness Month' (MAM) with events and promotions directed at motorists to 'Look out for motorcycles'. These include banners, roadside 'variable message signs' (VMS) with safety messages, metro and regional spot radio messages, and a week-long 'Joe Rider' campaign encouraging drivers to report sightings of riders wearing 'Joe Rider' vests to win prizes. <https://mccofnsw.org.au/motorcycle-awareness-month-2021>



In 2021, MAM has been conducted digitally via FaceBook and radio. In place of the on-road Joe Rider event, a rider livestreams a motorcycle commute each Tuesday and Friday. There is a replay link for anyone who missed out. See Joe Rider commute www.facebook.com/mccofnsw/videos/283257573438900/ . If you know a rider, suggest to them that they join MCC as an associate member, and visit mccofnsw.org.au

Please remember- when driving, 'look out for motorbikes'



IT'S YOUR MOVE!

by **Richard Cortis**

Fellow Shedder, **Tod Thompson**, asked me to assist in making some timber checkers for his backgammon board. It appears that the box and board survived but the original checkers wandered away and found a life elsewhere. So, some new checkers were required.



The first attempt had Tod having a piece of nice hardwood cut down to eight millimetres thick in the timber yard thicknesser. We then took a hole saw and removed the centring drill bit and made full set of timber checkers. Drilling without the centre drill required the work to be held rigidly to eliminate any wobble. The system worked well, however, the initial measurements of the box and the calculation of the required diameter were somewhat in error and the checkers would not sit

neatly across the board because they were just a bit too big.

I offered to trim them down on the linisher but Tod arrived with a 24 millimetre diameter dowel rod, so we set up my drop saw and cut six checkers, each eight millimetres thick. This time, they fitted neatly across the board. Then we set about cutting the remainder. We only needed thirty but we cut thirty nine in case of mistakes. The rough edges of the checkers were finished on the linisher and Tod left with a smile.

I understand that Tod plans to stain and oil the checkers for a natural finish and he will then take some photos for Scuttlebutt to describe the finishing process.





MAKING A CYPRESS VASE

By Peter Charlton

On 11/08/2021 a cypress pine outside 18 Leinster St Paddington was cut down as part of an up grade of the garden. The tree had very deep flutes on the perimeter and a dark red colour in the centre with a pale outer. There were some inclusions where the tree had grown around its own bark. Several lengths were retained.

On 22-8-2021 two short lengths were rough turned and stored till their weight stabilised. I checked their weight daily.

On 3-09-2021 a larger piece was rough turned between centres. Photo 1 shows the bark and the flutes, it was an ugly shape in the beginning.



Once the outside was complete (photo 2) I cut a tenon on the bottom then ran a 45mm Forster bit down the centre to a depth of 215mm.

The piece was then moved into the house to dry and was weighed daily. The weight at the start was 1180g and on 19-09-2021 it weighed 885g.

During the drying process some cracks appeared in the heavier section and some of the bark inclusions started to shrink. There was not much distortion as the axis of

the vase was the centre line of the tree.

On 19-09-2021 I finished turned it taking off about 5mm diameter at the large section and cut the neck till the wall thickness was ~10mm. This process involved holding the tenon at the bottom of the vase in a four jaw chuck and the making of a jam chuck to fit the 45mm neck. Photo 3 shows the jam chuck used to steady the rough turned vase as it is finished turned (one of the cracks is visible). Once the exterior was complete the jam chuck was removed and the throat widened. This widening exposed significant voids in the neck area.

On 21-09-2021 I mixed some epoxy resin (left over from a kayak repair) and painted it into the cracks while the resin was runny, then I painted the whole outside. As the resin started to 'gel' I painted it into the deep cracks and voids to fill them completely.

On 22-09-2021 I sanded the resin to 320 grit and finished it with a wax polish. Removing the tenon on the base that I had used to hold the vase while turning and



sanding necessitated reversing the piece in the lathe, holding it by the neck in an expanding 4-jaw chuck, see photo 4.

Lesson: the kayak resin is not completely clear but it is easy to sand. This needed to be done by hand with the lathe not turning because the resin became hot very quickly.

The finished vase (photo 5) and again beside an earlier small vase (photo 6). The red colour has faded over the two weeks since the small vase was finished and waxed.



PETER'S STREET LIBRARY

Peter Black is making a street library, he started it on return from the lockdown and the project is progressing quickly



Have You Checked Your Electricity Bill Lately?

contributed by Peter Black

Are you on a SINGLE USE (No. 1) Rate? Or are you on a TIME OF USE (No.2) Rate?

If you have a solar system, you are on no 2. If you don't, you are still probably on a Time of Use rate as Ausgrid are changing all meters to Smart Meters.

If you have a Solar Hot water service you will enjoy CL1 rates.

So, having established what type of service applies to your home, consider the following:- (If you don't know, ask your provider). Red Energy, an Australian owned company offers the following rates for "Time of use". NOTE. ALL PRICES ARE INCLUSIVE OF GST.

Peak.	\$0.41250	/kwh
Shoulder.	\$0.25839	/kwh
Off Peak.	\$0.15290	/kwh
CL1	\$0.14520	/kwh
Service to Property	\$1.0153	/day

In addition, they offer what I have found to be the **highest Solar rebate** in NSW.:
(0.18 cents per kwh for first 5kwh/day and 0.06 cents balance.)

As an example of the above, I have listed below my last quarter bill to demonstrate the savings available.

Also note, I exported 480kwh over the 88 days.

Peak	66kwh	@\$0.4125	\$ 27.22
Shoulder	141kwh	@\$0.25839	\$ 36.43
Off Peak	73kwh	@0.1529	\$ 11.16
CL1	76kwh	@\$0.1452	\$ 10.03
Service to property	88days	@\$1.0153	\$ 89.35
Total			\$174.19

Less Solar rebate 5.4kwh/day

Therefore 5kwh @ \$0.18 x 88 days

0.4kwh @ \$0.06 x 88 days

Total

\$ 79.20

\$ 2.11

\$ 81.31

Balance \$ 92.88

To Conclude: If you have Solar, I think this is the best deal you will find. (if you know a better one, let me know). If you don't have solar, I still think these are excellent rates.

Remember, the prices quoted are inclusive of GST, most rates you see are exclusive of GST.

Disclosure: Peter acknowledges that, if anybody changes to Red Energy through his introduction, that he will receive a \$50 credit on his account, as will the person who changes to Red Energy receive a \$50 credit off their first bill. Should they then convert other people, they will receive a \$50 credit for all persons they convert/recommend.

RED CEDAR CARS GO FASTER



Ian Dawes' current project is making F1 race cars (from a previous era) to be donated to the Children's Hospital, this after he made a number of tug-along trains. The pictures speak for themselves.





LIFE SUPPORT FOR MEN IN AUSTRALIA

By Ian Westmoreland, Founder of Mentoring Men

Australia need life support urgently

Every day an average of 9 people in Australia are lost to suicide, and over 75% of these are male. These are our sons, brothers, fathers, friends, and colleagues. Each death leaves a painful legacy for those left in the wake of loss. Each death also takes with it the potential each man had to achieve purpose and happiness.

The ripple effect is profound and permanent. Something needs to be done urgently.

The number of male suicides in Australia increased by 54% from 2006 to 2019, and there has also been an increase in isolation, loneliness, anxiety, and depression over the same period.

This has been compounded by the physical distancing constraints resulting from COVID-19 to create a "perfect storm" impacting every Australian, especially men. Our Men need long-term, meaningful connections now more than ever.

The primary Australian focus is to provide resources to support men in crisis or considering self-harm but this reactive approach to support is insufficient and needs to change.

Strengthening and growing these early intervention programs will reduce the emotional and economic burden that occurs at the crisis end, thus reducing the burden on both the Australian economy and the emergency health system, which is already at breaking point due to the current climate.

Some Statistics

- There are around 10 million men in Australia 18 and over.
- Male suicide accounted for approximately 80,000 years of potential life lost in 2018, with an estimated economic cost of more than \$1 billion.
- In 2018 around 1,150 men in Australia suicided without having contact with mental health services.

Why Has This Happened?

I believe there are several reasons why this situation has deteriorated to reach this point:

1. The decline in physical exercise - there is a proven relationship between physical exercise and good mental health.
2. The massive increase in cyberbullying can cause isolation for people who already struggle with social interaction. Over the years, screen time has increased for everyone now that papers can be read online, commentary on ongoing world topics is more accessible, and people can hide behind usernames to abuse, humiliate, and generate hate. There is a place for technology in supporting an inclusive community, but it also generates many unsolicited and often cruel interactions that men and women can be victims to which further decreases opportunities for people to open up safely.
3. The breakdown in the family unit has been exacerbated by the move away from the community "village". The current financial pressures caused by increasing housing costs and the perceived expectancy to work longer hours have decreased opportunities for family connectivity, and more people are forced to look outside their homes for support.

cont. p. 9

cont. from p.

As a volunteer mentor working with high school boys over the past few years, in virtually every instance, the boys had no positive male role model.

4. Poor diet and eating habits – the trend to overeat especially foods that are high in processed fats, sugars, and salt.

So How Do We Fix This?

If society changed to create these issues, we could surely change society again to improve the situation.

The first step is to reframe our current thinking by moving away from just focusing on how to respond to the ever-increasing number of men in crisis by identifying and adopting early intervention and prevention approaches – fix the hole in the fence at the top of the cliff rather than sending ambulances to pick up people at the bottom.

Organisations that provide crisis support perform a critical role – we just need to significantly reduce the number of people needing these services, and we can do this.

Governments have played a vital role in helping facilitate changes in our society, but the change itself must come from us. Some very successful change campaigns in my lifetime include:

- Slip-Slop-Slap
- Life be in it
- Don't Litter Australia
- Anti-smoking
- Road safety

So, what are the specific 'life support fixes' for men? I believe campaigns, programs, and education should be developed with the following objectives to help positively change men and our society:

- Encourage men to embrace vulnerability and to reach out for help when needed without shame. Like Sigmund Freud once said; "Out of your vulnerabilities will come your strength." Video's from @wearemen help shine a light: We are men
- Make life mentoring programs nationally available where men can readily engage in a trusting and confidential mentoring relationship, especially when challenges first appear.
- Encourage men to volunteer. Studies show volunteering increases your sense of purpose and self-esteem, strengthens your social network, and overall creates happier lives.

If this feels like something you'd like to discuss, why not talk to Peter Ulmer?



BRAINFREEZE
How many triangles
can you find?

DID YOU KNOW? MORE TRIVIA!

Nail polish locktite

Painting Screw With Nail Polish Helps Prevent Them From Being Loose. What a narrow nail polish coat can do is unbelievable! By trying to paint a screw with a nail polish that works like glue, it is much more likely to remain in place. Not only can it be used to make women's nails beautiful, but it can also be useful in a different way!



Use A Potato To Unscrew Your Broken Lightbulbs

Have you had broken the socket of a light bulb? So then, you know how annoying the removal might be. But, without having to cut your fingers, you can use a potato as well. Chop the potato in half, press the soft side into the damaged bulb and turn everything in the reverse direction until the potato is embedded in the shattered glass. Don't forget to switch off the power and put on protective gloves!

Tape To Make the Perfect Caulk Edge

If you struggle to make a perfectly straight edge with caulk, painter's tape can lend you a hand. The point is to tear the tape off before the caulk becomes dry. If you do that after it is dry, you may end up pulling off a bit of the dried caulk, ruining the straight line



Aluminium Foil Funnel

If you have aluminium foil, you can spare the cost of a funnel! Form foil into a cone shape. And you don't need to clean it after using it

A Rubber Band to Hold the Door For You

If you need to go out and come back a few moments later, a rubber band will save you from unlocking your door. Loop it over both sides of your door's knob, and a sudden blast of wind won't lock it. Great to save being locked out if at home alone.



Whenever my wife uses the phrase "I was thinking."

That means I either have to move, build, paint, or buy something.



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.

ONE-POT CHICKPEA SHAKSHUKA - serves 6

INGREDIENTS

- 1 tbsp olive or avocado oil
- 1/2 cup diced white onion or shallot
- 1/2 medium red bell pepper (chopped)
- 3 cloves garlic, minced (about 1½ tbsp)
- 1 800gm can crushed tomatoes
- 1-3 tbsp tomato paste
- Sea salt to taste
- 2 tsp smoked or sweet paprika
- 1 tsp ground cumin
- 1½ 425gm cans cooked chickpeas (rinsed and drained)

Optional Ingredients:

- 2-3 tsp coconut sugar or maple syrup (or omit if avoiding sugar)
- 2 tsp chili powder or 1 pinch cayenne pepper
- 1/4 tsp ground cinnamon
- 1 pinch each cardamom and coriander
- 4-5 whole kalamata or green olives (pitted and halved)



METHOD

1. Heat a large rimmed metal or cast iron skillet over medium heat. Once hot, add olive oil, onion, bell pepper and garlic. Sauté for 4-5 minutes, stirring frequently, until soft and fragrant.
2. Add tomato puree or diced tomatoes, tomato paste, coconut sugar, sea salt, paprika, cumin, chili powder (optional), cinnamon (optional), cayenne pepper (optional), cardamom, and coriander (optional). Stir to combine.
3. Bring to a simmer over medium heat and cook for 2-3 minutes, stirring frequently.
4. Add chickpeas and olives (optional). Stir to combine. Then reduce heat to medium-low and simmer for 15-20 minutes to allow the flavours to develop and marry with the beans.
5. Taste and adjust seasonings as needed, adding more cumin or paprika for smokiness, cayenne for heat, coconut sugar for sweetness, cardamom and coriander for earthiness (or slight curry flavour), chili powder for smoke/heat, or olives for saltiness and to balance the tomato flavour. Cook longer, as needed, to develop flavours.
6. Serve as is or with bread, pasta, or rice. Garnish with fresh lemon juice, additional olives, and cilantro or parsley for extra flavour (optional).
7. Store leftovers covered in the refrigerator up to 4 days or in the freezer up to 1 month. Re-heat on the stovetop until completely warmed through.

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.



WILPENA POUND

Photos by Richard Cortis

Wilpena Pound is an elevated area formed by the uplift on one side of the continental fault which runs northwards from about Adelaide, passing Port Augusta, and then up into the Northern Territory.

The fault remains quite seismically active with almost daily movements recorded on the seismograph in the shop in the relatively nearby town of Hawker. The enclosed shape of the pound arose from some peculiar twists and turns in the fault line. Wilpena Pound bears some resemblance to a volcano crater, but it is not. Surrounded by sharp jagged hills, forced up by the seismic activity, Wilpena Pound is an enclosed but elevated plateau about 40km long and about 14km wide.

The Flinders Ranges, associated with the fault line and seismic activity, are the only reasonably sized hills between the western side of the Blue Mountains and the escarpment on the eastern side of Perth. The remainder of the ground is flat and somewhat featureless, and this is what makes the Flinders Ranges area interesting.



One feature is a formation to the north called "The Great Wall of China", again this feature is the result of uplift along one side of the fault line.

Located in South Australia's Flinders Ranges which is famous for some of the best scenic drives, with millions of years of geological history, rolling mountain ranges and spectacular gorges. What's more, you do not need a 4WD to explore the region as it has an extensive sealed road network, and most of the unsealed roads are not 4WD tracks, they are just unsealed roads.

Set in the Pound, the Wilpena Pound Resort (built in 1947) comprises a 60-room hotel, a "glamping" campsite with 15 tents and a large campground with powered and non-powered sites and new state-of-the-art guest facilities.

The most popular time for visitors is from April until October. Spring is a great time to visit the Flinders Ranges, with generally warm and clear days – great for bushwalking. Plus, it's often a great time to see wildflowers, though the abundance and timing of wildflowers depends entirely on recent rainfall.

Richard and Dagmar Cortis went to Wilpena Pound in April 2021 in their "new" campervan and sent back the usual tourist photos, but the beauty of this place is seen from even these telephone camera pics.

For his birthday, Richard did get to take a scenic flight over Wilpena Pound. He thought it was strange, but he was the only passenger to be weighed pre-flight, however, he did get the co-pilot seat. A man of few words, Richard was heard to say "Great views of a fabulous landscape".

