



SOUTHERN TRAILS

November 2017



Next ST4WD Club Meeting

Will be held on

Tuesday 12th December

at 7.30pm

*Canberra Deakin Football
Club*

3 Grose St, Deakin ACT

Guest Speaker

Colin Prest
CIT

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President's Post – Jim Anderson

2018 Spectacular

Only two and a half months until this very popular 4WD and outdoor recreation show is held at Queanbeyan showgrounds on the weekend of the 3rd and 4th of February 2018. The Spectacular committee is putting in a huge effort to ensure another successful show and have advised that there is significant interest from exhibitors.

Volunteers from the three host clubs undertake a variety of activities before and during the show to ensure it is a success and of course return the grounds to pre-show condition after the event. Proceeds are donated to various charities and distributed to the host clubs, so this is a very worthwhile activity to be involved in. Its also a great opportunity to see what is at the show, promote the club to prospective members and of course socialise with members of our club and the other clubs. Dinner for volunteers is provided on the Saturday night.

Helen Montesin, will be at the November general meeting with printed rosters for volunteers to nominate times for various activities. Marj Jones, spectacular committee chairperson, will also be at the meeting to provide an update and will have advertising material for members to distribute to local businesses, work places etc. Spare wheel covers for members to promote the show on their vehicles will also be available.

Volunteering with NSW NPWS

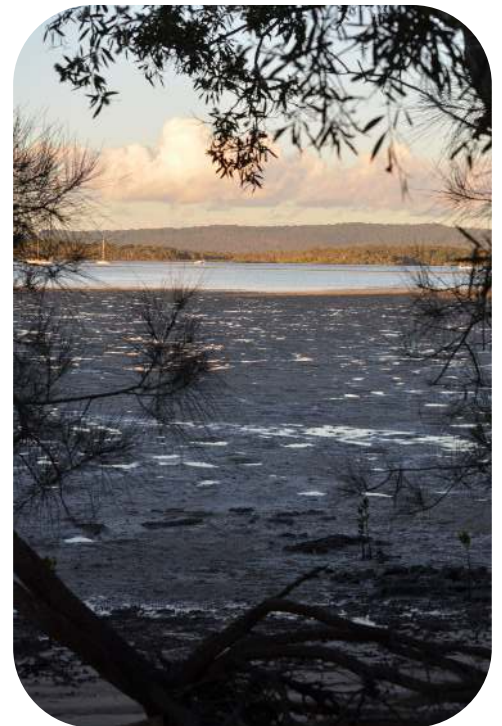
A number of club members have completed applications to volunteer for projects with local NSW National Parks and Wildlife Services under the MOU between NPWS and the NSW and ACT 4WD Association. Glen Watts, public relations coordinator, and Michael Patrick, events and trips coordinator, have been working with local NPWS and it is expected that a project will be commencing later this year. Glen met with Queanbeyan NPWS on Thursday 9th of November and was given an outline of the proposed project in the Brindabella areas – details will be available soon. Glen will provide an update at the November meeting.

The club Christmas party is on Saturday 25th November – details are available in the newsletter and on the website.

Hope to see you at the December general meeting or a track somewhere.

Jim

REMINDER
2018 Membership Fees are
due in December



Tin Can Bay, Qld



Volunteers Wanted

Brindabella N/P Volunteer Wildlings Removal
Saturday 2nd December This is the first of hopefully many outings assisting as Southern Tablelands 4WD club volunteers working with National Parks NSW.

The outing will be: Assisting National Parks with the removal of Pine Wildlings along the fire trails in the Brindabella's.

Time: 9.00am meeting time

Information: A brief at Uriarra Homestead We will split into two groups driving the tracks and removing Pine wildlings, working our way to McIntyre's hut where we will finish the day with dinner.

We will be accompanied by Sarah the current ranger for the NSW section of the Brindabella NP.

Equipment required: gloves, hat, water, long pants, pruning saw and sunscreen, morning tea, lunch and Dinner.

Important: All members assisting with the Wildling removal must have completed a NP Volunteer form for insurance purposes. This is a grade three trip so drivers must have completed Basic Training.

If you are interested please nominate on our web site and you will have to have to be registered with National Park's as a volunteer.

For more details please contact Glenn Watts 0439 371 731

CLUB BANK DETAILS

PLEASE NOTE: The Club has recently changed its Bank provider to "Bank Australia" and has new account details. The new details are:

Bank: Bank Australia

Account Name: ST4WDC

BSB Number: 313 140

Account Number: 1213 0617

Members should use these account details in all transactions with the club, including for membership fees and clothing purchases when using direct deposit.

Members who use Internet Banking and Mobile Banking please update your "PAYEE Listing" for ST4WDC with the new details.

Membership Moments – Dim Veteri

Hi Everyone, below is information on current membership and membership matters. Thanks Dim

New members

Apologies but a gremlin in last months newsletter meant I didn't get to welcome new members for the month of September. They were:

- **Ben & Kellie Kokaev** – Driving a Toyota Hilux
- **Peter & Elysha Dunlop** – Driving a Toyota Prado
- **Stuart & Sarah Wallace** - Driving a Toyota Landcruiser

If August was Mitsubishi Membership Month, I guess September was Toyota month.

Welcome to the Club, I hope you have an enjoyable time getting out and about.

There have been three new memberships for the month of October.

The new memberships were:

- **Tim & Emma Kreukniet** – Driving a Mitsubishi Triton
- **Darren & Trisha Miller** - Driving a Mitsubishi Pajero
- **Clint Lundquist** - Driving a Mitsubishi Challenger

Its another Mitsi Month. Welcome to the Club.

Please say hello to our new members and visitors if you are at the Club meeting - if you see a new face, make them welcome and say G'day.

Membership Numbers

As at 30 October we have the following membership:

Ordinary Members	-	247
Life Members	-	9
Sub -Total	-	256
Family Members	-	184
Total	-	440

Please feel free to contact me regarding any membership matters you may have either by email, phone or grab me at the meeting.

Training Course Certificates

I still have quite a few certificates for members who have previously completed a training course. Contact me at membership@st4wdc.com.au

Membership Renewal

It's coming up to that time of the year, time to think about renewing your membership. For members who joined in 2016 or before the membership renewal fee is \$100. For members who joined in 2017 you may be eligible for a pro-rate membership fee for 2018. If you are not sure please email me and I can confirm your fees for 2018. Also please check the Club account detail when you make you electronic transfer this year - the new details are on page 3.

If you would like a replacement ST4WD Sticker or a 2017 to place on your current sticker please see Dim at the meeting.



2017

Vehicle of the Month

We have recently seen a number of members 'upgrading' their trusty older 4WDs to one of the newer 4x4 utes. With a range of electronic assistance systems and diff locks fitted as standard they have shown how capable they are on a number of recent club trips.

*While one would think this would enough to satisfy our most demanding members some think these “standard utes” lack that special something – you know that something that makes it stand out – that yells – **THIS IS MY TRUCK BUSTER!!***



Is it time for these members to trade up to something more like this?

I WOULD DRIVE ONE (though not own it)

Talooge Park – Scott Cumming

TALOOGE GATE SECURITY CODES:

In March 2017 the gate security codes were changed. A reminder that before travelling to Talooge you should always contact one of the relevant officers for the updated gate codes.

Scott Cumming property@st4wdc.com.au 0490 000913 or Satellite text only +61 405 894 135

Jim Anderson president@st4wdc.com.au 0408 283496

Peter Butterfield education@st4wdc.com.au 0417 480856

Talooge Security: If you are visiting Talooge and notice any suspicious behaviour or a vehicle you don't recognise, it's your property and you have the right to politely ask who they are and what they are doing. Report any suspicious behaviour to either myself or Jim Anderson. Surveillance cameras installed on the property to assist in identifying any unauthorised traffic. The combination lock on the gate from the main paddock to the Horse paddock has been replaced but it is slightly different to the old one and you need to push the button on the bottom once putting in the code for it to open.



TALOOGE PARK "IT'S YOUR PROPERTY"

We do have some fun at the musters so if you haven't been out there for a while or are a new member and are happy to help support our club or even if you are amongst a number of regular helpers I encourage you all to join us at Talooge Park for a little bit of work and a lot of fun. The weather is perfect at this time of the year and the camaraderie is always good and a free sausage sizzle on Saturday courtesy of the club is always welcome.

NEXT TALOOGIE PARK MUSTER – December 16/17th

SEE YOU AT TALOOGIE PARK.

Scott Cumming - Property Coordinator property@st4wdc.com.au

To Always Look Over Our Great
Environment





Wanna
Hole

Munna Swimming





**There is only 4 months to go before the best 4WD Show is on..
OUR SHOW!**

Our sites are filling up quickly, but to ensure a great Show we need your assistance as members of our Club.

There are times during the day for a range of duties, Gate, Parking, Club Tent, Catering, ones which will suit everyone. Our Club, being the largest, should be able to spread the load.

Next week, at the Club meeting, and on the web, you will be able to place your name against time slots each day.

We also require people for the Saturday before and then during the week preceding to do a range of jobs to get the Show 'on the road'.

Again, if you are available, put your name on that list. If you are not at the meeting or having trouble with the web site, you can contact either

Marj Jones (marjjones@rocketmail.com) or

Helen Montesin (montesinTPG com.au) to put your name on the rosters.

2018 4WD EASTER JAMBOREE



Black Diamond Recreational 4WD Club in conjunction with NSW & ACT Four Wheel Drive Association would like to invite all affiliated club members to attend our Jamboree being held at Easter 2018.

All affiliated clubs are welcome. Come along and join in the Jamboree fun! Enjoy the adventurous 4WD trips and outdoor activities to be experienced by you and your family.

Located on 160 acres of private land adjoining Buckenbowra State Forest and Monga National Park. 45 minutes west of Batemans Bay.

MORE...
information

jamboree2018@gmail.com

Lee: 0409 668 175



NIGHT DRAGS

TEAM BOG HOLE

MONSTER HILL CLIMB

GUIDED DRIVES

FUN-KHANA

FUN FOR KIDS

EASTER EGG HUNT

BMX TRACK

R/C TRACK

**Buckenbowra - Batemans Bay
29th March – 2nd April 2018**



Here are examples of the ST4WD Club new polo shirts designs. Please see Debbie at the meeting if you would like to order one.



Club Clothing – Debbie Davidson



<i>Polo Shirts</i>	\$38.00
<i>Chambery Shirts</i>	\$45.00
<i>Jackets</i>	\$110.00
<i>Hoodies</i>	\$45.00
<i>Rugby Tops</i>	\$50.00
<i>Caps</i>	\$15.00
<i>Bucket Hats</i>	\$15.00
<i>Beanies</i>	\$20.00
<i>Name Badges</i>	\$10.00

Meet a ST4WD Club Committee member

Name:	Andrew Squire
Position held on the committee:	Information Coordinator
Occupation:	ITC
Why I joined the ST4WD Club:	The property, the training, the trips, the opportunity to get out and about with like-minded people
The year I joined ST4WD Club was:	2014
Why I took on a committee position:	To try and put something back into a club that gave me so many opportunities in the first 18 months of my membership.
What I drive around town:	Nissans, Fords, Hondas, Toyotas, Mountain Bike, Razor scooter, shanks -pony – anything that gets me where I need to go .
What I drive when 4WDing:	Navara D40 (ok, so it's a Navara... be nice to me)
Favourite place I've visited:	No one spot, too many to list..... If I had to pick one; Canberra Uni (it's where I met Bron)
Favourite saying or quote:	Probably shouldn't say in these times of political correctness.
My dream vehicle:	DeLorean time machine – preferably after the hover conversion (who wouldn't want to go anywhere, anytime?)
On my Bucket List:	The Big Lap
The driving accomplishment I am most proud of:	Generally keeping the vehicle on all 4 wheels, and not having to replace the sump since basic training.
What I am passionate about:	I have been told I am too easy going to get too passionate about anything, so I guess I am passionate about being easy going....



ST4WD Club



Basic Training Talooge Park – October 2017



TRIP REPORTS

Bendethra Trip 12/13 Aug 2017

Group 2

Glen Watts - 100 Series (Trip leader)

Elton Willis - 79 Series

Juli & Thomas Poole - Patrol

Andy Wall - Challenger

Sen and Waruni Wijeratne - 100 series

John Pearsall - Patrol (Charlie)



It was with pleasure that when Michael P asked me to assist taking a group from his over prescribed Bendethra trip, I had the opportunity to take a different track in/out of Bendethra that I hadn't done before.

With only five vehicles the reecie via the Mongamula / Minuma Range Fire trail loop was an easy option as a small group moves quicker and always easier getting five over an obstacle then ten.

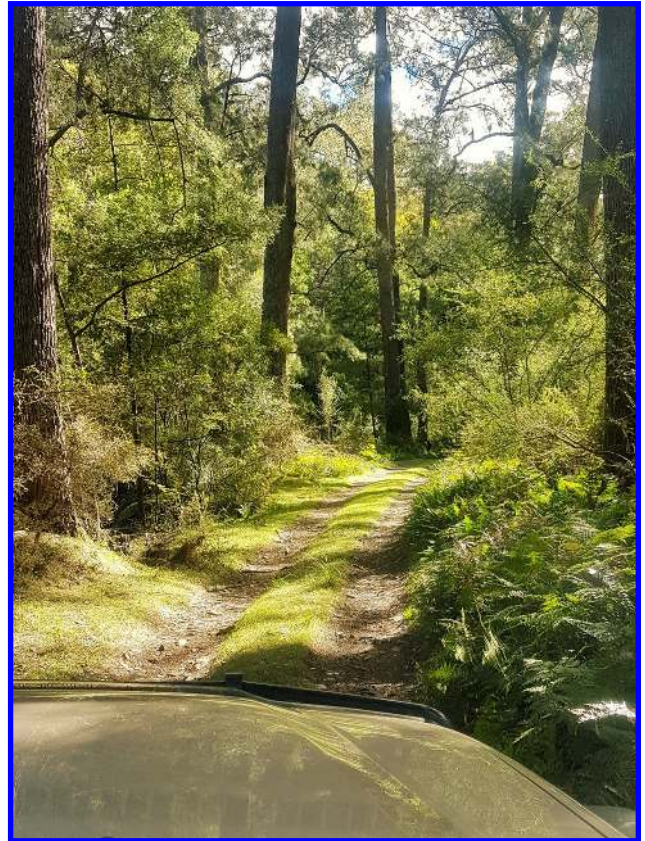
The trip was uneventful running in through Dampier, ending up in the valley in time for lunch and to explore the migrating caves. With the caves found and photographed for evidence it was easy to settle into happy hour with Scott's group that arrived mid afternoon.

Sunday had us leave at a respectable hour to tackle the Mongamula/Minuma loop taking us back into the valley from Merricumbene FT with lunch at the river near the Alpine Homestead.

It was an easy and uneventful drive back out of the valley via Minuma with spectacular views back out across the valleys this completing a full loop when we hit Dampier FT.

A great weekend overall with the weather, views, new tracks, and in the company of fellow ST4WDC members.

Glen



I'd been looking forward to heading to Bendethra for a while. I brought along my 2 sons - Bailey (17) and Banjo (5), and Bailey's mate from school - Will.

It was all our first time to Bendethra and we all loved it. The country and the views are spectacular, and the water in the river crystal clear.

The driving was great with some nice steep hills and quite a few river/creek crossings.

It was definitely an adventure looking for the caves. After walking for over 4km we traversed up the steep hill near the cave about an extra 20 minutes before we realised we had gone too far and headed down again to search some more.

We all learnt that day that pink ribbon tied to a tree actually means something....

Once we got to the cave we climbed down a ladder and shimmied down a few rocks and had a

good look around. The caves were great well worth the effort of walking there. They are also home to some endangered bats which the young one thought was particularly cool.

I was pretty impressed with my 5 year old Banjo walking the whole 8.5km round trip including scampering over creeks, scaling steep mountain sides, down the daunting cave ladder and back without so much as a whimper. I thinking that in being with the boys he felt he had to prove his manhood. One bonus was that he slept well that night!

A big shout out to Glen for making the trip happen, and the rest of the crew for being great travel companions! Look forward to the next trip!

Elton, Bailey, Banjo, and Will.

Bendethera never fails to be a great destination for our trips, and this trip was no exception. The wattle was out lighting up the campground, there was lots of sun, and no sign of the white stuff Michael Patrick was sure should be there. Some actually found the caves.

Still, Glen's convoy had plenty of surprises. Saturday was planned as a long day's reconnoiter on tracks the club hadn't used for years. Instead, Glen got us down to the campground in time for a leisurely lunch and cave exploration. Sunday became the longer day's drive, as we did the trip

in reverse. Fortunately, someone had dropped a hint to National Parks and they had thoughtfully graded the tracks. Sunday's drive was a delight from start to finish, a technical course studded with water crossings, tight turns among trees and fallen timber (practice at Talooge was handy for this), steep hill climbs that required care at the endless roll overs, great views and an historic farmhouse.

Some gems:

- Radio silence broken by someone in the other convoy complaining they had 'hit their bottom...'
- Scott's obvious horror when informed by radio that the A team hadn't picked up any wood: 'we haven't got much, you'd better get out of the park and get some' (as it was, Scott's view of 'not much' provided a roaring fire that also did for breakfast)
- Andy collecting kindling on the move with specially designed side steps
- Elton's bunch making the most of photo opportunities



- Drinks around the fire, including a hot cocktail, colourfully named 'Talooge Pig's Blood'
- Glen's renaissances about the delights of other trips
- Sue's breakfast pies and non-boiling kettle

* The longest shooting star trail ever witnessed by anyone

* Juli

The 12th/13th Aug trip to Bendethera was a great weekend. After arriving at Bendethera campground a bit after midday we had lunch and set off to check out the caves. At first the path was well defined and easy to follow, but close to the caves it was hard to see the way, which led to some confusion until the correct path was found. The caves proved very interesting with much to explore and many varied formations.

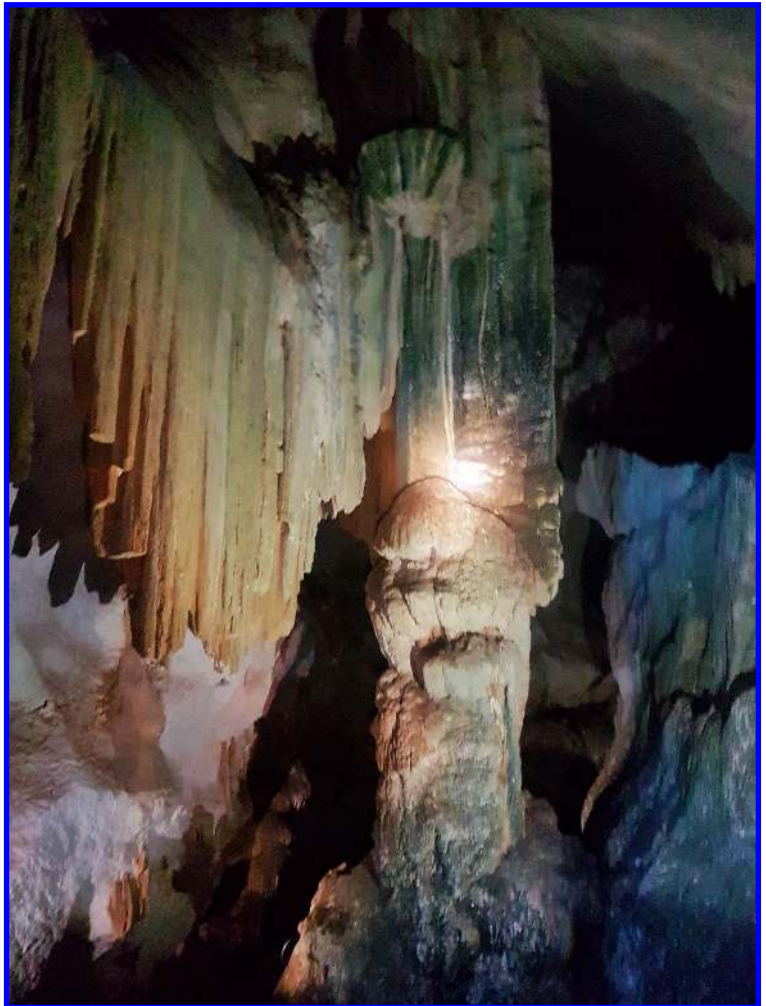
Around the fire that night was a fun social occasion and a good spot to be as the temperature dropped. Some special port was shared which went down well, but possibly contributed to symptoms similar to altitude sickness.

A high light of the trip for me was driving the Mongamula Fire trail/Minuma Range Fire trail loop. The views and changes in countryside were amazing. Andy Wall

Reaching Bendethra early was welcome (although it was a wrong turn) and also I think that's the best way to do it, Because setting up tents early gives us more time to relax. We have been to Bendethra several times but have never spotted live wombats. Finally we saw one this time, and that was big a one too. At the camping grounds we were welcomed by a group of Choughs. The birds were friendly looking but got a bit aggressive towards us when they saw food. We noticed one of the birds had some fishing line tangled around the feet. Andy tried to rescue the bird but it preferred to be tangled.

Glen mentioned that the next day is going to be long day and it was. The drive was a bit challenging than the first day and gave us a chance to refresh are driving skills. The river crossings were not deep as we thought. Some sections of the road were steep with loose rocks, but the beautiful views of the mountains stole the day.

When driving through the river beds we noticed the huge trees that had washed by and was stacked on each other like a nature build dam. One could only imagine the amount of water that flows through these river beds during heavy rains and the river crossings



(Continued on page 18)

would be impossible unless in a boat. Another route to be added to "GELNTURES" □

Sen

We all left Michelago Servo exactly as programmed, only one minor detour to check a locked gate then on to a nice morning tea stop at exactly the right time. A lot of ups and downs (mostly downs) arriving at the camp site for lunch. Consensus of opinion found us on a long walk after a short drive to Bendethra cave. Another geographical error found us a hundred metres up the wrong side of the creek hanging onto a 45 degree slope. With some great navigation by Andy we eventually found the cave entrance. (See Michael it does exist) Back to camp rather exhausted, quick feed and a small bottle of port shared around the camp fire, followed by an early night.

Up and at it in the morning, the other group were off to tackle the cave trek and we eventually headed off on our epic loop journey at 10.00am. What a massive trip on a fantastic set of tracks that were in perfect condition. We missed morning tea due to the late departure from camp but lunch was right on cue at a spectacular location in the bottom of the valley beside the Deua River. After lunch we climbed upward ever upward to a point where I thought we might have to register our presence with CASA or break out the oxygen masks. Anyway eventually back onto the main trail and heading out of the mountains again. An appropriately timed stop for afternoon tea (see Michael it can be done) and a quick catch up with the other group. Unbelievable fun trip, can't wait to do it all again, huge thanks to the other members in our group and especially Glen for his expert guidance. I managed 545 Kilometres from home to home on a neat 90 Litres of fuel.

Cheers all J.P. John Pearsall AKA "Big Red" AKA "Charlie"



Basic Training Talooge
Park – October 2017

ST4WDC at the Canberra Home & Leisure Show



The Club recently participated at the Canberra Home and Leisure Show to promote the role and activities of the Club, encourage new memberships and generally promote our recreation.

Approximately 25 members helped on the stand over the three days of the show with quite a few others offering assistance. A big thank you to those members.

The new Club tent really help us standout in the crowd so to speak and could be seen from some distance. The bright yellow may have been the main

reason for its high visibility and it professional look help as well.

Attendance by the public at the Show appeared to be a little down on past years and this affected the number of people visiting the stand. However, this was experienced by all the traders at the Show with Friday being quite slow at times and Saturday afternoon attendance dropping off markedly.

Never-the-less we had an encouraging number of people talk to our members over the three days and the first person to apply for membership after chatting

to members on the stand sent his form in on the Saturday – a great start.

Many people seemed keen on joining with quite a few forms taken and people asking to attend a club meeting to meet members and find out more about what we do. Hopefully these will also translate to new memberships. Please introduce yourself to visitors at our club meeting and tell them about our activities.

It was most rewarding to hear from quite a few members of the public was that they knew of the Club or had been on the website and were aware that we had our own property. The property did seem to be an attraction to potential members.



The Sunday seemed to attract the most number of people to our stand – though this may have been because of our street stalkers actively chasing people down.

A big thank you also to all the members who dropped in to say hello over the weekend it was great to see so many of you.

Our position across the road from the rather large ARB stand, with all their display vehicles was a bonus for us as it gave context to our stand and our recreation and brought more people to the area than we may have normally seen.

In addition, the ARB staff were a great support and Glenn the Manager allowed us to store all our stand equipment etc in their Hall for safe keeping overnight (a relief given the weather forecast over the weekend) So a big thanks to Glenn and the Team at ARB for their support.

Glenn did think he needed to improve his looks though if he was to be seen on our stand (yes, he really is polishing his shoes – and rightly so we are a high class Club after all)





Watts Happening? Fishing Report

I have been asked by a number of members to re-establish a monthly fishing report that I started a few years ago, for new members my second passion to 4WDing is fishing, owning the 4WD gets me to those off grid places that the finny creatures inhabit. Typically the report will cover the Monaro and South Coast regions as well as everything in between. Ill cover both fresh and salt water species and anything from these waters that you can eat. I will also be referencing my sons who also get out 4WDing, fishing and hunting and more than often out fish me.

To start the report our family fishing season starts from the October long weekend which is when the trout season opens. The local natives are still dormant and of course with Murry Cod its closed season, the coastal waters tend to still be on the cool side at this time of the year with many of the species in hibernation.

October/November;

The trout season has started well and truly with number two son (Sam, fly fisher extraordinaire) managing some exceptional trout from both the snowy lakes and streams of the Monaro. The lakes have been fishing well with some large browns fattening up after their spawn run. In the lakes the old fashion spoons are coming back into fashion as well as the old favourite's; hard bodied rapala's, soft plastics, and woolly buggers all taking their fair share of fish. The streams are looking great with some exception fish coming out of

very small twig waters, it's worth walking those skinny creeks that you normally drive over as 8lb/ 3.629Kg plus fish are about.

The local Canberra Yellowbelly have been a bit slow this spring due to the little rain to date, when we get those late afternoon Spring thunderstorms it seems to turn them into a bit of a frenzy (be warned long lengths of carbon fibre in a thunderstorm will raise more than a few hairs) If there is a bit of rain about any drain leading into the local lakes will have fish stirring. A bait or lure lobbed just past the murky stuff will have some interest from the local inhabitants. **Note:** You need to down size lures and baits at this time of the year as Murry Cod season is closed until the first of December, if you catch one a quick release will keep you from getting a call or visit from the local authorities.

I was lucky enough to get a couple of hours beach fishing on the weekend even though the tides were not the best we managed a total of three bream, two flathead, a tailor and a lost salmon within two and a half hours of fishing. Pickled worms from last summer were the prime bait taking all fish except for the salmon that inhaled a shop bought pilchard.

I'm always amazed fishing the beach and seeing the local wild life on the weekend we had thick schools of salmon in front of us with the odd whale showing its form and to our surprise a very inquisitive emu that strode across the beach behind us.



Until next month tight lines and dirty wheels!!

Recipe for the month - Bushman's Trout.

1. freshly caught trout seasoned and stuffed with herbs of your liking (Onion, coriander, ginger chili and lime) is my favourite
2. Take 3 large double sheets of newspaper and wrap the fish
3. Dunk the wrapped fish in the river/lake until totally saturated
4. Place the parcel of newspaper on hot coals until the outside of the newspaper is dry and starts to burn, the newspaper will be black, but don't worry – the important thing is that the fish will be cooked/steamed to perfection.
5. Remove the fish from the paper, drizzle with any juices, top with more herbs, butter and a serve of lime wedges.

Enjoy.

Social Event



END OF Year & CHrISTMAS CeLEbration

25th NOVember 2017
at TALooge PARK

**Details can be FOUND ON the
CLUB WebSite @ the EVENTS
and TriPS tab.**



Basic Training Talooge Park – October 2017

Graduates Gallery

Tim Kreukniet (left)

Darren Miller (right)



(L-R)

Michael Jackson

Rand

Steve Walsh

Juli Poole

Shawn Faraday

Wot's Cook'n

CAMPFIRE CHILLI CHEESE FRIES IN FOIL DINNER

DESCRIPTION:

Easy, delicious and done on the BBQ! These chilli cheese fries won't heat up your kitchen and can be made when you are camping!

INGREDIENTS:

- 1 small package frozen French fries
- one can of chilli of choice
- 1 cup shredded cheddar cheese

METHOD:

Spray the inside of a large doubled-up sheet of foil with cooking spray.

Place the frozen fries in the middle of the sheet; fold to enclose.

Cook the fries on your BBQ or over a campfire until they are cooked – around 15-20 minutes.

Spread the chilli and cheese over the fries.

Close the packet again and cook until the chilli is hot and the cheese has melted.

Remove, cool slightly and enjoy! We just ate it with forks right out of the package!



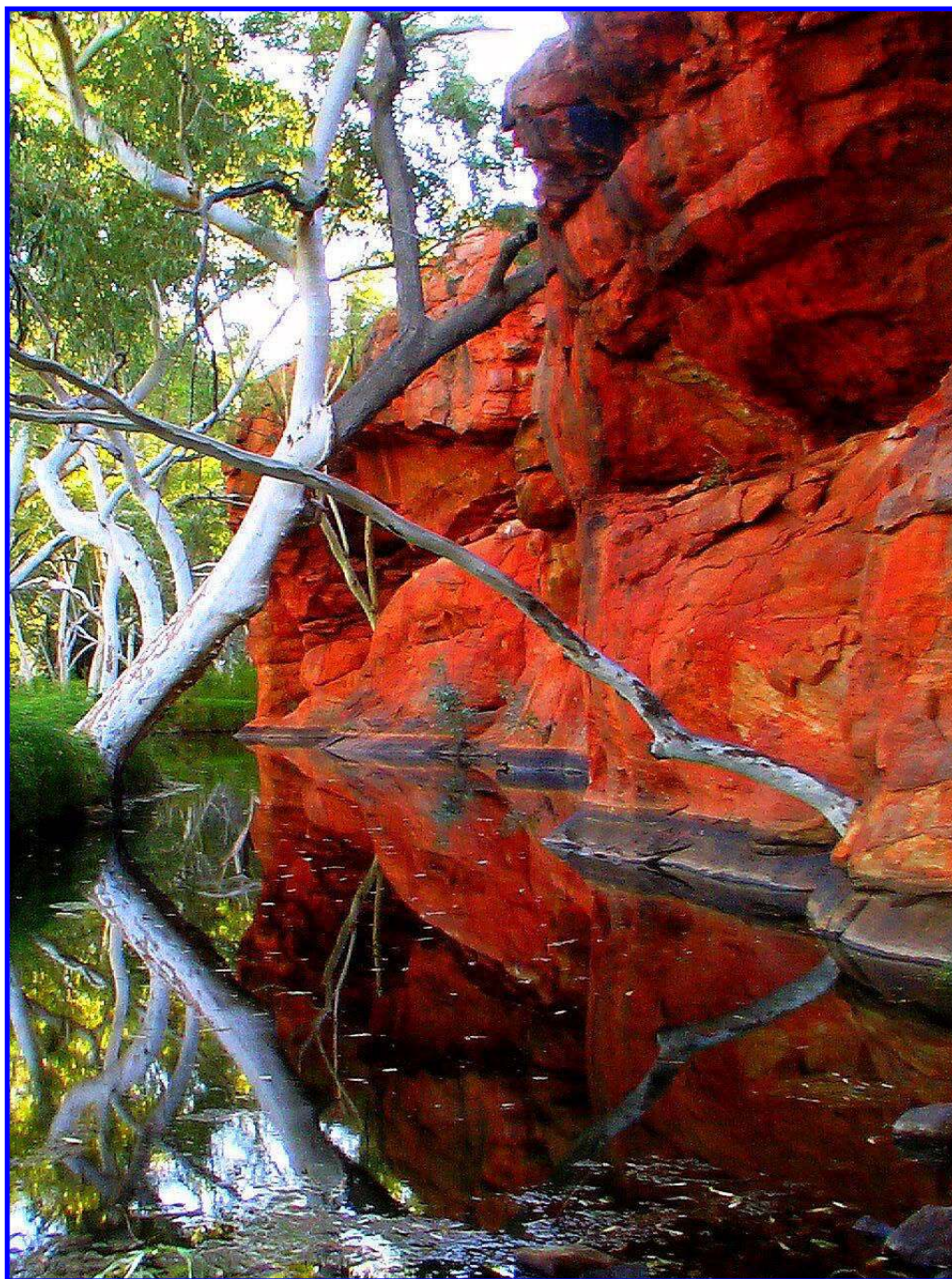
SHRIMP AND COUS- COUS FOIL PACKETS WITH AVOCADO- MANGO SALSA

INGREDIENTS:

- * Olive or vegetable oil cooking spray
- * 6 oz spinach (about 8 cups), roughly chopped
- * 1 1/3 cups couscous (not pearl couscous)
- * 1 cup low-sodium chicken broth
- * Salt and freshly ground black pepper
- * 1 1/4 lbs large shrimp, peeled and deveined
- * 2 1/2 Tbsp fresh lime juice, divided
- * 2 1/2 Tbsp olive oil, divided
- * 1/2 cup chopped cilantro, divided
- * 2 garlic cloves, minced
- * 1 tsp ground cumin
- * 1 large mango, peeled and diced
- * 1 large avocado, peeled and diced
- * 1 medium vine ripe tomato or two small Roma tomatoes, diced
- * 1/3 cup chopped red onion, rinsed under water and drained

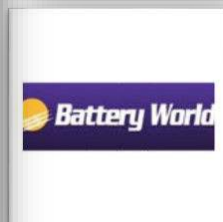
METHOD:

Preheat a gas grill over medium-high heat to about 450 degrees. Cut 8 sheets of 14 by 12-inch heavy duty aluminium foil. Layer two sheets of foil per packet, with each sheet of foil going opposite directions for each (so you should have 4 packets total). Spray centre of top 4 pieces of foil with vegetable oil spray. Layer spinach over each packet. In a bowl toss together couscous and broth and season lightly with salt, divide couscous among each packet placing it over spinach. Toss shrimp with 1 1/2 Tbsp lime juice, 1 1/2 Tbsp olive oil, 1/4 cup cilantro, garlic, cumin and season with salt and pepper to taste. Divide shrimp among packets layering over couscous. Wrap foil and crimp edges to seal then grill sealed side up until shrimp and couscous have cooked through, about 12 - 14 minutes. Meanwhile prepare salsa - in a medium mixing bowl toss together mango, avocado, tomato, red onion, remaining 1/4 cup cilantro, 1 Tbsp lime juice, 1 Tbsp olive oil and season with salt and pepper to taste. Remove packets from grill, carefully open and toss contents if desired. Serve warm with Avocado-Mango Salsa.



Durba Springs - CSR

Our Sponsors



South Canberra

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Glennis