

Summer  
2016/17

BARUNGA VILLAGE

# Lifestyle

STAFF MEMBER  
RECOGNISED AT  
NATIONAL AWARDS

TRUFFLE  
RECIPES  
for Christmas

Out & About  
Social Photos

Feature  
Story  
How Miranda  
came to  
discover Port  
Broughton

BARUNGA BOOMERS  
**RAISE \$5000**  
FOR RELAY FOR LIFE



BARUNGA  
VILLAGE INC.



Welcome to the summer 2016/17 edition of BV Lifestyle. In your copy you'll read about how one of our newest residents - Miranda van der Keyl - found her way to Barunga by the Sea. Miranda worked as an international air hostess and lived in Sydney for 20 years, so she has an interesting story to share with you. There's also an update on how the Butterfly Model is progressing and the great news from the Barunga Boomers who raised \$5000 in last year's Relay for Life. Happy reading!

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BY MERRILYN HEWETT  
DIRECTOR OF NURSING

# Welcome

I do hope you enjoy the new newsletter format and would appreciate any feedback so we can continue to improve our publication.

We are continuing our transformation for people living with dementia - I won't elaborate on this as Louise DeWolf, Coordinator of the Butterfly Model will do that later in the newsletter, but I would like to sincerely thank our amazing staff for their enthusiasm to embrace change. Their resilience and patience as we navigate this relatively uncharted territory has been heart-warming and a testament to their desire to provide more appropriate care.

Thank you also to our wonderful residents and their families for coming on this journey with us. Feedback like the following reminds us why we are doing this project and inspires us to do even better. *'I wish to say thank you for changing the care model to a Butterfly House. I have found that Mum was much more interactive the last couple of visits and certainly more settled'*.

## ALLIED HEALTH

We farewelled physio Veronica Trengrove who left to have her second child and are delighted to hear of the safe arrival of her dear little boy.

We have employed the services of 'Positive Rehab' that now provides three days of physio services to compliment the day provided by our long standing physio Theresa Venning.

We also have engaged the services of Podiatry Central who visit from Moonta.

## STRATEGIC PLAN

Our strategic plan continues to guide our activities with our three major strategic directions being:

### 1. Expansion

In January our long anticipated expansions to Barunga Homes will commence and so far we have made public stage one of this expansion.

With new regulations occurring in February for administering home care we are anticipating and preparing for a growth in this area.

We also have a very affordable subsidised transport service and subject to meeting the criteria we can transport residents to appointments and shopping both near and afar.

## 2. Workforce Development

Investing in staff development and caring for our staff is a major strategic focus. We have had a phenomenal year of staff training – much more than ever before in the many years I have been here. Very soon we are about to embark on a new wellbeing program for staff and volunteers to further demonstrate the value we place upon them.

## 3. Technology

It is important that we keep up-to-date and focus on areas that will provide business efficiencies and positive outcomes for clients. During the last few months we have installed Wi-Fi and a new pager system into Barunga Homes. Community staff now have remote access to their clients information via smart phones.

Our Annual General meeting was held in October where Brenton Rosenthal was elected to the Board of Directors. We



*Barunga Village volunteers Jane Birrell and Ann Webb are ready for the festive season.*

congratulate Brenton on his appointment and wish him every success in this role. We are very fortunate because our board members are very community minded – already I can see that Brenton has won the position as coordinator of our barbecue fundraiser at the Christmas seaside markets. Similarly Chairperson Juan Elliott recently assisted our maintenance staff to paint the walls in our Butterfly houses.

This year promises to be an exciting one, possibly even busier than last year with the commencement of the extensions. So prior to this happening it is important that we stop and take time to rest and reflect on our achievements.

# We Care

ANDREW CHARLTON  
EDUCATION AND SAFETY COORDINATOR

As we head into the warmer summer months, so much has been happening I am unsure where to start.

In local sporting news, it was great to see local junior and senior football and netball teams win premierships. Barunga Village employee Carly Barnes coached the B-Grade netball premiership and I was involved in the A-grade premiership winning team. The connections don't stop there with Chris Elliot, the son of Chairperson of the Board Juan Elliott and Barunga Village registered nurse Carol, playing a starring role in that incredible one-point win.

Finally, employees were recently involved in the 21-hour Relay for Life cancer fundraising efforts held at Kadina Football Oval.

**FIFTEEN STAFF  
ENGAGED IN THIS  
INSPIRING PROCESS  
RAISING IN EXCESS OF  
\$5000 FOR CANCER  
RESEARCH AND SUPPORT  
FOR FAMILIES.**

All this before we even speak about what is occurring directly in the workplace! Busy, busy, busy times!

Progress is being made in our innovative Australian-first trial in dementia care. At the time of writing, the trial has been in place some three weeks now. Many 'kinks' require ironing out, but I am pleased to report that many of the expected positive outcomes we were aiming to achieve with this trial are starting to bear fruit already! I am sure there is more to report on in this newsletter by our hard-working co-ordinator in Louise Dewolf, but the changes I see are remarkable – literally residents returning to life and 'coming more alive' – it is proving to be an amazing transformation indeed. Many families have commended staff on their incredible hard work they are displaying in coping with this enormous culture change. And I too would like to extend those sentiments publically through this avenue.

We continue to be challenged from a safety respect to keep all our employees safe as well as residents/clients within our facilities. One particularly challenging area of course is in the area of our community care facilities. Our community workers are exposed to a myriad of challenging environments as they enter people's personal homes. This workspace is completely unregulated and our workers need to be sure they are safe at all times. I consequently encourage at this time and in this forum for all clients and family members of our community clients to ensure the space in which they work is as safe as possible at all times. Electrical safety is the most common challenge in these environments, although recent public education programs have

seen these potential hazards reduce significantly. Next time you get a moment, just check over the environment that is a workplace for one of our workers and just ensure it is safe as it can be.

Of course, with summer comes high temperatures and increased fire hazards. Again, it is often our community workers travelling through these environments to make home-visits that are at considerable risk. That is why I have encouraged them all to load the AlertSA app to their personal mobile devices. The AlertSA app provides the holder with real time details of a myriad of dangerous situations occurring around our state including:

- Bushfires
- Car accidents
- Floods
- Power outages
- Road infrastructure issues
- Other incidents.

We strongly encourage all our workers to access this App on their phone so they can be across all incidents in our general vicinity. Free to download, it certainly is an excellent source of information designed to keep members of the South Australian public safe.

# Volunteers Report

STACEY MESCHEDE  
VOLUNTEER COORDINATOR

What a wonderful year we had with our volunteer team here at Barunga Village. We have seen lots of very positive changes with the Butterfly Model up and running, not only is the décor much brighter but also is the atmosphere.

Our volunteers have had an extremely busy year with concerts, trips out and lots of visiting, chatting and laughter. I feel very blessed to work with such a wonderful bunch of people. My job as volunteer coordinator is made even more enjoyable by being around such lovely people within our community who enjoy being volunteers at Barunga Village as much as I do.

We finished off the year with lots of Christmas festivities. We enjoyed our annual volunteers' shopping day out, heading to Gawler for some shopping and a lovely lunch, and detouring to Clare on the way home for wine tasting.

Our volunteers will have a very well deserved rest in January ready to start in the year again in February.

Thank you to all of our wonderful volunteers, you are a truly magnificent bunch, I look forward to a very busy and exciting 2017, thanks again.

If you would like to volunteer at Barunga Village please give us a call on 8635 0500.

*Keep happy, healthy and safe.*



Barunga Village volunteers Maureen Ireland, Marie Felix and Janice Haugen celebrate the year at the 2016 volunteers' Christmas party.

# Butterfly Model

LOUISE DEWOLF  
BUTTERFLY HOME CARE COORDINATOR

We have just completed month four of the pilot project and it has been a busy three months. The environment has been completely transformed to be more colourful and engaging. Maintenance staff and our Chairperson of the Board, Juan Elliot, have been very busily painting. The colours are bright and engaging so they can be seen through the eyes of people living with dementia, who see a diminished level of colour.

A great comment that was good to hear was from Carsten Meschede from maintenance. "Due to our department spending lots of time in the houses, it is nice to see the interaction between the residents and staff, both seem to be having a lot of fun and laughter. It is not only the walls that are brighter it's the atmosphere as well. Well done to all involved."

The existing 'West Wing' area is now divided into two homes, Dale House with nine residents and Eyre House with seven residents. We have house leaders and consistent house staff called 'house members'.

We have 'filled up the environment' so it is more engaging and home like. This is ongoing as each home becomes more settled. All staff areas and clinical aspects have been removed. Medications are now dispensed from locked draws in each person's room making medication time more private. Meaningful ways to occupy residents is on the increase and there is less neutral care (where people are not engaged) and more positive social interactions as evidenced through observational audits conducted by team members. The management team have conducted observational audits for extended periods of time and have seen an increase in positive social interactions and decrease in neutral care.

We have completed two of the eight 'Being a Star' workshops. Over the next few months the training continues to support staff with the skills and tools to



A group of Barunga Village staff taking part in the 'Being a Star' workshops.

meaningfully engage with our residents. We are focusing on a better positive mealtime experience. In January we welcome Daren Felgate a consultant from Dementia Care Matters in the UK who will conduct workshops, trainers and Home Action Team session, and a family evening session. Daren will also conduct observational audits and be around on the floor for a few days to assist staff who may have questions or concerns.

We have also met with family members to keep them informed of the changes and provide an opportunity to answer their questions.

**ALL STAFF HAVE NOTICED A HUGE DIFFERENCE IN OUR RESIDENTS ALREADY, AN INCREASE OF WELL-BEING AND QUALITY OF LIFE HAS BEEN EVIDENT THROUGH ENGAGING ACTIVITIES.**

One of our highlights in the last few months was after a very busy week of adjustments and multiple disruptions, house members managed to pull together and organise a great afternoon for the Melbourne Cup Day.

All staff have come up with great ideas and lots of initiative on how to improve the environment and it has been great to see so much enthusiasm.

I would like to thank everyone for such patience - implementing a new project often takes away focus on other areas of the organisation and also brings its challenges - but now we are up and running with the Butterfly Household Model of Care we can already see the huge benefits that this model brings to the Barunga Village community.



Resident Jim Llewelyn mowing the lawn, a task he would not have taken part in before the Butterfly Model was introduced. A group of Barunga Village staff taking part in the 'Being a Star' workshops.



### ENVIRONMENT CHANGES

Environment changes to support the Butterfly Model of Care have taken place. Pictured are the structural works needed to create the two new homes - Dale House and Eyre House, and the newly painted bright walls and beautiful window mural (concept designed by Visualcom) to depict butterflies, which allows light to fill the room but divides the two homes.



### BUTTERFLY HOMES PAINTING

Our expert maintenance team and Chairperson of the Board, Juan Elliot, have completed painting vibrant colours on the walls.



### MELBOURNE CUP DAY

Merrilyn Hewett (Director of Nursing), Anne Flint (House Member), Dale House resident Keith Hyland, Deb Pluckrose (House Member), Joanne Balestrin (House Leader), Louise DeWolf (Butterfly Project Coordinator) and Andrew Charlton (Education, Safety and Quality Coordinator) ready to watch the Melbourne Cup.



### EYRE HOUSE KITCHEN

Mack's Cabinets installed a great kitchenette in Eyre House for house members to access foods and drinks.

# News

## BARUNGA BOOMERS RAISE \$5000 FOR CANCER COUNCIL

In a wonderful finish to several months of fundraising the Barunga Boomers – Ageing with Attitude took to the Kadina Football Oval to be part of this year’s Upper Yorke Peninsula Relay for Life.

With help from Barunga staff, volunteers and residents, and the wider Port Broughton community, the Barunga Boomers raised \$5000 for the Cancer Council.

Relay for Life sees teams raise funds on behalf of the Cancer Council. To celebrate their fundraising achievements, the teams then participate in the Relay, which this year was held on Saturday and Sunday, October 29 – 30.

The overnight event started at 2pm on Saturday, concluding at 9am Sunday.

Team captain of Barunga Boomers – Ageing with Attitude, Carol Elliott, said Relay was a wonderful weekend where the 14 Barunga Village staff members, who formed the team, had a chance to socialise, meet other ‘relayers’ and most importantly celebrate the lives of cancer survivors and remember those who have lost their battle to cancer.

Throughout the 19 hours of Relay, Carol said spirits were kept high with everyone chatting to one another and live music playing until about midnight.

*“Even though we were exhausted by the end of the event, we all had a wonderful feeling of achievement,” she said.*

Fundraising activities included a Tupperware party, a barbecue and live music Sunday lunch, and afternoon tea. Private donations were also made to the team.



Carol Elliott and Stacey Meschede were part of the Barunga Boomers team.



Carol Elliott, Stacey Meschede, Carsten Meschede and Sam Meschede pictured at Relay for Life.

**“A HIGHLIGHT OF THE EVENT WAS THE CARERS AND SURVIVORS WALK. THREE TEAM MEMBERS OF THE BARUNGA BOOMERS TOOK PART IN THIS – MYSELF, STACEY MESCHEDER AND CARSTEN MESCHEDER,” CAROL SAID.**

**“THERE WAS ALSO A CANDLE LIGHTING CEREMONY TO REMEMBER THOSE WHO HAVE DIED BATTLING CANCER AND THE TEAM LEADERS ALSO LIT A CANDLE WHEEL IN REMEMBRANCE.”**



Barunga Boomers take to the Kadina Football Oval.

# FARMERS WE NEED YOUR HELP



## Fundraising for specialised furniture and equipment

Barunga Village Inc. is fundraising to purchase specialised furniture and equipment in preparation for the planned extensions that are due to commence in mid-2017, and we're calling on the help of farmers, growers and grain brokers.

If your family or friends are in these industries please pass on the news that Barunga has partnered with CBH group who will donate \$0.20c per tonne. All they need to do is

mention our code PR16BVI when trading with them. It won't cost them a cent!

Alternatively, if growers consider donating any amount of their yield – no amount is too small - our **National Growers register ID is 13705747.**

This is an opportunity for farmers, growers and grain brokers to contribute towards the care for the elders in their community, who create the safe and wonderful community we all enjoy.

## BARUNGA'S DIVERSIONAL THERAPIST RECOGNISED AT NATIONAL AWARDS

The diversional therapist at Barunga Homes, Darren Robinson, has been recognised for his work at a national level.

On Friday, 7 October, Darren attended the Diversional Therapy Australia (DTA) Awards for Excellence at the Mercure Hotel in Sydney.

Darren was a finalist in the DTA Awards for Excellence for the work he has done as the Team Leader of the International Liaison Projects Team.

He also received a Personal Development Award for the work he has done on behalf of DTA such as writing many articles for the organisation's national newsletter, and facilitating the past two DTA Barunga Village Port Broughton workshops that were attended by fellow diversional therapists and activity professionals from around South Australia.

*"Receiving the awards was very special because I felt that all the work I have done as a diversional therapist and as a member of DTA, had been acknowledged and appreciated by my peers in the industry,"* Darren said.

*"It was very humbling to be at the awards with so many other fantastic diversional therapists and to come home with the awards made it even more special.*

*"The event was a wonderful opportunity to meet old and new acquaintances in the diversional therapy field from all*

*around Australia, as well as Japan and New Zealand."*

Back home at Barunga Village, in keeping with the theme of international relations, Darren's plans are well underway for the second annual Christmas Skype concert between the Barunga Village Choir, that Darren conducts, and the Selwyn Village Choir in Auckland, New Zealand, as well as the Swan Care Nursing Home Choir in Bentley, Western Australia.

Darren said the Christmas concert will be held in early December and promises to be another wonderful occasion for the residents of Barunga Homes and all involved.



Darren Robinson with his national awards

## NEW MEMBER TO BOARD OF DIRECTORS



Brenton Rosenthal

Brenton Rosenthal was appointed unopposed to the Barunga Village Board of Directors at the AGM on October 26.

Brenton, who lives in Barunga by the Sea with his wife Raelene, said he is excited to join the board and to keep well informed with the activities of Barunga Village.

*"Barunga Village is a wonderful community to be part of and I look forward to being part of the decision making processes that will only enhance our community,"* he said.

Brenton and Raelene have lived in the retirement village since 2008. He was previously the chair of Barunga by the Sea Residents' Association.

Brenton has replaced John French after he retired from the board.

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## BARUNGA VILLAGE LEADS LOCAL FOOTBALL CLUB'S PREMIERSHIP

With five minutes to go in the A Grade 2016 Grand Final for the Northern Areas Football Association the Port Broughton-Mundoora Football Club was 17 points down.

In the next 300 seconds of footy – the team, coached by Barunga Village's Education and Safety Coordinator, Andrew Charlton – kicked three goals to take home the premiership cup by one point.

Chris Elliot – son of Carol Elliot, a registered nurse at Barunga Village – kicked two of the winning goals.

Humble in his response, Andrew said there was nothing he could have done to help his team get over the line in the dying minutes.

*"I just hoped that the determination that co-coach Aaron Wanders and myself had installed in them would get us over the line,"* he said.

**"I HAD FAITH THAT THEY  
COULD ALWAYS PULL  
SOMETHING OUT, BUT THERE  
WAS NOTHING I COULD  
DO – IT WAS ALL UP TO  
THE PLAYERS."**

The team Port Broughton-Mundoora defeated was Crystal Brook, a side that had only lost one game in the last three seasons.

The successful season didn't end on grand final day. On Friday, October 28, Andrew and Aaron were announced as the SANFL – NAFC Senior Country Coaches of the Year.

Andrew, who played in the last premiership the Port Broughton-Mundoora Football Club won in 2006, said it was an honour to receive the award.



Aaron Wanders and Andrew Charlton were announced as the SANFL – NAFC Senior Country Coaches of the Year.

*"You don't coach for the awards – you coach to win and for the players,"* he said.

*"But it was nice to be recognised because at a country level you put in a lot of energy and hours at the club and that does mean being away from your family."*

Andrew said that his coaching skills come to use while working at Barunga Village.

*"There are definitely skills that go hand-in-hand with coaching and working at Barunga, such as communication, teamwork, negotiating and aiming for a common goal."*

# Profiles

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## **CARMEN STRINGER** STAFF

### **Family Tree**

**Place of Birth** – Snowtown

**Siblings** – Two sisters and one brother

**Children** – Tahlia

### **Education**

Port Broughton

### **Activities**

**Sport** – Played netball, basketball and tennis

**Hobbies** – Playing with Tahlia

### **Occupation**

House Member in Dale and Eyre House

### **First Car**

Ford Falcon

### **Favourites**

**Food** – Spagetti

**Place** – Sydney

### **Dislikes**

Rude people

### **Dreams/Wishes**

To save enough money to travel oversea

### **If you had your life over again what would you change?**

Absolutely nothing



## **BARBARA GOULD** RESIDENT

### **Family Tree**

**Place and Date of Birth** – 21 February 1921, Briery Hill, Staffordshire

**Parents** – Charles and Lilian Thomas (deceased)

**Siblings** – Two sisters

**Spouse** – Reginald William Gould (deceased)

**Children** – Five children

### **Education**

**Primary** – Gloucestershire Anglican Girls School

### **Occupation**

House maid for wealthy family and civil servant

### **Activities**

**Social** – Reading and knitting, needlework, made all her children's clothes

### **First Car**

Vauxhall Victor

### **Favourites**

**Place** – Holy Land

**Person** – Barbara, the apple of her eye

**Food** – Savoury

**Drink** – Tea

**Movie** – Dances with Wolves

**Music** – Classical

**Colour** – Blue



## **DOT EVANS** COMMUNITY CARE CLIENT

### **Family Tree**

**Parents** – Ernest Tonzaeau LePage and Emily Madge Pedler

**Siblings** – Three boys and one sister

**Children** – Three boys and one girl

**Grandchildren** – Twelve

### **Education**

**College** – Walford, Intermediate

### **Activities**

**Sports** – Tennis and netball

**Hobbies** – Music, church, gardening, played piano and organ

### **Occupation**

Worked in music shop, general store

### **First car**

Wolseley

### **Favourites**

**Food** – Fish

**Place** – Koolunga River

**Most admired person** – Her brothers

### **Dislikes**

Bad behaviour and rudeness

### **Dreams/Wishes**

Wished I were a nurse or music teacher

### **What difference has a Community Home Care package made to your life?**

**Seeing others** – being social

**Getting my weight off** – attending to chores

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# How Miranda came to discover Port Broughton

When Miranda van der Keyl set out in her motor home to travel around Australia in April 2016 she had no intention of finding a town to call home so quickly.

“The idea all along was that while travelling as a nomad I would find a coastal village to base myself in - where I could become part of the community - I just didn’t think it would happen so quickly,” Miranda said.

“After visiting the Fleurieu and the Eyre Peninsula I then journeyed to Port Broughton.

“When you drive down the hill into Port Broughton and you see the water,

surrounded by so much greenery following the heavy rains, it’s like an oasis.

“I had a look around the town and when I saw there was a retirement village with units available I jumped at the chance to buy one.”

Miranda said the community of Barunga by the Sea and Port Broughton is so welcoming.

“I feel like I am part of a family here, which is such a wonderful feeling,” she said.

“I like the unspoilt beaches in Port Broughton; you can go down to the

beach anytime and feel like you’re the only person in the world.

“It’s magical in the morning and the ocean looks different every time.”

Travelling has always been in Miranda’s blood. She was born in The Hague, in the Netherlands and moved to Adelaide at age seven.

“When I was 20 I moved to Sydney to begin a career as an international air hostess for five years flying with TAA, which became Australian Airlines and then Qantas,” she said.



Miranda with her two beloved dogs Fergus a Shetland Sheep Dog and Milo an Italian Greyhound

“My favourite places I visited were Egypt and classical Greece, because I am very interested in classical history.

“But the job doesn’t make for an easy lifestyle - the shifts change every month and it’s very difficult to maintain regular activities, sports or relationships because you never really know where you are going to be one month to the next.

“While I was a flight attendant I studied Human Resources, so when I gave up flying I worked in Sydney as a human resource manager, and at the same time I studied accounting, so before my retirement I was working in accounting.

“I loved living and working in Sydney because of the mix of cultures and how everyone welcomes one another.

“Many of my friends were South American, Mexican, Canadian and Irish.”

After 20 years of living in Sydney, Miranda returned to Adelaide to look after her mother.

From February 2017 Miranda will start to travel in her motor home again, with her two beloved dogs Fergus a Shetland Sheep Dog and Milo an Italian Greyhound.

“I’m really interested in early Australian history and I enjoy going to the museums, monuments and grave sites to learn about the early Australians.

“I’ll go to Tasmania in February and March, and then I’m going to go up the eastern coast to Queensland and then back to Port Broughton.

**“ALTHOUGH I LOVE TRAVELLING, I’M REALLY HAPPY THAT I HAVE A WONDERFUL BASE TO COME HOME TO.”**

# Malcolm's Stories from the Bush

## The Story of the Diesel Engine MALCOLM BUTLER

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**The year 1997, to some of us at least, will be one of great significance. It was in 1897, exactly 100 years ago, that the world's first practical diesel engine was demonstrated.**

However, its history goes back even further than 1897. As far back as 1673 a Dutchman, Christian Huygens who was a mathematician among other things theorised that if you compressed air in a cylinder that you could possibly generate enough heat to ignite a combustible substance. In 1794 an English inventor named Street, was playing around with the theory of the internal combustion engine, but after several mishaps he abandoned his theory and took up a far more hazardous pastime; he got married.

Nothing much happened until 1824, when a young French engineer named Sadi Carnot took on board some of Street's theories. Although Carnot didn't build a prototype, his ideas were to be taken on board at a later date by others, some with differing degrees of success. Carnot stated that by compressing air at a ratio of 15 to one enough heat would be generated to ignite dry wood. He also stated that because of the high pressures required, cylinder walls would need to be heavy and they would also need to be cooled with water. (We must realise that we were in the era of the steam engine where a pressure of even 150 psi was classed as tremendous).

Then in 1876 Nicolaus Otto constructed the first four-cycle internal combustion engine that ran on a mixture of gasoline and air with a flame ignition. He was to take on a partner, Gottlieb Daimler and when the pair had a falling out which saw the parting of their ways, Daimler went on to become the father of the first practical internal combustion engine.



In 1892 another young German engineer, Dr Rudolf Diesel, patented a compression ignition engine called a "Rational Heat Motor". Based on earlier calculations, Diesel stated that his engine would have a thermal efficiency of 73%. His earlier idea of using a compression pressure of 200 atmospheres (2,900 psi) had to be scrapped because of the huge stresses involved. Several dangerous explosions failed to deter him. Unlike Street, Diesel was already married, so a few eruptions around the place were nothing new. He then tried using a blower method to increase the air pressure and when this failed, ended up using a volumetric ratio of 18.4 to 1 with pressures of between 450 and 500 psi.

Next came a search for fuel. The original idea was to use coal dust under pressure, however Diesel experimented with lamp oil (kerosene) and this proved to be the superior fuel to this point of time. He was to later discover that the cheaper and less refined distillates were to be the optimum fuel for his invention. We know them as diesel fuel.

Then in 1897 he could show to the world the first practical working model of the invention that was to bear his name, the Diesel Engine. The new diesel engine had several advantages over the gasoline engine perfected several years earlier by his fellow countrymen Gottlieb Daimler and Karl Benz.

1. The fuel used was less volatile at normal temperatures and was therefore much safer than gasoline. (It wasn't to be known as petrol until well into the 20th Century).
2. The system wasn't affected by moisture as was the spark ignition engine.
3. Because of the vastly cheaper fuel, it was a lot more economical to run.
4. It produced more engine torque at a lower engine RPM than the gasoline motor and consequently the engine would last longer because of less component wear.

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However, it also had a down side, some of which are still prevalent today.

1. Because of the high pressures involved, the engine was made far heavier to combat these pressures and was therefore quite a deal heavier than a gasoline engine of comparable horsepower.
2. They were expensive to build.
3. They were hard to start in cold weather.
4. Because everything was so much heavier, they had a vibration problem when running. This vibration problem still exists today, only now we call it a harmonic.

Rudolf Diesel died in 1913, in fact it appears he committed suicide so he wasn't to witness the great strides that his engine was to make through the 20th century. Around the time of his death, engineers added a Rootes Type Blower which enabled the engine to take in more air, thus burn more fuel and so produce more horsepower. The down side of this was that the Rootes Blower was driven by the engine, so the net gain was somewhat diminished by the power needed to drive the blower.

As far back as 1905, a Dr AJ Buchi started toying with an invention called an Exhaust Gas Turbo Charger. This used the wasted exhaust gases to drive a turbine wheel that was in turn connected to a compressor wheel that gave the engine more air etc. The beauty of this invention was that it didn't need any of the engine's power to make it work. The down side was the enormous temperatures that were involved caused most of the earlier high speed models to disintegrate and it wasn't until after the World War Two that materials became available that could withstand this tremendous heat.

The down side of the turbo charger on a diesel was the time delay when you put your foot down to give it more fuel and the time it took for the turbo charger to catch up. This caused large amounts of black smoke, something you will be familiar with when you see a diesel truck take off from traffic lights. This was to be mostly overcome in the mid to late 1980s with the advent of computer controlled systems.

In 1919 in a small shed in Columbus Indiana a young self-taught mechanic name Clessie Cummins was dabbling with the new compression ignition "Diesel Engines". He always felt that the system as it then stood could be improved on. With the backing of a financier WG Irwin the young Clessie formed the

Cummins Engine Company. From its small beginnings, the Cummins Engine Company went on to become one of the world's largest manufacturers of automotive diesel engines. In 1952 the diesel powered "Cummins Special" took pole position in the famous Indianapolis 500 car race. Sadly, the diesel engines Achilles heel, weight and vibration, took its toll and the vehicle retired during the race with "mechanical problems".

As a result of the heat generated by the exhaust gas turbo charger, we saw in the late 1970s a system developed called after cooling or inter-cooling. Charged air from the turbocharger was passed through a radiator which was then cooled by either air or coolant. The cooling effect on the charged air made it denser, thus



**CLESSIE CUMMINS POSES WITH DRIVER "STUBBY" STUBBLEFIELD AND MECHANIC BERT LUSTIG AT THE INDIANAPOLIS SPEEDWAY IN 1934. THREE YEARS AFTER RUNNING THE CUMMINS SPECIAL AT THE TRACK, CUMMINS RETURNED WITH NOT JUST ONE, BUT TWO COMPETING ENGINES, IN THE NUMBER 5 AND NUMBER 6 CARS. CUMMINS WAS INTERESTED IN TESTING THE EFFECTIVENESS OF 2-CYCLE VERSUS 4-CYCLE DESIGNS FOR DURABILITY AND EFFICIENCY.**

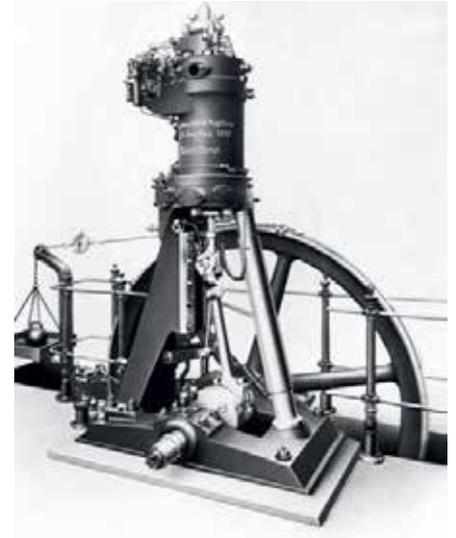
allowing the engine to burn more fuel, which resulted in more power.

Prior to 1927, because of the engine's bulk and the complex injection equipment, most diesel engines were only used in stationary engines, heavy earthmoving equipment, ships or trains. Then in 1927 another brilliant engineer, Robert Bosch, patented a small light injection unit, which meant that the bulk of the diesel engine could be greatly reduced. The automotive industry was delighted; an automotive diesel engine had arrived. It was also around this time that two American versions of the diesel engine had evolved. One was the Cummins PT fuel system, which powered their famous family of two strokes GM's or Jimmies. These principals are still with us in some of the locomotives that are used by Australian National as well as truck and bus engines.

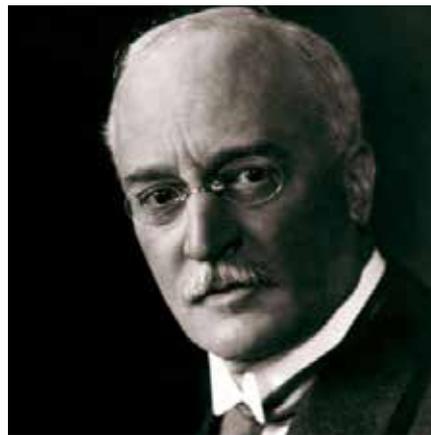
Then in 1950, Vernon Roosa invented a rotary diesel injection pump, which was even lighter and less intrusive, than Robert Bosch's in line element pump. Today many of the small diesel cars and light commercials use a variant of Roosa's invention.

In the 1990s we had electronic fuel injection. Instead of element pumps and mechanical governors, we now have unit injectors and a computer to control not only injection timing and valve timing, but also tell the engine how much fuel it needs for any given atmospheric or load condition. We are now in the world of Isochronous governing, a computer controlled unit that will let you take off at idling speed without stalling the engine, irrespective of what load you are pulling. We also have "Common Rail Diesel Injection" systems. This is where the injection pressure has increased from 2000-3000 psi to around above 40,000 psi. This has increased the power of diesel engines quite remarkably and with the new alloys involved, has resulted in the manufacture of small high-speed very efficient automotive diesel engines with

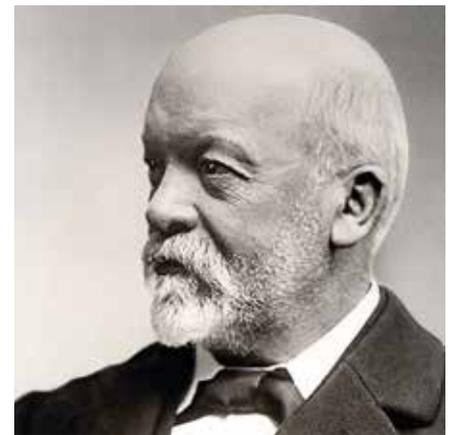
high torque and good acceleration. The advent of common rail, after cooling and electronic control systems has diminished the exhaust smoke problem quite considerably. We will one day soon see a completely smokeless diesel engine, one that is a far cry from Rudolf Diesel's original invention, but still using the same basic principles of compression ignition that this brilliant engineer perfected over 100 years ago and we now have diesel engines running quite successfully on used fish and chip cooking oil. While electric vehicles are now coming into daily use, places like Australia where there will be many miles between charging stations, the diesel engine will be here well into the future and probably beyond.



Original 1897 Diesel engine



Dr Rudolf Diesel



Gottlieb Daimler



Karl Benz



Nicolaus Otto

# Socials



**THE MOONTA PROBUS CLUB VISITED BARUNGA VILLAGE AND ENJOYED A LOVELY AFTERNOON TEA AT GLORIA'S CAFÉ.**



**A SERVICE TO COMMEMORATE REMEMBRANCE DAY WAS HELD AT BARUNGA HOMES.**

1. Alexander Carter was part of the Remembrance Day service at Barunga Homes.w
2. Kevin Kerley pays tribute on Remembrance Day.
3. A place of quiet reflection.



**A GROUP OF RESIDENTS FROM BARUNGA HOMES WENT TO PENNY SMITH'S LOVELY GARDEN FOR A SPECIAL MORNING TEA. PENNY IS HAVING AN OPEN GARDEN ON SEPTEMBER THE 4TH AND SHE INVITED THE RESIDENTS TO HER GARDEN FOR A LOOK AROUND. A VERY PLEASANT MORNING WAS HAD BY ALL AND A SPECIAL THANK YOU MUST GO TO PENNY FOR HER WONDERFUL HOSPITALITY.**

# Recipes

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## White choc, lemon, lime and coconut truffles

**Preparation time - 40 minutes (plus refrigeration time)**  
**Cooking time - 5 minutes**  
**Makes 30**

### INGREDIENTS

- ½ cup (125ml) coconut cream
- 2 teaspoons finely grated lime rind
- 2 teaspoons finely grated lemon rind
- 360g white eating chocolate, chopped coarsely
- 1¼ cups (85g) shredded coconut

### METHOD

1. Combine coconut cream, rinds and chocolate in a small saucepan; stir over low heat until smooth. Transfer mixture to small bowl, cover; refrigerate for 3 hours or overnight.
2. Working with a quarter of the chocolate mixture at a time (keeping remainder under refrigeration) roll rounded teaspoons into balls; place on tray. Refrigerate truffles until firm.
3. Working quickly, roll truffles in coconut, return to tray; refrigerate until firm.



## Craisin, port and dark chocolate truffles

**Preparation time - 40 minutes (plus refrigeration time)**  
**Cooking time - 5 minutes**  
**Makes 30**

### INGREDIENTS

- ¼ cup (60ml) thickened cream
- 200g dark eating chocolate, chopped coarsely
- 2 tablespoons port
- ½ cup (50g) craisins, chopped coarsely
- 300g dark eating chocolate, melted

### METHOD

1. Combine cream and chopped chocolate in a small saucepan; stir over low heat until smooth, stir in port and craisins. Transfer to small bowl, cover; refrigerate 3 hours or overnight.
2. Working with a quarter of the chocolate mixture at a time (keeping remainder under refrigeration), roll rounded teaspoons into balls; place on tray. Freeze truffles until firm.
3. Working quickly, dip truffles into melted chocolate then roll gently in hands to coat evenly, return to tray; refrigerate until firm.

# Sudoku Puzzle

9			2	3	7	6	8	
	2		8	4			7	3
8		7	1		5		2	9
		4	5	9	8	3		
2					1			6
5	1						4	7
4		1	3		6	2	9	5
	5		9	1		7	3	8
3		8		5				

## SOLUTION

4	6	1	2	5	7	8	6	3
8	3	7	4	1	9	2	5	7
5	6	2	9	8	3	1	4	9
4	7	8	3	2	6	9	1	5
6	5	9	1	7	4	3	8	2
2	1	3	8	6	5	4	7	9
9	2	4	5	1	6	7	3	8
3	7	5	9	4	8	6	2	1
1	8	6	7	3	2	5	4	9

