



SANAE 48 Newsletter

Editor: Alan Huang, Johann Jamneck

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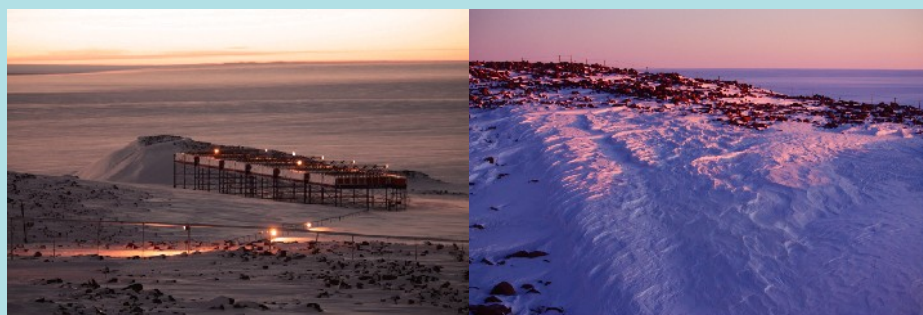
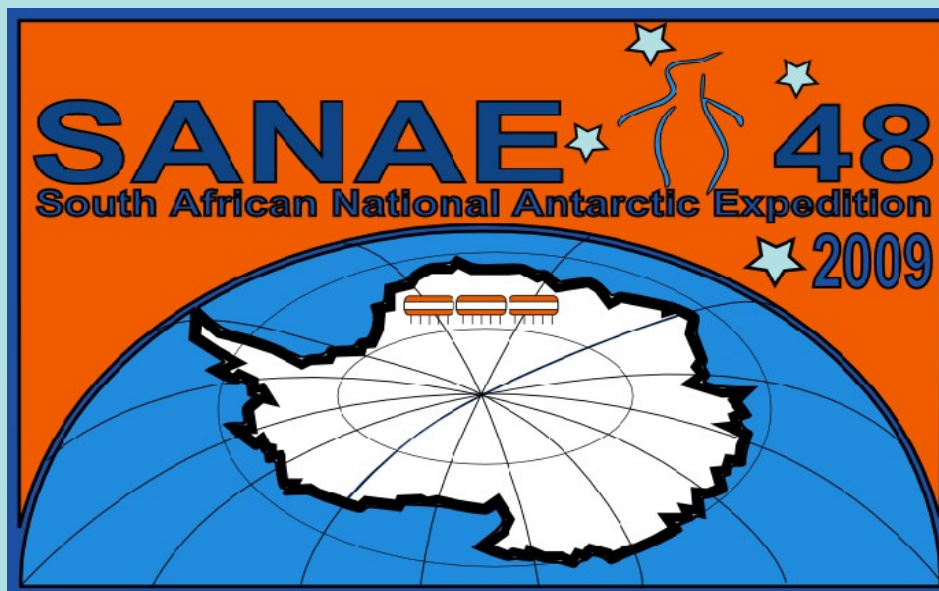
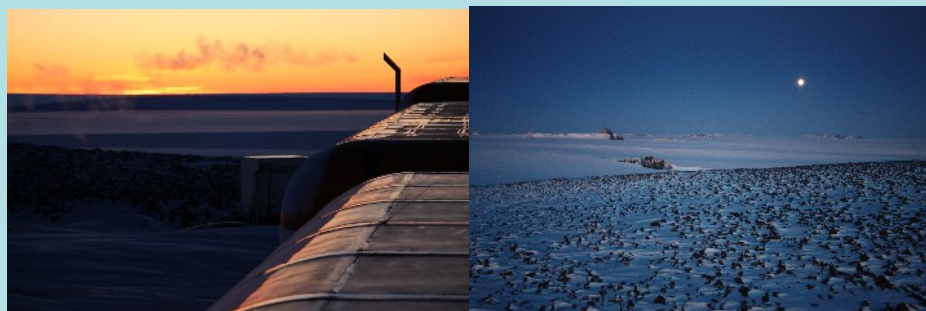
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The Month of May

by Johann Jamneck

So we have moved on and time is flying, things change in life and here light gave way to darkness, an uninterrupted darkness that will last for the next couple of months to come. The sun left us somewhere just after the 20th of the month and by doing so signalled the official end of this austral summer. We were unfortunate not to have been able to gaze on our last sunrise due to a bank of unbroken cloud obscuring the northern horizon.

This month had its share of up's and down's, the highs and the lows. It was a sort of wake-up call and you once again realized where you stay and how exposed to the elements you really are. We experienced some very cold days during this month and on some days the temperature dropped below -30°C , that is without bringing the wind chill into consideration. A bonus that came with the onset of darkness is the moon. I have never before seen the moon in such radiance and clarity as I have done here. On clear nights (and days) you can see how the moon travels in a big circle all around the base accompanied by the stars in their millions, following more or less the same path as the sun did in summer.

During the month we had 2 hectic storms accompanied by heavy continuous snowfall. When you used to storms on Marion that only lasts for a day at most, Antarctic storms are really something, a constant white hell lasting for days on end, nearly impossible to go outside. We also had a record wind speed since our stay here on the ice, a whopping 177km an hour was the latest reading before the wind sensor became faulty due to all the static on the cable and during that night the storm's strength and intensity increased. A very thoughtful reminder of why Antarctica is referred to as the windiest place on earth. Winds over 200km is not

uncommon on the continent especially in regions where katabatic flow is found.

These days people seems to be occupied with T3 syndrome a.k.a. "over-wintering syndrome" After I had a look at all the symptoms associated with the Syndrome I didn't feel so worried any more. I already had more than half of the symptoms before I came down, I saw myself in a new light, suddenly a lot of things made sense to me and I felt like a new person but more of that and T3 syndrome next time.

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Dark days Ahead

by Johann Jamneck

Darkness draws closer, the harbinger
from Hades' gates,
and winter form his ice queen threatens
to embrace...

no mercy for those still unaware,
souls caught, led away, imprisoned in a
deep dark lair.

For safe and sound I hope to stay,
till light returns to shun this terrible
blackness away.

Ancient gods, fury unleashed upon
virgin land
yet what dreadful crime was committed
to raise thy hand?

I feel my bones are cracked and my
limbs torn
again I will see the light on me, safe and
warm

Dark days still ahead, but I know I'm
already for spoken
the spirit is strong, a faith unbroken

Land waits, hope and pleads for the
mercy of the icy cold hold
The earth shakes and moves under the
her spell
Yet, forever doomed, hopeless under the
weight of eternal white hell
Prayers and silent wishes for light gay
and bold!

All things come to an end, some undone
and some unsaid

Some things are meant to have and some
never meant to gain

Stillness will once again fill our hearts
and the paths we thread

And come to us all just as it does on this
white ice plain.

As death wanders the earth and reaps his
black harvest

Tides are turning, praises to the giver of
hope slowly returning

Ravaging storms fume, battles rage in
the valley's of the dry.

with the ever present testimonial fire
burning in the sky up high.

Sometimes we can't laugh, we can't
sing in the rain

Feel the cleansing relief of washing
away all sorrow and pain.

These days the only thing we do well is
to complain

I know that one day I will not stand
accused and in shame.





Weather Statistics

by Johann Jamneck

SANAE IV

VESLESKARVET

WEATHER STATS: May 2009

	Maximum		Minimum		Average
Pressure	905.2 hPa	1 st	858.4 hPa	18 th	884.7 hPa
Temperature	-7.1°C	8 th	-31.3°C	19 th	-17.1°C
Humidity	100%	8 th	29%	21 st	77%
Wind Gust	49.3 m/s	25 th			
	177.4 km				

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Birthdays on the Ice

by Erick Minnie

In the month of May we had another two very special birthdays. We had our very “fabuloustic” birthday of one year on the 2nd, and Mariné had her 25th birthday on the 9th! Yes Ladies and Gentlemen, co-workers and fellow scientists and engineers, we celebrated 12 months of glorious love while being more than 4000 kilometres apart!

I am still speechlessly in love with this absolutely wonderful woman and I can’t wait to get back to her. We are both counting the days ‘till we can hold each other again after the Agulhas has made its return after take-over 2009-2010 and we most certainly have some BIG plans ahead.

Loving on the ice while your true love is waiting for you, is definitely not easy! Keeping busy with the normal day-2-day work, chatting with fellow team mates and the unfortunate events that require repairs are all things that keep your mind just that little bit more occupied and ensures that you do not go crazy for not being able to be with your “Meisiemens” every moment of every day! And at the end of the day, when you are alone in your bed, after all your prayers have been said, both for her, yourself, your family and friends, as well as the rest of your team, the thoughts of how much you love her and miss her and dearly want to be with her, totally takes over and fills your mind to

the extent of bursting: Either into tears, or a wide open crack in your skull. And that is also the time that the memories of you and her being together (both before and after the life of SANAE) and feeling the tender love from one to one another, bring a soothing calm to your thoughts and again puts a beautiful smile on your cheeks. And you kiss her good night, while the both of you drift to sleep in each other’s arms.

Mariné, I still love you very dearly and I wish we could be together right now and for always! Thank you for a wonderful, amazing, fabulous and truly blessed year. Your support, true and honest love, soft and soothing words and wonderfully bubbling phone calls keep me going. I love so so very much and think of you every time of day! I am coming back soon to sweep you of your feet my Angel.

Mwhaaaaaaaaaaaaaaaaaaaaaaaaaaaaa
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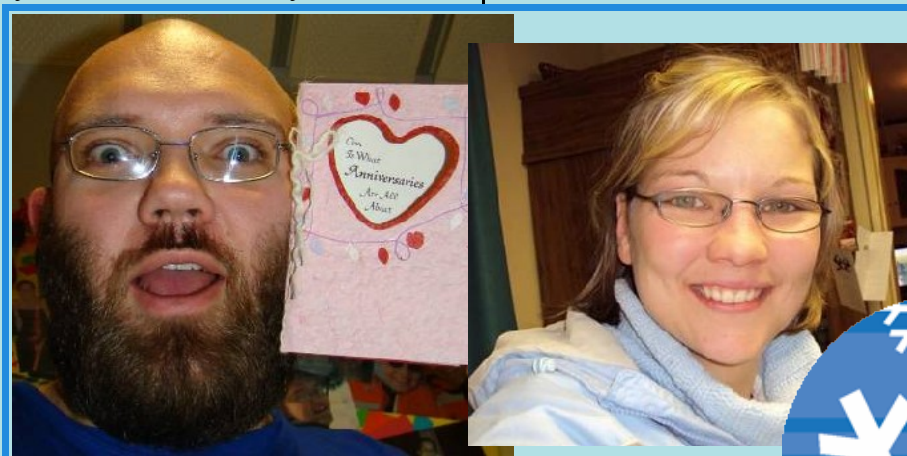
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Journey from the old E-base to SANAE IV (an extract from Alan's February diary)

by Alan Huang

21st February 2009 (Saturday)

Today has finally come, and the busy take-over period will soon be over. For the past two days, Titan's helicopters have been busy flying take-over personnel back to the SA Agulhas, which has been stationed at the RSA bukta (part of the ice-shelf) about 200km from SANAE IV. It will soon set sail back to Cape Town after receiving the last group of personnel back on-board. However, myself and five other over-wintering team members will also be on the helicopter today. We will be flown to the old E-base (emergency base) to collect our last batch of diesel supplies and tow them back with the CAT Challenger vehicles.

22nd February 2009 (Sunday)

At first we thought we would be dropped off at E-base en route to the Agulhas. But, due to other preparation works still to be done, we were flown straight to the ship instead. I have to admit, this was a pleasant surprise! Every time a group of take-over personnel was flown back to the ship, as communications officer, I had to sit in the radio office conducting flight operations, because of this I was unable to say good-bye to many of the take-over scientists and support staff I has befriended in the past two months. Being able to see them again on-board the SA Agulhas and bid them farewell was really a blessing!

After being dropped off at the old site of E-base, we watched the helicopter gradually disappearing over the far horizon. Only then did the thought that there would only be the ten of us, living isolated for the next year on this vast continent, really sink in. The next time



Photo 1: helicopter ride to SA Agulhas

that we will be meeting other human beings will be towards the end of this year.



Photo 2: Kamov leaving the over-winter team in Antarctica





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Yesterday we loaded all tankers onto the sledges and then hooked the sledges onto the Challengers. The team decided to "camp" on the ice shelf that night and only depart the next morning feeling refreshed. Because we only have a four-sleeper caboose, Lötter and myself slept in two of the Challengers. Sleeping inside one of those heavy vehicles, parked on the ice in Antarctica, was quite an experience; and surprisingly, a fairly comfortable experience too. A cosy mattress behind the driver's seat even provides enough space to lie down with legs straightened.

Unfortunately, at midnight the wind started picking up. With accompanying snow too, one can really feel that the temperature dropped within hours.

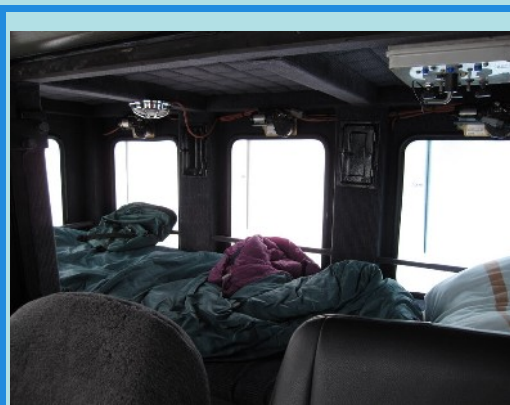


Photo 3: CAT back seat

This morning I found that the Challenger I slept in has been covered with snow and the weather is considerably worse than yesterday. There is moderate "white-out", and the wind is still howling. Visibility is reduced to less than 100 metres.

Although this is not the worst condition one can experience in Antarctica, it is certainly enough to make working in it much tougher. The poor contrast makes the white-grey sky seamlessly blend with the white landscape, making it almost impossible to identify the horizon. Furthermore, due to lack of sunlight, there are no shadows around the sastrugi (snow dunes that look like and feel like speed bumps when you

drove over it).



Photo 4: CAT covered with snow

23rd February 2009 (Monday)

While driving back to SANAE IV in the Challenger vehicles, looking out from the windscreen, it felt as if someone had covered the whole vehicle using a "super size" white bed sheet.



Photo 5: en route to SANAE IV

Fortunately, our GPS still worked fine in this weather. In the end, we were driving with our eyes only on the GPS screen, following the GPS route. So much for keeping your eyes on the road while driving!

It is of great importance to be on the look out for crevasse fields when travelling in Antarctica. A crevasse is often covered with only a thin layer of snow or ice, either of which will not hold a man or vehicle's weight when travelled thereupon.





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However, all routes we follow have been carefully made to make sure we do not travel on crevasse fields. As long as we follow the pre-programmed GPS routes and keep a safe distance from the vehicle ahead, we are relatively safe even amidst white-out conditions and poor visibility.

The return voyage took almost twenty hours in total. Challenger number four had to stop to change its diesel filter as it was suspected that there were impurities in its fuel tank. This was done so the engine could produce enough power and speed to catch up with the rest of the vehicles.



Photo 6: changing diesel filter

Just before reaching SANAE IV, there is a section of steep "up-hill drive". Since the Challengers are towing very heavy diesel tankers, two out of the three vehicles ended up stuck in the snow with their tracks slipping, unable to move further. Even though Challenger number five, which Willie and myself drove, was quite powerful; we still got ourselves stuck in the snow. In the end, we had to first lighten ourselves by unhooking two of the three sledges we were towing, leave them where they were, and tow the one sledge back to SANAE IV. We then had to come back to pick up the remaining sledges.

For this journey by land from E-base to SANAE IV, we left from SANAE IV on Monday morning on a helicopter, and only arrived back at SANAE IV this morning at about six o'clock. It was



Photo 7: coffee break inside caboose

indeed tiring! That said however, I have so many beautiful memories of the journey: the white-out blizzard; the vast endless horizon accompanied by a sunset sky spilling over with orange colour after the blizzard had cleared; the subdued light cast over the ice under a starry night sky; the constant roaring sound of Challengers travelling in the snow; boiling snow to make hot water while having a "coffee break" in the caboose. All of these are precious experiences that serve to make a man humble at the greatness of our amazing Creator, and make us realize how His awesomeness far exceeds our imagination!



Photo 8: sunset our way back home - SANAE IV





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Aurora: What it is, what causes it and why we're not seeing it?

By Rory Meyer

Well the short of it is that the southern (or northern if you're that way inclined) lights is caused by gas particles being excited to a higher energy level by colliding with charged particles from the sun. Sort of like the neon signs on the dodgy side of town. So now this opens up a lot of new questions: why do they only occur at the poles, why only sometimes and why not now?

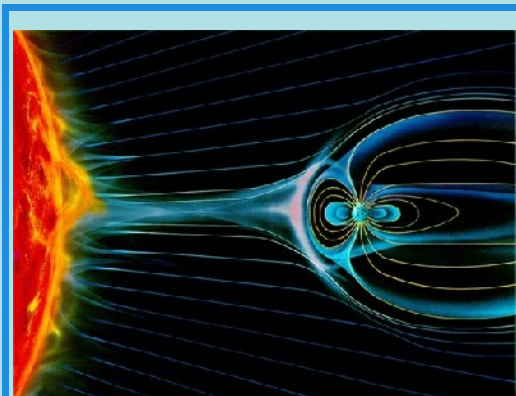


Photo 9: The solar wind meets the Earth's magnetic field

Like the origin of so many good things, aurora starts with the sun. Charged particles leave the surface of the sun going really fast. Faster than your average student who wakes up an hour late for his exam; about 350 km/s. Most of these particles are safely deflected away from the earth by the earth's magnetic field but when the sun is feeling particularly frisky it can eject much more matter at faster speeds. These energetic charged particles often get trapped in the magnetic field and then move along the magnetic field lines which terminate at the poles. So due to magnetic field lines being nearly vertical at the poles the aurora structure is often seen as being sort of like a ribbon. The colour is due to the specific gas that is energised. Green is from oxygen (by far the most excitable gas in air) and red from really excited oxygen.



Photo 10: Aurora seen from the space shuttle
photo courtesy: www.nasa.gov

Now the sun isn't always very active and is actually quite predictable in it's level of activity. The sun follows about an eleven year cycle where it changes from being a sleepy giant into a rather less sleepy spotty giant. The sun spots are far more numerous when the sun is active. At the moment that I write this article there are no sunspots on the sun but during the cycle peak there could be as many as a hundred (if you had a good telescope). It's not only sunspots that are more common, coronal mass ejections (the events that spew out those charged particles) are also more common. So, in short, we're not seeing any sunspots because the sun is being lazy and taking it easy this year.



Photo 11: Morgan o'Kennedy Sanae 47





What's Cooking at "Restaurant SANAE?": An Overview of Nutrition in Antarctica

by Dr. Joanna Thirsk

"High tech tomatoes. Mysterious milk. Supersquash. Are we supposed to eat this stuff? Or is it going to eat us?"

Annita Manning

Maintenance and care of the food supplies as well as stock-taking and ordering for the busy take-over period and following year all form part of the SANAE team doctor's job



Photo 12: Hmmm, some tasty macaroni....a macaroni penguin that is! (Please note that all Antarctic wildlife is protected and one cannot hunt and eat the local fauna)

portfolio. Many of you back at home always express much interest in how we survive so well for a full year without access to fresh food supplies. As doctor and would-be nutritionist, I will outline how the food supplies are managed, what sort of foodstuffs we are given, health problems we might face as a result of the limited variety of nutritional intake and an inside peek at what kind of dishes you will find on our daily menu as prepared by our talented chefs.

History of nutrition in Antarctica : The early Polar explorers

"The meals were the bright beacons in those cold and stormy days. The glow of warmth and comfort produced by the food and drink made optimists of us all."

Shackleton, South, 1919.

Attaining correct nutrition was one of the biggest problems facing early Polar

explorers and indeed poor nutrition was the main factor contributing to the death of Scott and his four companions in their race to the South Pole. Apart from succeeding in achieving sufficient daily calorie intake, explorers were also at risk of inevitable micro-nutrient deficiencies such as scurvy due to lack of vitamin C resulting in weak blood vessels and subsequent bleeding. They were also sometimes at risk of vitamin excess like hypervitaminosis A. An excess of vitamin A killed Douglas Mawson's companion after his expedition lost its supplies down a crevasse and the group had to eat their huskies' livers.

Food for use in "the field" must be light, but energy-dense and old explorers would not have had access to the variety of foods those in the field use today. We have gained much knowledge from early polar exploration as to what a human's requirements are for survival in extreme conditions. Most importantly humans have learnt that hunger is closely linked to hypothermia. The fact of the matter is we generate heat from food, thus extreme cold makes people feel very hungry, and add to this the hard work that is often performed in this type of environment such as manhauling sledges, and you need a lot of energy and therefore a lot of food! More food means more to carry and the need for more food to perform this task! Ideal food for "the field" is that with a high fat content and which is dehydrated/freeze dried. Obviously fresh water is abundant in Antarctica and taking fuel to melt snow and ice is more efficient than carrying "wet" food which freezes.

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Modern Antarctic nutrition

"I take a vitamin every day. It's called a steak." – Leo Benvenuti and Steve Rudnick, Kicking and Screaming, 2005 spoken by the character Buck Weston

Food, apart from the provision of energy, contributes greatly to morale in the Antarctic environment especially in the winter months where new and varied stimuli of other sorts are lacking. Nutrition is therefore of great importance both to mental and physical health.

Here are some interesting facts about calorie consumption in Antarctica. Compare this with an average normal daily calorie requirement back home of around 2500 calories for a young person of average weight and activity:

- Working mainly inside station buildings in Antarctica uses 2750 calories/11550Kj per day
- Travelling by skidoo uses 3350 calories/14070Kj per day
- Manhauling sledges uses OVER 6500 calories/27300Kj per day!

Obviously our greatest potential health problem lies in the fact that we do not have access to fresh fruit and vegetables and so rely on frozen, dried and tinned foods. The way in which modern foods are preserved and fortified generally means that we are not in danger of suffering from any micronutrient deficiencies and of course taking vitamin and mineral supplements is another way of getting around this. Studies have shown that vitamin C levels do decrease significantly in over-wintering members but still stay within the body's normal range. No soil is allowed to be imported to Antarctica as laid out in the Antarctic treaty but some research stations grow fresh vegetables using a hydroponic system. We do not have this system in operation at SANAE.

Dehydration is another problem which occurs more readily in the Antarctic environment because of the very dry air so keeping up fluid intake, alongside food intake, is also vitally important.

DID YOU KNOW?

An average person consumes 780 kilos of food and 380 litres of fluids per year!

How our food gets to SANAE IV

"Shipping is a terrible thing to do to vegetables. They probably get jet-lagged, just like people." – Elizabeth Berry

The take-over period at the beginning of each year takes place over a period of about 70 days and is the time



Photo 13: Lifting people onto the ice shelf during cargo offloading

when new supplies, as well as people, come to the base from South Africa aboard the SA Agulhas. Large quantities of food, new and repaired vehicles and machinery, fuel, a new over-wintering team and about 70 -80 scientific, logistic, maintenance and support

personnel arrive at SANAE IV. This of course represents a huge logistical difficulty. On the ship, the frozen and cold foods are kept in temperature controlled reefers for the approximately two week voyage to Antarctica from Cape Town. These heavy containers, as well as the twenty foot container containing dry food, have to get from the ship onto the ice shelf either by helicopter lifting (after repacking into smaller containers to ensure safe lifting loads of 4-5 tonnes),





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the dozing of a ramp thereby lowering the ice shelf to ship level so that the crane lift can be used or offloading near the German base, Neumayer, where the ice shelf is lower but which can be more difficult to access due to heavy bay ice early in the summer season

After being deposited on the ice shelf, the loads are then hauled on sledges behind



Photo 14: Unpacking and weighing containers on the ship

Caterpillar Challengers across the ice for a duration of anything from 15-30 hours (depending on which part of the ice shelf they are offloaded onto) to the base. Last take-over, the decision not to doze a ramp (a very dangerous exercise) was made, with the intention being to rather offload all loads exceeding air-lifting weight at the ice shelf near Neumeyer. Thus upon arrival at the ice shelf, the dry foodstuffs were unpacked into smaller containers to be airlifted off

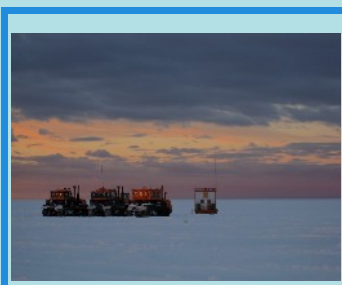


Photo 15: Challengers on the ice shelf

the ship and then repacked on the ice shelf from where they were brought to the base with the Challenger vehicles. As the ice shelf near Neumeyer was at that time inaccessible via ship due to thick ice, the heavy reefers were offloaded later in take-over after the ship had completed the scientific buoy run to South Georgia and the South Sandwich islands. Upon reaching the base, the food is unpacked into either the dry store, cold room or freezer. At the same time, expired food products are packed into empty containers to be

taken back to South Africa aboard the Agulhas. All hands, from scientists to the visiting priest, assist with the formidable task of packing away enormous amounts of boxes of edibles into their various storage places on the base. During take-over, personnel do not lack for food. There is a full-time chef who prepares three full-course meals a day as well as morning and afternoon snacks. Chef John Gusha had the formidable task of cooking for over 70 people every day during the approximate six week stay on the base this year. He is an exceptional man who never seems to tire....up at three am in the morning for breakfast, cooking non-stop until dinner, producing 5 star cuisine and making a variety of dishes for each sitting to accommodate all tastes.

I will now take you on a guided tour through our food storage facility at the base. We have, combined with our construction freezers, enough food to last us for more than 2 years very comfortably. This is ensured by the Department of Environmental Affairs and Tourism in case an emergency arises and we are unable to be fetched.

The following tour is best enjoyed over a glass of wine with some olives or whatever takes your fancy! You're welcome to look around...

NB All approximate quantities of food items stated below are as per last stock-order (done in March/April).

The dry store

"Condensed milk is wonderful. I don't see how they can get a cow to sit down on those little cans." – Fred Allen





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This is our largest food storage area. Here rows upon



Photo 16: SANAE's dry store

rows of non-refrigerated items are kept in 4 aisles. Here one will indeed find cans of condensed milk as well as over 2000 litres of long-life milk. The store also contains 8 different types of breakfast cereals, over 120kg of chutney as well as a wide variety of other sauces including Nando's peri-peri and Steer's barbecue sauces. Couple these to our nearly 25 different types of herbs and spices and all meals become instantly delicious! Almost any food that you would normally have fresh at home can be found in a box, tin or packet. We have cream, milk and egg powders; a whole variety of canned fruits from guavas and pineapples to apples and peaches and a very large amount of tinned meat - 300 tins of vienna sausages, 500 tins of meatball and spaghetti and a whopping 750 tins of corned meat! The same goes for vegetables – mushrooms, peas, potatoes, corn, beans and even whole potatoes come in cans. Sweets are not forgotten either, with a whole variety of biscuits and pudding mixtures for consumption. Rusks are found abundantly at more than half a tonne currently!

Individual team members are given ample amounts of Cadbury chocolate slabs for their own consumption and we are also supplied with boxes of Quality Street chocolates which are hidden away from take-over personnel during summer!

The cold room: fresh foods – fruit, vegetables and eggs

**"Cheese – milk's leap towards immortality."
– Clifton Fadiman**

The cold room is the fridge of the base. It is situated opposite the kitchen and is kept at between 0 and 4 degrees Celsius. During take-over, fresh



Photo 17: SANAE's cold room

supplies are received from the ship - eggs, carrots, apples, oranges, pears, grapefruit, lemons, garlic, gemsquashes and potatoes are housed here. We keep the onions in the dry air of the dining hall. We have reached the end of our shelf life this month for most of the fruit although the apples and some of the oranges are still going strong. We have made juice out of some of the oranges which is currently frozen for use in the future when we have no more fresh fruit. The carrots and potatoes are still plentiful and edible as well as the eggs which require regular turning over to stop the yolks breaking when opening them. Turning prevents the yolk coming into contact with the membrane/shell. The eggs are also kept near the back of the room where the temperature is more constant. Long-life milk is constantly taken from the dry store to the cold room as storage at this temperature will help to prolong it until next take-over. It is expected that the potatoes and onions may well last until October.





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Eggs stored at four degrees celsius can generally last up to eight months.

The freezer: A tonne of chicken...seriously!

"Red meat is not bad for you. Now blue-green meat, that's bad for you!" – Tommy Smothers

The base freezer is attached to the cold room, separated by a sliding door. It is maintained at a constant



Photo 18: SANAE's freezer

temperature of between -15 and -20 degrees Celsius. Within the freezer you will find over twenty varieties of meat: beef fillet steak, boerewors, viennas, oxtail, fish, ribs, chicken fillets, mutton and pork legs to mention but a few and nearly fifteen varieties of frozen vegetables. This is also the place where you will find frozen pies, ice cream, cheese, butter/margarine and bread. Only chicken fillets are supplied as there is a risk of spreading disease in chicken bones to nearby bird colonies. The base freezer undergoes an exchange cycle every year. During take-over as much meat is used up as possible. The remainder of the meat is deposited in the two outside construction freezers for use in case of an emergency. The construction freezers are underground containers which were used during the base's construction period and remain to store recently expired, but edible frozen meat. Once the freezer is empty at the end of take-over, new supplies are moved in. There really is nearly a tonne of chicken inside the freezer and over 1

thousand litres of ice cream!

Meal times at SANAE IV

"He who eats alone chokes alone." – Proverb

The evening dinner is the main meal of the day and is well anticipated at seven pm. We each take turns to cook dinner for the rest of the team and as there are ten of us this amounts to cooking every second week. Cooking is a social affair with everyone convening on the kitchen to help either with food preparation or merely to provide interesting conversation and add songs to the playlist on the kitchen's laptop computer.



Photo 19: Preparing pizzas in the kitchen (Jo & Keith)

On weekends, we do not have a formal meal roster in place but rather socialise by having a braai on Saturday night and rely on enthusiastic members to cook dinner for the team on Sunday night – usually Nole with a delicious mutton curry and Alan attempting a new "Asian-style" pasta or soup as an alternative. That said, Keith did surprise us recently with a Sunday night braai proving that Englishmen can indeed braai!





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Photo 20: Nole preparing dinner

Everyone makes their own breakfast and lunch, often with left-overs from the previous night's supper. However, on Monday, our base clean-up day, we have started a tradition of eating pies for lunch after we have all cleaned our assigned areas in the morning. Thus we attempt to limit our pie intake to once per week, so avoiding "returning to South Africa looking like Mama's pies" to quote the words of one of my good friends back home when she saw pictures of the freezer stocked to the roof with boxes of Mama's pies and knew all too well my affection for pastry!

A word on alcohol.....It is not DEAT's policy to supply the team with alcohol except for use on special occasions such as VIP and take-over dinners. We therefore buy all our own alcoholic beverages prior to departure at a discounted rate from ship chandlers and they are shipped down in containers in a similar way to that of the rest of the food.

Food waste and ordering of supplies

HAM AND EGGS: A day's work for a chicken; A lifetime commitment for a pig.

All of the base's waste goes into specially marked garbage bins. Thus food, cans, glass and paper/plastics are sorted for return to South Africa. The contents of the bins are deposited into sealed fuel drums in the waste room until they are returned home.

Two stock takes are made of all food supplies during the year – one after take-over and another one towards the end of the year before ordering has to take place. We also record all food taken from the stores on a check list so as to keep more accurate track of consumption between the two stock-takes. That way we can estimate what was used both in take-over (early year stock take) and what is used on a monthly basis during the year (mid-end year stock take). The repeat ordering must take into account expected usage during the upcoming take-over and what the expected stock will be just before arrival of the ship i.e. what the team will eat in the remaining months after the second stock take.

A look at our star chefs

"Cooking rule....If at first you don't succeed, order pizza." - Anonymous

Let's take a look at the line-up of chefs at Restaurant SANAE.....

Chef Green: He can make a mean curry out of any meat be it mutton, fish or chicken and his ribs rival those of Spur's any day. He is also an

expert when it comes to "skaap-" and "varkboude".





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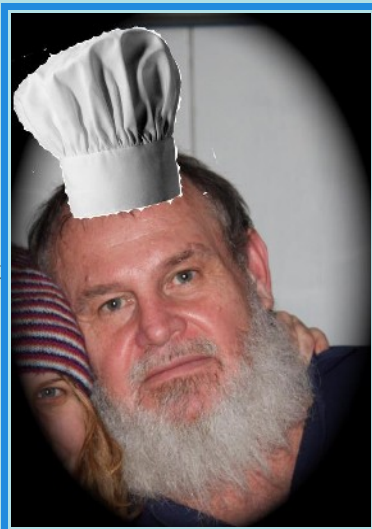
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He keeps us fed on Sunday nights when everyone else is too tired from partying over the weekend. Dankie "Kaptein"!

Chef Willie: Willie is famous for his chicken soup which first appeared soon after take-over ended when the team arrived



hungry and cold after a hard day outside clearing up the depots in preparation for winter. His other well known dish is his honey and mustard chicken which his wife cooked for him the first night he met her. He is also, like Nole, very good with "skaap-" and "varkboude."

Chef and team leader

Lötter: While more at home in the great outdoors in his ear muffs than under a chef's hat slaving behind a stove,



Lötter is a whizz in the kitchen and can prepare meat of all varieties perfectly. His steaks are always seared to perfection and his other speciality is preparing delicious oxtail. He also keeps the base constantly supplied with biltong!

Chef "Yum Yum" Jammies:

Johann has the right surname for the job and he definitely lives up to it!

Johann's Friday

night slot allows him to serve up appropriate cuisine. He makes brilliant pizzas, and lots of them, never underestimating how much SANAE 48 can eat. He also lightly fries the most delicious spicy chicken bites made with his own secret recipe of herbs and spices! And let me not forget his garlic bread rolls.



Chef Minnie: Minnie is the pioneer of "cowboy kos" – food requiring minimal preparation but delicious just the same. He can cook up a feast with most canned items in the dry store, lovingly combining them to form a hearty meal. His specialities include "melkkos" and his sweetcorn vienna surprise. On more adventurous nights, Mariné (the love of his life) treats all of us by sending her ideas from home. Dankie Mariné!





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Chef Charl: Charl needs no introduction to the kitchen. After many years doing over-landing trips through Africa, he has no trouble cooking up a storm with even limited ingredients for the most discerning customers. He is our master "braaier" and as a self-confirmed carnivore knows exactly what to do when given a piece of meat. Charl is very adventurous in the kitchen and isn't scared of a challenge.

His chicken and spinach ravioli will go down in the SANAE history books.



Young 'un, Chef Rory: He may be the youngest member of the team, but Rory seems to be no novice to the



kitchen. He makes perfect pizza and bread dough which always rises to perfection. He also knocks up tasty soups always served with his home-made warm bread on the side and is a big fan of "the pig" – pork features prominently in his tasty repertoire.

Chef Keith Raymond James Browne aka His Magnificence: Although he has

a long winded string of names, Keith is fast and efficient in the kitchen and his meals are always served on time. He keeps the team healthy with tasty, lean cuisine – usually a balanced meal of fish, potatoes and lots of vegetables. That's when I don't intervene by making dessert!



Chef Doc Jo: I am renowned for my messy ways in the kitchen and my attempts at always cooking up big



"rigmaroles" for dinner. I usually get half the team into the kitchen at 7pm to help me finish up with my all my elaborate side-dishes, main dishes, before- and after-dishes. I am also the main dessert maker and baker. My specialities include apple crumble, malva pudding, crème caramel and chocolate pudding. For the main course you'll usually find me doing something spicy with chicken.





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My favourite is butter chicken served with rotis.

I have successfully spent the year learning how to get to mens' hearts through their stomachs.

Ninja chef An-Lun Huang aka Alan:

Alan adds an international flavour to our menu. He is an avid cook and can always be found in the kitchen experimenting with new dishes or making juice out of the oranges threatening to go off. You won't be able to get a recipe out of him without him



sitting down and translating it out of his Asian recipe books though. He makes all sorts of interesting soups, Asian style pastas, sweet and sour pork and of course we all love the 20kg bag of rice he brought down. Alan is also always at the rescue over weekends to provide you with a tasty meal when there is seemingly nothing else on the menu! Thanks Alan.

Memorable special occasions at SANAE this year

"One of the very nice things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating. – Luciano Pavarotti

We often celebrate birthdays and other special occasions with an Antarctic braai and it has been said that the



Photo 21: SANAE braai outside the gym

Antarctic treaty allows only our base the privilege of making fires as braaing forms such an important part of our cultural heritage.

My birthday in April saw the food and festivities moved to Sastrugi Inn, our beloved bar area. The theme was "fondue and flags" and we gorged ourselves on deep-fried meat of all varieties dipped in our wide array of condiments.



Photo 22: Charl and me at my 27th birthday party

We are supplied each take-over with "special" food items, as well as wine, for the hosting of VIPs at the base. This year, groups of people from various Antarctic

programmes who had been at the inauguration of Neumeyer III flew to SANAE IV.



Photo 23: Cocktail snacks for VIP visit





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We were also joined by the Minister of Science and Technology and our own SANAP director Mr. Henry Valentine. Our take-over chef, John Gusha, was still present on the base at the time to ensure they ate the finest snacks. Usually the visit involves a formal sit-down meal but due to inclement weather, the visit was shortened to a cocktail party.

Johann's birthday in May saw the creation of a delicious, but lethal, alcoholic punch

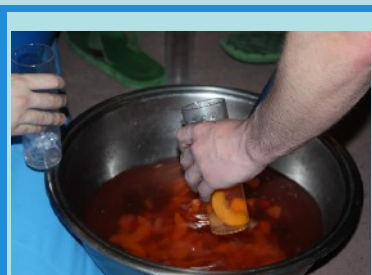


Photo 24: Johann's birthday punch

which went down a little too smoothly!



Photo 25: Take-over dinner in January

Take-over is also the time when the formal take-over dinner happens. The dinner arrangements this year were made by us, the incoming team, for the outgoing SANAE 47 team. John prepared delicious food once again – melon balls and soup as a starter, kingklip and bobotie for mains and tipsy tart and trifle for dessert. SANAE 48 arranged seating and decorations and cleaned up afterwards. A wonderful and inspiring night was enjoyed by all.

We await our traditional Midwinter dinner on the 21st June with eager anticipation! This special occasion dates back to Scott's first Antarctic expedition in 1901.

A big thank you to our food sponsors!

We are very well supplied with food items for the year, but we are also very grateful to have some great sponsors who have made our lives even more "well-nourished" so to speak. This year we received numerous sponsors from wine companies as well as a supply of coffee beans and a professional coffee-making machine, olive oil, honey and bottles of "liquid smoke" to flavour our meat. These sponsors are formally thanked at the end of this newsletter.

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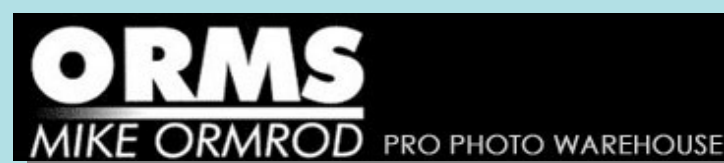
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Special thanks to our sponsors who made our life at SANAE a lot more comfortable!



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