

Newsletter #8
August 2013

SANAE 52

»» Where woman roar
and men thunder...

Adam Zieba

Rob Coetzee

Craig Harrison

Philip Mey

Wihann Groenewald

Karabo Mokwena

Grethe Rademan

Kgmotso Puleng

Pieter du Plooy

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How do you start a usual day? :

I wake up at around 05h00, decide that I have accomplished great things by being up so early, then go back to sleep until 06h00. Once awake, I grab a cup of tea and some cereal.

What are your main responsibilities on a daily basis? :

I wait for Karabo to tell me if the internet or phones stop working.

What do you do in your free time? :

I am trying to learn Mandarin Chinese and trying to study for a masters degree.

Currently, my side projects are photography and listening for broadcasts on our HF radio, success has been rather low to date.

What is your favourite part of the day? :

Going to the gym is nice and days when one is able to go outside are a highlight, but I don't really have a favourite part of the day. When good weather coincides with an active aurora, going outside to take photos is nice.

What do you wish you had here at SANAE that isn't here? :

Decent spinning bicycle. Faster internet. Decaffeinated coffee. A fast wide camera lens.

What did you bring that you could have done without? :

Mustard & cocoa powder.

What are you cooking tonight and why? :

I am cooking wors burgers. I was cooking wors rolls, but it is surprisingly difficult to make uniform hotdog buns. Since my hotdog buns were not very fluffy or uniform, I stole Rob's idea and made burger buns with wors twirled into a patty. To accompany the dish, I made French mustard, onion rings and mixed vegetables on the side.



Recipe for French Mustard:

4 tbsp dry ground mustard (mustard flour)
¼ cup water
3 tbsp white distilled vinegar
½ tsp Wondra flour
¼ tsp plus 1/8 tsp salt
1/8 tsp turmeric, pinch garlic powder, pinch paprika

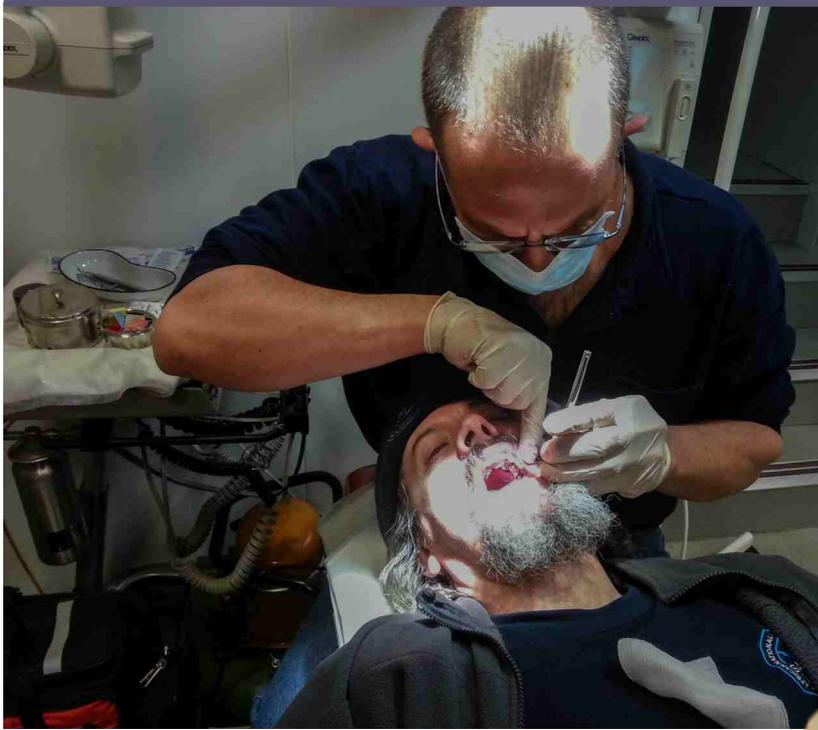
Combine all ingredients in a small saucepan over medium heat. Whisk until smooth. When mixture comes to a boil, reduce heat and simmer for 5 to 10 minutes, stirring often. Remove pan from heat. Leave uncovered for 1 minute, then cover pan with a lid until cool. Chill and store in a covered container. (Makes ¼ cup.)

Wors patty: Fashion wors into a spiral.

Buns: Search the net for moomies buns.

Onion rings and vegetables are very easy... as long as you have onions.

Rob Coetzee ««



How do you start a usual day? :

Slowly and cautiously - I'm not a morning person.

What are your main responsibilities on a daily basis? :

Make sure everyone is healthy, and make sure the drugs are locked up.

What do you do in your free time? :

I read a lot, take photographs, bake bread, cupcakes, muffins and tie flies (I'm a fanatical fly-fisherman).

What is your favourite part of the day? :

After the sun has set, and waiting for the aurora to appear.

What do you wish you had here at SANAE that isn't here? :

Parmesan cheese and anchovies.



Rye Bread Tips:

The secret to a good rye bread is:

1. To add something sweet to the dough (honey, molasses or brown sugar)
2. To add enough water to ensure a slack dough and to allow enough time to rise in a warm place.
3. Also, no need to knead the dough down and let rise for a 2nd time. Let the dough rise initially in the pan you intend to bake it in, and from there straight in the oven.
4. The last tip is to remove the bread after 30min from the tin and then bake for an additional 15 min to ensure a crackling crust all-round.

Enjoy!!

What did you bring that you could have done without? :

I'm an economical packer, so not much.

What are you cooking tonight and why? :

Fresh rye bread. I've been perfecting my recipe, and it's GREAT.



How do you start a usual day? :

I have a sleep disorder, so I might have breakfast at 04h30 or 09h00, but it has to be accompanied by a big mug of moer coffee, only 1 a day.

What are your main responsibilities on a daily basis? :

Everything it seems, maintaining the poo plant is the biggest part, engines, water production, the list is endless.

What do you do in your free time? :

What, why was I not told we were allowed free time... I spend my free time typing reports and schedules.



Recipe for Fillet Mignon with Mushroom Sauce:

- 2 bacon strips (3 packets of 500g)
- 2 beef eye fillet steaks (Ours is just fillet, 28 of them)
- 1 tbsp of butter
- 1 tbsp of olive oil (ok engine oil works to)
- 1 medium white onion, finely chopped (nah, about 15 mediums)
- 4.5 oz of button mushrooms, thinly sliced (nope 3 cans of 250g)
- 3 tsp of corn flour (eish, a cup full)
- 1 cup of beef stock (1.5 litres of this)

Wrap one bacon strip around each piece of steak. Secure with a toothpick. Heat the butter and oil in a large frying pan. Cook the steaks over a high heat for about 2 minutes or until steaks are lightly browned on each side. Reduce heat to medium and continue to cook the steaks until they are cooked to suit individual tastes. I had 3 heats high, medium and low, and multi-tasking 28 steaks in 6 frying pans on various points of readiness is awesomeness. Remove steaks from the pan, cover and place in oven to keep them warm while you prepare the mushroom sauce. Add onion to remaining butter mixture in pan. Stir over a medium heat until onion is soft. Add the mushrooms and stir over a medium heat for about 2 min. Blend corn flour with the beef stock and herbs. Add to pan, stir constantly over a high heat until sauce boils and thickens.

Serve fillet with the sauce, cream spinach and French fries

What is your favourite part of the day? :

What, is there now also a favourite part in the day, the day starts, gets worse, then it ends.

What do you wish you had here at SANAE that isn't here? :

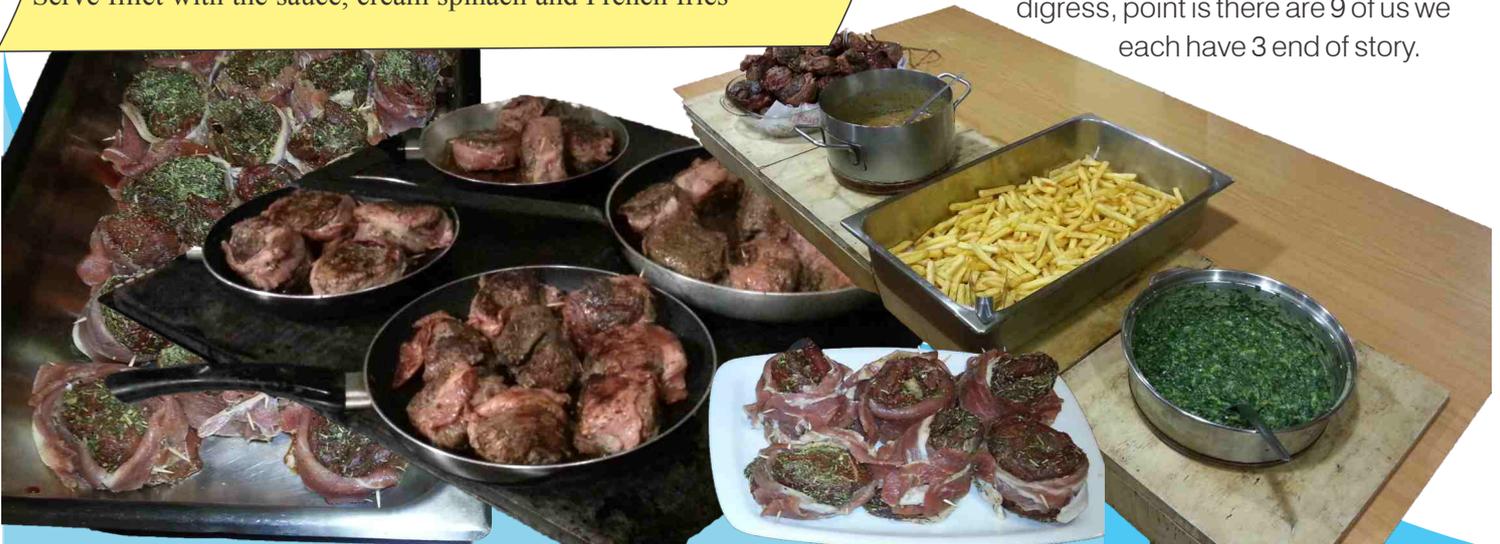
I'm sure we could have had a wider variety of foods, example cheeses, puff pastry for homemade pies.

What did you bring that you could have done without? :

I brought a whole trunk full of clothes, which I have already packed up locked and is ready for shipping.

What are you cooking tonight and why? :

I really enjoy fillet steaks, and so I have dabbled in a wide variety of these juicy cuts of meat. This is but one of the attempts. Ohhh and normally I take the recipe and multiply it by 15, as in this recipe it says it serves 2, I don't know if they talking about 2 budgies or 2 squirrels but it can't be for 2 humans, I digress, point is there are 9 of us we each have 3 end of story.





Philip Mey ««

How do you start a usual day? :

Daily checks on the scientific equipment before grabbing breakfast.

What are your main responsibilities on a daily basis? :

My main responsibility is to ensure that the radar is working, and if it is not working - to get it up and running again. There are also a few other scientific instruments that I need to make sure are working correctly.

What do you do in your free time? :

Learn French; watch movies; play pool; and do some miscellaneous other stuff.

What is your favourite part of the day? :

Evening/Night.

What do you wish you had here at SANA E that isn't here? :

Fast, wide angle lens for photographing auroras.

What did you bring that you could have done without? :

A lot of toiletries and clothes. But primarily a 5.1 speaker system that I have not used.

What are you cooking tonight and why? :

Pizza. You don't really need a reason to make pizza, do you?



Recipe for Thin base pizza dough:

1.5kg white bread flour
15g salt
20g instant yeast
olive oil (or similar)
600ml water (you might need a bit more or less - add enough to have a soft dough that does not stick to your fingers)

1. Mix ingredients together - basically mix the flour and salt; then add the yeast. Start adding a bit of water and mix the dough; repeat until there is no more flour and the dough is soft (and not crumbly).
2. Rub the dough and mixing bowl with oil. Cover and let rise for around 1 and a half to 2 hours in a warm place.
3. Afterwards, remove hand-sized balls of dough from the pile and roll out (depending on the size of your hand this might just give you a medium pizza - so take more if needed. Roll out the dough until the base is around 1mm thick (or until satisfied). Makes 9-10 Large pizzas.

Wihann Groenewald ««

How do you start a usual day? :

Wake up. Get coffee.

What are your main responsibilities on a daily basis? :

Vehicles and assisting where else needed.

What do you do in your free time? :

Gym.

What is your favourite part of the day? :

Gym time at 4.

What do you wish you had here at SANAE that isn't here? :

SLR camera.



What did you bring that you could have done without? :

Electric drum kit.

What are you cooking tonight and why? :

Cajun chicken pasta. The recipe is a secret!!!

Karabo Mkwena ««



How do you start a usual day? :

With a cup of rooibos tea while checking my emails.

What are your main responsibilities on a daily basis? :

Hourly weather observations and quality checking previous day's data, then send to South Africa.

What do you do in your free time? :

I go to gym a lot, if not ill attempt to read a book or watch a movie.

What is your favourite part of the day? :

Every morning at 8am i get a short video clip from my girlfriend, thats the best part of my day.

What do you wish you had here at SANAE that isn't here? :

My girlfriend.

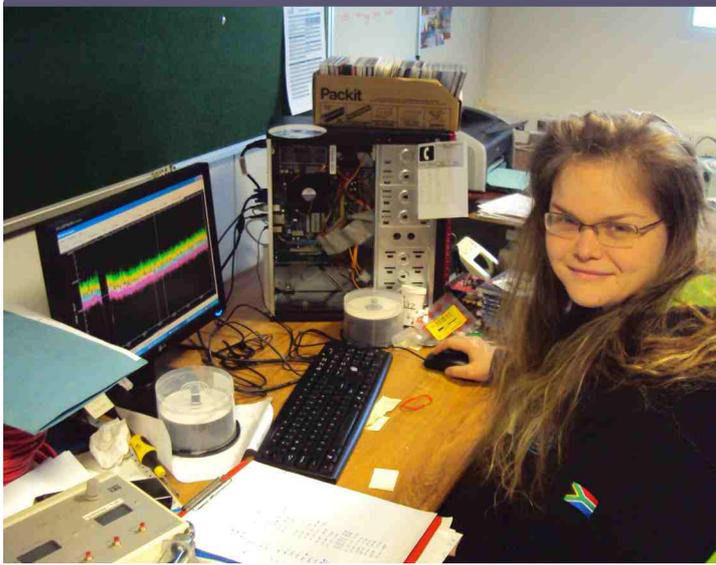
What did you bring that you could have done without? :

Condoms. Just kidding. I brought this huge blanket which has been in my trunk the whole year.

What are you cooking tonight and why? :

Im cooking beef curry, reason being the last time i made beef curry it didn't come out so well, i discovered vodka and cooking dont blend so well.





Grethe Rademan ««

How do you start a usual day? :

I stick my toe out of bed, and decide it's too cold to get up now, then I look at my watch and sigh in disappointment, get up and have a really large coffee, like 4 spoons of Ricoffy, and yes I like Ricoffy.

What are your main responsibilities on a daily basis? :

I check up on the Neutron monitors, the wide angle riometers, the image riometer and various pressure sensors. I make sure they are all still logging data, calibrate some of them and do data corrections if there was excessive static or power problems. For the rest of the day I try to open my email and do base skivvies like cooking, cleaning or smelly.

What do you do in your free time? :

In my free time I try to work on a project for Potch University, but free time is scarce. I also try to go Gym with the guys but it's really hard trying to look like Arnold Swarchenegger, now I have really sore little dinosaur arms that don't work.

What is your favourite part of the day? :

Sleeeeeeepingggggg, and night time in general, also to see what each person has cooked that night, the suspense sometimes kills me :P

What do you wish you had here at SANAE that isn't here? :

Avocado, salmon, a decent electronic gym bicycle, decent wax paper that doesn't disintegrate (so I can practice cake frosting piping techniques), tanning bed (because I know I'm white, but hell, there is something like too white, when I go outside I'm camouflaged), tissues and of course ... faster internet.

What did you bring that you could have done without? :

A guitar, some alcoholz, and one or two books.

What are you cooking tonight and why? :

Gourmet Hotdogs, I usually do Roasts, Lasagne, Boboti, Braai broodjies, Potato Salad, Ouma se boontjies, etc... You know, all the traditional must know how things for an Afrikaans girl, but I was having a super craving for hotdogs. So I made some in the style of a place in Cape Town called On A Roll, and I loved it.

Bun Number 1 (Chicago): A bun filled with a frankfurter, caramelized onion, gherkins, and a sweet mustard and cheese sauce.

Bun Number 2 (The Big Oink): A bun filled with a pork sausage, roasted butternut, creamy sage sage sauce and crispy bacon bits.

Bun Number 3 (The Rug Muncher): A bun filled with vegetarian "meat" balls, a basil tomato sauce, hummus and a sprinkling of cottage cheese.

Recipe for Hummus:

- 3 garlic cloves
- 1 tbsp. of lemon juice
- 1 tbsp. of olive oil
- 1 can of drained & rinsed chickpeas
- ¼ cup of plain yogurt
- ¼ tsp. salt
- 1/8 tsp. pepper

Add your choice of spices (a butt-load of paprika, fresh parsley, a pinch of cumin...) & a little water if needed for smoother consistency
Combine everything in food processor and process until smooth

Chill & serve!



Kgmotso Puleng

How do you start a usual day? :

I do routine checks of the base at 07:00am and have a cup of tea.

What are your main responsibilities on a daily basis? :

To ensure that we have power to all systems in the base which sustain life.

What do you do in your free time? :

Developing my skills in programming micro controllers like Arduino, simulating network using CISCO Packet tracer, simulating PLC using LogixPro 500, Design and simulate piping system using Caesar and learning about the latest in industrial instrumentation.

What is your favourite part of the day? :

I really don't have a favourite time of the day. I'm just having a fabulous time because I'm really doing a good job in developing myself which makes me happy.

What do you wish you had here at SANAE that isn't here? :

Fresh fruit and vegetables all year round.

What did you bring that you could have done without? :

My notebook is very important helps me to keep in touch with people at home.

What are you cooking tonight and why? :

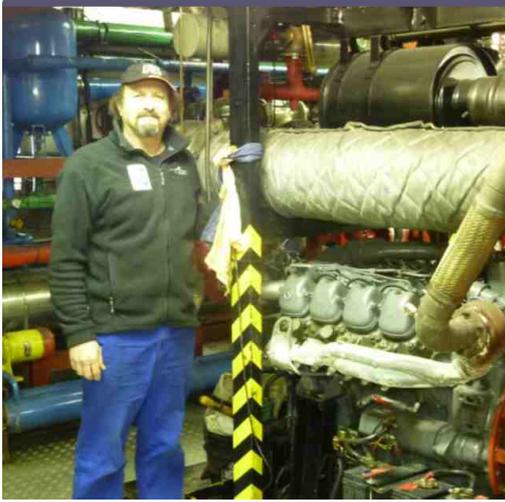
The idea is to keep it simple and balanced. Fried T-bone, asparagus and baked potatoes. No recipe required.



The set-up in Kg's office with the micro controllers and development boards



Pieter du Plooy ««



Hoe begin my dag?:

My selfoon weker wek my op 5 uur in die oggend. Dan stuur ek vir my vrou 'n Whatsapp boodskap om haar wakker te maak. Dan het al my vriende al vir my boodskappies gestuur wat ek antwoord. So sal ons maar oor en weer vir mekaar boodskappies stuur tot net kort voor 6 uur. Teen daardie tyd het ek klaar aangetrek en dan gaan ek na ons gimnasium vir my dag se oefening. Oppad na die gimnasium maak ek 'n draai by die generators om te sien of alles nog reg is. As ek klaar is met my dag se oefening dan gaan berei ek my voor vir die dag se take en dit is die generators.

Wat is jou hoof verantwoordelikhede op 'n daaglikse basis?

Die generators is my verantwoordelikhede en om ek elke oggend hulle na te gaan, diens en herstel indien nodig. Ek verstel die generators se rang orde om die ander generator vir die volgende 24 uur te laat werk. Deur die dag monitor ek die generators vir enige foute. Dan moet ek seker nog my verslae skryf ook.

Wat doen jy in jou vrye tyd?:

Wel, die is nie so baie nie en my dag take hou my nogal besig, maar ek pas darem so 'n bietjie tyd in waar ek kan vir ontspanning. Fotos neem en vlieg te kyk is van my ontspanning. Dan sal ek natuurlik my rekenaarkundigheid ook oefen wat al redelik verbeter het. Natuurlik ook om my e-posse oop te maak en te beantwoord.

Wat is vir jou die lekkerste deul van die dag?:

Om met my vrou te chat wat baie na my verlang.

Wat sal jy graag hier op die SANAE bases wil he wat nie hier is nie?:

As daar een ding is wat ek sou geniet het op die basis as dit moontlik was, is 'n sonkoepel waar jy rustig kan sit in die son en ontspan.

Wat het jy saam gebring wat jy nie nodig het nie?:

Bier.

Wat het jy gebak?:

Gebak nee, maar gemeng ja, 'n heerlike yskas kaaskoek. Die proses om dit te maak neem 'n paar dae.

Resep vir Yskas Kaaskoek:

- 6 L vol room lang lewe melk
- Yogurt kultuur
- 2 pakies aarbei jellie
- 3x10 gram pakies gelatien
- 2 pakies tennis biskuitjies
- 200 gram botter
- 300 gram aarbei konfyt
- 1 blikkie ingelegte vrugte vir versiering.

vind 'n vlekvrue houer wat groot genoeg is vir die 6L melk. Verhit die melk tot 40°C. Sit 'n mes punt kultuur in en roer vir 5 minute. Bêre by 'n tempratuur van 20°C - 25°C vir 8 na 10 ure. Bêre in die yskas vir 24 uur daarna. Skep 500 gr van die yogurt uit en gooi die res uit in 'n kaas doek vir 24 uur om die wei uit die jogurt te kry vir jou room kaas. Neem 1.5 kg van jou room kaas, die yogurt, aarbei jellie, konfyt, gelatien en voeg saam en verhit tot 30°C om alles op te los. Gooi kleursel in vir 'n mooi kleur. Plaas in yskas om af te koel en roer kort kort. Neem tennis beskuitjies en breek dit fyn en meng dit met die gesmelte botter en voer dan jou houer uit waar in jy jou kaaskoek gaan giet. As jou yogurt mengsel begin stol dan klits jy dit om lug in die mengsil te kry en dan word dit in jou houer gegiet. Plaas dit terug in die yskas om te stol vir 2 - 3 ure. Neem dan die ingelegte vrugte en sny dit op as versiering en plaas die oor die gestolde kaaskoek. Neem dan so 'n koppie van die ingelegte vrugte stroop en verhit dit saam met 1 pakkie gelatien, laat dit afkoel en gooi oor die koek om die vrugte in plek te hou op die kaaskoek. Plaas dit in die yskas oornag.

'n Heerlike nagereg of 'n versnappering saam met jou koffie.



Weather Stats for August:

Temperature

Minimum: -32.9°C (on 26/08)

Average: -21.9°C

Maximum: -8.7°C (on 23/08)

Pressure

Minimum: 849.1 hPa (on 14/08)

Average: 886.9 hPa

Maximum: 913.4 hPa (on 12/08)

Humidity

Minimum: 19% (on 29/08)

Average: 66%

Maximum: 93% (on 08/08)

Wind Gust

Maximum: 166 km/h (on 04/08)

Average Daytime Length:

6 hour 8 min

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Value Baking Supplies



Special Thanks to:

A. Zięba
G. Moriss

Photo of the Month: See Above
Taken by Rob

Quote of the month:
"It's only -16°C, it's summer weather."

Movie of the month:
Argo

Song of the month:
Message in a Bottle- Police



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