





See Inside for Details on Joining This Great Funraising Opportunity

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# WELCOME

to the Gawler & Districts 4WD Club

Previously known as "The Light Four Wheel Drive Club of SA Inc." this active 4WD club was founded in 2002. Members voted at the March 2008 meeting to change the club's name and meet at Gawler to give the club a more recognizable name and a more central meeting place.

It has become a very social club and has run many a successful day, weekend, long weekend and extended trips. We are a member of the Four Wheel Drive South Australia that incorporates the Driver Training Unit. Most meetings include a Guest Speaker and a monthly club newsletter.

If you are a visitor to tonight's meeting, we welcome you and your family to our club. Please ask as many questions as you want. You can join us on up to 3 club outings before becoming a member. Trip Leaders run each outing and will be glad to help you with tips on four-wheel driving and how to get the best from your vehicle. If you would like to join us on any trips and enjoy what 4WD can really bring, please fill out your details on our Trip Sheets.

The Club meets every second Friday in the month at 7.30 pm at the Gawler Elderly Centre Hall in Fourteenth Street, Gawler.

The meeting dates are shown on page 3 of this newsletter.

Annual membership fees are \$55 per vehicle/family, plus \$10 joining fee.



Gawler & Districts 4WD Club Inc. P.O. Box 486 Freeling SA 5372

Enquiries Contacts: President or Secretary 0407 604 601 (Quenton - President) 0409 091 851 (Jane – Secretary) EMAIL: <u>info@gawler4wd.com.au</u> WEB: <u>www.gawler4wd.com.au</u>

## COMMITTEE MEMBERS

PRESIDENT/PUBLIC OFFICER	VICE PRESIDENT
Quenton Earl: 8523 2507 / 0407 604 601	Peter Cusick : 0421 330 104
TREASURER	SECRETARY
Wayne Heintze: 8523 0407 / 0432 339 213	Cindy Mulyk : 0412 474 323
EDITOR	PUBLISHER
Sandra Harper : 8523 0889	Peter Harper : 0410 526 317
MINUTES SECRETARY	SOCIAL SECRETARIES
Cindy Mulyk	Joann Wuttke : 0402 353 064
	Julie Sieben : 0407 820 480
TRIPS/PROPERTY	TRAINING CO-ORDINATOR
LIBRARIAN CO-ORDINATOR	Peter Harper : 0410 526 317
Robert Tonkin: 0421 603 767	·
COMMITTEE MEMBER	ASSOCIATION DELEGATE
	Quenton Earl : 8523 2507 / 0407 604 601
WELCOMING OFFICERS	Jane Jansen / Pauline Tonkin

## SCHEDULE OF MEETINGS

2021												
Meeting	Jan	Feb	Mar	Apr	Мау	Jun	Jul	Aug	Sep	Oct	Nov	Dec
General		12	12	9	14	4	9	13	10	8	12	10
		3	3		5			4	1		3	1
			31		26	30			29			

NOTE: DEADLINE TIME - All newsletter articles to the Editor before Committee Meeting date

Club committee meetings commence at 7:30pm on the scheduled Wednesday, on a rotating basis, held at various committee members' homes. All club members welcome.

## NOTES FROM YOUR COMMITTEE

#### **Presidents Report:**

This meeting we welcome David showing us his 100 year old Ford Model T. Come a bit earlier as he will have it on show in the carpark at 7.30pm so we can view it and talk to him while it is still daylight. If you have ever wanted to see a "Model T" up close and personal - come along!

Our "Outback Morning Tea" will be held this Sunday 14th March at "The Pines" (see history of The Pines in this Newsletter). If you can't attend, you can still leave a donation at this meeting for the Flying Doctor.

The Photo Competition will be for 2020 AND 2021 this year. The Open prize provided by Gawler Fishing and Outdoors and the People's Choice award is back. So get clicking!

Subs are now due. \$60 for renewal. You can do a bank transfer - see details in this Newsletter. Subs are to be paid by this March meeting please, to save a \$10 late fee.

[Quenton]

## **Editor's Report:**

Hello everyone and welcome to the March edition of the Newsletter.

I'm looking forward to some of the trips so that we can get some trip reports into the Newsletter. The first trip is a day trip this Sunday to raise funds for the Royal Flying Doctor Service by hosting a morning tea at The Pines, Kapunda (see background information in the Newsletter} followed by a visit to the Kapunda Gallery to see "Painters of the Flinders Ranges." If you are unsure of what to bake, there are some recipes included in the Newsletter which you might like to try. We will still be having our high tea in May.

As you can see we have a few trips planned for the beginning of the year. If there's something that appeals to you, please add your name to the trip list. If you have any suggestions for other future trips please let Bob or one of the committee members know so that we can add it to the trip calendar.

If you have a favourite recipe, funny story or details of a personal trip you would like to share, don't be shy and forward it to us so that we can include it in the Newsletter.

Thank you and that's it for this month. Have a great one.

[Sandra]



# COMING EVENTS

Sunday 14th March 2021
Morning tea to socialise with fellow members over a hot cuppa and raise money for the RFDS.
"The Pines", Tarlee Road, Kapunda (see details in March Newsletter)
Donation to RFDS at morning tea Gold coin donation at Kapunda Gallery
Gawler Elderly Centre 9.15am OR "The Pines" 10.00am
Sunday 14th March 2021
Quenton & Deb Earl 0407 604 601
Come and share a hot cuppa and a bite to eat and raise money for the Royal Flying Doctor Service.
Come dressed in your best Outback hat and boots.
Afterwards, visiting the Kapunda Community Gallery to see "Artists of the Flinders".
RSVP: To Quenton ASAP via email

Border Track Working Bee	27th – 28th March 2021
Trip Details:	Annual working bee run by DEW and FWDSA maintaining the Border Track and associated campgrounds in Ngarkat Conservation Park
Where:	Ngarkat Conservation Park
Cost:	NIL
Meet:	Pine Hut Soak Campground
When:	0830, Saturday 27 March
Trip Leader:	Peter Harper, 04 1052 6317
More Info	See <u>KIT 50</u> published by FWDSA

Easter 2021	2 <sup>nd</sup> – 5 <sup>th</sup> April 2021
Trip Details:	Travelling to the Gawler Ranges for the Easter long weekend
Where:	Waganny Campground
Cost:	\$13 per vehicle per night
Meet:	ТВА
When:	ТВА
Trip Leader:	Robert and Pauline Tonkin, 0421 603 767
More Info	Campsite suitable for caravans, tents or camper trailers. Long drop toilet. No water
	Attractions: Organ Pipes, Pondanna Outstations, Kolay Mirica Falls, Mount Wudinna, Pildappa Rocks and more
	Alternatives: Two days to get there and two to three days to return

23 – 25 April 2021	Tolmer Gold Escort Route Loop Drive	
Trip Details:	Tolmer Gold Escort Route	
	Follow the footsteps of Alexander Golmter, who in the 1850s worked with SA Police to boost the state's future through gold routes near the Coorong	
Where:	Meningie Caravan Park	
Cost:	Powered Site \$35 Unpowered \$25	
Meet:	TBA	
When:	23 – 25 April	
Trip Leader:	Robert Tonkin 0421 603 767	
More Info		

Sunday 16 May 2021	High Tea in the Hall
Trip Details:	High Tea in the Mt. McKenzie Hall
Where:	Barossa Valley
Cost:	\$10.00 Adult \$5.00 Child Your cost at afternoon coffee stop
Meet:	Gawler Visitor Information Centre 9.00am for 9.15am leave
When:	Sunday 16 May 2021
Trip Leader:	Quenton Earl 0407 604 601
More Info	Bring "high tea" style nibbles and your own tea/coffee for morning tea in the hall. Bring your best fancy cup, saucer and plate (prizes for best cup & saucer). Pack a light lunch for yourselves. Bring chairs and/or picnic rug. Visiting Shannon's Mausoleum, late light lunch at Angaston Railway Station precinct, Barossa Valley Chocolate Company for afternoon coffee and chocolate etc.

13 Jun 2021	Farrell Flat Silo Art
Trip Details:	Visiting the Farrell Flat Silo Art
Where:	Clare Valley
Cost:	\$5.00 Adult - Child - Free Your cost at lunch stop
Meet:	Tarlee (in town by toilets) 9.15am for 9.30am leave
When:	Sunday 13th June, 2021
Trip Leader:	Quenton & Deb Earl 0407 604 601
More Info	All aboard! Visiting the new silo art at Farrell Flat. Pack morning tea for yourselves. Visiting historic Meriden, Black Springs, Hanson, Undalya and Woolshed Flat. Lunch stop at the Magpie and Stump Hotel, Mintaro. www.magpieandstump.com.au

#### **GUEST SPEAKERS**

Feb 2021 What a fabulous presentation from Haydn McComas

March 2021 - David Pettifor with his 100 year old Ford Model T

May 2021 - Lange Powell from the Nature Foundation

We are always on the lookout for interesting speakers. If you know (or know of) someone, please let Quenton, or any other of the committee know.

Coming Events St Kilda Tramway Museum	Date and details to be advised – watch this space!
Trip Details:	St Kilda Tramway Museum & Adventure Playground
Where:	St Kilda
Cost:	ТВА
Meet:	St Kilda Tram Museum
When:	ТВА
Trip Leader:	Roger Brennand, 0422 409 253
Further Info:	Museum is open on Sunday afternoons from 12 noon to 5:00 PM.
	<i>Currently the trams are not running due to renovations to the tram lines to St Kilda beach.</i>
	Trip details will be updated once confirmation that trams are running again.





Contact our editor <u>editor@gawler4wd.com.au</u> for details [Fees apply and payment has to be made prior to printing]

## **MEMBERS NOTICE BOARD**

#### **VKS RAFFLE**

It's that time of year again.

VKS-737 Radio Network has another Codan Envoy Raffle, running till 11th June. Tickets are just \$5 each. First prize is a brand new Codan Envoy HF radio and autotune antenna, valued at nearly \$5,000.

Second and third prizes are Minelab Equinox Metal Detectors.

Here's your chance to be the proud owner of a Codan Envoy radio for just a \$5 outlay. Given that the raffle is running through to June, you can afford to perhaps purchase a small number of tickets each month, significantly increasing your chances of being the lucky winner.

Proceeds are to be applied to the VKS-737 Radio Network to better provide communication services for our subscribers, and in times of emergencies by all outback and remote area travellers.

Go to <u>vks737.radio</u> for details about how to order your tickets. Details are also available on the VKS-737 Facebook Page.



## WOODSIDE SWAP MEET 2021

Unfortunately this clashes with our Sunday RFDS day trip but I thought I'd include it anyway. You may have family or a friend who might be interested.

Chris Chassiotis, 0408 850 315 wrote the following regarding the Woodside Swap Meet

I am an avid car enthusiast, currently owning a 1965 Ford Mustang, 1989 Ford F150 but having owned Falcon XYGT71, Ford F250, Mini Clubman, VW 1971 Beetle, a number of Holdens and Toranas to name a few and the organizer of the Woodside Swap Meet. I am also a member of the Woodside Commerce Association a group of local business owners that was established in 1988 to promote businesses in and around Woodside and to foster good relations as I own SA Cable & Pipe Locating one of the many diverse businesses in Woodside.

I am asking if you could please let all your members know about our Swap Meet held at the Woodside Oval on 14 March 2021. This is our major fundraiser for our Christmas Pageant and helps to fund other projects in town like Love Woodside BMX Track. More information: www.facebook.com/LoveWoodsideSA/

Come to our Swap Meet and spend the day in our town with 2 hotels, many coffee shops, wineries – the like of Artwine and Bird in the Hand and the famous Melbas Chocolate factory to name a few.

#### **PAYING YOUR SUBS BY EFT**

Did you know that you can pay your membership subscriptions of \$60 by EFT?

The club bank details are:

Account Name:	Gawler & Districts 4WD Club
BSB:	105-109
Acc no	018030740
Ref:	Surname + 2020

If you do pay by EFT, please email a receipt Treasurer Wayne, <u>treasurer@gawler4wd.com.au</u>, so he can update the club records.

## **MEMBERS NOTICE BOARD**



## PHOTO COMPETITIONS

This year we have two photo competitions running, the regular open Competion sponsored by Gawler Fishing and Outdoors and a Peoples' Choice sponsored by the club we are also combining years 2020 and 2021.

#### The PHOTO COMPETITION RULES:

- (a) Each member may enter up to four (4) photos
- (b) Photos should be a copy (not originals) Size 15cm × 10cm (6"×4")
- (c) Photos must have been taken on a club trip during the last 12 months (Nov 18 Nov 19)
- (d) All photos must be labelled on the back with your name, where, and when, the photo was taken
- (e) Entries to be handed to Quenton by close of November General meeting
- (f) Late entries will not be accepted

Entries to be handed to Quenton by close of NOVEMBER GENERAL MEETING

Late entries will not be accepted.

So get your photos in!!!

The winning photo of the Open Competition will be selected by Gawler Fishing and Outdoors



The Peoples' Choice competition will have 3 categories:

- Landscape,
- People, and
- Animals / Open

#### **GAWLER AND DISTRICTS 4WD WEB SITE**

Have you checked out our web site lately?

#### www.gawler4wd.com.au

Details of when meetings are to be held, what trips and events are coming up along with useful links to lots of 4WD resources are included. Read about the latest trip report or view our photo library. Of course, you can download one of our newsletters (back to Aug 2009) including our special 10<sup>th</sup> year anniversary versions.



## Check our FAC

EBOOK link as well. www.facebook.com/GawlerandDistricts4WDClub



There will be another

Amazing Prize

so please keep-on writing!!!

#### RAFFLE ROSTER

We ask if all members could kindly donate an item for a raffle prize each month to 12pprox. Value of \$15. <u>Please check below to see if your name is on the roster</u>. Without these regular contributions, the raffle would be unable to go ahead each month. To make it fair and equitable to everyone participating in the raffle, please use the \$15 as a guide.ant

Donations can be given to the Social Committee (Joann Wuttke or Julie Sieben) any time.

March 2021	April 2021	May 2021
Martin	Lyn Li	Bronte and Norma
Max and Lyn	Bob and Cindy	Roy and Bronwyn

## **BLAST FROM THE PAST**

Taken from the April 2005 edition of the Newsletter

BY DEFINITION

#### СОСКУ

A small farmer or settler. The term is said to have derived from cockatoo farmer - one who works hard, fencing, ploughing and sowing his small selection only to see the ground white with cockatoos grubbing up his seed!!

#### DAMPER

The inventor was reputed to be an early first fleet pioneer by the name of William Bond, Australia's first baker. The pioneer died in 1838 at the reputed age of 110. Probably through the lack of facilities for making the common bread loaf, much of the first bread made was "damper." The name damper derived from his custom of damping the ire - covering it with ashes to as to preserve the red coals with which to make a blaze in the morning. The bush damper is still covered in much the same way.

#### THE CANVAS BAG

Major Thomas Mitchell introduced the water bag during his famous exploring expedition in South-Eastern Queensland in 1846. Mitchell had some trouble with the containers for carrying water. As an experiment he sewed pieces of canvas together to make a bag, which he greased with a generous supply of melted mutton tallow Into the treated bag he poured water and, as they say, the rest is history.

#### THE BILLY CAN

The name "Billy" seems to be a purely Australian word. Legend says that it was first used in Western Australia in the Gold Fields. In the early days, France used to export quantities of tinned meat to the miners there. It was labelled "Boeuff Bouilli" (Boiled beef). As cooking utensils were very scarce, the miners put the empty tins to good used, drinking cups, boiling water and cooking. They called them "bouilli cans." It was only a matter of time before the name became "Billy Can" and later shortened to "Billy."

#### TRIP INFORMATION

#### "THE PINES" - KAPUNDA

The Pines Conservation Reserve has a history in 3 parts...

- The Forest Reserve
- Taylor's Run Reservoir
- The Kapunda Nursery

All were developed between 1877 and 1882 and are inter-connected. In 1882 The Kapunda Nursery was established by the Conservator of Forests in South Australia.

The Taylor's Run Reservoir was constructed in 1879 to supply the town of <u>Kapunda</u> with water. At the time the town was thriving with copper mining activities.

Water flowed from the reservoir to the town via gravity, and the flow was controlled by the <u>**Turncock House**</u>. The building has recently been restored and contains the original pipe and interpretive signage. The reservoir was the first country reservoir in South Australia

In 1885 five acres (2 hectares) were cleared of indigenous forest south of the reservoir embankment and planted to 4,000 Remarkable and 600 Cluster Pines.

By 1888 approximately two thirds of the area of the 35 acres (14ha) now known as the Pines Reserve had been planted as the Kapunda Forest Reserve. With carriage-ways separating the planted and some un-planted land, the area became very popular for picnics by the 1920s. Plantings of Sugar Gums were being utilized as telegraph poles by 1902.

In May 1931 the Government let a contract to cut pines on the reserve at Taylor's Gap.

The Pines had been recognised as one of the beauty spots of the district and local residents regretted the need to cut them. Two rows were to be left. The trees were cut and processed through a mobile saw mill on site.

In the mid 1940s the Mickan and Weichert families were involved in preparing wind-felled Sugar Gums and transporting them to the Railway Station to go to Port Adelaide to be used as wharf supports.

Once trees were cleared further development as a Picnic Reserve included tennis courts, a shelter shed, barbeques and toilets. The use of amenities and their upkeep had declined by the 1970s in favour of more centralized development in Kapunda.

#### Quenton

## Places to visit – Witchelina, South Australia.

Maybe somewhere to consider for a trip:

**Witchelina Nature Reserve** was purchased in 2010 by Nature Foundation SA (NFSA) a notfor-profit environmental organisation that works to Save, Protect, Restore and sustainably manage South Australia's natural heritage. (They also own Hiltaba Station in the Gawler Ranges.

Witchelina Station is on the Mulgaria Road, about 30kms north west of Lyndhurst and south of Marree. It covers an area of 421,000 ha, or 4219 sq km and includes a diverse range of land systems and geological formations.

Before 2010 it was a working pastoral property and since purchase, NFSA has worked at reducing the impact to native plants and grasses by removing all pastoral stock (cattle) and working diligently to remove feral animals such as goats, camels and rabbits. They are also monitoring the numbers of macropods.

Reducing the impact on native wildlife by cats and foxes is an important management consideration and NFSA has been implementing a fox and cat control program since 2012.

The property is now basically a long-term research project aimed and returning the bush to its historical state. While that is the aim of the property there are plenty of ways 4WDers can get involved.

Nearby Farina (I will write separately about Farina because it really does deserve its own story) has an incredible volunteer program and a large number of visitors. Why not extend your stay by going on to Witchelina? There are a number of 4WD trips you can do on the station as well as lending a hand to NFSA. One of the things that we noticed that anyone could do, is to help remove old fencing and wire from throughout the property. Anyone who has lived on a farm especially one that borders the bush, will know just how many animals become tangled and die in wire fencing. Removing old fencing from a property of 4000 square kilometres is going to take some doing. Accommodation is available for groups in the shearer's quarters and other homestead buildings. Camping is available along the creek bed.

If you are camping on the station there are a few things to remember before you arrive. Bring your own firewood or purchase a bundle from the homestead. Dead wood is an important habitat for small animals and collection is not allowed. Do not bring pets as baits have been laid for feral animal control.

There is little or no mobile phone service on the property. Please make contact with the homestead before arriving. Bring your own food and fuel as these aren't available.

Our favourite trip is the ridge top nature drive. It is not a difficult drive and perhaps some would say it is not that spectacular when compared with other ridge top drives around the country. However, you can drive up to the top of the ridge, and just be still in the solitude of the bush. And once you can be still, you can begin to appreciate the incredible land formations and the bush around you.

Thanks to Westprint Friday Five for this article

#### **RFDS RECIPES**

If you are a bit stuck on what to make for the RFDS morning tea at The Pines on 14 March, maybe one of the following recipes may be of assistance:

#### **Drop scones**

#### Ingredients:

3 heaped tbs self raising flour 2 tbs sugar pinch salt 1 egg about 1/2 a cup of milk

#### Method:

-Mix the flour, sugar and salt together in a bowl
-Add the egg and mix till smooth
-Add a little milk and mix till smooth
-Then add enough milk and stir until the mixture is the right consistency – not very thin but not heavy
-Drop spoonfuls of the mixture onto a greased and heated griddle or pan
-When bubbles appear (after 2-3 mins), turn over the drop scones and cook on the other side until browned (1- 2mins)
-Cook quickly, on medium heat (170-180°C)

#### **Anzac Biscuits**

#### **Ingredients:**

125g butter, chopped
2 tbs golden syrup
1/2 tsp bicarbonate of soda
2 tbs boiling water
1 cup rolled oats
1 cup plain flour
1 cup caster sugar
3/4 cup coconut

#### Method:

- Combine butter and golden syrup in a saucepan
- Stir over heat until butter is melted
- Combine soda and water in a small bowl
- Stir combined soda and water into mixture
- Stir remaining ingredients into mixture
- Mix well
- Drop 24 rounded teaspoons of mixture onto a greased oven tray about 4cm apart
- Flatten each biscuit slightly
- Bake in a slow oven oven (160°C) for about 20mins or until slightly brown
- Cool on tray

## Lamington cakes

#### Ingredients:

#### Cake:

250g butter 90g sugar 3 eggs 1 tsp vanilla 250g self raising flour 125g plain flour 3/4 cup milk **Boiled Icing:** 2 cups sugar 1 heaped tbs cocoa 1/2 cup milk or water

#### Method:

#### Cake:

- Cream together the butter and sugar in a bowl.
- Beat well together the eggs and vanilla in another bowl.
- Gradually add the well beaten eggs and vanilla to the mixture.
- Sift flours together into another bowl.
- Add flours to the mixture alternately with the milk.
- Place mixture in greased lamington tin (28cm x 18cm) and bake at 180°C for 50 minutes.
- Allow to cool and leave till next day.

#### **Boiled Icing:**

- Place all ingredients in a saucepan and boil for 2-3 minutes.
- If too thick add a little more milk.

#### Assembly:

- Cut cake into 40 pieces.
- Coat each piece with icing.
- Roll each piece in coconut.
- Allow to dry.

## SPONSOR ACKNOWLEDGEMENTS



# GAWLER

FOR ALL YOUR 4WD AND SUV TYRES OR PASSENGER TYRES AND WHEEL ALIGNMENTS

## CONTACT MICHAEL OR JASON on 08 85223000

WE WILL BEAT ANY COMPETITORS PRICE

COOPER, BFG, BRIDGESTONE, KUMHO, TOYO, MAXXIS, GENERAL **Gawler Fishing & Outdoors** 

48 Murray St Gawler SA 5118 Phone 08 8522 6200 fishnout@bigpond.net.au

Club Discount <u>with \*\*club</u> <u>card\*\*</u> applies to all non-special items

> \*Fishing Tackle \*Fridge / Freezers \*Guns & ammo \*Binoculars \*Knives \*Camping gear \*GPS systems \*Swags \*Swags \*Marine \*Repairs





## Want to advertise in our Newsletter?



Contact our editor <u>editor@gawler4wd.com.au</u> for details [Fees apply and payment has to be made prior to printing]



## **BIRTHDAY WISHES**

Gawler and Districts 4WD Club wishes to extend a Happy Birthday greeting to the following members and family:

<b>⊗⊗March⊗⊗</b>
Quenton
Samdra
Lyn Le



#### **FRIDAY FUNNIES**

Don't be worried about your smartphone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years

I'm getting tired of being part of a major historical event.

I don't always go the extra mile, but when I do it's because I missed my exit.

At what point can we just start using 2020 as profanity? As in: 'That's a load of 2020.' or 'What in the 2020?' or 'abso-2020-lutely.'

My goal for 2020 was to lose 10 kilos. Only have 14 to go.

I just did a week's worth of cardio after walking into a spider web.

A recent study has found women who carry a little extra weight live longer than men who mention it.

Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag pile carpet to change the TV channel.

Senility has been a smooth transition for me.

Remember back when we were kids and every time it was above 30° outside they closed school? Yeah, Me neither.

I love approaching 80, I learn something new every day and forget 5 other things.

A thief broke into my house last night. He started searching for money, so I got up and searched with him.

I think I'll just put an "Out of Order" sticker on my forehead and call it a day.

Just remember, once you're over the hill you begin to pick up speed.

Having plans sounds like a good idea until you have to put on clothes and leave the house.

It's weird being the same age as old people.

When I was a kid I wanted to be older... this is not what I expected.

It's probably my age that tricks people into thinking I'm an adult.

Marriage Counsellor: Your wife says you never buy her flowers. Is that true? Me: To be honest, I never knew she sold flowers.

Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked. So, remember...Don't sing!

**Coronacoaster:** noun; the ups and downs of a pandemic. One day you're loving your bubble, doing work outs, baking banana bread and going for long walks and the next you're crying, drinking gin for breakfast and missing people you don't even like.

You don't realize how old you are until you sit on the floor and then try to get back up.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

Thanks to Westprint Friday Five