

## TACOMA PRESERVATION SOCIETY



[www.tacoma.org.au](http://www.tacoma.org.au) M: 0476 173 860 P.O. Box 3088 PORT LINCOLN SA 5606

**May 2019 Newsletter #13**

### **CAPTAIN'S REPORT:**

**Ahoy Shipmates,**

Well another season has come and gone and a very busy one it was too. We had nine-day trips in all, three of which were charity trips kindly donated by a sponsor. The others included weddings, birthdays and funerals - so it was a real mixed bag.

In amongst it were three Tuna Poling Experiences and luckily the bad weather was absorbed by the first trip, a private charter by Gerry Veitch which resulted in them having to stay out an extra day. Both the Men's and Ladies (am I still allowed to say that?) had glorious days. The Ladies of course never know when to stop which meant we had to limit the amount of fish the Men could bring in but a great time was had by all. We were treated to a gourmet experience by new Head Cook Paul, who flew from Cairns to be with us.

We backed this up with a two-day trip to the Groups to host another gourmet extravaganza for the Riviera annual bash. As well as two chefs from Foodland Pasadena, the ladies from the Fresh Fish Place enthralled us with their expert filleting and fish handling techniques. This was written up in the Club Marine magazine - so our fame is spreading far and wide.

I almost forgot the Taylor Island trip collecting the wool bales which also saw us appear on national television, courtesy of Channel 7.

We also took off first prize for the best-dressed boat on the *Tunarama Blessing of the Fleet*. All in all it was a very busy and profitable year.

I am sure the crew are welcoming the winter recess so we can all catch our breath and recharge for next year.

A big thank you to all members who participated. I hope you enjoyed the experiences as much as I did.

*Yours on the Waves*

*Capt. PJ Pugwash*

## TACOMA'S BERTH:

Well the due date of the birth of Tacoma's BERTH has yet again been extended, but due dates do tend to be unpredictable.

However, we are, more concerned than ever that this birth is well over due and will come out all wrinkled, just like our crew!!!

## BOOKING SCHEDULE:

Booking Schedule for 19/20 is filling fast. We have so far;

Open Day, Tacoma Preservation Society 10<sup>th</sup> anniversary, Taylor Island, Tunarama/Blessing of fleet, Pearson Island charter with Gerry Kerr and Charity Days. Tacoma will go on the slip in November for a quick check and paint.

There's never a dull moment around MFV Tacoma.

## GRENAA DIESEL:



*Greg, trying to push the engine over 'just a little bit'.*

The Grenaa Diesel is a simple and well-designed machine. It's difficult to damage and easy to repair. We believe that electronics have no place on a true marine engine. Your Grenaa will continue in the darkness and take you home even if all electricity on board fails. Grenaa Diesels are particularly well suited for professional work vessels including fishing vessels, freighters or passenger vessels. In these installations, the owners will have the full benefit of the high propulsion efficiency, low operational costs and exceptional reliability.

In 1907, only a year after the factory was founded, the first Grenaa engine was delivered to a ship.

Grenaa Diesels were developed especially for a ships propulsion. This has resulted in an exceptional flexibility of operation in the complete power map. A Grenaa has very low fuel consumption and a high torque in the complete speed range.

It is virtually impossible to wear out a Grenaa Diesel. We know of a Grenaa's engine that has been installed in up to three new vessels one after the other, once the former ships were decommissioned.



The unique sailing comfort on board vessels with Grenaa Diesels due to the low noise and vibration levels is a further bonus which is highly appreciated by crew and passengers every day. This also induces a keen interest from owners of Mega-yachts.



And now we, the TPS have a spare motor and most likely it will never go into Tacoma but the weeee bits, the spares will be an invaluable asset for the ongoing servicing of Tacoma.

This motor has its own history. It was

installed in Carl Olson newly constructed *Scandia* to prawn trawl on the West Coast. It was a recondition motor out of another boat. Jock Montgomery and his partner John Hood gifted the motor and a host of spars to Tacoma after he recently sold the vessel and wanted to get his shed clear of 30 years of fishing stuff.

This was not an easy task but our boys, Ross, Jack, Daryl, Fred and Greg took it all in their stride.

## **FOR SALE:**

### **Fresh Tacoma Tuna Loins**

Pole caught and in cryovac packs ranging in size from 500g to over a 1kg

*NB: To optimise the shelf life of tuna, the skin is left on and it is vacuumed sealed. Tuna's natural oil does not freeze until it is minus 60C and at minus 20C, there is still oxygen available that can oxidise the flesh of the tuna*

**Jars of Tuna** (in local olive oil) – 500 gms

**Smoked Tuna** in small cryovac packs

To order phone please ring **08 8682 1124**

## Recipes:

Tested tried and true from Tacoma fan Karmen Podoreski

### Tacoma tuna salad:

A perfect summer meal served with some sourdough and a glass of chilled rose! Serves 4

- 1 jar Tacoma tuna
- 1 butter lettuce
- ½ small red onion, sliced finely (or spring onions sliced)
- a handful of small black olives (pitted)
- 5 baby potatoes
- 300g green beans
- 3 eggs
- 4 tomatoes, chopped
- fresh basil leaves
- salt and freshly ground black pepper



#### *Dressing*

- juice of ½ a small lemon (or to taste)
- 4 tablespoons extra virgin olive oil (or the oil from the jar - more or less to taste)
- 1 heaped tablespoon Dijon mustard

To take the sharpness from the onions place them in a salad bowl and add a squeeze of lemon juice so they pickle a little before you add the rest of the ingredients.



Cook the potatoes whole (skin on) in boiling water and let cool. Boil the eggs and cool. Top and tail the beans and cook them until just tender and refresh under cold water.

To make the dressing, whisk the lemon juice and mustard until combined and then slowly add the olive oil whisking all the time to get a smooth consistency.

Place the butter lettuce into the salad bowl, drizzle over some of the dressing and toss with the onions. Add the lovely chunks of tuna, tomatoes, beans, olives and sliced potatoes and gently toss with more dressing. Place the eggs on top and sprinkle with some basil from the garden and a quick grind of black pepper.

### Tacoma tuna pasta:

A nourishing, tasty and easy to prepare meal for a weeknight or when unexpected visitors arrive. Goes well with an Italian red.

- 1 jar of Tacoma Tuna
- 2 tbsps. extra virgin olive oil (plus some from the jar)
- ½ small onion finely chopped
- 2 cloves garlic finely chopped

- 1 large tomato, peeled and chopped into small pieces
- 1 teaspoon lemon zest
- a handful of baby spinach leaves
- 2 tablespoons of chopped flat leaf parsley
- 2 tablespoons freshly roasted pine nuts
- freshly ground black pepper and sea salt
- approximately 100g per person of spaghetti. Heat oil in a large frying pan at medium heat and cook the onion until softened. Add the garlic and saute gently for a minute. Add the chopped tomato and cook until some of the liquid has evaporated but so you still have some of the tomato juices left. Add the tuna, capers and lemon zest.

Dry roast the pine nuts and set aside. Cook the spaghetti according to the instructions on the packet (have it cooking while you prepare the mixture above).

Just before you are about to drain the pasta, throw some baby spinach leaves into the boiling mixture to soften them and then drain the pasta.

Place the pasta into the large frying pan with the tuna/tomato mixture and add some flat leaf parsley, a drizzle of oil from the jar, salt and freshly ground black pepper and gently combine. Serve on to plates and top with some extra parsley and toasted pine nuts – YUM (Ed)

## **A CELEBRATION:**

On April 17<sup>th</sup> Robert Dun celebrated with his family his 70<sup>th</sup> birthday on a Tacoma cruise. It was a cold fine day but not too windy. The Aga was aglow warming the galley and Connie Robert's wife used it to cook cookies that she adapted from a recipe for Tacoma Cookies that were made by Sparky Enea when he cooked for John Steinbeck and Ed Ricketts aboard the *Western Flyer* in the Sea of Cortez.

Not long after John Steinbeck published *Of Mice and Men* and *The Grapes of Wrath*, Steinbeck and Ricketts chartered the *Western Flyer* for a six-week scientific expedition. *Sea of Cortez* was the book that came out of it.

## **TACOMA SPECIAL COOKIES:**

- 1 cup shortening
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 2 cups flour
- 1/2 teaspoon baking powder
- 1 teaspoon soda
- 2 cups rolled oats
- 2 cups puffed rice or rice krispies
- 1 cup coconut
- 1 cup walnuts, chopped

Cream sugars and shortening, add eggs and vanilla.

Then add the dry ingredients, mix well, then add rolled oats, krispies and coconut. Drop on cookie sheet. Bake for about 15 minutes in a 350-degree oven (nine dozen cookies).

This recipe was created from the following email sent to Ross and Carin from Claire Petrich.

*Have been thinking about you a lot and recalling our incredible trip with you almost a year ago. I hope your Christmas celebrations were wonderful. How is the grand baby? I had family here from California for Christmas - also the death of a cousin about 2 weeks before Christmas so that was sad. Allen and I are moving ahead with an exhibit of the Western Flyer at The Seaport Museum in late summer. One of the treasures I came upon is the recipe for TACOMA Cookies that were made by Sparky Enea when he cooked for Steinbeck and Ed Ricketts aboard the Western Flyer in the Sea of Cortez. Not long after he published 'Of Mice and Men' and 'The Grapes of Wrath', Ricketts and Steinbeck chartered the Western Flyer for a six-week scientific expedition. Sea of Cortez was the book that came out of it. The following is the authentic recipe.*

*Honestly, I don't think it would hurt it at all if the cook added a few raisins and/or chocolate chips. That just shows how tastes have changed over 70 years.*

*Sparky Enea's [SPECIAL COOKIES](#) for the Western Flyer*

*1 cup shortening  
1 cup white sugar  
1 cup brown sugar  
2 eggs  
1/2 teaspoon salt  
1 teaspoon vanilla  
2 cups flour*

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## **CREW of the MONTH Nominations:**

The competition for *Crew of the Month* has reached a fever pitch as various contestants watch the scoreboard ticking over as their amazing deeds are recorded. The winner, like the winning contestant on ABC TV's QI, is never evident until the final results are announced at the prize giving ceremony aboard ship.

There have been some drop outs this month as contestants come to the realisation that they will never achieve *Crew of the Month* after his or her obvious bugger up - a miss thrown rope, a dropped spanner in the bilge or simply not stoking the Aga. One little slip can mean the difference between a being rooster or a feather duster!

Previous *Crew of the Month* winners Capt. Jack Belamy and Greg Sleep often advise the contestants on their achievements and point out to the despondents that even though they miss this month's awards, other months can still see them standing on the podium - award in hand and smiling for the cameras in front of an admiring and appreciative throng.

**Nominations:**



*Chefs Camillo Crugnale and Sandeep Bhandari (see 'BIG FISH, LITTLE FISH' article below)*



*Daryl Frears "I'll lift this end".*

## Culinary Cruising Story extract from Club Marine Magazine

by Liliana Engelhardt

### BIG FISH LITTLE FISH

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Sharpen your filleting knives and fire up the barbecue, folks – we’ve got some cracking seafood dishes fresh from South Australia’s Eyre Peninsula to share.



*Chefs Camillo Crugnale and Sandeep Bhandari*

Historic tuna fishing boat *Tacoma*, Adelaide Riviera dealer R Marine SA, world-class food store Adelaide’s Finest Supermarkets, and Port Lincoln’s seafood centre The Fresh Fish Place recently teamed up to create an extraordinary seafood experience for South Australian Riviera yacht owners. The event was held aboard the *Tacoma* at the Sir Joseph Banks Group of islands on the Eyre Peninsula’s east coast, where a fleet of Rivieras was moored for the March long weekend. The event’s theme was ‘catch, clean, cook, eat ... with a little wine’, showcasing the region’s renowned bluefin tuna and smorgasbord of undervalued, but equally tasty seafood

that’s readily available at our doorsteps and duckboards, if you know where to look.

Hosting the 100-odd Riviera crew were Ross and Caren Haldane and several volunteers from the Tacoma Preservation Society, as well as Kelly Pearson and Jenna James of The Fresh Fish Place, who demonstrated their fish knowledge and how to expertly fillet fish and cut up a tuna.

Also aboard were Chefs Camillo Crugnale and Sandeep Bhandari from Adelaide’s Finest Supermarkets, who fed everyone tasty morsels such as bluefin tuna sashimi, Tommy ruff wrapped in prosciutto, and Balmain bugs cooked in *Tacoma*’s beautiful AGA oven.

Ahead of the event, Ross took me ‘hunting’ for seafood at low tide on a Port Lincoln beach, where we found crabs, razorfish, pipis, clams and, seaweed (but only took a few razorfish for the Riviera experience).

We also fished for Tommy ruffs aboard the *Dolphin*, a fishing boat built by Ross’s father and uncles in 1939. And at The Fresh Fish Place’s loading bay, we chatted with professional fisherman Matt Parker while he unloaded his catch – Matt says he often brings his bycatch in, as single or small quantities of lesser- caught fish are in demand among discerning chefs.



For many boaters, fishing is an enjoyable pastime and most only take what they can eat. However, many species that are tossed back in or used as bait for more desirable fish are actually quite tasty, such as the humble sardine or demure Tommy ruff – they're both healthy oily fish and delicious filleted or whole (try grilling with olive oil, garlic and herbs, and drizzle with lemon juice). Meanwhile, aboard *Tacoma*, Camillo and Sandeep adapted some sophisticated recipes from Pasadena Foodland to suit preparation aboard the *Tacoma* ... which incidentally makes the dishes ideal for cooking aboard most boats.

[tacoma.org.au](http://tacoma.org.au) [rmarineadelaide.com.au](http://rmarineadelaide.com.au) [adelaidesfinest.com.au](http://adelaidesfinest.com.au) [freshfishplace.com.au](http://freshfishplace.com.au)

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### **Tuna salad with Sriracha, avocado and dukkha crumb**

*1kg tuna loin, diced – alternatively, if you have a whole tuna, the akami (middle/upper back), chutoro (middle belly) and scrapings off the bones will provide a good amount of meat. 1/2 very small red onion, diced*

*1 ripe avocado, diced*

*200g mayonnaise*

*3 celery stalks, diced*

*1/4 tsp wasabi paste*

*1/2 tsp garlic, minced*

*50g chives, chopped*

*1/2 tsp Sriracha sauce*

*1/2 tsp salt*

*Freshly ground black pepper*

*2 tbsps coriander, chopped*

*8 asparagus spears, grilled*

*50g dukkha*



In a bowl, combine all ingredients except half of the avocado, the asparagus and the dukkha.

Combine well, mashing the avocado. Add the other half of avocado and combine gently so that pieces of avocado remain intact.

Serve a helping of tuna salad topped with grilled asparagus spears and dress with dukkha crumbs. Add more sashimi tuna if desired.

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### **O-toro bluefin tuna with spicy wasabi mayonnaise**

*500g o-toro tuna – the most valued part of the belly for its soft, melt-in-the-mouth texture and superior flavour*



*2 spring onions, thinly sliced*

*1 medium-hot red chilli, finely chopped*

*2.5cm piece ginger, peeled and grated, or finely diced*

*1 tblsp clear honey*

*6 tbsps. light soy sauce*

*1 lime, juice only*

*2 tbsps. sesame oil*

*Fresh coriander and lime wedges, or wakame seaweed salad and fresh mango, to garnish Kewpie wasabi mayonnaise*

Cut out and discard any dark parts from the tuna's bloodline.  
Slice the remaining tuna and place in a large bowl standing on ice to keep it chilled.  
Add the spring onions, chilli and ginger to the tuna and mix well.  
In a separate bowl, mix the honey, soy sauce, lime juice and sesame oil.  
Arrange the sliced tuna on a serving plate. Add dollops of honey soy dressing and Kewpie wasabi mayonnaise. Garnish with lime wedges and coriander (or wakame seaweed salad and fresh mango, as pictured).

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### **Chu-toro bluefin tuna in green coconut curry with jasmine rice**

This quick, fragrant curry recipe is made with the chu-toro (middle belly) cut, which has a medium fat content, a light pink colour and a soft texture. Other firm-cooking fish such as rockling and flathead are just as good – as demonstrated aboard the *Tacoma*.

For a bolder curry, double the quantity of green curry paste so there's enough to rub onto the fish before adding to the sauce. Prepare the green curry paste in advance, or use store-bought paste to simplify the dish.

For two serves:

*2 x 200g chu-toro bluefin tuna steaks (or other firm fish)*

*2 medium carrots, diced*

*2 tsp fish sauce*

*400ml coconut milk*

*200g snow peas, cut in to strips*

*Salt and freshly ground black pepper*

*150g cooked jasmine rice (follow instructions on the packet)*

*Lemon or lime wedges Fresh coriander and Vietnamese mint (we ran out of these on the day and added chives instead)*

#### **Thai green curry paste**

*2 medium onions, diced*

*1 tsp pink peppercorns*

*1 tsp ground cumin*

*1 tbsp. ground coriander seeds*

*8 kaffir lime leaves*

*6 bird's eye chillies*

*35g fresh coriander, chopped 2 garlic cloves*



Make a Thai green curry paste by blitzing the curry paste ingredients in a food processor until fine. Heat a wok over a medium-high heat and add two tablespoons of Thai green curry paste and the carrots. Fry gently for two minutes.

Add the coconut milk, a couple of shakes of fish sauce and the snow peas and bring to a simmer. Simmer until the sauce has thickened and reduced slightly, and the vegetables are tender. To cook the fish, heat a pan over a medium heat. Rub one teaspoon of Thai green curry paste onto each of the tuna steaks.

Fry the fish for one or two minutes on each side until cooked to medium-rare.

Divide the cooked rice between two bowls. Add a tuna steak to each bowl and spoon over the curry sauce. Add Vietnamese mint and coriander leaves (or chives) and a lime or lemon wedge for juicing over the dish.

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### **Akamai bluefin tuna tail with fragrant fruit salad**

While Adelaide's Finest Supermarkets Pasadena serves this dish with cooked tuna as per this recipe, Chef Camillo used sashimi tuna on the day.

*4 x 200g round tuna steaks*

*1tsp dried oregano*

*1tsp black sesame seeds, toasted*

*1tsp white sesame seeds, toasted*

*1tsp brown sugar*

*Pinch of salt and black pepper*

*2 tsp fresh ginger, julienned*

*4 sprigs coriander, finely sliced*

*8 Vietnamese mint leaves, finely sliced*

*4 Asian basil leaves, finely sliced*

*6 tbsps. vegetable oil*

**Pound together:**

*1tsp fresh ginger, grated 1tsp grated garlic*

*1tsp red onion, finely diced*

### **Mango salsa**

*2 mangoes, diced*

*2 avocados, diced*

*1/2 red capsicum, diced*

*1/2 punnet cherry tomatoes, diced*

*1 garlic clove, crushed*

*6 sprigs coriander, sliced*

*4 sprigs mint, sliced*

*1/2 onion, diced*

*Pinch of salt and pepper*

*1 lime, juiced*

Combine the mango salsa ingredients in a bowl.

In a shallow dish, combine oregano, white and black toasted sesame seeds, brown sugar, pinch of salt and pepper, julienned ginger, coriander, Vietnamese mint, Asian basil and the pounded ginger, garlic and onion. Mix well.

Roll the tuna in the mixture, coating it well.

Bring a non-stick pan to medium-high heat.

Add the oil, then sear the tuna on the top and bottom for 30 to 35 seconds each side until browned.

Cut the tuna into 2cm-thick slices and serve on a bed of mango salsa. Finish with a squeeze of lime and sprinkle with a pinch of black sesame seeds. Aboard *Tacoma*, we also added chopped chilli and a dab of Kewpie mayonnaise.

*The tuna for this recipe was caught by two junior anglers at the Cabbage Patch fishing grounds south of Port Lincoln aboard the family's Riviera. While the boys heard some sound advice from Ross about how to dispatch their next fish, they didn't need any help at all with preparing a huge platter that fed a crowd – they simply rolled pieces of tuna in dukkah and grilled them briefly on each side on a hot, oiled barbecue plate.*

*Meanwhile, Camillo and Sandeep prepared some of the remaining tuna for sashimi.*

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### **Tommy ruff wrapped in prosciutto, with asparagus, semidried tomato and fontina cheese**

These little fish are a popular catch in the Eyre Peninsula waters, but they're generally used for bait ... which is a pity because they're very tasty. Use a sharp filleting knife and gloves to butterfly them.

*8 filleted (butterflied) Tommy ruffs without the bones*

*8 fresh basil leaves*

*1 bunch asparagus, trimmed on the ends. Cut long spears in half.*

*150g fontina cheese, diced into 8 rectangular pieces*

*100g semidried tomatoes*

*150g red capsicums, sliced thinly*

*100g red onion, medium diced*

*50g spring onions, sliced Flat-leaf parsley*

*1/4 cup white wine Lemon juice*

*100ml olive oil Fine sea salt & freshly ground black pepper*



Preheat the oven to 200°C.

In a bowl, toss some olive oil with the asparagus until the asparagus is fully coated. Season with a little fine sea salt and very fine ground black pepper. Place the fish fillets skin-side down on a chopping board.

Place asparagus spears side by side on one half of each fish. Add two semidried tomato pieces, a piece of fontina cheese and a basil leaf on top of the asparagus.

Fold over the other side of the fillets to create a parcel and use one slice of prosciutto to wrap it up tightly.

In a small baking dish, arrange the red capsicums, red onions, spring onion, flat-leaf parsley, wine and a squeeze of lemon juice. Arrange the fish parcels on top. Roast in the oven for 20 minutes. Serve immediately with the vegetables, a generous drizzle of olive oil, lemon wedges and your favourite salad. You could also add a little white truffle oil and a touch of aged balsamic when serving for a more extravagant flavour.

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### Barbecued aromatic sardines with Sriracha



Fresh sardines are nothing like the canned variety and are quite popular in Mediterranean cuisine. For a simple recipe, try them brushed with olive oil and tossed with fresh herbs and chilli, then grilled on a hot barbecue plate – they'll take two to three minutes to grill and about as long to eat.

*24 fresh sardines, cleaned*  
*2 tbsps. extra virgin olive oil*  
*100g Sriracha sauce*  
*4 tbsps.' sweet soy sauce (ABC brand)*  
*20g fresh garlic, chopped*  
*20g fresh ginger, grated*  
*150g red capsicum, thinly sliced*  
*100g red onion, medium diced*  
*50g spring onion, sliced*  
*50g coriander, roughly chopped*  
*50g flat-leaf parsley, roughly chopped*  
*50g mint, roughly chopped*



*Sea salt and freshly ground pepper*

*Fresh coriander and lemon wedges, to serve*

*(or spring onion, chives and finely diced tomatoes, as pictured)*

Preheat a flat barbecue plate to hot, oil the plate well.

Rinse the sardines, dry with paper towels. On a large tray, toss the fish with the olive oil, Sriracha sauce, sweet soy sauce, garlic, and ginger - season with salt and pepper.

Place the red capsicums, red onion, and spring onion on the flat barbecue plate when it's hot.

Add the fresh herbs to the hot barbecue plate (alternatively, if using a barbecue grill, toss the herbs into the fire or hot coals – the aromatic smoke will impart flavour to the fish). Place the marinated sardines on top. Grill for a minute or two on each side, until the fish are done. Cook in small batches if necessary.

Transfer the sardines and charred vegetables to a platter using tongs or a wide metal spatula (the fish will break easily, so be gentle). Drizzle generously with extra virgin olive oil, and serve with coriander and lemon wedges, or with finely diced red onions, tomatoes, spring onion and chives.

## **ROSS HALDANE'S TOP TUNA TIPS:**

Catching tuna is a highlight for many recreational anglers, however handling the catch can present challenges and often your prized catch doesn't taste the same as the sashimi in a Japanese restaurant. Tuna have a very high metabolic rate and while your fish is battling on the hook, it's heating up and building up lactic acid and adrenalin, which spoils the meat. Keep the chase short, bring it aboard swiftly and dispatch the fish immediately by pushing a spike into the soft spot between the eyes at 45° into the brain cavity. Bleed the fish right away, before gutting and cleaning it. You'll find advice and videos on how to do this at [tunachampions.com.au](http://tunachampions.com.au).

The fish warms up significantly during the chase, so it's important to chill it rapidly. You'll need around four times the weight of the fish in ice - so an 18kg fish will require 72kg of ice to make sufficient seawater slurry. If you catch the maximum boat limit of six, this means a lot of ice onboard!

Make sure you check state regulations, and ideally only take what you can eat.

Keep the fish well chilled in ice slurry and let it rest for two days before eating. It's actually best at about four days.

**All contributions will be gratefully received**

**Please email them to me on [medley0246@gmail.com](mailto:medley0246@gmail.com) if you have an article to offer**

**I encourage you to have a look at the TPS website [www.tacoma.org.au](http://www.tacoma.org.au)**

**(Editor: Chris Houweling)**