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COMMUNICATOR



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Direct enquiries to  
ACRM SA Inc. PO Box 69  
SMITHFIELD PLAINS SA 5114

## *In this issue- July 2011*

	<i>Page</i>
PRESSIE'S PRATTLE.	Moneybags, ACMA changes, welcome to new members and RIP 2.
ROBBY 2 Day	What happens when Robby goes wrong 4.
ROBBY 2 DAY	Phil on Robby. 4.
RALLY ROUND UP.	What's been & what's coming. 6.
TUCK'S TALES	The Eyes Have it. 7
TREASURE TROVE	Fund raisers for new equipment. 8.
THREE DAY GIG	Frank and Libby make the most of it. 8.
PLACES & FACES.	Truro revisited. 10.
CROSSWORD.	Last month's crossword answers. 11.
GREETINGS.	Happy Birthday to our July members. 11.
CLASSIFIEDS.	Member's sell, buy or exchange. 11.
CONTRIBUTIONS.	Member's favourites. 12.
MINUTES.	Of the May OCM 2011. 13.
IN THE KITCHEN	More of the healthy alternative. 14.
CROSSWORD.	This month's Crossword by Chris 49. 15.

Editorial for the Communicator must reach the Editor on or before the third Thursday of the month for inclusion in that month's issue. Any and all articles are welcome, however the editors reserve the right to vet suitability for publication.

To submit articles, items for publication, letters to the editor or to ask questions of our technical writers, please address all correspondence to The Editor at the address shown on the front cover or via email to [phil48@adam.com.au](mailto:phil48@adam.com.au). If you know of anyone who wants to advertise in the Communicator, space and charges are available on request, speak to a committee member for more information.

ACRM SA Inc.	c\-	Chris or Phil	08 8522 6081.
Editors		Phil Richards	08 8522 6081 e-mail:- <a href="mailto:phil48@adam.com.au">phil48@adam.com.au</a>
		Chris Richards	08 8522 6081 e-mail:- <a href="mailto:chris49@adam.com.au">chris49@adam.com.au</a>
		Graham Tucker	08 8523 1082 e-mail:- <a href="mailto:tucktwo@twpo.com.au">tucktwo@twpo.com.au</a>
Webmaster		Adrian Menzel	08 8581 7149 e-mail:- <a href="mailto:akmen@bigpond.com">akmen@bigpond.com</a>

Or via our postal address, PO Box 69 Smithfield Plains SA 5114

### **Meeting dates.**

*ACRM SA Inc. meetings are on the FOURTH TUESDAY of each month.*

ACRM SA Inc. June's meeting will be 28th at 20:00 Hrs.

.July's meeting will be on the 26<sup>th</sup>.

*Gawler/Barossa general meetings are on the THIRD TUESDAY of each month.*

Next meeting will be July 19<sup>th</sup> 2011.

## PRESSIE'S PRATTLE; Phil 48:

After printing some strange dates in last month's Mag, I got a phone call from Graham G80 saying that July has more odd dates so here is the whole calendar.

THIS IS THE ONLY TIME WE WILL  
SEE AND LIVE THIS EVENT.

### *Money bags*

This year, July has 5 Fridays, 5 Saturdays and 5 Sundays. This happens once every 823 years and is called Moneybags.

Kinda interesting - read on!!!

Apart from the unusual 2011 dates: 1<sup>st</sup> Jan, 11<sup>th</sup> Jan, 1<sup>st</sup> Nov & 11<sup>th</sup> Nov shown as a heap of 1's 1/1/11, 1/11/11, 11/1/11, 11/11/11, have a look at how many weekends are in July.

Fortunately, only the 9<sup>th</sup> & 10<sup>th</sup> of July are of interest to us, I'd shudder to think we had an event on every one of them.

While on the subject of events and in particular the 24 on the 9<sup>th</sup> & 10<sup>th</sup> we could still use some more monitors.

### *CHANGES:*

Ah, modern technology, isn't it great? Part of ACMA's push to improve the radio spectrum was to introduce 12.5 kHz spacing and although it was part of the problem facing us all in the fact that our UHF radios have to be capable of 12.5 kHz spacing, so do our repeaters and we have had notice that they have to be done before the end of 2012. Thus there is a bit of a panic trying to get suitable

## Calendar for July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b>	<b>2</b>
<b>3</b>	4	5	6	7	<b>8</b>	<b>9</b>
<b>10</b>	11	12	13	14	<b>15</b>	<b>16</b>
<b>17</b>	18	19	20	21	<b>22</b>	<b>23</b>
<b>24</b>	25	26	27	28	<b>29</b>	<b>30</b>
<b>31</b>						

equipment to do the job. I've still got some FM 828s but alas, no good for 12.5 kHz so I guess they will be rubbish bin fodder soon, along with our old repeaters. Even our channel 5 emergency repeaters have to be converted to 12.5 kHz. And with the idiot traffic on channel 5, serious thought has to be given to what, if anything, we put back into service.

*WWW dot nothing* is exactly what you will get, if you try our new useless website, which is down again. In fact less than Zero, so for the moment use the old [www.acrm.org.au/](http://www.acrm.org.au/) to access the old, albeit, limited site. Our webmaster is flat out trying to procure a new site and we hope to be back on air in all our glory, pictures and all, very soon.

I just had a slight recess in my article writing. Chris and I just drove up to Windy Point to pick up a couple of new repeaters for ACRM. With a bit of luck that will solve some of the problems I spoke about a bit earlier. To replace everything a couple more would do but it has taken the pressure off things a bit. All I have to do now is program them or get them programmed and we can see if they have the reliability the old FM 828s afforded us. The new ones are Motorola GM 328's which fit the 12,5kHz. Narrow band requirement quite nicely. Each came with a power supply so all I have to do is box them and water proof them, any volunteers?

**Welcome** to a couple of new members, one is an old member returning to the fold, Daryl 295, who has rejoined with his old number and his wife Lynda 296 is the daughter of Frank 67. Welcome to you both.

### ***RIP by Phil 48.***

I received an email from Bill G78 the other morning in which he advised us that Trevor (aka) Louie G107's Dad Vernon G108, had passed away. Then, today, Friday 24<sup>th</sup>, I just heard that Ros Sims G65's son died this morning after a battle with cancer.

Our sincere thoughts and wishes are with both these families in their time of grief.

## What happens when Robby goes wrong by Phil 48?

To put things into perspective, I'll start a bit before the event. I had made a note to check the power supply in the repeater box following the 24 last year and as we are getting close, did so. I replaced a faulty transistor and put the whole thing on test in my yard for two weeks with the odd person finding the repeater and using it. It was running faultlessly for 2 weeks so I packed it up confident that all was well.

On Friday arvo' Adrian 423 and I went up to the Bluff and erected the repeater. I did the usual tests and went back to his place, from where we triggered the repeater effortlessly and noted that all was good. We heard the repeater being tested during the night and as it was working well on Saturday morning using hand helds from the oval you can imagine our surprise when after erecting the base antennae everything went pear shaped. Nevertheless, we had a problem and after trying everything at main to rectify it, without success, 423 rolled up with the statement "I think the repeater is playing up" because he couldn't trigger it from home like we had done the night before. A few close controls still seemed to be able to access it but no one else. My first thought was that the antenna had come down again. So away we went to check it out – me to look at the problem and 423 to set up a relay if the problem was serious. On arrival it was obvious that the mast and antenna were still erect so it had to be something else. Knowing it was okay for the past 2 weeks the obvious was a flat battery and the little lamp fitted inside the box seemed to indicate that may be the case. I took the auxiliary battery out of my car and swapped it, voila, we were back on air.

### *Robertstown 2 Day MC Event- Phil 48*

(Yamaha Pitmans 2 day Reliability Trial 2011). Our second biggest and probably the most enjoyable trial is back on track for good. After many years of problems with the trial organizers, ACRM and the 2 Day had a parting of ways but when we reunited a stronger and more cooperative bond was formed, the Vellocette MCC bend over backwards to help and this year maps (although outdated within weeks) of the trial were made available early and initial paperwork on our behalf started early too. Just knowing how many controls and the general area that will be used is an incredible start to our planning. Although we have settled on the Bluff as a relay location for a few years now, there are a couple of control-locations that need improving and early maps give us the chance to plan for that. After pulling up in 423's back yard and setting the van up for the night, it was time to get the repeater sorted before dark (see aforementioned article).

On Saturday morning we, Chris and I, drove into Robby and set up Main Control (again part of the above is relevant). We were introduced to some medical team members who were part of a crowd called EMT (Emergency Medical Technicians), previously unknown to us but have been around for 21 years and we may see more of them as it seems many St Johns teams are closing. There was some confusion as to what radios they would use but in the end we gave them a couple of handhelds.

A bit later Barossa 81, which is an SA Ambulance and crew we had worked with before came in for a radio too. I'm a bit vague on the EMT role or scope because when an ambulance was required; it had to be a SA ambulance to transport to hospital. EMT had at least one ambulance there and the other vehicle, a 4X4 I think, was similar to a first response vehicle. Whether or not they wanted their own ambulance to stay in the area if needed and that is why SA Ambulance was called I know not. As long as the patient is transported ASAP, I'm happy with that.

There were two casualties for the weekend, both requiring transport and you wouldn't believe the ins and outs of the call 423 made to try and get an ambulance to attend.

If it hadn't been serious it would have been comical. For example after explaining where and what we were, he told the operator the incident involved a bike and the rider had come off, What do you reckon the next question was "*Is the patient trapped in the vehicle?*" By this stage 423, an ex ambo himself, was not seeing the amusing side of things and got close to losing it. Realising that going off at the idiot on the desk wouldn't help, he continued to be polite and answer stupid questions for about 10 minutes before the Wane Ker decided that this may be serious and dispatched an ambulance.

Boy times have changed – I remember back in the early days of ACRM and taking calls via CB, then phoning the various services and asking for assistance. In some cases we even explained to the personnel on the desk that it sounds genuine but may be a hoax and they would still get something done about it immediately because it wasn't worth the risk of not attending.

We found out later that EMT had a contact number for ambulance attendance but they had tried it and couldn't get through – hence the '000' call.

I found a page on EMT SA <http://www.emt.org.au/> and it's worth a look.

Rescue 8 (a fancy name for Bike Pick-up) was kept busy this year and we had about 12 bikes scratched on Saturday, then with a few less starting on Sunday only 4 or 5 bikes were scratched, mainly from casualties suffered the day before.

Just back peddling a bit, Saturday at 1:01 when first bike was away, it was actually 1:02 and Did Not Starts numbered a staggering 12, why – who knows? The only thing between paying your money and the start line is scrutineering so one can only assume that many bikes failed the safety check.

It was a fast course this year, mostly dry but in some of the gullies and creek crossings it was exactly the opposite – slow and wet. The trial ran with two laps each day and was over on Saturday by about 9:00pm. The controls remained in position for Day 2 so most controllers stayed for the night, bar a few of the locals, who went home to warm beds. At Control 2 the controllers had disappeared to other places, leaving only our operator to watch the place, when around 2:00 am a mob in a blue Ute came hooning through damaging signs and beacons. We had no other reports of damage and it was commented that this was the first time the trial has had any problems of that nature.

A few idiots came through main at around 4:00 am but were soon quieted, fortunately because the wind was making enough racket buffeting the caravan. Some years back (20 or so) Main was quite a social place on Saturday night and sleep was nigh on impossible until around 3 am. A lot of the monitors used to come into Main for a gathering after the events of Saturday but as the noise was loud and sleep, scarce, Main became a lonely old place for the few who remained. Sunday Morning came all too soon and as the start was for 8:30, we moved into the radio room early and did some repeater tests, all the time hoping the battery was going to last another day. At the first sign of any problems, I was ready with the recharged battery to shoot up and change it if required but the end of Sunday came and all was still going well. A few thoughts on the battery situation – I know cold weather can pull a battery down and during charging it is a good move to keep it off cold concrete. The battery is kept in a battery box (one of those plastic things with lid) and is elevated about 12mm off the ground but in fairness to the battery, the chill factor up on The Bluff during the night was probably –3 or 4°. When I swapped the caravan battery for the repeater battery it recovered to full-charge within six hours.

### *Rally Round-up; Nev 228:*

Okay so the rally season is about half done, with Robby being the midway point, everything is downhill from here. The Robertstown 2 Day was a success, thank you to all who helped. The 24 Hour Trial is next on the 9<sup>th</sup> 10<sup>th</sup> July and it kicks off from Eudunda this year. There are still a few spots to fill so if you haven't already, please put your name down soon.

# *Tuck's Tales by Graham 141*

## *The Eyes Have It*

Having reached the stage of being classed as Ancient by the people who grant me my licence, I have to pass a medical test each year just before my birthday.

Last year was no different so I headed for the medical centre and Dr Kate for the eye test etc.

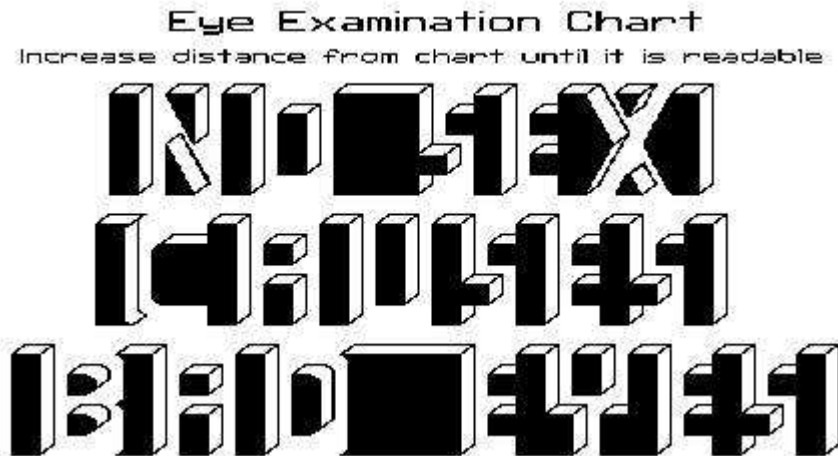
“Read the chart” said she, I resisted the obvious and didn’t reply with “what chart?” However, I may as well have because anything after line one was pretty vague.

“How badly do you need to drive” she asked,” “Real bad” said I, so after a lot of mumbling under her breath, she agreed to pass me THIS TIME, but unless I did something about my eye sight, next year NO!

So I tried OPSM to no avail then ended up at the specialist. “You have Cataracts” said he. Now I am the same as any one and I don’t fancy anybody poking things in my eye, but with Dr. Kates words clear in my mind and no alternative I agreed to have it done. So last Friday I ventured to the Gawler Hospital for the 20 minute procedure.

It was 100 percent painless and at this stage it looks like being almost 100 percent successful so I can safely say let the fear disappear, the difference is amazing.

Ed: I feel for Tuck, on my last test the letters went blurry about two lines from the bottom so I’ve included an ey test for all to try..





## *Treasure Trove, Chris 49.*

It looks like we might be doing some more fund raisers soon, replacing all our repeaters to make them compliant with the new regulations is not going to be cheap, if today's purchase for the first two is any indication. Although at \$850.00 each, that is a lot cheaper than a new price \$1700.00 to \$2200.00 each. Maybe it's time to try hitting the Government for another grant? After all they have only come to the party with some Safety Vests so far.

### **Frank & Libby's Three-day adventure**

Friday 10-6-2011 we headed off to camp away, we were doing a radio control for ACRM at the Robertstown two day Trial, left home about 9 am filled up with gas at Port Wakefield, turned left headed towards Balaklava.

Headed through the town & on to Auburn, then to Manoora, stopped for the loo and then we were side tracked with a detour to Martindale house. What a worthwhile detour, it cost \$10 to go in but it was worth every minute – I've never seen anything so impressive – They do murder mysteries, and who-done-its, would be a treat to spend the night there but need ten people at a cost of \$270 per head but it's all inclusive.

Moving on, went to Mintaro had a lovely lunch at the Reilly's winery and bought some nice wine, finally headed in the right direction the van and car have never towed so well. I had made a few changes to the balance and we were touring around as if we didn't even have a 20 foot van behind us.

Back to Manoora, then off to Waterloo, all dirt road from there on, went through a small town then onto a road called Web Gap road that took us through Web's Gap, over the Tothill Range, a nice wide dolomite road which they use to take the wind towers to the ridge, some patches leading us up to the wind farm were quite steep, then down the other side, what an adventure winding roads and beautiful country-side, but wait the best is yet to come, my lovely wife navigated us to another road called Quins Gap Road, which was just wide enough for the car and caravan, you could see the steep inclines ahead so into high range four-wheel drive & off we went. It was steep and narrow in some places but we climbed to the top and stopped where there was a big enough area to turn around if need be and got out and walked down the steep winding track to see if a descent was feasible, yes we can so Lib stayed down the bottom to point out the soft and gravel patches, I struggled back up to the car (boy does that show you how unfit you are) and caught my breath, selected low range four wheel drive and increased the electric brake intensity on the van, it was the first time we realised we had 20 feet of van behind us, well this was it, we have full off-road insurance so down I went – slow and steady wins the race, Lib was down the bottom pointing out the loose gravel on this track in the beautiful country side, I had a great time, picked up Lib and then went up the other side (not quite as steep), the road was just two wheel tracks now and the map still showed 6 km to go

when it turned into a clay track with mud ruts from previous traffic, we were able to ride each side of the ruts and over the hill we could see a wide gravel road, it was the Burra Road so we went left and headed towards Werner Road, which was just over the rise. What we turned left into was a goat track not a road, followed it up to the hillside gully and found checkpoint 9, a day early mind you – but that was the plan. We set up next to an old ruin and lit a fire opened a red and so began the start to a perfect week end, the weather was kind, the control people were great and we slept like babies on our new mattress.



In a nutshell we had a wonderful weekend, it was such a beautiful spot and we look forward to the 24 hour to do it all again, might make it a four-day if it's a good location and the property owners allow it. Cheers from Frank 67 & Libby 68.

It's a hard life but someone's got to do it, aye Lib? Ed.

END OF AN ERA – for us anyway. By Phil 48



Anyone remember the Million Paws walk that we assisted at for the last 15 odd years? Yep, well unfortunately the RSPCA didn't and the walk has been handed over to some events committee to run, who weren't aware of our involvement and even after we made contact, had no idea what to do with us and the new theme of things didn't cater for our services anyway. They already had their own communications so we were thanked for past efforts and we have one less event to worry about. Unceremoniously dumped is a better way of putting it. Never mind, we only continued to do the walk as a favour

to the RSPCA as it was a way to raise funds for a good cause and the \$50 donation we received won't be missed. I guess my beef is in the way we were informed that we were not needed any longer. Or more accurately 'Not Informed.' To the regulars who came in to help over the past 15 years, I say thanks and remind you all that for the few true assistance calls we made, which were far outweighed by poo-bag calls, I won't lose any sleep over it.

I hope the walk continues and flourishes, as it is a popular and worthwhile event.

## *PLACES and FACES.*

Some pictures from the Truro Easter Bunny ride by Phil 48:



My Control on Saturday was idyllic, even had time to get a fire going and boil the billy.



Not so on Sunday though, I even had to invent some shade. Trev 120 had this checkpoint on Saturday, we were located in the hills, just South of Frankton Rd. The almost visible tower at the end of the track is one of the many power line structures along the hill range. (as seen below). Also noticeable is the start of the long rock fence, which is one of the many that abound in that area



To the right of the picture and over the hill but still near some of the rock fence is where we place the repeater for the event. However after the last ride we stayed another day and surveyed a new spot for the repeater. It is closer to Ride Base and easily accessed. I'll explain more on that as it happens.

## LAST MONTH'S CROSSWORD ANSWERS

1	K	2	E	T	T	L	3	E	D	4	R	U	5	M	
6	I	T				A			O			N			7
8	N	U	9	A	N	C	E	S				10	I	M	P
11	G	I	N						E						A
F			12	A	Z	13	E	D				14	B		R
15	I	C	E						L				16	O	P
S			L						A	F	F	I	X		M
H									B				18	E	V
20	E	K	21	E					22	B	R	O	A	D	E
R				T					O					24	E
	25	B	A	R	T	E	N	D	E	R	S				

### GREETINGS



Many Happy returns of the day for July go to:  
Daryl 295 for the 9<sup>th</sup> and  
Adrian 423 for the 28<sup>th</sup>.  
Congratulations to you both.

A big get-well soon to John 232 during his ongoing treatment

## WANTED TO SELL, BUY OR EXCHANGE



*Wanted:* 1 pair of quartz spotlights. Contact Lyall 190 on 8834 2137

*For Sale:-* Dual-Sim Kinky Phone (I-Phone look-alike), GSM only. \$65 ono.  
For more information contact Phil 48 on 85 226081 or 0400390800

*For Sale:* Hills 30 metre Tower, complete with winch, guys and all fittings in TOP  
Condition:- \$800. ono. · Also five x 30 metre lengths RG213 coaxial cable:- \$100 ono.  
For information on these items contact Ian 62 on 8255 9646

*For Sale:* Rear springs (new) to suit SWB Land Rover Series III. \$80 ea.  
Contact Lyall 190 on 8834 2137

Wanted to sell, buy or exchange ads are free to members. Please contact a committee member or send your ad to The Editor at the address on the cover or email it direct to ACRM c/- [phil48@adam.com.au](mailto:phil48@adam.com.au).

## *Member's Contributions to our insanity.*

### HANDY ONE DAY (Sent in by Chris 49)

Twill be 52 years next seventh of May,  
Since I promised to love, honour and obey.  
A bloke whose favourite phrase is to say,  
"I'll keep that – it'll come in handy one day".

And down in our garage, and also the shed,  
In cupboards, in drawers. Even under the bed  
Are boxes of this and boxes of that,  
Tins full of nails- an old cricket bat.

Nuts and bolts, washers and taps  
Car parts and tyres, a box of hub caps.  
Pieces of timber, old weather boards,  
And he keeps on adding to his precious hoard.

Now the funny thing is, when the tap springs a leak  
And a packet of washers we frantically seek,  
And we search through the hoard, as in boxes we peek  
He says "Well, that's real strange, I saw them last week!"

And into the car he has to hop  
And hasten off to the hardware shop.  
Then the tap is fixed up and he looks for the hose  
Then says, "I found those washers, they were right under me nose,  
I'll put 'em here, right next to this jar  
And next time I need 'em I'll know where they are!"

I often think - when that angel sings  
And we're both up there in our halo and wings,  
And a trailer is carting our hoard to the tip  
There'll be a bloke there doing a back flip  
Sorting and putting our stuff in his boot,  
Pleased with himself for spotting good loot,  
He'll drive cheerfully home, to his wife and say,  
"I'll keep this stuff, love, it'll come in handy one day."

*'Circumcised'*

A teacher noticed that a little boy at the back of the class was squirming around, scratching his crotch, and not paying attention.

She went back to find out what was going on.

He was quite embarrassed and whispered that he had just recently been circumcised and he was quite itchy.

The teacher told him to go down to the principal's office.

He was told to telephone his mother and ask her what he should do about it.

He did and returned to his class.

Suddenly, there was a commotion at the back of the room. She went back to investigate only to find him sitting at his desk with his Wee Willie hanging out.

'I thought you were told to call your mum!' she said.

'I did,' he said, 'And she told me that if I could stick it out until lunchtime, she'd be here to pick me up from school.'

*Grandma's got a new boyfriend*

A 5-year-old boy went to visit his grandmother one day. Playing with his toys in her bedroom while grandma was dusting, he looked up and said, "Grandma, how come you don't have a boyfriend now that Grandpa went to heaven?"

Grandma replied, 'Honey, my TV is my boyfriend now. I can sit in my bedroom and watch it all day long. The religious programs make me feel good and the comedies make me laugh, I'm happy with my TV as my boyfriend.'

Grandma turned on the TV, and the reception was terrible. She started adjusting the knobs, trying to get the picture in focus. Frustrated, she started hitting the backside of the TV hoping to fix the problem.

The little boy heard the doorbell ring, so he hurried to open the door and there stood Grandma's minister. The minister said, 'Hello son, is your Grandma home?'

The boy replied, "Yeah, she's in the bedroom bangin' her boyfriend."

The minister fainted!

*Minutes of the 332nd Open Committee Meeting of ACRM SA  
Inc, held on 24<sup>th</sup> May 2011 at Collinswood.*

*Meeting Opened at 2000hrs*

**President Welcomed All**

**Present:** - 141,A153, 232, 228, 21, 75, 43, 44, 350, 48, 49,

**Visitors:** - G78,

**Apologies:** - 233, 66, 64, 120, 370, 371, 373.

**Minutes of previous Meeting:** - Moved 21 and Seconded by 350 that they be accepted as read.

**Matters Arising:** - Nil

**Correspondence:** - In 11/14 to 11/17. Out 11/1 to 11/4  
Moved 232 Sec 44 and Carried

**Reports**

President: - Nothing to report on missing property yet but has been pursued & still trying.

Secretary: - Congratulations to Peter Baker on completing his Cycle ride;

Treasurer: - Running Balance \$5077.39, In 350.05 Out 795.10. Moved by 75 &  
seconded by 44 that Treas report be accepted – Carried.

Rally Coordinator: - Wet weekend at Kuitpo. Wants more volunteers for Robbie.

Social Sec: - Has a set of glasses to Raffle

Resources: - Reminded us he has items to sell.

**General Business:** - Nil

**Raffle:** - Dutch Auction, 228 successful bidder

**Meeting Closed:** - 2022

**Next Meeting Tuesday 28th June.**



## *In the Kitchen with Chris 49*

Some more healthy recipes, these were chosen and submitted by John 232

### **HONEY MUSTARD CHICKEN.**

Serves 4

1 cup sliced carrots	1 cup broccoli florets
1 cup sliced celery	cooking spray
1 tspn crushed garlic (from a jar)	1 small onion, sliced
2 tspns salt reduced chicken stock powder	
4 tspns Dijon mustard (from a jar)	2 tspns honey
1 tspn cornflour	1 X 375ml can evaporated light milk

Pepper.

Microwave carrots, broccoli and celery with a little water on HIGH for 5 minutes. In a large non-stick frypan that has been generously coated with cooking spray sauté chicken and garlic for 3 minutes. Add onion and cook 2 minutes. Drain vegetables and add to pan, stir into pan, cook 2 minutes. Add stock powder, mustard and honey, mix well. Blend cornflour with evaporated milk, pour into pan stirring continuously until boiled. Add pepper to taste.

### **CHICKEN STROGANOFF**

Serves 4

Cooking spray	1 tspn crushed garlic (from jar)
600g skinless chicken breast (sliced)	1 cup onion, sliced
3 cups mushrooms, sliced	2 gherkins, (finely chopped)
2 tspns chicken stock powder	2 tspns tomato paste
1 tspn paprika	1 tspn cornflour
1 X 375ml can light evaporated milk	pepper to taste

Coat a large non-stick frypan with cooking spray, add garlic and chicken strips, and toss together until browned. Add onion to pan and cook 2 minutes, add mushrooms and cook a further 2 minutes. Add gherkins, stock powder, tomato paste, and paprika. Stir well. Blend cornflour into milk, add to pan stirring continuously until sauce boils, and add pepper to taste.



### CHICKEN IN PLUM SAUCE.

Serves 4

600g skinless chicken breast	cooking spray
1 tspn crushed garlic (from jar)	1 small onion, thinly sliced
½ cup capsicum, thinly sliced	½ cup celery, thinly sliced ½ cup carrot, thinly sliced
	½ cup snow peas, cut in half
1 tspn chicken stock powder	1 tspn soy sauce
⅓ Cup spicy plum sauce (in jar)	1 tspn cornflour
½ cup water	

Dice chicken and sauté with garlic in a wok or frypan coated with cooking spray. When nearly cooked add all vegetables and cook for 3-4 minutes or until vegetables are cooked to your liking. Place stock powder, soy sauce and plum sauce into pan then blend cornflour with water and pour in, stirring continuously and bring to boil, simmer 2 minutes. Serve with Basmati rice, pasta or noodles.

### ACAPULCO CHICKEN.

Serves 4

4 x 125g skinless chicken breasts	cooking spray
2 tbsps Old El Paso taco seasoning	3 tbsps tomato paste
½ cup diced onion	⅛ tspn chilli powder (optional)
½ cup green capsicum, diced	½ a tomato, diced
½ a large avocado, diced	½ cup grated tasty cheese

Preheat oven to 180°C fan forced. Using a meat mallet flatten chicken breast. Coat a baking tray with cooking spray then place chicken on tray. In a small bowl combine the taco seasoning and tomato paste. Spread an even amount over each chicken breast. In a medium size mixing bowl place onion, chilli powder, capsicum, tomato and avocado and combine. Spread mixture evenly over each chicken breast, top with cheese. Bake 20-25 minutes or until chicken has cooked through and cheese has melted and browned.

### BUTTER CHICKEN.

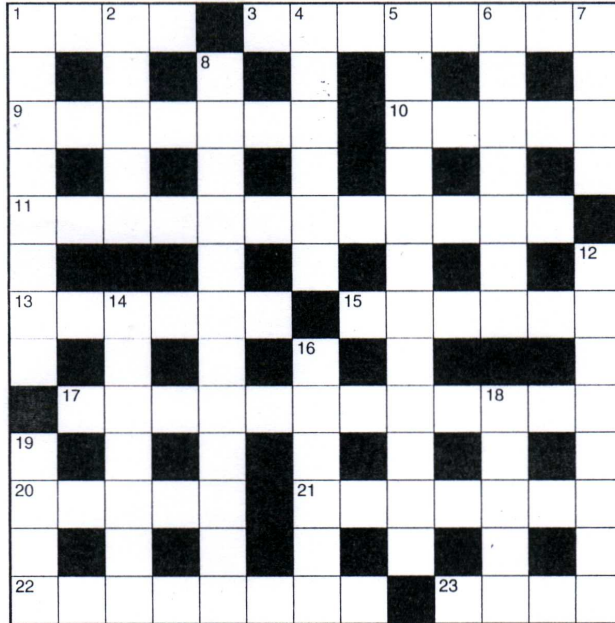
Serves 6

800g skinless chicken breasts	cooking spray
1 medium sized onion, diced	1 tspn crushed garlic (in jar)
½ tspn crushed ginger (in jar)	1 tspn cinnamon
1 tspn turmeric	1 tspn dried coriander
2 tpsps paprika	½ tspn cumin
2 tpsps chicken stock powder	⅛ tspn chilli powder
4 tpsps tomato paste	1 tspn cornflour
1 X 375ml can light evaporated milk	

Cut chicken into bite sized pieces. Coat a large non-stick frypan or wok with cooking spray, sauté chicken, onion, garlic and ginger until chicken pieces are almost cooked. Add all the spices and stock powder. Combine with chicken for 1 minute. Add tomato paste and fold through chicken. Blend cornflour with milk then add to pan, stir continuously mixing well until boiled.

## Crossword Puzzle Chris 49

Answers next month.



### ACROSS

1. Projectile.
3. Waterfalls.
9. Supply of weapons.
10. Atmospheric layer.
11. Children's Verse (2 Wds).
13. Fired from job.
15. African fly.
17. First sea-trip.
20. He went to Rio
21. Sweet sauce
22. Deal out
23. Nourish

### DOWN

1. Inability to hear
2. Part of a staircase
4. Back lanes
5. Laundry Ainer
6. Threshold rug
7. Prophet
8. Self reliance
12. Relied
14. A white wine
18. Saying
19. Hairless

You know what they say about *Locals* helping *locals*. Well in the case of these companies it is certainly true. Apart from an old stalwart, Foodland @ Gawler, It is a pleasure to welcome some new sponsors this year.



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daande@adam.com.au

PO Box 602  
Willaston SA 5118