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Editorial for the Communicator must reach the Editor on or before the second Thursday of the month for inclusion in that month’s issue. Any and all articles are welcome, however the editors reserve the right to choose content 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 [phil.48@bigpond.com](mailto:phil.48@bigpond.com) 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.

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### **Meeting dates.**

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

There is no Meeting in December.

The OCM in January 2019’s OCM is on the 22<sup>nd</sup>.

ACRM SA Inc. Meetings are held at 3 Redmond Rd. Collinswood. SA.

***Gawler/Barossa general meetings are bi-monthly (every two months), on the THIRD TUESDAY of the month. No meeting in December.***

Next meeting, Jan 2019 is on the 15<sup>th</sup>.

## PRESSIE'S PRATTLE; Phil 48:

And prattle it will be. Firstly, Welcome to 2019, even if it' isn't quite yet. It'll be here before you know it and what's worse is it won't be long and it will be New year wishes for 2020. If you get the feeling you are stuck in a rut, you're not alone.

It's not unusual to have visitors at the monthly meetings, after all everyone's welcome. Which brings me to a couple of visitors that have turned up on a few occasions, with Dick 21 being first to capture them in a photo but the flash on his



camera washed out the image except for two sets of bright eyes shining back at him. On another occasion, recently, Nat 45 managed to snap this and their identity is obvious.

The nominations for Committee positions will be in before the end of January and will be printed in the Feb Communicator in time for postal votes to be collected and processed at the AGM on the 26<sup>th</sup> February. Postal votes are not meant as an alternative to attending the AGM, however, if for some reason you can't make it but would still like your vote counted you can apply for a postal vote form. The application form was in last month's communicator

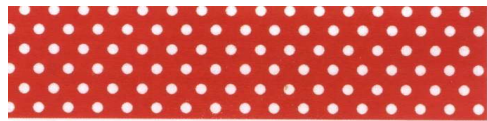
*Privacy Note:* Although the vote form is marked in such a way that it can't be accurately copied, there is nothing about it that identifies the member, thus anonymity is assured. It's sad that it had to get to this point but many years ago

umpteen votes came in from an interstate division. All with the same wording but with different signatures, with the intention of creating a SA based version of ACRM but with administrators in NSW. Anyway our returns Officer noticing that none of the names were nominees for the positions, marked them as invalid and were not admissible, thus the vote for true nominees was taken and the status quo was retained.

Now, as it has been since that fiasco, only votes sent in on the prescribed form are admissible.

I received an email from John 232 recently, in which he said he is looking forward to getting back into events next year. With my name thrown in the ring, that's two, however keenness alone is not enough so I hope that more than just a few of the regulars are keen too and then we may be able to report that 2019 was the year that was.

We received a Christmas card from ACRM WA this week, it's addressed to ACRM SA and members so I've included it here.



*To the SA Committee  
and members.*

HOPE  
PEACE  
JOY

HERE'S WISHING YOU  
MUCH HAPPINESS AND CHEER  
AND EVERYTHING IT TAKES  
TO MAKE A HAPPY NEW YEAR!



*From the ACRM WA  
Committee and Members.*



## ***RALLY ROUNDUP;Trev 120***

I mentioned last year that with illnesses, a few deaths and general apathy we needed to put in a concerted effort this year to cover the events that have now come to rely on us and I can report that we almost rose to the occasion. Why almost? Well simply put, if it wasn't for a few controllers, who enjoy operating radio at their own controls, we would have again struggled to keep up our end of the bargain. Sadly, if we are to improve on that, we are going to have to see a few more of our good monitors come out of the woodwork, put their hands up and be prepared to enjoy themselves.

## ***TREASURE TROVE;Chris 49***

Christmas is typically a busy time of the year and it's made busier when you try to make gifts for the inlaws and outlaws each year. Obviously it can't be the same gift each year so coming up with fresh ideas is sometimes a nightmare. A task that is made particularly difficult when you have to do something different for everyone. It is however, fulfilling to know you have created the gifts and hopefully appreciated that little bit more.

## ***TRAINING OFFICER'S TWEET;Bill 78***

In lieu of something fresh to talk about, allow me to again wish everyone a Happy & Prosperous New Year. May 2019 bring you everything you need, require or want.

## **Tuck's tales; Graham 141:**

### *Gawler Civic Centre*

*During the last two years, the Gawler Civic Centre has been undergoing a massive make over.*

*A couple of weeks ago, I contacted the Mayor Karen Redman to ask if she would be prepared to host a tour of the building for a group from the National Trust.*

*I was impressed by the very quick answer which I received, and through her secretary we arranged a suitable date and time Dec 5 at 3.55pm. The workmen knock of at 4.00pm*

*In total, 12 members attended and the actual tour lasted just on two hours. I am sure that everyone was impressed by the amount of work that had been done, and the current state of the building is magnificent.*

*A lot of estimates have been bandied about, as to the actual cost, but I must admit whatever the cost, it is worth it.*



LAST MONTH'S  
CROSSWORD ANSWERS

<sup>1</sup> B	I	<sup>2</sup> T	E		<sup>3</sup> C	<sup>4</sup> O	M	<sup>5</sup> P	<sup>6</sup> O	<sup>6</sup> S	<sup>7</sup> E	D
E		R		<sup>8</sup> R		C		E		T		E
<sup>9</sup> A	D	U	L	A	T	E		<sup>10</sup> R	A	I	S	E
N		E		T		L		S		R		D
<sup>11</sup> P	A	R	A	T	R	O	O	P	E	R	S	
O				L		T		E		E		<sup>12</sup> O
<sup>13</sup> L	E	<sup>14</sup> S	S	E	N		<sup>15</sup> B	R	I	D	A	L
E		A		S		<sup>16</sup> E		A				D
<sup>17</sup> M	G	R	A	N	D	F	A	T	H	<sup>18</sup> E	R	S
<sup>19</sup> T		C		A		F		I		L		T
<sup>20</sup> A	B	A	C	K		<sup>21</sup> E	C	O	N	O	M	Y
L		S		E		C		N		P		L
<sup>22</sup> C	A	M	P	S	I	T	E		<sup>23</sup> F	E	T	E

Dec.

*Birthday greetings.*

*Birthday greetings for  
January are extended to:*

After a quick search of the database, 12 names came up of members with birthdays in January but only one is a current member, thus best wishes are extended to John 232 for the 25<sup>th</sup>.

WANTED TO SELL, BUY OR EXCHANGE

***Wanted to sell, buy, or exchange ads are free to members.*** Please contact a committee member or send your ad to The Editor c/- ACRM at the address on the cover. You can also email it to The Editor c/- [phil.48@bigpond.com](mailto:phil.48@bigpond.com)

We're going to start this one off with a repeat. Sorry, but I picked it because it was from 232 for the Jan '18 mag and it wasn't until I read it that I realised it was 2018, not 2019, anyway it's worthy of a re-print.

A Yankee lawyer went duck hunting in eastern North Carolina. He shot and dropped a bird, but it fell into a farmer's field on the other side of a fence. As the lawyer climbed over the fence, an elderly gentleman asked him what he was doing. The lawyer responded, "I shot a duck and it fell in this field, I'm going into retrieve it."

The old farmer replied. "This is my property, and you are not coming over here."

The indignant lawyer said, "I am one of the best trial attorneys in the U.S. and, if you don't let me get that duck, I'll sue you and take everything!"

The old farmer smiled and said, "Apparently, you don't know how we do things here in North Carolina. We settle small disagreements like this with the NC Three-Kick Rule."

The lawyer asked, "What is the NC three-Kick Rule?"

The Farmer replied. "Well, first I kick you three times and then you kick me three times, and so on, back and forth, until someone gives up."

The Yankee attorney quickly thought about the proposed contest and decided that he could easily take the old southerner. He agreed to abide by the local custom.

The old farmer slowly climbed down from the tractor and walked up to the city feller. His first kick planted the toe of his heavy work boot into the Yankee lawyer's groin and dropped him to his knees. His second kick nearly wiped the man's nose off his face. The barrister was flat on his belly when the farmer's third kick to a kidney nearly caused him to cave. The Yankee lawyer summoned every bit of his will and managed to get to his feet, saying, "Okay, you old coot, now it's my turn."

The old North Carolina farmer smiled and said, "Naw, I give up. You won the duck fair and square."

This article, by virtue of its name, won't survive without input from the members so we could use some new giggle material.

The next couple I dug up in an old file too so I can only assume they are re runs as well.

*A man was driving home one evening and realized that it was his daughter's birthday and he hadn't bought her a present. He drove to the mall and ran to the toy store and he asked the store manager, "How much is that new Barbie in the window?"*



*The manager replied, "Which one? We have 'Barbie goes to the gym' for \$19.95, 'Barbie goes to the ball' for \$19.95, 'Barbie goes shopping' for \$19.95, 'Barbie goes to the beach' for \$19.95, 'Barbie goes to the nightclub' for \$19.95, and 'Divorced Barbie' for \$375.00." "Why is the Divorced Barbie \$375.00, when all the others are \$19.95?" Dad asked, surprised. "Divorced Barbie comes with Ken's car, Ken's house, Ken's boat, Ken's dog, Ken's cat and Ken's furniture.*

*An old Italian man in Brooklyn is dying. He calls his grandson to his bedside. "Guido, I wan' you lissina me. I wan' you to take-a my chrome plated 38 revolver so you will always remember me." "But grandpa, I really don't like guns. How about you leave me your Rolex watch instead?" "You lissina me, boy! Somma day you gonna be runna da business, you gonna have a beautiful wife, lotsa money, a big-a home and maybe a couple of bambinos. Then one-a day you gonna come-a home and maybe finda you wife inna bed with another man. Whatta you gonna do then? Pointa to you watch and say, 'Times up!' "*

*A woman and her 12-year-old son were riding in a taxi in Detroit. It was raining and all the prostitutes were standing under awnings. "Mom," said the boy, "what are all those women doing?" "They're waiting for their husbands to get off work," she replied. The taxi driver turns around and says, "Geez lady, why don't you tell him the truth? They're hookers, boy! They have sex with men for money." The little boy's eyes get wide and he says, "Is that true Mom?" His mother, glaring hard at the driver, answers "Yes." After a few minutes the kid asks, "Mom, if those women have babies, what happens to them?" her answer, "Most of them become taxi drivers."*

## DIGGING THROUGH THE ARCHIVES; Phil 48:

Well, I'm sorry to say, my archaeological days appear to be over. After months of looking at photos and reading old mags for an inspiration or clue to an article, I admit defeat. Thus, unless, I get a helping hand in this area, "Digging through the archives," has come to a halt. However, I know there are dozens of members who have memoirs that are busting to be read so how about it folks? Just send your tales (with or without pictures) to me, [phil.48@bigpond.com](mailto:phil.48@bigpond.com) or to the post box if it's in printed form so we can keep this page alive.

Even if you only throw some ideas at me, I can look through the records on that topic and maybe expound upon it. In all honesty though, it would be nice to have some editorial to accompany the article.

## Tech Tips; Phil48:

I know this topic has been bounced around a bit over the past few years but it still comes up as a most asked question of me.

*Charging Calcium batteries.* With our TO's insistence on battery maintenance, the calcium question has raised it's ugly head again. Usually, it's the maintenance free batteries that have calcium added and is intended to stabilize charging due to being of a sealed, non vented type (Maintenance free) battery. A little bit of techno jargon tells us that old trickle chargers may or may not work and I'll explain why soon.

Under some circumstances, not even your car's charging system will keep a calcium battery fully charged. They are not ideal as an auxiliary battery either for the same reason, charging is difficult.

The techno bit is that a typical battery charger including your car's system is 13.2 to 13.8 volt, typically 13.6 volts and calcium requires about 2.5 to 3.35 volts per cell, thus a 6 cell, 12 volt battery probably needs 14.2 to 14.4 volts to charge it. If anyone has spent the dollars on a new smart charger, you will note that a high voltage setting has been included but even then, if the calcium battery is flat (fully drained) and has been for a while, getting it to charge may be impossible.

There is a trick you can try but I warn caution, as it will involve working with charging batteries. Although 12 volt is not dangerous to humans, the current that is available is high and can be dangerous to equipment. Another caution is

Step one: Connect a suitable charger to the flat battery, observing polarity.

Step two: Using jumper leads, parallel a good battery to the old one, again making sure the polarity is correct, study it well before putting the leads on.

Step three: The charger should now be working (charging both batteries), leave it connected for 5 to 10 minutes and then remove one of the jumper leads, making sure not to short it out. The charger should keep charging the flat battery.

*Warning:* No battery will last forever, so if after a day or so, you think nothing is happening, be prepared to say it's stuffed and consider a new one.

While on about warnings, a battery can go flat under one of two conditions and one is safer to charge than the other. This test may be easier made by an auto electrician who can test it with equipment. What you will be looking for is in which way the battery is flat? I describe this as a battery that has gone open circuit or is a dead short.

A battery that is in a shorted condition may charge if the correct conditions are met but is more likely to damage your charger before a successful charge is obtained. How does this condition occur? Usually a very old battery that has been allowed to sit for a long time, allowing time for dirt and other contaminants to get into the battery and the acid has well and truly had time to deplete the lead plates. The resulting sludge tends to allow the insides of the case to become one and appears as a shorted mess. Putting a charger onto is about the same as putting your charger leads onto your bumper bar, a metal one that is, not like the plastic things on most modern cars.

Open circuit is a different thing and a typical OC condition will measure 12 or more volts but once under load will read flat and there is sometimes a simple reason for that. The general construction of the car battery is sometimes its own downfall. The battery is constructed in two main parts, the top (lid) and case. The case holds the lead plates and separators with two poles that will become the battery posts. The top is the cover and it consists of maintenance points (for filling with distilled water) and the battery terminals.

Once the plates etc. are in the case, the top has to be glued on but more importantly a connection has to be made with the battery terminal and they achieve that by having a tapered hole in the battery post that fits over the slightly smaller posts on the positive and negative plates. These two posts are then heat fused together making the connection to the battery terminal posts. Unfortunately that has become a weak link in the system and sometimes the fusion between the post and terminal becomes loose, dirty and disconnected. Many years ago and I suppose it still occurs, the unknowing drill a hole in the battery post and put a self tapper in it to attach a wire for lights or other gadgets and of course, with contaminants now having a easy path to the joint between the posts failure was eminent. If your Auto electrician is worth his training, it's not a big job to rebuild the post and resurrect the battery. However it's worth considering, how old is the battery, what condition is it in and is it worth repairing? If you have had 3 odd years out of it then it's probably on it's last legs anyway. If the warranty period is known or marked on the battery and has now passed, it's a safe bet that the life of the battery is near its end and wasting dollars on a repair is pointless. Another thing about warranty, if your battery fails and you have a screw hole in the positive terminal, your warranty will be void and they won't replace it anyway. What I'm saying is, don't put screws in battery terminals, unless you are like one

of my lads, who realizing the problem, used screws to join the lug and terminal back together.

In case anyone is curious the repair normally consists of removing enough of the old post to expose the smaller inner lug and then a steel mould is placed over the post and molten lead is poured into it until the correct height is obtained. Usually its only the positive terminal that has problems because people tend to screw the earth onto the body, leaving the post alone, however a mould for the negative terminal is just as easy (same principal but a little smaller).

One thing I haven't covered is crook cells. Considering a 12 volt battery and knowing that each cell is 2 volts, it's easy to figure out that there would be 6 cells in the battery. I could go into a heap of boring techno babble about what happens in a leads acid battery but it's not really necessary to realize that its not realistic to assume that all cells deplete equally and worse than that, some cells can fail completely, which means it's not uncommon to have a 10 volt battery ( loss of one cell or an 8 volt battery, 2 cells out. Any losses greater than that are so noticeable that you have probably replaced the battery ages ago.

If you want an education, park in front of a fence or wall and turn on your headlights, take note of the brightness or lack thereof and then try to start your car, keeping your eye on the lights, taking note of how dim they go during cranking.

If the car starts easily, you will probably have noticed little change in brightness, not more than a flicker and with the car now running the lights should be brighter than you noticed earlier. You can assume your battery is okay, as is your charging system, (congratulations). If during cranking you noticed that the lights went very dim. This can be normal, during cranking the voltage can be as low as 8 volts. I'll talk about CCA (cold cranking amps) next month. If during cranking the lights appeared to go off and the car didn't start, don't keep on trying, instead turn off your lights, wait 30 minutes for your battery to recover slightly then with the lights off, start the engine and run for at least 15 minutes to put a little charge back into the battery. Go for a drive around the block if you want. It may not start, a jump from another battery or charging may be needed.

The colder the battery is the worst it will perform, thus if you normally have to start your car on a cold morning, it's not a good idea to leave lights on or waste battery power the evening prior so the battery is in its peak condition for that morning start.

The last scenerio is lights on and car won't start, probably a good bet the battery is due to fail. During this test the lights would appear to go off as the cranking has pulled the battery voltage down to zero.

If anyone is interested in the techno-babble that would accompany this article and can't find suitable answers on the net, ask me to fill in the details.

It probably won't do much to help simplify things but it may help some see the sense in it. I found if a teacher told me A and B equaled C, it was easier to believe it, rather than going off filling my head with shit that tried to prove or disprove it. As time passes, if the why becomes apparent, it may be because it is now the right time to put that info in your memory bank and keep it for future reference but don't replace the simple rule that has worked for years. There will always be stuff that doesn't need explanation but it will take a bit of faith in the person who told it. If the person is well versed in the subject and is not going to gain by telling Furphys, you can probably assume it is worth remembering.

Without straying too far from chargers, a power supply, while similar is quite different and usually not very efficient as a charger.

Let's have a quick look at the whole package.

1 Battery: A source of power storage of correct voltage for the purpose required.  
Can usually deliver high current for a variety of purposes.

2 Power Supply: A device that runs on mains power (240volt AC in Australia) to replace a battery. Can usually be used instead of a battery but with limited output current.

3 AC: Alternating current is a current that periodically changes polarity. Periodically is known as cycles per second, or hertze and in Australia that is 50. AC equipment is not polarity conscious, as long as the voltage is correct the item will work.

4 DC: Direct Current is a steady voltage of the same polarity a battery for example and the output side of a power supply.

5 Rectifier: Varies in design but is used to convert AC to DC. A power supply often uses 4 diodes, configured as and known as a Bridge rectifier. The idea here is to create a DC voltage, which has none of the AC cycles in it, both a positive and negative voltage is derived. The output is put across a fairly large capacitor to remove any of the remaining ripple.

A battery charger is similar to the power supply but it is normally not as smoothed. A single diode is enough to create what we call pulsating DC. This means there is still a positive and negative pole but because only one pole was rectified there is a noticeable ripple across the poles. This ripple is what we call pulsating DC and is beneficial to charging. Even though it is fast, 50 cps, it helps during charging.

Smart chargers are not too dissimilar, except there is a lot more sophisticated circuitry that monitors charging and can alter conditions as required. There is

often a recondition mode that can sometimes resurrect dead batteries. This method can't be likened to a normal charger because it uses a pulsed, high current to start the charge and then checks for any change before repeating the high current charge, only if the charge seems successful does it change to charge mode and even then it can go back to pulse mode if need be and continually swap until a charge is effected or the Dead battery led comes on to warn you to give up.

## **Minutes of 409<sup>th</sup> OCM**

*Minutes of Meeting 409 held on 27<sup>th</sup> November 2018 at Collinswood.*

Meeting opened at 2000 hrs

Present.. 141,78, 21, 232, 48, 49 , 43 ,44, 45.

Visitors Carole

Apologies 80,233,64,370,371,372,333,40,423,120, 212

Minutes of Previous Meeting Moved 232Sec21 Carried

Matters arising Nil

Correspondence In 18 35 out 18, 3-9 cards

Moved 43 Sec 44 Carried

### Reports:

President: - Nil

Secretary: - Wished all a merry Christmas and a happy new year.

Treasurer: - Bal \$9063.73 In \$727.50 Out \$302.67

Inc Central Belt \$4125.09 Moved 141, Sec 44 & Carried.

Training Officer: - Keep all batteries charged at all times

Rally Coord: - Absent with apology.

Social Sec: - Wished everyone a Merry Christmas.

Resources: - Wished everyone a Merry Christmas.

### General Business

Dick, 21 wished all a Merry Christmas and a Happy New Year.

Next meeting 410 Tues 22 January 2019

Meeting Closed 2028.



## IN THE KITCHEN WITH CHRIS 49.

### MEAT PASTIES OR PIES

1 onion, finely diced	1 stick celery, diced
Oil	250g beef mince
1 rasher bacon	chopped fresh parsley, to taste
1-3 cloves garlic, crushed	Salt and pepper
Ground nutmeg, to taste	1 bay leaf
1 strip lemon zest	1 cup tomato soup
1 x packet flaky or rough puff pastry	1 egg, beaten

Method: - Preheat the oven to 200°C. Grease baking trays.

Fry the onion and celery in a little oil until transparent.

Add the meat and fry until browned, breaking it up with a wooden spoon. Add remaining ingredients (except pastry and egg), and simmer gently until cooked (about 45 minutes- but the longer the better). Remove bay leaf and lemon zest.

To make pasties, cut pastry into rounds, wet the edge along one half of the round with water, then place a small amount of meat mixture in the centre. Fold pastry over and press the edges together to seal, being careful not to flatten the filling. Place on prepared trays and brush with beaten egg.

To make pies, use pastry to line greased pie tins, fill with meat mixture, then cover each with a round of pastry and press around the edge to seal. Brush with beaten egg.

Bake pasties or pies in the oven until crisp and golden.

Makes 4.

### POTATO CRITTERS

3 medium-sized potatoes	1 small onion
1 rounded tblspn plain flour	chopped fresh parsley, to taste
Salt and pepper	1 egg, beaten
Oil for frying	

Method: - Grate potatoes and onion into a bowl. Add flour, parsley, and salt and pepper to taste. Mix in the beaten egg.

Heat a thin layer of oil in a frying pan. Drop tblspns of mixture into the pan and cook until brown, then turn and brown the other side. Lower the heat and cook until potato is cooked through.

These are nice dipped in tomato sauce. Serves 6-8

## **CHEESE AND CHICKEN RISsoles**

500g lean chicken mince                      ½ onion, chopped very finely or grated  
1 egg, beaten                                      2 tblspns dry bread crumbs  
80g fat-reduced tasty cheese, cut into 8 cubes                      oil spray

Method: - Mix together the mince, onion, egg and breadcrumbs.

Shape mixture into eight balls. Press a cube of cheese into the centre of each and smooth the meat over to cover it completely. Lightly press each rissole to flatten slightly.

Spray a frying pan with oil and place over medium heat.

Cook the rissoles for about 5 minutes on each side, or until cooked through.

Makes 8

## **SAVOURY TOAST AND RAT BAIT (CHEESE)**

1 cup tasty cheese, grated                      2 eggs, well beaten  
1 dspn Worcestershire sauce                      pinch of salt  
Pinch of cayenne pepper                      4 rashers of bacon, chopped  
8 slices bread, buttered

Method: - Preheat oven to 200°C.

Mix together the cheese, eggs, sauce, salt, pepper and chopped bacon. Spread the mixture on the buttered bread. Place on baking trays and bake in the preheated oven for 15-20 minutes, or until crisp.

Serves 4

Phi 48 has, what he calls, tastier versions of the above. The first involves adding some finely chopped onion to the mixture before spreading and the other is a little more decadent because it uses an avocado as the basis for the mixture.

Scoop the flesh into a bowl and mix the ingredients into it, then spread onto the bread and put it into the oven. You can also sprinkle a little extra grated cheese on top before baking, if it so suits your taste. Otherwise, he recommends experimenting.

Let me know if you find a combination that is particularly tasty and I'll put it here for all to try.



## **SALMON AND PINEAPPLE CASSEROLE**

100g butter  
Pinch salt  
2 cups milk  
1 x 450g can crushed pineapple, drained

½ cup plain flour  
cayenne pepper, to taste  
1 x 415g can salmon, drained  
50g cornflakes

Method: - Preheat the oven to 180°C. Grease a casserole dish.

Melt half the butter in a saucepan and add the flour, salt and cayenne pepper to taste, stirring to form a roux. Gradually add the milk and let the sauce thicken, stirring all the time. Stir in the salmon.

Place a layer of the mixture into the prepared casserole dish, then add a layer of the crushed pineapple. Continue layering, finishing with the salmon mixture.

Melt the remaining butter in a saucepan, add the corn flakes and toss to coat.

Scatter corn-flake mixture over the top of the casserole. Cook in the oven until golden-brown (about 20 minutes).

Serves 4

## **CURRY PIE**

2 tblspns oil  
2 onions, chopped  
1 cooking apple, peeled, cored and chopped.  
Grated ginger, to taste (optional).  
1 cup sliced celery  
1 x 400g can whole peeled tomatoes  
1 tblspn curry powder  
½ cup sultanas  
1 cup grated cheese

1 kg stewing steak, cut into pieces  
1 clove garlic  
1 cup sliced carrot  
1 tblspn sugar  
salt and pepper  
2 cups cooked rice  
1 cup barbeque-flavour chips, crushed

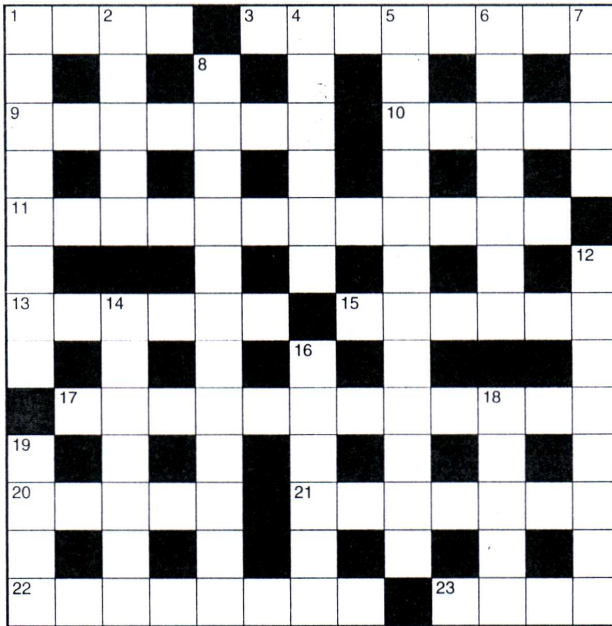
Method: - Heat oil in a frying pan and brown meat in batches. Remove meat from pan and set aside. Tip the onion, garlic and ginger (if using) into the pan and cook until onions are soft. Return meat to the pan and add the apple, vegetables, tomatoes, seasonings and sultanas. Simmer gently 1½ -2 hours.

Preheat the oven to 150°C

Layer the meat mixture with the cooked rice in an oven-proof dish. Top with grated cheese and crushed chips and cook in the oven for 10 minutes, until heated through and cheese is melted.

Crossword Puzzle, compiled by  
Chris 49.

Answers next month.



(Jan 19)

ACROSS

1. Hurry. (4).
3. Leaves behind. (7).
9. Gathering of people. (7).
10. Indent. (5).
11. as well as (12)
13. Gazelles. (6).
15. Breathing passage. (6).
17. False fingertips. (7,5)
20. Diving gear. (5).
21. Hitting the drums. (7).
- 22 Heavier than.(8)
23. Let it stand.(4).

DOWN

1. Sorted through. (8).
2. Rate. (5).
4. Circus tent. (6).
5. Less severe tumour. (12).
6. Runaway of liquid. (7)
- 7 Area of London. (4)
- 8 Celebration Gateau. (12)
12. Vision. (8).
14. Bill. (7).
16. Safety measure in vehicle. (6).
18. Fool. (5).
19. Our Intelligence Dept., (1,1,1,1).

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