

**THE** OFFICIAL JOURNAL of the  
Australian Citizen Radio Monitors. S.A. Inc.  
**COMMUNICATOR**

*AGM... 26<sup>th</sup> Feb 2019*

S.A.  
EST. 1976



DIV  
INC. 1979

*Communicator No 647*

*e-Issue 13, Volume 3*

*Mar '19*

Direct all enquiries to  
ACRM SA Inc. PO Box 69  
MUNNO PARA SA 5115

## *In this issue –March '19*

*Page#*

INDEX	What's where in the Communicator.	1.
PRESSIE'S PRATTLE.	More twaddle, boring to some.	2.
RALLY ROUND UP.	We start off with a few dates.	4.
TREASURE TROVE	Getting over it.	2
FROM THE T.O.	Times, they are a changing.	3.
TUCK'S TALES	Retirement, boring... No way.	4.
BUSH COOK	Have a crack at this	5.
CROSSWORD.	Last month's crossword answers.	8.
GREETINGS	Birthday wishes to our March members.	8.
MEMBER'S	Contributions to our delinquency.	9.
TECH TIPS	Sort of banging an old drum.	10.
MINUTES.	AGM 2018	12.
IN THE KITCHEN.	More culinary delights with Chris 49.	13.
CROSSWORD	This Month's Crossword, Feb.	17.

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.

ACRM SA Inc. c/- Chris or Phil 08 8522 6081.

Editors Phil Richards 08 8522 6081 e-mail:- [phil.48@bigpond.com](mailto:phil.48@bigpond.com)

Chris Richards 08 8522 6081 e-mail:- [chris.49@bigpond.com](mailto:chris.49@bigpond.com)

Graham Tucker 08 8523 1082 e-mail:- [tucktwo@adam.com.au](mailto:tucktwo@adam.com.au)

Webmaster: Adrian Menzel 08 8581 7149 e-mail:- [akmen@bigpond.com](mailto:akmen@bigpond.com)

Or via our postal address, PO Box 69 Munno Para SA 5115

### **Meeting dates.**

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

There is no Meeting in December.

The AGM in February is on 26<sup>th</sup>.

The March OCM will be on 26<sup>th</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, Mar 2019 is on the 19<sup>th</sup>.

Rewind one month to my statement nothing new, more prattle. Well things have changed, not in a major club way but personally so I at least have something to write about. Interesting or newsworthy? You be the judge.

Around the end of the month, I started to develop what could be easily explained as eye strain and as I'd been giving the computer a bit of a pounding, I accepted that. After a couple of days it was no longer eye strain however, in its place it was localised to my left eye only and the best explanation was that it felt like my eye-ball was being pushed out of its socket. So what did I do? I panicked. Now before you go wuss, I had my reasons. Back in 2001 or thereabouts, I had a similar pain behind the right eye but being a bloke, I went through the whole she'll be right bit and waited until things stopped functioning before I let 49 get me to hospital.

The upshot was that I'd had a brain bleed (in my case caused by an Arachnoid cyst that burst (yeah she'll be right). I also suffered a bloody stroke as a result, leaving me paralysed with a major affectation of my left side. After about 3 months in hospital, including rehab at Northfield, I walked out of there with no apparent residual defects. Lucky me, aye? I did come out of it a little wiser though, hence the presenting to hospital when the pain behind my eye reminded me of the last time, and not waiting until I was a blithering idiot.

Now that's not the end of it. I was hospitalised and well looked after but to put things back in chronological order, Chris called the ambulance and upon arrival the Paramedic and assistant performed the normal stuff and found blood pressure through the roof. He was going to admit me to hospital, for that alone. I was canulated (if that's a real word) and put onto a stretcher, a stretcher that I had to walk to. It just doesn't feel right having to be taken by ambulance to a hospital when you have to walk to the stretcher to be transported. I'll tell you something else that is strange and that is travelling in a vehicle, flat on your back, head first and all you can see are the back windows with the only view being one of where you've been. All the time the paramedic is sitting by you while the driver, amongst other things, chats on the radio with HQ or dispatch about road conditions and E.T.A, occasionally conferring with the paramedic in the back. During this time, the paramedic kept doing observations on me and was, by the time we reached hospital, convinced I'd had another stroke. I was admitted immediately and within 10 mins was having a CAT Scan. The results were promising, no sign of new brain scaring, only evidence of the prior strokes and surgery. No-one really knew what was causing the pain behind my eye but one possibility was a problem with the artery that controls blood to the eye, it's got a name something like Temporal or Large Cell Arteritis and if crook can cause

permanent blindness in the eye. The Doctors got a bit excited, because of the blindness bit and put me on Prednisalone. I don't know why I said it sounds something like Temporal Arteritis, because it sounds exactly like Temporal Arteritis.

Sleeping was not easy as the pain was still severe so I was also given Paracetamol, which got me through night one, night two was similar, except we had an extra distraction, by way of two patients who liked to put on a show for everyone's benefit, In fairness to these people who couldn't help themselves, we were in 1 E, which is the Neuro ward, with one of them under 24 hour guard. By night two I was starting to get a dose of the dreaded lurgi so I asked Chris to bring in a pack of Cough Lozenges and after the first couple I was starting to breathe freely. Yep you guessed it, as my nose cleared, I managed to get rid of heaps of gunk, the pain subsided. I, eventually, managed to get the experts to listen to my plea that I think I had blocked sinuses and as the pain was now gone, one of the younger doctors re-looked at the scans confirming the sinus cavities appeared chockablock and confirmed that it may be the cause, note the word 'may.' From that day on, my major aim was to get out of that nut-house but convincing the more knowledgeable doctors to agree with the Sinus theory was proving to be an even bigger problem, after all that would mean someone had to admit they were wrong. After one night of me getting dressed and threatening to discharge myself, I was actually taken seriously but however, the ball was slow rolling. After a few more days, it got to a point where I knew I was going home but getting someone to sign off on it was nigh on impossible. I was convinced that if I spent one more night in the nut house I'd be as crazy as the nutters, confined within.

We finally, I say we because, Chris had been waiting all day to take me home, got a nurse to nail down the appropriate doctors long enough for a pow-wow and a decision was made, finally ending my stay in the house of horrors.

One of their concerns was eye damage and wanted me to see their ophthalmologist before I could go, however, if I promised to see my own ophthalmologist, I could leave.

I agreed willingly (probably would have agreed to anything at that moment) but mainly because somewhere twixt leaving home in the ambulance and being admitted, they lost my reading glasses. If I'm going to see the optician about new glasses, I suppose I can have an examination too.

There was a minor positive out come however, I had a minor change to meds and somehow, managed to dump a few kilos, mind you being starved for 5 days helped.

By the way, after all the tests the Doc found nothing to worry about in my eye and the appropriate report was sent to the hospital.

## RALLY ROUND UP; Trev 120

Here is another date for your calendar. Tanunda show – 9<sup>th</sup> March.  
Sandy Creek – 8-9 Sept

## TREASURE *TROVE*; Chris 49

My sisters and I are all in our seventies and as Antoinette, 2<sup>nd</sup> eldest, pointed out the other day most of our phone calls are to check on the health of each other and / or our husbands. Phil's stint in hospital last week (see his article) had the phones going crazy.

The biggest problem was our NBN (Data & phone) going down three days before Phil went in to hospital and the home phone calls were transferred to his mobile but that phone didn't work in his ward so I ended up carrying both mobiles with me.

On my phone I have created groups so by sending a message to our three boys, Phil's 6 siblings, then my sisters I could keep everyone up to date.

The technicians from NBN let us know that they had found the fault but they would still need to get into our house so we made sure we were home on the Thursday and Friday but they didn't turn up. During the next week I received a call from them but I wasn't prepared to sit at home (in case they came) while Phil was still in hospital.

When we came back home I had turned the on laptop and at the same time the phone rang and it was a call to let us know that the problem was solved. We can't understand how they could fix the problem then without coming into the house but couldn't fix it 8 days prior.

Now we'll wait and see how much the calls from Phil's phone will cost us.

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

A new year and nearly event time.

Remember to keep your equipment battery charged and ready to go. When the committee receive maps etc for an event there is considerable work to be done before operators can be placed in positions.

The event organizers have already spent considerable time finding locations and permission to use the properties, these quite often are not in good locations for our radio communications, hence we try to compromise, sometimes we win, others we lose. At the last Mallala event, many control points had been off road and requiring 4wd vehicles to access. Again Mother Nature intervened and controls had to be moved or cancelled, this no way reflects on ACRM or the event organizers. Remember that with property owners now having to shoulder insurance premiums for other use of their property, this now will affect more events. Our members spend a lot of time and money checking locations prior to an event, not all events can be done this way, hence checking sites on Google Earth, this does not always give the total layout of the control point and may lead to some problems with communications.

Remember please take all your equipment to an event, it is better to have it with you than needing it and it is home on the shed floor.

If you have any problems with equipment eg coax, ariels and radios, please contact either 48 or myself and we will try to sort it out, maybe a day when we can all get together and have an equipment check, even bring to meeting night? Remember that we can discuss any problems either by phone or email.

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

On Friday I headed up to Sevenhill to meet up with my friends, affectionately know as, the Honky Tonks.

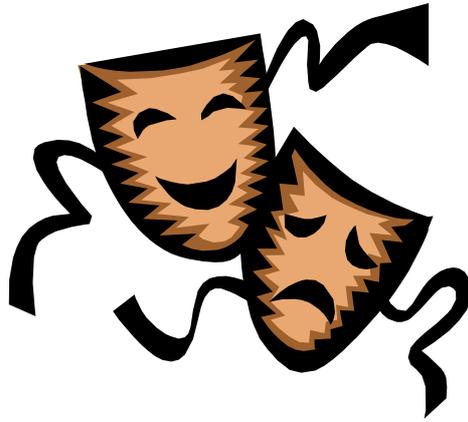
February has become a tradition now to attend a “Cultural Evening” of *Shakespeare in the Vines*.

This is presented by a group from Victoria, and this years production was “A Midsomer Nights Dream”.

It is held on the lawns surrounding the Sevenhill Winery, and runs for about three hours.

That's normally OK but as soon as the sun set, the wind started to blow and it was freezing. My own fault, I should have taken some warm clothes,

We had a nice meal (pizzas) and drank some Sevenhill sparkling Riesling so a good, albeit cold, time was had by all.



**Nominations for Committee 2019; Elections AGM Feb 26<sup>th</sup>:  
Reprinted from Feb Communicator.**

As there were no applications for a postal vote received this year, all members present at the AGM will have deciding rights over this year's Committee.

**Executive Committee:**

48 Phil, President                      141, Graham Secretary.  
49 Chris, Treasurer.

**4 Committee members:**

78 Bill – Currently Training Officer,  
120 Trevor – Currently Rally Coordinator.  
43 Elaine, currently - Social Secretary & PRO  
44 Graham, currently Resources Officer

While each committee position is being vied for by the current occupier of that position, in theory once the four nominees have been chosen, the committee position can be assigned to the most suited for the job and obviously current members are usually most suited.

Anyway, here's hoping to catch as many as possible at the meeting and also hope( maybe even pray) for a cooler night than January's OCM.

LAST MONTH'S  
CROSSWORD ANSWERS

1	A	J	A	R	Z	4	A	M	5	B	I	6	A	N	7	S
P		N		O		N				R		N		O		
9	P	A	G	E	B	O	Y		10	O	T	T	E	R		
O		R		S		O			T		A		T			
11	L	A	Y	I	T	O	N	T	H	I	C	K				
L				E		E		E		I			12	B		
13	E	N	14	A	C	T	S		15	B	R	I	D	A	L	
D		L		R				16	F		I					U
	17	B	O	U	I	L	L	O	N	C	18	U	B	E		
19	A		O		C			O		L		L		E		
20	M	U	F	T	I			24	W	E	A	L	T	H	Y	
P		L		A				E		W		R		E		
22	S	A	Y	O	N	A	R	A			23	P	A	S	S	

Feb.

*Birthday greetings.*

*Birthday greetings for*

*February are extended to:*

After a quick search of the database, once again, we find that only two members are still current out of a what was a long list.

Brenton 166 and Paul 490, who both share March 19<sup>th</sup>.

We wish you both many happy returns of the day.

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)

## Member's Contributions To Our delinquency

I had nothing directly from members this month so it Reader's digest to the rescue.

My dog ate all the Scrabble tiles once and for days he kept leaving little messages around the house.

Hear about the new restaurant called Karma?  
There is no menu but you get what you deserve.

A woman in labour suddenly shouted, "Shouldn't! Wouldn't! Couldn't! Didn't!  
Can't!"  
"Don't worry," said the doc, "Those are just contractions."

A bear walks into a bar and says, "Give me a whiskey and .... cola."  
Why the big pause?" asked the barkeeper.  
"I dunno," replied the bear, "I was born with them."

Why did the chicken go to the séance?  
He wanted to go to the other side

How do you drown a hipster?  
Throw him in the mainstream.

What sits at the bottom of the sea and twitches?  
A nervous wreck.

Woman to her husband while at it: "Please say dirty things to me!"  
Man: "Bath, Kitchen, Living room..."

## More Tech stuff, Phil 48

In The devil's advocate and the GRN, my menacing ways ended with, Well I enjoyed that, it's a long time since I've had a good bitch session. So come on you knockers, tell me where I went wrong." Guess what, I received nothing in reply to my plea, so I assume, *either no one knows to the contrary or someone knows but never bothered to correct me.*

While playing the Devil's advocate again, I can only assume that those and / or similar problems still exist. Now that the can of worms is open, I'll let you in on another loss that occurred with the onset of the GRN. While other services may have had similar, this example is pertinent to ambulance officers. Upon leaving the car that was equipped with a full power radio and mobile antenna, the officers were limited to their hand held radios, they had a system whereby the car radio could act as a repeater, meaning the hand-held radios only had to reach the car and the message was transmitted at full power via repeaters to Main Control. In support of the GRN, it's gratifying to know that on-the-whole, the coverage has been excellent and the loss of the repeater system was not a great loss.

Being a radio tech at the time, I was privy to all the complaints but not necessarily to the remedies, if any.

Anyway, unless I get requests or info about the subjects, I think we can put both batteries and the GRN to rest for a while.

Now to give an old adversary a thumping, the NBN and the Murphy version, you know the one that says, I anything will go wrong, it'll happen at the most inconvenient time.

As Chris mentioned (see Treasure Trove), we lost the NBN just prior to me going into hospital and it seemed repairs were going to take forever, the last info was the problem (external) was fixed but they would need access to the house to fix the other problems. After a search on the NBN forums, I read not to turn off or reset the modem, something I'd done regularly when I was having troubles with the network and was common practice with the older ADSL2. Because this usually worked to get me back on-line, I'd tried it but to no avail only to find out that with the NBN, it is not a good idea. If it is only a data problem, i.e. phone okay but network down, turning off and on the modem is okay, however, if phone is down too then the problem is more serious and the reset looks for the info the NBN usually provides, email address and password but if it can't find it, your modem is reset to nulls, which I assumed had happened and would be the reason they (Telstra techs) wanted to enter my house, to solve.

The last thing I did before going to hospital was re-enter the info in the modem, thus was a little miffed that they still wanted to get into the house. However, there was not a lot I could do from hospital. Somewhere along the line they must

have rechecked the problem and found they could connect without coming in and rang to say the problem was now solved on the day I arrived home. I checked the phone and Chris checked the internet, both agreeing it seems solved and all without coming into the house. Am I to assume that I got the re-entry of the info correct but more than that the lesson here is don't try resetting your modem when the NBN is down.

It seems the NBN is a fairly fickle system and I no longer stand up for it like I once did.

To add insult to injury, we are not given a choice. As the NBN is rolled out the old service is turned off, despite how good and / or trouble free it had been.

I make this next statement with no authority and it could be wrong but I believe I was told 10 mbps is an acceptable download speed via the NBN.

After performing many random speed tests, I have got results ranging from 3.3 mbps to 40 mbps and when it's at the 3.3 mbps mark, just downloading emails is a problem.

## Minutes of OCM 410

### Minutes of Meeting 410 held on 22<sup>nd</sup> January 2019 at Collinswood

Meeting opened at 2000 hrs

Present.. 141, 78, 21, 232, 48, 49, 43, 44, 45, 153, 212

Visitors

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

Minutes of Previous Meeting Moved 78, Sec21 & carried

Matters arising Nil

Correspondence In 19/1-4 moved 232 sec49 & carried.

#### Reports

President: We will no longer support Motor Cycle House as they have not honoured their end of the deal. We have not received the last promised prize. All attempts to contact them have failed.

Secretary: Nil

Treasurer Bal \$9055.74 In \$0.75 Out \$nil

Inc Central Belt \$4125.09 Moved 141 Sec 45

Training Officer GRN is being used for car rallies

Rally Coord. Absent with apology

Social Sec Think about the next hamper

Resources Nil

General Business

Channel 4 is off the air. Will follow up.

Next meeting AGM 41 Tues 26<sup>th</sup> February 2019

Meeting Closed 2033



## IN THE KITCHEN WITH CHRIS 49.

### GOLDEN OATY CARROT BISCUITS

125g butter, softened  
light brown sugar  
1 egg yolk  
1 ½ cups (225g) plain flour  
teaspoon ground cinnamon  
1 tblspn milk, approximately

1 cup (220g) firmly packed  
½ cup (70g) firmly packed grated carrot  
½ tsp bicarbonate of soda (baking soda)  
1 cup (90g) rolled oats

Method: - Preheat oven to 180°C. Line oven trays with baking paper.  
Beat butter, sugar and egg yolk in small bowl with electric mixer until combined.  
Stir in carrot, then sifted flour, soda and cinnamon. Stir in oats and enough milk to make a firm dough.  
Roll heaped teaspoons of mixture into balls; place about 5cm apart on trays, flatten slightly. Bake for about 15 minutes; cool on trays.

### GLUTEN-FREE BERRY CAKES

125g butter, softened  
¾ cup (165g) caster sugar  
2 cups (240g) almond meal  
½ cup (100g) rice flour  
1 cup (150g) frozen mixed berries

2 tsp finely grated lemon rind  
4 eggs  
½ cup (40g) desiccated coconut  
1 tsp bicarbonate of soda (baking soda)  
1 tblspn desiccated coconut, extra

Method: - Preheat oven to 180°C. Grease a 12-hole muffin pan.  
Beat butter, rind and sugar in a small bowl with electric mixer until light and fluffy.  
Add eggs, one at a time, beating until just combined between additions (mixture will separate at this stage, but will come together later); transfer to large bowl.  
Stir in almond meal, coconut, sifted flour and soda, then the berries.  
Divide mixture among muffin pan holes; bake for about 25 minutes. Stand cupcakes for 5 minutes; turn, top-sides up, onto wire rack to cool. Sprinkle extra coconut.



## PARMESAN AND BACON SCONE COBBLERS

Prepare a 600g packet of scone mix according to packet directions. Once dough is kneaded, roll to 1cm thick and sprinkle with 1 cup Parmesan and ½ cup cooked and chopped bacon. Roll up into a scroll and cut into 2cm thick slices. Place cobbler slices in a single layer on top of your favourite casserole in an oven-proof dish. Brush lightly with milk and bake at 220°C (200°C fan forced) for 15-20 minutes.  
Makes 12.

## GARLIC BREAD

Mash together 100g butter or margarine, 2 crushed garlic cloves and 2 tablespoons finely grated parmesan cheese. Spread butter mix over a medium-size loaf of crusty Italian ciabatta cut in half horizontally. Place each piece butter side up on the rack of a 200°C (180°C fan forced) oven for 10-12 minutes or until bread is golden. Slice into pieces to serve.  
Serves 4

## CARAMEL WALNUT BROWNIES

S

Make 475g packet of choc chunk brownies. Add ¾ cup caramel bits to the batter, mix and pour into a prepared pan. Sprinkle over 125g packet crumbed walnuts. Bake as per packet directions, cool and cut into squares.  
Serves 12.

## SAVOURY ZUCCHINI

Sift 1 cup self-raising flour into a bowl, whisk in 1 beaten egg, 1 tblspn vegetable oil and 1 cup milk. Mix in 1 coarsely grated zucchini and ⅓ cup finely crumbled feta. In batches, cook ¼ cups of the batter in a non-stick frying pan over medium-high heat. Flip pancakes when bubbles appear on the uncooked side. Serve with tomato relish and sour cream. Serves 12.

## PEARL COUSCOUS SALAD

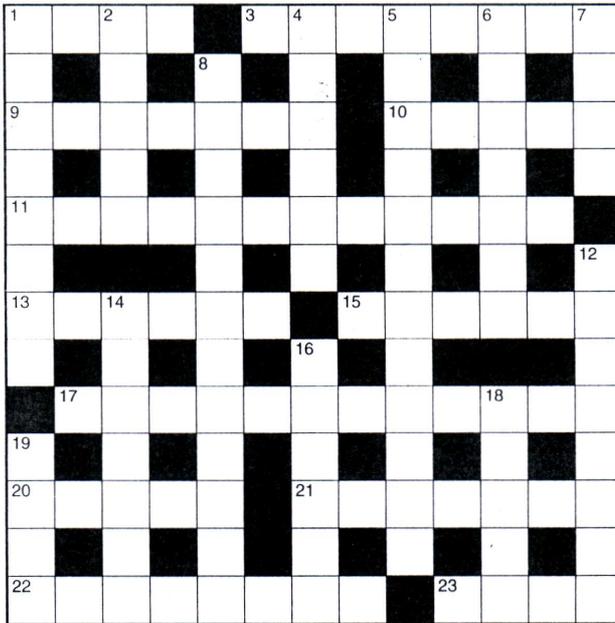
Cook 1½ cups pearl couscous according to packet directions. Toss warm couscous with 1 tblspn olive oil, the zest of 2 lemons, ¼ cup finely sliced mint and ½ cup dried cranberries. Serves 4

## ROCKY ROAD CUPCAKES

Prepare and bake a 245g packet of strawberry bite-size cupcake as directed. Combine ¼ cup each shredded coconut and sliced glacé cherries with ½ cup small baking marshmallows. When cupcakes are cool, combine the prepared icing sachet with 2 tspns of cocoa, adding in a little extra water if needed. Spread over cupcakes, top with coconut mixture and sprinkles. Makes 18.

Crossword Puzzle, compiled by  
Chris 49.

Answers next month.



(Mar 19)

ACROSS

1. Resound. (4).
3. Evenly weighted. (7).
9. Required number of members at a meeting.. (7).
10. Examination of accounts.. (5).
11. Pest killing sprays. (12)
13. Grow larger. (6).
15. Feeling of sickness.. (6).
- 17.. Stickiness. (12).
- 20.. Salad dressing.. (5).
- 21.. Rich. (7).
22. Atone for mistakes..(4,4)
23. Cultural pursuits.(4).

DOWN

1. Queried. (8).
2. Owl calls. (5).
4. Descend rock face using rope. (6).
5. Wattle-lined Street. (7, 2, 3).
- 6 .Bludgers. (7)
- 7 Pirateering (12)
12. Wailing Irish female spirit. (8).
14. Fenced field. (7).
16. Small restaurant. (6).
18. Keen. (5).
19. Serene., (4).

A word of thanks to our sponsors, Foodland Gawler, Robern Menz, Office Works, Maccas, K Mart. Their assistance is greatly appreciated. Please show your support by supporting them.



# Doc's Audio & Electrical

Specialising in Split Systems  
and Switchboard Upgrades

**Daniel Richards**  
**0457 642 222**

PO Box 602 Willaston 5118 - dande@adam.com.au - License PGE178214

## **KEEP COOL THIS SUMMER**

**Is your airconditioner working efficiently?**

- Preventative Maintenance • Repairs/Service
  - Sales • Installations • Mobile Eftpos
- Qualified, Licensed, Insured & Professional  
For Your Peace Of Mind. Est. 1992

**MOST MAKES  
& MODELS**

**C.M.S.** REFRIGERATION AND  
AIRCONDITIONING SERVICES

SL1644

**04 12 857 012**

**24 HOURS - 7 DAY SERVICE**

Licence numbers - PGE127862 & AU00025 ABN 57330709796