

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

# COMMUNICATOR



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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.

.September's OCM is on the 24<sup>th</sup>.

October's OCM is on the 22<sup>nd</sup>.

ACRM SA Inc. Meetings are held at 3A 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, September 17<sup>th</sup>

## ***PRESSIE'S PRATTLE ;Phil 48:***

Murphy's Law dictates that if something can go wrong, it will and at the most inopportune time.

Why bring the mischievous escapades of the little green fellow up now? With only a couple of weeks to go (and the gap narrowing fast) until Clare and the paperwork not quite finished, it dawned on us that a mag has to go out before the Clare Trial so it's going to be head down and bum up, while both are completed in time.

While on about Clare though, we have had a fairly good response to Trevor's plea last month and with the addition of a prospective new member, we have actually got the event covered, thus I'm, optimistically, looking forward to a good event. However, it will be the next mag before you will find out if successful and to what extent.

## **RALLY ROUND UP; Trev 120**

Once Clare is out of the way, that should put paid the events for this year. We've not heard of any horse rides pending and as it gets hotter the rides get less until March or April the following year and it starts to cool down again. Watch this space for notification of any upcoming events.

## **TREASURE TROVE;Chris 49**

I have racked my brain for an article this month and failed to come up with anything substantial so here goes. My sister, friends and I have been busy knitting anything from Trauma Teddies to baby lamb coats. It all started with the teddies, then the paramedic I had given some to asked if we could make some beanies for newborn babies as they were running short. He soon had to say stop for they now had plenty. One of the ladies gave some to the pastor from her church as he was going overseas. The next was a plea for coats for newborn lambs as in times of drought; lambing and particularly multiple births, can present a problem if the ewe has no milk for them, which in turn necessitates hand rearing.

Some time ago while I was at Derek 40 and Libby's I was shown a baby duck that I then knitted and put Easter eggs inside for the Grandchildren and if we were at an event all the children received them as well. I decided to knit and stuff them for children in stressful situations and gave them to the paramedic and Jean 318's doctor, along with some

teddies. Some were given to the police and other ambos who were at our events. My sister Barbara then found an article on Izzy dolls which proved very popular. There was a soldier in Canada named Mike Isfeld, hence the



name Izzy, who was killed in action and his mother started making the dolls in his memory. People asked her if they could have the pattern and they were sending 200 at a time to the war torn areas. They have been very popular as well. When we were at our doctor's clinic I showed them to the nurses to see if they would like some and apart from loving the Izzy dolls they loved the ducks so I found my pattern for chickens and added them to the next batch. If anyone would like the patterns just let me know as the ambos and police are very grateful for them.

Working With Children Certificates.

As of the 1st of July, 2019, if working with children you must first obtain a certificate, this for volunteers, is free and can be completed on line, you need the 100 points check, either drivers licence or passport etc. for validation of being you. There are exceptions to having the certificate, if you are working with children less than seven days in a calendar year, if the parents or guardians are with the child, and some other exceptions. As we normally only work with minors under 16 years of age at horse events, do we need to have the certificate, I leave the decision up to you? It now is that if you have the certificate and then are convicted of an offence, the certificate will be rescinded, at least that is the intentions of the system? (Nothing is infallible) Please go online and peruse the do's and don'ts and make your own decision? I have obtained the certificate as I not only do horse events, my other activities include car and bike events which do involve children and has necessitated it.

*Ed: When we were advised of this pending requirement, most panicked from being unsure of what it meant but since then, we've had time to research it and I think Bill summed it up nicely, go on line and make up your own mind. At the time of writing, none of the typical events we do require the Working with children certificate - but that may change. The key requirements hinge around what is the definition of working with children. If children are unsupervised, ie. No parent or guardian present and the child is interacting directly with a monitor and more than seven times a calendar year, then a certificate is required.*

*Unless things change, from the club's point of view, members are not being told to get the certificate. However, like Bill, who has chosen to apply, members are encouraged to apply if they so wish.*

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

I have been a bit embarrassed about my garden which has been producing a wide range of spectacular weeds over the last few months..

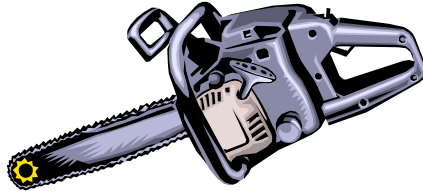
Spectacular in the way they have continued to grow higher and higher, while my neighbours seem to be able to control theirs.

So, a couple of weeks ago I got the sprayer and the Roundup out of the shed and commenced to murder them, successfully as it happens.

I then started to hoe them up into mounds to put into the Green bin, and decided to Rotary Hoe the beds so I could plant some flowers and veggies, But!

The Rotary Hoe refused to start. Well it would be 3 years since I last tried, and I realised that the fuel would have been off. So, I selected a remote bit of the back yard to empty the fuel tank and off I went to the BP for some fresh petrol.

Hooray!. It worked and I now have several beds thriving. Only when I tried to start the chain saw, same problem! For this I need 4 stroke.



LAST MONTH'S  
CROSSWORD ANSWERS

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

Sept

*Birthday greetings.*

*Birthday greetings for October are extended to:*

Neville 370 for the 9<sup>th</sup> and  
Lynton 153 for the 11<sup>th</sup>.

We wish you both the very best  
for your special day.

Also a belated Special day.  
Congrats to Elaine 43, who  
celebrated her 70<sup>th</sup> on the 10<sup>th</sup>.

WANTED TO SELL, BUY OR EXCHANGE

**Wanted to sell:** Westinghouse 4 litre urn, in as-new condition. \$40.00 or best offer, contact Chris 49 on 0428 826261 or email [chris.49@bigpond.com](mailto:chris.49@bigpond.com)

**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

They weren't in my pockets.

Suddenly I realized I must have left them in the car.

Frantically, I headed for the parking lot.

My wife has scolded me many times for leaving my keys in the car's ignition.

She's afraid that the car could be stolen.

As I looked around the parking lot, I realised she was right.

The parking lot was empty. I immediately called the police.

I gave them my location, confessed that I had left my keys in the car, and that it had been stolen.

Eventually, I plucked up the courage and made the most difficult call of all to my wife:

"I left my keys in the car and it's been stolen."

There was a moment of silence. I thought the call had been disconnected, but then I heard her voice.

"Are you kidding me?" she barked, "I dropped you off TODAY!"

Now it was my turn to be silent.

Embarrassed, I said, "Well, come and get me."

, "I will," She retorted, "as soon as I convince this cop that I didn't steal your bloody car!"

Welcome to the Golden Years

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Why I Like Retirement!

Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday.



Question: When is a retiree's bedtime?  
Answer: Two hours after falling asleep on the couch.

Question: How many retirees does it take to change a light bulb?  
Answer: Only one, but it might take all day.

Question: What's the biggest gripe of retirees?  
Answer: There is not enough time to get everything done.

Question: Why don't retirees mind being called Seniors?  
Answer: The term comes with a 10% discount.

Question: Among retirees, what is considered formal attire?  
Answer: Tied shoes.

Question: Why do retirees count pennies?  
Answer: They are the only ones who have the time.

Question: What is the common term for someone who enjoys work and refuses to retire?  
Answer: NUTS!

Question: Why are retirees so slow to clean out the basement, attic or garage?  
Answer: They know that as soon as they do, one of their adult kids will want to store stuff there.

Question: What do retirees call a long lunch?  
Answer: Normal.

Question: What is the best way to describe retirement?  
Answer: The never-ending Coffee Break.

Question: What's the biggest advantage of going back to school as a retiree?  
Answer: If you cut classes, no one calls your parents.

And, my very favorite....

QUESTION: What do you do all week?

Answer: Monday through Friday, very little and on Saturday & Sunday, I rest.

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## SERENITY

Just before the funeral services, the undertaker came up to the elderly widow and asked, 'How old was your husband?' '98,' she replied....'Just two years older than me'.

'So you're 96,' the undertaker commented.

With a knowing nod, she replied "Hardly worth going home, is it?"

## A SENIOR'S VERSION OF FACEBOOK

For those of my generation who do not, cannot or will not, comprehend why Facebook exists: I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them "thumbs up" and tell them I "like" them. And it works just like Facebook. I already have 4 people following me: Two police officers, a private investigator and a psychiatrist.

## More Tech stuff, Phil 48

It's easy to forget that not everyone has been around radios and radio terminology as you lot so when talking to bloke recently and was getting quizzical looks as I spoke, I started to think, maybe some of this stuff needs explanation so I reverted to speaking in lay-man's terms, to his delight.

It reminded me that as professionals we should never assume that everyone else is at the same level but with a little explaining, they could be so for those who look down their noses at lay speak (probably the same people who got sick of my Tech articles aimed at the newies, I'm reintroducing an old topic in Tech Tips and a good place to start is with our tools of the trade, radios, those things that in one form or another have taken over our lives. What's the old fool on about now, you mumble? Anyone want to go back to a time when there were no mobile phones? Most of us right, and despite becoming a necessary evil, we're talking about a device that has invaded our privacy and basically made us accountable 24 hrs a day.

The mobile phone is in its simplest forms a two way radio (Simple-Yeah right!) just like the UHF radios we use. The transmissions can be split into two categories

Simplex, one radio talking directly to another, usually called line of sight.

Duplex, one radio talking to another via a repeater.

Repeater, a device that rebroadcast the signal from one radio to another when not in line of sight.

If you think about that pesky mobile phone I first mentioned, you will immediately see that it also uses a repeater, although it is referred to as a cell in order to connect you to a person umpteen miles away and rarely in line of sight. The difference is that even if phoning someone in the same room, which would be line of sight, the phone signal still has to go through the nearest cell before being retransmitted to the other phone.

We use a repeater for one main purpose; it's preferable for all controls to be able to hear the others.

A typical example is at Mallala where the ground and surrounding area is almost flat (the highest sand ridge is about 5 mtrs) and in the early days of CB we did that event on simplex but because the controls could not hear each other and their only contact was with Main control, no-one except main knew when the airways were free and we suffered calls crashing others, which sometimes meant unimportant traffic crashing an emergency call. The simple fix was a repeater, placed somewhere high enough that it could be accessed by all controls. Without turning this into a Mallala report, historically Mallala was held from a property that was fairly central to the controls and because Main could receive all controls,

when issued with our first CB repeater licence, we erected it at Main Control and for the first time everyone heard everything that went over air. Marvelous – so from then on we spent weekend after weekend finding and testing high spots in many areas pertinent to our events. Unfortunately, Mallala had a shift to a new location, which was North of the then present location and coverage from Main was no longer feasible.

Luckily our Repeater two was now permanently situated at Cleland Wild-Life Park and has serviced the area well since.

I got a bit carried away there but I hope it sort of explained simplex and duplex. For those who may want a bit more on duplex (repeater mode) please refer to Communicator March 2018 for an excellent article by Bill 78.

If you don't have a copy, try the website, I found it by going to <http://www.acrm.org.au/> and selecting Communicators, then year 2018 and March.

Unless I get heaps of emails or dislikes of any description, I'll finish off this article next month and as usual, I'm happy to answer any technical questions in this column if you write or email me?

However, if all goes well, I'll start with wavelength, what the hell it is and why it's important.

In the mean-time to finish this article I'll have a quick look at coaxial cable (simply known as Coax). Its purpose is to get the signal from your transceiver to the antenna, as efficiently as possible and efficiency is a key word in this area because we are trying to get the signal in and out with minimal loss. The ideal of course is no loss but realistically, minimal, is a much safer bet.

It may be obvious that coax comes in many diameters and each with its own number classification. For most applications you will come in contact with there are two main differences, apart from the multitude of sizes and that is impedance. The most common we use is 50 ohm. The other is common because most TV installations are 75 ohm. To start the argument I must say that yes, you can use TV coax for CB but don't expect ideal results. By the same token, using 50 ohm on TV's is not a good idea either. I mentioned before, efficiency, and that is not going to happen if the cable impedances are transposed.

When a transceiver is designed its antenna impedance is designed to be 50 ohm and a transmission antenna is also designed to terminate with 50 ohm coax.

Obviously, the ideal would be putting the antenna directly on the transceiver.

Maybe ideal but hardly practical, it sort of describes a hand-held. There are situations where the transmitter is located up at the antenna, most broadcast stations are situated just so and is often the reason why your favourite radio station is interrupted by transmitter problems. The radio station usually has a land

line link to the transmitter or in more modern cases, a Microwave link sending the programme to a receiver at the transmitter.

The microwave link is great but not flawless, here is one simple example of a problem. Firstly, imagine a dish on the top of the radio or TV station, transmitting a signal to another dish up on a hill with the transmitter, you can see that in this set-up, its basically line of sight operation and anything in its path, just may be a problem. Weather, is a big factor but there are other things that can cause problems and it's a simple as aircraft passing between the two dishes interrupting the signal, even if only momentarily.

Pol-Air and various other choppers fly all over the city, interrupting links often resulting in pixelising on TV transmissions. Aeroplanes to a much lessor degree, only because they are not usually low enough to cross through a microwave signal. Even a flock of birds can interrupt a microwave signal

Okay, in our situation, neither land line or microwave is likely to connect our transceivers to the antennas so its back to coax to get us on air.

Before I talk coax, I'm going to talk briefly about antennas or is that antennae?

What about Aerial? Although not a strict rule, aerial is usually used to refer to a receiver (often not much more than a long length of wire and antenna is typically for transmissions, however, a transceiver (two way radio) does both, receive and transmit, hence you are safe to say antenna. We'll look at the differences later.

Now to explain multiple antennas or antennae. Both are correct, yep the plural of antenna is antennas but only if they are different. Eg: You can have various antennas but more than one antennae.

Another line of thought is that insects have antennae, more than one on the same insect. If someone jumps down your throat for saying antennas, just remember tomato, pronounced tomayto, tomarto, it all depends on which school you went to.

Vocabulary.com sort of backs me up. This is the official bit, well as official as anything else gained from the Internet can be.

*The singular noun 'antenna' is just one of the feelers on a bug's head — a sensory wand the insect waves around to check out its surroundings. The plural of this antenna is 'antennae.'* (Those Greeks and their funny words!)  
*The singular noun 'antenna' is also the thing on top of your television or radio. The plural of this antenna is 'antennas.'*

## **Minutes;OCM 417**

**Minutes of Meeting 417 held on 27<sup>th</sup> August 2019 at Collinswood**

Meeting opened at 2000 hrs

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

**Visitors Nil**

**Apologies 80,233,64,370,371,372,333,40,423,120,45**

**Minutes of previous meeting moved 212 Sec 232 & Carried.**

**Matters arising Nil**

**Correspondence In 19/21-22 Out Nil moved 21, sec 43 & carried  
(correspondence received.**

### **Reports**

**President: sent info to a prospective member of ACRM.**

**Secretary. Nil**

**Treasurer Bal \$6874.56 In \$624 Out \$200. Moved 44 Sec 141 and carried,  
Treasurers report accepted.**

**Training Officer Nil**

**Rally Coord. Absent with apology Clare MC Rally Sept 21**

**Social Sec Nil**

**Resources Nil**

### **General Business**

**232 Mallala difficult control to get to. Will need better info for next year.**

**100 metres of churned up track to get to control.**

**21-Queried number of rescue vehicles (2)**

**78. From July 1<sup>st</sup> “Working with Children” legislation takes effect.**

**Certificate not required if less than 7 contacts per year, or if  
parents in attendance.**

**Next meeting 418 24<sup>th</sup> September 2019**

**Meeting closed 2049**



## IN THE KITCHEN WITH CHRIS 49.

If you have a yen for ice-cream and there isn't any in the fridge perhaps try this method.

### ICE-CREAM IN A BAG

1 tblspn sugar	½ cup milk or half & half
¼ tsp vanilla	6 tblspns rock salt
1 small-size zip-lock plastic bag	1 large-size zip=lock bag

Method: - Fill the large bag half full of ice, and add the rock salt. Seal the bag.

Put milk, vanilla, and sugar into the small bag, and seal it. Place the small bag inside the large one and seal again carefully.

Shake until mixture is ice-cream, about 5 minutes. Wipe off top of small bag, then open carefully and enjoy!!

### UPSIDE-DOWN PEAR AND GINGER CAKE

900g/ 2 lb can pear halves, drained	120ml/ 8 tblspns finely chopped stem ginger
175g/ 1½ cups self-raising flour	5ml/ 1 tsp ground ginger
175g/ 6oz/¾ cup soft brown sugar	2.5 ml/ ½ tsp baking powder
175g/ 6oz/¾ cup butter, softened	3 eggs, lightly beaten
120ml/ 8 tblspns ginger syrup from the jar	

Method: - Preheat the oven to 180 C/350 F/ Gas4. Grease a deep 20cm /8in cake tin, line the base with greaseproof paper and grease the paper

Fill the hollow in each pear with half the chopped ginger. Arrange the pears, flat side down, over the base of the cake tin, then spoon half the ginger syrup over the top.

Sift the flour, baking powder and ground ginger into a mixing bowl. Stir in the soft brown sugar and butter, then add the lightly beaten eggs and beat together for 1-2 minutes until the mixture is creamy.

Carefully spoon the mixture into the tin, spreading it out evenly so that all the pears are covered, and smooth the surface. Bake for about 50 minutes, or until a skewer inserted into the centre comes out clean. Leave the cake to cool in the tin for about 5 minutes. Turn out on a wire rack, peel off the lining paper and leave to cool completely. Add the reserved chopped ginger to the pear halves on top of the cake and drizzle over the remaining ginger syrup.

### **ZUCCHINI SLICE**

2 zucchini, grated	1 cup cooked brown rice
3 spring/green onions, thinly sliced	100g mild salami, chopped
$\frac{3}{4}$ cup self-raising flour	1 carrot, grated
$\frac{1}{3}$ cup reduced-fat milk	4 eggs, lightly beaten
$\frac{1}{4}$ cup vegetable oil	
1 cup reduced-fat grated tasty cheese	

Method:- Preheat oven to 180 C (160 C fan forced). Lightly grease and line a 20x30cm slice pan.

Squeeze grated zucchini to remove excess liquid. Place into a large mixing bowl with rice, spring/green onions, salami,  $\frac{3}{4}$  cup of cheese, carrot and flour.

Add in the eggs, oil and milk. Season and mix well to combine. Spread mixture into the prepared pan. Top with remaining cheese. Bake for 25 minutes or until golden and set. Leave to cool in the pan for 15 minutes before slicing.



## HONEY SOY & SESAME CHICKEN

¼ cup each soy sauce and honey  
12 scored chicken drumsticks

1 garlic, clove, crushed  
1 tblspn sesame seeds

Method: - Combine soy sauce and honey, garlic and 1 tblspn olive oil in a large glass bowl. Add chicken drumsticks and toss to coat. Marinate for 30 minutes. Preheat the oven to 200 C (180 C fan forced). Place chicken on a lined baking tray and bake for 40 minutes, turning once.

Sprinkle with the sesame seeds and cook for a further 10-15 minutes or until cooked through. Let cool, then cover and chill until required. Pack with a serve of salad or creamy coleslaw.

## TUNA & CORN PASTA BAKE

2 cups short pasta, cooked

425g can tuna, drained

500g jar Leggo's Tuna Bake with spinach and garlic

420g can corn kernels, drained

1 cup grated tasty cheese

Method: - Mix cooked pasta, Tuna Bake, drained tuna and corn in an ovenproof dish.

Sprinkle with grated cheese and bake in a preheated oven at 190 C for 25 minutes.

## CHICKEN MEATBALLS

1 kg chicken mince

1 cup wholegrain breadcrumb

2 eggs, lightly beaten

2 tsp cumin

2 tsp powdered chicken stock

2 cloves garlic

4 tblspns vegetable oil

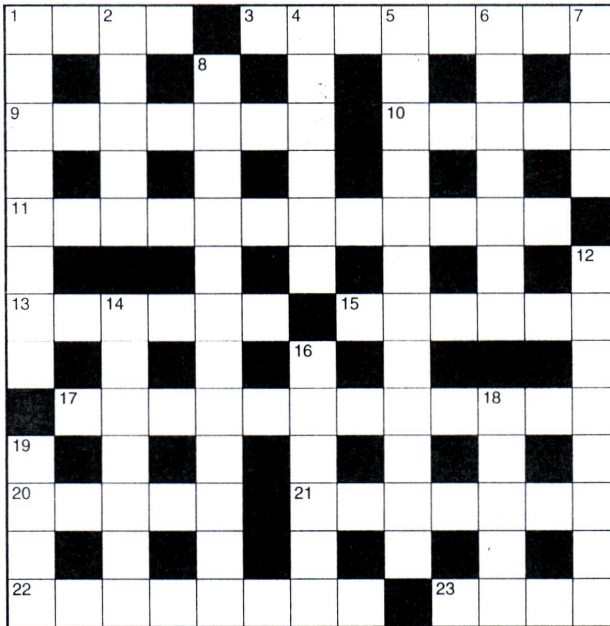
Method: - In a large bowl, place the chicken mince, breadcrumbs, eggs, cumin, chicken stock and garlic.

Combine well using a metal spoon.

Roll tablespoons of this mixture into balls.

Heat oil in a frying pan and fry the meatballs over a medium heat, turning constantly using an egg slice. These only take 3-5 minutes to cook through.

*Crossword Puzzle, compiled by  
Chris 49.  
Answers next month.*



(Oct 19)

**ACROSS**

1. Refuse or prohibit (4).
3. Part of the weekend (8).
9. Under-car framework. (7).
10. Mistake (5).
11. Extended work breaks (12).
13. Beer and Lemonade (6).
15. Of the stars (6).
17. Animal that carries a keg. (2, 7, 3).
20. Dodge. (5).
21. Fix something in (7).
22. Song – What's new ? .(8)
23. \_\_\_ Blyton (4).

**DOWN**

1. Singer. (8).
2. Locomotive. (5).
4. passages. (6).
5. Varying width tapes (6,6).
6. Ridiculer (7)
7. 3 feet (4)
8. First day of Lent. (3,9).
12. Got out of a vehicle. (8).
14. Deeds. (7).
16. Heart pain. (6).
18. Sewer (5)
19. Musical instrument. (4).

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