

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

# COMMUNICATOR

Christmas December '19.

Merry Christmas and a Happy & Prosperous New Year To all.

S.A.  
EST. 1976



DIV  
INC. 1979

Communicator No 656

e-Issue 13, Volume 12

Dec '19

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

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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.

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.**

November's OCM is the 26<sup>th</sup>.

December, No Meeting

First OGM for 2020, January the 28<sup>th</sup>.

A reminder for the AGM Tuesday 25<sup>th</sup> February 2020

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

**.November 26<sup>th</sup> is this years break-up meeting so all are asked to bring a plate of something to share, thank you.**

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

Just to be different, I'm going to start with Merry Christmas and wishes for a prosperous New Year.

Now, with pleasantries out of the way, something I forgot last month? The death of a friend. Not that I really forgot it, after all, we attended his funeral. What I did forget was to mention it in the November mag.

Max Graetz, a larger than life member of the motor bike Trials fraternity, who had been ill for quite some time, passed away on the weekend of the Clare Trial. His daughter Judith was at Clare to support two of her children, who were riding in the trial so we were being kept up to date with his decline, however it wasn't until we returned that we found out he'd died. There's nothing like a funeral to open your eyes up to what someone has done throughout their life. It wouldn't be fair to try and remember all I found out about this guy I thought I knew.

I can tell you that when we (ACRM) got tied up with Motorbike trials, to many officials we were seen as intruders, the upstarts who think they can change the face of Trial communications – but not Max, he was always polite and accepting of any changes we might bring to the sport he lived for. Not only did he ride in the 24, he was tied up with it in some way for 75 or so years. He managed to get there for the finish in July '19

I think everyone he knew packed into the church for his funeral.

Although not a member of ACRM, I felt I had to say something within this forum.

How many of you ladies out there, while attending a function, received a flower or cutting of something flora, from Max?

He may have seen himself as a bit of a ladies man because I don't remember a time when he didn't have a sprig of something flowery for the ladies.

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

True to form, it's Christmas and with little on the event calendar to evoke spontaneous comment, I too will go straight to Best wishes for Christmas and the New Year.

With that out of the way, our next event is on March 7-8<sup>th</sup>. A two-day ride at Monarto with rides both days but not Monday, which is Adelaide Cup day.

The ride is being run by Jill Bourton, who as she put it has come out of retirement to put on one ride, with the emphasis on One. Jill, however, has worked with us regularly so I'm not expecting problems setting up this ride. As usual, please put your name down as soon as you know you are free and able to partake in the ride.

## TREASURE TROVE; Chris 49

*Maybe it's an age thing...* Revisited

*And maybe its not!* Although not more than a few years apart for some and quite a few in other cases, I'm reminded of the Tanunda show, amongst others, where although I was the oldest, it was always my job as roving relief, meaning that if a gate person or other member required a pit stop, it was my job to go and take over during his/her absence. It was before the age of smart watches so I've no idea just how far I probably walked each day but at the end of the day I never felt too bad, although it was nice to get home and relax, maybe a bit of exercise is actually good for you.



I mentioned last month the *dèjà vu* bit and that one of our Granddaughters Ma'Kaya, was heard on the microphone at Clare. This month I've included a photo of her. To fill this spot, I'll pop in a photo of



the nephew, Justin (also mentioned last month.)

**TO's TWEET;Bill 78:**

Instead of a lengthy discourse, how about a simple, "Merry Christmas." However, if I did have a lengthy version it would simply say, "You have about 3 months to ready yourselves for the 2020 events. While on about 2020, please accept my sincere wishes for a successful new decade.

**XMAS MESSAGE; Graham 141:**

**A Merry Christmas To All**

From your Secretary,  
A Merry Christmas and  
A Happy New Year



## LAST MONTH'S CROSSWORD ANSWERS

M	E	S	S	B	A	M	B	I	N	O	S
E	A	S	B	A	A	O					
T	A	L	E	N	T	S	L	A	I	R	D
A	V	O	O	L	V	A					
P	H	O	T	O	G	R	A	P	H	E	D
H	Z	B	O	T	A						
O	R	A	T	E	D	V	I	N	Y	L	S
R	C	B	C	N	C						
A	C	Q	U	A	I	N	T	A	N	C	E
G	O	T	C	P	O	N					
A	D	U	L	T	A	D	E	N	O	I	D
L	N	O	D	N	K	E					
A	N	T	E	N	N	A	S	U	S	E	D

Nov.

### *Birthday greetings.*

*Birthday greetings for*

*December are extended to:*

Daniel 222 & Des 324 for the 5<sup>th</sup>.

Julia 64 for the 12<sup>th</sup>.

Graham 44 for the 20<sup>th</sup> and  
Jacqui 317 for the 30<sup>th</sup>.

We wish each of you the very  
best on your special day.

### *Phil 48's flashback.*

Cast your minds back 20 years and think about the hot topic of the day, month, decade, century or even millennium. It was Y2K (common name for Year 2000), the event that wasn't. Well almost wasn't, at least nothing like it could have been. Sure the year 2000 occurred but it's 20 years since the big panic and while most didn't care about it, any more than the fact they were around to see it and join in the revelry of what was to be, a bit more than your average New Year's Eve Party. There were many who hoped the pessimists were wrong and there was us, who promised to get involved in backing up communications for the emergency services, in case, things did go belly up.

Looking back on it now, it's almost laughable and when you consider the transition went smoothly, it's easy to ask, "What the hell was all the fuss about?"

Interestingly enough, the whole thing revolved around bloody computers and everything that was in some way controlled or relied on computing, was believed to be susceptible to breakdown when the clocks ticked over from 1999 to 2000. It's not easy to explain but it all had to do with how programmes were written and the common use of the last two digits of a year being used to denote the year. If every

programme used the full 4 digits there wouldn't have been a problem but it needs to be remembered that the first computers were not much more capable than a 4 function calculator. That's probably a bit unfair, because everything has to start somewhere and being a computer tech for more years than I care to remember, I saw first hand the advancements in that area. The reason I mentioned early computers was to point out that memory, unlike nowadays, was small and programmes were written in such a way that the bare important minimum was catered for. One simple example of the problem of two digit dates was that if someone died in, say 1990 and the record of that is listed as 90, then as soon as the clocks ticked over on Dec 31<sup>st</sup> 1999 to Jan 1<sup>st</sup> 2000, that person would, in the computers, still be alive until the year 2090 and would, if that person was on Welfare, start issuing cheques again. I'd hate to think how many millions of shekles were spent, world wide, on having computer programmes checked and modified, then rechecked again, to correct any issues they thought would be affected by the "Y2KCO"

Probably only by the extremists or scare mongers, we were told things like planes would fall out of the sky, because onboard computers would go to a date that is umpteen years in the future. Yep the plane would theoretically think it hasn't been built yet. It's no wonder millions of people chose not to fly that night.

The stories were many but the one that got us involved was to do with the new communication systems used by the government and the fear that total chaos would break out if comms went down. Comms included telephones, mobile and landline. None of us knew how to prepare for that contingency but because of the simplicity of our systems, although not perfect, were not susceptible to anything vaguely computer related so we blindly set up alongside others to cater for this catastrophe that may or may not happen.

We weren't alone thankfully; WISEN (an emergency sector of the Amateurs) and the VKS737 network had access to HF (long range comms) and providing power stayed up at both Mt. Rufus and Cleland, our repeaters provided phenomenal coverage to the North and South of Adelaide, including a good stretch of the Murray, through to Waikerie and beyond.

Despite knowing for a month or so that this may eventuate, we were of the same opinion as everyone else and believed (or hoped) it would be a non-event. It unfolded in such a way that while most thought it pure stupidity, at the last minute, we were asked to carry out the back-up plan. How?? The set up was not a test, there was no time for rehearsals so we had to get it right from the get go.

We put a monitor in police stations at strategic locations, Gawler, Woodside, Glenelg and Darlington, plus we were, along with WISEN etc. allocated space in Police Headquarters in Adelaide to set up base stations, a Control Centre as it were. In order to link Repeater 4 (Cleland) to 3 (Mt. Rufus), we set up the ACRM van on

Mt. Gawler and had 5 people rostered to handle Mt Gawler and also be available to take a generator or fresh battery to either repeater if power went down.

What has been gleaned from that experience? Personally, I'm glad it was 20 years ago; I doubt I'd have the stamina to pull it off now but from ACRM's perspective, the knowledge was invaluable. The coverage afforded by our two repeaters is great and demonstrates the importance of maintaining them. Added to that is the knowledge that if a similar situation arises, the facilities at Police Headquarters are still there and a 6 dB UHF antenna is still in place in readiness. Having said that, a lot has changed and I'll be very surprised if vacant tables, after 20 years, are still vacant?

Although old news now, the Y2k changeover went smoothly and all the panic was for nothing, well not quite nothing, much was learned and knowing Repeater 3 has good coverage towards Waikerie, we've been able to use it successfully for a few events now, both of which were in locations that it would have been impossible to cover if we had to try and put a repeater in locally.

Another bonus was the emergency repeater CB 5 was still in operation then so the general public, via their CB radios had access to information from us in real-time.

Being relegated to the ACRM Van at Mt. Gawler wasn't too bad, although we didn't see any of the chook and sandwiches on offer by the volunteers in the police stations, we made sure some festivities were available without deterring from our duties and the sight from Mt Gawler looking down on the rest of the world was rewarding as we saw all the fireworks and sky rockets whistling into the air from hundreds of locations. One thing I remember vividly was our celebratory Pavlova; we'd taken to make sure we joined in the midnight fun. While licking our lips in anticipation, each person on the hill had a go at whipping the cream to put on it...to no avail, I might add.

Lesson to be learnt. "You cannot whip Light cream with a fork in a plastic bowl."

With the big hand nearly at midnight and 10 tired hands, unwilling to keep on beating, it was decided unanimously that Pav and a little thicker than runny cream would be quite okay so each portion was divvied out and after a hearty, 5, 4, 3, 2, 1, Happy New Millennium, it was devoured and claimed as delicious.

From about 0300 hours the police stations started to close so some of our monitors formed a pool of people ready to go where needed if necessary.

There were a few 24/7 police stations around in 2000 so some of the monitors relocated. Two re manned police stations were Pt Adelaide and Elizabeth. By 0400, the buzz around Police headquarters was, it's been 4 hours so everything should be okay and plans for a closure within an hour were started, around 0430 we were given the okay to close down.



Apart from test messages to and from each location, our main use during this time was handling calls from CB'ers, who caught on to the fact that we were on air. There was plenty of thank-you's and happy new year wishes but not much of anything emergency. As you know or should know, unless born recently, police comms, in fact all emergency communications stayed on air and as we were no longer needed, a weary dozen or so people went home to bed, feeling pretty chuffed at what they had just accomplished.

Strangely enough, the Y2k hype died faster than it arrived and instead of some daily mention, in the paper's and/or other media, it was as though it never happened.

Maybe every 10 or so years, some idiot will mention it. Hello.

None of us and millions of others around the world will be around for another millennia so in a way, all who survived the Y2KCO are linked in some way and should be proud to have been a millennial.

You'll have to forgive this being slightly premature (probably should have retained it for next month) but when scribbling this rubbish, I have to run where the creative juices take me. The opposite is, as Tuck will attest, staring at the screen, banging one's head while trying to come up with something to write about.

## Member's Contributions To Our delinquency

John 232 sent this gem in. Simplistic.

A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and when we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."

Ed: I'm reminded of asking the modern kid, "Where do eggs and/or milk come from and getting told, The Supermarket.

Oh there are strange days to come once these children are in parliament. Sad days more accurately, I'm glad I won't be around to see it.

### Tech Tips; Phil 48:

I finished with antenna tuning but said nothing about it so lets start this month with why antenna tuning is and, or isn't important.

Firstly lets have a look at the most misused word associated with this subject. I've heard it pronounced in ways there isn't even a close spelling for it. Swerring and swearing are somewhat close, however, Squaring, squarking and squelching are not. To set the record straight, any pronunciation of the perceived word is only a guess, thus the mistakes are understandable. What they are trying to say are the letters, V.S.W.R, which stands for Voltage Standing Wave Ratio. More accurately the V is normally dropped, which leaves SWR (Standing Wave Ratio) so it's easy to see where swerring and other

acronyms are formed, swearing is almost acceptable but that is usually what I'm doing when I hear some of the bastardisations of the initials. To all who persist in using the word squelching, please stop as it is actually a word that is used in radio speak but totally non-related to antennae. The squelch is a control (usually a knob that rotates to mute noise and/or unwanted levels of back ground hash during idle (no signal) times while monitoring the radio, it's also known as mute and brand specific, can sometimes be set via a sequence of key-presses. Don't panic, I'll cover mute at a later date, but back to SWR and why standing waves are of significance to us. Referring back to wavelength briefly, we found out that every frequency has a particular wavelength and depending on the antenna design, the bandwidth of that antenna will have specific characteristics. An antenna with a narrow bandwidth will have a peak or sweat spot that is usually suited to a particular frequency and is tuned to suit. Even an antenna designed and tuned this way will have a small allowance (tolerance) for frequencies of a few kHz up or down from that sweat spot to operate at close to maximum. Generally we need an antenna that will remain sweat over a MHz or more, thus antennae are not usually designed to be very narrow band unless that is the purpose. An example of narrow band would be in an antenna designed for high gain at a specific frequency and thus not to be used for general purpose.

Before I get into the nitty gritty of this, I'm going to go back a few years to my own schooling and Electronics days. Why? Because, times change but somethings don't. In electronics, it's not unlike religion and having faith in what you're being told. Faith without question, I think we were told and it soon made sense why.

Thus far, I've only used one formula, the one about wavelength, which is only one of thousands you would need to learn in the electronics field and if you are told with authority that this formula works, don't question it, just learn it and take it for granted. Fair enough, I guess but there will always be others like me who wanted to know why. Luckily, I knew a couple of instructors I could ask that question of but was not rapt in the answer from either, with both saying roughly the same thing. If it works, why question it? Both admitted they had been told the same thing when they were learning their trade so why change it? Hence the "because I said so tag," got a bit overused, in my case though, I was teaching applied electronics at a level needed to fulfil the theory requirement of an amateur ticket, which in those days was usually for a Novice level certificate of proficiency. These students weren't happy with "Because I said so," and in fairness to them, I started to try to put simple meanings to each equation. It was then that I realised why all the Proffs and other boffins I spoke to, adopted the, I said so bit. It turns out that its almost impossible to put the why into Lay-man's terms so if I get a bit confusing and it is something you are genuinely interested in, shoot an email or question to me and I'll do my best to simplify it. Failing that, accept what is said and it will stand you in good stead when applied. Believe it or not I think that was word for word, for what my Uncle, who taught Electrical engineering, told me.

Before I go off on another unrelated tangent, standing waves, probably don't describe themselves very well so let's start with some examples that may help. Remember, I spoke about SWR, well let's introduce the gadget that is used in conjunction with the measurement of SWR, ok Swer sounds close so for this purpose we'll call it a swer meter. Most but not all SWR meters use a switch (some have twin meters which display forward and reflected simultaneously) to measure forward and reflected waves (power). The switch is manually operated and used in the forward direction first, to take a sample of forward power when transmitting. The PTT (Push to talk) button is then released and the switch set to reflected, once the PTT is pressed again the meter calculates the difference between the two readings and displays on a meter the findings, shown as a ratio of forward power to reflected power. This reading is shown or displayed as something like 1.5 : 1 or any first digits to 1, with 1 being thought of as a whole or the forward power and the first digits are the reflected power, worked out as a ratio to the forward reading. Let's have a look at those readings but add a value to it. If the radio is a CB or similar the forward power is probably 5 watts, great that's a simple figure to work with. If one (2<sup>nd</sup> figure is 1) and we know that represents the whole then we are looking at 1.5 as a percentage of 5 watts and in simple terms good. Why good? Okay let's look at the best and worst, using the 5 watt example each time, no reflected power is optimum and if, but very rarely, a reflected power of 5 watts occurred, it makes sense that same out and same in should cancel each other and result signal woeful – but worse than that, in some radios that could lead to a sad situation for the output stage and you would be visiting someone like me looking for radio repairs. Hang on I said some radios, why are others not affected? In some of the newer radios if a mismatch is detected, rather than continue to pump out full power they can reduce power until a safe level is reached, which in turn protected the radio but now that the power has been reduced, your signal is not very efficient anyway. Okay, here comes the stuff that usually has people tuning out. If the antenna is perfectly matched to the channel (frequency) being used then the wavelength is matched exactly to the antenna and 100% of the transmitted power is being used with none reflected. There are many variables and not the same for all bands. A band is a group of frequencies within a lower and upper limit. I can see this getting a little more involved than first imagined, alas extended to next month.

## **Minutes;OCM 418**

### **Minutes of Meeting 418, held on 22<sup>nd</sup> October 2019 at Collinswood.**

Meeting opened at 2019 hrs

**Present.** 78 , 21, 48, 49, 141, 232, 153

**Visitors.**

**Apologies.** 80,233,64,370,371,372,333,40,423,120, ,212,43,44

**Standing orders** It was agreed that due to the small attendance, standing orders be evoked and it was moved the meeting to continue, as per the constitution at a time and place decided by the majority of members present. **Moved Dick 21, seconded by John 232 & Carried.**

Minutes moved 21 Sec 141 Carried

Matters arising Nil

Correspondence Nil

#### **Reports**

President nil

Secretary. Nil

Treasurer Bal \$7914.75 In 614.62 Out 144.66

Moved 141 Sec 78 carried.

Training Officer , Nil

Rally Coord. Absent with apology

Social Sec Absent with apology

Resources Absent with apology

**General Business** 232 queried what is happening with the duplexer? Still to be done.

**Next meeting 420 26<sup>th</sup> November 2019**

**Meeting closed 2036**



## IN THE KITCHEN WITH CHRIS 49.

I thought some Christmas recipes might be the order of the day so let's get started.

### ALMOND ICE CREAM

225g mixed fruit, chopped                      100g flaked almonds, toasted  
¼ cup Frangelico (Hazelnut liqueur)   1 ½ tsp vegetable oil  
1 litre vanilla ice cream  
200g white or dark cooking chocolate, chopped

Method: - Combine mixed fruit and Frangelico in a large bowl. Set aside, stirring occasionally.

Place ice cream in refrigerator for about 1 hour or until softened.

Line 8 x 200ml capacity moulds with cling wrap, extending about 5cm over edge.

Reserve ¼ cup almonds. Chop remaining almonds and add to fruit mixture along with ice cream, stir to combine. Divide ice cream mixture between prepared moulds (the mixture will not quite fill each mould). Tap moulds gently on the bench a few times to settle mixture. Place on a tray and freeze overnight.

Remove puddings from freezer. Line tray with baking paper. Un-mould puddings, remove wrap, then place puddings onto lined tray. Freeze for at least an hour.

Place chocolate and oil in a heatproof bowl. Bring a small quantity of water to the boil in a saucepan. Remove from the heat and place the bowl firmly over the top. Stir until smooth. Spoon some melted chocolate on top of a pudding, then top with a few reserved flaked almonds. Repeat with remaining puddings. Place in freezer until ready to serve.

Place puddings onto serving plates and surround with chopped flaked almonds.

## CRISPY CROSS-HATCH POTATOES

1 kg brushed potatoes, peeled, halved lengthways  
2 chicken stock cubes(10g each), crumbled      2 tblspns olive oil  
5 cloves garlic, unpeeled                              1/3 cup fresh leaves

Method: -

1. Flatten the garlic cloves with the flat side of a large knife. Place in a large saucepan with the halved potatoes and stock cubes. Cover with water. Bring to a boil. Boil for 12 to 15 minutes, or until potatoes are just tender. Drain potatoes and garlic. Cool.
2. Place potatoes on a chopping board, cut-side down. Cut a diagonal criss-cross pattern about 1cm apart and 1cm deep into each potato.
3. Heat oil in a large roasting pan in a hot oven (200°C) for 10 minutes. Remove pan from oven and carefully add potatoes and garlic. Turn to coat in oil. Season with salt.
4. Cook in same oven for 10 minutes. Turn potatoes. Cook for another 10 minutes. Add sage leaves and toss through gently. Return to oven for a further 10 minutes, or until potatoes are tender and sage is crisp.
5. Serve potatoes topped with extra sea salt.

*Great idea*

Try replacing sage with rosemary or thyme, for a change. Potatoes can be prepared up to the end of Step 2, up to 1 day ahead. Place on a tray. Cover and refrigerate.

## PANAFORTE

125g mixed fruit	75g blanched almonds
110g Macadamia halves, chopped	½ cup cocoa, sifted
150g Californian walnuts, chopped	¼ tsp nutmeg
½ cup plain flour	1 tsp cinnamon
¼ tsp ginger	60g butter
2 tsp brown sugar	¼ cup caster sugar
¼ cup honey	

Method: - Preheat oven to 180°C.

Mix nuts, mixed fruit, flour, cocoa and spices.

Melt butter, sugars and honey in a pan until it comes to the boil. Add to the fruit and flour mixture.

Spoon mixture into greased and lined 20cm round cake tin and bake for 30-35 minutes. Cool in tin before turning out then dust with icing sugar and cut into wedges for serving.

## FRUITY MERINGUE PIES

### *Filling*

125g mixed fruit, chopped

2 tblspn honey

1 tsp mixed spice

2 tblspn macadamia halved, chopped

1 tsp finely grated orange rind

¼ cup brandy

### *Pastry*

1 ½ cups plain flour

125g chilled butter, diced

2 tblspns caster sugar

1 egg yolk and 1 tblspn water, lightly beaten

### *Meringue*

2 egg whites

½ cup caster sugar

Method: -Preheat oven to 200°C.

To make filling:

Place all filling ingredients, except for nuts, in a saucepan. Stir over a medium heat until simmering. Let cool, then stir in nuts.

To make pastry:

Place flour, sugar and butter in a food processor and process until crumbly. Add egg yolk mixture and process until a ball forms. Wrap and refrigerate for 30 minutes.

Take pastry mixture and form 24 balls (15g). Place in holes of a mini muffin pan, press evenly onto base and sides. Continue until all holes are filled. Bake at 180°C for 15 minutes or until edges are light golden brown. Cool in pan, then remove to a baking tray.

To make meringue:

Place egg whites in a medium bowl. Beat with an electric mixer until peaks form.

Gradually beat in caster sugar. Continue beating until thick and glossy.

To assemble:

Fill cases with fruit mixture. Use a teaspoon to pile meringue onto each pie. Bake 5 minutes or until meringue has set.

## SPICY NUT MIX

110g macadamia halves	120g blanched almonds
150g raw cashews	150g Californian walnuts
150g raisins	1 tblspn mild curry powder
1 tblspn garam masala	3 tsp ground cumin
1 ½ tsp cayenne pepper	2 egg whites
2 tsp salt	¼ cup caster sugar
2 x 100g packets Chang's fried noodles	

Method: - Preheat oven to 170°C. Line 2 large oven trays with non-stick baking paper.

Combine curry powder, garam masala, cumin and cayenne pepper in a small bowl. Set aside.

Place egg whites and salt in a bowl. Beat with an electric mixer until thick and foamy. Gradually beat in the sugar, then add spice mix and beat until just combined.

Place nuts and noodles in a large bowl, mix to combine. Add curry mixture and stir to coat. Spread mixture onto prepared trays. Bake 20-25 minutes or until dry and golden brown, stirring mixture every 5 minutes.

Remove from oven and divide the raisins between the trays. Stir to combine. Allow to cool.

Tip:

Store in an airtight container for up to 1 week.



## SUNDRIED TOMATO AND CASHEW DIP

70g raw cashews, toasted	100g sun dried tomatoes without oil
½ cup tomato relish or chutney	2 tblspns lemon juice
1 tsp ground cumin	½ cup coriander leaves, coarsely chopped
1 cup sour cream	

Method: - place sun dried tomatoes in heatproof bowl, cover with boiling water and let stand 30 minutes. Drain.

Reserve 1 tablespoon cashews. Place remaining cashews, sun dried tomatoes, relish, lemon juice, cumin and coriander in food processor. Process until blended.

Add sour cream to tomato mixture and process until combined. Serve dip sprinkled with coarsely chopped reserved cashews.

Sun dried tomatoes without oil are available from select supermarkets and delicatessens.

In closing, I hope some of these tidbits afford you a modicum of pleasure during the festivities. Please accept my best wishes for Christmas and a happy and prosperous New Year. Remember, if you're on a diet, you are allowed a yourself day once a year, just make sure its one day only and not all day.

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

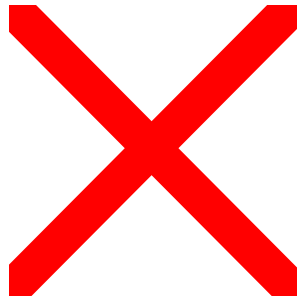
(Dec 19)

ACROSS

1. Poet. (4).
3. Outdoor meal. (8).
9. Strategies. (7).
10. Interior (5).
- 11 Empathy. (12).
13. Lacking pigment. (6).
15. Gets up. (6).
- 17 Multi-piece picture game. (12).
20. Elsewhere excuse.. (5).
21. Abilities (7).
22. Reached .(8)
23. 2<sup>nd</sup> hand (4).

DOWN

1. Double-cross. (8).
2. Go over again. (5).
4. Descend with a rope. (6).
- 5 Playing roughly. (12).
6. chasms. (7)
- 7 Nobleman. (4)
8. Wait patiently. (4,3'1, 4).
12. Rated. (8).
14. From England. (7).
16. Swaddle.. (6).
18. Areas(5)
19. Computer information. (4).



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