

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



Communicator N° 662
e-Issue 14, Volume 6
June '20

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

In this issue	June 20	Page#
INDEX	What's where in the Communicator.	1.
PRESSIE'S PRATTLE.	No meeting in June.	2.
TREASURE TROVE	Family hugs for Mother's day.	4.
ALLY ROUNDUP	Not a lot to say.	4
FROM THE T.O.	Don't forget safety.	5.
TUCK'S TALES	Keeping busy.	6.
CROSSWORD.	Last month's crossword answers.	7.
GREETINGS	Birthday wishes to our June members.	7.
MEMBER'S	Contributions to our delinquency.	7.
IN THE KITCHEN.	More culinary delights with Chris 49.	11.
CROSSWORD	This Month's Crossword, June '20	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. 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

Chris Richards 08 8522 6081 e-mail:- chris.49@bigpond.com

Graham Tucker 08 8523 1082 e-mail:- tucktuo@adam.com.au

Webmaster: Adrian Menzel 08 8581 7149 e-mail:- 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, thus November is break-up meeting.

May's OCM will be 28th. Cancelled

June's OCM ALSO CANCELLED.

July's OCM is on the 28th. Let's hope we don't have to change that!

ACRM SA Inc. Meetings are held at 1st Gilberton Scout Hall, 3A Redmond Rd, Collinswood. SA.

PRESSIE'S PRATTLE; Phil 48:

I'd intended not to mention that topic on everyone's lips at the present time but its impossible not to touch on it, when discussing anything current. A for instance is, "Why is there a lack of events this year?" Social distancing, and until it's relaxed, continues to dominate our lives.

I've had no more contact from the Scouts, which means another meeting is out of the question until the hall is again habitable. I received word during the week that the Robby Two-day, Lew Job Trial, usually held on the Long weekend in June has definitely been canned for 2020 so let's hope 2021 is a little more positive than what we have seen so far this year.

While I'm sure this could change, within the next few weeks, the last I'd heard was a laxing of rules in early July, thus unless notified otherwise, its looking like the July meeting on the 28th should go ahead and I for one am looking forward to seeing you all again.

I don't know what everyone's opinion is of the Covid App, personally, I've avoided it but for no particular reason. It appears that its almost compulsory if any of us want to see social gathering laws being lifted.

Two reasons have been given::

- 1) Going to the Pub.
- 2) Going to the footy.

Will going to club meetings be next?

I wonder what will happen if compulsory downloading of the app becomes law and they have to supply a phone to everybody who doesn't have one? NO PHONE, NO APP, NO FOOTY

Yeah right, how long would they expect that rule to last??

I gather it would mean the gate attendant would wait for the two apps to connect, thus notifying the attendant that the person has the app and would then open the gate for the footy fan to enter. Anyone remember the days of fence jumping? I guess it would be a case of is the security worth the effort, particularly in the case of footy, where the customer dollar is worth significantly more, dollar-wise, than the risk of another covid spread. One would hope that the love, want or need for money never overrides common sense to the point where life is second in the priority stakes.

Unfortunately, my scepticism is of the opinion that there would be those who would disregard the seriousness of the situation.

I was only talking as the devil's advocate then and will obviously be getting the app asap.

The choice is yours, please don't think my ramble is to sway your decisions in either direction.

If I was to speak about the app, it would simply say that

I believe the overall good designed into the app is important and should serve its purpose well.

Do I think hackers may have a go at the app? Yes but I don't believe it will be to the extent that the app itself won't function as designed, I'll report back after I've had it running for awhile.

I might mention that installation is not super simple but its not hard either. There is one tricky bit you will encounter while signing up and that is when entering your age range, you may have to scroll the screen up or down to find the correct age range and then after you've entered all your details, you'll be asked for the mobile you are installing on and then select Get Pin, which is sent as a text to your number, sounds simple but its actually again tricky. When the phone gives its message received call don't try to find the message in your messages folder or you will never get back to the bit where you need to enter the pin that is sent to you. Instead of jumping all over your screen and doing a lot of swearing, just slide your screen down from the top (at least this is what I did for an Android system) and the PIN is printed on the screen, write it down and slide the screen back up to get your entry screen back. Enter the 6 digit number (mine and Chris' was 6 digit), then press the verify PIN option at the bottom, in a short time it advanced to a screen telling me verification was successful and you are now covid Safe, which by the way is the name of the app to search for in your App Store (Google) or whatever its called in the system your phone uses.

Sorry if this article seems to jump all over the place but, I've only just got off the SAERA website and I can report that all rides scheduled for 2020 have been cancelled. It probably seems a bit drastic to say all rides for 2020 but keep in mind, rides are typically held during the winter, colder months so its unlikely that any were scheduled for later in the year, when it would be expected that social distancing rules are no longer in place.

TREASURE TROVE; Chris 49

WHY NOT? It seems the covid-19 Pandemic is going to govern our lives anyway so *why not* talk about it.

While it may govern our lives at present , it doesn't have to ruin our lives! I've grown to accept the oddities that have become shopping habits and the boredom of weekends not including events but the one thing I've missed is hugs from our kids and their kids, the grandies. With Social distancing rules slowly being amended, I took advantage of Mother's Day to grab a few well-needed and welcomed hugs. I was dreading a Mother's Day without being able to hug my family.

Luckily that didn't happen, on the contrary, we had a great breakfast put on by our youngest lad, Daniel and his wife, Michelle. With visits from the other kids later that day, it was a lovely day, which brings me to a belated Mother's day wish to all Mums out there, I hope it was as good a day for you as possible.

RALLY ROUND_UP Trev 120

Sadly, it would seem that the majority, if not all, of our events have had the kybosh put on them by the Powers-to-be and one side effect from this has been limited subjects to write about. Thus, instead of turning this article into another covid-19 whinge session, it's better to say nothing and bow out gracefully with positive thoughts and hopes for 2021. However, see below for a glimpse of something positive. Released on Sunday 10th May.

Also note, the new logo is sporting a new Naming Rights Sponsor, Hardi.

Hardi 24hour Trial

September 5th -September 6th.



From the TO;Bill 78:

COVID 19 blues?

As we remain in the essential lockdown of our country, we now have restrictions placed on social events and outings, this has impacted on us re cancellation of motor sport and horse events. During this time, I have resorted to the old You Tube and have been viewing many rally events involving bikes and vehicles, these are in general from overseas and as their SAFETY RULES are vastly different from ours, you will see situations that would have us here ending up in court being charged with serious offences.

In one video, you see scenes taken from an in vehicle camera showing the spectators moving out of the path of the vehicle and then returning to the same spot and repeating for the next vehicle, just think that if one person was to fall, the others would have their path impeded and resulting in multiple casualties, I have been informed that there are numerous deaths and serious injuries each event, this we do not hear about? There are other videos that become very graphic showing vehicles flying through the air and very close to spectators, one depicts a rally car going off the road and into trees, as the spectators and officials run to the crew's aid, there is a large fireball erupting, that is where the video clip ends, others show impacts but not the after math. With the bike events you can see numerous incidents and even the deformity and injury of both riders and spectators.

When we resume events, we need to take heed of, Lack of Safety rules and ensure that we do not allow them to occur at our events. This may just be to have a road crossing move a slight distance so as to have a better view of approaching traffic, as in the last horse event at Monarto, where, as usual, road crossings have a checkpoint so the riders are forced to slow down before crossing the road. Think back to some that you have done over the numerous events, have you saved a person from injury, even death, you will never know? However, if improving the safety was as simple as moving the checkpoint a few metres meant better visibility of the road, would it not be beneficial? It all boils down to Risk assessment, stop and think of everything that may go wrong and where possible take action to remove the risk factor

Australia has a very good safety record even though many deaths and injuries have occurred, this is vastly lower than other countries.

PLEASE think SAFETY first for you, your other officials and spectators when at any event, remember we can be charged with offences re any mishaps etc.

Re the COVID 19 outbreak, our leaders, Scott Morrison, Stephen Marshall and their respective counterparts have done us proud in their handling of the virus, please do as they say and hopefully we can look forward to an early return to the norm.

TUCK'S TALES;Graham 141:

I wont talk about Covid19 this month.
I've had enough of it.

I went shopping on Monday and found the shelves starting to fill up again, plenty of toilet paper, tissues and even hand sanitizer .

And Baked beans. Why did people have to panic buy baked beans? The interesting thing is that all the prices are going up.

My efforts to cancel the cruise in October is not progressing too well. The agents don't want to pass refunds.

I did get a "credit" from Virgin for the flight back from Melbourne, which has to be used in a reasonable time. But what if Virgin aren't still flying.

My mate Fitzie has the job of negotiating with the cruise line but I don't hold a lot of hope!

At least I have been able to get in some gardening time, even went up my ladder and cleared leaves off the gutter guard before the next rain. Having had one fall off a ladder (30 years ago) I don't feel all that confident these days. However, that job is now done.



Ed: In answer to one of your questions, anything canned is high on the panic buyer's list because it keeps for a long time and the idiot mentality expects everyone to think the same as them so they want it before someone else gets it.

Yeah, I know, it's a sad world in which we live.

LAST MONTH'S
CROSSWORD ANSWERS



April

Birthday greetings.

Birthday greetings for June are extended to:

Chris 49 for the 5th and Andrew 11 for the 16th

Many happy returns of the day to both of you.

With only minus 1 in June the monthly average has improved to about 2 per month.

Technically its 1.916666 recurring but I

preferred to round that up to two so it didn't sound like one of us wasn't quite all there.

Member's Contributions To Our delinquency

Anything new and not Covid related is either not funny or just not available, thus I've had resort to a couple of pictoons sent in a long time ago by 141. I'm using them now because we didn't have colour, laser, printing available to us then.



Lifted from the Johannesburg daily:
In explanation to, inappropriate use of a firearm.

“It was my intention to show, by example, what not to do with a shotgun.” I figured if someone looked at me and said “Look at that idiot,” it would imprint on their brain and make them more safety concious.

No sir, the E on your Fuel gauge is not E for enough!



I know many are totally sick of the Corona virus. No Pun intended, but I couldn't resist including these two.



Why are all the humans wearing muzzles?

Did they all bite someone?

**THEY SAID A MASK
AND GLOVES WERE
ENOUGH TO GO TO
THE GROCERY STORE**

**THEY LIED,
EVERYBODY ELSE
HAD CLOTHES ON**

With the lack of topics for the mag and unfortunately no contributions from the members, the good 49 has ground her fingers to the bone typing up a few giggles for us.

A bank robber pulls out a gun, points it at the cashier and says
"Give me all the money or you're geography!"
The puzzled cashier replies "Did you mean to say or you're history?"
The robber says, "Don't change the subject."

What do you do if you are attacked by a group of clowns?
Go for the juggler.

A farmer was on trial for feeding his cows dynamite. The judge said it was a-bomb-in-a-bull

Whoever invented knock knock jokes should get a no bell prize.

One of the world's cleverest mathematicians was arrested for smuggling a bomb in his hand luggage.
The maths expert said to the policeman, "You don't understand! It's to make the plane safe!"
"What the heck do you mean by that?" replied the incredulous officer.
"The chances of a bomb being onboard the plane are extremely small," replied the mathematician, "so the chance of two bombs being on the plane would be practically impossible."

If you have 13 apples in one hand and 10 oranges in the other, what do you have? Big hands.

A lot of people cry when they cut an onion. The secret is not to form an emotional attachment.

What do you call a can opener that doesn't work? A can't opener.

Bugs Bunny was shopping at the supermarket and a sales assistant said to him: "If you can tell me what 19,866 times 10,543 is, we'll give you free carrots for life."
Immediately, Bugs responded: "209,447,238."
The sales assistant was astonished and asked: "How on earth did you do that?"
Bugs replied: "If there's one thing rabbits are good at, it's multiplying."

What did the judge say when a skunk walked into the courtroom? “Odour in the court!:

A married couple in their early sixties were out celebrating their 40th wedding anniversary in a restaurant.

Suddenly, a beautiful fairy appeared on their table and said “For being such an exemplary married couple and for being faithful to each other for all this time, I will grant you each a wish.”

“Ooh, I want to travel around the world with my darling husband,” said the wife. The fairy waved her magic wand and---abracadabra!---two tickets for the new QM2 luxury liner appeared in her hand.

Now it was the husband’s turn. He thought for a moment and said: “Well this is all very romantic, but an opportunity like this only occurs once in a lifetime, so, I’m sorry my love, but my wish is to have a wife 30 years younger than me.”

The wife and the fairy were deeply disappointed, but a wish is a wish.....so the fairy made a circle with her magic wand and---abracadabra---the husband became 92 years old.

“Knock! Knock!”

Who’s there?”

“Cows go.”

Cows go who?”

No. Cows go moo, not who!”

What is the difference between a poorly dressed man on a tricycle and a well-dressed man on a bicycle?

Attire!

What did the octopus say to his girlfriend when he proposed?

“Can I have your hand, hand, hand, hand, hand, hand, hand, hand in marriage?”

A sausage, a fried egg, and a rasher of bacon walk into a bar.

The barman looks up and says, “Sorry, we don’t serve breakfast.”



IN THE KITCHEN WITH CHRIS 49.

MEXICAN CHICKEN LASAGNE

500g lean chicken mince	35g packet chilli spice mix
425g can refried beans	2 x 300g jars medium salsa
½ cup chopped coriander	9 dried lasagne sheets
550g jar lasagne extra cheese sauce	1 cup grated tasty cheese
⅓ cup extra-light sour cream	1 small avocado, sliced

Method: - Preheat oven to 180°C (160°C fan forced). Spray an ovenproof baking dish with cooking spray. Heat 2 teaspoons olive oil in a frying pan over high heat. Cook the chicken mince for 6 minutes, breaking up any lumps with a spoon. Add chilli spice mix and 1 cup water. Cook for 2 minutes. Add refried beans, 1 jar of salsa and coriander. Stir well to combine and simmer for 2 minutes. Layer ⅓ of the mince mixture in the baking dish. Top with 3 lasagne sheets then one-third of the cheese sauce. Repeat layers twice more, finishing with cheese sauce. Spoon remaining salsa over the top and sprinkle with cheese. Bake for 30-40 minutes. Cool and freeze for later, or serve straight away with sour cream and avocado. Season with pepper and garnish with herbs. Accompany with a side salad.

LAMB BIRIYANI

1 kg lamb forequarter chops, cut in half and trimmed of excess fat
¼ cup korma curry paste 2 onions, sliced
1 each bay leaf and cinnamon stick 4 cardamom pods
1 teaspoon ground turmeric 1½ cups basmati rice
⅓ cup currants 3 cups chicken stock
12 poppadums, cooked in the microwave (See note)
½ cup date and tamarind chutney

Method: - Place chops in a bowl with half the curry paste and rub well to coat. Heat 1 tblspn vegetable oil in a large flameproof casserole dish over medium-high heat. Cook chops, in batches, for 2-3 minutes on each side until browned. Transfer to a plate and set aside.

Return pan to heat, add onions, bay leaf, cinnamon stick and cardamom pods. Cook for 4 minutes. Stir in turmeric, remaining curry paste, rice and currants. Cook, stirring, for a further 2 minutes.

Return lamb to the boil, cover with a tight-fitting lid, reduce heat to low and cook for 15 minutes. Turn off heat, stand for 5 minutes then fluff with a fork. Season with a squeeze of lemon juice if desired. Garnish with coriander. Serve with the poppadums and chutney. Accompany with fresh spinach salad if desired.

ROAST CHICKEN WITH VEGETABLES

1 garlic clove, finely chopped
¼ cup chopped parsley
8-10 chicken lovely legs, trimmed of all fat
2 Desiree potatoes, cut into small chunks
500g butternut pumpkin cut into small chunks

1tblspn oregano leaves
zest of 1 lemon
8 small golden shallots, peeled

Method: - Preheat oven to 180°C (160°C fan forced) and spray a large roasting pan with olive oil spray. Place the garlic, oregano, parsley, lemon zest and 1 tablespoon olive oil into a small food processor or blender and process until smooth. Place the chicken into the herb mixture. Arrange shallots, potatoes and pumpkin around the chicken and vegetables and bake, uncovered, for a further 50 minutes, turning occasionally. Serve chicken with a side salad of sliced grape tomatoes, fennel and fresh parsley leaves. Garnish with lemon wedges and fresh herbs if desired.

Note: -To cook poppadums in a microwave, line turntable with paper towel, lightly brush 3-4 poppadums with vegetable oil and place onto towel. Microwave on high (100% power) in bursts for 1-2 minutes or until crisp. Repeat with remaining poppadums.

SOUTH SEAS BAKE

2 tblspns uncooked rice
2 kg chicken pieces
40g packet chicken noodle soup
1 cup frozen peas and corn

1 onion, chopped
225g can pineapple pieces in juice
½ tsp mixed herbs

Method: - Preheat oven to 180°C (160°C fan forced). Place rice, onion and chicken into a large casserole or baking dish. Add pineapple pieces and juice. In a small jug, combine the soup mix and herbs with ½ cup water. Pour over chicken. Cover baking dish. Bake for 1 hour, turning the chicken pieces from time to time. Uncover and bake for a further 20 minutes. Add the peas and corn and bake for a further 10 minutes. Serve with steamed chat potatoes.

LAMB SHANK SOUP WITH WHITE BEANS

2 lamb shanks
3 carrots, diced
2 parsnips, diced
2 tblspns each chopped garlic and mixed herbs
2 tsps cumin seeds
½ cup baby spinach
400g can white beans, drained and lightly mashed

1 onion, chopped
1 eggplant, chopped
2L beef stock

Method: - Heat 1 tblspn olive oil in a large pan over high heat. Season lamb shanks and brown for 2 minutes. Remove and set aside. Add vegetables to pan. Cook, stirring, for 2-3 minutes. Add garlic, herbs and cumin seeds. Return shanks to pan and pour over stock and 2 cups water. Cover and simmer for 1 hour 30 minutes. Stir occasionally. Remove shanks, and when cool enough, remove meat and return to pan. Add beans and spinach. Cook for 5 minutes. Garnish with parsley and serve with fresh bread.

CHICKEN AND BROCCOLI AU GRATIN

3 cups broccoli florets
1 lge bbq chicken, meat removed and chopped
440g can chicken or cream of mushroom soup
1 tsp mild curry powder
½ cup grated tasty cheese

300ml sour cream
4 spring/green onions, sliced
¼ tsp paprika

Method: - Preheat the oven to 180°C (160°C fan forced). Spray a shallow 2.5L ovenproof dish with cooking spray. Bring a saucepan of water to the boil. Add broccoli and cook for 2 minutes. Drain and refresh under cool running water. Drain well. Arrange broccoli over the base of the prepared dish and top with the chicken. Combine soup, sour cream, curry powder and spring/green onions in a bowl. Pour over the broccoli and chicken. Sprinkle the tasty cheese, then the paprika, over the top of the dish. Bake for 30 minutes or until piping hot and cheese has melted. Garnish with curls of spring/green onion. Serve with fresh crusty bread and a salad, or with mashed potato for a heartier meal.

CHICKEN AND CHEESE PASTA BAKE

5 chicken thigh fillets, chopped
1 tblspn soy sauce
2 tsp dried mixed herbs
500g jar pasta sauce
1 cup grated tasty cheese
1 tblspn barbeque seasoning
1 onion, finely chopped
1½ cups frozen peas, thawed

Method: - Preheat oven to 180°(160°C fan forced). Grease a 2L oven-proof dish. Cook pasta in boiling water according to packet directions. In a bowl, toss chicken in soy sauce, barbecue seasoning, herbs and some pepper. In a saucepan, fry onion in 1 tblspn olive oil for 2-3 minutes, add chicken and cook until browned. Stir through pasta sauce and simmer for 3-4 minutes. Add peas and drained pasta, mix until combined. Place mixture into prepared dish, sprinkle cheese over the top. Bake for 20 minutes or until cheese is melted. Serve with steamed seasonal vegetables.

ZUCCHINI AND PINEAPPLE BAKE

20g polyunsaturated margarine
440g can crushed pineapple
4 medium zucchinis
¾ cup grated low-fat tasty cheese
1 onion, finely chopped
1 tsp each basil and marjoram
2 tblspns plain flour

Method: - Preheat oven to 180°C (160°C fan forced). Grease and line a shallow 6-8 cup baking dish. Heat a large frying pan over medium heat, add margarine and onion and cook for 2-3 minutes. Add pineapple, basil and marjoram. Simmer for 10 minutes, stirring often. Season with salt and mix well, then set aside. Slice the zucchinis and place in a bowl with the flour. Heat 1 tblspn olive oil in a separate pan and add the zucchini in batches. Cook for 3-4 minutes or until golden brown. Using a slotted spoon, transfer half the mixture to the baking dish. Top with half the cheese, the pineapple mixture and then remaining zucchini. Sprinkle with remaining cheese. Bake for 35 minutes. Serve with a mixed garden salad. Garnish with parsley and freshly ground black pepper.

MEATBALL CASSEROLE

1.2kg ready-made meatballs	1 onion, finely chopped
6 middle cut bacon rashers, chopped	400g button mushrooms, sliced
2 tblspns plain flour	1½ cups prepared beef stock
½ cup tomato paste	½ cup chopped fresh parsley
500g frozen mashed potato, heated, to serve	

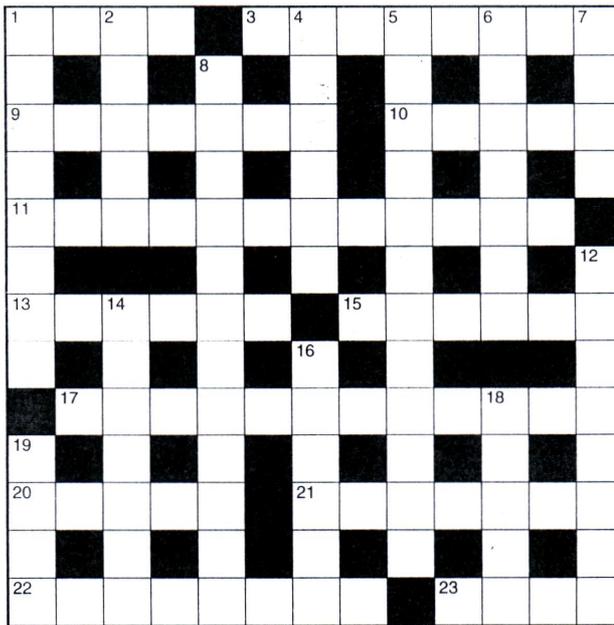
Method: - Heat a large saucepan or deep frying pan over medium-high heat, add 1 tblspn of oil and fry meatballs in 2 batches for 2-3 minutes. Remove from pan and set aside.

Add onions, bacon and mushrooms and cook for a further 3 minutes. Sprinkle with flour and mix well.

Add beef stock and tomato paste. Bring to a simmer, add meatballs and parsley and simmer for 15-20 minutes or until sauce has thickened. Serve with mashed potato and steamed squash or green beans on the side. Garnish with chopped parsley and freshly ground black pepper.

Crossword Puzzle, compiled by

Chris 49.



(Jun 20)

ACROSS

1. Man's best friends. (4).
3. Helped (8)
9. Queen's first son. (7).
10. Financial inspection (5).
11. Communication antennas. (5,7).
13. Tribal symbol(6).
15. Bulk wine container. (6).
17. Intoxicated vehicle users. (12).
20. Fibbing. (5).
21. Wound dressing. (7).
22. Noticed. (8)
23. Fast planes. (4).

DOWN

- 1 Adorn. (8)
2. Majestic. (5)
4. Female relative. (6)
5. Pipe dreams. (12)
6. Small child. (7)
7. Calendar entry. (4)
8. Departmental overseer. (5,7)
12. Raised burn skin. (8).
14. White root vegetables (abrev). (7).
16. fit for eating. (6).
18. Exalt (5)
19. As well, too. (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