

**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.

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

November's OCM is the 26<sup>th</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, November 19<sup>th</sup>

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

Luckily that Murphy chap didn't hang around too long, his antics put the mag back a bit but Clare went over fairly well and what's more, with the help of one controller, Michelle, who is an honorary ACRM member and often helps us out, we had the 14 controls covered this year. The situation was made easier because they had four doubles, reducing the required number of monitors to 11.

There was also a bit of a déjà-vu moment for me, when our son Brenton 166 who was on checkpoint 2, with the kids, put the eldest daughter, Ma'Kaya on the microphone to put in a call, which immediately put me back to a time when 49 and I were on a control with our kids; that is until they found girls were better than a weekend away with the oldies and one by one, each found someone's house to stay at on those weekends – until it was just the oldies. When they too were oldies and returned to the fold, each lad has had their moments of déjà-vu too. Daniel 222 wrote once how he was reminded of himself, while watching his kids playing in the same old areas that he and his brothers had done as a kid, while the olds did the radio.

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

Thank you to all who put in 100% at Clare this year, it was great to see a full compliment of monitors covering the checkpoints.

Technically, the Robby 2 day on the Queen's birthday, June '20, long weekend is our next event, however there is normally an Endurance ride around March, April that may change things. Either way, like the Scouts, "Be prepared."

Keep your eye on this space for updates.

We were asked to do a ride at Clare with less than a week's notice and had to knock it back, due to monitors already having made plans.

Clare was the 7<sup>th</sup> round of the SART and results are available on the SART website.

## **TREASURE TROVE; Chris 49**

***Maybe it's an age thing.*** It's becoming a damn sight harder to pull up fit after a weekend event. Personally, it's aches and pains, 48, in his own words is buggered but we had a couple of other casualties following Clare too. 141 picked up a dose of the dreaded lurgi and although he said he felt it coming on Thursday, rather than let the team down, he soldiered on and is now suffering for it, while 232 managed to pick up a bladder infection, which

landed him in hospital for a few days. I'm pleased to report, both are back on deck.

However, it is a young man's, excuse me, person's sport and one such person is our nephew Justin, who used to accompany Phil's sister Julia 64 at a few trials on the microphone and is now in the saddle, riding himself. I'd be interested in seeing how well he fared after the weekend, considering he said he came off the bike a dozen times. Yes, it was tough on the riders too. Clare has a reputation of putting on a good event, however, the organisers have no control over the big fellow upstairs, who waves the whopping



weather stick and governs other significant factors that can make or break an otherwise good trial. Thus a bit of rain, changed "Good" into "Slippery when wet." Very slippery, in fact.

Bill 78 said there was a fine line between good and slippery as when following Phil 322 out of his section he noticed Phil in his Commodore was getting crossed up fairly easily and while developing a bit a smirk on his face watching him, the BT 50 started to go askew too, their saving grace was that it was slightly down hill. When 322 got back to main, his mud brown car was evidence of the fun he'd had, if I remember correctly, the colour under the mud is maroon and there wasn't a skerrick of it showing anywhere. Sorry no picture of that, at time of writing but #16 an outfit, ridden by Roger and Barbara Greenhalgh stayed still long enough for me to get a picture of their outfit sporting some of Clare's finest mud on the front forks, mudgard and light.

## TO's TWEET;Bill 78:

A few weeks ago I received a frantic phone call from my sister, she had no power again. I went and checked her electrical switchboard and found that the Earth Leakage Circuit Breaker (**ELCB**) had tripped.

After resetting I had her reuse the appliances that had been operating at the time of tripping and found that it was caused by the toaster in which an errant raisin completed the circuit between the element and guide bar. Simply removing said raisin made all well again.

Now what is an **ELCB**.

It is a safety device to protect people from receiving an electric shock off electrical appliances and has been made compulsory in all new electrical installations and recommended to upgrade on older installations. In other words, if you do not have one on your house, get it done, particularly if you have investigative youngsters who may poke items into electrical devices?????

An **ELCB** device works by monitoring the current draw on both the active and neutral wires, if there is more than 30 milliamps difference it will trip the unit. What this means is that power is leaking out through another exit, this may be via a raisin or it could be your fingers on a bare wire, in that scenario it has saved you from burns, serious shock or even electrocution. I will not go any further into the mechanics of an **ELCB** other than to recommend that if this sparks you (excuse the pun) into thinking of your safety and do not have one or know of an area that should have one, get it fitted by a licenced electrician. While the legality of changing a light bulb in your home may be a quandary, the fitment of items like an ELCB is not and is not even a handyman job, unless that person happens to be licenced and some are. Generally the term handyman is not used by people who are tradesmen.

Hopefully this is of interest to you and if more information is required, either check on the Google web site or contact a licenced electrician.

One warning, if you are using Doctor Google for any info regarding electricity, make sure the info is for Australian rules, as there are many differences pertinent to other countries.

One such difference, although not major but is often asked about are switches in the USA and why are they're opposite to us, up is on and not down. There is arguably a good reason for that. In an emergency situation, eg falling, it's easier to switch a circuit off by brushing downwards, rather than trying to flip a switch up while your body is plummeting towards earth. A slightly technical answer is that when a switch, circuit breaker, etc is fitted, it is done with voltage in at the bottom and out at the top and the switch is simply a representation of current flow, thus, switch up

indicates voltage out, also up. Its also been explained as lights are normally in the ceiling so up is pointing to the light. Whatever floats your boat aye? I guess if it helps one remember, it doesn't really matter how you remember it.

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

It was that time of year again! Field days at Paskeville and with another group, I turned up at The Gawler Visitor Centre to catch the Corston coach for the day trip on the Wednesday.

There were only seven passengers, which was surprising as the fare was only \$55 which included the \$15 admission to the grounds.

We left at 8.15 and our first stop was Pt Wakefield for morning tea, also included.

On arrival, we went our separate ways intending to meet for lunch, and one of my first stops was at site 161 where my nephew from Lucindale was displaying Dog Kennels for sale, and doing good business.

I moved on mainly in the hope of catching up with old contacts, but found that many of them, like me, had retired. I did meet some of them before lunch.

My poor old legs were starting to remind me that I must be getting old, or at least my legs were getting old.

At 3.00pm, we all boarded the coach for the return to Gawler.

The next Field Day is Lucindale in March next year. I may hire a Gopher for that event!

Ed: Tuck, I reckon you'd look good aboard a segway.

## LAST MONTH'S CROSSWORD ANSWERS

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

Oct

### *Birthday greetings.*

#### *Birthday greetings for November are extended to:*

Lisa 333 for the 2<sup>nd</sup>.  
Graham 131 for the 5<sup>th</sup>.  
John 22 for the 17<sup>th</sup>.  
Dick 21 for the 25<sup>th</sup>.

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

### 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)

If anyone is aware of the words of Max Urhman, in his prose, *Desiderata*, you may recognize this as being somewhat similar. I've had it since Commodore 64 days and only after reading it many times in about 30 years did I see the resemblance. I suppose in this hard world its probably seen as a bit sissy but hey, is that not the underlying problem we face today?

### The Rainbow Tree (words anonymous)

---

As we grow up, we learn that even the one person that wasn't supposed to ever let you down probably will. You will have your heart broken probably more than once and it's harder every time. You'll break hearts too, so remember how it felt when yours was broken. You'll fight with your best friend. You'll blame a new love for things an old one did. You'll cry because time is passing too fast, and you'll eventually lose someone you love. So take too many pictures, laugh too much, and love like you've never been hurt because every sixty seconds you spend upset is a minute of happiness you'll never get back.

Don't be afraid that your life will end,  
be afraid that it will never begin.



You don't have to be too clever to realize that if more of the people in this world, at least tried to live by these words, we could be living in a far better place.

Desiderata by Max Ehrmann  
Which I believe stands for “Desire many.”

# DESIDERATA

GO PLACIDLY amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world.

Be cheerful. Strive to be happy.

MAX EHRMANN

Although Desiderata is in the Public Domain and not subject to copyright, I thought it fitting to make sure its author was duly credited.

## Member's Contributions To Our delinquency

A magician worked on a cruise ship.

The audience was different each week so the magician did the same tricks over and over again.

There was only one problem: The captain's parrot saw the shows each week and began to understand how the magician did every trick.

Once he understood, he started shouting in the middle of the show,

"Look, it's not the same hat!" or, "Look, he's hiding the flowers under the table!" or

"Hey, why are all the cards the ace of spades?"

The magician was furious but couldn't do anything. It was, after all, the captain's parrot.

Then one stormy night on the Pacific, the ship unfortunately sank, drowning almost all who were on board.

The magician luckily found himself on a piece of wood floating in the middle of the sea, as fate would have it ... with the parrot. They stared at each other with hatred, but did not utter a word.

This went on for a day ... and then 2 days ... and then 3 days ...

Finally on the 4th day, the parrot could not hold back any longer and said ..... "OK, OK, I give up. Where's the flamin' ship?"

Two confirmed bachelors sat talking their conversation drifted from politics to cooking.

"I got a cookbook once" said one "but I could never do anything with it."

"Too much fancy work in it, eh?" asked the other.

"You said it. Every one of the recipes began the same way - "Take a clean dish..."

## 49's Pictures

Because I missed Phil 322's car when it was mud, I asked him for a shot of it and Phil obliged with one he took - but not until after the rain on the way home had done a reasonably good job of cleaning it. Pity, not really, the mag wheels still tell a story.



Thanks for the photo Phil – but more than that, thanks for your assistance on the weekend.

A couple more from Clare

(1) Number 8

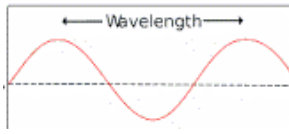


(2) Another angle of Roger & Barbs outfit #16, they finished 76<sup>th</sup> outright.



## Tech Tips; Phil 48:

Following on from last month, I'd started to talk about coax, which led to wavelength. If written, wavelength is denoted as Lambda, an upside y is a close description and is written (from the Greek alphabet as  $\Lambda$  (Capital) and  $\lambda$  (Lower case)), however when typed, wavelength is usually shown as  $\sim$  (the little wavy character that is below the escape key and to the left of the One key). A wave is shown in a diagram as a squiggle of equal length a height, a wave length is usually shown as the distance between two peaks. To explain that a little better, it is the space in a period of time that is the wavelength.



How many times the wave peaks is referred to as frequency or in some measurements, cycles (Hertz).

Although, the peaks are above the imaginary line and those below are called troughs, in reality, both are peaks and some measurements are actually taken from peak to peak, an example of this is SSB (Single Side Band), one of the modes of transmission used on the old 27MHz CB sets, had power measured in, P.E.P (Peak Envelope Power) watts.

Because frequency is important to us, in that we may use various types of radio. In CB (Citizen Band) licences were issued for two distinct bands. 27 Mhz HF being the first and there is plenty of info on the www to support this so I'll keep it brief in this forum. The second CB band was and still is 477 Mhz UHF.

It's important to remember the differences between each band, eg. Only radios in the same band can communicate with each other. Now to explore some of the obvious differences.

Wavelength is now important and it can be calculated with a simple formula.

If you want to get technical the speed of light is 299.792458 metres / second but for ease of remembering and to be within a respectable accuracy for our purpose, 300 metres per second is good enough. What's the speed of light got to do with frequency? It seems that radio waves travel at the speed of light, hence the formula, Frequency divided by 300 will give us the wavelength in metres.

An example  $476.000 / 300$  is 1.5666 recurring, which for our purposes could be rounded out to 1.7 mtrs. Fortunately at UHF the bandwidth is forgiving so an antenna cut to 476 mhz. is probably okay from 475.500 to 476.500. Most of the UHF antennas on the market were designed for CB and have a centre frequency of 477Mhz. With all that now firmly in our heads, what's this tuning an antenna all about?

Sorry but I need something to write about next month.

## Minutes;OCM 418

### Minutes of Meeting 418 held on 24<sup>th</sup> September 2019 at Collinswood

Meeting opened at 2004 hrs

Present. 78 , 21, 48, 49 , .141, 43, 44, 153.

Visitors Nil

Apologies 80,233,64,370,371,372,333,40,423,120,45,232,212

Minutes of previous meeting moved by 21, Sec 78 & carried.

Matters arising Nil

Correspondence In 19 23-25 Out Nil moved 43, sec 44 & carried.

Reports President nil

Secretary. Nil

Treasurer Bal \$7444.78 In \$1057.55 Out \$487.83  
Moved 21 Sec 43 carried

Training Officer , Nil

Rally Coord. Absent with apology

Social Sec Nil

Resources. Nil

General Business 21 Queried GPS readings 78 Repeater problems, changed unit then all OK Possibly duplexer. To be rectified during break.  
Chris 49 handed out a few Stubby holders to those who helped at Clare as a token of appreciation from the organisers.

Next meeting 419 22<sup>nd</sup> October 2019

Meeting closed 2034.



## IN THE KITCHEN WITH CHRIS 49.

### LAYER CASSEROLE

½ cup rice	500g minced steak
1¼ cups chopped onion	¼ cup chopped green capsicum
½ cup sweet corn kernels	salt and pepper
1 x 450g can tomato soup	1 cup grated tasty cheese
2 rashers bacon	

Method: - Preheat oven to 180°C. Grease a casserole dish. Spread the rice over the base of the prepared casserole dish. Cover with a layer of minced steak, followed by a layer of onion, green capsicum and sweet corn, seasoning with salt and pepper between each layer. Pour the tomato soup over and sprinkle with the grated cheese. Place bacon rashers on top. Cook on the bottom shelf of the oven for 1½ hours.

Serves 4-6

### FRENCH CHICKEN CASSEROLE

2 whole chickens (size 14 or 16) cut into pieces	
½ -1 cup Worcestershire sauce	1 x 810g can crushed tomatoes
1 x 40g packet French Onion soup	

Method: -Preheat the oven to 220°C. Place chicken pieces in a baking dish. Sprinkle Worcestershire over all the chicken pieces, then pour tomatoes over. Now sprinkle soup mix over the top of the tomatoes. Pour over enough hot water to cover the chicken. Bake for 1½ hours or until chicken is cooked, turning chicken pieces after 45 minutes. Serve with mashed veggies and gravy.

Serves 6

## TASMANIAN APPLE CASSEROLE

1 tblspn olive oil  
4 mutton forequarter chops, trimmed and cut into bite-size pieces  
1 onion, sliced  
1½ cups apple juice  
½ cup chopped fresh mint  
2 tblspns plain flour  
1 green apple, diced  
salt and pepper

Method: -Preheat oven to 180°C.

Heat oil in a pan, add flour and meat and cook until browned. Remove meat and set aside. Add onion and apple to the pan and cook until browned.

Return meat to the pan, then pour in apple juice and bring to the boil. Season with salt and pepper and stir in the mint. Transfer to a casserole dish, cover and cook in the oven for 1-1½ hours.

Serve with mashed potatoes, green beans and carrots.

Serves 4

## MEAT LOAF

1 cup breadcrumbs  
500g sausage mince  
1 onion, chopped  
Tomato sauce and Worcestershire sauce, to taste  
500g beef mince  
2 medium-sized carrots, grated  
1 egg

Method: - Preheat oven to 200°C. Lightly grease two loaf tins.

Combine all the ingredients in a bowl, mixing well. Divide mixture between the loaf tins. Bake in the preheated oven for about 40 minutes, until cooked through.

Serves 6-8

## CHICKEN LEGS WITH ORANGE SAUCE

4-6 chicken legs

butter for basting

### *Orange sauce*

1/2 cup orange juice

2 tsp lemon juice

1 tblspn sugar

1 tblspn white vinegar

2 cups chicken stock

3 tsp arrowroot or cornflour, mixed with a little water till smooth

¼ cup brandy, or ¼ cup Grand Marnier

Method: - Preheat the oven to 180°C.

Place the chicken legs on baking paper in a roasting dish and bake for 20-30 minutes, or until cooked through, basting with butter. Allow to cool, then strip the meat from the bones.

Put the juices, sugar, vinegar and stock in a saucepan and boil over medium heat until reduced by half (about 30 minutes). Add the arrowroot or cornflour mixture, bring to boil and then add the brandy or Grand Marnier.

Put the chicken meat in a casserole dish or saucepan, add the sauce and stir to combine. Reheat. Serve with sour-dough bread, and enjoy.

Serves 4

## MALAYSIAN TUNA

1 cup rice

1 x 425g can tuna

½ cup margarine

½ cup plain flour

2 cups milk

2 tsp curry powder

2 tblspns chutney

1 x 440g can crushed pineapple

Method: - Boil or steam rice until cooked, then drain. Add to the tuna and stir to combine.

Melt the margarine in a saucepan, then stir in the flour. Add the milk and stir until mixture thickens. Add the remaining ingredients and stir again to combine.

Simmer the mixture in a frying pan until well heated (or place in a casserole dish and bake in a moderate oven).

Delicious!

Serves 4

## ITALIAN-STYLE STEW

4 thick rashers bacon, rind removed and meat cut into strips  
8 lamb neck chops, trimmed of excess fat      1½ tblspns butter  
3 onions, sliced into thick rounds              3 tomatoes, cut into quarters  
1 kg potatoes, cut into large pieces            3 carrots, cut into large pieces  
2 cups beef or vegetable stock                  Cracked pepper  
Sprigs of fresh thyme or lemon thyme, to taste chopped fresh parsley, for  
garnish

Method: - Melt butter in a large pan and brown the chops on both sides over high heat. Remove chops from the pan and set aside. Add the bacon to the pan and cook until crisp. Drain on paper towels.

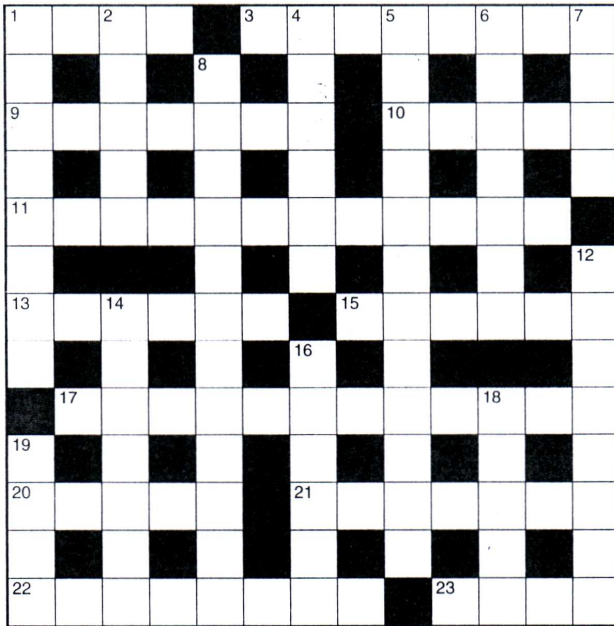
Arrange half the potatoes, carrots, tomatoes and onions in a deep pan.

Season with cracked pepper, then add half the bacon. Layer the chops on top and cover with the remaining vegetables and bacon. Add the stock and thyme, cover, bring to the boil, then reduce the heat and simmer for about 1 hour, or until the lamb is tender.

Serve sprinkled with parsley.

Serves 4

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



(Nov 19)

**ACROSS**

1. Untidy state. (4).
3. Italian babies. (8).
9. Special ability. (7).
10. Scottish land owner (5).
- 11 Took a snapshot. (12).
13. Gave a speech. (6).
15. L.P. records. (6).
- 17 A person known to you. (12).
20. Mature person.. (5).
21. Spongy flesh at the back of throat (7).
22. Aerials .(8)
23. 2<sup>nd</sup> hand (4).

**DOWN**

1. Figure of speech. (8).
2. Volley of applause. (5).
4. Soak up moisture. (6).
- 5 Biro. (9,3).
6. Lack of wisdom. (7)
- 7 Soft drink. (4)
8. Pressed to sleep longer. (6,6).
12. Climbed. (8).
14. Bill. (7).
16. Noisy insect.. (6).
18. \_\_\_\_\_ & crannies(5)
19. Fete. (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.



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