



# SURREY RADIO CONTACT CLUB

**MARCH 2006 — No: 762**

CLUB NET 1.905 MHz Sunday 9:30am  
 CLUB NET 144.325 MHz Friday 8:30pm  
 CLUB NET 145.500 MHz and Down Thursday 7.00pm

CLUB Internet WEB Site:  
<http://www.g3src.org.uk>

Hon. Sec. Ray Howells G4FFY  
 9 Aultone Way  
 SUTTON  
 Surrey SM1 3LD  
 (020) 8644 7589  
 E-Mail: [secretary@g3src.org.uk](mailto:secretary@g3src.org.uk)

**MONTHLY MEETINGS 1<sup>ST</sup> AND 3<sup>RD</sup> MONDAYS 7.45 FOR 8pm**

Normally AT THE T.S. TERRA NOVA, 34 THE WALDRONS, SOUTH CROYDON, CR0 4AZ

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**"A" MEETING 6<sup>th</sup> Mar 2006 Spring Surplus Equipment Sale**

**"B" MEETING 20<sup>th</sup> Mar 2006 FIX-IT, ADVICE, CHIN-WAG, CLUB STATION + "MOVE-IT-ON"**

|  |                         |               |
|--|-------------------------|---------------|
| Chairman                               | G4XAT Gareth Evans      | 020-8462 2837 |
| Vice-Chairman                          | G4WAY Roger Holyoake    | 020-8689 7089 |
| Treasurer, Liaison & Equipment         | G4DDY Maurice Fagg      | 020-8669 1480 |
| Secretary, Membership & Communications | G4FFY Ray Howells       | 020-8644 7589 |
| VHF Co-ordinator (Co-Opted)            | G8IYS John Simkins      | 020-8657 0454 |
| Publicity & HF Co-ordinator            | M1MRS Robert Shepperley | 020-8687 0811 |
| Club Meetings                          | G4FDN Pat McGuinness    | 020-8643 0491 |
| Members                                | G3RJW Graham Marshall   | 020-8647 1186 |
|  | G8TB Bernie Wynn        | 020-8660 7517 |

## Dear Members & Friends

Hello and welcome to the March 2006 newsletter which I am composing at the end of February following another busy spell of solving PC Spyware and Virus problems, crashed Hard Drives data recovery, and performing my caring role. Mary is still on extended bed rest but the pressure sores are healing but I am advised another couple of months will be needed. Have a further check on my PSA levels this coming Thursday which will decide if I need any Radio-Therapy treatment.

The SRCC meetings for March start with the "A" meeting on Monday 6<sup>th</sup> March which will be the Spring Surplus Equipment Sale; with the "B" meeting on Monday 20<sup>th</sup> March, more on these below.

### ANNUAL GENERAL MEETING

I HEREBY GIVE NOTICE that the Annual General Meeting of the SRCC will be held on Monday 3<sup>rd</sup> April 2006 at the clubroom 7.45 for 8.00pm. Following our usual practice this notice is over a month ahead, but this is to comply with club rules. It allows time if there are any proposed alterations to the rules, or to give you an opportunity to raise any points at the AGM, the committee would like notice of important ones.

We also ask for nominations for committee, with such nominations (and acceptances) to be received by the committee prior to the opening of the AGM. We will need to elect a new Chairman as Gareth G4XAT has completed his 3-years as allowed under the current rules.

With the next newsletter I will include the minutes of the last AGM, the full agenda and a nomination slip for proposing members for the new committee and Secretary (nominated separately).

## **NEXT "A" MEETING: Monday 6<sup>th</sup> Mar 2006 Spring Surplus Equipment Sale**

We hope there will be a good turnout for this **Spring Sale**, when members can bring along items for sale and also items to be donated to the club. It is very helpful, as in the past, for sellers to be in the clubroom well before 8 o'clock, and no boxes of "rubbish" please. All members and visitors they have brought along must sign the attendance book and all must be conversant with the rules.

**Note** that the club accepts no responsibility for goods sold at this private sale, and the purchasers buy on the understanding that they are capable of determining the usability, fitness for purpose and SAFETY of goods obtained. The following also applies:

1. Only SRCC members are permitted to sell.
2. All items not donated must be marked with the name or callsign of vendor, brief description and details of any reserve price.
3. Bids should be in steps of 5p up to £1 and 25p thereafter.
4. Visitors are welcome but must be introduced by a member who is responsible for informing them of the rules.
5. All members and VISITORS must sign the attendance book.
6. Sellers will not be paid until all buyers have settled up.
7. The club levies 15% on all transactions.
8. Please try and arrive early to allow start by 8 o' c.
9. **PLEASE KEEP THE DOORWAY CLEAR FOR FIRE PRECAUTIONS.**
10. Club Room is now a NON-SMOKING area.

**NEXT "B" MEETING: Monday 20<sup>th</sup> Mar 2006  
FIX-IT, Advice, Chin-Wag & "MOVE-IT-ON"**

The "B" meeting on Monday 20<sup>th</sup> March is the regular "Fix-It" and advice evening with the extra twist. If you have a radio item or anything else that you just wish to clear out then bring it along - you never know it may be just what another member is looking for!

The Fix-It section has proved very interesting and successful so please bring along that item that has been giving you grief - the collective heads at the meeting usually come up with something.

**LAST "A" MEETING: Monday 6<sup>th</sup> Feb 2006  
Life and Times of Early Television with Jon GOGNA**



On Monday 6<sup>th</sup> February we had the pleasure of welcoming Jon Weller GOGNA for a talk and presentation entitled "Life and Times of Early Television".

This was a well attended meeting and we thank Jon GOGNA for his excellent presentation which included the use of Video

recordings to show some early artefacts and techniques, and some "Magic Lantern" slides.

I learnt that early recordings were recorded onto 78rpm discs but that playback was a problem - the speed changes as the pickup arm travels across the disk making sync a problem. The earliest off-air recordings found used a Speakeasie Home recorder and Mark Games had a collection of these. When he died his widow called Jon who recognised the value of the collection due to his associated with Ray G2KU and from this Jon met Don McLean who spent a long time restoring the collection (see Restoring Baird's Image by Donald F McLean - <http://www.tvdawn.com/rbi.htm>).



Another book I saw was John Logie Baird - A Life by Malcolm Baird, which has lots of references to Ray G2KU. It was fortunate that Ray's extensive archive was available as he had managed to accumulate bits and pieces over the years filling in the gaps like books, pictures, newspaper and magazine cuttings. Such is Ray's collection that the Science Museum - Radio & TV - now have most of it and are planning to rebuild their early TV exhibit. We can thank Don McLean for protecting Ray's interest.

One of the archive materials that Ray had collected was shown by Jon, namely a 1943 magazine called "Illustrated" in which an article on Colour Television was printed. It showed Baird in his workshop at Crystal Palace (prior to them being destroyed by the fire).

I noted that Ray joined the Baird Company in 1938 working on the Intermediate Film System (Image Desector). The Crystal Palace fire destroyed everything including Baird's company offices, Workshop and Archive.

Jon went on to show some Magic Lantern slides which included showing how much light was needed to illuminate the person/object being televised so tried filters over the banks of lights e.g. Infra Red (Noctovised). Jon also showed as slides of the Intermediate Film System, both Receiver and Transmitter which was used during the 2<sup>nd</sup> World War; and the cinema television system - Cintel.



As a closing comment on Baird I noted that he was good in Electrical and Mechanical skills but not Electronics hence why his television developments were mechanical in nature. Jon brought along a reproduction of the original Televisor but managed to damage it will making an adjustment!! (How is it now Jon?)



This is only a brief record of what Jon covered during the excellent evening and we thank Jon for his time and effort in giving us this talk. Ray G2KU did live through a most interesting time in TV development and we owe him a great deal for everything he had in his archives.

A modern book on TV that Jon had was the annual Television Viewers Guide which reported the planned switch-off of analogue TV services over the period 2008-2012. See [www.viewersguide.co.uk](http://www.viewersguide.co.uk)

**CHAIRMAN THOUGHT of the MONTH -  
March 2006**



"Those of you who listen to the Sunday morning net will not be surprised to read this...my two sons have taken to radio better than I could have hoped, but in different ways. Joshua, my eldest, has always enjoyed walking and outdoor activities and on his recent practice D of E silver expedition wanted to take radio with him. An hour in the

workshop soon saw a wooden/SO239 assembly suitable for rucksack mounting and tests to find the best performing aerial revealed that a fairly small dual-bander worked better than my 7/8<sup>th</sup> mobile whip which I usually use on my /bicycle mobile.

The expedition coincided with half term so I was available to help, offer advice and also play radio too. You may have heard or read about SOTA - Summits On The Air (see [www.sota.org.uk](http://www.sota.org.uk)) which conveniently combines walking with radio, a bit like the 'backpackers' contest but a little more portable, i.e. no cars allowed. The instigator of this very popular scheme, Richard, G3CWI, also markets a range of fibreglass collapsible fishing poles (see [www.sotabeams.co.uk](http://www.sotabeams.co.uk)) and a couple of years ago I bought a set of 4\*7 metre poles. Up until recently I have been using them to mount the video receivers for our on-car activities.

However, the top two lengths are very frail and wobbly when you attach anything much to them so are basically surplus when using his 3 element beam, (reviewed in RadCom a while back). Why not use these pole pieces to make a beam boom?? Why not indeed!! A quick trawl through the ARRL and RadCom handbooks, plus a bit of 'googling' produced a 4 element Yagi that would fit easily onto the poles. It was made, without scaling the element sizes, using 2.4 and 1.6mm diameter brazing rod, vswr'ed using my MFJ analyser (wonderful tool) and away we went to a suitable gateway near Nore Hill (the field day site). A quick test back to base (Reuben) showed it had good directional capabilities and a quick beam north plus CQ on 144.3 MHz produced a response from a GW atop a mountain. A quick tweak of the beam brought us up to 5/9 each way, 2.5 watts from an FT290, not bad at 170 miles! Joshua was amazed, and I was impressed!!

Never one to let an idea rest, I started wondering how much gain I could get out of the 1.6 metres of usable poles I had. At this point ALL the elements fitted inside with the collapsed pole pieces, making one less thing to carry. Using the 2006 ARRL handbook, a 6 element Yagi, optimised using NEC4 was found. It would fit on the boom, so I built one. Then I found out I should really scale the element lengths due to diameter changes so I found some software to do that (G3SEK's excellent site, <http://www.ifwtech.co.uk/g3sek/>). To make it lighter (the brass rods weighed in at 185 grams) I bought some aluminium alloy (5% Mg, so they are quite hard and resist bending) rods in 2.4 and 1.6 diameter, cut them to length, made some fixings and away it went. VSWR under 1.3:1 across 2 metres, about an 80 degree beam-width and capable of opening very distant repeaters on 100 milli-watts from my garden. Yet to be tried in anger, but it still packs up into the rod tubes themselves and the alloy elements only weigh 50 grams!!

And now for some engineering...how to make a 1000mm welding rod into a 1036 mm welding rod, without welding... the reflector needed to be longer than the standard 1000 mm that the rods are supplied in. I drilled the end of the 2.4 diameter rod with a 1.5 drill, to a depth of about 8 mm. I took a suitable piece of off-cut 1.6, chucked it and then ran it against some emery cloth to reduce its diameter. Then, slowly, I ran the drill whilst pushing the 1.6 piece into the hole in the end of the 2.4. As you may know, aluminium has the habit of galling and jamming itself very well indeed. There came a point when exactly this happened as the drill was running slowly, I stopped before the 1.6 'wound up'. It would not pull out, so I sealed the joint with some epoxy to keep rain out and so prevent corrosion.



Now I'm planning a 12 element ZL special, with up to 13.5 dBd over a dipole yet capable of fitting on a 10'6" boom. Not bad for a few welding rods and a bit of ingenuity.

See you at the junk sale, or the club dinner, or even both!!

Gareth G4XAT"

## THE CALENDAR SECTION

### SRCC and Local Club Meeting Dates:

|                      |  |
|----------------------|--|
| 3 <sup>rd</sup> Mar  | Crystal Palace: Hands On – Scopes and their Uses @ All Saints Church Parish Rooms, Beulah Hill from 7:30pm. Bob G3OOU 01737 552170 (Meet on 1 <sup>st</sup> Friday of each month) <a href="http://members.aol.com/rfcburns">http://members.aol.com/rfcburns</a>  |
| 6 <sup>th</sup> Mar  | <b>Spring Surplus Equipment Sale</b>   |
| 10 <sup>th</sup> Mar | W&DARS – The Power of the PIC with Peter Jenner M0PDJ with Len Stuart @ Martin Way Methodist Church, Buckleigh Avenue, MERTON PARK SW20 9JZ – 7.30 for 8pm 2 <sup>nd</sup> & last Friday's Details: Jim M0CON on 020-8874 7456 <a href="http://www.gx3wim.org.uk/">http://www.gx3wim.org.uk/</a>       |
| 13 <sup>th</sup> Mar | CATS: Spring Bring & Buy Table Top Sale – Meetings normally held @ St. Swithun's Church Hall, Grovelands Rd, Purley 8pm 2 <sup>nd</sup> Monday's. Contact Andy Jackson G8JAC on 020-8651 2727 <a href="mailto:g8jac@btinternet.com">g8jac@btinternet.com</a>   |
| 16 <sup>th</sup> Mar | Sutton & Cheam RS – GB200T Special Event with Bob Treacher (Cray Valley). Meetings @ Vice Presidents Lounge, Sutton United Football Club, Gander Green Lane, Sutton – 7.30 for 8pm. Sec: John G0BWV 020-8644 9945 <a href="http://www.scrs.org.uk">www.scrs.org.uk</a>                                 |
| 20 <sup>th</sup> Mar | <b>Fix-It, Advice, Chin-Wag, Move-It-On</b>  |
| 21 <sup>st</sup> Mar | Bromley & District – "Contests – Love 'Em or Hate 'Em" with Richard G8ITB - Meetings normally on 3 <sup>rd</sup> Tuesday's @ Victory Social Club, Kechill Gardens, Hayes – 7.30 for 8. Alan G0TLK 020-8777 0420 <a href="http://www.bdars.org.uk">www.bdars.org.uk</a>                                 |
| 22 <sup>nd</sup> Mar | Crawley ARC – TBA @ Hut 18, Tilgate Forest Recreational Centre, Tilgate Forest, Crawley – 7.30pm. Sec: Keith G8KZZ on 01403 257788 <a href="http://www.carc.org.uk">www.carc.org.uk</a>  |
| 25 <sup>th</sup> Mar | <b>SRCC Annual Dinner – Park Place, Mitcham</b>  |
| 29 <sup>th</sup> Mar | Mitcham & District ARS (Meetings normally last Wednesday of each month) @ ATC Headquarters, Commons West, Mitcham. Sec: Mike Knott G0WCR 020-8764 4716   |
| 28 <sup>th</sup> Mar | Dorking & District Radio Society – normally meet on 4 <sup>th</sup> Tuesdays @ Friends Meeting House, Butterhill South Street, Dorking – opp. Spotted Dog. Details: Walter Blanchard, G3JKV on 01306 884359 <a href="mailto:wbl@g3jkv.co.uk">wb@g3jkv.co.uk</a>  |
| 31 <sup>st</sup> Mar | W&DARS – Radio, The Nitty-Gritty of it – Round Forum moderated by Jim G4WYJ @ Martin Way Methodist Church, Buckleigh Avenue, MERTON PARK SW20 9JZ – 7.30 for 8pm 2 <sup>nd</sup> & last Friday's Details: Jim M0CON on 020-8874 7456 <a href="http://www.gx3wim.org.uk/">http://www.gx3wim.org.uk/</a> |
| 3 <sup>rd</sup> Apr  | <b>AGM</b>   |
| 10 <sup>th</sup> Apr | <b>VHF NFD Meeting @ G8IYS QTH</b>   |
| 8 <sup>th</sup> May  | <b>Project Constructing Evening</b>  |
| 5 <sup>th</sup> Jun  | <b>Summer BBQ</b>  |
| 3 <sup>rd</sup> Jul  | <b>Construction Contest</b>  |

SRCC Meetings indicated in **BOLD** with venue of Terra Nova unless otherwise stated.

### SRCC Club Dinner: Saturday 25<sup>th</sup> Mar 2006

May I remind you all of our Annual Club Dinner at the Beefeater Park Place in Mitcham, 7.30 for 8pm, where we have had successful dinners over the past few years. I shall be pleased to take your bookings on a first come first served basis – [secretary@g3src.org.uk](mailto:secretary@g3src.org.uk) - or as per Secretary contact details – thank you.

## Rally Calendar, etc:

|                         |   |
|-------------------------|---|
| 11 <sup>th</sup> Mar 06 | <b>CPREC Spring Sale 10:00am to 1:00pm</b><br>St John's Hall, Sylvan Road, London, SE19<br>Entrance fee £1.00 includes one free drink.<br>Under 16s get in free.<br>Refreshments available.<br>They are a few sellers tables left at £6.00 each<br>(for sellers doors open at 8am)<br><a href="http://members.aol.com/rfcburns">http://members.aol.com/rfcburns</a> |
| 7 <sup>th</sup> May 06  | <b>West London Radio and Electronics Spring Show</b> – Kempton Park. <b>Please note new Date</b><br><a href="http://www.radiofairs.co.uk">www.radiofairs.co.uk</a>  |
| 18 <sup>th</sup> Jun 06 | <b>Newbury &amp; District Amateur Radio Society Boot Sale</b>   |
| 12 <sup>th</sup> Nov 06 | <b>West London Radio and Electronics Autumn Show</b> – Kempton Park. <a href="http://www.radiofairs.co.uk">www.radiofairs.co.uk</a>   |
| 19 <sup>th</sup> Nov 06 | <b>CATS Bazaar</b>  |

## Members News

### - SRCC Sweatshirts and Polo-Shirts

We have agreed a cost of £10 for either a Polo-Shirt or Sweat shirt with your call-sign as part of the embroidered SRCC Logo.



If you are interested let me have your size (S, M, L, XL, 2XL, and 3XL), colour choice of Winter Emerald or Navy, callsign, and how many Polo-shirts and/or Sweatshirts:

Ray G4FFY [secretary@g3src.org.uk](mailto:secretary@g3src.org.uk)

I have now processed orders for 18 items and will be bringing these to the club next Monday for distribution – I have separately E-mailed the people concerned – thanks.

### - "The Thing" – John G3BFP



"Hi Ray,

This is a picture taken by a neighbour who is a keen photographer and she was taking a snap of the sunset behind our house and when she downloaded it from the camera there appeared to be a thing above my aerial mast and she asked me if I was on the air at the time (1630) which I wasn't and she showed it to an expert on

films and he suggested it was a corona emitting from my aerial and was a very unusual thing to see. It wasn't the moon, which had not yet risen and the sun was lower down behind the house I thought it might be the flash being reflected by the glass insulator but that is about a foot or so along the rope. She didn't notice anything when she was taking the picture which comes back to the flash being reflected. It appears to be behind the mast and on a blown up view that seems to be the case (see attachment) Any ideas or do you want to throw it to the members as a talking point!?

John G3BFP"

### - SAD NEWS – Ron GOAUA Silent Key

It is with sadness that I advise that Ron Stockbridge GOAUA became a silent key in January. He was one of the original members of the Bromley & District Amateur Radio Society when they were known as the Biggin Hill Amateur Radio Club

## Ofcom's decision on future of Amateur Radio licensing



Ofcom has announced the following changes to the licensing structure for Amateur Radio:

- To issue lifetime amateur radio licences which will remain valid for as long as the licence details remain correct or until such time as the licence is either revoked by Ofcom or surrendered by the licensee. There shall be no end date on the amateur radio licence. Such licences will be personal to the licensee and will not be transferable.
- To provide an online, web-based, self-service licensing service as an alternative to the postal service;
- To issue electronic licences (probably PDF® documents) to users of the online, web-based, self-service licensing service. Users of this service would print a hard copy of the licence which must be kept at the main station address;
- To make paper lifetime licences available (but subject to a small administrative charge);
- To modify the original proposal by requiring licensees to validate their licence details at least once every five years in order to maintain their lifetime licence

At present the Radio Licensing Centre (RLC), a wholly owned subsidiary of Royal Mail Group plc, processes amateur radio licences. However, it is Ofcom's intention that from 1<sup>st</sup> Oct 2006 (the intended implementation date), all amateur radio licences will be issued by Ofcom. Licences issued, renewed or amended on or after the implementation date will be subject to the revised licence terms and conditions.

Any licences which are due to expire before the implementation date must be renewed by contacting the RLC. Licences issued, renewed or amended before the implementation date will be subject to the existing licence terms and conditions.

Ofcom believes that the new approach to amateur radio licensing will reduce bureaucracy and cost associated with this important hobby. Ofcom regards the amateur radio community as a key spectrum user group and wishes to see amateur radio prosper.

The full text of the Ofcom press release can be found via: <http://www.ofcom.org.uk/consult/condocs/aradio/statement/>

## LOCAL CLUB NEWS:

### Crystal Palace Radio & Electronics Club

I note from their recent newsletter that at their February AGM no one in attendance was willing to commit the small amount of time to help run the club and fill the current vacant posts of Chairman, Treasurer, and three ordinary committee member posts. That currently leaves them with a committee formed of just the Secretary Nick M3FUB and ordinary member (also newsletter editor) Bob G3OUU. A club to survive needs the support and some contribution from all members and I hope the CPR&EC committee gets the support it deserves and soon has a full committee again.

## Bromley & District Amateur Radio Society

Whilst on the theme of AGMs, Bromley were recently unable to complete their AGM business at their January meeting meaning a Part II at the February Meeting. Once I have the details I will let you know what has happen.

## FORTHCOMING AGM 3<sup>rd</sup> April 2006

Another note to remind you of this important Club meeting, more so since by then our current Chairman, Gareth G4XAT, will have completed his 3-years and has to stand down. So we will need to elect a new Chairman

## VHF NFD 2006 - Meeting 10<sup>th</sup> Apr 2006

Following the meeting held last Monday 30<sup>th</sup> Jan 2006, it has been agreed that SRCC will participate in VHF NFD 2006 and hopefully from the same site. It was further agreed that we will operate the same bands as previous i.e. 6m, 2m 70cm and 23cm. We further hope to beef up our 23cm capabilities and possibly use a 1.6/1.8m dish – any offers?

To progress further we have now set the next meeting of the team with John G8IYS for Monday night 10<sup>th</sup> Apr 2006 from 8pm at his QTH of 18 Riding Hill, Sanderstead, CR2 9LN. Please advise John of your intention to attend either on 020-8657 0454 or [johns@connectnet.org.uk](mailto:johns@connectnet.org.uk)

## Last "B" Meeting - 20<sup>th</sup> Feb 2006

Maurice G4DDY kindly sent me the following personal report on the last "B" meeting I missed:

"Hi Ray

Missed you Monday trust all's well,

We had a very good evening Monday good crowd.

On one table we had a Morse practice session with Charlie MOBIN driving Graham G3RJW they reached 22words a minute.

Another table John G8IMNY had set up a load of test gear to fault find a piece of gear Brian G6ODE had brought along resolving a FIXIT problem.

Another table we were loading a laptop with a logging program (SDV) to check it out for VHFNFD.

On yet another table an in depth examination was being carried out on a broad band master socket identifying the components and working out the best way to provide a broadband facility in a shed at the bottom of the garden

While all this was going on Gareth G4XAT was erecting a compact light weight four element two metre antenna the elements guys and all the bits packed into the tubular pole he had made for a camping trip as with three amateurs in the family this will be in great demand

And then there was TEA and biscuits

Regards Maurice"

So it just shows that "B" meetings should not be missed.

## POSSIBLE CONSTRUCTION PROJECT

Bernie G8TB recently sent me the following thoughts for your consideration:

"The club is always looking for items for the constructional evenings. We recently had details of a no frills, easy to build sensitive radio with excellent reception by Thomas Scarborough and designed in South Africa. There are several versions, one with headphone output, another version with an amplifier to drive a speaker. It can be built with any frequency from 120 meters to 41 meters, or it could be made general coverage by switching. The circuit is a TRF with regeneration so hopefully it will receive CW, AM or SSB. . The Printed circuit and the transistors could be provided at small cost. The box, coils and controls could be found in the junk box. This article is to test the waters to see what interest there is and if enough members show interest we would precede with further details. It is up to you!

Bernard G8TB"

## SIGNING OFF:

That's it for this month, apologies if I have missed anything. Our main meeting on Monday Mar 6<sup>th</sup> is the Spring Surplus Equipment Sale and we look forward to seeing you all then, with the "B" meeting on Monday 20<sup>th</sup> March.

Also don't forget the SRCC Club Dinner on Saturday Mar 25<sup>th</sup> - I will be pleased to receive your booking – a few places are left - £17 a head

The menu to choose from is as follows:

**Starters:** Soup of the Day, or Breaded Mushrooms, or Prawn Cocktail, or Crispy Potato Shells with Cheddar & Bacon, or Caesar Salad

**Mains:** 8oz Rump, or Salmon Fillet with Béarnaise sauce, or Marinated Chicken Breast, or Rack of Pork Ribs, or Sautéed Rice Steak, or Caesar Salad with Grilled Chicken or Salmon

**Desserts:** Chocolate Fudge Brownie Sundae, or Caramel Apple Crumble, or Passion Fruit Glazed Ice Cream Cake, or Profiteroles, or Ice Cream Desserts.

Ray G4FFY

73 and 88

Posted: 3<sup>rd</sup> Mar 2006

PS: Added this after my visit to the consultant – my PSA reading had increased a little bit to 0.4 (from 0.35 6-weeks ago) so Radio-Therapy is the path I shall be treading. Before this starts, though, I'm to have some hormone treatment for two months. The Radio-Therapy will follow this and will be for some 6-weeks, 5-days a week, 5-mins a time up at the Royal Marsden, Belmont.

# Crystal Palace Radio & Electronics Club

G2LW

Web site: <http://www.members.aol.com/rfcburns>

## SPRING RADIO & ELECTRONICS SALE

Amateur Radio, Electronics, Computing, Tools etc.

Saturday 11 March 2006

10:00am to 1:00pm

At St John's Hall, Sylvan Road, London, SE19

Tables for sellers (access at 8:00am):

Booked and paid in advance £6.00 each

On the day (if any available) £8.00 each

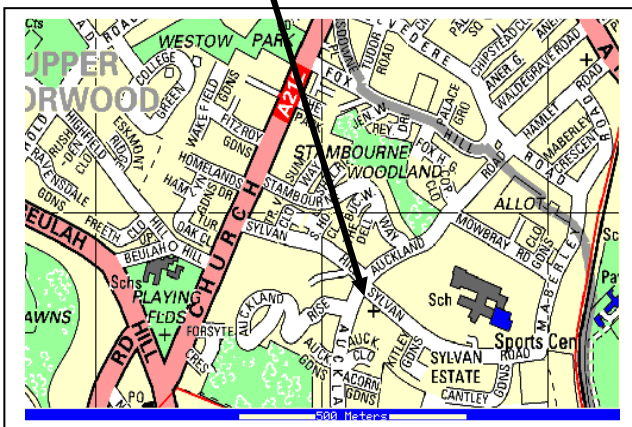
Admission (includes one free drink) £1.00 each

Children free (under 16 years old)

Refreshments available

Contact Bob on 01737 552170 or by email to [g3oou@aol.com](mailto:g3oou@aol.com) if you wish to hire a table or require more information

Location of hall:



### Public Transport:

- Free local parking.
- Buses: 410 along Sylvan Rd., 468, 196, 249 on nearby roads.
- BR Stations: Crystal Palace and Norwood Junction.