



Western Suburbs Radio Club Inc.

October 2005 Newsletter

ZL1AC, Branch 03 NZART 3000 Great North Road New Lynn, PO Box 15-122, New Lynn.

President: Andrew Barnett ZL2ALW, Secretary: Ross Reddell ZL1VRR

Newsletter Editor – John Neill ZL1NE

VHF Club Net Wednesday 07:30pm 146.525 MHz, HF Club Net Fridays 07:30pm 3.623 MHz

Website <http://www.gsl.net/zl1ac>

Club Calendar

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| Monday | 10 th | October | Club Evening – Guest Speaker Barry Kirkwood NZART Councillor and Talk on DX |
| Saturday | 26 th | November | Woodhill Horse Event. Details to be provided at a later date |
| Sunday | 27 th | | |
| Saturday | 3 rd | December | VHF Contest |
| Sunday | 4 th | | |

October Club Evening

The guest speaker at the October club evening will be Barry Kirkwood. Barry is a NZART Councillor and give us up to date on NZART matters then give us a talk on DX radio communications.

Waitakere Sprints 2005

The results will be published here as soon as I are given them.

Equipment Wanted

Yaesu FT901 parts needed, output tank coil L1 and coil L8, or will buy not going or parts transceiver. Wanted for Alinco DJ180T 2m handheld, battery charger and any battery packs going or not. Please contact Ian Sangster ZL1RCA sangsfam@clear.net.nz



Food as Medicine

HEADACHE? EAT FISH

Eat plenty of fish - fish oil helps prevent headaches. So does ginger, which reduces inflammation and pain.

HAY FEVER? EAT YOGURT

Eat lots of yogurt before pollen season. Also-eat honey from your area (local region) daily.

TO PREVENT STROKE - DRINK TEA

Prevent build-up of fatty deposits on artery walls with regular doses of tea. (Actually, tea suppresses my appetite and keeps the pounds from invading. Green tea is great for our immune system)!

INSOMNIA? EAT HONEY

Use honey as a tranquilizer and sedative.

ASTHMA? EAT ONIONS

Eating onions helps ease constriction of bronchial tubes. Make onion packs to place on your chest, helps the respiratory ailments and actually makes you breathe better.

ARTHRITIS? EAT FISH

Salmon, tuna, mackerel and sardines actually prevent arthritis. (fish has omega oils, good for our immune system)

UPSET STOMACH? EAT BANANAS - GINGER

Bananas will settle an upset stomach. Ginger will cure morning sickness and nausea.

BLADDER INFECTION? DRINK CRANBERRY JUICE

High-acid cranberry juice controls harmful bacteria.

BONE PROBLEMS? EAT PINEAPPLE

Bone fractures and osteoporosis can be prevented by the manganese in pineapple.

PREMENSTRUAL SYNDROME? EAT CORNFLAKES

Women can ward off the effects of PMS with cornflakes, which help reduce depression, anxiety and fatigue.

MEMORY PROBLEMS? EAT OYSTERS

Oysters help improve your mental functioning by supplying much-needed zinc.

COLDS? EAT GARLIC

Clear up that stuffy head with garlic. (remember, garlic lowers cholesterol, too.)

COUGHING? USE RED PEPPERS

A substance similar to that found in the cough syrups is found in hot red pepper. Use red (cayenne) pepper with caution-it can irritate your tummy.

BREAST CANCER?

EAT Wheat, bran and cabbage. Helps to maintain estrogen at healthy levels.

LUNG CANCER? EAT DARK GREEN AND ORANGE VEGGIES

A good antidote is beta carotene, a form of Vitamin A found in dark green and orange vegetables.

ULCERS? EAT CABBAGE

Cabbage contains chemicals that help heal both gastric and duodenal ulcers.

DIARRHOEA? EAT APPLES

Grate an apple with its skin, let it turn brown and eat it to cure this condition. (Bananas are good for this ailment)

CLOGGED ARTERIES? EAT AVOCADO

Mono unsaturated fat in avocados lowers cholesterol.

HIGH BLOOD PRESSURE? EAT CELERY AND OLIVE OIL

Olive oil has been shown to lower blood pressure. Celery contains a chemical that lowers pressure too.

BLOOD SUGAR IMBALANCE? EAT BROCCOLI AND PEANUTS

The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

SPECIAL QUALITIES OF FRUIT AND VEGETABLES:

Kiwi: Tiny but mighty. This is a good source of potassium, magnesium, Vitamin E & fiber. Its Vitamin C content is twice that of an orange.

Apple: An apple a day keeps the doctor away? Although an apple has a low Vitamin C content, it has antioxidants & flavonoids which enhances the activity of Vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

Strawberry: Protective fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer causing, blood vessels clogging free radicals. (Actually, any berry is good for you -they're high in anti-oxidants and they actually keep us young.....)

Blueberries are the best and very versatile in the health field. they get rid of all the free-radicals that invade our bodies)

Orange: Sweetest medicine. Taking 2 - 4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessen the risk of colon cancer.

Watermelon: Coolest Thirst Quencher. Composed of 92% water, it is also packed with a giant dose of glutathione which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are Vitamin C & Potassium. (Watermelon also has natural substances [natural SPF sources] that keep our skin healthy, protecting our skin from those darn sun rays).

Guava & Papaya: Top awards for Vitamin C. They are the clear winners for their high Vitamin C content. Guava is also rich in fibre, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes and also good for gas and indigestion.

Tomatoes: Are very good for men; a preventative measure to keep those prostate problems at bay.

Be Healthy!



**"It's the latest innovation in office safety.
When your computer crashes, an air bag is activated
so you won't bang your head in frustration."**

Club Nets

VHF Net 146.525 MHz 7:30pm every Wednesday, HF Net 3623 KHz +/- QRM/QRN 7:30pm every Friday. All are welcome to check in on the nets. The HF Net Roster can be found on <http://www.qsl.net/zl1ac/wsrc-hf-roster.html>

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| 7 October 2005 | ZL1WI | Roy |
| 14 October 2005 | ZL1VRR | Ross |
| 21 October 2005 | ZL1MW | Brian |
| 28 October 2005 | ZL1JL | John |
| 4 November 2005 | ZL1NE | John |
| 11 November 2005 | ZL1ACZ | Barry |
| 18 November 2005 | ZL1WI | Roy |
| 25 November 2005 | ZL1VRR | Ross |



Name the Radios in the above picture. These were on display in the Radio shack at the Telegraph Museum at Porthcurno in Cornwall, England