

*Your Radio*

103.1  3 BBR FM  
*Your Voice*



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**Spring 2019 Newsletter**

**President's Report *by Rod Wellard***



Welcome to the new format 3BBR-FM Newsletter. From here on we aim to return to producing the quarterly Newsletter with news, articles and features that members will find interesting and entertaining. This will be complemented by the monthly email Bulletin after each Board meeting which aims to report briefly on what's going on at the station.

We have undergone major changes at the station in the past six months which has caused some disruption to our services, including to the quarterly newsletter. However, we hope you consider these changes improve our broadcasting and communication regardless of whether you are a member, a listener or a sponsor.

The principle change has been to move from our antiquated music and announcement players to a more contemporary computer based operation. The former have served us well in the past but their limitations have been getting in the way of how the majority of presenters can best serve their audience. Nonetheless, we have retained one LP turntable and one mini-disc player for those presenters who still wish to use these devices before becoming comfortable enough to use the computer based programming.

There is still much to do and some unexpected issues that have yet to be resolved. We are all volunteers with a keen interest in providing a radio service that better meets our audience expectations. We trust that our listeners will extend their goodwill as we move to a more professional, up-to-date and better targeted operation.

Before closing I'd like to invite all our members and presenters to come to our 2019 Annual General Meeting. It will be held at the Drouin Presbyterian Church Hall on the 20<sup>th</sup> November 2019 at 7pm for a scheduled start of the meeting at 7.30pm. There will be a guest speaker and supper available after the formal part of the meeting is concluded. More information will come out a bit later but in the meantime please mark it in your calendar.

**Rod Wellard**  
**President**

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**Our sponsors are very important to us and also to our listeners.**

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**Please make them your first choice in fulfilling your needs, and don't forget to mention 3BBR-FM to them when you do.**

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**This space is left blank for your business**

### It's Your Newsletter

Note: The articles and opinions expressed in this newsletter do not necessarily reflect the opinion of the West Gippsland Community Radio Management Committee

Articles and photos for future editions should be passed to Mick Nicholls via email at [mickn@vic.australis.com.au](mailto:mickn@vic.australis.com.au)

For larger items (like numerous photos) ring Mick on 0408 682 704 to make arrangements involving USB stick or Cloud transfers.

**NB: The deadline for submissions to be placed in the Summer edition of this newsletter is 6pm on the 30th of November**



# Upgrading The Radio Station



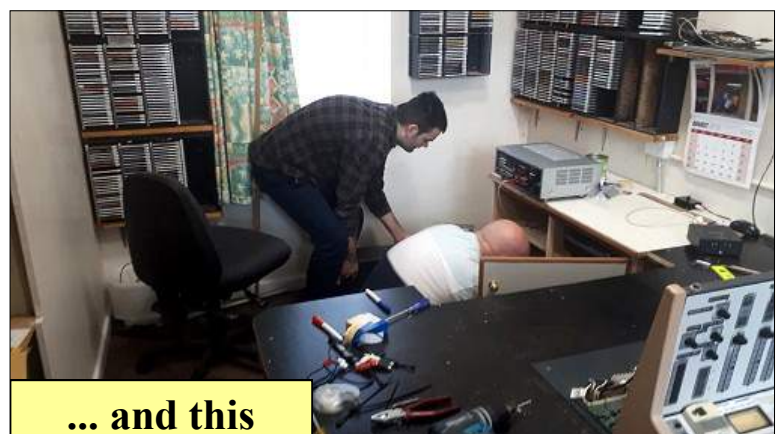
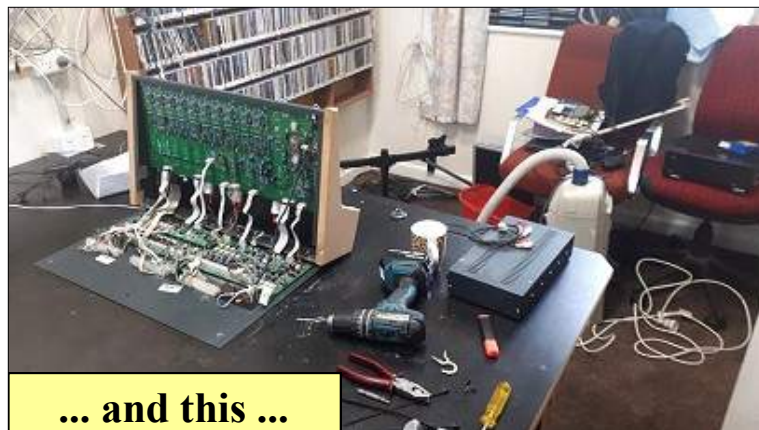
Refurbishment of the On-Air studio had been on the drawing board for several years but it actually got underway on 5th August 2019 and was completed (less some essential fine tuning) on 16th August.

Apart from replacing the well worn carpet, the upgrade was needed to introduce new computing equipment to better manage on air programming and announcements and to transition from the

obsolete mini-disc players. It also involved moving from two stacks of players—one on each side of the presenter, to a single stack on the left hand side.

The principle folk in the upgrade included Greg Lia, Tom Beauchamp, Tom McGhee, Andrew Clinkaberry, Rob Stewart and Russ Hughes with a number of others also helping out with some bits from time to time.

**Well done to all involved.**



My parents are from Nimbin, which means they're incredibly hard. But I was never smacked as a child. Well maybe just one or two grams to get me to sleep at night.

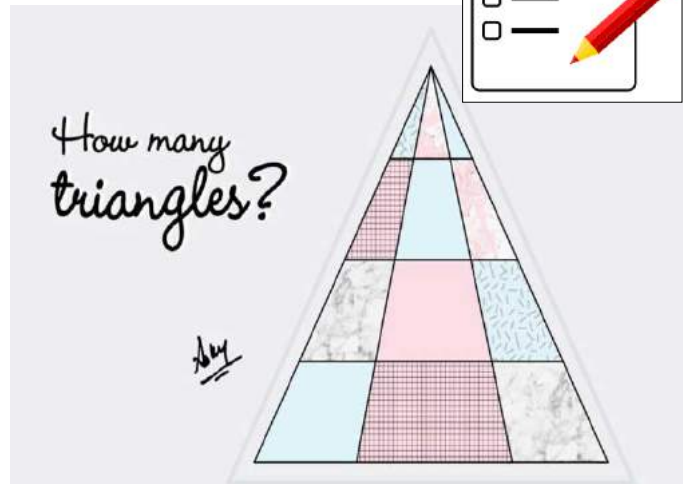


# Brain Food



## Sudoku - (mid level)

						7	1	
5			8		7			
		9				6		4
	1			8				
3			6		5			9
				1			8	
4		7				3		
			2		9			5
	5	6						

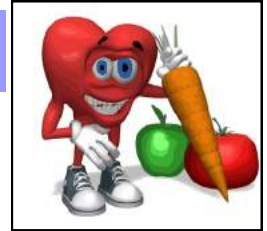


Answers are on page 8

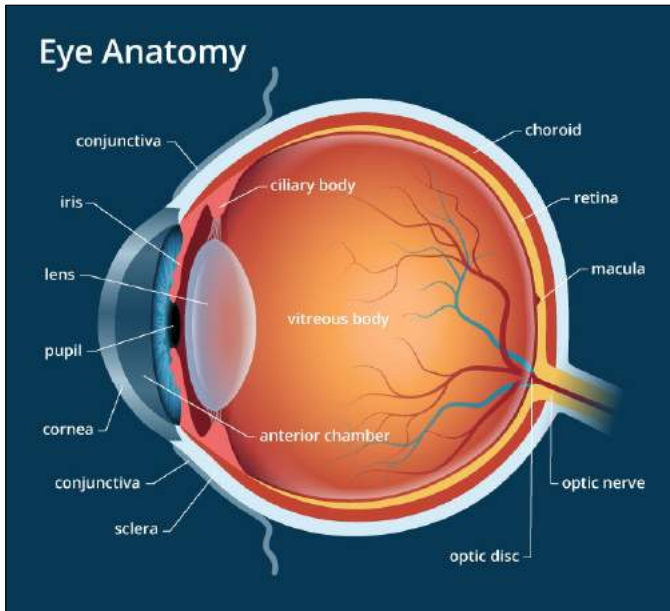
Can you spot the turtle hidden amongst the lily-pads below? Most people can't.



# Macular Degeneration - Our Leading Cause of Blindness



The macula is the central part of the light sensitive tissue at the back of the eye as shown below. The retina processes all visual images, As such, it is responsible for your ability to read this article, recognise faces, drive a car and see colours clearly.



Macular degeneration involves progressive macular damage resulting in the loss of central vision. However, peripheral vision is not affected.

There are two types of macular degeneration: the dry version which results in a gradual loss of central vision and the wet version which is characterised by a sudden loss of vision. The problem with the dry version, as was shown last issue re type II diabetes, is it can be well advanced before a person is aware there is a serious problem.

Risk factors include:

- **Age**—risk increases significantly with increasing age,
- **Family History**—50% risk increase if a direct family history is present, and
- **Smoking**—there is three to four times the risk if you smoke.

Symptoms include one or more of the following:

- Difficulty with reading or any other activity requiring fine vision,
- Distortion where straight lines appear wavy or bent,

- Problems with distinguishing faces, and
- Dark or empty spaces appearing in the centre of your vision.

A need for increased illumination, sensitivity to glare, decreased night vision and poor colour sensitivity may indicate that something is wrong. Don't just assume it is simply advancing age. Get it checked by an eye care specialist to be sure.

Early detection is vital. If caught early, much can be done to correct or lessen the effect of the disease.

There is an Amsler Grid test that should be used regularly to test for changes in your vision and any symptoms of macular degeneration. A copy of that test is reproduced on page 10 of this newsletter. However, it should not be depended on for full diagnosis—only an eye care specialist can fulfil that role.

Preventative measures include:

- Diet [eat fish two to three times a week, dark green leafy vegetables and fresh fruit daily, a handful of nuts weekly, chose low GI carbohydrates and limit fats],
- Don't smoke,
- Control weight & exercise regularly, and
- Provide adequate protection of your eyes from sunlight exposure (eg sunglasses).

Further information is readily available from <https://www.mdfoundation.com.au>

## *Sausage Sizzle Dates*

Our sausage sizzles are a significant funding source for 3BBR-FM. Please be sure to drop in and meet us on:

1. Saturday 26th October at Woolworths Warragul
2. Saturday 30th November at Woolworths Drouin



## Catching up with Past Events



### Clockwise from above:

- Happy winners of last year first prize from the garden expo Oct 2018.
- Annie and David Piggin with Clive Larkman at the Yarra Valley Herb and Chilli Festival Nov 2018.
- At the Warragul Bunnings sausage sizzle Nov 2018.
- Members present at the 3BBR-FM AGM Nov 2018





## Catching up with Past Events (cont)



### Clockwise from above:

- Lynn Wells and Les Matkovich receive their life membership awards at the AGM. Also visible are the name plates that now grace the On-Air and Production Studios Nov 2018.
- Board Members and partners at the Christmas breakup party Dec 2018.
- The 3BBR-FM Bowls team consisting of Gary Cheesman, David Piggin, Ray Brydon & Annie Piggin won the corporate twilight bowls - played over 11 weeks Mar 2019.
- President Rod Wellard with Annie Piggin visiting David Piggin in hospital Jul 2019.
- David Piggin & Graeme Marriott at the Warragul Bunnings sausage sizzle, this time in Jun 2019.





## Farewell To Gordon Shaw

Gordon Shaw has been the main technical man at 3BBR-FM for almost two decades where he, more than anyone else, has kept the station on-air from a technical perspective.

He started his technical apprenticeship at radio 3BA in Ballarat over 60 years ago and, with a six month diversion working at the local Village drive-in, he joined BTV-6 in Ballarat. At BTV-6 he was not only involved in all the technical aspects of the TV medium, but he also started tinkering in what he describes as “his passion” with audio.

During the following 27 years Gordon qualified as a senior technician in both radio and TV. This included installation and maintenance of the wide range of equipment at the station. He became fully proficient in operating any item of equipment used there.

Moving into private practice, he ran a VHS



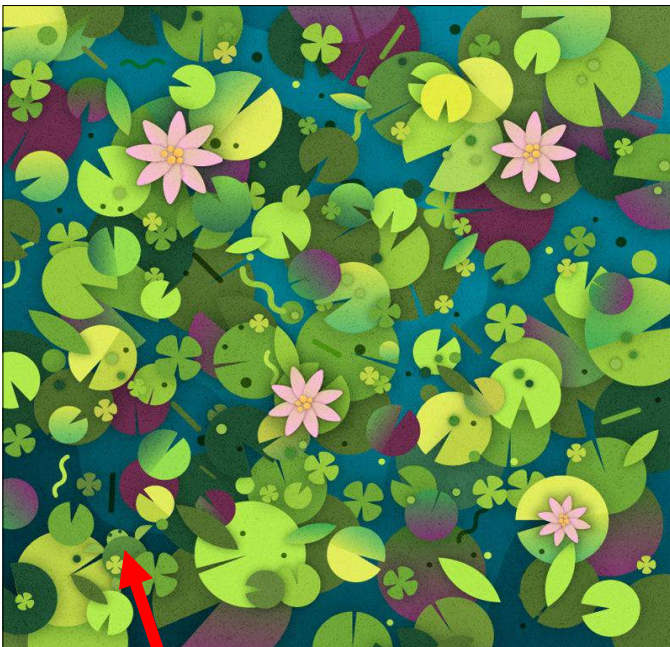
duplication plant operating 200 VHS duplicators. When that was sold, he began work at Sky channel on behalf of BTV-6, setting up microwave links for various dog, harness and thoroughbred meets.

Moving to GTV-9, initially as a freelancer, he became a full time employee running the technical aspects of GTV-9 operations for the next five years. Then, at age 64, when the TV station switched to digital transmission, Gordon was made redundant, retiring to Longwarry in 2000. Shortly after that he joined 3BBR-FM.

It was Gordon who re-arranged the link transmission equipment into a proper professional cabinet that he constructed as you can see pictured above. In recent years he has worked as a part time consultant at 3BBR while he took on the position of audio engineer at the Drouin Mens Shed. His big passion now is recording live jazz sessions for the Victorian Jazz Club at the Clayton RSL.

With Gordon’s departure from 3BBR-FM, one is reminded of the words in “The Big Yellow Taxi” song : “Don’t it always seem to go that you don’t know what you’ve got til its gone.”

### Answers to puzzles on page 4

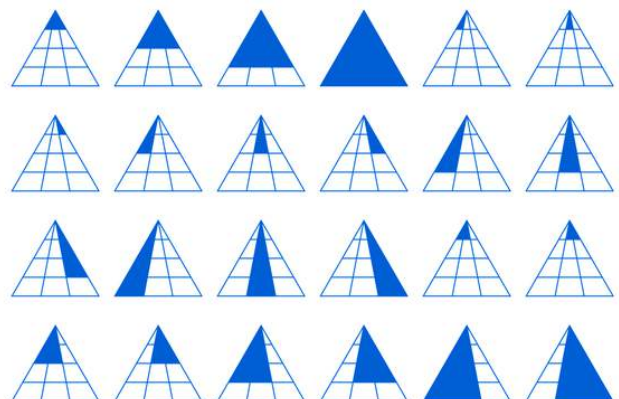


The turtle is here

**Sudoku**  
**Solution:**

2	4	3	5	9	6	7	1	8
5	6	1	8	4	7	9	3	2
8	7	9	3	2	1	6	5	4
7	1	4	9	8	2	5	6	3
3	8	2	6	7	5	1	4	9
6	9	5	4	1	3	2	8	7
4	2	7	1	5	8	3	9	6
1	3	8	2	6	9	4	7	5
9	5	6	7	3	4	8	2	1

### How Many Triangles? There are 24





## Just For A Laugh



### *The Priest, the Preacher and the Rabbi*

A priest, a Pentecostal preacher and a Rabbi decided that preaching to people isn't really all that hard. A real challenge would be to preach to a bear.

One thing led to another and they decided to do an experiment. They would all go out into the woods, find a bear, preach to it, and attempt to convert it. Seven days later, they're all together to discuss the experience.

Father Flannery, who has his arm in a sling, is on crutches, and has various bandages on his body and limbs, goes first. "Well," he says, "I went into the woods to find me a bear. And when I found him I began to read to him from the Catechism. Well, that bear wanted nothing to do with me and began to slap me around. So I quickly grabbed my holy water, sprinkled him and, Holy Mary Mother of God, he became as gentle a lamb. The bishop is coming out next week to give him first communion and confirmation."

Reverend Billy Bob spoke next. He was in a wheelchair, with an arm and both legs in casts, and an IV drip. In his best fire and brimstone oratory he claimed, "WELL brothers, you KNOW that we don't sprinkle! I went out and I FOUND me a bear. And then I began to read to my bear from God's HOLY WORD! But that bear wanted nothing to do with me. So I took HOLD of him and we began to wrestle. We wrestled down one hill, UP another and DOWN another until we came to a creek. So I quick DUNKED him and BAPTIZED his hairy soul. And just like you said, he became as gentle as a lamb. We spent the rest of the day praising Jesus."

They both looked down at the rabbi, who was lying in a hospital bed. He was in a body cast and traction with IV's and monitors running in and out of him. He was in bad shape. The rabbi looks up and says, "Looking back on it, circumcision may not have been the best way to start."



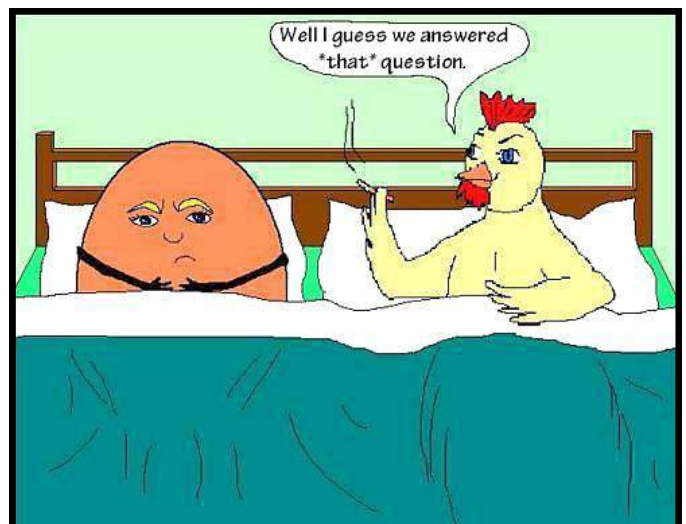
### *Blonde Mayday Call*

A blonde is on board a small two-seater plane when suddenly the pilot dies. Not knowing how to fly a plane she grabs the radio. "Mayday, Mayday! My pilot just died!" she screams.

Ground control receives her call for help and answers back: "Don't worry, madam. I'll talk you down, just do as I say. First, I need you to give me your height and position."

"I'm 5 foot 2 and sitting in the front seat!"

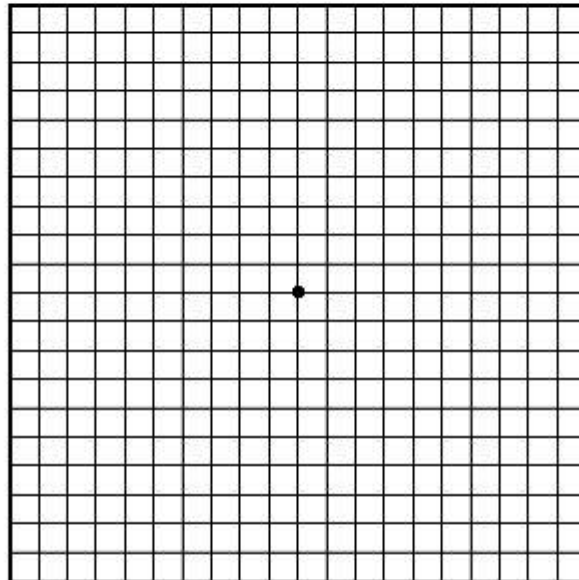
A V-Line spokesman today announced that fares are to go up 20%, but that V-Line will give added value for money. Journeys to and from Melbourne in future will take 25% longer.





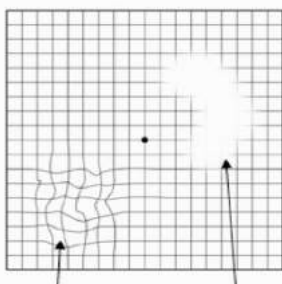
NB. Stand about 30 cms in front of this chart.

## Amsler's Chart to Test Your Sight

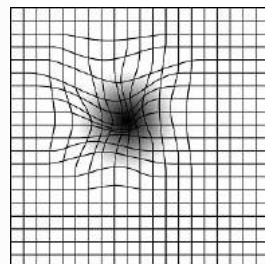


1. Tape this page at eye level where light is consistent and without glare.
2. Put on your reading glasses and cover one eye.
3. Fix your gaze on the center black dot.
4. Keeping your gaze fixed, try to see if any lines are distorted or missing.
5. Mark the defect on the chart.
6. TEST EACH EYE SEPARATELY.
7. If the distortion is new or has worsened, arrange to see your eye doctor at once.
8. Always keep the Amsler's Chart the *same distance* from your eyes each time you test.

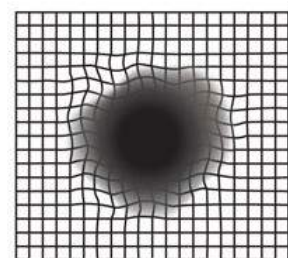
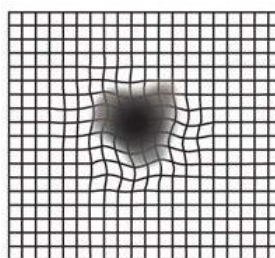
Typical abnormal results are shown below. If they occur, consult your eye doctor.



Distortion



Blind spot



If the grid lines are wavy, broken or distorted, or if there are blurred or missing patches, this may be a symptom of macular degeneration.