

The REVCOM Magazine

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# The REVCOM Magazine



October 2011

## [Editorial](#)

There have been so many cases of cars being used on the road without an MOT or insurance that the police have forced a change in the law. This could affect you if you have had a car laid up for some time. It used to only be a crime to use a car on the road without insurance or MOT, but things are changing. You probably know that you have to make a Statutory Off Road Notification if you have a car off the road and not taxed, but very soon the authorities will have the right to take away a car that is uninsured and untaxed if it has not had a SORN made. Even if it is on your own property.

So make sure that you have made a SORN for any vehicle that is off the road. And it is also important to return the tax disc using the right form, as you will now commit an offence if you retain the tax disc for an uninsured car.

See you at the AGM in November.

My address, should you wish to post any material, is:  
7, Croft Cottages, Wrantage, Taunton, Somerset, TA3 6DH

Alan Derrick

Editor

## PMR Matters

The full details of the REVCOM licence are:

Number: 2662109

Frequency 1 86.3750 MHz

Frequency 2 86.3625 MHz

Other frequencies in the low, mid and high band may also be used on FM or AM.

A full list of frequencies has been published in previous issues.

## [AGM 2011](#)

The AGM is set for November 20th

Location - The Old School, Horton Close, off Exhall Green, CV7 9GL



## A narrow escape

### PBR Radio Records

We are obliged to keep records of the whereabouts of PBR radios and the current owner.

Please help us maintain accurate records by making Jane Williamson aware of any changes via a PBR1 form.

Last year I bought a share in the narrowboat "Freedom". The cruising that year was around Macclesfield and South Cheshire. But this year we chose to cruise the northern canals, and I took her all the way to Ripon.

We started the first cruise at Kildwick, near Skipton, and over a two week period worked out way north. The Leeds and Liverpool canal has some interesting scenery and challenges, including the Bingley 5 rise and 3 rise. After a night at Rodley, we ran at speed to get through Leeds, only to get stuck in the river lock, and had to be rescued by BW!

After Leeds there are some massive locks and long straight runs until Castleford, where we turned left onto the Selby Canal. We found a very good Chinese restaurant in Selby, so good we went back there on the return trip. Leaving the quiet of the Selby canal, we headed out onto the Ouse and it's tidal stretch. In York we had a rain storm overnight and woke to find the boat covered in mud from the road above.

Heading north onto the Ure, strangely the same river, we joined the Ripon canal, recently re-opened. Now Freedom is a 61 ft boat, and the 2 locks at Ripon are 57 ft. So off with the fenders, and in at an angle!

Had a splendid BBQ at Ripon then left next day going astern to get through the short locks, much to amusement of some passers by.

## Red Diesel in Generators

As mentioned last winter, pretty well all diesel is now derived from the same source. Red diesel just has dye added to it. Whereever you get diesel from, it will probably contain some content of bio-diesel which allows bugs to grow in it that can block filters. For those of you who have diesel generators, or lay up a diesel engined vehicle, you must add a bug treatment to the diesel tank or suffer the bug problem.

Keep an eye on filters, and any sign of a black deposit means that you have a bug invasion.

## Feed in Tariffs

Anyone planning to install solar panels and claim the 41.5p feed in tariff has got until mid December to complete. The government are slashing feed in tariffs by around 50%.

However, if you are just contemplating fitting a few panels yourself, then wait until after December, when there will probably be a glut of panels and prices should drop.

The price of panels, and the increased efficiency means that they now make a good investment, and you should look seriously at getting some panels and fitting them your self.

## Cook's Corner

A healthy low carb bread. Make the flax meal by grinding flax seed in a coffee mill or food processor. This bread has lots of omega 3 and fibre. You can also add walnuts and cinnamon to make a bread good for diabetics.

1 tbs. active dry yeast  
1 1/2 cups warm water  
1 tbs honey  
1/4 cup oil (safflower or olive)  
2 cups flaxseed meal  
2 cups of ground whole wheat flour

In a large bowl, dissolve yeast in warmed water. Set aside until bubbly, about 5 minutes.

Mix in the honey or sugar, oil, flaxseed meal, and half of the flour. Mix well.

Stir in the rest of the flour. Adding it a little at a time until it makes a soft, kneadable dough. Turn the dough out onto a lightly floured surface. Knead for 10 minutes, or until smooth and elastic.

Coat a 9 x 5 inch pan with oil or nonstick spray. Shape the dough into a loaf and place in the pan. Cover; let rise in a warm place until doubled in bulk. This may take an hour or so depending on room temp.

Bake at 350F for 40 to 45 minutes, or until the loaf is browned on top and sounds hollow when tapped.

Cool for 10 minutes and tap pan to remove. Top may be brushed with butter or olive oil. Best sliced with a serrated knife and then wrapped in plastic. May be frozen, if not used in a few days.

Since it has no preservatives it will grow mould quickly, so freeze what you do not need.

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## Joan Hoyle

This year saw the passing of Joan Hoyle. Joan had been an avid supporter of REVCOM since its inception, and served as Secretary for several years. Her precise control of the organization kept us in good shape during those very busy years.

I well remember being ticked off by her because I had not done something correctly!

Although illness finally kept her away from meetings, she she still maintained a keen interest in the goings on.

Her cremation, at Huddersfield, was attended by several members.

Her husband, John, continues to be our President.

We should also note the passing of Brian Loughan's wife



## Diary of a type 2

I am have now been living with this condition for over 8 years, and am gradually getting to grips with it. But, you may think, this is a problem that other people suffer from, but I suggest you get checked, I had no idea until I was dragged into hospital for an emergency op.

I now realize what caused my diabetes, and am taking steps to correct my diet. For those of you fooled by advertising, I suggest you stop and think. The big manufacturers have been altering food to suit their production and storage, but it is killing you. From the trans fats in many foods and most takeaways, to refined white starch, these foods are a danger.

A quick explanation of blood sugar and insulin.

Firstly, we must understand that our bodies have developed slowly over thousands of years, and the way the body reacts to foods is based on reactions formulated long ago.

When we eat certain energy rich foods like carbohydrates they are turned to glycogen by the liver and stored firstly in the liver, then in muscles, then in body fat cells. The pancreas produces insulin when high sugar levels are detected, and this triggers the fat cells to absorb the glycogen. Whenever you eat carbohydrates, the sugar levels will rise sharply as glycogen is being made faster that it can be used up, this causes insulin production to rise sharply. Eventually the sugar levels fall, but the insulin level falls after it, which is why you feel hungry again a couple of hours after eating a carbohydrate meal.

No, the issue of fat. The TV adverts would have you believe that fat is an enemy and you should eat low fat this and low fat that. Ever stopped to see how much sugar is in a low fat yoghurt?

Do Eskimos and Japanese have high rates of heart attacks? No. They are both eating high fat diets. It is not fat that is the enemy, just certain manipulated fats, like hydrogenated vegetable oils, and palm oils.

Current thinking amongst most doctors is to tell you to eat a low fat diet with lots of carbohydrates and take statins to get your cholesterol down. This is just plain wrong. To begin with, your body makes cholesterol. Why? because it forms a vital part of your cell walls.

Your body needs CoEnzme Q10 to repair the heart wall muscle, but statins lower this vital component by more that 30% depending on which one you take. Statins can cause muscle weakening and pain.

We have to take a step back and realize that the diet that the body works best on consists of raw and untreated foods. Fat is not bad for you, as long as it comes straight from an animal. Just do not get your fat from a takeaway. 75% of heart attack victims have normal cholesterol levels, but low Co Q10.

A final tip. Start your day with a pint of clean water in the morning. Do not eat for an hour afterwards. You may find that the craving for tea/coffee goes and you feel better. This is because the body is dehydrated when you wake.

