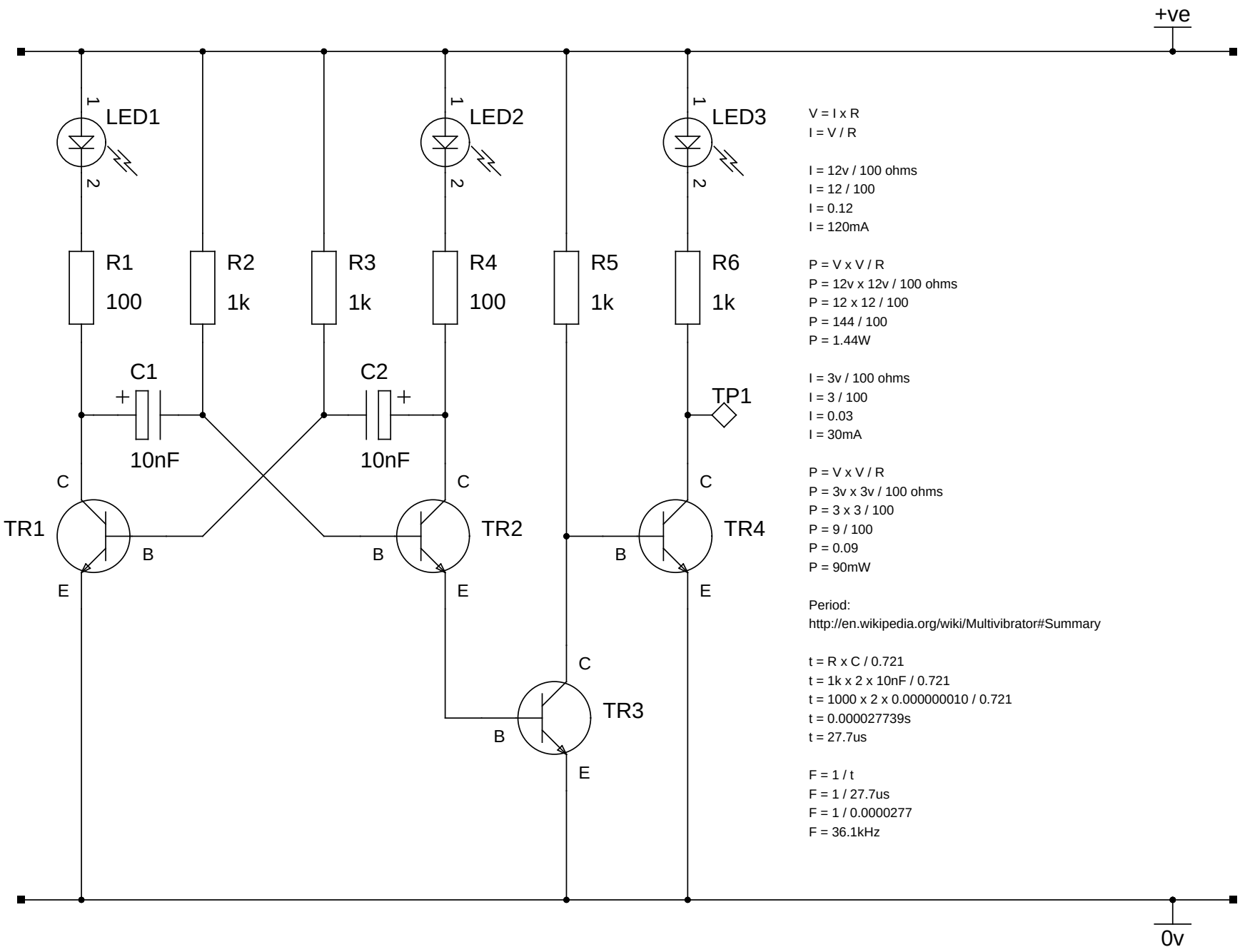

V = I x R
I = V / R

I = 12v / 100 ohms
I = 12 / 100
I = 0.12
I = 120mA

P = V x V / R
P = 12v x 12v / 100 ohms
P = 12 x 12 / 100
P = 144 / 100
P = 1.44W

I = 3v / 100 ohms
I = 3 / 100
I = 0.03
I = 30mA

P = V x V / R
P = 3v x 3v / 100 ohms
P = 3 x 3 / 100
P = 9 / 100
P = 0.09
P = 90mW

Period:
http://en.wikipedia.org/wiki/Multivibrator#Summary

t = R x C / 0.721
t = 1k x 2 x 10nF / 0.721
t = 1000 x 2 x 0.000000010 / 0.721
t = 0.000027739s
t = 27.7us

F = 1 / t
F = 1 / 27.7us
F = 1 / 0.0000277
F = 36.1kHz

TITLE: Astable with Squarewave extension AUTHOR: Graham North CREATED: 1st July 2013 NOTES: A4