SCIk specification

- Currently, this is specified as
 - Frequency: units: MHz; typ: 49.192 MHz +- 100 ppm,
 - Period: units: ns; min: 20.24; typ: 20.34; max: 20.45
- Problems
 - Period is inconsistent with frequency specification
 - No duty cycle/jitter specification
- Propose (inspired by Ethernet and Fibre Channel)
 - retain frequency specification
 - delete period specification
 - addDuty cycle: units: %; min: 40; max: 60

