



## Cathay December 2018

[www.cathayradio.org](http://www.cathayradio.org)

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**Mission:** The Cathay Amateur Radio Club is basically an active social club of Ham Radio Operators and their spouses. We support local community requests for HAM emergency communications. Several of us are trained in CPR/ First Aid and are involved with community disaster preparedness.

**Monday Night Net Time:** 9 PM Local Time/PST,  
Repeater: WB6TCS - RX 147.210, TX 147.810, Offset +0.6 MHz, CTCSS/Tone PL100 Hz

Please note: Repeater: N6MNV UHF 442.700 Mhz, Offset +5MHz, CTCSS/Tone PL 173.8 Hz in South San Francisco is cross linked every Monday Night Net at 9 p.m. to WB6TCS 2 meter repeater.

The CARC Monday night net is the best way to find out the latest club news. All check-ins are welcome.

**Message from the President:** George Chong, W6BUR

Hello CARC Members and Friends;

Many thanks to Mr. Denis L. Moore – WB6TCS for the use of his repeater for our CARC Monday Night Net.

I wish you all a very good Thanksgiving and very Merry Christmas.

## **Tech Session Introduction:**

The air quality in the San Francisco Bay Area has suffered as a result of the recent Butte Country / Camp Forest Fire.

There has been a consumer run on respirator / dust masks and the local Bay Area stores are completely sold out of them. There are a lot of questions about what are the respirator mask ratings and what people should be using. A respirator mask rating of N95 or above is what people should be seeking. Anything below is not recommended.

Mask rating of "N95" is a government efficiency rating whereby the mask is capable of blocking about 95 percent of particles that are 0.3 microns in size or larger. In similar manner, "N99" means blocking of 99 percent of particles; "N100" means that 99.97% of the particles are blocked. Note the "N100" rating is essentially HEPA.

A micron is one millionth of a meter / 0.00004 inches. Bacteria sizes range from 0.3 to 60 micron. See source: <http://www.portablewaterfilters.org/water-filter-guide/particle-contaminant-size-chart-microns/>

Please note that N95/N100 respirator masks are only effective in removing particulate matter at or above 0.3 micron and does not block the toxins in the air from the many different chemicals (such as carbon monoxide, formaldehyde and acrolein) that are released into the atmosphere when fire consumes homes, plastics, paint, fuel, and other items man made items.

Wood smoke particles will vary in size from 0.1 – 3 microns which are not completely blocked by the N95/N100 respirator mask. Respirator mask filters that utilize charcoal would help remove harmful gases from the air.

However, even the very best respirator mask cannot filter out all the air pollution but do offer an important level of protection as compared to nothing. To state the obvious; a proper fitting respirator mask is a must for it to be useful. Staying indoors is the best thing you can do to reduce your exposure from the harmful effects of smoke particles.

For additional information please read the Tech Session for more information.

## **CARC Christmas Party Announcement**

Yes, the Christmas holidays is already upon us! On Saturday December 15, 2018 Ed Fong - *WB6/QN* will be hosting the CARC Annual Christmas Party at his home, further detail is in this newsletter.

Previous CARC Christmas Parties hosted by Ed Fong have been very well attended and with lots of delicious food provided by many of the attendees. This is one fun party you don't want to miss.

## Veteran's Day Luncheon Summary

We had a grand time on this Veteran's day - Sunday November 11, 2018 at the Buffet Fortuna restaurant in Oakland.



Front Left side to left back: Dave Chan – WZ6X, John Tim – W6QNT, Gary Gin – KN6LV, and Dennis Lee - AH6KD

Right Left side to left back: Alissia Lai (John Tim's granddaughter), Roberta Quan (John Tim's sister), Hetty Chong – WB6SHU and George Chong – W6BUR. Also present at the luncheon was Cy Moy – WB6TCF but not in the photo because he took this picture.

## Additional Thoughts

I wish to thank our CARC members that set aside their valuable time to participate in our Monday night's nets.

Chat sub s'em to all you CARC members! - George W6BUR.

## Public Service Announcements

### **HAM CRAM / HAM Licensing**

For upcoming HAM Licensing locations please refer to:

<http://www.arrl.org/find-an-amateur-radio-license-exam-session>

### **Auxiliary Communications Service (ACS)**

The Auxiliary Communications Service (ACS) was organized by the San Francisco Office of Emergency Services (OES) following the 1989 Loma Prieta Earthquake to support the communications needs of the City and County of San Francisco when responding to emergencies and special events.

The Auxiliary Communications Service holds General Meetings on the third Tuesday of each month at the San Francisco Emergency Operations Center, 1011 Turk Street (between Gough Street and Laguna Street), from 1900 hours to 2100 hours local time. All interested persons are welcome to attend.

The ACS Net begins at 1930 hours (7:30 p.m.) local time each Thursday evening, on the WA6GG repeater at 442.050 MHz, positive offset, tone 127.3 Hz. The purpose of this net is to practice Net Control skills, practice checking in with deployment status in a formal net, and to share information regarding upcoming ACS events. Guests are welcome to check in. ACS Members should perform Net Control duty on a regular basis. On the second Thursday of each month, the net will be conducted on the output frequency of the WA6GG repeater, 442.050 MHz no offset, tone 127.3 Hz, simplex.

For more information, please attend an ACS meeting or check in on a net, or call 415-558-2717.

Upcoming meetings:   Tuesday 7pm, November 20, 2018  
                                  Tuesday 7pm, January 15, 2018  
                                  Tuesday 7pm, February 19, 2018

**Gilbert Gin (KJ6HKD)**

Free Disaster Preparedness Classes In Oakland:  
<http://www.oaklandnet.com/fire/core/index2.html>

CORE is a free training program for individuals, neighborhood groups and community-based organizations in Oakland. The underlying premise is that a major disaster will overwhelm first responders, leaving many citizens on their own for the first 72 hours or longer after the emergency.

If you have questions about the recertification process, you may contact the CORE Coordinator at 510-238-6351 or [core@oaklandnet.com](mailto:core@oaklandnet.com).

**Free Disaster Preparedness Classes In San Francisco – NERT Taught by San Francisco Fire Department (SFFD).**

<http://sf-fire.org/calendar-special-events>

Upcoming events

**December**

8 2MCM Ham Radio practice Spreckels Lake in Golden Gate Park  
no RSVP needed

15 NERT Training Day - Third Saturday

RSVP to [sffdnert@sfgov.org](mailto:sffdnert@sfgov.org) or call 415-970-2024 to register.

\***SFFD DOT** is the Fire Department Division of Training. All participants walking, biking or driving **enter through the driveway gate on 19th St.** between Folsom and Shotwell. Parking is allowed along the back cinderblock wall.

Visit [www.sfgov.org/sffdnert](http://www.sfgov.org/sffdnert) to learn more about the training, other locations, and register on line. Upcoming Special NERT Events.

## **San Francisco Police Department: Auxiliary Law Enforcement Response Team (ALERT)**

The Auxiliary Law Enforcement Response Team (ALERT) is a citizen disaster preparedness program designed. The ALERT program is for volunteers 16 years of age or older, who live, work, or attend high school in San Francisco.

Graduates of the San Francisco Police Activities League (P.A.L) Law Enforcement Cadet Academy are also eligible to join.

ALERT volunteers will first complete the Fire Department's Neighborhood Emergency Response Team (NERT) ([www.sfgov.org/sfnert](http://www.sfgov.org/sfnert)) training and then graduate into an 8 hour Police Department course specifically designed for ALERT team members.

ALERT members will work closely with full-time and/or Reserve Police Officers in the event they are deployed after a disaster. The Basic ALERT volunteer will have no law enforcement powers other than those available to all citizens.

### **SFPD ALERT Training**

The next SFPD ALERT training class has been scheduled for January 26, 2019. The class will be held at the San Francisco Police Academy, in the parking lot bungalow, from 8am-5pm (one hour lunch break) on Saturday.

**\*\*** Class dates indicated in red are only for new members who have not completed either SFFD NERT training or the SFPD Community Police Academy.

**IMPORTANT-** All participants must complete the background interview process in order to be eligible to attend the ALERT training class.

Eligible ALERT participants may register for a training class by contacting the ALERT Program Coordinator, Mark Hernandez, at [sfpdalert@sfgov.org](mailto:sfpdalert@sfgov.org), or by telephone at 415-401-4615.

### **SFPD ALERT Practice/Training Drill**

All active/trained ALERT members are asked to join us for our next training drill, scheduled for an evening on 9:00 am – 1:00pm Saturday February 9, 2019. Details will be emailed to active ALERT members, prior to the date of the exercise. Participation is not required, but strongly encouraged.

For more information on the San Francisco Police Department ALERT Program, email us at [sfpdalert@sfgov.org](mailto:sfpdalert@sfgov.org), or call Sergeant Mark Hernandez (SFPD, Ret.), SFPD ALERT Program Coordinator, at (415) 401-4615.

For additional information on the web please refer to:

<http://sf-police.org/index.aspx?page=4019>

## Tech Section:

### Environmental Health Investigations Branch – California Department of Public Health

<http://www.bepreparedcalifornia.ca.gov/documents/protect%20your%20lungs%20respirator.pdf>

# Protect Your Lungs from Wildfire Smoke



N95 respirators can help protect your lungs from wildfire smoke. Straps must go above and below the ears.



A one-strap paper mask will NOT protect your lungs from wildfire smoke.

Wildfire smoke can irritate your eyes, nose, throat and lungs. It can make you cough and wheeze, and can make it hard to breathe. If you have asthma or another lung disease, or heart disease, inhaling wildfire smoke can be especially harmful.

Staying indoors and reducing physical activity are the best ways to protect your lungs from wildfire smoke. Wearing a special mask called a “particulate respirator” can also help protect your lungs from wildfire smoke.

### How to Choose the Correct Mask to Protect Your Lungs

- Choose a mask called a “particulate respirator” that has the word “**NIOSH**” and either “**N95**” or “**P100**” printed on it. These are sold at many hardware and home repair stores and pharmacies.
- Choose a mask that has **two straps** that go around your head. **DO NOT** choose a mask with only one strap or with straps that just hook over the ears.
- Choose a size that will fit over your nose and under your chin. It should seal tightly to your face. These masks do not come in sizes that fit young children.



A surgical mask will NOT protect your lungs from wildfire smoke.

- Do not use bandanas (wet or dry), paper or surgical masks, or tissues held over the mouth and nose. These will not protect your lungs from wildfire smoke.

### **How to Use a Mask**

- Place the mask over your nose and under your chin, with one strap placed below the ears and one strap above.
- Pinch the metal part of the mask tightly over the top of your nose.
- The mask fits best on clean shaven skin.
- Throw out your mask when it gets harder to breathe through, or if the inside gets dirty. Use a new mask each day if you can.
- It is harder to breathe through a mask, so take breaks often if you work outside.
- If you feel dizzy or nauseated, go to a less smoky area, take off your mask and get medical help.
- If you have a heart or lung problem, ask your doctor before using a mask.

**For more information about protecting yourself from wildfire smoke, call your local health department.**



## 2018 CARC Christmas Party Announcement

by Ed Fong

**Christmas Party** – Saturday, December 15, 2018 6-10 PM

**Format:** Potluck – bring your favorite dish.

**Door Prize** - HDTV, Windows 10 Tablet, or Radioddity Quad band 25watt transceiver – each attendee gets one raffle ticket for FREE for a chance to win one of the fore-mentioned prizes.

**Where:** 1163 Quince Ave. Sunnyvale, CA -

Best directions given on [www.googlemaps.com](http://www.googlemaps.com) Call if you get lost 408-245-8210

Have you ever heard of California Foodie Events? Never been to one? Here is your chance. Not only that, it is FREE to all attendees. Just bring a dish to share. If you have ever been to our Cathay Radio Christmas Party, you know this is the event to taste foods from all over the world. Does not matter whether you like – barbecue ribs, salads, seafood, Chinese, Mexican, Italian, Korean, it will be there. All kinds of desserts served at the dessert table. Get ready to eat your heart out and meet new friends as well.



Just some of the food at last year's event.

Get a chance to meet some really cool folks that are movers and shakers in the Silicon Valley. Dr. Steven Stearns, Keith Synder, Ron Quan, Nick Cassarino, Jim Walker, Austin Lu, Brenna Fong, to name a few.

Every attendee will receive one raffle ticket - no charge at the door. This will make you eligible for the grand prize. This is our way of saying thank you for your support during the year at the events we have held. This year you have one of three choices.



### **ATYME 32 inch HDTV**

- 1366x768 resolution with 1200:1 contrast ratio. Display Size: 31.5" rear lit LED type. 60Hz refresh rate, 6.5 ms response time. This can also double as your computer monitor.
- Two HDMI connections, one USB connection, and Audio/Video connections
- Full feature remote
- 60Hz power capacity. Power consumption 42W, Standby 5W.

**Radioddity QB25** (same as the QYT 7900SD) new Quad Mobile 25-watt transceiver.

This radio boast 200 memories, full software programmability, great bullet proof front end with 0.25 uV sensitivity, full FM broadcast radio, direct microphone key pad entry, absolutely the best color display out there and more.

If you have been looking to get on 220 MHz, this is the latest and greatest. You will be a proud owner of one of these radios.

Comes programming cable and programming software.

The Frequency coverage:

- 65-108 MHz – FM broadcast – receive only
- 136-174 MHz – VHF – TX/RX
- 210-230 MHz - TX/RX
- 350-400 MHz TX/RX (not an amateur band in the US)
- 400- 520 - MHz - TX/RX

Full CTSS and DCS coding

Power – 10/25 watt (user programmable)

I will have this radio preprogrammed to most of the Bay Area VHF 2 meter, 220 MHz and 70cm repeaters. I will gladly edit channel list free of charge to the winner.





**Windows 10 PC** - This is a great little 10 inch tablet running Window 10. Runs on Intel Atom Quad Core processor. I will have Microsoft Windows Office loaded free of charge. Complete with 32G of SSD and expandable to 96G and of course it comes with built in Wifi and Bluetooth.

In addition, we will have many other assorted raffle prizes such as state of the art LED 3 watt flashlight, digital multi-meter, tools, etc.

So mark your calendars for this event that you cannot miss. You must be present to win.

- Ed Fong