



Cathay December 2021

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

I hope you all have a very Merry Christmas and a very Happy New Year.

On a personal note: Our esteemed CARC member: Ed Fong -WB6IQN is on the mend from his Saturday September 18, 2021 mild Heart Attack. On behalf of the CARC I wish for Ed Fong to have a speedy and full recovery.

For addition information on heart attacks and heart disease:

<https://my.clevelandclinic.org/health/diseases/17069-heart-failure-understanding-heart-failure>

Looking Back at Silent Keys in 2020-2021

The COVID-19 Pandemic has made it impossible for us to gather together and properly toast the members of the CARC that has passed on during the pandemic. In summary and in honor our CARC members passing, I wish to close out this year's CARC 2021 newsletter with acknowledgement of these very special and longtime club members that have passed on and have made our club exceptional.



Bill Chin - KC6POF, August 19, 1949 – June 22, 2020 age 70, has passed away from natural causes.

Bill was a long time CARC member and was our club secretary for many years. Bill grew up in San Francisco Chinatown.

He was a very active participant with the CARC activities that including hosting Ham Amateur Radio Exams, Monday Night NETS, luncheons and dinners functions. He even selected the Kome seafood buffet restaurant location in Daly City for our many enjoyable club luncheons.

Posted in July 2020 issue of CARC Newsletter



John Chan Tim – W6QNT (Sept 7, 1927 - Jan 20, 2021) past president of CARC, at the age of 93 peacefully passed way in San Diego, California.

John was born and raised in the farming community, Suisun Valley, California. His dear friend Bill Fong – W6BBA used to refer to John Tim as “Farmer John”. John was also very good friends with CARC member and US Army buddy: Joe Lee – W6DOB (now deceased). John served in the US Army in WWII.

Posted in June 2021 issue of CARC newsletter



Terry W. Arnall - WB6TA age 72, (1948 - May 10, 2021) passed away after a prolong illness.

Accomplishments: Terry accomplished through the years with Ham Cram as Technician, General and Extra Class Ham Radio. He was also involved with International Ham communication. He set up in his workshop known as Ham Shack as he expanded his Ham experience for 30+ years. Terry enjoyed being active in the Hayward Ham Radio as net control and Cathay Clubs. He also enjoyed many geo caching hunts.

Posted in June 2021 issue of CARC newsletter.



Paul Kiyoshi Kitagaki Sr. - W6NDA (Mar. 9, 1927 - October 11, 2021) an Oakland, CA native passed away from natural causes at the age of 94 while at an assisted living home in Carmichael, California.

Those lucky folks that knew Paul as I did, will remember him as a: Gentleman, Scholar, Warrior, Educator, Devoted Father, and a long time well respected CARC member.

Posted in November 2021 issue of CARC newsletter

Yes, we all deeply miss our distinguished club members:

- Terry W. Arnall - WB6TA
- Bill Chin - KC6POF
- Paul Kiyoshi Kitagaki Sr. - W6NDA
- John Chan Tim – W6QNT

They not only contributed to the success of the CARC but represented the “Best of The Best”. I cannot tell you how honored and proud to have known these terrific club members.

Tech Article Introduction:

This month's tech article is a health-related article.

Many people who suffer a heart attack are in denial, choosing to ignore the symptoms of a heart attack and do not seek timely medical treatment where precious minutes could have made the difference.

The Center for Disease Control (CDC) states that: "Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States". "About 659,000 people in the United States die from heart disease each year—that's 1 in every 4 deaths." (<https://www.cdc.gov/heartdisease/facts.htm>).

Well over 120,000 Americans each year die needlessly from heart attacks because they delayed calling 911 for Emergency Medical Services (EMS) according to the American Heart association (https://www.heart.org/idc/groups/ahamah-public/@wcm/@sop/@smd/documents/downloadable/ucm_470704.pdf).

When a Heart Attack is occurring 3 key factors that can make a difference:

1. Heart attack victims typically pass off their illness as due to other ailments such as flu/stomach issues. Many of the heart attack symptoms can be confusing as they can vary from
 - feeling of stomach indigestion along with burping.
 - pressure or numbness in the chest/abdominal area.
 - pain in the back
 - overwhelming fatigue
 - shortness of breath
 - pain radiating down the left arm.
 - Crushing chest pain symptom is not as common as the fore-mention symptoms.
2. If you have any suspicions of a heart attack, do not wasting time calling your best friend, family members, even your doctor. Do not be concern over the cost, or possible embarrassment or even driving yourself to the hospital as it better to be safe than sorry. Do not delaying contacting EMS via calling 911. Paramedics / EMT can provide important diagnosis and treatment in the field prior to your arrival to the hospital ER.
3. Chewing an uncoated adult aspirin which may break up some of blockages and buy you additional time before arriving at the hospital.

One of the best ways to reduce heart attack risk factors by 90% is as follows:

- Do a minimum of 30 minutes of exercise per day – for a total of 3 hours a week.
- Improved diet,
- Losing excessive weight
- Life style change such as quitting smoking.

This week's Tech Section special write up is: My Silent Heart Attack by Ed Fong *WB6IQN*.

Please note that Ed Fong is able to cope very well with his heart attack better than most people because of his regular exercise, diet, excellent physical conditioning and of course his seeking timely medical attention.

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.

Upcoming meeting dates in 2022 are:

- January 9, 2022
- February 10, 2022
- March 20, 2022

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

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

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

+ TBD

Spring into Readiness!

This Virtual Drill will take place from 9am-12pm with virtual skill rotations and words from some special guests!

Invitation and sign-up coming next week!

+ Recertifications -

**Does your NERT ID have an Expiration date of November 2019 or earlier?
Get recertified! Click here to register: TBD**

This special Recertification Class is being offered to NERT Graduates with an Expiration date on their NERT ID of November 2019 or earlier. Participants must complete all 3 sessions in order to become recertified. Make up classes will not be offered. This is a wonderful opportunity for NERT graduates who did not qualify for earlier recertification classes to refresh your skills, reinvigorate your knowledge and recertify!

Lapsed NERT Training Dates: TBD

Now that San Francisco has entered the Red Tier for COVID-19 Transmission (see <https://covid19.ca.gov/safer-economy/#county-status> for more details), we are working to schedule recertification trainings for NERTs who were current as of December 2019 or later. Stay tuned for details and times over the next month! (At this time, all class 5&6 recerts will take place outdoors only, at the SFFD Division of Training at 19th St & Folsom St in the Mission.)

***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 toward the cinderblock wall.

Visit 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 no longer need to complete the Fire Department's Neighborhood Emergency Response Team (NERT) (www.sfgov.org/sfnert) training and then graduate into two 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 (New Members)

The next SFPD ALERT training class has been scheduled for: TBD

* Class date indicated are only for new members

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, Marina at 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, via scheduled for on

TBD

For more information on the San Francisco Police Department ALERT Program, email us at sfpdalert@sfgov.org, or call Lt. Marina Chacon (SFPD Ret.), SFPD ALERT Program Coordinator, at (415) 401-4615.

For additional information on the web please refer to:

<https://sfgov.org/policecommission/alert>

Tech Article

My Silent Heart Attack

By Ed Fong

Introduction: As many of you know I had a mild heart attack that was diagnosed and medically treated on Saturday September 18, 2021.

An interesting fact is that I did not experience any chest pains leading up to my mild heart attack / myocardial infraction.

Most folks during a heart attack are told to expect of a sharp pain on the left side of the chest or tightening up the left arm.

Most important thing is to listen to your body. -- This is what my EECS UC Berkeley graduate school advisor Prof. Robert Meyer informed me when I told him about my heart attack since he had one 20 years ago and he is still kicking.

If you talk to folks that have had mild heart attacks - they all had little indicators, such as shortness of breath.

In my case I had my annual physical four weeks prior to my heart attack. My blood work ups were normal. blood pressure (BP) normal, cholesterol normal, heart rate normal, breathing normal. In fact, my doctor said: "I wish my 20 year old patients were like you."

However, a few weeks prior to attack I noticed a little difficulty breathing - nothing bad. I ignored it, figuring it was due to over exertion, lack of sleep, and general fatigue.

I would wake up in my sleep catching my breath. I remember waking up and then turning on my side and suddenly I was just fine.

Prior to my attack, I was up at Boise State University and gave a 2 ½ hour lecture on antennas and I was feeling just fine. However; I did notice perhaps a slight shortness of breath but since Boise Idaho is 2,500 ft in elevation, I chalked it up to the geography.

On my return trip, I had a layover in Seattle and if you know the Seattle airport, it is BIG. I chose to walk from the Seattle airport Gate C to Gate D to catch my flight back to San Jose. That is a good ½ mile. I could have taken the shuttle, but I decided to walk and just felt fine at the time.

The wakeup call indicating something was wrong with my breathing and heart was when I went for my evening swimming on Friday September 17, 2021 where swimming 300 yards is routine for me. Upon completion of my regular evening swim, it had left me

short of breath. After my evening swim, I walked home (about 3 blocks) and I was surely short of breath.

Recognizing that something was very wrong with my health, I knew that I needed to be medically checked out. So early Saturday morning on September 18, 2021, I went to my local Urgent Care Mountain View facility to be diagnosed where they first gave me a COVID-19 test (I sat outside in the cold with my mask on) and an hour later the nurse practitioner determined that my COVID-19 test was negative and then they allowed me to enter the clinic. After listening to my medical concerns, she administered an EKG and determined it was clearly that my heart was the problem.

The nurse informed me that it would be best for me to go 2 miles away to El Camino Hospital Mountain View for further treatment. I went back into my car and my wife, Sharadon drove me straight away to the El Camino Hospital Mountain View.

Upon arriving at the El Camino Hospital emergency room, they were very efficient and quickly determined that I had three blocked coronary arteries, where one of them was 70% blocked.

I had the option of waiting for a coronary angiogram and angioplasty to deal with my coronary arteries blockage until Sunday or have it done that day. I choose to have done that Saturday afternoon.

For those unfamiliar with a coronary angiogram, it is a medical procedure where a dye is injected into your veins, an X-ray is then taken to detect any blockages of your heart blood vessels. If blockages are found then an angioplasty procedure is performed to open the clogged coronary blood vessels. Use of stents to open the blocked blood vessels during the angioplasty is a common procedure.

During my angioplasty starting in my right forearm arm, the doctor eventually inserted two stents, one for each blocked coronary artery and surprisingly performed without any analgesia. The doctor just told me to stay still and also constantly asking if I was feeling any pain. Within 45 minutes was I out and having a late lunch in my hospital room. I noticed that my breathing had noticeably improved.

The El Camino Hospital protocol had me defer inserting of an additional stent in my blocked third coronary artery to give me sufficient time to heal up from the other two stents insertions. I returned two weeks later at 7am to take care of my remaining blocked coronary artery. By 8:30am, the entire procedure was over. I was breathing much better and I was eating a huge and delicious breakfast at the hospital.

Up to now that was the “Easy Part”. After the insertion of the stents - one needs to take all kinds of medication to keep the blood pressure low and also to minimize platelet build up at the stent location.

Commonly prescribed post heart attack medications given to me are Plavix (blood thinner) and Varsaltan (also known as Entresto to reduce blood vessel contraction and

reduce buildup of sodium and fluids - you see this advertised on TV). I am also on 40 mg of Lipitor a day. Lipitor is a cholesterol lowering statin drug that doctors recommend to most folks my age. Consequently, my cholesterol level is now really low (total cholesterol 80). I am also on a baby aspirin (81mg) once a day.

Now the Hard Part. I take my blood pressure now twice a day and it is very low with the medications. Typically, my blood pressure is 100/55 instead of my normal 120/80. My doctor says as long as I am not dizzy, that is fine. With blood pressure that low, I do feel a little less energetic, but I am OK. I am still continuing to building my antennas and teaching classes.

I hope this article helps you folks as our heart attack risk factors increase as we all get older

My take away on this is: Please just listen to your body for possible dangerous medical conditions (i.e.: Heart Attack, Stroke, etc.) and do not delay in seeking medical treatment.

Early medical intervention improves your chances of surviving a heart attack and improves recovery time.

- Ed Fong - - *WB6/QN*