

Cathay Nov 2022

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.

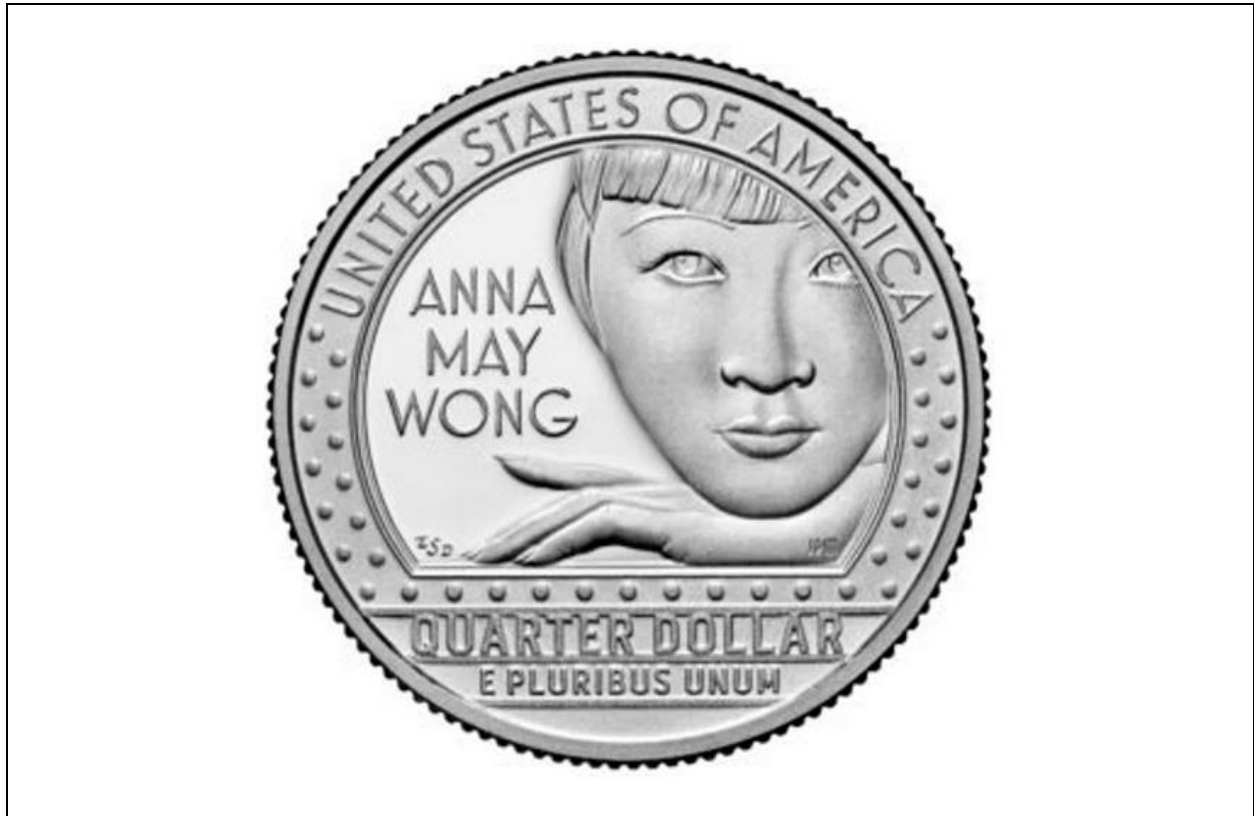
Message from the President: George Chong, W6BUR

Hello CARC Members and Friends;

In spite of COVID-19, I wish for all you folks to have a Happy Thanksgiving!

Asian American Actress Anna May Wong In the News

As part of the US Mint series honoring accomplished American Women whose likeness will grace the reverse of US Quarter, Anna May Wong is the first Asian American woman to be honored in the 2022 series of quarters.



In keeping with the traditions of the Asian American founding of the CARC, this is a very news worthy treat for the CARC members. Of course, the CARC has evolved and welcomes all HAMs to its ranks regardless of race, sex or creed.

Now many of you may be wondering just who was Anna May Wong?

From the US Mint site,

URL: <https://www.usmint.gov/coins/coin-medal-programs/american-women-quarters/anna-may-wong>

Anna May Wong Quarter



Background

The Anna May Wong Quarter is the fifth coin in the [American Women Quarters™ Program](#). Anna May Wong was the first Chinese American film star in Hollywood.

Wong was born January 3, 1905, in Los Angeles. Her birth name was Wong Liu Tsong, and her family gave her the English name Anna May. She was cast in her first role as an extra in the film “The Red Lantern” (1919) at 14 and continued to land small roles as extras until her first leading role in “The Toll of the Sea” (1922).

Her career spanned motion pictures, television, and theater. She appeared in more than 60 movies, including silent films and one of the first movies made in Technicolor. Wong also became the first Asian American lead actor in a U.S. television show for her role in “The Gallery of Madame Liu-Tsong” (1951).

After facing constant discrimination in Hollywood, Wong traveled to Europe and worked in English, German, and French films. She also appeared in productions on the London and New York stages.

Wong was awarded a star on the Hollywood Walk of Fame in 1960. She died on February 3, 1961. She is remembered as an international film star, fashion icon, television trailblazer, and a champion for greater representation of Asian Americans in film. She continues to inspire actors and filmmakers today.

Characteristics

The obverse (heads) depicts a portrait of George Washington, originally composed and sculpted by Laura Gardin Fraser to mark George Washington’s 200th birthday. A recommended design for the 1932 quarter, then-Treasury Secretary Mellon ultimately selected the familiar John Flanagan design.

The reverse (tails) features a close-up image of Anna May Wong with her head resting on her hand, surrounded by the bright lights of a marquee sign.

To learn more about Anna May Wong, see video link below:

Who Was Anna May Wong?

By Inside Edition Date: Oct 25, 2022

<https://www.youtube.com/watch?v=9nLb1PMgiXA>

The face of Anna May Wong will soon be gracing the US quarter. But who was this Hollywood icon? Stony Brook University professor Shirley Jennifer Lim, author of “Anna May Wong: Performing the Modern,” told Inside Edition Digital, “Anna May Wong is one of the most charismatic, photogenic, and compelling actresses of the 20th century.” Lim said that the Chinese-American actress’ appearance on the quarter is “an incredible moment that has been really a long time building.”

Tech Article Introduction:

This month’s article is about a potential medical breakthrough from Stanford Medicine Center regarding transplantation of tissue.

For further information please read the Tech Article Section.

Final Thoughts

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.

In case you are wondering, Ed Fong’s blowout Dec 2022 Annual Christmas House Party will not be held due to concerns about COVID-19 issues with indoor dining and the safety of his guests. I know this is a big disappointment but we all have to remain patient until we receive the all clear sign from the CDC.

Stay healthy and keep yourself from catching COVID-19.

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

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) is a unit of trained professionals who supply communications support to the agencies of the City and County of San Francisco, particularly during major events/incidents. ACS goals are the support of gathering and distribution of information necessary to respond to and recover from a disaster.

The ACS Net begins at 1930 hours (7:30 p.m. PT) 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 perform Net Control duty on a regular basis. On the second Thursday of each month, the net is conducted in simplex mode on the output frequency of the WA6GG repeater, 442.050 MHz no offset, tone 127.3 Hz.

ACS holds its General Meetings on the third Tuesday of each month from 1900 hours to 2100 hours local time. Currently meetings are exclusively conducted over Zoom during the COVID-19 pandemic, ACS looks forward to meeting in person again as soon as possible.

Upcoming meeting dates in 2022 are:

- TBD

Location of in person future ACS meetings are yet to be determined as the regular location is under reconstruction until January 2023. All interested persons are welcome to attend. For further information, contact Corey Siegel KJ6LDJ <kj6ldj@gmail.com>.

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

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

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

TBD

+ Recertifications - Coming Soon!

Pre-register here!

<https://www.eventbrite.com/e/are-you-a-nert-graduate-looking-to-recertify-pre-register-here-tickets-228380330717?aff=odcleoeventsincollection>

This is not for a specific date or location.

San Francisco Fire Department NERT is collecting information from NERT Graduates to help us plan for the new year. By signing up here, you will receive priority notification about upcoming recertification opportunities. This is for any NERT graduate, regardless of when you graduated or whether your NERT certification has expired. Thank you so much for your commitment to NERT and for providing us with information about when you last trained, etc.

Sign Up For Training Classes

This is not for a specific date or location.

San Francisco Fire Department is collecting contact details from prospective students so we can let you know when classes are available. We will email you when classes become available. We plan on holding multiple trainings for new NERTs in 2022 and the information you provide will help us plan. Thank you!

<https://www.eventbrite.com/e/never-taken-nert-before-let-us-know-you-are-interested-in-2022-trainings-tickets-125825993935?aff=odcleoeventsincollection>

***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/sffdner 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

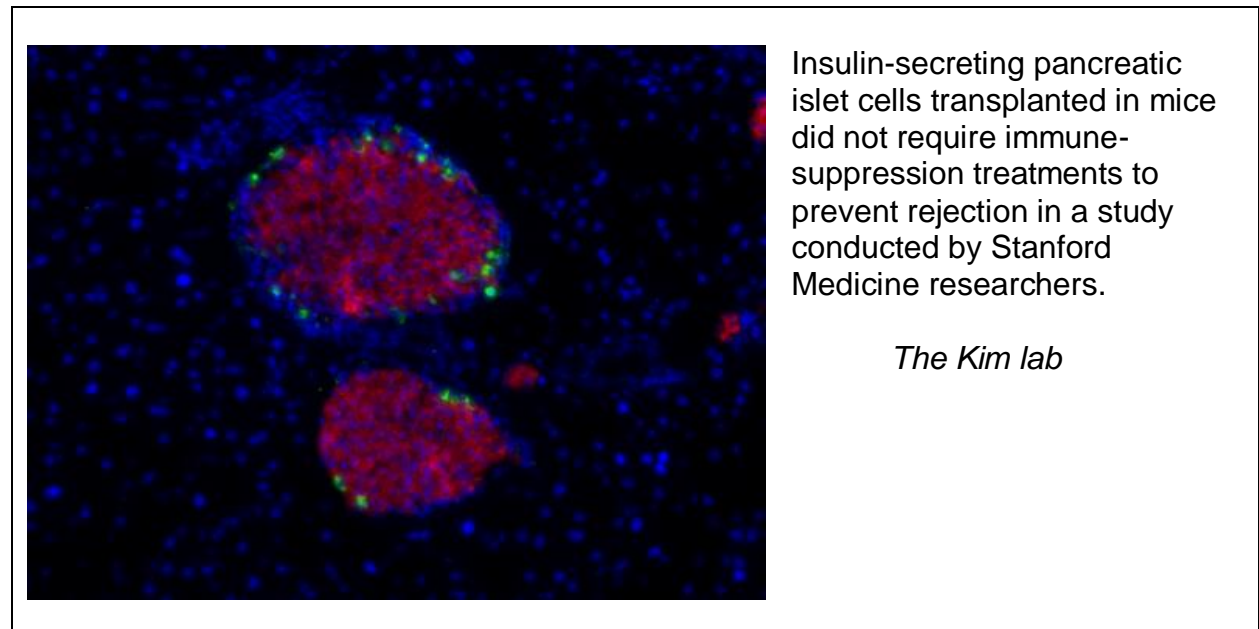


‘Gentle’ islet cell transplant cures mice of diabetes with few side effects, Stanford Medicine researchers say

<https://med.stanford.edu/news/all-news/2022/11/islet-transplant-diabetes.html>

A technique developed at Stanford Medicine allows mice with diabetes to accept unmatched islet cells and durably restores blood sugar control without immunosuppression or graft-versus-host disease.

November 8, 2022 - By Krista Conger



Insulin-secreting pancreatic islet cells transplanted in mice did not require immune-suppression treatments to prevent rejection in a study conducted by Stanford Medicine researchers.

The Kim lab

Mice with diabetes appeared cured of the disease after transplantation of insulin-secreting pancreatic islet cells, according to a [Stanford Medicine](#) study. The animals' immune systems were coaxed to accept the donated cells prior to transplantation through a three-pronged process that could be easily replicated in humans, the researchers said. No immune-suppressing treatments were necessary after the transplant to prevent rejection of the foreign islet cells.

“Clinically, the implications are very promising,” professor of developmental biology [Seung Kim](#), MD, PhD, said. “There are many people with diabetes in the world who would benefit from receiving islet cells.”

The problem is that islet transplantation requires chronic immune suppression, most commonly with drugs, to prevent rejection. Methods for resetting and preparing a recipient's immune system for transplantation have been developed to avoid this, but they typically include high-dose radiation and chemotherapy, which are too toxic for most people with diabetes.

“Our research suggests that it may be possible to use an unrelated donor and avoid the toxic pre-treatment methods that have been required,” Kim said.

Kim, who directs the [Stanford Diabetes Research Center](#) and the [JDRF Center of Excellence](#), is the senior author of the [study](#), which was published Nov. 8 in *Cell Reports*. Lead authors of the research are former postdoctoral scholar Charles Chang, PhD, and graduate student Preksha Bhagchandani.

“The publication of Dr. Kim’s work provides evidence toward a pathway to promote tolerance to transplanted islets without systemic immune suppression,” said Esther Latres, PhD, vice president of research at [JDRF](#), a global funding organization dedicated to ending Type 1 diabetes.

The findings also have implications that reach far beyond diabetes. The technique, which builds on earlier work at Stanford Medicine, may open the door to a new type of organ transplant that doesn’t require an immunologically matched donor or years on immune-suppressing medication.

The dual-transplant approach

The trick is to perform two transplants rather than one. Years ago, researchers from Stanford Medicine including [Samuel Strober](#), MD, professor of immunology and rheumatology, showed that replacing the recipient’s immune system with that of the organ donor — through a process called a blood stem cell transplant — prior to organ transplant ensures that the organ will be viewed as “self” and won’t be rejected by the body. (This is also the treatment for cancers of the blood and immune system, such as leukemia and lymphoma.)

But the high-dose radiation and chemotherapy necessary to kill the recipient’s blood stem cells exacts a heavy, potentially fatal toll, and often leaves patients infertile. It also sets the stage for the new immune system to attack other healthy tissues and organs that it perceives as foreign — a condition known as graft-versus-host disease.



Further studies by Strober and others, including study co-author and professor of medicine [Judith Shizuru](#), MD, PhD, showed it's possible to hobble, rather than eliminate, the recipient's immune system before introducing the donor's stem cells. The result is a hybrid immune system, made up of both donor and recipient stem cells, and a reduced likelihood of graft-versus-host disease. The hybrid, or chimeric, immune system is also less likely to reject the transplanted organ, particularly if it is immunologically well matched. In 2020, Strober and his colleagues showed that most people who received kidney transplants from fully matched siblings were able to stay off immunosuppressive drugs for at least two years.

Until now, the conditioning regimen to accomplish this chimeric immunity was too harsh for use in non-life-threatening situations, and the organs had to be at least partially immunologically matched to avoid the drugs.

Three-step prep

In the current study, Kim and his colleagues experimented with a three-pronged approach to prepare diabetic recipients for the stem cell transplant. They combined low-dose radiation, one dose of an antibody called c-Kit that selectively targets and kills blood stem cells (which give rise to immune cells), and another antibody that targets mature immune cells called T cells. They found that was enough to allow the donor cells to establish themselves in the animals' bone marrow and create a fully functioning, chimeric immune system without the severe side effects seen with other methods. These diabetic animals were then able to accept a transplant of islet cells from the stem cell donor, even if that animal was completely immunologically mismatched.

"We had a notion that we could get the bone marrow ready to accept the donor stem cells with less toxic, alternative approaches," Kim said. "We found we could reduce the radiation dose by 80% and replace broad-acting chemotherapy drugs with targeted antibodies. The animals rapidly gained back the weight they had lost due to the disease and were able to maintain normal blood glucose levels until the study ended after more than 100 days."

If we are successful, we could see a future where we can treat people with diabetes at an early age to prevent or mitigate a lifetime of health problems.

The mice were no more susceptible to infection than control mice, showing their immune systems were functioning normally, and they could breed and give birth to healthy pups.

"This is exciting for many reasons," Kim said. "This approach could be applied to autoimmune diabetes, including Type 1 diabetes, and suggests that completely

mismatched islet cells could be used for transplant. Beyond diabetes, it has important implications for solid organ transplants.”

One caveat in the study is that the donor stem cells and islet cells must come from the same animal, and human islet cells are difficult to procure. Kim and colleagues in the [Stanford Pancreatic Islet Replacement and Immune Tolerance Initiative](#) are investigating whether functional islet cells could be created in the laboratory from pluripotent stem cells, or if a small population of human islet cells can be grown and expanded in the laboratory to make many more transplantable islet cells.

“If we are successful, we could see a future where we can treat people with diabetes at an early age to prevent or mitigate a lifetime of health problems,” Kim said.

The study was funded by the JDRF, the National Institutes of Health (grants R01 DK107507, R01 DK108817, U01 DK123743 and P30 DK116074), the Stanford Maternal and Child Health Research Institute, the Stanford Medical Scientist Training Program, the H.L. Snyder Foundation, the Stanford Diabetes Research Center Islet Core, the Reid family, and the Skeff family.

Chang is an employee and stockholder of Jasper Therapeutics, Inc., and study coauthor Judy Shizuru is a co-founder, stockholder and director of the company.



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Stanford Medicine integrates research, medical education and health care at its three institutions - Stanford School of Medicine, Stanford Health Care, and Stanford Children's Health. For more information, please visit the Office of Communications website at <http://mednews.stanford.edu>.