



Cathay February 2012

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 PST, Frequencies: 146.67MHz -600KHz PL85.4 and 442.70 +5MHz PL 173.8. The repeaters are linked. 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

We would ask our CARC members to submit articles of interest for our revived newsletter. Please send your written articles to me at W6BUR@comcast.net .

I am partial toward the Chinese New Year of the Dragon since my dear grandson was born in the year of the dragon. I look forward to this Chinese New Year of the Dragon as it is a strong omen for our country's economic turnaround.

Our Cathay club definitely started out the Chinese New Year of the Dragon with a heck of a celebration club luncheon. We had a wonderful large group of people from afar. Long time CARC members: Ti Michelle, NJ6T came all the way from Arizona; Bill Fong - W6BBA from Santa Ana. Now how about that for dedication from our fellow CARC members to attend our luncheon, it does not get any better than that. For those CARC members who missed our fabulous luncheon, we hope you will try harder to clear your schedule for next year, we would certain enjoy your company.

My special thanks go out to the following people that took time out from their busy schedule to make this one of the best luncheon yet:

- Hetty - WB6SHU for hand printing the CARC name tags.
- Lois – W6QNT for handing out the name tags to each luncheon attendee.
- Mingie – W6EE for collecting the money.
- Shirley – KF6DD for helping to settle the restaurant accounts.
- Rodney – KJ6DZI for being the unofficial photographer.
- All the CARC members who attendance made this luncheon memorable.

Since we all had such a great time at our luncheon get together, perhaps we can do another CARC outing in the next month or so rather than wait until our CARC field day pot luck in June 2012.

Previously our club outing has been to several places in the Bay Area. It has been a while when Edison – WB6IQN had organized a club outing to the Hiller Air Museum. Museum founder Stanley Hiller was a boy genius that grew up down the peninsula in Atherton. While still in his teens he designed and invented the first tailless helicopter which at the time of our visit was on loan to another museum. Perhaps Edison – WB6IQN may be up to organizing another club visit to the Hiller Air Museum, I know I would sure like to go this time around.

On another CARC outing we visited the Silicon Valley Computer Museum, unfortunately, I missed that one. I am sure Steve Jobs of Apple must of lots of early PC's there for us to drool over.

There are many neat places that are practically in our back yard that our club could visit. Please let please drop me a line or call me if you are interested in another visit to the fore-mention places or have suggestions for new venues.

My apologies for missing luncheon photos of Mrs.Mar - KJ6DYY, Ms. Judy Chan - NC6D and several others but we will take care of that in our next CARC outing.

I am sure I accidently left off some folks that had to travel some distance so please forgive my forgetfulness.

Report on the Annual Chinese New Luncheon

The 2012 Annual Chinese New Luncheon was held on Saturday, February 4, 2012. We had 52 club members and guest attend the luncheon held at KOMÉ Restaurant in Daly City.

As stated above several of our club members flew in just to celebrate with us to reconnect with our fellow club members. It is this dedication, devotion and friendship that have sustain the CARC over these many years, we are bless to have such a great set of folks as club members.

The following pictures taken at the lunch tell the story better than words alone:

Luncheon guest were greeted at the door by Hetty, George, and Mingie



Hetty – WB6SHU, Our Good Will Ambassador



George W6BUR, Our Club Prez



Mingie - W6EE, The Money Man



Edison – WB6IQN,
Ron – KI6AZB



Paul – W6NDA



Bill – W6BBA



Bridget - KI6MEL



Ti Michelle – NJ6T



Lloyd – KD6FJI



Lois – (W6QNT)



John – W6QNT



Nelson – AD6ZX



Howard – N6MNV



Jackie – KF6YSR



Rose, Dirk - KE6ZUY



Skip – KG6SCE



Ms. Skip – (KG6SCE)



Shirley – KF6DD and Mingie – W6EE



Helen – KD6MZF



Victor – KD6MZF



David - NC6D, Harry – KJ6DY



Bob – KM6QP, David – KG6SWL



Christine – (KI6YRL)



Allen – KI6YRL with future CARC President (Aidan)



Bill and Linda - KN6QD



Anne – KG6CFO



Arey – K6MEW



David – WZ6X



Mrs. Halog – (KR6EG)



Tony – KR6EG and Connie – KF6WEA



Gordon – KG6FAN



Ms. Wong – (KG6FAN)



Shirley – KF6WDD



Chris – KF6FOX



Gary – KN6LV



Jackie – KF6YSR, Howard – N6MNV,
David – KG6SWL and George – W6BUR



George – NT6G



Kate – (NT6G)



Dave – NE5EE and Diana – KG6IOH



Manny – W6TRN and Dennis – AH6KD

Public Service Announcements

Tony – KR6EG

ACS Info

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

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, check in on a net, or call 415-558-2717.

Upcoming meetings: Tuesday 7pm, February 21, 2012
Tuesday 7pm, March 20, 2012
Tuesday 7pm, April 17, 2012

Gilbert – 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.

Free Disaster Preparedness Classes In San Francisco – SFNERT Taught by San Francisco Fire Department

RSVP to sffdnet@sfgov.org or call 415-970-2024 to register. Visit www.sfgov.org/sffdnet to see more about the training, other locations, and register on line.

HAMs In The News:

SFPD Difficulty Communicating During Two Of The 49er Playoff Games - 1/27/2012

During two of the 49ers playoff games at Candlestick Park, police patrolling the stadium discovered that they had problems contacting their fellow officers. Their cellular phones didn't work and text messages were hit and miss.

"Regardless of what training we do, communications is always the thing that fails," said SFPD Chief Greg Suhr.

"Say the big earthquake happens. Commercial carriers are going to be overwhelmed," said Anne Kronenberg, executive director of the Department of Emergency Management. "We want a dedicated public safety system so that in the event of the big one, which will happen, we will be able to communicate with each other."

For additional information:

<http://www.sfxaminer.com/news/2012/01/san-francisco-police-have-trouble-communicating-49ers-playoff-games#ixzz1my4l2Uwg>

ARES HAMs Assist American Red Cross, Served Agencies During Joplin Storm

At 5:41 PM (CDT) Sunday, May 22, 2011 a catastrophic EF-5 multiple-vortex tornado ripped through Joplin, Missouri killing 117 people and causing over \$2.2 billion in property damage.

All land lines, cellular phones, internet communications were down. American Red Cross office in Springfield, Mo asked for radio support from the Springfield ARES group. Ken Baremore - WOKRB and Bill Gilmore - KCOTCF responded by used a newly installed Springfield 2 meter beam antenna to connect to the Joplin repeater.

They established communications between the American Red Cross offices and hospitals in both the cities of Joplin and Springfield. Their communications provided coordinated relief efforts, setting up of Red Cross shelters on the MMSU Campus, feeding stations, prevented duplications of relief efforts and routing of supplies to the affected areas.

Pat Conway - WA6GJM and John Howard - K0VET, activated the Missouri Emergency Services Net (MESN) and setup mobile radios set up just inside the doors of the Joplin hospital. They also provided information to help folks in need to the proper website for health and welfare messages.

For more information:

<http://www.arrl.org/news/radio-amateurs-assist-american-red-cross-served-agencies-during-joplin-storm>

Medical Info of the Month – from Bill Tom (KN6QD) (Our for real WWII Combat Medic CARC Club Member)

GOUT

Gout is an arthritic condition when your body accumulates more uric acid than your normal body allowance in your blood stream. The excess uric acid deposits into the joints of the coolest part of your body, principally into the joints of your toe, finger and knee in that order of frequency.

The arthritic pain of it is excruciating. The kidneys are supposed to rid the uric acid, but as we age, the uric acid is not removed as effectively than when we were younger. The gout is usually the affliction of those over 50 years of age.

Our body normally has an enzyme known as xanthine oxidase that routinely converts purine-type proteins in uric acid. This process in lower mammals, such as monkeys and apes, converts Xanthine into ascorbic acid (vitamin- C), but higher mammals have lost that ability.

Uric acid is a potent antioxidant in our body and it alone exhibits 50% of our antioxidant capacity. It is a very necessary defense in our immune system. It is the excess uric acid that causes our problems.

Food that contains lots of purine proteins are the shell fish, mackerel, sardines, anchovies, oysters, clams and internal organ meats, such as liver, kidneys, stomach and meats in general. Vegetables, such as spinach, beans, peas, oat and wheat, have high purine levels also.

We humans have lost the enzyme, uricase, which can convert uric acid back to allantoin. Certain diuretic medications, such as Hydrochlorthiazide that is used for lowering blood pressures, is known to cause gout, probably by reducing the water level in the blood to concentrate the uric acid.

With such a wide distribution of purines in our daily foods, it is virtually impossible to enjoy your meals, since gout does not occur with all purine-type foods. It is like rolling a set of dice.

The best treatment for gout is to take colchicines 0.6 mg tablets. The main problem with taking colchicines is that it has a tendency to cause diarrhea.

Colchicine is a safe drug, having been used for thousands of years in Egypt and China. It is sometimes recommended to take one tablet of colchicines once a day as a preventative, mindful of its diarrheal effect.

The other treatment is allopurinol tablet (Zyloprim tablets), a drug that blocks the enzyme xanthine oxidase from converting purines to uric acid. The problem with allopurinol is that it is somewhat allergenic to cause primarily a skin allergy in which the skin on your body starts to slough off in sheets. Allopurinol has to be taken every day, but skin sloughing is not pleasant sight to see.

The other treatment is to drink lots of water to dilute the uric level in your blood. That is sometimes not recommended for people who are having cardiac failure or edema or urinary problems.

Birds, for example, cannot load up with water due to the weight of water. Therefore, birds excrete its waste and uric acid in a dry form. The uric acid content of their waste is so high that the Germans harvested guano (bird droppings) off the Chilean coastal islands to get the uric acid nitrogen for making their explosives during both World Wars.

The main problem of high uric acid level is the development of Uric acid kidney stones. The only positive activity in human by uric acid is that it extends human life in years, probably due to its antioxidants properties.

But that sometime causes muscle spasticity and mental retardation. If you want to live to a very ripe old age, you might not want to if your muscles are jerky and you don't know who your mate is.

Another downside of gout is it has to be the most excruciating painful condition that a human can have.

Featured Tech Article:

First Impression of the Wouxun KG-UV3D HT

2/21/2012

By Allen Chung – KI6YRL and Rodney Yee – KJ6DZI

In 2009, the Chinese Company Wouxun (pronounced: "Oh Sheng") decided to enter the US Market HAM radio market with a certified FCC Part 90 low-cost, dual-band 2m/70cm, portable handheld transceiver, the KG-UVD1P. This under \$100.00 model radio caught the attention of HAMs and emergency first responders.

Many HAMs initially held back on purchasing of the Wouxun handheld radios until concerns of reliability, quality, servicing, warranty and durability had been answered. A favorable review on the Wouxun radio KG-UVD1P model appeared in the November 2010 issue of QST magazine.

When Wouxun released their most current model: KG-UV3D-2/UFH dual-band 2m/70cm handheld transceiver, I decided to take the plunge and purchase it from a well known bay area HAM radio distributor for \$120.00 including shipping. This is about 1/3 the cost of the other well-known HAM radio manufacturer's radios.



When my Wouxun radio arrived, it came with flexible antenna, hand strap, belt clip, cradle battery charger, 1700mah Li-ion battery and along with an optional programming cable. Since the Li-ion battery has a very low self-discharge rate, when I turned on radio, I was not surprised that the battery was already fully charged. The cradle battery charger allows the radio to stay vertical as it is being charged.

The antenna has a reversed SMA (female) connector, which is unlike most of the other manufacturer's portable radios. This makes the Wouxun antenna setup difficult to directly swap antennas among other manufacturer's radios without an adaptor. I decided to drop by my local Radio Shack and bought an adaptor; SMA female coupler that I attached to my Wouxun radio which allowed me to swap antenna between my other radios.

An interesting feature of the radio is that as you enter entries into the keypad you get a voice confirmation of the key pressed or function invoked.

Located on the very top edge of the radio is a dedicated white LED that serves as a portable flashlight that is useful for reading charts, maps, and locating items within a 10-foot radius. The backlight of the display is done by a separate light.

The radio has a FM broadcast tuner, which I found very convenient for news and weather broadcasts. A timer feature is included, which lets me know how long I been on the radio.

There are only two power modes available: Low (1 watt) and High (5W VHF, 4W UHF). The radio is rated IP55 for water splash proof but not submersible.

I performed a very limited testing of the Wouxun in simplex mode, and I found it to be quite clear in both transmit and receive operation. Since this is a first impression, I did not have time to properly test the radio in duplex mode due to the limitation of the stock antenna and my proximity to an available open repeater.

Powerwerx Inc is the sole US distributor of Wouxun KG-UV3D radios. Powerwerx Inc is providing both customer support and a whole plethora of accessories for the Wouxun radios. The Wouxun radio a very flexible, customer-friendly and a very usable portable mobile unit.

The Powerwerx website provides free downloadable programming software for the Wouxun radio. With large 128 memory bank and the cumbersome manual programming that it would be involved, I will be using the free downloadable software. Manuals, warranty information and downloadable programming software can be found at:

<http://www.powerwerx.com/wouxun-radios/kg-uv3d-dual-band.html>

Long-term durability is still an unknown quantity for the Wouxun KG-UV3D radio, since it is a newcomer to the HAM radio community. Whereas the other "Big 3" Japanese HAM radio manufacturers: Icom, Kenwood, and Yaesu all have reputations of making near bulletproof HAM HT radios.

In Summary

The Wouxun KG-UV3D is a low-cost, entry-level, dual-band 2m/70cm handheld transceiver that is reassuring to have as a spare radio in a HAM go bag to support disaster emergency communications.