

Cathay Newsletter January 2008

www.cathayradio.org

President: Ed Fong, WB6IQN email: edison_fong@hotmail.com

Vice President North: Howard Louie, N6MNV

Vice President South: Bill Fong, W6BBA

Membership Chairman: Bill Chin, KC6POF

Editor: Ed Fong WB6IQN email: edison_fong@hotmail.com and Bill Tom KN6QD

Treasurer: Vince Chinn, W6EE

Mission: The Cathay Amateur Radio Club is basically an active social club of Ham Radio Operators and their spouses

Monday Night Net Time: 9PM PST Frequency: 146.67MHz -600KHz PL85.4 and 442.70 +5MHz PL 173.8 The repeaters are linked. The Monday night net is the best way to find out the latest club news. All check-ins are welcome.

Message from the President: *Edison Fong, WB6IQN*

Well, how time flies when one is having fun. This year went by fast. I have enjoyed every moment of it. We tried some new things like having the picnic at Fairbrae Swimming and Tennis Club. We got the Cathay Website going and we had some great parties.

If you folks have anything you would like to see this coming year, please email or call me. We always welcome suggestions. Contrary to popular belief, it is not the officers that make the club but the members. The officers plan and arrange the details of the events, but it is ultimately the members and their guests that really make the event successful. If no one showed up to the events, there would not be a club.

Please sign up for the annual Chinese New Year's Banquet. See the details on page 10. Tell your friends. It's a great 10 course traditional style all out banquet. My favorite dish is the Peking Duck. It is the best dinner money can buy for \$30 for members and \$35 for guests. Kids under 12 are free.

Have nice Holiday and see you at the banquet.

Ed Fong WB6IQN

Report on the Annual Christmas Party

The 2007 Christmas Party was held on December 8. There were about 100 people that attended and that included about 20 kids. They came from all over the Bay Area. The format was pot luck so we got food from all ethnic backgrounds. From traditional American to Italian, to Chinese, to Japanese. The desserts ranged from traditional apple pie to flaun (hope I got the spelling correct), to special desserts from Draeger's, to homemade cookies and cakes.

One of the main attractions was the "Green Christmas Tree". See the photo in the caption. This Christmas tree had over 200 lights but ran off a 7 AMP HR gel cell all evening on one charge. The tree used high efficiency colored LED's. We believe this is the wave of the future. Another attraction was the world's first focusing white LED flashlight by Maglite. As many of you may know, traditional LEDs cannot be easily focused like that of a conventional incandescent light bulbs. This new Maglite flashlight uses a patented white LED that is very flat with excellent all around dispersion and thus can be focused with a modified reflector. One needs to see this to believe it. One of these novel flashlights will be one of the raffle prizes at the Chinese New Year's banquet. Mike Langberg (of Scandisk) demonstrated an 8 Gigabyte microSD flash card. This card is about 1/8 inch thick and about 1/2 inch square. That's enough memory for two movies.

The kids had fun breaking apart the home made gingerbread house (See the photos on the next page.). It took Mei-lin and Violet Fong with their friends Katherine and Alexandria Hutchins over 4 hours to make the previous day. The gingerbread house was destroyed and consumed in less than a minute.

If you missed the party you missed meeting some of the movers and shakers in the Silicon Valley. There was the former Mayor of Sunnyvale Dean Chu and his family. Dean happens to be Judson Chu's W6WTY son. So that is his relationship to ham radio. There was Prof. Op Amp himself, Tom Frederickson AC6QS. Tom is the famous author of the widely distributed book, *Intuitive Op Amps*. There was Paul Uneuten (forgot his call) one of the founders of MPS which is one of the Valleys more successful companies. There was Dennis Montecelli AE6C, the CTO (chief technology officer) of National Semiconductor. Even Mike Langberg (formerly of the San Jose Mercury News) was there with his wife Debbie and daughter Sara. Everyone had a great time and left with a full stomach.

I thank everyone for coming and bringing the wonderful food. It was the people that really made it a great party. We are looking forward to hosting it next year.

Ed WB6IQN



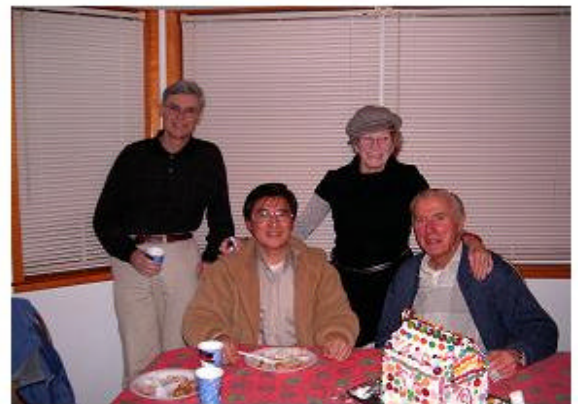
This was just a small sample of the many varieties people brought. Foods from all over the world. Chinese, Italian, French, American, Japanese etc.. I'm sure everyone left experiencing something new.



This christmas tree has 200 color LED's runned on a 12V 7 AmpHR gelcel. It's very "green".



Leonard NX6E making friends with Sunnyvale Mayor Dean Chu. Dean is the son of Cathay Member Judson Chu W6WTY.



Dennis Montecelli AE6C (CTO of National Semiconductor), Kern Wong KI6DTX , and Prof. Op Amp himself Tom Frederiksen AC6QS and his wife Emily.



These were the great bakers of the gingerbread house. Mei-lin, Violet, Alexandria, and Katherine.

Annual Chinese New Year's Banquet

2008 will be the year of the RAT. The new year will officially begin February 7. If you were born in 1912, 1924, 1936, 1948, 1960, 1972, 1984, 1996 - you were born under the sign of the rat. If you were born the year of the rat, you are always busily pursuing a personal goal or ambition, and are thus known as one of the hardest-working signs in the [Chinese zodiac](#). For rats in 2008, any recent setbacks or obstacles can be overcome, so look forward to a year in which to really shine, either personally or professionally.

Famous people born in the Year Of The Rat include [Prince Charles](#), ice skating champ [Sasha Cohen](#), rapper [Eminem](#), and actress [Scarlett Johansson](#),

The annual Chinese New Year Banquet will be held at the Silver Dragon in Oakland on Saturday, January 26. Thanks to George W6BUR and Joe W6DOB for organizing it. This is a great restaurant with a private room. Bring your family and friends. The menu is a 10 course traditional banquet usually reserved for weddings. If you had to attend one event for the year, this is it. We expect about 100 people to attend. Please be prompt since the program will start at exactly 6:00PM. So set your calendars for Saturday January 26, 2008. The program will be as follows:

5:00PM Dining room open and social time.

6:00 PM Introduction 2008 Officers

6:30PM Dinner begins.

7:30PM Raffle begins.

Here are the conditions for the banquet.

1. All reservations and payments should be made by January 12, 2008.
2. Dinner seating will be open and non-reserved.
3. Kids under 12 are free. The Cathay Club invites these family members to choose from the standard Silver Dragon menu.
4. All requests for special needs should be included when making reservations.
5. If you cannot attend or find a substitute to attend and have already paid, there are no refunds since we must pay in advance. The club will make every effort to try to find a substitute for you.

The preliminary menu is:

- *Minced Sausage, Waterchestnut & Mushrooms/Lettuce Cups*
- *Sun Dried Scallop Soup w/Golden Mushrooms*
- *Glazed Honey Walnuts w/Jumbo Prawns*
- *Tenderloin of Beef in XO Sauce (served w/Chinese broccoli)*
- *Braised Shitake Mushrooms (served w/tender greens)*
- *Golden Roasted Chicken*
- *Peking Duck w/Blossom Rolls*

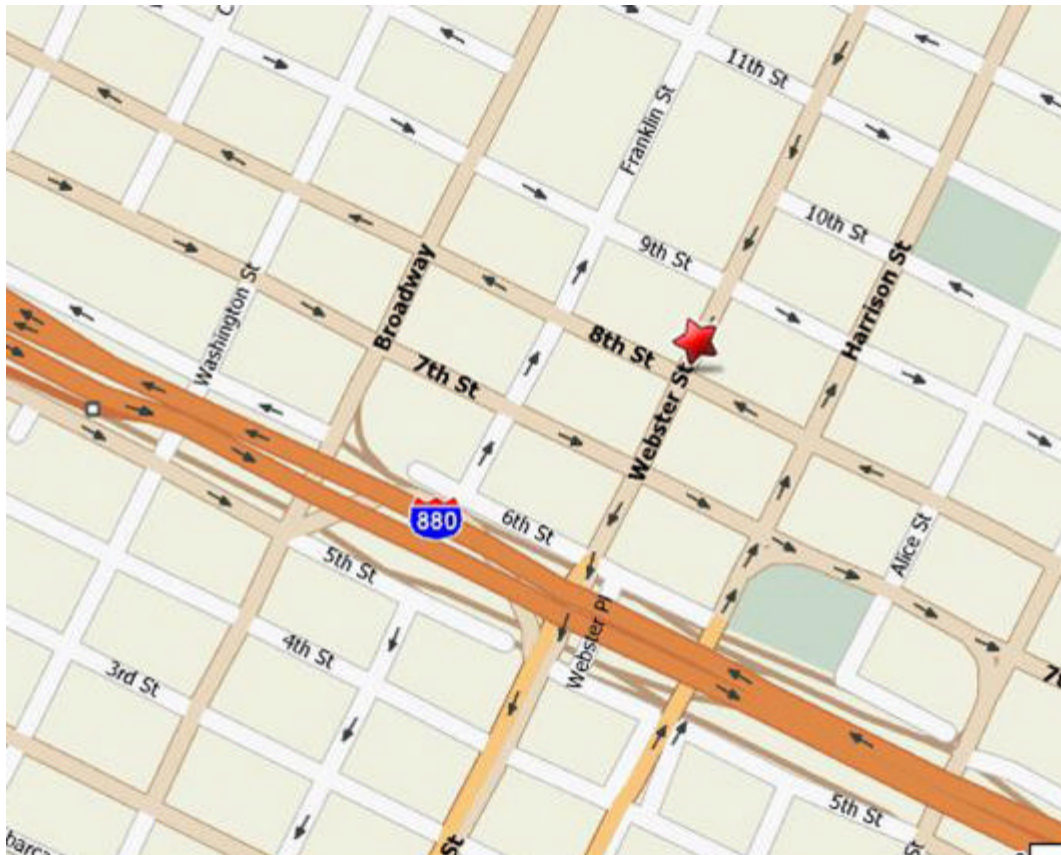
- *Sweet and Sour Fillet of Fish*
- *Yang Chow Fried Rice*
- *Beverages & Dessert (Oolong tea, sparkling cider & lychee nuts)*

Now that sounds like a great menu. Mark your calendars.

Directions and address are as follows:

Silver Dragon Restaurant
 835 Webster St, Oakland, CA
 510-893-3748

There is street parking and a nearby parking garage. Below is the basic map.



Directions:

From South Bay: Take 880 north. Exit on the Broadway exit towards downtown. Proceed to 9th Street. Make a right on 9th Street and find street parking. There is a public garage on Franklin and 9th Street.

From North Bay: Take 880 South to San Jose. Exit on the Broadway/Alameda Exit. Stay straight, go on to 5th Street. Turn left on Broadway. Turn right on 9th Street. There is a public garage on Franklin and 9th Street.

The Grand Prize for the Banquet

The members of the club have voted for a high grade laptop computer as the grand prize. As of this writing I have not purchased the computer yet. There will be subsequent brief newsletter in January on more details of the prizes for the banquet. As of this writing, the club officers have narrowed it down to something of the following:

State of the art Laptop Computer (perhaps a Dell, HP, or Toshiba)

2 Gigbyte of RAM

160 Gigbyte of Harddrive

dual core processor

DVD burner

Built in 802.11g wireless

Dual band mobile transceiver (perhaps an Icom, Yaesu, or Kenwood)

VHF 50 watts UHF 35 watts

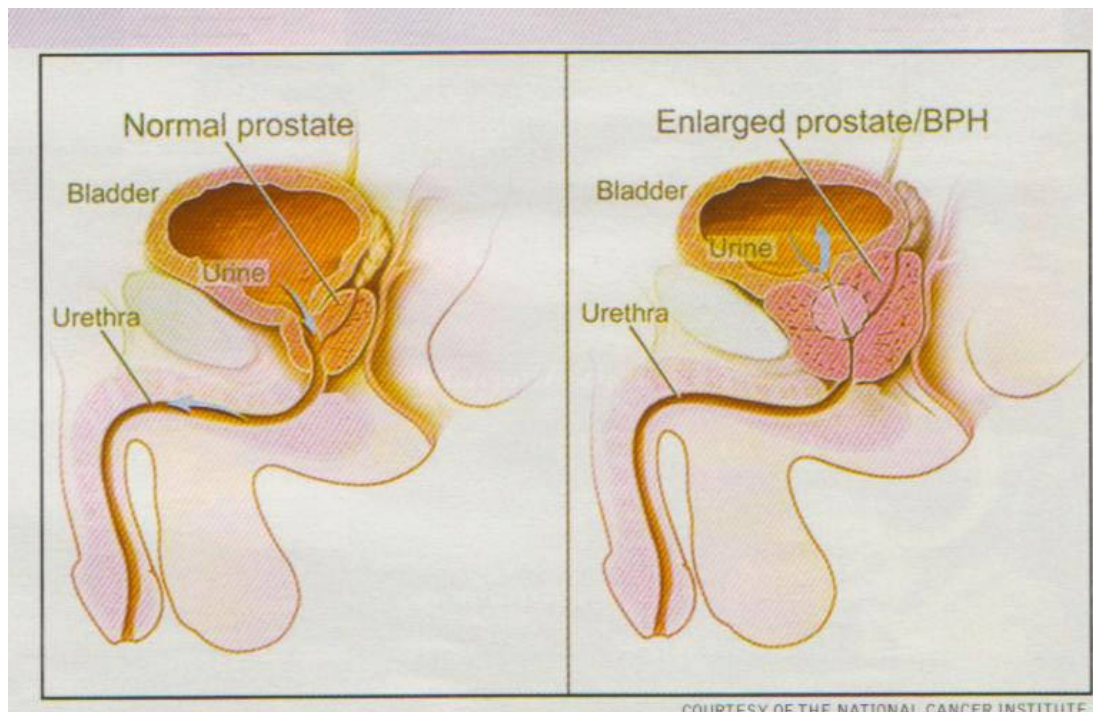
100 memories or more

GPS unit with a good color display

More on this in January on a special newsletter on just the prizes for the Banquet. Now what club can claim that?

BPH (benign prostatic hypertrophy, or enlarged prostate gland) *Bill Tom KN6QD*

Some of you may think I am biased against women on health issues from my previous articles, but to be fair, we men also have problems – but different kinds of problems. We do not have PMS (premenstrual Syndromes) or the menopause, but we do have a thing known as BPH (benign prostatic hypertrophy). Like our ladies, we also have a sex hormone imbalance as we age. Our testosterone normally maintains the healthy status of our prostate gland, but as we age along in years, our testosterone level will start dropping. But we also have a normally low level of estrogens in the same way that women have a low level testosterone. Proportionately, our estrogen level becomes higher relative to our diminishing testosterone level that cause the dihydrotestosterone stored in our prostate to enlarge the gland itself. The prostate gland, normally the size of a walnut, is wrapped around the urethra situated at neck of the urinary bladder. The enlarged prostate would cause a constriction on the urethra to limit the volume of urine to pass. The net effect is that bladder cannot completely empty the urine to cause the bladder retain some urine to consequently induce the bladder with a constantly full sensation with an urge to urinate much more frequently. In some men the spasm might cause him to stand at the urinal for many minutes before the urine stream could start.



A diagram of the male urinary system, indicating the Prostate Gland in pink.
 The constriction is in a lighter pink color that blocks the outflow of urine. .

Over 50% of the men will develop prostate enlargement after age 60, and up to 90% in men in their 90's. The medical treatment currently is taking alpha-adrenergic blockers drugs, which is to deprive the alpha receptors of the sympathetic adrenalin effect of dilating smooth muscles, which, in turn, dilates the urethra to allow urine to pass freely. The common drugs used are Uroxatrol, Cardura, Hytrin and Flomax, which are all alpha blockers, but they do not reduce the size of the prostate gland. The side-effects are headaches, fatigue, dizziness, nasal constriction and hypotension (low blood pressure). Alpha blockers will also relax smooth muscles in the arteries to lower blood pressure. However, Flomax is the least likely to lower blood pressures excessively. When using alpha blockers, one must not stand up too quickly from a sitting or lying position that might cause a fall to cause injury. In addition, if using Flomax, one must report that use to your eye surgeon before cataract surgery. Flomax use has a side-effect of causing a condition known as "floppy iris" syndrome after cataract surgery.

Other drugs used are Proscar and Avodart which are alpha reductase inhibitors to stop the conversion of testosterone to dihydrotestosterone, but it is a long term therapy. It is commonly known that anything done to the prostate gland will usually induce a condition of ED (erectile dysfunction). Pregnant women or those planning to be so, must avoid contact with Proscar or Avodart drugs which are known to be absorbed through the skin to cause birth defects in male babies. Both drugs could adversely cause urinary retention by reducing the muscle tone in the bladder. However, most therapies usually include the use of alpha blockers and alpha reductase drugs taken together. Men suffering from ED and BPH are often treated with Viagra, Cialis or Levitra, although this procedure is not approved by the Food Drug Administration for treatment of BPH

Sometimes, surgery is required. Open incisions are not common for BPH today, but are often used to treat cancer. In past years, the urethral blockage can be reduced with a procedure

known as TURP (transurethral resection procedure), but more recent processes include microwave thermotherapy, transurethral needle ablation using radio waves, and with photoselective vaporization using lasers. Most of these procedures might cause incontinence or sexual dysfunction. Incontinence is a constant uncontrolled leakage of urine, requiring a catheter or wearing diapers.

Non-invasive treatments include taking saw palmetto herb to reduce the prostate size. The side effects are stomach discomfort, breast tenderness, reduced libido and liver toxicity. Sometimes, pumpkin seeds or sunflower seeds combined with zinc are suggested. The more important procedure to take is a blood test to determine the PSA count (prostate specific antigen) to rule out prostate cancer. The PSA level should be less than 4.0. Anything higher must be referred to an urologist for biopsy and prostate exam to detect the presence of cancer and to assess the degree of activity of the cancer cells. Highly active prostate cancer cells is a very fast one way trip to incurable bone and lung cancers. Please take heed! *kn6qd*

EARN YOUR RADIO LICENSE IN ONE DAY!

Sunday, January 20, 2008

8:45AM SHARP! - 3:00PM

San Francisco County Fair Building Hall of Flowers – Rec Room

9th Avenue and Lincoln Way

There will be a General cram for Techs same place & time.

Ample free parking. Great lunch restaurants nearby.

Bring 2 IDs (one with picture), a pencil and

\$20 cash for Technician study materials and test **OR**

\$40 cash for General study materials, lecture and test **OR**

\$14 cash for testing only (general, extra, Morse tests available too)

8:45AM Study checkin, Don't be early or late. Drop ins OK.

Test only 1:30PM.

8:50 Beginners' tips, donuts

9:00 Self-study starts, coffee

1:30 Exams begin

No advance preparation needed for beginners, we do it all in 6 hours. General exam class at 9:15AM (if you are already licensed).

Questions? **hamcrams.com**

Next test date March, 2008

Passing this test will get you a ham radio license from the FCC good for 10 years. You will be able to use:

local repeaters for Bay Area communication

Echolink for Internet-based radio

satellite and moon-bounce international shortwave frequencies for global communication!

Come and join the great world-wide community of ham radio.

Remember, if you renew today, you will get a state of the art LED flashlight. These will be distributed during the banquet to paid members. If you do not attend the banquet, the flashlight will be sent to your via United States Postal Service. You may purchase extra flashlights for a \$10 donation to the club. Email Ed Fong for details.

2008 Membership Renewal and Banquet Reservations

	Number		Amount
Member Banquet \$30.00		Name (call sign)	\$
Spouse (or) Guest \$35.00 Banquet Kids under 12 free		Name (call sign)	\$
☺ 2008 Renewal \$15.00		Name	\$
TOTAL			\$

2008 membership renewal information

Membership or Roster changes Especially email address.	
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Make the check payable to the “**Cathay Amateur Radio Club**” or “**CARC**” and mail the ballot and banquet reservations to Bill Chin KC6POF by January 12, 2008:

Bill Chin
 43 Norwood Ave.
 Daly City, CA 94015

If you have any questions on the membership or banquet email Bill at: *bill.email@juno.com*

Election Ballot 2008 Officers

President of the Cathay Amateur Radio Club:

Edison Fong WB6IQN ___
write-in ___

Vice President of Northern California:

Leonard Tom NX6E ___
Howard Louie N6MNV ___

Vice President of Southern California:

Bill Fong W6BBA ___
write-in ___

Treasurer:

Vince Chinn W6EE ___
write-in ___

Secretary/Membership:

Bill Chin KC6POF ___
write-in ___