

## Cathay Newsletter June 2007

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**Treasurer:** Vince Chinn, *W6EE*

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

**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**

So here we are with a full year ahead of us. After much agony We finally got the website up. Go to [www.cathayradio.org](http://www.cathayradio.org). It is not complete but we got it up and running. It is a work in progress and I can work on it in my spare time. Thanks to Tony Sacco *KE6EOD*. It was quite a project. Tony wrote the entire site in HTML. So that was one of our great accomplishments for the year.

At the April meeting in Redwood City, we had a great attendance considering it was a "business" meeting. I counted about 20 people. Could they have come for just the raffle? Na!!! We have raffles all the time. Was it for the company? No, I was there. I can only conclude that it was because they truly wanted to contribute towards what events we were going to plan for the year. So we had a great planning session. We have some great events. Maybe even too many events. This is going to be a fun year. We will be having a trip to Pt. Reyes, a technical seminar session, a club picnic, a Christmas party, and of course the annual Chinese

New Year Banquet. So set your calendars. A tentative schedule is given below. Also, don't forget the monthly flea market at DeAnza College in Cupertino. It occurs on the 2<sup>nd</sup> Saturday of every month. Starts at about 7AM and ends by noon. Great place to catch up with friends and pick up a deal or two.

**Congratulations to Ron Quan KI6AZB** for passing his extra class license and getting all 100% correct. I looked over some of the questions and that is not an easy exam.

### **Minutes from the April Meeting at Hofbrau's – April 14**

We all had a great time at Harry's Hofbrau in Redwood City. As usual the food was just great and under \$10. I counted 20 attendees. The purpose of the meeting was to arrange for events for the rest of our year. We voted for the following.

1. Passed - Ed Fong will chair the Annual Chinese New Year Banquet.
2. Passed - If the grand prize at our events is a radio requiring a ham license, then the winner must be a ham. Tony *KR6EG*, brought up this issue.
3. Passed – Grand Prize at our events must be present to win, but not necessarily be a member of the club.
4. Major events for the summer will be a trip to the KPH transmitter at Pt. Reyes, picnic for the summer, and a tech session at Ed Fong's house. This will be topped off with the annual Christmas Party. Dates are shown below.

### **Calendar of Events for the year – approved at the April meeting**

July 7 - KPH – Field Trip – Pt. Reyes - FREE donations accepted at the door to CHRS (California Historical Radio Society)

August 11 - Technical session – Sunnyvale - programming your HT with PC software. FREE

September 8 - Annual Picnic – Fairbrae Tennis and Swim Center – Sunnyvale - FREE

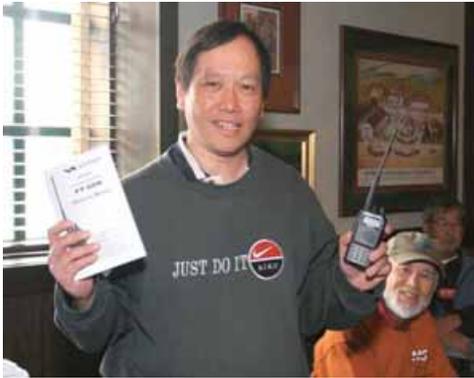
December 15 - Christmas Party -- Sunnyvale - FREE

Chinese New Year Party – date and place to be announced.

Every second Saturday of the month - De Anza Flea Market occurs.

The Grand Prize at the meeting went to Howard N6MNV. He is now the proud owner of a state of the art Yaesu FT60 dual band full power HT. Other winners included:

Paul *W6NDA* for a power inverter, Paul *W6NDA* for 15 function tool set, Dave *NE5EE* for Kronus complete 55 piece tool set, Connie *KD6WDO* for a 1 million candle spot light, Nelson *AD6XZ*- Laser pointer with flashlight, and Ed Fong *WB6IQN* 3 watt LED flashlight



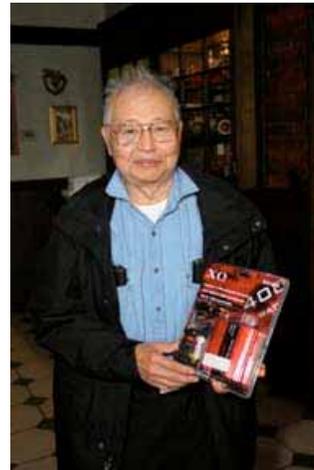
Howard *N6MNV* won the Grand Prize.  
A Yaesu FT60 dual band HT.



George *W6BUR*, Bill *KN6QD*, Dave *KA2HRS*  
and Bill *KC6POF* relaxing after lunch



Nelson *AD6XZ*, Dave *WZ6X*, Cy *WB6TCF*  
waiting for the raffle to begin.



Paul *W6NDA* won the power  
inverter.

### **Trip to KPH Transmitter Pt. Reyes - July 7 Meet at 10 AM**

This year we have a real treat. I don't remember who brought this up, but this looks like a great trip. The KPH transmitter (receiver) site has been around for over 100 years. It sent and received signals to ships and boasted a 50KW transmitter with antennas you would not believe. Go to the website [www.radiomarine.org](http://www.radiomarine.org). The site is at Pt. Reyes. We will see the transmitters that were last used commercially 7 years ago. There are still annual tests that are performed. You will go back in time and see how this site communicated with ships in the last century.

Today the former KPH facilities are part of the Point Reyes National Seashore which has a strong interest in the important role the station played in the history of radio communications. The Maritime Radio Historical Society has been working with the Point Reyes National Seashore to preserve and restore KPH with the goal of eventually creating a museum dedicated to this great station that was once heard throughout the world.

KPH is unique among maritime coast stations that have been shut down. Every other such station we know of has been bulldozed to make way for housing tracts and shopping malls. As a result, almost all of the history and artifacts of these great stations have been lost.

These photos show what can be seen today at KPH. When the station was shut down the personnel simply locked the doors and walked away. Thus KPH became a sealed time capsule containing the equipment and documents not only of the last phase of its life but of previous phases as well. We will visit this and other sites.

Steve Hawes WB6UZX will be our tour guide. This will be a special tour since we are a Ham Radio Club and Steve will take us to places that regular tour groups will normally not experience.



The KPH building as it sits today. We will take a tour of this building.



An archive picture of one of the CW operators.

**Directions to Point Reyes KPH site.**

Meeting should be at the RCA Communications (KPH) building, 451 Mesa Road, Bolinas. We will meet at 10AM. Directions follow:

(Consult a map to get across the GG bridge, or via 580 from Richmond, then to Hwy 101.) Then take-  
Hwy 101 to SR (state route) 1 exit "Stinson Beach"

SR 1 north, Shoreline Highway, through Stinson Beach.

At North end of Bolinas Lagoon, SR 1 MP (mile post) 17.01, turn left. (This is one leg of a Y leading to Olema-Bolinas Road. There are NO signs for Bolinas.)

(MP= mile post = look at the white markers by the side of the road. They start at Zero when you leave highway 101 and increase as you go north. Stinson Beach is about MP 12.5. MP 17.01 is the only indication of where the turnoff is.)

At the Yield sign turn left on Olema-Bolinas Road.

At the stop sign at Horseshoe Hill Road turn left (still on O-B road).

At the stop sign at Mesa Road turn right on Mesa Road.

Proceed on Mesa Road, past the firehouse, past the "Not a Through Street" sign, past the water

and sewage treatment plant (you will begin to see the antenna field off to the left), to green fence on left with "Commonweal 451" sign. Turn left there and go down road toward building.

Turn left at the first open gate at the building (labeled "RCA Communications" on the East end).

This may be the first gate you come to on the left, or a little farther on, the second gate on the left.

Proceed down the north side of the building toward the far (West) end. Door on side is labeled "MCI". Park where possible off the driveway if possible, in any of the places on the north or west side.

Ring door bell or call on the radio. We monitor 147.42 simplex enroute or at BL (the RCA telegraph ID for the Bolinas facility).

**Tech Session in Sunnyvale Saturday, August 11** – right after the DeAnza Swapmeet: FREE event. Includes pizza/lasagne lunch. Complete with salad and drinks. Bring a dessert to share (optional).

The Tech session this year will be an introduction of software to run your handie talkie. Almost all of us have a handie talkie. If it was purchased in the last 10 years or so, then it has plenty of memories. Even the most entry level handie talkie has 100+ memories. Most have between 200-2000 memory locations. So how do you program these radios? Certainly one does not do it by hand entering the specifications into the radio via the keypad. It would take weeks of your time. Just accept it, anything over 10 memories and it becomes impractical to program with direct entry. Rather one uses a PC with the aid of a spread sheet. There are programs you can purchase from the manufacturers, but if you come to this session, you will receive it FREE. We will demonstrate how to use some this sometimes "awkward" software. It should be lots of fun and the food will be great. More details to come in the next newsletter.

This is right after the DeAnza Flea Market, so bring your friends and family and enjoy a nice relaxing afternoon.

## **Annual Picnic – Fairbrae Swim and Raquet Club Saturday, September 8**

**Place:** Sunnyvale on the Corner of Hollenbeck and Sheraton – Right down from the Swap Meet

**Time:** September 8th 11:00AM-3:00PM

**Costs:** Bring a Potluck to share, FREE parking, FREE drinks, Raffle Tickets: \$5 each

This is a great place, just down from the DeAnza Swap. We will rent the Club House for the afternoon. There are cooking facilities some we can heat up food. If you wish to find out more about this facility, go to [www.fairbrae.com](http://www.fairbrae.com). Meanwhile, I can tell you it has 2 tennis courts, large lap swimming pool, a club house and barbeques.

Watch for future newsletters for details.

**Christmas Party Second Saturday of December** - Stay tuned, more to come. Tentatively schedule for December 15.

## **What Else Does the Club have to Offer?**

We have a new feature in the club. To club members, the club has decided to have a list of equipment that members can use, borrow or even purchase from either the club or club members.

### **Here are some items.**

Brand new Belden 9980 50 ohm ultra low loss coaxial cable. This is one of the best 50 ohm RG8 format cables around. It is tripled shield (yes, tripled shield) . Ideal for UHF long lines and VHF/UHF repeater applications. It is available to club members for \$0.20 per foot. The money goes to the raffle prize fund.

Brandnew RG58 - This is the standard 50 ohm flexible coaxial cable used through the shack. It is available to members for \$0.15 per foot. The money also goes to the raffle prize fund.

Kenwood TS430 - HF – all mode 1.5 MHz to 30 MHz. 100 watts output. Ideal for camping, Field Day, or as base station. Complete with CW filters. Take it for a spin some weekend and see if you like HF operation.

Kenwood TR7400 - 25 watt 2 meter mobile with programmable PL. Great for getting on the local repeater if you have not done so. This gives handheld users a taste of what 25 watts can do.

Various Antennas that are available to club members. Especially mag mounts for VHF/UHF. These are also available for purchase at \$10 each. These are brandnew. Also available to club members are the famous DBJ-1 and DBJ-2 dual band VHF/UHF antennas for borrow or purchase.

MFJ-259 - Antenna analyzer good up to 170MHz. This is a great device for testing your antennas up to 170MHz. Very easy to use and essential for testing and tuning antennas.

MURS (multi-use radio service) I have about 30 of these commercial radios. You do not need a license to operate these radios. So they are great for non ham groups that need reliable communications. Try it, you will like it. If you need more information on this service, go to <http://www.provide.net/~prsg/murshome.htm> or just do a “MURS” search on Google. The entire set consists of a fleet of Motorola P10, SP10, HT220, PT500, MT500, etc. I also have mobile antennas for them, base station antennas, power supply etc. These are the radios that are use for the annual San Jose Aids Walk, Mountain View Art and Wine Festival, Monte Vista High Senior Party, etc.

If your group is going on camping trip, vacation, etc, these radios are great. They have a range far exceeding FRS radios and also have a much improved audio quality since they are “wide

band FM” and sound much better than the poor quality 12.5KHz narrow band channels use on FRS channels.

Spectrum Analyzer HP8194. This is a portable 2GHZ HP spectrum analyzer that can be used for testing spurious transmission, trouble shooting oscillators, radios, etc. This is a great unit retailing for over \$30k.

## **Women Are Built differently --- No Kidding! - By: Bill Tom KN6QD**

The lovely attributes of our ladies are the most wonderful of all the differences that existed between men and women. There is one important difference that must be defined for a woman’s survival in a heart attack situation.

### IN THE BEGINNING:

Women, the mothers of all living creatures, protect all her babies with the utmost of care at conception and during gestation. Every guy originally developed as a girl at that initial phase of development. The male factor, which is contained in the father’s sperm, is a foreign protein to the mother. Her immune system would try to destroy the fetus. So as to protect the boy baby from her own immune system, a unique enzyme was produced to shield her boy baby from the destructive antibodies that essentially caused the boy fetus to develop as a GIRL. That is why all men have nipples for which they have no function. The boy baby’s sexual organs were those of a girl. He first had ovaries and female genitalia.

After all his essential organs and his own immune system are developed, the baby’s male factor starts to produce testosterone to cause the sexual organs to revert to testes and a penis. Indeed, the internal testes must descend externally through the inguinal canal before birth since his sperm cells cannot survive the internal body temperature. That is the reason for the scrotum -- radiator of sorts.

We are all familiar with the growing up processes that we have experienced. We need not get into that.

The one known factor of women that is different from men is that they do not experience the same diagnostic symptoms when they are having a heart attack. Nominally, a man has a severe crushing pain in his chest, with nausea and symptoms of indigestion, with pains radiating into his jawbone and into his left arm and with profuse perspirations.

A woman sometimes do not have the crush pain in the chest, probably because women usually do not have massive muscle fibers in her chest. I attach an article, a living experience of a lady who survived a heart attack, while not knowing she was having a heart attack.

Here is a more detailed article on Heart Attacks for women, written by one who had heart attack and survived:

Women rarely have the same dramatic symptoms that men have when experiencing a heart attack --- you know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest & dropping to the floor that we see in the movies. Having had a completely unexpected heart attack about 10:30 p.m. with NO prior exertion, NO prior emotional trauma that one would suspect might've brought it on, it was this past April,'06, about 1-1/2 hours after I'd spent a pleasant 2 hrs. Rehearsing with the Note-a-Belles. I was sitting all snugly & warm on a cold

evening, with my purring cat in my lap, reading an interesting story my friend had sent me, and actually thinking, "A-A-h, this is the life, all cozy and warm in my soft, cushy Lazy Boy with my feet propped up." A moment later, I felt that awful sensation of indigestion, as though I had been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. You realize you shouldn't have gulped it down so fast and needed to chew it more thoroughly and this time drink a glass of water to hasten its progress down to the stomach, which doesn't do much good, as your esophagus and throat muscles are in spasm and it hurts to swallow.

This was my initial sensation---the only trouble was that I hadn't taken a bite of anything since about 5:00 p.m. After that had seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE (hind-sight, it was probably my aorta spasms), gaining speed as they continued racing up and under my sternum (breast bone, where one presses rhythmically when administering CPR). This fascinating process continued on into my throat and branched out into both jaws. AHA!! NOW I stopped puzzling about what was happening. We all have read and/or heard about pain in the jaws being one of the signals of a heart attack happening, haven't we?

I said aloud to myself and the cat, "Dear God, I think I'm having a heart attack!" I lowered the footrest, dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself, "If this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else.....but, on the other hand, if I don't, nobody will know that I need help. And if I wait any longer, I may not be able to get up in moment." I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the paramedics. I guess when one reaches them, your address automatically flashes on a screen, as the operator verified my address immediately and asked my symptoms. I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts, ma'm. She said she was sending the paramedics over immediately, asked if the front door was near to me, and if so, to unbolt the door and then lie down on the floor where they could see me when they came in. No, I didn't take an aspirin, as I'm allergic to it, but I did take a 100 mg magnesium oxide capsule...which bottle I keep handily in reach on the kitchen counter...which is a small detour on my way to the front door...with about a 3/4 glass of water to get it dissolving ASAP into my bloodstream. Magnesium relaxes blood vessels as it dissolves to get them expanded to let blood get through the constriction of the vessels. I then laid down on the floor as instructed and lost consciousness, as I don't remember the medics coming in.their examination...lifting me onto a gurney or getting me into their ambulance...or hearing the call they made to St. Jude ER on the way But I did briefly awaken when we arrived and saw that the cardiologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance.

He was bending over me asking questions (probably something like "Have you taken any medications?") but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again...not waking up until the cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed two side-by-side stents to hold open my right coronary artery and now was being taken into the CCU, and looking up at the three anxious faces of my children Karsen, Mark, and

Wendy. Since I'd been a patient at St. Jude in 2002 for my TIA treatment, they had my emergency info in their system and had called my kids. Spent two days in CCU and two in general ward, and then was discharged. I know it sounds like all my thinking and actions at home must have taken at least 20-30 minutes before calling the paramedics, but actually it took perhaps 4-5 minutes before the call, and both the fire station and St. Jude are only minutes away from my home, and my Cardiologist was already to go to the OR in his scrubs and get going on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stints. Why have I written all of this to you with so much detail? Because I want all of you who are so important in my life to know what I learned firsthand, as a Certified Medical Back-Office Assistant in Internal Medicine Clinics, and as one who has lived through a heart attack due to:

1. Being aware that something very different was happening in my body not the usual men's symptoms, but inexplicable things happening (until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last!) MI because they didn't know they were having one, and commonly mistake it as indigestion...take some Maalox or other anti-"heartburn" preparation...and go to bed...hoping they'll feel better in the morning when they wake up...which doesn't happen. My female friends, your symptoms might not be exactly like mine, so I advise you to call the paramedics if ANYTHING unpleasantly happening that you've not felt before. It is better to have a "false alarm" visitation than to risk your life guessing what it might be!
2. Note that I said "Call the Paramedics," Ladies. TIME IS OF THE ESSENCE! Do NOT try to drive yourself to the ER. You're a hazard to others on the road, and so is your panicked husband/friend who will be speeding and looking anxiously at what's happening with you instead of the road, and so are your kids or friends a hazard as well. As sure as I sit here, they will get the attention of a cop who will pull you over for speeding--more wasted time. Do NOT call your doctor--he doesn't know where you live and if it's at night you won't reach him anyway, and if it's daytime, his assistants (or answering service) will tell you to call the Paramedics. He doesn't carry the equipment in his car that you need to be saved! The Paramedics do--principally OXYGEN that you need ASAP. Your Dr. will be notified later.
3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count -- I did, and do, too. Research has discovered that a cholesterol-elevated reading is rarely the cause of an MI (unless it's unbelievably high, and/or accompanied by high blood pressure.) MI's are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there (and, of course, family genetics can be a factor. I qualify for the latter, and the years 2005 and 2006 have been the most stressful of my life since Jack died in 1981.)
4. Read on for the e-mail I received today that prompted my above lecture to you:
5. SUBJECT: Drinking ice water at mealtime (which I've always done until now.) Noting that neither Urban Legends nor Snopes has anything to say about this one, it must be true. Interesting, if you've read it before, re-read it. It may save your life. Send it to your friends and family. It may save their lives.

This is a very good article. Not only about the warm water after your meal, but about ladies and their heart attacks. This makes sense...the Chinese and Japanese drink hot tea with their meals...not cold water...maybe it is time we adopt their drinking habit while eating!!!

Nothing to lose—everything to gain...For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the fatty/oily stuff that you have just consumed. It will slow down the digestion. Once this "sludge" reacts with the stomach's hydrochloric acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.(Make it green tea--a great antioxidant!)

A serious note about heart attacks: Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line, or even pressure there and under sternum, or "indigestion" symptoms, especially if you haven't eaten in several hours. You may never have the first chest pain during the course of a heart attack, but heaviness /pressure under the sternum is common. Nausea and intense sweating are also common symptoms, in the women. 60% of people who have heart attacks while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we could survive.

A cardiologist says if everyone who gets this email and sends it to ten people, you can be sure that we'll save at least one life.

My personal comment: My mother always had us drinking hot soup at the end of each meal, instead of at the beginning. Bill.

(To prevent XYL Silent Key, by Bill kn6qd)