

Cathay Newsletter March 2007

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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:

Thanks again for electing me to be your president. Again, I like to thank Tony KR6EG for being such a gentleman. Being the president is no easy task balancing all the desires of members, the budget and time one has available. With almost 100 members, one must simply accept the fact that one cannot satisfy all the people all the time. It is the president's job to determine how the club moves forward with activities where most members can participate. The Cathay Board members are there for support and suggestions. So I am here to serve the members. All suggestions are welcome. I'll promise that just because you suggest something, you do not own it.

So 2007 is the year of the bohr. Because of cyclical lunar dating, the first day of the year can fall anywhere between late January and the middle of February. On the Chinese calendar, 2007 is Lunar Year 4704-4705. On the Western calendar, the start of the New Year falls on February 18, 2007.

If you were born in 1923, 1935, 1947, 1959, 1971, 1983 or 1995 - you were born under the sign of the pig. Like the bohr, you are highly regarded for your chilvary and pureness of heart, and you often make friends for life. 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 Bohr include Lucille Ball, Humphrey Bogart, Thomas Jefferson, Ernest Hemingway, Alfred Hitchcock, Mahalia Jackson, [David Letterman](#), and Arnold Schwarzenegger.

Just as a note, don't forget the Monday night net.

Edison Fong, WB6IQN

Meeting on Saturday April 14 at Harry's Hofbrau – in Redwood City

Our first meeting of the year will be held at Harry's Hofbrau in Redwood City. This will be after the DeAnza College swap meet. So about 12 noon, we can start gathering there. The primary purpose of the meeting is to solicit suggestions from members on what we wish to do for the year. To entice members and visitors, we throw in a raffle. You never know, you could win. George W6BUR never thought he could win, but last year he did and he has no regrets coming to the meeting. Just give us suggestions, the officers and the board will do the rest. We promise not to "volunteer" you for anything. So far we have suggestions of visiting the KRE radio station and visiting the RCA transmitters at Bodega Bay. Do you know of any other cool things in the Bay Area? Come tell us and share your secrets. For the tech session, several people have suggested a tutorial on the software that one can download on the net that allows us to computer program our HT's and mobiles. I like the tutorial because I have tried some of the shareware and most of it is not so easy to use.

Directions to Harry's Hofbrau in Redwood City (1909 El Camino Real – 650-366-3733):

From 101 in Redwood City take the Woodside Road exit. This is also known as Highway 84. It only goes towards the mountains and not towards the Bay. Go about 1 mile on Woodside and you will approach El Camino Real and Woodside. Harry's Hofbrau is on the corner of Woodside and El Camino. Woodside Road will be an overpass over El Camino so you can either exit before or after the overpass. Either way will get you back to the corner of El Camino and Woodside Rd. The meals are great and the sandwiches are between \$4-6. You can choose from roast beef, baked ham, turkey, pastrami, etc. The breads include white, wheat, rye, onion roll, French, Kaiser roll or Dutch Crunch. Or if you prefer, you can order ½ sandwich of your choice and a cup of home made soup for \$5.49. They have all types of desserts if you still have room after their great sandwiches. The atmosphere is great. They give us the meeting room free so it is no cost to the club. If you can't make the meeting, you can still buy a raffle ticket to support the club. Just call me (Ed Fong 408-245-8210) or email: edison_fong@hotmail.com.

After much soul searching and soliciting members, a Yaesu FT60 appears to be popular. This is a full feature dual band HT. This is a great radio. Extremely rugged. It has 1000 member channels. Very easy to program directly from the keypad or you can use available software. It has very loud audio and puts out a full 5 watts on both VHF and UHF. The radio detects both AM and FM. One of the great features of this radio is that one can purchase the AA battery pack and get full power output.

It also features wideband receive from 108-520 and 700-999.990 MHz (less cellular). An Emergency Automatic ID system will automatically cause your FT-60R to transmit your callsign and engage the mic if you are disabled and unable to press the PTT switch. Two programmable keys are provided for your convenience. There is even a password feature to prevent unauthorized use of your radio. Radio to radio cloning is possible with the optional CT-27A cable. Other refinements include: One touch NOAA weather, nine DTMF auto dialer memories, die-cast weather resistant case, ARTS Auto-range transponder system. There is also a Mono-band and Memory-only operating mode.

Includes the SMA flex antenna, FNB-83 NiMH (7.2 V 1400 mAh) Battery, Belt Clip and NC-88B 120 VAC wall charger. Size: 2.3 x 4.3 x 1.2 inches 13.1 oz (58x109x30mm 370 g).

Features

- * Over 1000 Memories
- * 5 Watts RF Output
- * Backlit Keypad
- * Alpha Display
- * NOAA Weather Alert
- * PL Encode/Decode
- * DCS Encode/Decode
- * Emergency Auto ID System
- * ARTS System



Summary of the Chinese New Year Banquet - The annual banquet was great. I must give my thanks to Joe Lee W6DOB and his banquet committee. They did this like clock work. What more can I say? There were over 100 attendees. I saw people I had not seen in years and met new friends. The food was superb and there was plenty of it. I know Peking Duck is bad for you, but once a year I really enjoy it. The salt and pepper fish was also delicious. Mark Nowell WI7YN won the FT897. The funny thing is that he was the person that sold me the radio just 2 months prior. Mark is the manager of the HRO store in Oakland. John Tim, W6QNT won the second prize of the Motorola GM300. This was a generous donation by Bob Fishman, W6FSH. So who was the gentleman that won the third prize? I did not get the pleasure of meeting him. Is he a potential member? Howard N6MNV did take a picture of him. Everyone had a great time and I'm just looking forward to next year. Thanks to Howard who took the pictures.



Joe, W6DOB did a great job as the banquet committee chairman.



The CARC band. Dave, WZ6X, ???
Joe W6DOB, and ????



Mark Novell WI7YN manager of the HRO store in Oakland won the grand prize of the Yaesu FT897.



Here's are the raffle prizes.



I don't recognize this gentleman, but he won the printer. Who is he?



John Tim, W6QNT won his third radio, a Motorola GM300.

Christmas Party - We had about 60+ people come to the Christmas party. As you can see by the pictures, many were kids. Sharadon (my wife) had the kids make a ginger bread house and then the kids had a great time eating it. Of the 75,12v gel cells that HRO's gave us to distribute to Cathay members, I gave away about 60. The rest were given away at the Banquet. When Cathay Radio people are involved, you know the food will be great. If you missed it last year, there is always this year. As one can see by the pictures, there was plenty of food. I meant new member David Chen, KF6FPO. He drove down with his wife all the way from San Francisco. Bert, KG6LEE drove all the way down from Richmond. The party ended around 11PM. So for old timers like myself, it was really fun.



Sheldon Mah KD6MNZ looking at the grand prize for the banquet.



Children had fun making the ginger bread house and eating it too.



There wasn't a raffle, but attendees got to pick up a gel cell battery and Lenord NX6E got a bonus 2 meter amplifier.



There were about 65 attendees but I only could catch this picture.

What to do with your E-waste - Are you wondering what to do with all that e-waste you have? What do you do with that old NTSC CRT TV? That old Pentium I with the 100meg harddrive? The answer; go to info@unwaste.com. The company is located in Oakland at:

Corporate Headquarters
3403 Piedmont Ave Suite 301
Oakland, CA 94611
Phone 888-832-9839

They will direct you on where to drop off your old monitors, computers, keyboards, cell phones, printers They are at different locations every weekend throughout the Bay Area. Check out the website for the dropoff site nearest you. It's all free. The funding comes from the waste disposal surcharge when you purchase a monitor. So take advantage of it.

FCC Drops Morse Code ARRL - In an historic move, the FCC has acted to drop the Morse code requirement for *all* Amateur Radio license classes. The Commission adopted the long-awaited *Report and Order* ([R&O](#)) in WT Docket 05-235, the "Morse code" proceeding, and released it December 19. *The effective date of the FCC's R&O will be 30 days after publication in the Federal Register -- most likely in February.* Currently, Amateur Radio applicants must pass a 5 WPM Morse code test to operate on HF. The FCC's action will eliminate that requirement all around as of February 23, 2007.

"This change eliminates an unnecessary regulatory burden that may discourage current Amateur Radio operators from advancing their skills and participating more fully in the benefits of Amateur Radio," the FCC said. The ARRL had asked the FCC to retain the 5 WPM for Amateur Extra class applicants only. The FCC proposed earlier to drop the requirement across the board, however, and it held to that decision.

The ARRL has been posting all relevant information on these important Part 97 rule revisions on its "[FCC's Morse Code Report and Order WT Docket 05-235](#)" Web page.

The FCC's action in WT Docket 05-235 will grant limited HF privileges to *all* Technician licensees, whether or not they've passed a Morse code examination. Once the *R&O* goes into effect next year, all Technician class license holders will be able to enjoy current "Tech Plus" HF privileges in addition to their current VHF/UHF privileges. The FCC *R&O* in the Morse code docket eliminates a disparity in the operating privileges for Technician and Technician Plus class licensees -- something the ARRL has asked the Commission to address following the release of the FCC's July 2005 *Notice of Proposed Rule Making (NPRM)* in WT Docket 05-235.

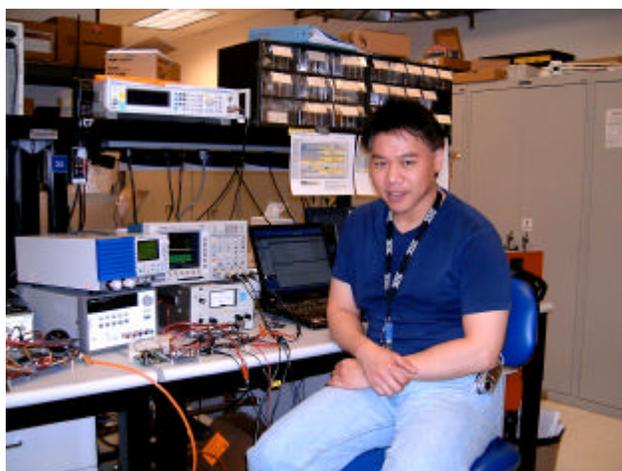
"With today's elimination of the Morse code exam requirements, the FCC concluded that the disparity between the operating privileges of Technician class licensees and Technician Plus class licensees should not be retained," the FCC public notice said. "Therefore, the FCC, in today's action, afforded Technician and Technician Plus licensees identical operating privileges."

Technician licensees *without* Element 1 Morse code credit currently have operating privileges on all amateur frequencies above 30 MHz. Technicians *with* Element 1 credit (ie, "Tech Plus" licensees) have limited HF privileges on 80, 40, 15 and 10 meters. Under the Part 97 rules the Commission proposed last year in its *NPRM* in WT Docket 05-235, current Technicians lacking Morse credit after the new rules went into effect would have had to upgrade to General to earn any HF privileges.

Privileges will remain the same for Novice, General, Advanced and Amateur Extra class licensees.

As of February 24, all code testing will be dropped.

New Club Member Sheldon Mah, KD6MNZ - Please welcome new member Sheldon Mah KD6MNZ. Originally from Canada, he now resides in Mountain View. Sheldon has been a ham since 1992. He is a staunch Motorola fan and owns several Motorola radios with the programming accessories. He even likes HT220's and MT500's. Sheldon works for National Semiconductor as a system's engineer and has been with the company since 2000. In his spare time, he likes to work on cars and commercial 2-way radios. He earned his BSEE from USC and MSEE from the University of Santa Clara, all specializing in communications. If you have a radio problem, he can answer it. He has worked on transmitters (both TV and radio), receivers, low power wireless and even power management. On top of all that, he is a black belt in Kung Fu.



Sheldon shown with his lab bench at work. He works on some pretty cool stuff. His present project involves designing the power management circuits on cell phones.

Treasury Report: - As of March 1, we now have \$11,016 in the treasury. Thanks to Vince Chinn CPA W6EE, for being the treasurer. The club is pretty healthy and that is why we can afford those lovely prizes. Thanks to all the members over the years that have help keep the treasury in such fine shape.

Preventing Silent Key. (Silent Key is a term used to indicate the demise of an amateur radio operator) **By: Bill Tom KN6QD**

Asthma – A British scientist has devised a new method for treating asthma without medications. In a half-hour procedure, a bronchoscope is inserted through the nose or throat into the bronchus. Radio waves are emitted to 150-F degrees to destroy some excess muscles to lessen the spasms that cause the constriction that causes difficult breathing.

New uses for current medications: Regular medicines when taken to treat a specific condition often have an effect on some other unintended organ in your body –known as side-effects. Therefore, a drug designed to treat one malady, might also be used to treat another unrelated disease. For example, aspirin taken to ease a headache, can also prevent blood clots in the arteries, and might also have a role in preventing colon cancers. There is now an ongoing project to match our current drugs to the human genomes (genes) to find new uses to treat diseases other than for the illness they were initially designed to treat. This process will increase the treatment of many other diseases using drugs that we already have at hand.

Smallpox --- A virus that is one of the weapons that terrorists could use to destroy our country by killing millions of our population. Our scientists have created a new drug to cure smallpox infections and, possibly, all other diseases related to the smallpox virus. Under testing now is a new drug, identified only as SIGA-246 that could protect and cure us from a possible terrorist's attack using a smallpox biological weapon. .

Blood Transfusions --- Red blood cells, or hemoglobin, are the carriers of oxygen to keep us alive. The measured amount of them in your body is known as “hematocrits” (commonly referred to as “crits” by the medical staff). Red blood cells are classified as to types, uniquely as A, B, AB or O. Your blood type was imprinted on your military dog tag. I am personally a type “B”. I can only accept another type “B” or a type “O”. Type “O” is a universal donor. So, a type “A” can only accept Type “A” blood and type “O”. Type “AB” is a universal acceptor and can accept any blood types.

Your red blood cells are unique to your own body. Transfused blood cells from another person are always foreign to your own immune system. Your immune system will allow transfused red blood cells to keep you alive for a short time as oxygen carriers, but it will slowly destroy the transfused blood, while your bone marrows are replacing it with newly created red cells of your own type.

Our scientists have created a new blood replacement fluid, created from chemically modified human blood cells that have a long shelf life that do not require refrigeration. Meanwhile, another blood replacement is being developed using modified bovine (cow) blood. This is not

too far-fetched since pig heart valves have been used for many years as human heart valve replacements.

Valve replacement, a new heart valve has been created to replace faulty or diseased human heart valves. Instead of opening the chest cavity and opening the heart as is now done, the new artificial valve could be inserted through the groin artery to the heart using x-ray and echocardiogram techniques and heart-lung machine. This same technique is currently used to keep open your coronary artery blockage to treat a heart attack.

Heart attacks __ Usually sixty percent of the people who had suffered heart arrest (stoppage) failed to survive in the emergency rooms, mostly due to brain damage for lack of oxygen. Today, a new procedure is used to cool the patients' temperature down by eight degrees to lower the brain's need for oxygen while the heart was stopped.

Blindness is now being researched to find a way to restore visual sight to the blind. With the great impetus in designing smaller high-pixel digital cameras, researchers have created tiny light-sensitive film receptors that can be surgically implanted into the eye, on top of the macula, that could transmit light images, via the optical nerves, to create sight images in the visual cortex in the brain located in the back of the head. So far, clinical trials of this procedure are promising. The human eye is approximately 25 megapixels. Some cameras are already achieving over 50% of that acuity.

Late Press Release - AVOIDING SILENT KEY.

Quinine Sulfate used for leg cramps has been recalled by the FDA as being harmful to your health. If you are using quinine to treat leg cramps, please stop! The FDA now authorizes quinine to treat malaria only.

Quinine sulfate has mild side-effects of headache, ringing in the ears, dizziness, blurred vision, etc, but the most insidious side-effects are blood disorders, kidney damage and cardiac irregularities that have caused deaths over the years..

Since there are really no other drug to treat leg cramps, you could do the following to prevent leg cramps.

1. You could stretch your calf muscles by standing about two or three feet from a wall, Touch the wall with your hands with both feet flat on the floor. Lean forward and hold for about 30 seconds. Repeat several times.
2. Drink plenty of water every day to avoid dehydration that causes muscle spasms. Avoid caffeinated drinks.
3. I put a bar of soap at the foot end of my mattress under the sheet. There is no reason why it works, but it works for me.

KN6QD