



# CATHAY RADIO NEWS

## Fall Newsletter October 2005

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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 link. The Monday night net is the best way to find out the latest club news.

### President's Message

How are you all doing? Well, this is the last newsletter for the year and we have had a great year. I have enjoyed my presidency for the last two years and I hope that I have contributed to the club. Being the President is challenging but rewarding. All the time spent organizing the events is all worth it when it all comes together and I see that everyone is having a great time. The holidays are coming up so the Cathay Radio Club events whine down. The next big event is the annual Chinese New Year Dinner which will be at the end of January 2006. Wow!! How time flies. The board needs to start thinking about a place somewhere in the East Bay. A centrally located place like Fremont would be ideal. Does not have to be fancy, but we do need a room that can accommodate about 100 people and by the board members inputs from the April meeting, a price tag of \$20-\$25 is more preferable. I am sure there are plenty of restaurants that would want our business. So keep your eyes open. Please email or call me if you have a restaurant in mind in the East Bay.

We need to start thinking about officers for the next year. We now have 93 members in the club, a new record. Looking back at my old rosters, we had a previous peak of 92 members back in the year the 2000. Remember, everyone has a say in the club and we need everyone to chip in to make it a great club. What really makes a great club? It's the members. I can stay on to be the prize chairman and even do the newsletter, but it would make the XYL's day if some people would help me out with the rest. I am sure there are great ideas out there and great contributors.

Everyone must know some secret Bay Area place that you wish to share with club. The trip to Hiller Air Museum October 1<sup>st</sup> was just a great example of this. It was only 20 minutes driving from my house and yet I had never thought about stopping by and visiting it until George W6BUR mentioned it. By the pictures in this newsletter, you could see that everyone had a great time. So do you have a great hidden secret place that you would think other members would enjoy? If so, drop me a line or mention it on the Monday night net.

#### **New members:**

**Mike Habib WA2JDO** – I have known Mike for almost 20 years and finally he has become a member. You folks will surely recognize Mike from the swap meet with his lovely wife.

**Ron Quan KI6AZB** - I have known Ron for most of my life since we grew up together in the same neighborhood with Howard N6MNV and Donald N6OUF. Ron finally got his ham license this last month so we can start hearing him on the Monday night net.

**Lloyd De Vaughns KD6FJI** - Lloyd is one of the loyal swap meet attendees that found out about us and came to the antenna party and liked what he saw so he join the club.

#### **Antenna Building Day -**

On August 13 we had an antenna building party at my house in Sunnyvale. We had about 20 members come by and had pizza, lasagna, salad, and desserts. The group built up a roll-up dual band J-pole that will be featured in a QST article. It is also one of the papers being presented at Pacificon during the Antenna Forum Session this year. This antenna makes a great emergency antenna since it all rolls up and can be placed in a large pocket and it does not take up very much space. It gives about 10dB more gain than the stock rubber duck antenna for HT's. This is a great way to extend the range of your HT during an emergency for almost no cost. Like what Karl Malden use to say, "Don't leave home without it." The people that attended all took home an antenna fully tested and only paid for the cost of materials which was \$6. This exact same antenna sells at Ham Radio Outlet for \$20. So it was a great opportunity: free lunch, one got to take home a novel antenna and great company. If you missed the antenna building party, email me if you want one of these antennas. I can send you one or set one aside for you at the next meeting.

A lot people have asked why don't I patent this concept of a dual band J-pole antenna? There are several reasons why I don't patent such a concept. First, it cost a minimum of about \$5000 to patent even the simplest concepts. I would need to sell thousands just make up for the patent cost. Second, I really don't care if people copy the idea. The more the merrier. If they are copying it, it must be worth copying. After all, it was published in QST and translated into at least 3 other languages: Russian, Polish, and Japanese. As long as they do not claim it to be their idea, I am fine with it.



The J-pole antenna party gang.



Here is Kate getting the materials ready.

### **Picnic on Sept 10**

The weather was great and we had about 68 people come from all over the Bay Area for the annual picnic. Verne's entire family came and that was great to meet them all. We also had members from the National Semiconductor Amateur Radio Club attend. Don't know all their calls but I recall Jim Moss N9JIM, Larry Zuckerman N6LZ, Kern Wong . The food was free and thanks to Jim Moss and Joe Lee for the cooking. We had two grand prizes, a Dell Inspiron 7000 laptop with 320 Meg of memory and CDRW/DVD and a Yaesu VX2R. Walter Gee won the laptop. How does Walter do it? Two years ago, he won the Yaesu FT817 at the annual banquet. Believe it or not, we actually made \$26 after all was said and done. How does that work you ask? It was because Foveon Inc. donated the grand prize, otherwise we would have been in BIG TROUBLE financially.

Winners were:

**Grand Prize Dell Inspiron 7000 laptop** - Walter Gee K6GIJ - Just what he needed to run his antenna programs.

**Yaesu VX2R** - Howard Louie N6MNV – Howard purchased this ticket for Bill Chin who could not make it. Now does either one of these guys need another radio? They can always give it to me when they get tired of it.

**Jumpstarter with compressor and flashlight** - Larry Zuckerman K3LZ – Larry is a member of the National Semiconductor Radio Club and an avid DXer.

**Swiss Army Knife** - Richard Fish N6IIW - This was no ordinary Swiss Army knife. This was their top of the line with I think two dozen functions. Where does Richard put all his prizes? He must have drawer at home. It seems that Richard always wins something.

**Uniden GMRS radio** - George NT6G - George tells me that these things really work, but burns up batteries. Can't get something for nothing.

**Digital Multimeter** – Lenoard Lee NX6E- Great for your emergency kit.

**Digital shortwave radio with a built in flashlight** - Joe Lee W6DOB - Even Joe should be impressed with this radio for its small size and performance. It has AM/FM, shortwave, a full feature clock radio, and even a flashlight, all in one small package.

**Motorola FRS T4900 walkie talkies** - Walter Gee K6GIJ - We sure appreciate Walter for helping out the club in buying tickets, but he seems to win more than anyone else.



**12v portable spot light** - John Tim W6QNT- If you get arrested for shining this in your neighbors house, the CARC had nothing to do with it.



Howard wins the second prize. Another HT to add to his collection.



New member Mike Habib and his wife Doreen.



Dave and all the HT's he is donating to the club for the next raffle. Ha!! Ha!!



Vern and his family enjoying the picnic.



Dave and his family at the picnic.



Walter wins again. He should start buying lottery tickets with his luck.

## Hiller Air Museum

We all joined up Oct. 1 during the afternoon for a trip to the Hiller Air Museum up in San Carlos. That was the first time for me and what an experience! We had the privilege of having Captain Bill Van Cleve (a retired airforce pilot) give us a private tour. As can be seen by the pictures, we had 20 attendees including 5 kids. We got to sit in a cockpit of a Blue Angels F18 and in the

cockpit of a Boeing 747, not to mention the helicopter simulator and airplane simulator. Looking at those instrument panels, one can really appreciate the training a pilot goes through. I would be the first to admit that I did not know too much about the history of aviation in the Bay Area, but apparently we are rich with aviation history. I was not aware that even in the 70's Hiller Aircraft was still in business and made significant contributions in helicopter aviation. The famous Candor spy plane was something I read about but I never thought I would actually see it and touch it. So if you missed the trip with us, the museum is open on weekdays and Saturdays, but you will not get a private tour like us.



The Hiller Museum gang with 5 harmonics.



Here is George with his grandson sitting inside an F18. It is smaller than it looks.



Inside a 747 cockpit.



A full size Boeing 747 you can walk into.

### **From the Good Doctor Bill Tom KN6QD: WHY TAKE VITAMINS?**

One of the most insidious risk factor for cardiovascular diseases, dementia and cognitive impairment, such as Alzheimer's disease in the elderly is a metabolic byproduct substance known as homocysteine. Blood levels of homocysteine are always high in heart attack cases and in those who had died of heart attacks. It is reasonable to suspect homocysteine has a role in the cause of heart attacks. IT HAS, INDIRECTLY!

Common medical assessment was aimed toward cholesterol as the culprit for most of our cardiovascular problems. However, cholesterol might not be the direct cause. The Interheart Study Group in 2004 has actually eliminated cholesterol from its list of risk factors. There is reason to believe that cholesterol was deposited onto arterial walls only as the result of the homocysteine irritation. Cholesterol is actually one of the good guys that have the task to repair damaged parts in our body. The homocysteine irritates the artery walls to give an impression

that the walls were injured, thus cause cholesterol to deposit a plaque to seal a perceived “leak”, hence a possible vascular clot that could block blood flow.

Homocysteine is formed in the metabolism of methionine, an amino acid that we intake with our meaty foods. The more meat you eat, the more methionine enters your system, hence more homocysteine remains in your body.. High levels of homocysteine can only be removed with the high intake of three Vitamins, which are Vitamin B-6 (pyridoxine), Vitamin B-7 (folic acid) and Vitamin B-12 (cyanocobalamine). These three B-Vitamins will reverse the formation of homocysteine by converting homocysteine back to methionine.

This can easily be done by taking one Centrum Senior tablets daily, or if you really do not eat a very nutritive diet, then Trader Joe’s markets a special tablet formulation of those three essentials vitamins with a product aptly named, Vitamin B-6, Folic Acid, Vitamin B-12 for hyperhomocysteinemia.

One precaution is that Vitamin B-12 is not well-absorbed in the stomach. You almost have to take 1,000 Micrograms of it to absorb the 10 mcg that you need. The Trader Joe product is administered sublingually (under the tongue) to by-pass the stomach. Vitamin B-12 will not absorb in people taking Rolaids, Tums or any prescription drugs such as Protonix, Nexium or any anti-acid medications. Vitamin B-12 will absorb only when the stomach is high in acid. Best to take at breakfast. (By Bill Tom, kn6qd)

Avoiding Silent Key

### **Good fats and antioxidants**

Although peanut is high in fat calories, 85% of that fat is good fat. Good fat is one that may help you to prevent heart disease, lower bad cholesterol and to reduce the risk of diabetes. Peanut butter is a good source of good fats, but not every brand is made of pure peanuts. The few brands that are pure peanuts are: Adams, Laura Scudders and Maranatha. Weight-gain is usually caused by immoderate eating. It is the quantity you eat, not by what you eat.

Blueberries (fresh or dried) are on the top rung of super foods in that they are extremely rich in antioxidants. They rank No. 1 in antioxidant activity when compared to other fruits and vegetables. Antioxidants neutralize free radicals that are harmful byproducts of metabolism and what exist in our environment. Free radicals are partial bits of incompletely formed chemicals, such as found in cigarette smokes and automobile exhaust, etc, that will oxidize vital components of your body system. Anthocyanin is the name of that antioxidant and sufficient daily amount of it is found in one cup of fresh, frozen or dried blueberries in your cereal, muffins or eaten alone.

### **Mail Order Medications.**

Extreme heat of summer destroys half of the potency of your prescription drug in only four hours. This includes the time in transport in the mail truck, your outdoor mail box and storage near a heat source in your home. A refrigerator is not a place for drugs since low temperature will condense air moisture into water, which also destroy potency of drugs.

### **Vaccine for Shingles.**

It was reported that a new vaccine has been created to cut the risk of shingles by 50%, but it has not yet been approved for public use by the Food and Drug Administration. Shingles is a very painful blistering rash caused by latent viruses that are residual in your body after your childhood chicken pox that can be spread by touch.

### **Sleep Apnea.**

Sleep apnea is a very common disorder that affects over 12 million people in this country. People with sleep apnea snore heavily and have brief cessation of breathing during sleep.

It is the cause of sudden death by heart attacks and strokes due to high blood pressure that usually occurs between midnight and 6 AM. Treatment varies from surgery to lifestyle changes and losing weight. Sleep apnea is best addressed by your doctor.

### **Mosquitoes and spiders**

Mosquito bites, this summer, carry a deadly disease known as the West Nile Virus. Mosquitoes breed in standing water, such as ponds, fountains and even in only one teaspoonful of water. It was said that only the female mosquito bites because she needs the blood proteins to form her eggs.

The only way to prevent mosquito bites are to drain all standing waters and to use repellants on your skin, such as DEET (found in "OFF"), picaridin (found in utter Advanced), or use oil of lemon eucalyptus ("REPEL"). Spider bites are not a frequent occurrence. Some spiders inject a poison to kill their preys. These poisons kill by liquidfying their food so they could suck it like a straw. That part of your body has to die, to feed the spider. The hospital emergency room is your best option.

### **Sun radiations.**

Asians and Africans are not known to develop a melanoma skin cancer; however, there are exceptions to every known rule. Sunrays also contribute to other conditions, such as skin wrinkling, discoloration, and painful burns. There are sunscreens that you could apply to your exposed skin during the sunny daylight hours between 10 a.m. and 4 p.m. Sun exposure is vitally necessary for your health in that it is necessary for your body to create Vitamin D and for your eyes to develop the necessary hormones to keep you alert and elevate your spirit. No one can ever fall asleep with their eyes wide open, because darkness causes the pineal gland to produce melatonin to suppress your mental alertness to make you sleep. You could wear long sleeves, wear a broad brim hat and long pants, and also sunglasses to prevent the eyes from developing cataracts. Sunglasses may be a dilemma, since most sunglasses will cut down the glare of visible light, but it may still allowed cancer-causing ultraviolet-A to enter.

### **Treasury Report**

We have presently \$1844 in the checking account and \$7000 in a CD. Total \$9844.

