



Cathay June 2026

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 Local Time/PST, As of 8/21/2023 we are switching over from using Repeater: WB6TCS to **Nick Cassarino's Repeater: WA6GEL UHF 444.800 Mhz, Offset +5 Mhz, CTCCS/Tone PL 179.9 Hz on Monument Peak, Milpitas. If you are in the North Bay, one can use the WA6GEL repeater North Bay located on Mt. San Bruno - 444.8 MHz offset +5 Mhz, CTCCS/Tone PL173.3 Hz**

The CARC Monday night net is the best way to find out the latest club news. All check-in are welcome.

Message on Behalf of the President: Leonard Tom, *NX6E*

Hello CARC Members and Friends;

Many thanks to both Nick Cassarino for the use of repeater – WA6GEL for our CARC Monday Night Net.

Additional folks are needed to help out with conducting the CARC radio net on Monday nights. Please contact Ed Fong (edison_fong@hotmail.com) if you are interested.

Tech Article Introduction:

Joy Milne, a retired nurse from Perth, Scotland, has a rare condition called **hyperosmia** — an exceptionally heightened sense of smell — which she inherited from her grandmother GreekReporter.com.

This “super-smelling” ability allowed her to detect changes in her late husband Les’s body odour years before he was officially diagnosed with Parkinson’s disease.

For more information, please read the Tech Article Section.

ARRL Field Day CARC Event Intro:

Please mark your calendars on the upcoming ARRL Field Day June 27-28, 2026. The CARC will be hosting a field day event. Please go to the bottom of this newsletter for more details.

Wrap Up

I wish to thank our CARC members that set aside their valuable time to participate in our Monday night’s nets.

Chat sub s'em to all you CARC members! - Leonard Tom, *NX6E*

Public Service Announcements

HAM CRAM / HAM Licensing

For upcoming HAM Licensing locations please refer to:
<http://www.arrl.org/find-an-amateur-radio-license-exam-session>

Auxiliary Communications Service (ACS)

The Auxiliary Communications Service (ACS) is a unit of trained professionals who supply communications support to the agencies of the City and County of San Francisco, particularly during major events/incidents. ACS goals are the support of gathering and distribution of information necessary to respond to and recover from a disaster.

The ACS Net begins at 1930 hours (7:30 p.m. PT) 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 perform Net Control duty on a regular basis. On the second Thursday of each

month, the net is conducted in simplex mode on the output frequency of the WA6GG repeater, 442.050 MHz no offset, tone 127.3 Hz.

ACS holds its General Meetings on the third Tuesday of each month from 1900 hours to 2100 hours local time. Currently meetings are exclusively conducted over Zoom during the COVID-19 pandemic, ACS looks forward to meeting in person again as soon as possible.

Upcoming meeting dates in 2026 are:

- June 17, 2026
- July 15, 2026

Location of in person future ACS meetings are yet to be determined as the regular location is under reconstruction. All interested persons are welcome to attend. For further information contact Corey Siegel KJ6LDJ <kj6ldj@gmail.com>.

For more information, please attend an ACS meeting, check in on the ACS radio net, or call 415-558-2717.

Free Disaster Preparedness Classes In San Francisco – NERT Taught by San Francisco Fire Department (SFFD).

<https://sf-fire.org/nert/nert-calendar-meetings-trainings-events>

Training Classes: see above website. TBD

+ Recertifications

TBD

***SFFD DOT** is the Fire Department Division of Training. All participants walking, biking or driving **enter through the driveway gate on 19th St.** between Folsom and Shotwell. Parking is allowed along the back toward the cinderblock wall.

Visit www.sfgov.org/sffdnert to learn more about the training, other locations, and register on line. Upcoming Special NERT Events.

San Francisco Police Department: Auxiliary Law Enforcement Response Team (ALERT)

The Auxiliary Law Enforcement Response Team (ALERT) is a citizen disaster preparedness program designed. The ALERT program is for volunteers 16 years of age or older, who live, work, or attend high school in San Francisco.

Graduates of the San Francisco Police Activities League (P.A.L) Law Enforcement Cadet Academy are also eligible to join.

ALERT volunteers will no longer need to complete the Fire Department's Neighborhood Emergency Response Team (NERT) (www.sfgov.org/sfnert) training and then graduate into two 8 hour Police Department course specifically designed for ALERT team members.

ALERT members will work closely with full-time and/or Reserve Police Officers in the event they are deployed after a disaster. The Basic ALERT volunteer will have no law enforcement powers other than those available to all citizens.

SFPD ALERT Training (New Members)

The next SFPD ALERT training class has been scheduled for: TBD

*Class date indicated are only for new members

IMPORTANT- All participants must complete the background interview process in order to be eligible to attend the ALERT training class.

Eligible ALERT participants may register for a training class by contacting the ALERT Program Coordinator, marina.chacon@sfgov.org, or by telephone at 415-401-4615.

SFPD ALERT Practice/Training Drill

All active/trained ALERT members are asked to join us for our next training drill, via scheduled for on TBD

For more information on the San Francisco Police Department ALERT Program, email us at sfpdalert@sfgov.org, or call Lt. Marina Chacon (SFPD Ret.), SFPD ALERT Program Coordinator, at (415) 401-4615.

For additional information on the web please refer to:

<https://sfgov.org/policecommission/alert>

Tech Section:



[A Woman Who Can Smell Parkinson's Is Inspiring New Research Into Diagnosis : Shots - Health News : NPR](#)

Her Incredible Sense Of Smell Is Helping Scientists Find New Ways To Diagnose Disease

March 23, 2020 4:45 PM ET

By Alix Spiegel and Elena Renken

For most of her life, Joy Milne had a superpower that she was totally oblivious to. She simply had no idea she possessed an utterly amazing, slightly terrifying biological gift that scientists would itch to study.

In fact, Joy probably would have stayed oblivious if it hadn't been for her husband, Les Milne.

The two met in high school. Les was a 17-year-old swimmer and Joy was 16, a new transfer. She remembers dancing with him at a party and being struck by his wonderful smell. "He had a lovely male musk smell. He really did," she recalls.

Everything about Les appealed to Joy. He was very thoughtful and generally quiet but had a wicked sense of humor.

After college, they got married and set off on happily-ever-after. Les became a doctor, Joy became a nurse, and they had three boys. Joy says that as a couple they were so easy together — they rarely fought: "We disagreed about things now and again, but we didn't fight, fight."

Life with "her Les," as she calls him, was everything Joy had hoped

But then one day, about 10 years into the marriage, when Les was 31, he came home, and strangely, Joy says, he smelled different. "His lovely male musk smell had got this overpowering sort of nasty yeast smell," she says.

At first Joy thought it must be something from the hospital where he worked and told him to shower, but that didn't help, and over the weeks and months that followed the smell just seemed to grow stronger.

So Joy started nagging: "[I] kept saying to him ... 'Look, you know, you're not washing enough.' "

But the smell wouldn't yield, and eventually Les got mad whenever Joy told him to shower. He couldn't smell it, he grumbled, and neither could anyone else. "He just would stomp off in a huff and say, 'Oh, stop going on about that!' I had to just let it go and put up with it," she recalls.

Unfortunately, as the years peeled on, Joy began to feel that it wasn't just her husband's smell that was changing.

"It was his personality, his character. He began to change. He was more moody. He wasn't as tolerant," she says.

They fought more and more. So many of the qualities Joy valued in her husband — his thoughtfulness, his patience, his quiet dignity — began to bleed away until eventually, by his early 40s, she began to see Les as a totally different person.

And then one night Joy woke up to her husband attacking her.

"He was sort of screaming and shaking me and you know, but he was totally oblivious of it," she says.

Les was clearly having a nightmare, but after the attack Joy put her foot down. She was worried Les had a brain tumor — they needed to seek medical attention. She remembers sitting next to Les in a sterile office as the doctor delivered his diagnosis: Her 45-year-old husband had Parkinson's disease.

The discovery: an unusual sense of smell

Joy says that over the next 20 years she and Les tried to make the best of things, but it was difficult: the loss of movement, the loss of work, the slow narrowing of their world. Still, they struggled through. Then about seven years ago, they decided to attend a support group for people suffering from Parkinson's.

"We were late. ... A lot of people were there. And I walked into the room and I thought, 'SMELL!' " she says.

Joy realized that the other people in the room had the same greasy, musty smell that Les had — the smell that Joy had first noticed when Les was just 31. "And then I realized for some people it smelled stronger and for other people it didn't smell so strong," she says.

Could it be, Joy wondered, that Parkinson's has a smell?

As they drove home from the meeting, Joy kept puzzling it over in her head, and by the time they arrived, she'd decided she would tell her husband.

She says once she made her discovery clear, his eyes widened: "He's a doctor — we both understood the significance. Immediately."

To begin, this was a new scientific discovery, but also, Joy had smelled the disease on Les more than a decade before his symptoms got severe enough for them to seek medical help. If Joy could predict Parkinson's before its well-known symptoms, such as shaking and sleep disruption, even started to appear, maybe she could work with researchers. It might lead to a breakthrough.

Joy and Les knew instantly they had to get this information to the right scientist. So they went to see a Parkinson's researcher at the University of Edinburgh named [Tilo Kunath](#). But initially, he says, he wasn't interested.

"I just dismissed it, I have to say. It just didn't seem possible," he says. "Why should Parkinson's have an odor? You wouldn't normally think neurodegenerative conditions such as Parkinson's, or Alzheimer's, would have an odor."

But then several months later, Kunath heard about [research that showed dogs could smell cancer](#) — which of course made him think back to Joy. So he tracked her down and asked her to come to his lab for a special test he devised himself.

The experiment

Kunath asked one group of people who had Parkinson's and another group of people who didn't have Parkinson's to take home white T-shirts, wear them overnight and then return them.

Then Kunath gave the T-shirts to Joy to smell. "They were all given randomized numbers and put in a box, and then she was asked to take each one out and give it a score," he says.

Was the person who wore this shirt at an early stage of Parkinson's? In a late stage of Parkinson's? Something in between? Or maybe the person didn't have the disease at all.

"And she was incredibly accurate," Kunath says.

In fact, out of all the samples, Joy made only one mistake. She identified a man in the control group, the group without Parkinson's, as having the disease. But many months later, Kunath says, that man actually approached him at an event and said, "Tilo, you're going to have to put me in the Parkinson's pile because I've just been diagnosed."

It was incontrovertible: Joy not only could smell Parkinson's but could smell it even in the absence of its typical medical presentation.

Kunath and fellow scientists published their work in [ACS Central Science](#) in March 2019, listing Joy as a co-author. Their research identified certain specific compounds that may contribute to the smell that Joy noticed on her husband and other Parkinson's patients.



Joy Milne has an unusual ability: She can smell Parkinson's disease.
Chris Watt

Working toward a diagnostic

Joy and her super smelling abilities have opened up a whole new realm of research, Kunath says. Researchers, including [Perdita Barran](#) at the University of Manchester, led a second, larger study and have recently [found 10 compounds](#) linked to Parkinson's by using mass spectrometry and other techniques to analyze samples from 274 people. They're hoping to find a way to diagnose Parkinson's from skin-based biomarkers, according to Barran. More work is soon to come, she adds.

That's the ultimate goal, Kunath says: to develop a new tool to detect Parkinson's early. "We really want to know what is behind this and what are the molecules. And then can the molecules be used as some sort of diagnostic test?"

Parkinson's begins slowly, taking years or maybe even decades before symptoms such as tremors appear, Kunath says. "Imagine a society where you could detect such a devastating condition before it's causing problems and then prevent the problems from even occurring," he adds. Combined with potential therapies to prevent or mitigate Parkinson's, a molecular test that identified Parkinson's would be a powerful tool.

There's some evidence — and history — around the idea of scent signaling the presence of a disease, says [Richard Doty](#), the director of the Smell and Taste Center at the University of Pennsylvania's Perelman School of Medicine. "It used to be that physicians did use breath odor and other odors to signify certain disorders. But that's not really invoked presently, because we have so much better ways of [diagnosing] things." He also says that smell is an imperfect biomarker because confounding factors could influence people's odors, such as diet and age.

"This idea of an olfactory biomarker [for a disease] is fascinating," said [Dr. Thomas Hummel](#) of the Technical University of Dresden's Smell & Taste Clinic, via email. But there remain "numerous open questions."

Joy's smell test for Parkinson's is "interesting but not definitive," Doty adds. More studies would lend it more certainty, and he says, "I think it's still up in the air."

But Joy's superpower is so unusual that researchers all over the world have started working with her and have discovered that she can identify several kinds of illnesses — tuberculosis, Alzheimer's disease, cancer and diabetes.

Sharing their story — for science

As for her life with Les, Joy says, once it became clear that she might hold in her nose a tool that could move research on Parkinson's forward, Les had a eureka moment: They had more knowledge to offer science. Joy had smelled his Parkinson's more than a decade before diagnosis, so maybe, Les told Joy, if they thought very carefully about their life together before the official diagnosis, they'd be able to pinpoint *early symptoms* that hadn't yet been identified by science.

"We had to write down everything that had happened, so that medicine would understand what was happening to people with Parkinson's," Joy says.

So for the last six weeks of his life, Les and Joy sat for daily writing sessions. "They would only last 35 to 40 minutes at a time, but the last six weeks were completely different," she recalls. "We spent time each day discussing what happened to us over the last 20-odd years."

Joy says Les had always shied away from talking about his Parkinson's. It seemed like it was so existentially threatening to him — this terrible dread *DISEASE* — that he just had to shove it away and couldn't acknowledge it. But he was freed by their discussions.

In fact, Joy says the research she's doing with her nose was the last thing they ever spoke about. "He said, 'You won't let this go — you will do it, won't you? You promise?' " she recalls. Just a few hours later, he died. But Joy has stayed true. "I've done it. I've kept my promise. So it should make an awful lot of difference."

<<< End of Article >>>

The 2026 Annual CARC / SARES Picnic - ARRL Field Day **Cathay Amateur Radio Club – Sunnyvale Amateur Radio Emergency System**

By Ed Fong

Date : Saturday June 27, 2026 – starting at 2 PM - dinner is at 4PM

Where: Fairbrae Swim & Racquet Club - 696 Sheraton Dr, Sunnyvale, CA 94087

Cost: **Free to all CARC / SARES Members, family and friends** - we ask you to bring a dessert, fruits (watermelon, oranges, apples, etc) and /or drinks

Raffle tickets: - \$5 each or 3 tickets for \$10

RSVP: edison_fong@hotmail.com

ARRL Field Day is coming up this year. It will take place Saturday June 27, 2026. Mark your calendars. This is the Field Day to be at. Last year we had 72 registered attendees.

Again, we have reserved the very exclusive Fairbrae Swim and Tennis Club in Sunnyvale, CA. This venue was brought back by popular demand having previously hosted CARC/SARES Field Day events. This is a beautiful well-maintained private facility in the heart of Silicon Valley with easy driving access and plenty of parking. It has a half Olympic size swimming pool, two full size tennis courts, large picnic area, industrial kitchen and full-size dining hall, clean restrooms, and showers for use of both members and guests.

We have reserved the facility from 2 PM Saturday, June 27, 2026 through Sunday (at least till noon) for our CARC/SARES ARRL 2026 Field Day.

This year we will bring back the Italian Feast. Pizza by Pizza My Heart (winner of many awards), lasagna (both vegetarian and meat), and Italian salad. Folks can bring desert – I will provide for the famous chocolate mousse cake.

Bring your entire family (or extended family) and friends to have a great day of socialization, great food, swimming, tennis, and of course HAM Radio.

Radios and antennas will be set up for HF and VHF the day before. Bring your own radio and feel free to plug it in and operate. This is a great opportunity to operate other radios and experience the look and feel of various manufacturers.

There will also be the traditional raffle, which will include but not limited to – the uSDX+ HF all mode transceiver, quad band mobile radio, antennas, etc.

Raffle tickets are \$5 each => 3 for \$10

A partial sample of raffle prizes are shown on the next pages:



1st Prize Lenovo – Thinkpad

- i5 processor with 8GB of memory and 256GB SSD
- Windows 11 Pro operating system
- 14 inch screen - just perfect to carry around.



uSDX+ - QRP HF transceiver - Covers 80-6 meters – SSB, CW, digital QRP transceiver. 5 watts CW/SSB. Built in CW decoder, full DSP noise reduction. Complete with 4000 mAh Li-on battery, AC adapter/charger, Speaker/microphone.



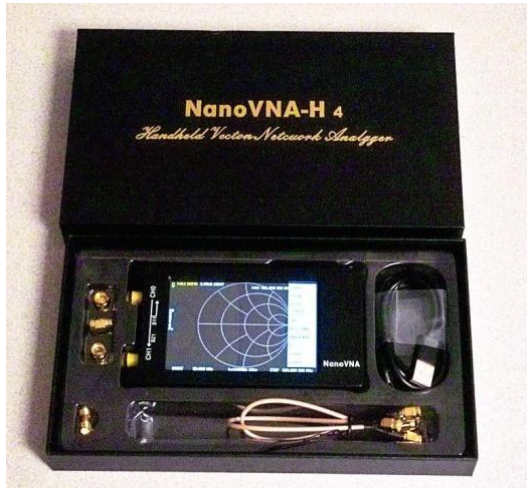
Radioddity QB25 (Quad Mobile 25 watt transceiver) 2 meters, 1.25 meter, 70cm

This radio boasts 200 memories, full software programmability, great bullet proof front end with 0.25 uV sensitivity, full FM broadcast radio, direct microphone key pad entry, and absolutely the best color display out there and more.

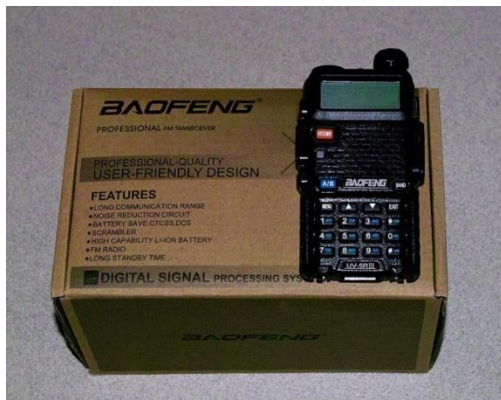
If you have been looking to get on 220 MHz, this is the latest and greatest. You will be a proud owner of one of this radio.



DSO03D12 120 MHz dual trace scope with probes - features a built in DVM and signal generator. Even has FFT mode mimic a spectrum analyzer. Every bench should have one.



Nano VNA - H4 - 4 inch 1.5 GHz VNA - Tuned antennas, duplexers, filters etc. Full touch screen. Latest version includes functions for TDR – time domain reflectometer. Includes cables and full calibration kit.



Baofeng UV5R dual -band handie talkie

Drop in Lion smart charge, 1800 mAh Lion, battery, belt clip, antenna

Frequency coverage:

- 65-108 MHz – FM broadcast – receive only
- 136-174 MHz – VHF – TX/RX
- 420- 520 - MHz - TX/RX

Mark your calendars – this is going to be fun!!!!

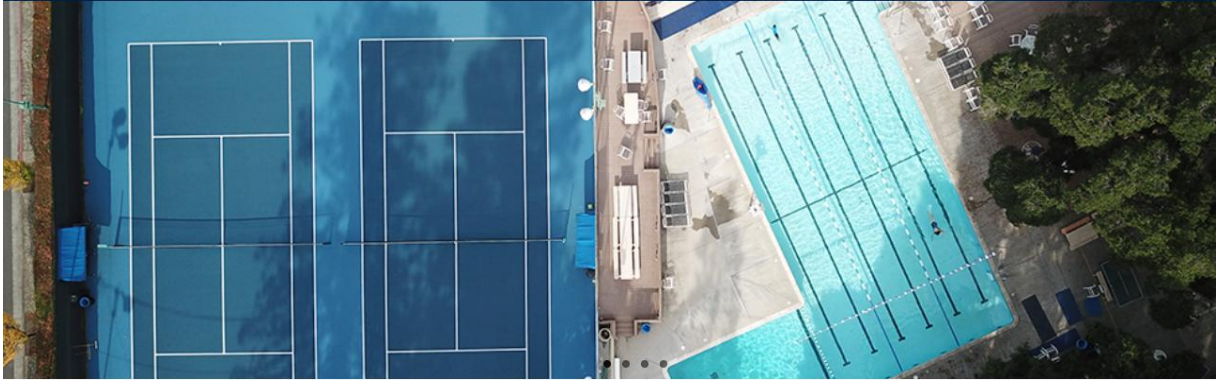
See pictures on the next page of the exclusive and well maintained Fairbrae Swim & Racquet Club in Sunnyvale, CA.



Half size Olympic swimming pool.



Lounge Area



Overhead shot of Tennis courts and Swimming Pool

73, Ed Fong – *WB6IQN*