

## Cathay Newsletter September 2007

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

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**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, the summer of 2007 has almost passed us by. Trust that everyone had a great time. We have been really fortunate that the summer has been very mild (knock on wood). There is still September and October. Everyone had great fun at the August Tech Session get together. People got to program their HT's and get familiar with the awkward software. As Howard N6MNV will attest to, the software is not as straightforward as one would like. This software is freeware, so it was not always user friendly or what one might expect if you were use to fully beta tested commerical software. Nevertheless, it works and opens a new world to your HT. For example, the Icom Q7A can be programmed for anything below 30MHz. This is not available through the front keys. With the software, one can program anything from 500KHz to 1GHz. So one can listen to AM broadcast, shortwave, and HAM bands.

There was plenty of food and everyone that attended received a nice hand held analog multimeter (see photo of the group picture of everyone holding their new meters). The specialty was Papa

Murphy's Stuff Pizza. This was an one inch thick pizza with about every pizza ingredient you could think of. This pizza itself weighed in at almost 10 lbs. The group also polished off 8 lbs. of lasagne. There was plenty of food and desserts left over though. If you missed this year, come by next year to help us finish the food.



Here was the crowd at the Tech Session. Everyone is holding up their FREE analog multimeters. Attendees included from left to right, Howard N6MNV, Ed WB6IQN, Dave KA2HRS, Ron KI6AZB, Miles, Marjorie Plisch, Leang K6LJI, Diana KG6IOH, August KD6WXW, Gordon KI6UH, and Briana.



Here's some of the HT's we programmed.



Here, everyone is hovering around to see if Leonard can get the software going.

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

**Place:** 696 Sheraton Dr. Sunnyvale 94087, Corner of Hollenbeck and Sheraton, 1 block from my house.

**Time:** September 23rd 11:00AM-3:00PM

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

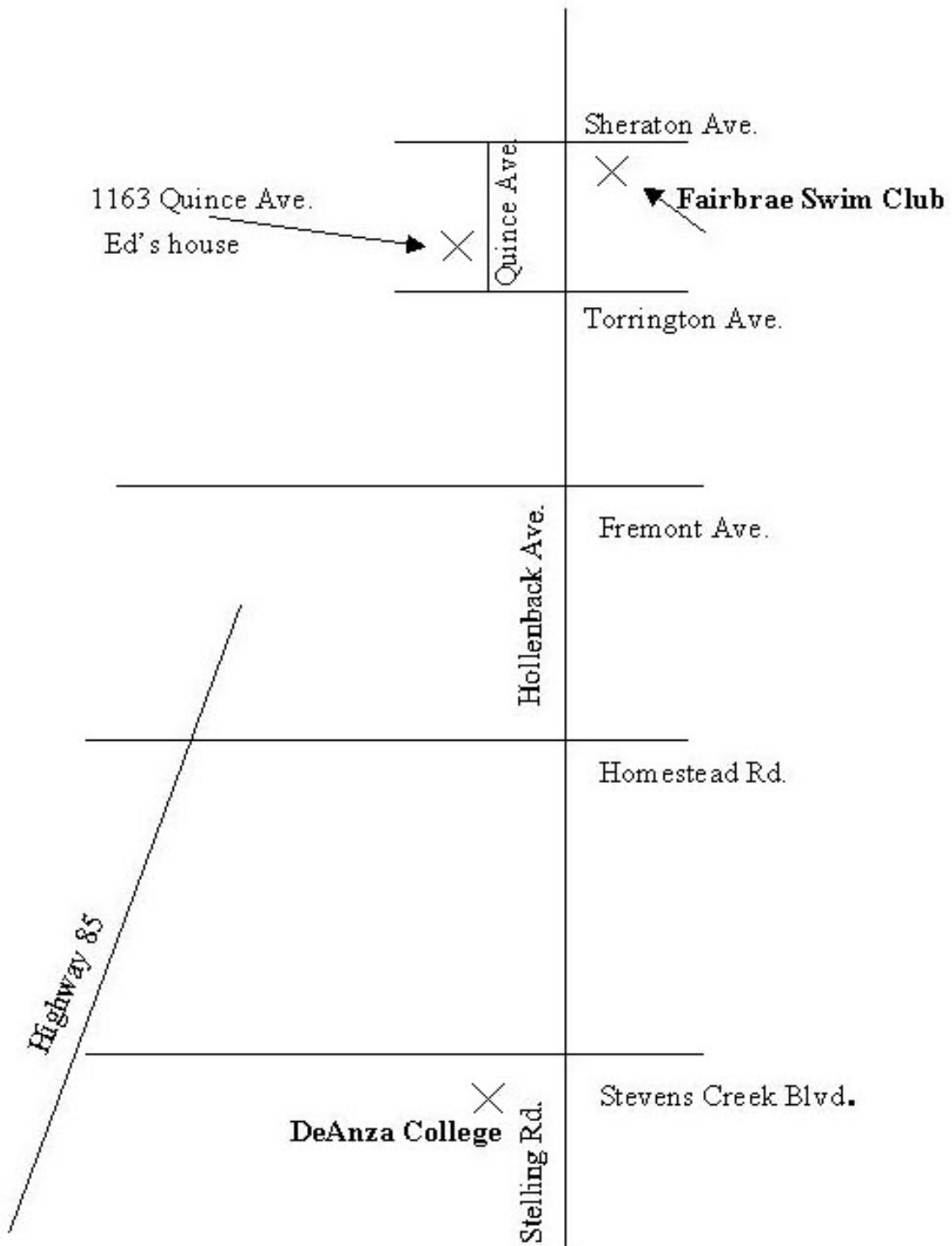
If your summer is passing you by and you have not attended one of our events, come to the annual picnic. This year we will have it at the Fairbrae Swim and Raquet Club in Sunnyvale. This is a great place, just down from the DeAnza Swap. We will rent the Club House for the afternoon. See the pictures for yourself. This is a much quieter than National Semiconductor. It is just down the street from my house and 2 miles down from the DeAnza swap meet. There are cooking facilities, so we can heat up food. Bring your favorite dish, your favorite dessert, etc. If you wish to find out more about this facility, go to [www.fairbrae.com](http://www.fairbrae.com). If people want to use the pool facilities, there is \$2 guest fee per person.

The big prize this year will be a 37" HDTV. Yes, a 37" HH Scott HTDV with ATSC digital tuner. See the pictures below of the television. The board decided that every club member already had a radio, maybe even two, maybe three. But how many people have an HDTV? Maybe some of you lucky people do, but I certainly don't. Besides, the entire family can use this prize. So it should be fun for everyone. Bring your friends and family. All guests are welcome and guests are fully eligible for the grand prize. Who couldn't use an HDTV? Of course there will be other prizes like antennas, flashlights, etc.

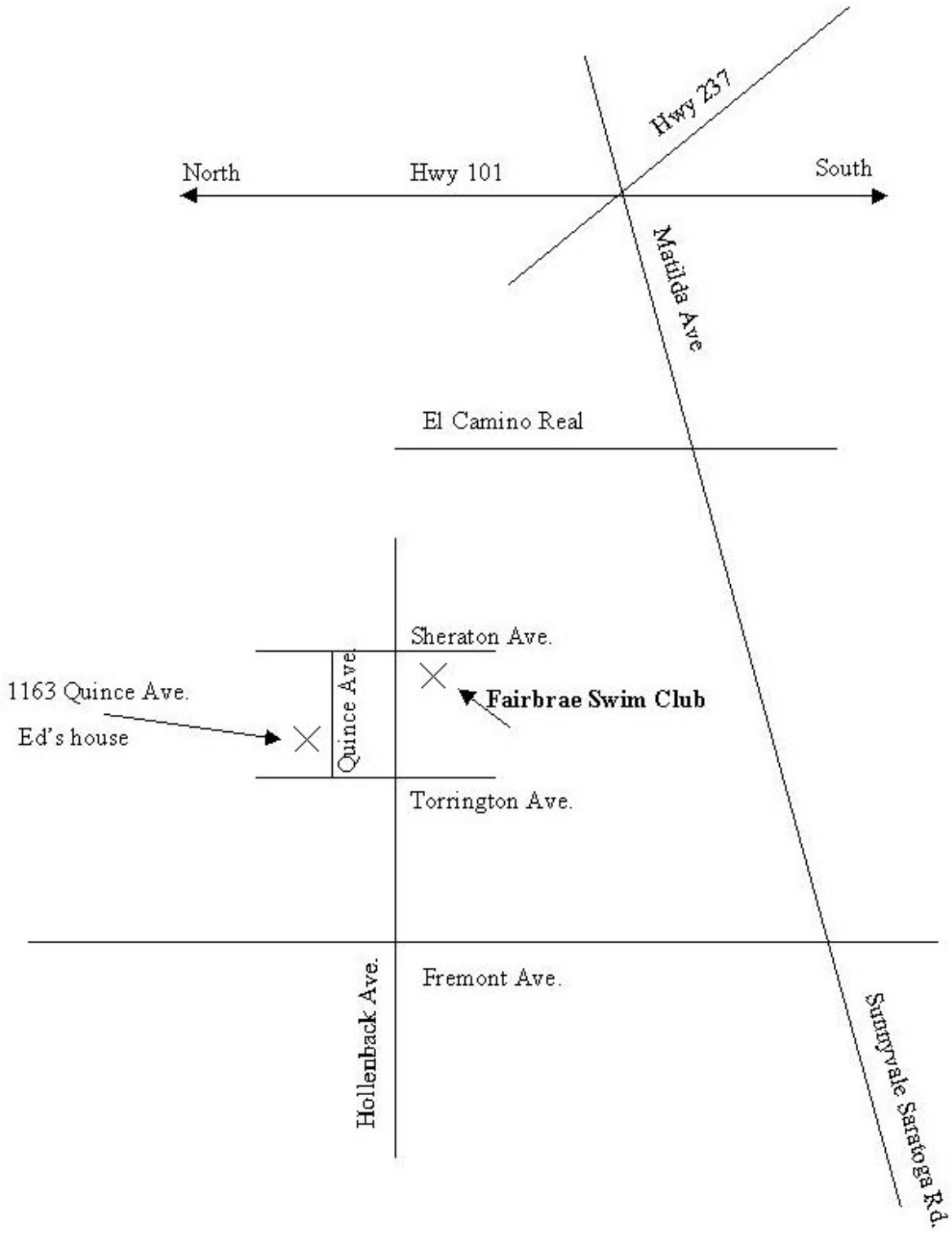
### **Directions:**

**From the DeAnza Swap Meet:** Very easy to get to. On Stelling Rd, which is the street the Swapmeet is on, go North 2 miles (towards the Bay as oppose to the hills). You will cross major streets of Homestead Rd, then Fremont Ave. After you cross Fremont Ave., go two more blocks and you will see Sheraton St. Make a right on Sheraton and the Club is right there.

**From 101:** Take the Matilda Exit and head South (towards the hills and not the Bay) . Go about 2 miles past El Camino Real, the next major signal light will be Remington, cross Remington and the next signal light will be Fremont Ave. Make a right on Fremont Ave. Go ½ mile to the first signal light at Hollenbeck Ave. Make a right on Hollenbeck, go 2 blocks to Sheraton Ave. The club house is on Hollenbeck and Sheraton Ave.



Directions from DeAnza College.



Directions from Highway 101 and Highway 237. Call on 442.70 MHz if you get lost.



Fairbrae is a neighborhood swim and tennis club in Sunnyvale.



Fairbrae features a nice club house and swimming pool.



Here's the Grand Prize, an HH Scott 37" HDTV. Wouldn't this look great in your living room? Buy a raffle ticket for \$5 and support the club.

## MURS Radio – What is it? Who can use it?

Tired of your family not being licensed HAMs and not being able to communicate with them where there is no cell phone coverage? Tired of going to the ski slopes using your FRS radio and hearing dozens of people on your channel? Tired of trying to find your family on vacation where there is no cell coverage? Well, wake up, there's a solution for you. Its called MURS (Multi-Use Radio Service) .

MURS is a [two-way radio](#) service consisting of five frequencies in the [VHF spectrum](#) regulated by Part 95. Established by the [U.S. Federal Communications Commission](#) in the fall of [2000](#), MURS created a radio service allowing for unlicensed operation, with a power limit of 2 [watts](#), four times that of [FRS](#) radio. In the fall of [2002](#), the FCC further amended the MURS rules; these rule modifications included changing the 2 watt transmitter power limitation to be based on [Transmitter Power Output](#) (TPO), rather than [Effective Radiated Power](#) (ERP), so there is no longer an ERP limit with MURS, and external gain antennas may be utilized. The FCC formally defines MURS as "a private, two-way, short-distance voice or data communications service for personal or business activities of the general public."

MURS comprises the following five [frequencies](#)

151.820 [MHz](#) 151.880 MHz 151.940 MHz 154.570 MHz 154.600 MHz

A MURS radio can go quite far with a external antenna. Using a J-pole on my roof, my system goes 7-10 miles depending on the terrain. This is much more coverage than an FRS radio. I find very little traffic on MURS. Years ago there was certainly more traffic than today. Most of the commercial traffic has moved off to 800MHz, Nextel, or just plain cell phones.

So the next time you go on the ski trip, camping trip, or road trip consider MURS. It's great when you are out of range of cell sites and your party has non license HAM's. For access to radios, just arrange them with me. I have plenty of commercial grade Motorola's to lend out. This is all FREE to members.



A typical MURS base station would be a Motorola GM300. Its output must be reduced to 2 watts for this service.



Motorola SP50's are very common on the MURS service for portable use.

## **Recycling Your Old Electronic Wastes (ewaste) - Bill Chin KC6POF**

Wondering what to do with your old computers, monitors, telephones, VCRs, printers, etc? Here are some upcoming one-time and recurring local and free ewaste recycling events below. Be sure to check the listed websites for specific address, drop off times, any restrictions, and updates. Save these websites for future events in other areas.

Source: <http://www.unwaste.com/event-calendar.php>

Sep 7-8, Belmont

Sep 8-9, El Cerrito

Sep 15-16, Benecia

Sep 21-22, Alameda

Sep 28-29, Millbrae

Source: <http://www.noewaste.com/events.htm>

Aug 25, Martinez

Source: <http://www.recycleforbreastcancer.org/dropoffanytime.htm>

7 days a week, San Ramon

Source: <http://www.rapidrecycle.net/>

6 days a week, Pacheco

Source: <http://www.sfgoodwill.org/ElecRecycle2.aspx>

Many Goodwill Stores and Donation Centers offer recycling of working and non-working electronics.

## **GOUT – Bill Tom KN6QD**

Gout is an arthritic condition when your body accumulates more uric acid than your normal body allows in your blood stream. Excess uric acid deposits into the joints of the coolest part of your body, principally into the joints of your toe, finger and knee in that order of frequency. The arthritic pain of it is excruciating. The kidneys are supposed to rid the uric acid, but as we age, the uric acid is not removed as effectively than when we were younger. The gout is usually the affliction of those over 50 years of age.

### **Uric Acid**

Our body normally has an enzyme known as xanthine oxidase that routinely converts purine-type proteins in uric acid. This process in lower mammals, such as monkeys and apes, converts Xanthine into ascorbic acid (vitamin- C), but higher mammals have lost that ability. Uric acid is a potent antioxidant in our body and it alone exhibits 50% of our antioxidant capacity. It is a very necessary defense in our immune system. It is the excess uric acid that causes our problems. Foods that contains lots of purine proteins are the shell fish, mackerel, sardines, anchovies, oysters, clams and internal organ meats, such as liver, kidneys, stomach and meats in general. Vegetables, such as spinach, beans, peas, oat and wheat, have high purine levels also. We humans have lost the enzyme, uricase, that can convert uric acid back to allantoin. Certain



diuretic medications, such as Hydrochlorthiazide used for lowering blood pressures, is known to cause gout, probably by reducing the water level in the blood to concentrate the uric acid. With such a wide distribution of purines in our daily foods, it is virtually impossible to enjoy your meals, since gout does not occur with all purine-type foods. It is like rolling a set of dice. The best treatment for gout is to take colchicines 0.6 mg tablets. The main problem with taking colchicines is that it has a tendency to cause diarrhea. Colchicine is a safe drug, having been used for thousands of years in Egypt and China. It is sometimes recommended to take one tablet of colchicines once a day as a preventative, mindful of its diarrheal effect. The other treatment is allopurinol tablet (Zyloprim tablets), a drug that blocks the enzyme xanthine oxidase from converting purines to uric acid. The problem with allopurinol is that it is somewhat allergenic to cause primarily a skin allergy in which the skin on your body starts to slough off in sheets. Allopurinol has to be taken every day, but skin sloughing is not pleasant sight to see.

The other treatment is to drink lots of water to dilute the uric level in your blood. That is sometimes not recommended for people who are havng cardiac failure or edema or urinary problems. Birds, for example, cannot load up with water due to the weight of water. Therefore, birds excrete its waste and uric acid in a dry form. The uric acid content of their waste is so high that the Germans harvested guano (bird droppings) off the Chilean coastal islands to get the uric acid nitrogens for making their explosives during both World Wars.

The main problem of high uric acid level is the development of Uric acid kidney stones. The only positive activity in human by uric acid is that it extends human life in years probably due to its antioxidant activities. But that sometime causes muscle spasticity and mental retardation. If you want to live to a very ripe old age, you might not want to if your muscles are jerky and you don't know who your mate is. However, gout has to be the most excruciating painful condition that a human can have. Take your daily colchicine or allopurinol tablets, or you could try cherry juice, some had recommended cranberry juice with variable results.