

CHEESE BITS



W3CCX

CLUB MEMORIAL CALL

SCANNED TO PDF BY BERT, K3RUV, 2013



ARRL
Affiliated
Club

VOLUME XLII

December 1999

Number 12

The PREZ SEZ

Well, mother nature cannot seem to decide which season it is now, and from reports I am hearing on the Monday night nets, this is a good thing for contest preparation. I, myself, tried to get a good jump on all the outside antenna work. But stalled domestic projects, due to the excessive summer heat, have spilled over into the fall. (I bet no-one else is in this situation!) Well, the return of fall weather, and I am almost there. I hope most able members were able to get their outside stuff done too. We need a little more mild conditions to get the work crews out and about to fix the outdoor stuff for our non-climbers.

I didn't hear a lot of Pack Rat activity while Leonid meteor chasing. Perhaps that is good, because maybe I was one of the only guys wasting time! The shower didn't amount to much, on this continent, from my experience. I was also in the middle of some family computer upgrades and a TAN installation, (tiny area network). My Leonid hunt seemed like I was in a NASA mission control center. I guess I should have taken a picture! One computer, on the floor, had a web site tracking the current ZHR. The computer at the operating station had a multitude of windows: an Atomic Clock, W3KM's squares program, an Astronomy program watching for the constellation Leo to come up over the horizon, and the MS Rocks Live web page. A modem connection to the internet, and I was set to go. Well, now all I/we needed now were some meteors

Well, right around 0200Z, as predicted, the ZHR rate over on the floor started spiking. A quick gander at the astronomy program still pegged Leo below the horizon, not due up for at least 3 to 4 hours. Email from the European guys was going wild. The US guys were trying as evidenced by chatter on the two meter calling frequency and messaging on MSRocks Live. I tried a 15 minute schedule to the S/W arranged on MSRocks. Not even one ping... A couple of more hours of this, and it was time for some sleep. Onto the couch w/ the volume control cracked.

At 4:30 some noise from the RX woke me, local guys trying cq's, but no pings. So as long as I was up, I went outside. Not a cloud in the sky, not a meteor either. Back to sleep, up at 6:30. By now some pings were coming in and it was time to battle it out on the 2m calling frequency. Abandoning all but the computer atomic clock it was time to battle the QRM. Not a great shower, as I only made two contacts, as opposed to fifteen last year. The moral of the story: to make contacts, all you really need due is be on the air. This follows for the upcoming contest too. I should have taken that picture though!

Back to normal now, putting connectors on new coax runs and getting the shack whipped into shape for a better effort in the contest this year.

Ed, WA3DRC

MEETINGS

Third Thursday each month at 8:00 PM
Southampton Free Library
947 E. Street Road
Southampton, PA 18966

Pack Rats **CHEESE BITS** is a monthly publication of the
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PACK RAT BEACONS - W3CCX/B

FM29JW Philadelphia, PA
50.080 144.284 222.065 432.295 903.072 MHz
1296.251 2304.037 3456.220 5760.190 10,368.170 MHz

MONDAY NIGHT NETS

<u>TIME</u>	<u>FREQUENCY</u>	<u>NET CONTROL</u>
7:30 PM	50.150 Mhz	WA3EHD/K3EOD
8:00 PM	144.150 MHz	N3ITT
8:30 PM	222.125 MHz	W2SJ/N3EXA
8:30 PM	224.58R MHz	W3GXB
9:00 PM	432.110 MHz	W3RJW/WA3DRC
9:30 PM	1296.100 MHz	WA3NUF
10:00 PM	903.100 MHz	N3AOG

COMMITTEE CHAIRMEN

LADIES' NIGHT:	N3AOG	215-443-9965
JUNE CONTEST:	N3ITT	610-847-5490
HAMARAMA:	NK8Q	610-847-2285
VHF CONFERENCE:	KB3XG	610-584-2489



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Calendar of Coming Events - December 1999

- 3-5 **ARRL 160 Meter Contest** See page 104 of the December issue of QST for the rules.
- 3 **Hanukah** begins at sunset.
- 6 Check into the **2 Meter Net** on 144.150 MHz at 8:00 PM EST.
- 6 Check into the **1296 MHz Net** on 1296.100 MHz at 10:00 PM EST.
- 9 Packrat **board of directors meeting** at the QTH of will be at the QTH of Joe Landis, AA3GN. All interested parties invited. Meeting starts at 8:00 P.M. Call 215-721-4286 for directions.
- 14 Predicted peak of the **Geminids meteor shower** around 1050 UTC.
- 10-11 **ARRL 10 Meter Contest**. 1800 UTC Saturday until 0200 UTC Sunday. See page 105 of the Dec. issue of QST for rules.
- 13 Check into the **220 MHz Net** on 222.125 MHz or 224.58/R at 8:30 PM EST.
- 13 Check into the **432 MHz Net** on 432.110 MHz at 9:00 PM EST.
- 16 Regular meeting of the Mt. Airy VHF Radio Club at the Southampton Free Library on Street Rd. in Southampton, Pa. Have you qualified to submit a contest log for the January contest for the club by attending the minimum of 2 meetings? Come anyway!
- 20 Check into the **6 Meter Net** on 50.150 MHz at 7:30 PM EST.
- 20 Check into the **903 MHz Net** on 903.100 MHz at 10:00 PM EST.
- 23 Predicted peak of the **Ursids meteor shower** around 0110 UTC.
- 23 **LEAP INTO THE MICROWAVES** with the Packrats! 903 and above. Every 4th Thursday of the month operate from 8 to 10 PM local time on any band 903 MHz and above. For coordination on those difficult long haul contacts 144.260 MHz is the suggested liaison frequency. So here's your chance to fix what broke in the contest and work all those stations you missed.
- 25 **Merry Christmas** to all.
- 27 Check into the **2 Meter Net** on 144.150 MHz at 8:00 PM EST.
- 27 Check into the **1296 MHz Net** on 1296.100 MHz at 10:00 PM EST.

Jan. 2000

- 1 **New Years Day**
- 3 Predicted peak of the **Quadrantids meteor shower** at 1311 UTC. Check the following URL for additional info: http://science.nasa.gov/newhome/headlines/ast28dec98_1.htm
- 7 **Martin Luther King Jr. Day**
- 13 Board of directors meeting at the QTH of Rick, K1DS. All interested parties welcome. For directions call 610-270-8884. Meeting starts at 8:00 P.M.
- 20 Regular meeting of the Mt. Airy VHF Radio Club at the Southampton Free Library on Street Rd. in Southampton, Pa. All VHFers and would be VHFers and friends are welcome.
- 22-24 **THE CONTEST**. Everyone's help in getting at least 51 logs submitted this year is necessary to qualify the club for the Unlimited Class in the club competition. See this issue of Cheesebits or consult your contest package for the rules. See the Dec. 1999 issue of QST, page 101 for the rules.

SWAP SHOP:

(send all ads to the editor)

FOR SALE: CALLSIGN HISTORY. Name and address of each holder since 1912. Cost \$15 plus SASE for printed CERTIFICATE. Wanted CallBooks before 1970 and QST's before 1940 will buy or trade. Also looking for 1x2 Ham Radio License Plates for my collection. Ron Allen W3OR, PO Box 73, Bethel, De. 19931-0073 or call 302-875-1100.

W3HFY's Estate Sale. The following items from Hal, W3HFY's shack are being offered for sale by Hal's daughter-in-law, Lynn Grace. See the August issue of Cheesebits. Most items listed are still available. The price on each item is negotiable. Lynn's phone number is 610-258-0231.

FOR SALE: Two (2) W6OAL (Olde Antenna Lab) 2 meter Big Wheel "Cloverleaf" antennas with N-connector feed, power divider and phasing harness. Antennas are in very good condition and cost \$400 new. Selling all for \$150. Pick-up only. Contact Harry Schools, K3HS at 215-483-1111.

CHEESEBITS SUBSCRIPTIONS

Cheesebits subscriptions are available to everyone interested in activities and information from the VHF through the microwave frequencies. Subscriptions are for 1 year of 12 issues. For a subscription, send the following information:

Name: _____ Call: _____

Street Address: _____

Town: _____ State: _____ ZIP: _____

Subscription Rate: \$10.00 per year (USA), \$12.00 (Canada), \$15.00 (Worldwide)

December 1999

Send to: SUBSCRIPTION/ADVERTISING MANAGER:

Bob Fischer, W2SJ, 7258 Walnut Avenue, Pennsauken, NJ 08110

V31PC Beacon Project

A 1 watt beacon was designed and built by a group of Pack Rats for use by V31PC in the country of Belize. The beacon consists of parts from old 2-way radio equipment and a modern, self contained computer processor to generate the code. The built-in ovenized crystal should keep the beacon on a frequency of 50.076 MHz. The beacon will be battery powered and use a three ring halo for an antenna. The beacon should be on the air from Belize.

Thanks to W3BO, Herb, who coordinated the project with V31PC; N3DQZ who assembled the transmitter; WB3KRW who wrote the code and put together the keying circuit; W3RJW who put it all together. Check out the photos on the Pack Rat web page at: http://www.ij.net/packrats/v31_pc/v31pc.htm

Let us know if you hear the beacon on the air!

JANUARY 2000 VHF SWEEPSTAKES

Hello Pack Rats, I think the pumpkin is frozen. We're getting a somewhat late start this year, but we can get together and pull this off. In case you have not heard, the January VHF contest is quickly approaching! Although we are not organized as a contest club, both this contest and the June effort are a good part of what we do. We've all put a lot of work into building our stations and here is the chance to push them to their limits and enjoy the activity.

This contest will be an exciting one. There are rumors of more local microwave rover activity, and another strong multi-op or two. Lots of guys have been busy adding bands and making improvements. With a little luck, the NE guys will have good weather and no excuses will be made! Nothing like a little friendly rivalry to keep it fun. Of course that means more activity for us here. We just need to capitalize on it.

If you can't operate your own station for whatever reason, find someone to multi-op with. But if you can operate your own, by all means do so. Remember - we need 51 logs to compete in the unlimited multi class.

If you haven't already done so, think about what kind of changes may improve your station. Then implement those changes and test with real on the air operating. Think about the outdoor work first, and do it while we still have decent weather. Temperatures are falling fast. Now is the time to realize those antenna, tower and feedline plans instead of when it's 10 degrees and the wind is whipping the snow around your frozen fingers. Help is available now - just ask. But keep in mind that the closer it is to January, the harder it will be to get people together. Those cold winter nights should be spent indoors, and testing and using that new gear.

Also think a bit about contest strategy. As K3ZO stressed in the message forwarded by W3IIT a few months back, have a plan. At the December meeting, some of our members - some of the top VHF ops and contesters anywhere - will talk a bit about contest strategy. They will offer good suggestions that will help any op to improve their score. I will say one thing now: the most critical (and easiest) thing you can do now, that will help you in January, is to be active. Work stations, learn who's there, and their and your own stations capabilities. Ask them if they're going to be active in Jan. Talk up the contest, the club, the nets.

We have a few more meetings before contest weekend. If you haven't yet attended the two that are required for you to submit a log with the club, come on out. We have a nice slate of programs scheduled, and who knows - you may even find something that will help you add or improve a band.

I have attached the list of teams and captains for this year's contest and the contest questionnaire. Please fill out the questionnaire and return to me either at the meeting or by mail. We're trying something a little different this year - something that had been tried in the past. Grouping the teams geographically, it is hoped, will foster more cooperation and help before the contest, resulting in better scores and more fun for everyone. I will also bring copies of the questionnaire and team list to the meeting. 73, Joe - AA3GN

Pack Rats Teams and Captains

Team #1 W2SJ AA2UK K3EOD K2TXB K2UT N2SB N2DEQ W2UR WB3JYO WB2VLA WC2K WA3NFV
Team #2 W3RJW WAIYHO K1DY K3MFI KB3IB W3GAD K3JZ WA3DRC W3KKN N3EMY K3PHY K3EBZ WR3P
Team #3 W3KM N3EXA K3ESI WB3KRW N3DQZ N3GSA NK8Q W3GXB N3IIT WU3C WB2ONA
Team #4 WA3NUF N3AOG W2SK N3OZO N3XEM NE3I N3PLM K1DS AA3RE KA3MGB K3VEQ
Team #5 N3NGE AA3CN K3HZO W3DFM W3SZ WA3U WA3RLT W3OR K3EPP WN3A W3HMU
Team #6 KU3T K3GNC K3IUV WR3P N3DG W3HK WA3QA WA3EH W3IIT WA2OMY WA3YUE KB3XG W3RZU WORSJ

The first in each list is the team captain. The next in line should be prepared to assist the captain in helping with any requests for assistance from team members. An effort was made to group each team geographically, to promote cooperation and assistance among team members.

Note: Per ARRL club contest rules, each member must attend at least two meetings a year to participate with the club in the unlimited contest category. 73, Joe - AA3GN.

TID BITS

FAR Circuits, <http://www.cl.ais.net/farcir/> now has circuit boards for the SUFFOLK 144 MHz TRANSVERTER (3 BOARD SET) that is included in the VHF/UHF DX Book edited by Ian, G3SEK. This project is a transverter for converting the receiver and transmitter of 28 to 30 MHz to 144 MHz. The project is built on three PC boards. Receiver converter gain=18db, Transmitter output~10 watts, IM~80 dB.

The DX Notebook Antenna Page : <http://www.dxc.org/antpg.htm>

More TID BITS

New Leonids HSMS Distance Record It appears that a new North American HSMS distance record was set when Mike King, KM0T in EN13vc and Joe Goggin, K9KNW in EL95dx, completed a QSO at 1726 UTC on 18 November, 1999 using high-speed CW at 6000 lpm (1200 wpm) on 144 MHz. The QSO began at about 1610 UTC, lasting over one hour before rogers were finally copied on both sides. The new record exceeds one previously set by Gary Krenzel, N0KQY in DM98gk and Russ Pillsbury, K2TXB in FM29pt, during the 1999 NA HSMS contest. KM0T <-> K9KNW: 1433.978 miles-2307.764 km vs. N0KQY <-> K2TXB: 1433.121 miles-2306.385 km, or just 1,379 meters further!!

The latest release of my **FREE Smith Chart Program (SMCHR.EXE)** and its companion Help File (SMCHR.HLP) for Windows is now available at the following WEB sites: <http://www.qsl.net/w9dmk> <http://www.fortunecity.com/meltingpot/albania/784> This change is the first change in over a year and it fixes a problem in printing the Smith Chart with the current data point and SWR circle. The new version prints the same data point and SWR circle as shown on the screen, whereas the previous versions from 6.2a through 8.1 were not printing anything except the background chart. If you have never tried this program before, you may find the Windows Help file especially useful in learning how to use the Smith Chart. Anyone experiencing difficulties in obtaining the program from my Web sites should send me an e-mail request, and I will be happy to forward copies of the files as e-mail attachments or will send you a diskette in US Mail at a nominal fee to cover the actual cost of the diskette and postage. 73 de Bob, W9DMK, King George, VA. <http://www.qsl.net/w9dmk>

K3DEL Beacons now continually on the air: 50.058, 222.068 and 903.082. 73 Ron W3OR, FM28FN1999 **ARRL International EME Competition (23CM)**. Packrat Harry, K3HZO worked 40 stations with 24 multipliers on 23CM, single operator. 8 new initials: DJ5MN, EA3UM, WA6KBL, WA9OUU, W1ZX, DH9FAG, JA8ERE, and JA6CZD. Equipment used was a 4.5M ex-TVRO, Diagonal feed, 225W in the shack.

The **SOUTHEASTERN VHF SOCIETY** will host its **FOURTH ANNUAL CONFERENCE** on April 14-15, 2000 at the Atlanta Marriott Northwest I-75 and Windy Hill Rd. Marietta, GA (Same location as the first three Conferences). **FIRST CALL** for conference presentations and papers to be published in the conference proceedings (submissions due by Feb. 18, 2000). Contact program chairman Bob Lear, K4SZ, at P.O. Box 1269, Dahlonga, GA 30533, tel 706-864-6229, email k4sz@arrl.net. In addition to the technical program, there will be preamp noise figure testing, antenna gain measurements, the annual meeting, SVHFS auction, a flea market and vendors, award presentations, a great banquet and many door prizes. Further details will be announced on our web site. <http://www.svhfs.org/svhfs/>

Ron, W3RSJ reports that the **1999 Pack Rat VHF Conference** pictures are available from the Latest News page of the Pack Rat WEB Page www.ij.net/packrats. Pictures from HAMARAMA 99 will be up shortly.

For those interested, Dave, W3KM put together a nice little article on thermistors as crystal heaters. It may be found on the Packrat web page. http://www.ij.net/Packrats/Article_6/W3KM_Picks.htm

VHF-UHF PIONEER PAUL M. WILSON, W4HHK, SK

VHF-UHF pioneer Paul Wilson, W4HHK, of Collierville, Tennessee, died November 29. He was 75.

A stalwart in the 144-MHz and Microwave Standings, Wilson remained active right up until his health deteriorated earlier this year. In early July, he completed his VUCC on 10 GHz. He celebrated his 75th birthday in September by making his first contact on 24 Hz.

"Paul's life should inspire every amateur to strive to always try something new in Amateur Radio, regardless of age or health," said ARRL Vice President Joel Harrison, W5ZN--a friend of Wilson's. "He has definitely been an example for me."

Noted VHF-UHFer Al Ward, W5LUA, called Wilson "a true VHF pioneer" and said he would be missed.

Wilson got his ham ticket in 1941 at the age of 16. While still in high school, he began experimenting on the old 2-1/2 meter band (112 MHz). After World War II, he rekindled his interest in VHF and UHF, becoming a major figure on the then-new 2-meter band.

During the 1950s, he got involved in meteor scatter propagation. In 1954, W4HHK and Tommy Thomas, W2UK in New Jersey sent and received reports via 2-meter meteor scatter over a 950-mile (1520 km) path--a first! W4HHK and W2UK won the ARRL Technical Merit Award for 1955.

Wilson took on the challenge of Earth-Moon-Earth propagation as well, and in 1961 he began work on an 18-foot dish. He was among those making their first 70-cm EME contacts in July 1965. From that frontier, he moved on to attempt 2304 MHz moonbounce, and he won the ARRL Technical Merit Award for 1969 for his work on that band. In 1970, W4HHK and W3GKP claimed a new record--the first 2304-MHz EME contact.

In 1972, Wilson used his 18-foot dish to monitor the Apollo X command module on 2.2 GHz as the astronauts orbited the moon. He received a NASA confirmation of his reports in the form of a photograph signed by all the astronauts on the mission.

Wilson retired in 1980 after 30 years as an engineer for TV station WMC in Memphis. His wife "DB"--to whom he was married for 54 years--is W4UDQ. His son, Steven, is N4HHK.

A staunch League supporter and ARRL Technical Adviser, Wilson was frequently in the pages of QST over the years--both as an author and as a subject. In his December 1999 QST "It Seems to Us . . ." editorial, ARRL Executive Vice President David Sumner, K1ZZ, singled out Wilson as an Amateur Radio hero for his pioneering accomplishments.

The Central States VHF Society awarded Wilson its Chambers Award in 1986 for "his continuing technical contributions to UHF, especially EME on 13cm."

Services were December 2 in Collierville.

Sleep Deprivation Summary

With the January VHF S/S coming up, it might be worth while reviewing the following summary by Stewart GM4AFF/GM0F from the CQ-Contest Reflector.

From the subscriber that brought you the now infamous 'Last 2' thread. Now! Sleep Deprivation. ...or how to last a 48 hour contest without feeling like death... It was obvious that my 'Sleep Deprivation' message started a thread which some found interesting. I have tried here to summarise the postings which I received. I hope it's of some help.

There is no doubt that the human metabolism will function better over a 48 hour period of little sleep, if attention is paid to fitness and diet. Diet seems to have the most obvious and immediate effect on the ability to last the 48 hour period.

1. It's a proven medical fact that we should sleep in multiples of 90 minutes. Most sleep 90 mins on early Sunday morning, and some on Saturday morning too. In general, it seems like a good idea to get 3 hours in before the contest starts, which is easy in Europe, but difficult in West USA. Varied feelings about whether to get a 'lie in' on the Friday morning, but certainly not good to have a very late night on Thursday. 'Adrenaline' seems to be a big factor for some in keeping you going through the weekend. For others, the opposite is true - relaxed and laid-back gets them through. Whether you're wired or tired, it makes little difference to the final result. It's the ability to sustain concentration that matters.

2. Drink in moderation, but regularly. Drink to quench thirst. Do not drink caffeinated beverages. Caffeine will lower the blood sugar level thereby affecting the ability to concentrate. Coke, tea and coffee contain caffeine. Milk will make talking difficult - radio and TV news readers avoid milk. Unsweetened fruit juice, a little often, is good. It is far more difficult to waken up if you have managed to get to sleep with a high caffeine level.

3. When to eat? Stick to eating at regular intervals. Every 6 hours with a small snack at 3hr intervals is good. Normal eating times are also good. It's what your body expects.

4. What to eat? The objective is to maintain a steady blood-glucose level of around 4-5 mmol throughout the weekend, with a slightly higher than normal intake of protein. In normal healthy individuals, high blood-glucose levels lead to poor concentration and drowsiness whilst low blood-glucose levels lead to irritability, short temper and loss of aptitude. 4-5 mmol, a moderately low level, will be achieved by avoiding anything containing simple carbohydrates like sugar or bleached pure white flour. So, good is whole meal bread, bad is plain white bread. Good is potato skins, bad is creamed potato. Good is natural fruit juices, bad is sports drinks. Good is fruit, bad is sweets/candy. Whilst sports drinks will give the body a big hit of energy, this hit is followed by a very deep low in blood-glucose levels. Complex carbohydrates (vegetables, fruits and grains) are good, in that they take a long time to digest, help maintain a steady blood-glucose level and help avoid surges.

So what should we eat and drink?

sandwiches of whole meal bread, with meat or cheese, fruit/grain/granola bars, pure orange juice, water, nuts, apples.

5. How much to eat? In general, it is best to eat less food than you would normally.

6. Avoid smoking.

7. Keep fit. This is really quite important. If you are fit your body will react less badly to poor sleep patterns.

8. Avoid alcohol.

9. Avoid working on 'stuff' right up to the wire. Prepare well for the contest and 'know' that you have. There is a hidden side to knowing that you are well prepared. This will help you relax prior to and during the event, which is one of the keys to making it through the full 48 hours. It feels good to feel loud, and believe that your signal is getting through - 'I know what I'm doing'. Learn from the previous year. Immediately after a major contest write down what was wrong, what went wrong, what was good, and what was bad. That way, next year you will be a little more prepared, and a little more relaxed.

10. Smile when you talk. Sound happy. Even if you feel like death, don't let the other guy know it! People like to call happy people. Not a lot of good on CW, of course.

Other points worth noting...

Vitamin B can help you feel less tired over a period of time, and may be beneficial. I would not take this as a recommendation to take vitamins though - see your doctor first!

Tablets/medication like ProPlus (in the UK) which are really just concentrated caffeine, will keep you awake but your ability to make even the simplest decision is diminished, and concentration is virtually impossible. Trouble is, I don't think you are aware of this if you have taken them! Someone suggested avoiding salt, but this may not be recommended in hot climates, as lack of salt can lead to muscle cramps. It's unlikely that the lack or even overdose of salt over such a short time frame would have that much effect anyway.

A number of ops mentioned feeling rough for the whole of the week following a contest. I didn't after the CQ WW SSB, but did after the CW. And I haven't felt bad like this before - I recover fairly quickly normally. I don't know what this is all about.

Some ops mentioned a lack of aptitude - the inability to physically send certain complex CW codes. This is probably due to low blood-glucose levels and lack of sleep. The inability to receive more than 3 or 4 characters at a time seems to result from high blood-glucose levels and lack of sleep. What to do? Sleep, I guess!

I don't want to sound like an expert. I'm not a dietitian. I'm not a top-flight operator. But I am diabetic (insulin dependent), and hence, have a requirement to keep my blood-glucose level under control. I made some fundamental mistakes in the last CQ WW CW Contest, and I am passing on what I have learnt, both from personal experience and from the experience of others. I hope others can benefit from this. Stewart GM4AFF/GM0F

1999 Fall Sprint 432 MHz Results

de Jim, W4KXY

<u>CALL</u>	<u>SCORE</u>	<u>CALL</u>	<u>SCORE</u>	<u>CALL</u>	<u>SCORE</u>	<u>CALL</u>	<u>SCORE</u>	<u>CALL</u>	<u>SCORE</u>
WA3DRC	560	K6TSK	189	K4SZ	80	K4KAZ	66	K3IXD	30
N2CEI	392	K4RF	120	N2MH	80	NE3I	65	N3XJX	28
AF4HX	350	W2SJ	114	N6DN	75	W4DEX	56	K0CJ	27
N3EMF	270	W6OAL	108	KF6JBB	75	KC6ZWT	50	W0ZQ	21
W3EKT	260	K8TQK	99	W1PM	72	W3VRD	48	AE4GQ	20
KE6GFF	198	W6AQ	90	N0POH	70	KF6FZY	48	N8XA	10
						N2GMK/R	36	NE8I	1

Over all winners are WA3DRC - 1st Place, N2CEI - 2nd Place and AF4HX - 3rd Place
 0th Call District winners are W6OAL - 1st Place, N0POH - 2nd Place and K0CJ - 3rd Place
 2nd Call District winners are N2CEI - 1st Place, N3EMF - 2nd Place and W2SJ - 3rd Place
 3rd Call District winners are WA3DRC - 1st Place, W3EKT - 2nd Place and NE3I - 3rd Place
 4th Call District Winners are AF4HX - 1st Place, K4RF - 2nd Place and K4SZ/N2MH (Tie) - 3rd Place
 6th Call District Winners are KE6GFF - 1st Place, K6TSK - 2nd Place and W6AQ - 3rd Place
 8th Call District Winners are K8TQK - 1st Place, N8XA - 2nd Place and NE8I - 3rd Place

If you see an error in your score let me know ASAP. I will post any corrections as soon as I receive and verify them. If I don't hear anything by the end of this week these scores will become official and final. 73 Jim W4KXY w4kxy@bellsouth.net

2 Meter Fall Sprint - 1999

Claimed scores - de Johnny Wolfe, K4TW

<u>Call</u>	<u>Grid</u>	<u>State</u>	<u>Power</u>	<u>QSO's</u>	<u>Mults</u>	<u>Score</u>	<u>Call</u>	<u>Grid</u>	<u>State</u>	<u>Power</u>	<u>QSO's</u>	<u>Mults</u>	<u>Score</u>
W0ZQ/R		MN	80	109	34	3706	W2FCA	FN22	NY		20	12	240
K8TQK	EM89			69	35	2415	K4KAZ	EM74	GA	150	23	10	230
K1TBO	EN31	CT		96	23	2208	KU4WW	EM54	AL	100	19	11	209
KI4M	EM96	NC		80	14	1120	WA8RJF	EN91	OH		17	12	204
K4RF	EM84	GA		43	19	817	N0UK	EN34	MN		25	7	175
N2GKMR		NY	110	44	17	748	W1PM	FN41	MA		20	8	160
W3EKT	FM19	MD		40	16	640	N8XA	EM79	OH	5	17	9	153
N3NGE	FN20	PA		41	14	574	N3II	FM19	MD	20	14	7	98
W2SJ	FM29	NJ		37	12	444	W4ATL	EM73	GA	150	11	7	77
N3XJX	FN10	PA		31	14	434	AE4GQ	EM74	GA	160	12	6	72
W3VRD	FM19	MD	250	30	14	420	N0POH	DM79	CO		12	6	72
K1JT	FN20	NJ		38	11	418	N7EPD	CN87	WA		12	5	60
N0AKC	EN44	WI	1300	29	12	348	KF6JBB	DM12	CA		11	5	55
W4DEX	EM95	NC		22	15	330	N6DN	DM14	CA		12	4	48
N3EMF	FN31	NY	160	36	9	324	N8NQS	EN72	MI		6	6	36
K4EA	EM74	GA	100	24	12	288	KB9JIF	EN62	WI		8	3	24
KC6ZWT	CM98	CA		26	11	286	W4KXY	EM84	GA		4	3	12
K6TSK	DM03	CA		39	7	273	WB8AUK	EN80	OH		4	3	12
K4SZ	EM84	GA		27	10	270	K5OGF	EM86	TN		4	2	8
KD4K	EM74	GA		22	12	264	KB0LGB	EN54	WI		1	1	1
K3IXD	FM19	MD	100	22	11	242							

More TID BITS

Ron Allen W3OR reports on December 10th that his horse "Backscatter" has NOT put on a heavy winter coat. His prediction for the winter in Southern Delaware is to be a very mild winter.

Homebrew Amplifier Photos Check : <http://207.108.137.61> provided by Larry, W7IUV.

Report from California from a Retired Packrat, Randy NR6CA

Just finished reading the latest edition of Cheese Bits. I look forward to the newsletter each month since it is about my only source for Club activity. I wanted to take you up on describing station upgrades even though what I am doing will have little effect on anyone else in the Club. Over the last few years I have not been all that active. After leaving NJ for California back in 1981 I found things out here completely different than what I had on the easy coast. Not much weak signal VHF/UHF work being done out here. Yes there are some big guns around but the general VHF/UHF work is FM repeaters which is just not my style.

RE: Meteor Scatter Procedures

dc Russ, K2TXB on the VHF Reflector. Hi Bob. At first I was going to reply to your question privately, but then I thought it might be useful to review MS procedure for others too (since we are right at the start of the major shower). I'd suggest to use SSB, not CW, unless you want to use HSCW (computer or tape speeded up and slowed down). Hand sent CW is just too slow to work well. In the old days that was what we all used for MS, but contacts were a lot more difficult to make. As soon as SSB was available, and VFO's were accurate and stable, we all switched to voice for MS. Of course you can still use CW if you want, and if you can find anyone who will run with you.

As for sequencing, use 15 second periods. The rule of thumb is that the most eastern or northern station listens first, transmits second. So if you were working a western station, you would listen during the first and third 15 second segment of each minute. For a station in Florida, you would be the northwestern station and could use either sequence to transmit, it is always important to make sure that both stations agree on the sequencing to be used before the sked starts. It's really discouraging to sit there for a whole sked, hearing nothing, and then find out you were on the wrong sequence!

If you want to work random on or near the calling frequency, it gets a little difficult because these days there are so many stations who make up their own rules as they go along, with no consideration for using techniques which will maximize their chances for success and cause less interference to others. You will hear operators calling almost continuously, during both sequences, with only short breaks. These guys make it very difficult for you to hear a DX station coming through. The rule is supposed to be that eastern stations still transmit 2nd and 4th, and listen for 30 seconds out of each minute. But, if you hear a station coming back to you, then you break the sequence and try to complete the contact without regard to timing. Local stations who can hear you are supposed to stop calling CQ during the time you are trying to complete the contact, and you are supposed to make it quick - finish the QSO, or else give it up and get back on sequence as fast as possible. But, as I said, it is very hard these days because of the number of operators who either don't know or don't care about the gentlemen's rules that are supposed to help us all. You will have far more success if you make schedules than trying to work randoms.

The contact works like this:

At first each station sends calls only.

When you have copied BOTH calls, you can then start sending a report (grid square or S2, or whatever), but you have to keep sending calls too, because you don't know if the other station has copied the calls yet.

When you have copied calls and a report, you can send rogers (rrr), but keep sending your report too because you don't know if the other station has copied your report yet.

When you hear rrr, if you have already been sending rrr, you need to keep sending the rrr's because you don't know if the other station has heard your rrr's yet, but you can stop sending reports since they have been 'rogered'. If you never hear anything more, it's common practice to keep sending the rogers for at least a few minutes to make sure the other station has a good chance to hear them. You will have to check later to see if he actually got the roger's, and it will only be a good contact if he did.

When you hear 73's, you can stop, if you want, or send 73's back for a while to let him know that the contact is complete.

Note that it is not necessary for either station to send or receive 73's, but it is a useful indicator that the rrr's have been received both ways. Otherwise you might have to wait for a QSL card, or an email message, etc., to find out if the other guy heard your rogers and it is a good QSO. Hope this helps, 73, Russ K2TXB.

REPORTERS Still NEEDED

I would like a volunteer or maybe several to do more reporting on what is happening within the club. How about reporting more in Cheesebits of what you are doing? This means letting all know of the new antennas, rigs, all sorts of new equipment being installed that can be shared among the members. I sometimes find out some of this from seeing postings on the various reflectors and on the air but I miss most of it. I would guess that much of it does not get to all of our members.

So, how about it? Send your latest station upgrades (equipment built, or acquired or even license upgrades) to me or volunteer to collect it. Put it on the reflector or if you'd like, send it to me to put in Cheesebits. I'm sure that along the way of getting something working you've discovered one or more paths to stay away from. How about sharing this with your fellow rats?

Cheesebits is always looking for technical articles (just little bits or big projects). 73, Harry, W3IIT

Roadrunners Microwave Group Contest

dc Bill Tynan, W3XO/5, btyan@a-omega.net

This is to announce a cumulative contest for all bands above 220 MHz (222 in the U.S.). The contest is sponsored by the newly formed Roadrunners Microwave Group (RMG) in Texas. The 2000 event begins Jan. 1, 2000 and ends Dec 31, 2000. Points can be earned by working a station once per day throughout the year. Multipliers are applied for distance and band. The object of the contest is to promote greater day-in-day-out use of the higher amateur frequencies. If we don't use em, we stand a good chance of losing em! And using the bands does not mean just during a few contest weekends. Those who are after our frequencies are already on to that. RMG invites all hams to the world to participate. One need not be a member of any group or club. For complete rules, scoring sheets, multiplier sheet, etc, send an s.a.s.e. with enough return postage, for DX stations IRCs, to: RMG PO box 93175 Austin, TX 78709-3175 USA.

This is a follow-up to the message I posted last evening. Paul, ND2X, the RMG Webmaster informs me the following: All paperwork (rules, matrix, tally sheets, etc.) for the RMG cumulative contest can be printed directly off the RMG web site (there a four pages to print). I have now tried it and it seems to work. 73, Bill Tynan W3XO/5 EM00kd

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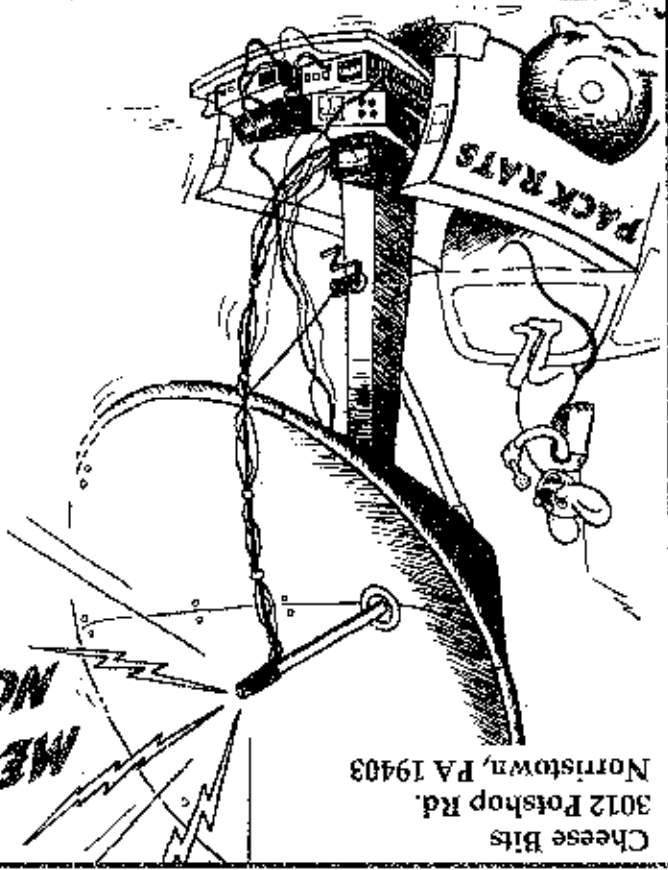
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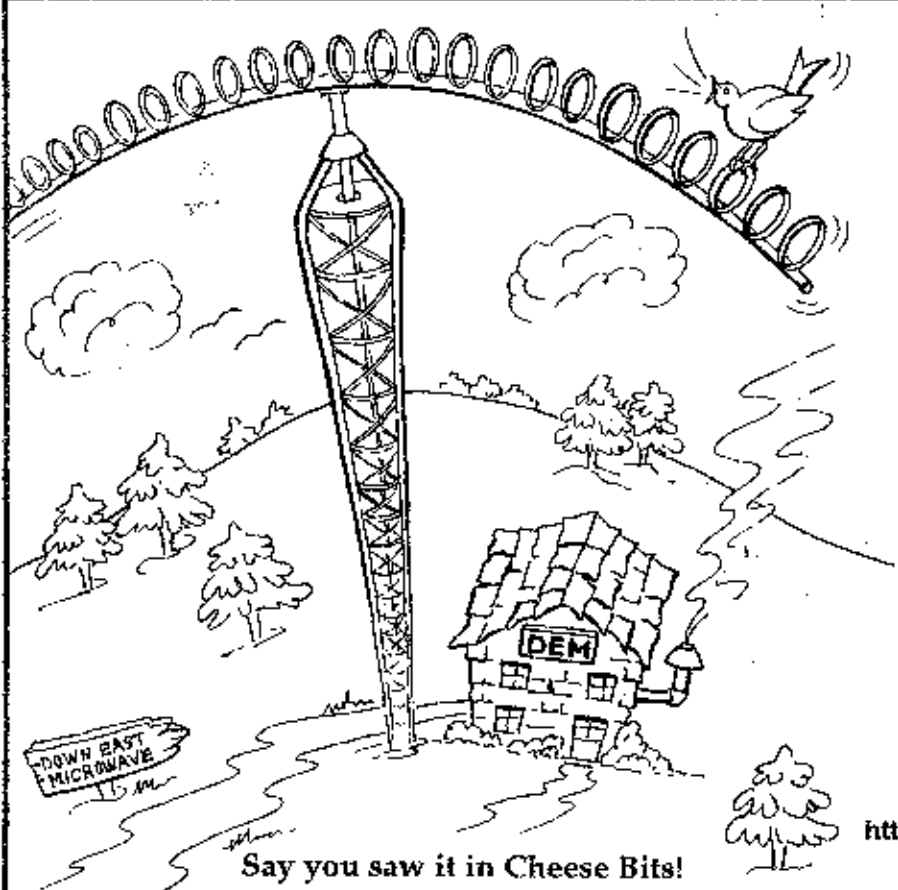
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