



THE FRANKFORD RADIO CLUB NEWSLETTER

PROFICIENCY THROUGH COMPETITION

CALENDAR

August 2006:

- 5-6 No. America QSO Party, CW
6 FRC Summer Mtg, K2AX
12-13 Worked All Europe Test, CW.
12-13 MD-DC QSO Party
14 Rexy Meeting B
17 T.I.T.S. Meeting, Noon
19-20 No. America QSO Party, SSB
19-20 New Jersey QSO Party
26-27 YO (Romania) DX Test
28 Rexy Meeting B

September 2006:

- 2-3 All Asian DX Contest, SSB
9 North American Sprint, CW
9-10 Worked All Europe Test, SSB
12 FRC Main Meeting, Phila.
12 Rexy Meeting B
16 North American Sprint, SSB
16-17 Scandinavian Test, CW
21 T.I.T.S. Meeting, Noon
23-24 CQWW RTTY DX Contest
23-24 Scandinavian Test, SSB
26 Rexy Meeting B

October 2006:

- 10 FRC Main Meeting, Phila.**
28-29 CQWW SSB DX Contest

CHANGES

New Member

W3TUA (ex KA5VCQ)

Korey Chandler
511-1/2 3rd St.
Towanda, PA 18848
Cell 1-877-861-8350
Home (570)268-4004
Email: ka5vcq2@yahoo.com

Deadline for September issue:

Sunday, August 27, 2006

President's Column

We are rapidly approaching another contest season. In just a few months, the battle will again be joined and we will be competing against all of the other contest clubs in the world. The PVRC is making rapid strides and is knocking on the door. If we are to answer this challenge, we must work together as a team.

Being a member of a team is one of the reasons I joined this club in the first place. I like the feeling of accomplishment that comes from doing your best. And, its even better when you know that everyone else on the team feels the same way.

So, if you need assistance with something at your station, reach out to the team. There is a lot of experience in this club that we can all take advantage of. Use the reflector, the chat room, the phone, or even the radio to discuss your ideas with other members of the team. Working together, we can return to the top of the contesting world.

On August 6th, there will be a summer meeting at Mark, K2AX's station in Waterford Works, NJ. Mark is a new member to the team and is building a great station. He will be looking for input from the team about what he can do to make his station better. Please join us at Mark's and bring you ideas.

73 – John – K3ZV

CQWW SSB Plans

Doug, **W3CF** is now taking a list of stations looking for ops for CQWW SSB. This includes DXpeditions. For instance, if an op is planning a DXpedition, he might want to open up his station to a guest operator.

And if you're an op looking for a station, please let Doug know.

You can email Doug at w3cf@verizon.net.

MEETINGS

T.I.T.S. meeting—The Trexlertown International Transmitting Society meets on Thursday, August 17 at 12:00 noon. Location is the Hometown Diner on Route 222 in Trexlertown..

Rexy Meeting B—The Rexy's **FRC Meeting B** meets about 8 PM on the second and fourth Tuesdays of each month.

Summer Meetings



Sunday, August 6—Mark, K2AX
(map in July issue available at www.frc.org)

Important Note:

Even though ARRL and CQ don't require it, the **FRC** by-laws do still require one meeting per year to remain an active member.



Less than 90 Days to CQWW SSB.....Don't Wait!

Work Wanted:

Experienced tower climber immediately available to perform antenna and tower maintenance.

Install/repair/remove antennas, replace feedlines and cabling, rotator servicing, guy wire renewal, new tower installations (guyed and self-supporting), and tower removal.

Reasonable hourly rates and scheduling that meets your needs.

Contact: John Crovelli W2GD
w2gd@hotmail.com

New Reach Number: 908 391 5611 (Mobile)

2006 FRC Fund Drive



The 2006 FRC Annual Fund Drive is now officially underway. This issue should contain a stamped envelope for your contribution.

Here are a few reminders when getting ready to make your annual contribution to help keep our club running...

- 1) **PLEASE** make ALL checks payable to **FRANKFORD RADIO CLUB**, and **NOT KQ2M**.
- 2) **PLEASE** write your return address and callsign on the envelope.
- 3) **PLEASE** write your callsign/callsigns on the check.
- 4) **PLEASE** seal the envelope.

Each year quite a few people forget to do at least one of the above and we lose some contribution checks. Also, some people make a much-needed contribution but then do not receive credit for making it. Clearly no one wants that, so **PLEASE** take a few extra seconds to make sure that you follow #1 - 4 before you mail the envelope. **Please contact KQ2M if you have mailed a contribution but are not shown on the list in the newsletter.**

If for some reason you don't get an envelope, or you misplace it, you can send your contribution to: Robert L. Shohet, KQ2M, 51 Scudder Road, Newtown, CT 06470

As you know, these are contributions and not "dues" so there is no fixed rate. To set the scale, however, it may help you to know that the cost of operating the club last year was about \$45.00 per member

List of FRC Contributors as of July 25, 2006 (contributors since the last list are in bold)

AA1K/AB1P/N3TTT	K300/K3000				
AA2U	K3FMQ	N2ED	NC1A	W3BGN	WE3C
AA3B	K3GYS	N2LT	NK3N	W3CC	WK2W
AB2IO	K3II	N2MR	NO2R	W3EA	WQ3E
AD3Z	K3JGJ	N2SS	NQ3N	W3EEE	
K2AX	K3JJG	N2TK	NW3Y	W3FV	
K2DM	K3MD	N2VW	NZ3O	W3FVT	
K2FL	K3ND	N3BB/5 - TX	W1GD	W3GK	
K2GN	K3NZ	N3BNA	W2CG	W3KV	
K2JF	K3PH	N3DL	W2LE	W3MA	
K2OWE	K3WW	N3DXX	W2OF	W3MF	
K2PS	K3ZV	N3ED	W2OX	W3MM	
K2QM	K9RS	N3ISH	W2REH	W3PA	
K2QPN	KC2NB	N3KR	W2TV	W3RAT	
K2SB	KC3WX	N3NA	W2UP	W3SOH	
K2SG	KD2HE	N3RD	W2VJN - OR	W4AA - FL	
K2UT	KQ2M	N3RS	W2YC	WA2VYA	
K2WJ	KQ3F	N3YW	W2YR	WA3LRO - CA	
K3ATO	N1RK	N3ZA	W3AP	WA3RHW	
K3CP/5	N2CQ	N5RA - CA	W3BG	WB4FDT	



FRC OPEN Results

This year's **FRC OPEN** was held on Friday June 30th. It was attended by 15 **FRC**ers and the wx was perfect as always.

This year's **FRC OPEN** Champion is Andy **N2NT**. Finishing second was Rick, **K300** and Tom, **K2TW**, took third place.

Closest to the pin winners were **N2NT** on hole #3 and **N2NC** on hole #16.

Longest Drive on hole #10 was hit by **K2DM**

FRC Players in the 2006 **FRC OPEN** included:

K300,N2TK,K2TW,K2DM,W7TDC,W2CG,W2NO,K2PS,N2NC,N2NT,W3BGN,W2RD,W3FV,WB3FIZ,K3JG.

This year we had four new players. Thanks to **W7TDC,W2CG,W2RD,WB3FIZ** for attending this years event.

After golf the entire crew went out to dinner. It was a great day with a great group of guys. If you have any interest in golf please consider joining us for next year's **FRC** Open.

Next year HamAv(**W7TDC**) has promised to provide an Icom 7800 to any **FRC** golfer who breaks a 59 in the 2007 **FRC** Open.

Hope to see you all there.

73,Rick K300



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Reprinted with permission from the July 26, 2006 Contest Rate Sheet

It has been observed that spending the weekend doing a contest is a lot like taking long airline flights. The in-flight audio is more interesting, but the prolonged periods of sitting could lead to similar problem with blood clots forming and moving to the lungs. The following information about preventing and detecting pulmonary embolisms was contributed by Marios 5B4WN/G0WWW who is a physician -- thank you Marios!]

Please note that this is "general advice" and provided for educational purposes only and if you feel that you are at a higher risk of developing venous clots, you should consult your family physician for further advice. Please also note that there are probably many other things people do/don't do but if they are not listed below then there is probably no evidence that they work!

What is a pulmonary embolism?

This is a condition where an artery in the lungs gets blocked by a blood clot that has broken off from a larger clot, such as in the leg. [Wikipedia reference]

Strong recommendations [for everybody]

1. Avoid constrictive clothing around the waist or legs
2. Avoid dehydration: ensure you take in plenty of fluids [e.g. water] during the flight [although alcohol is also a liquid, it is NOT recommended!!!]
3. Do frequent calf muscle stretching/exercises and frequently get up and move around the plane.

Weaker recommendations [only for travelers with an increased risk of thrombosis, e.g. obesity, previous thrombosis, increasing age, etc.]

4. Consider wearing below-knee graduated compression stockings/socks (T.E.D. stockings) during the flight. These are available from pharmacies BUT must be measured/sized correctly for your legs to provide the correct compression pressure. They do work [1][2][3]!
5. Some travelers at a higher risk may require a single injection of heparin (LMW) before traveling. This renders the blood "less clottable" for ~24 hours. This requirement for heparin injection needs to be discussed with/advised by your family physician/practitioner.

The use of aspirin for the prevention of thrombosis in long distance travel is NOT recommended by either references below as there is no evidence that it works/justifies the risks.

References [for those who want more in-depth medical information, some may need subscription]:

[1] <http://www.chestjournal.org/cgi/content/full/126/3_suppl/338S>

[2] <<http://www.blackwell-synergy.com/doi/abs/10.1111/j.1365-2141.2005.05617.x>>

[3] <<http://ebm.bmjournals.com/cgi/content/extract/11/2/55>>

How do you recognize a deep vein thrombosis (DVT) - a clot? Seek professional help if you get: - Lower leg (calf) swelling/warmth especially if only on one side [a bit of ankle swelling on both sides straight after a flight is normal and usually disappears after a few hours] - Calf pain Both of these may also develop a few days after a long flight. [Wikipedia reference]

Continued next page

CONTESTING — TIPS, TECHNIQUES, RESOURCES

Seek immediate professional advice if you suddenly feel short of breath, get chest pain, or feel extremely unwell

The above may also develop a few days after a long flight. Short-acting sleeping pills...should be used only in accordance with medical advice and should not normally be taken during the flight, as they may increase immobility and therefore the risk of developing DVT.

More Tips

If you have problems with wind-induced vibrations in long Phillystran guy lines, the product you're looking for is a Spiral Vibration Dampener, manufactured by Preformed Line Products. http://www.preformed.com/artsfest/files/literature/PLP_CommCatSec23.pdf Frank W3LPL reports having the problem on the guys for his 200-foot towers, and the SVD dampeners completely solved the problem. Frank installed one dampener at the top of each guy, within reach of the tower. Philadelphia Rope Works, the manufacturer of Phillystran, was able to get them for him.

Many know that Rec-All Pro (<http://www.sagebrush.com/>) does a Fine-Business job of recording contest audio, complete with VOX. Fewer know that it embeds a time code in the recording. This means that you can search for recorded audio by clock time, not contest elapsed time. (Thanks, Jim VE7FO)

Bob K0RC reports, "I have been slowly adding improvements to my Excel 2003 spreadsheet that allows a contester to pre-plan their contesting strategies. I thought this might be a good time to share this file with the contesting community." Download a copy here: <http://tinyurl.com/lf3w2>

Another spreadsheet tool from the 17 July issue of DesignNews (<http://www.designnews.com/>) was found in the "Tips from Titus" column. This Excel macro, written in Visual Basic, creates sine-wave tables for use in spreadsheets. If you've ever struggled to create a sine-wave for display or calculation, you'll instantly recognize the utility of this tool. It's available at <http://tinyurl.com/lqqok>

Do you have a problem with critters chewing on feed lines near the ground? Thomas AC7A runs rings around the problem with a novel solution. "Even though my coax is buried about a foot underground and routed through an ABS tube, javelinas (small wild pigs) were chewing through my 9086 coax where it left the bulkhead and terminated at the bottom of my vertical. No matter what I tried, I couldn't stop them from destroying the cable coming from the bulkhead. Finally, I came up with the idea of cutting 3/4" PVC into 3/4" lengths to form rings. I placed the rings over the coax following the bend from the bulkhead to the antenna. They haven't been able to get through the PVC. I think the rings roll around in their mouths and are too tough to chew through."



KLM HF Antenna KT34XA 6 element tribander (10/15/20 Meters). The boom is 34 ft. long and 3" diameter. Uses no traps, with balun. It's sitting unassembled in storage in very good condition, Pick up only in Bucks County near Philadelphia. \$350.00. Please email at wa3yob@comcast.net or call me at 215-343-7486 for more information. 73 WA3YOB

<http://www.qsl.net/lz1jz>



First ARRL Online Auction Planned for October

The ARRL may be giving eBay and the other auction sites a little competition in the Amateur Radio arena this fall when the first ARRL Online Auction gets under way. Auction proceeds will help to support the League's educational services and programs. The event now is in the planning stages, says ARRL Business Services Manager Deb Jahnke, K1DAJ.

"We will soon embark on an exciting new venture," Jahnke said in providing the broad strokes of the online auction to ARRL Headquarters staff members. Jahnke and her Business Services team will organize and manage the event, which is planned for late October -- the exact dates haven't been set yet -- and she promises it will be lots of fun.

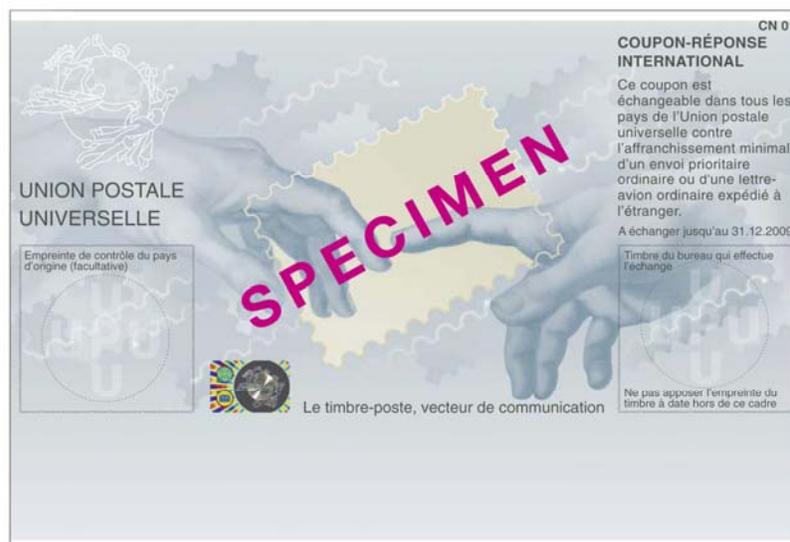
"This will not be just another boring auction, because we plan to include many unique and special items related to Amateur Radio," she said. "We are hoping to offer items that will interest our audience, ranging from DXpedition vacation rentals to restored Collins 75A4s." Jahnke says this inaugural online auction will be limited to 100 items.

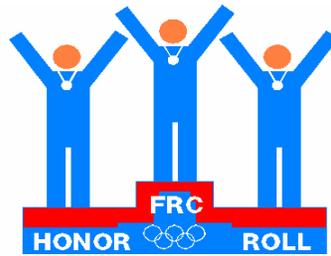
The auction will be open to all -- ARRL members and otherwise. Bidders just need online access to take part. "With an online auction, we can reach potential bidders across the nation and around the world," Jahnke pointed out.

Jahnke says she anticipates that the online auction will be open for about two weeks, and participants will need to register in advance. At this stage, she says, the auction planners are seeking additional ideas but no auction booty as yet. Contact Jahnke via e-mail <djahnke@arrl.org>.

New IRC available July 1

The Universal Postal Union (UPU) has announced that a new International Reply Coupon (IRC) design <<<http://www.dailydx.com/2007irc.jpg>>> has been selected. Radio amateurs often enclose IRCs when QSLing DX stations directly to cover the cost of return postage. The new design, known as "Beijing Model No. 2," was submitted by Volodymyr Taran, a graphic artist from Ukraine. Chosen by a jury of 40 UPU member countries, the coupon design was inspired by Michelangelo's painting on the ceiling of the Sistine Chapel -- two fingers about to touch framed in a postage stamp, representing the notions of communication and exchange. The new IRC will be valid until December 31, 2009. The current IRC is valid through December 31, 2006. For more information on IRCs, see the June 1999 issue of QST (page 83).--The Daily DX <<<http://www.dailydx.com/>>>





AUGUST

CONDUCTED by N2SS

2006

WARC BANDS

<u>30 Meters</u>	<u>17 Meters</u>	<u>12 Meters</u>
K2FL .. 332	K2FL...336	N2TK ..328
N2TK330	N2TK 335	K2FL..... 326
N2LT318	N2LT 332	N2LT..... 321
W3BGN318	W3CF 332	W3BGN ... 315
W2YC303	W3BGN ... 330	W3CF 303
N2SS291	N2SS 322	N2SS..... 302
W8FJ291	W2UP 312	W2YC 275
K2PS284	W2YC 306	K2PS 268
W2UP277	K2PS 303	W2UP 259
N3RD258	W8FJ 294	W8FJ 229
N2MM233	N2MM 268	N1RK 218
K3II232	N1RK 253	KQ3F 217
W2LE220	KQ3F 252	K3II 203
KQ3F195	K3II 245	N3KN 191
AA2WN...174	W2LE 231	W2LE 191
W2RQ144	W2YR 202	W2YR 187
K3CT134	N3KN 171	N2MM 185
AB2E132	NA2U 167	NA2U 156
W2YR131	W2RQ 142	AB2E 92
N3KN126	K3CT 126	K3CT 83
NA2U110	K3ND 124	W2RQ 62
N1RK107	AA2WN ... 122	K3GYS 30
K3ND85	AB2E 108	N2VW 28
N2VW76	K3GYS 85	AA2WN 20
W3CF61	N2VW 67	
K3GYS17		

K2FL and N2TK still duking it out for that elusive, undisputed **KING OF WARC**

Rules for FRC Honor Roll Listings.

Provide me with your total IOTAs worked, or countries (including deleted) worked for: WARC Bands, 160 Meters, Digital modes, Mobile, 6 Meters or your total for 80,40,20, 15 and 10 for 1.5K Club. Countries do not count until HQ Awards Committee takes action and announces a start date for a new country.

160 Meters

W3BGN295	W2RQ 123
AA1K290	K2PS 106
WT3Q261	W2CG 95
N2TK251	AB2E 94
N2LT248	N2VW 85
K3SX233	NA2U 83
NO2R226	W2YR 81
W8FJ216	N2SS 79
W2UP200	W3CF 77
K3JIG200	K3NL 70
W2YC186	K3CT 63
N2MM182	KQ3F 57
K3NM156	N1RK 51
N3RS156	AA2WN 50
K3II149	N3KN 34
K2FL143	W2LE 28
K3ND136	K3GYS 12

W3BGN continues as the undisputed Top of Top Band.

Digital

W2UP338	KQ3F 132
N2LT332	W2LE 124
K2PS288	W2CG 66
W2YC260	N2SS 53
AA2WN187	N1RK 39
N3KN181	K3GYS 15
W2YR132	W8FJ 12



MOBILE DX

W2YC276	K3GYS 143
AA1K273	AA2WN 131
N2SS234	W2YR 28



1.5K Club

K2FL..... 1709	K3ND1501
W3BGN 1702	KQ3F1453
N2TK 1690	W2CG1408
N2LT 1684	W3CF1403
W2UP 1666	AA2WN1379
W2RQ 1623	NA2U1365
N3RS 1617	N1RK1289
W8FJ 1600	N2VW1270
K3II 1573	K3CT1180
W2YC 1567	W2LE1175
N3RD 1540	W2YR1153
NO2R 1536	N3KN1120
N2SS 1525	K3NM1107
K2PS 1524	AB2E1164
N2MM 1524	



Islands On The Air

K2FL..... 1004	N2VW261
N2SS 832	W3CF253
W2YC 639	W2YR244
W8FJ 604	K3GYS222
N1RK 546	AB2E205



6 METER DXCC

N2LT 106	N3KN52
K2PS 101	W2YR44
AA1K 99	W2YC29
K3OO 77	AA2WN15
K3SX 75	N2TK12
N1RK 57	K3GYS10
N2SS 55	



THE FRANKFORD RADIO CLUB NEWSLETTER

P. O. Box 431 Albury, PA 18011-0431



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The Frankford Radio Club

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Repeater - 2 meters, 147.27/147.87 Output PL tone, 114.8

Home Page - www.gofrc.org

Meetings

Meetings are held on the 2nd Tuesday of each month (Sep through May) at 8 PM at the University of the Sciences, Philadelphia. Summer meetings are held at member homes (one Saturday/ Sunday per month).

Packet Cluster Contest/DX System

144.930 W3FRC
144.930 W2JT
144.950 K3ZV
145.010 N3ED
145.530 K3WW
145.530 AA1K
145.570 WT3Q
145.570 K2TW
145.590 N2NT
145.670 W3PP
145.730 N2BIM

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