



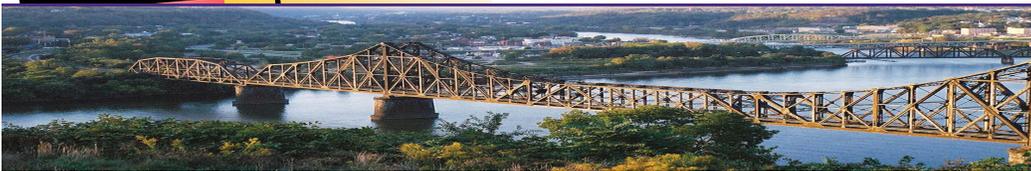
THE BEAVER VALLEY AMATEUR RADIO ASSOCIATION  
 WWW.W3SGJ.ORG  
 BEAVER COUNTYS ONLY 75 YEAR ARRL AFFILIATED CLUB!

# The eQRM Newsletter

Home of W3SGJ/R  
 145.310- 100 Hz PL

Volume 2, Issue 4  
 February 4, 2008

Bob, WA3ZRM - Editor



## THE KZ3Z/WA3ZRM ANTENNA CHALLENGE

Hello, I would like to challenge any members that want to see an improvement in the BVARA's repeater performance to join with myself, and Bob DeMarco, WA3ZRM in funding a new antenna, a Decibel Products DB-224, a four bay folded dipole with true 6db gain over a dipole. This is the same type of antenna that was originally on the repeater when it first went on the air at the current site and wowed everyone with its coverage. This is a commercial grade antenna with a 20+ year service life that is a standard in commercial repeater and base stations.

Here's the deal, the antenna costs \$730.00, if you donate

\$20.00, I will match that with \$20.00 and WA3ZRM will pony up another \$20.00. If only twelve members help out we'll have \$720.00 (I'll kick in the extra \$10.00 too) and a new antenna.

If you wonder why I'm doing this and have twisted WA3ZRM's arm to join me, I'll explain. The BVARA repeater's coverage in the Baden / Conway / Ambridge / Aliquippa area is very spotty for handhelds. I have just spent eight weeks conducting Technician classes and succeeded in getting three Boy Scouts licensed with the help of our VE team. I have five or six

more Scouts that want me to get them ready for the April test session.

George, NN3J and Bob, WA3ZRM have both donated handhelds for the scouts that were licensed. I have one more handheld on the way (a new one from Hong Kong). I don't want to see the Scouts discouraged from interacting with, and hopefully joining, the BVARA because they have a hard time hitting our repeater.

Please help build the future of Amateur Radio with us.

Thank you.

de KZ3Z

### Inside this issue:

Club News	2
Commentary	3
Ham's Horoscope	4
Membership Info	5
Propagation	7
DX News	6
Ham Radio Puzzler	9

### Newsletter & Information Exchange Program

- Have your club's latest news and happenings printed here for FREE!
- Is your club having a VE session or classes? Let me know and I'll help spread the word!
- Planning a Hamfest? Drop me a line and get some FREE PR in the eQRM!
- Having an ARRL night, special speaker or program? The eQRM can help by spreading the news within our region!

### COMMENTARY: AMATEUR RADIO EDUCATIONAL REFORM

*Editor's Note: The following article is a commentary and does not necessarily reflect the opinions of the ARRL or the Beaver Valley Amateur Radio Association.*

Bill Edgar, N3LLR, ARRL Atlantic Division Director and John Rodgers, N3MSE, WPA Section Manager visited our area on Saturday, February 2, 2008. Both Bill and John provided a great program to the 25 plus amateurs that attended. Hams from the Beaver Valley Amateur Radio Association, the Ellwood City Amateur Radio Association, the Triple A Amateur Radio Association and the Lawrence County Club would like to thank both Bill and John for their visit.

Although I did not have the opportunity to chat with Bill to any great extent, he assured me that we will be able to meet at the upcoming Washfest. **(Continued on Page 3)**

# FEBRUARY 2008

The Beaver Valley Amateur Radio Association meets at the Beaver County Emergency Operations Center located at 250 East End Avenue, Beaver, PA on the second Thursday of every month at 7:30 PM. Everyone is welcome.

+++PLUS+++

Don't forget to listen to the BVARA club nets every Wednesday Night! 2 Meter Net on 145.310 MHz 100Hz PL at 8:30 PM and the 10 Meter Net 28.370 QSY +/- 10 at 9:00PM.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	NETS 6	E-Board 7	8	9
10	11	12	NETS 13	Meeting 14	15	16
17	18	19	NETS 20	21	22	23
24	25	26	NETS 27	28	29	

The BVARA 10 Meter Net Lunch group will be meeting this Thursday at Kings in Center Twp at 11:00 AM. All area amateurs are invited and encouraged to attend the Thursday Morning Lunch.

VE TEST SESSION TO BE HELD ON APRIL 4, 2008: The BVARA sponsors ARRL VE examinations at the Community College of Beaver County's Aviation Science building, 125 Cessna Drive, (Chippewa Twp.) Beaver Falls, PA. For more info on the test session, dates and times, contact Tony, KE3ED @ 724-774-4173 or by e-mail at KE3ED@arrrl.net.

## 2008 BVARA

### OFFICERS & DIRECTORS

- President: Gary Hutchinson, KA3TYK
- First Vice President: Robert DeMarco, WA3ZRM
- Second Vice President: Debbie Mehutes, KB3EAQ
- Secretary Elect: Norm Trunick, KB3QFP
- Treasurer: Shawn Hastwell, KB8UDE
- Director: Chris Moratis, W3OUF
- Director: Jack Spencer, KZ3Z
- Trustee: Tony Petrucci, KE3ED/W3SGJ

## CLUB NOTES

### REPEATER FUND ESTABLISHED

At the recommendation of the club's Technical Committee, a Repeater Fund has been established to be used for upcoming projects and repairs on the BVARA's repeaters.

At the request of several BVARA members and the club's Executive Board, the Technical Committee has been asked to investigate new controllers and antennas for our repeater system.

At the time of this writing, over \$250 has been pledged to the fund by various club members.

If you are interested in making a pledge to support our repeaters, please contact Shawn, KB8UDE. Donations can also be made by using the membership application found on page 5 of this issue.



# COMMENTARY (CONTINUED FROM PAGE 1)

When I meet with Bill on February 24, I hope to discuss what I term, "Amateur Radio Educational Reform" within the Atlantic Division.

So, what is this "Educational Reform" you may ask? Simply put, it would consist of two strategic initiatives designed to expand and promote our hobby with emphasis on preserving its future.

The first initiative would involve the establishment of an Atlantic Division Task force charged with developing continuing education classes for K12 Pennsylvania Educators. These classes would offer Pennsylvania teachers the ability to obtain PA Act 48 Credits that are required under state law for continued teaching certification.

The methodology to deploy this initiative would included the following steps:

1. Assemble a team of licensed hams that are familiar with curriculum design requirements within the Commonwealth.
2. Prepare a curriculum synopsis and present it, as a group, to the Commonwealth's Secretary of Education for his buy-in.
3. Have the Secretary recognize the ARRL as an educational Act 48 provider within the Commonwealth.
4. Establish cooperative links with PA State Intermediate Units to serve as hosts for delivering the curriculum to K12 educators.
5. Reward educators that complete the coursework with Act 48 credits and offer them assistance in establishing school based club stations that would include funding, ongoing technical support and additional Act

48 credits for those educators that introduce club stations into their respective school districts.

To individual's not involved in the K12 educational process, the aforementioned plan may sound awesome in creation and delivery protocols. Speaking as a retired educator, I know that such an initiative is possible to achieved because I have seen similar plans develop and work. Additionally, I am willing to work with other educators in the Atlantic Division that would like to participate in such an endeavor.

The second initiative would also involve establishing a Task Force to introduce educational reforms in the methodologies currently utilized by the ARRL servicing affiliated clubs. This initiative would involve creating and deploying tools and procedures that are commonly used in traditional business settings. Yes, I know, Amateur Radio is a "Hobby" and not a "Business;" however, there is no sound reason why we can't adopt "Best Practices" in the operations

of ARRL affiliated clubs.

An example of this "Best Practice" model can be seen in the Franchise world, where corporate provides ongoing support and programs to insure the success of a business. Franchise operation manuals are issued; monthly status reports are submitted to corporate for review and recommendations; and, profitability through effective management techniques are employed and rewarded.

As with the first initiative discussed, I am willing to offer my time and input on how both the ARRL and Amateur Radio as a whole can benefit from this concept. Gradually developing the ARRL's current club services programs into a more structured and profitable endeavor can only serve to strengthen and preserve our hobby for future generations.

That said, I hope do discuss these initiatives with Bill on February 24 at the Washfest. If what I am saying here makes sense to you, please feel free to contact me .



## 2008 Executive Board Meeting Dates Set

**At the request of BVARA Executive Board members, Gary, KA3TYK has established time and dates for club e-board meetings.**



**Meetings will be held on the First Thursday of the month at 7:00 PM. The next regular 2008 meeting will be held at Eat & Park in Monaca on March 6. E-Board meetings are open to any interested club member; however, if you plan to attend, please let everyone know by checking into the 2 or 10 Meter Wednesday night nets prior to the meeting so seating accommodations can be made for you. Both Gary and I hope to see everyone on March 6th.**

# THE HAM'S HOROSCOPE

BY MADAM ZELDA, ST1ARS

That's Gold	I'm Happy	Can't Complain	Not Happy	Turn down the heat	
Sign	Romance	Home & Family	Finances	Career	General
Aries					
Taurus					
Gemini					
Cancer					
Leo					
Virgo					
Libra					
Scorpio					
Sagittarius					
Capricorn					
Aquarius					
Pisces					

## Western PA ARRL Section Report via N3MSE

Now that we are into the new year and the holidays are behind us our attention can focus on upcoming activities. I want to ask that all the DEC and EC's of Western Pennsylvania help us to make sure that contact information is up to date accurate. For this reason I am asking that each of the Ec's and Dec's submit a renewal application when they send their January report to the SEC. The form is found at the following url: <http://www.arrl.org/FandES/field/forms/#fsd-156> . Please complete this and send with your January report to Kathleen Peca W. Pa. Sec. at [ARRL.SEC.WPA@comcast.net](mailto:ARRL.SEC.WPA@comcast.net) and also a copy to me at [n3mse@arrl.org](mailto:n3mse@arrl.org) . Monthly reports are very important and this renewal process will help us to make sure that individuals listed as EC's are still functioning in that capacity. If we do not receive this information with your report prior to the 8th of February we will assume you are no longer in the position. Don't forget that Kathleen is still looking for individuals to fill vacancies in counties that do not have an Emergency Coordinator in place. You may also submit the above mentioned application if you are interested in filling one of these vacancies. The same holds for the DEC's on the section. You must be a league member and be willing to submit the required monthly reports. You must also be willing to work with all amateurs and clubs in your county. I want to again clarify a mistake that was reported last month about club affiliation anniversaries. HQ had an error in a message sent out with regard to clubs in W. Pa. celebrating years of affiliation. Once again I congratulate the Beaver Valley Amateur Radio Association for their 75 years of affiliation. The Triple "A" Amateur Radio Association celebrated it's 35th year of affiliation. The Edinboro university amateur radio club is a newly affiliated club and I will be presenting their certificate at their meeting on Feb. 7th. On January 22 I will be speaking at the Mercer county ARA at 7:30 pm. Interested parties are welcome to attend that meeting. Speaking of club functions on February 16 the Atlantic Division will be hosting a webinar for clubs and Dec's/Ec's as well as members of the section staff's of the 7 sections. This will be the first of many webinars being conducted to distribute information without the cost of travel associated with getting people together in a central location. Katie Breen, W1KRB ARRL membership manager and Norm Fusaro, W3IZ ARRL affiliated club manager will be presenting on the webinar. If you are interested in attending check out the enrollment at <https://www1.gotomeeting.com/register/867561606> The webinar will be 10 AM to 12 noon on February 16. One area of concern as of late is the need for operators to participate in the various traffic nets for our section. Recently we have had a growing number of messages being returned to the originators as undeliverable because we had no one in that area to handle the message. Please participate in the traffic nets and help us so we no longer return messages as undeliverable. I will be posting in future messages the areas we have difficulty in getting messages handled. The WPA Phone and Traffic net is currently beginning at 5 PM local time due to propagation on 3983KHz. Finally mark your calendars for the first hamfest of the year. The Washfest will be on February 24, 2008. More information is available in QST and on the club website at [http://www.n3sh.org/washfest\\_2008.htm](http://www.n3sh.org/washfest_2008.htm) Remember if you would like to arrange for me to speak at your club function drop me an email at [n3mse@arrl.org](mailto:n3mse@arrl.org) and I will try to make one of your meetings.

## Upcoming HF and VHF Contests

North American Sprint--Phone, from 0000Z Feb 10 - 0400Z Feb 10. Frequencies: 80-20 meters. Exchange: Both call signs, serial, name, and S/P/C. Logs due: 7 days. Web site: <http://www.ncjweb.com>

Classic Exchange--Phone, from 1400Z Feb 10 - 0800Z Feb 11. Frequencies: 160-10 meters, 50,144 MHz. Exchange: RST, QTH, RX, TX. Web site: <http://www.qsl.asti.com/CX>

School Club Roundup--Phone/CW, from 1300Z Feb 11 - 2400Z Feb 15. Frequencies: 160-10 meters. Exchange: RST, Class, S/P/C. Logs due: 17-Mar. Web site: <http://www.arrl.org/SCR>

Valentine's Day Sprint--Digital, from 2000 local Feb 15 - 0200 local Feb 16. Frequencies: 160-40 meters, 1.807, 3.580, 7.070/7.035 EU/7.028 JA. Exchange: Name, OM or YL, S/P/C. Logs due: 7-Mar. Web site: [http://home.insightbb.com/~ctric/e/070\\_ValentineSprint.htm](http://home.insightbb.com/~ctric/e/070_ValentineSprint.htm)

ARRL DX Contest--CW, from 0000Z Feb 16 - 2400Z Feb 17. Frequencies: 160-10 meters. Exchange: RST, State or Power. Logs due: 19-Mar. Web site: <http://www.arrl.org/contest>

AM QSO Party--Phone, from 0000Z Feb 16 - 0000Z Feb 17. Frequencies: 80-20 meters. Exchange: RS, name, and S/P/C. Logs due: 15-Mar. Website: <http://www.antiquewireless.org>

### VHF+ CONTESTS

EU EME Contest--Digital, from 0000Z Feb 9 - 2400Z Feb 10. Frequencies: 144,432 MHz, 1.2 GHz, 3.9405,7.2635,14.290,21.360,28.665 MHz. Exchange: Call signs, TMO/RST and "R". Logs due: 12 days. Web site: <http://www.dubus.org>



BY BECOMING A MEMBER OF THE BVARA, YOU CAN HELP SECURE THE FUTURE OF AMATEUR RADIO IN BEAVER COUNTY. ADDITIONALLY, THE BVARA RECEIVES A PORTION OF EACH ARRL AND/OR WORLD RADIO SUBSCRIPTION YOU PURCHASE!

### Join the BVARA, ARRL and World Radio

Sign up for:	Price	Quantity
<input type="checkbox"/> BVARA FULL MEMBERSHIP	20.00	
<input type="checkbox"/> BVARA STUDENT MEMBERSHIP	15.00	
<input type="checkbox"/> BVARA ASSOCIATE MEMBERSHIP	10.00	
<input type="checkbox"/> BVARA SPOUSE/CHILD MEMBERSHIP	5.00	
<input type="checkbox"/> ONE YEAR ARRL MEMBERSHIP	39.00	
<input type="checkbox"/> WORLD RADIO SUBSCRIPTION	21.00	

Subtotal: \_\_\_\_\_  
 Donation \_\_\_\_\_  
 Total: \_\_\_\_\_

ARRL MEMBER ? YES NO

Your License Class (if any):

- Novice
- Technician
- General
- Advanced
- Extra

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Phone \_\_\_\_\_

Your Call Sign: \_\_\_\_\_ Exp. date \_\_\_\_\_

Signature \_\_\_\_\_

**Make Check or Money order payable to:  
 The Beaver Valley Amateur Radio Association, P.O. Box 424  
 South Heights, PA 15081**

## CONTEST NEWS VIA NOAX

The Southeastern Very High Frequency Society (SVHFS) <<http://SVHFS.org>>, in conjunction with the Florida Weak Signal Society, [FLWSS], will hold their annual meeting at the Holiday Inn on the University of Central Florida on April 25 and 26, 2008. Please contact [k2sto@hotmail.com](mailto:k2sto@hotmail.com) with any questions. (Thanks, John K2STO)

If the full-bore CW Sprint was a bit too much, why not try the Northern California Contest Club's SNS Low-Speed Sprint? Maximum speed is a bit over 20 wpm and the contest uses the actual NA Sprint rules. SNS runs for 15 minutes every Thursday evening at 0300Z. More information on this great weekly contest workout can be found at <<http://www.ncccsprint.com>> (Thanks, Mike W9RE)



Pete N4ZR was an alpha/beta tester for VE3NEA's CWskimmer software <<http://www.dxatlas.com/CwSkimmer>> and he's written an article that explains how it works (from an operator's perspective), as well as some potential applications. The article is at <<http://www.pvrc.org/~n4zr/Articles/Skimmer.pdf>> The CWskimmer uses a wideband receiver and a computer sound card to decode many CW signals simultaneously.

Anthony VA7IRL has transferred his on-line contest calendar to Google Calendars where it can be maintained by more than one person for the benefit of all. The calendar is at <<http://tinyurl.com/yud4rx>> and an iCal version is at <<http://tinyurl.com/26xktz>> (Thanks, Mark K6UFO)

Metars<<http://www.nirsoft.net/utills/mweather.html>> is a downloadable applet that displays weather conditions at multiple locations throughout the world in spreadsheet format. (Thanks, Henry Freedenberg)

Having just answered 1300+ E51MMM cards, George K5KG offers the following DOs and DONTs of QSLing:

**DO** use envelopes with peel and stick flaps. They speed up sealing of envelopes.

**DO** put your call sign in bold, large print on the same side as the QSO information.

**DO** enclose enough postage or an IRC to cover the cost of return postage. If this isn't possible, send the card anyway with a self-addressed envelope.

**DO** not enclose small address labels instead of envelopes.

**DO** avoid extraneous enclosures. Personal notes, canceled stamps, etc. should be avoided unless critical.

**DO NOT** use envelopes without glue. They have to be taped shut, and that is a real pain!

**DO NOT** seal envelopes so tightly that they can't be quickly opened with a letter opener.

**DO NOT** mix cards to or from different call signs. They really slow down the processing of cards.

**DO NOT** fold or "hide" IRCs or Green Stamps so intricately that they are hard to unfold when opening. As a personal evaluation of your QSLing technique, the editor suggests that you make up a test QSL and envelope, seal it up, then open it and fill out a response. Then ask yourself if you would like to do that 5000 times! More guidelines are available on the CQ-Contest email reflector archives <<http://www.contesting.com>> by reviewing the thread "DOs and DONTs of QSLing"

K2LE reports that Laci W1PL has become a Silent Key. Laci was a well-known and active contester with one of Sweepstake's earliest active checks. His



obituary is quite a story, having escaped from Hungary in the days of the Iron Curtain and emigrated to the West. (Thanks, John W2GD)

After I submitted my reception report for the HAARP-LWA Moon Bounce experiments of 19 and 20 January 2008, I received a short reply. "We have received over 1500 reports from amateur radio hams throughout the USA and other countries, including Sweden, Finland, Czech Republic, Italy, Russia, Ukraine, Argentina, Australia, Marshall Islands, Hawaii, and Japan." From all indications, this was quite a successful experiment in more ways than one - good job!

For a little "vertical DXing", try the ISS cross-band FM repeater. The system is back up and functioning as of a few days ago. The uplink is on 437.800 MHz and the downlink at 145.800 MHz. It is quite strong and can be heard well on a simple setup. (from the AMSAT Weekly Bulletin ANS-034, <<http://www.amsat.org>>)

URL of the Week - VE5ZX and CT1BOH have written up their findings from a one year research project that examined two radio activities of World-Class CW entries in three classes (SOAB, SOAB/A and MS) of the 2006 CQWW contest. The project was possible because the CQWW Contest Committee decided to make logs from 2006 onwards publicly available. An article, "Two Radio Event Signatures" has been prepared after investigating the role that assistance from packet and a second operator has on the two radio signatures of the three classes. This makes for some very interesting reading and is available along with the supporting data at <<http://www.radiosport.ca/rsrp/CQWW%20log%20analysis.php>>.



## TECHNICAL TIPS AND INFORMATION

This is kind of a "meta-tip" - if you have a specific question about a specific type of product or technology, take a look in the "searchable archives" of the appropriate mailing lists. Many such lists are managed via the <http://www.contesting.com> Web site - look at the left side of the home page, towards the bottom. By searching the archives for, say "plastic owl" or "true north", you will often turn up loads of information and as a bonus avoid restarting a tired, old thread that occupies the readership's time unnecessarily. And while you're at it, if the volume of messages is sometimes excessive, consider changing your subscription status to "daily digest" in which you receive just one email as a package of the day's traffic, frequently indexed and sorted. (Thanks, email list administrators and moderators, whoever you are)

A group experimenting on the 600 meters group has been testing various digital modes on this low frequency band. Read up on what they've found at [http://www.w1tag.com/600M\\_Modes.htm](http://www.w1tag.com/600M_Modes.htm) (Thanks, Rick KV9U)

Power-line noise that appears only on one band may be due to a spark gap exciting a length of wire that just happens to be resonant on that frequency. If the spark gap is in a switch or thermostat, there may be a serious fire hazard. (Thanks, David K1TTT)

Tom NOSS points out that the ferrite beads (which are frequently large enough to accommodate RG-8 cable) on the video cable of CRT monitors appear to offer good reactance at HF, esp. the lower bands (160-20). If you have access to junked monitors, get yourself a pair of diagonal cutters and

save some ferrite from the junk heap.

If you have a good disk drive, but the operating system is corrupted, it may be able to retrieve the data using a second computer, assuming the file structure is still intact. Get an IDE to USB adapter, plug the disk drive into the IDE interface and the USB interface into the second computer. The disk drive should appear as a USB mass storage device, like a thumb drive. (Thanks, Marlon Schafer)

Chet N8RA recommends a four stack of 3-element 2 meter Yagis for VHF+ contesting. The model of the stack shows 14.6 dBi of gain with a 60-degree horizontal beamwidth to the -3 dB points. "It's really not that hard to construct if you already have an HF Yagi with a decent boom on top of your tower - just attach the middle of the stacking mast out on the HF boom a foot or so and end mount the Yagis." This narrows the vertical beamwidth of the pattern without making the azimuthal beamwidth so narrow that stations are missed.

The circuit for a "Simple Continuity Tester" can be found in the "Design Ideas" column from EDN Magazine's 10 Jan 2008 issue. Download the column at:

<http://www.edn.com/contents/images/6515352.pdf>

Here's an inexpensive source for a 10 MHz frequency standard - bring WWV into your shack! Take an OLD FM receiver with adjustable tuned transformers (not fixed-frequency filters), strip the front end and save the 10.7 MHz IF strip. Pad the transformers with capacitors and tune them to 10 MHz. You now have a TRF receiver that outputs WWV's 10 MHz signal directly. (The FM limiter will remove all of the AM components from the signal.) Con-

nect your counter to the IF strip output and adjust it to display 10 MHz. It is now as accurate as WWV itself within the resolution of your counter. If your counter has an 8-digit display, it will have been calibrated to one hertz resolution. (Thanks, Al W6WQC and Steve KD1JV)

Amplifier builders often include a "soft start" or "step start" function in the HV power supply. Patrick TK5EP contributes this step-start circuit [http://tk5ep.free.fr/tech/PA2m/img/HV\\_supply.gif](http://tk5ep.free.fr/tech/PA2m/img/HV_supply.gif) that uses a 12V DC relay. The delay circuit is transistor-based and adjustable.

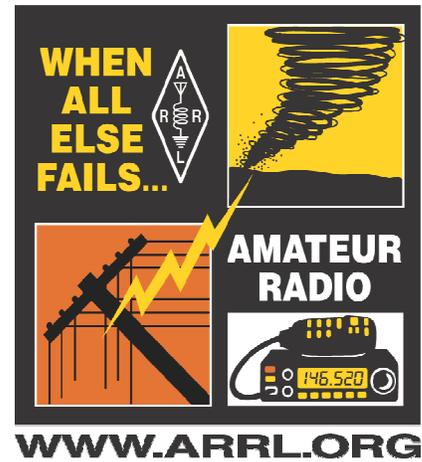
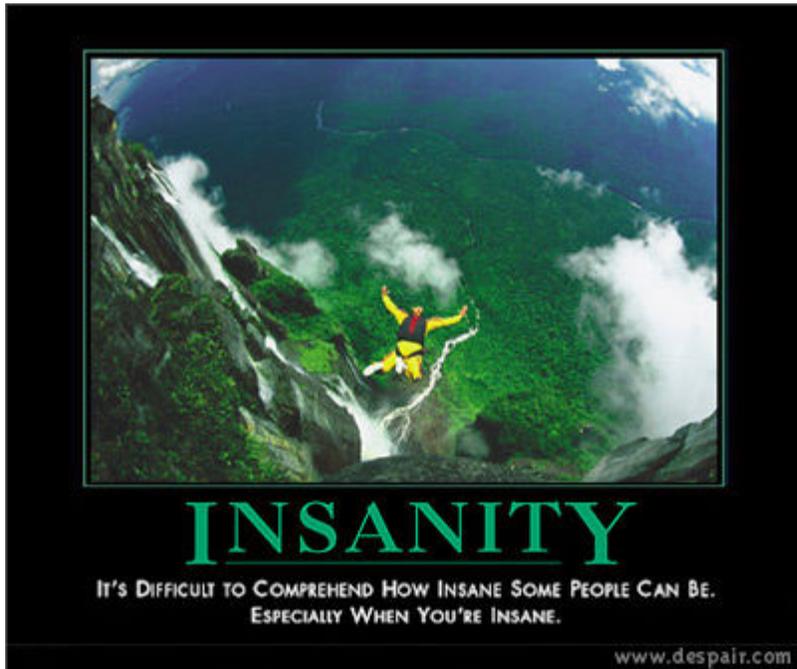
Ron WZ1V discovered something useful -- mount UHF+ loop Yagi antennas upside down to avoid bird damage! A recent inbound flight of turkey vultures at his QTH did in a 903 MHz loop Yagi. If they're on the bottom of the boom, the only thing the birds can accomplish is to apply coating material.

### TECHNICAL URL OF THE WEEK

**Ian GM3SEK contributes a good way to track down common-mode current on cable shields that may be causing RFI trouble. "Beg, borrow, build or buy a clamp-on RF current meter. It will become the first thing you reach for when RFI rears its head. You can buy a commercial unit such as the MFJ-854 make your own as shown at <http://www.ifwtech.co.uk/g3sek/clip-on/clip-on.htm> or [http://www.k4ro.net/k4ro/current\\_meter/MVC-004F.JPG](http://www.k4ro.net/k4ro/current_meter/MVC-004F.JPG) (Thanks also, Kirk K4RO)**



# Humor de KZ3Z



## The Amateur Radio Crossword Puzzler

By H. Ward Silver, NOAX

A puzzle about puzzles?  
Hmmm...puzzling. Hey, get a clue, would ya? The solutions are filled with puzzle references and gimmicks. You know, I never metapuzzle I didn't like...

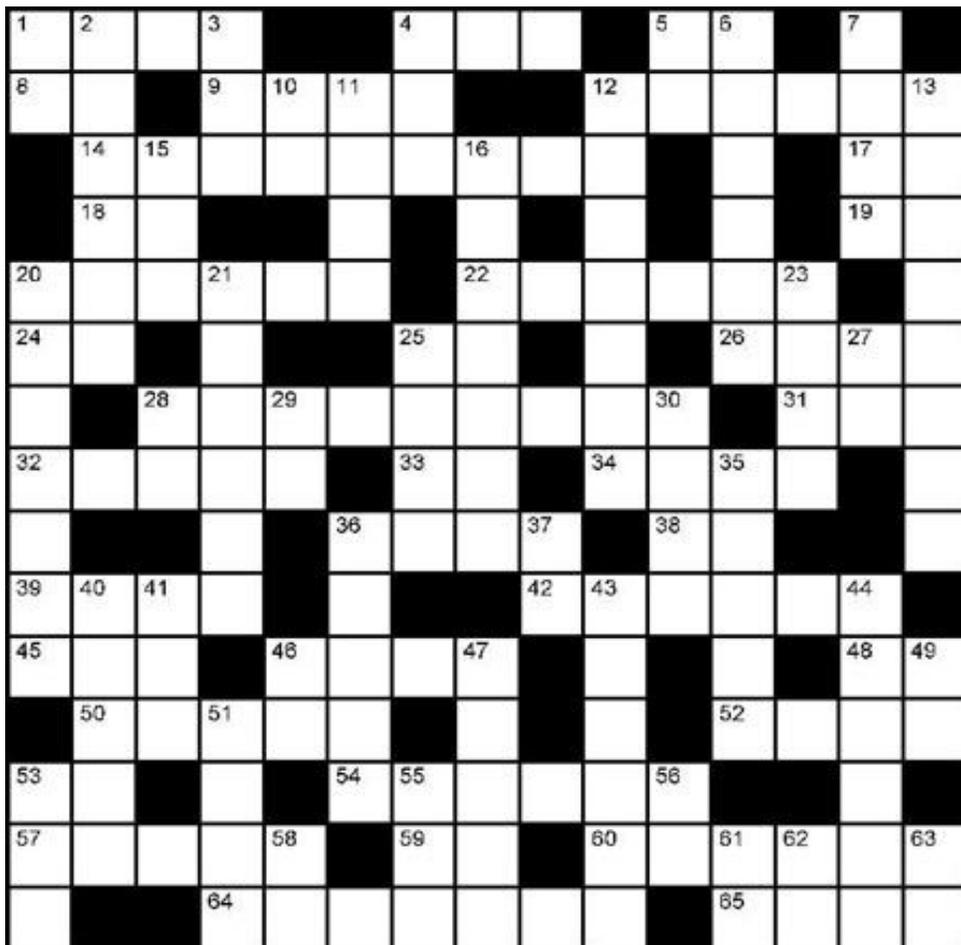
(See Page 9)

O	H	I	M	R	K	E	R	N	I	H	T	K
T	C	E	X	E	O	N	P	S	C	R	I	S
R	S	A	R	T	S	A	R	I	D	A	I	A
A	T	G	N	L	S	S	G	U	E	S	G	S
C	E	N	E	B	C	O	M	B	O	T	E	E
S	R	O	S	A	C	R	O	S	R	A	N	C
T	O	R	R	E	W	C	R	E	C	R	E	N
I	N	W	D	O	U	V	S	T	A	N	G	A
D	R	O	D	L	E	T	E	M	P	L	E	N
E	A	S	E	P	B	I	B	I	S	H	E	E
S	M	B	L	E	M	H	I	L	C	I	L	P
A	Z	U	C	L	C	L	E	V	A	V	E	A
A	Z	A	N	T	L	I	C	A	P	P	L	A
E	U	A	R	E	F	O	I	N	F	O	H	S
C	I	P	Y	T	R	Y	N	S	I	N	A	I

**"Puzzlician, Solve Thy Self!"**

**Across**

- 1. Synonym for analogy (two words)
- 4. Attempt
- 5. Intellectual Property (abbr.)
- 8. Be quiet!
- 9. Short for knowledge
- 12. One letter per each of these
- 14. Person who applies
- 17. Pirate exclamation
- 18. Canadian prefix
- 19. Pairs with pa
- 20. Temporary marker
- 22. Lowly attitude after a hard test; not haughty
- 24. CW abbreviation for AND
- 25. Prefix meaning "both"
- 26. Smart people solve problems with this
- 28. Finished
- 31. Unit of length between yard and mile
- 32. Unhappy yearning
- 33. Light that tans
- 34. Companion to across
- 36. A team
- 38. Complement to AND
- 39. Family group
- 42. Companion to down
- 45. Control character analogous to SK
- 46. Do this to a dictionary to find words
- 48. ARES appointment for local coordinator
- 50. If you don't know for sure, you do this
- 52. Small, irritating flying insect
- 53. When the real thing just won't do
- 54. Begins
- 57. Paper used in lieu of real money
- 59. In contact with from above
- 60. To anticipate
- 64. One who cogitates
- 65. (1 Across - 2nd word) MY (22 Across) OPINION (acronym)



**Down**

- 1. \_\_\_ the World Turns
- 2. Close escapes
- 3. Bite or pinch
- 4. Table of Contents (acronym)
- 5. Measure of intelligence (acronym)
- 6. Crossword
- 7. Study hard before a test
- 10. Not the American League (abbr.)
- 11. Put a letter in
- 12. Can't think of an answer
- 13. The letter is gone because I ..... (2 words)
- 15. Mightier than the sword
- 16. Accomplish
- 20. Perform service to atone
- 21. Selected
- 23. To work for a reward
- 25. Fuzzy sight after too many quizzes
- 27. "Make it \_\_\_, Number One"
- 28. Fifth branch of military after Army, Navy, Marines, and Air Force (acronym)
- 29. Empty (abbr.)
- 30. Solving a couple of words opens

- the ....
- 35. Erroneous
- 36. This type of word game
- 37. NW-most contiguous state (abbr.)
- 40. Use this to answer questions
- 41. Impedance matcher (acronym)
- 43. Start here and work your way out
- 44. Look for
- 46. Know your A-B-\_\_\_
- 47. All spaces start like this
- 49. K1EA's contest logging program
- 51. Correct errors in text
- 53. If you need help, do this
- 55. Big weight
- 56. Hallicrafters receiver model prefix
- 58. Measure of acidity
- 61. Transcendentally round number
- 62. Electromagnetic (abbr.)
- 63. \_\_\_ and fro



## Ham's Love to Eat - Muffuletta Sandwich

### Ingredients

- 1 (1 pound/450 g) loaf fresh Italian bread
- 1/4 pound thinly-sliced salami
- 1/4 pound thinly-sliced ham
- 1/4 pound thinly-sliced mortadella
- 1/2 pound provolone cheese, sliced
- 1/4 pound smoked provolone or mozzarella cheese, sliced



### Olive Salad:

- 1/3 cup/80 mL **Garlic & Parsley Grapeseed Oil**
- 1/3 cup/80 mL grated Parmesan cheese
- 8 oil-cured black olives, pitted and chopped
- 8 green olives, pitted and chopped
- 1/2 tbsp/7.5 mL **Black Pepper 6 oz**
- 1/2 tsp/2.5 mL **Garlic Granules**
- 1/2 tsp/2.5 mL **Celery Seed**
- 1/2 tsp/2.5 mL **Red Pepper Flakes**

### Cooking Directions

Combine ingredients for olive salad; let marinate in refrigerator overnight (or at least 1 hour). Slice bread in half horizontally. Spread olive salad thickly on bottom, then layer with meats and cheeses. Cover with top layer of bread. Serve immediately, or wrap tightly with plastic wrap and refrigerate overnight. This allows flavors to mingle and soak into bread.

### Sugar and Spice

from Brenda Koth, MS, RD  
Watkins Health and Nutrition Advisor



Nearly 16 million Americans have diabetes, and another 13 million have high blood sugar and are at risk of developing diabetes. Many require insulin or medication to control blood sugar levels, but a recent finding shows that a simple spice may hold promise in the fight to control blood sugar. The Agricultural Research Service at the U.S. Department of Agriculture found that cinnamon made the body's cells more responsive to insulin, which, in turn, helps to control the level of sugar, or glucose, in the blood. Adding cinnamon to foods on a regular basis may prove to be the "spice of life" for many who are fighting with blood sugar problems. Watkins Cinnamon is featured in our Gold Medal Assortment, which makes a great gift for the baker on your list, and our Baker's Basket contains a variety of products featuring cinnamon, including Cinnamon Muffin Mix, Cinnamon Honey Crème and Cinnamon Cream Sprinkles.

Visit <http://www.watkinsonline.com> for more info on all Watkins Products.

### MEETING INVOCATION

**EDITOR'S NOTE:** *The following was e-mailed anonymously to me. Those with opposing viewpoints are welcome to respond.*

Almighty God, Ruler of the Universe,  
by Your power we move and have our being.  
We are gathered here today to serve You  
and conduct the affairs of *the Beaver Valley Amateur Radio Association*.

Give us knowledge and strength to do Your will,  
with a proper balance of eternal values and our present needs.

May we accept our responsibilities and act with courage,

considering the feelings of other people.

Grant us a sense of justice and stewardship both now and forever.

AMEN.

Now in our **THIRTEENTH** big year!

# WASHfest 2008

## The South Hills Hamfest

Sponsored by the Wireless Association of South Hills Amateur Radio Club, Inc.

Sunday, February 24<sup>th</sup>, 2008

8:00 AM until 3:00 PM Rain or Shine (or Snow!)

Castle Shannon VFD Memorial Hall

3600 Library Road (State Route 88), Castle Shannon, PA

Talk-In on 146.955(-) and 443.650(+) 131.8 PL

**FREE Coffee** for the entire Hamfest

courtesy of HAM RADIO INSURANCE ASSOCIATES

of Canonsburg, PA



## MAIN PRIZES — You've Got to play to WIN!



1<sup>st</sup> Prize: Kenwood TS-480SAT

2<sup>nd</sup> Prize: Kenwood TH-D7A

3<sup>rd</sup> Prize: SGC SG-239 HF Smarttuner

**Additional Hourly Door Prizes!**

**Main Prize tickets are \$2.00 each, or 3 for \$5.00**

**All Prizes Subject to last-minute changes**



For reservations, or information, Contact:

Kevin Smith N3HKQ at (724) 228-4153 or Bill Hill W3WH at (724) 746-1776

E-mail us directly at [washarc@yahoo.com](mailto:washarc@yahoo.com) Check out our website too!

[www.n3sh.org](http://www.n3sh.org)

## Operating Tip via K4ZW

With all the Internet resources out there, it's easy to get yourself into hot water with respect to contest rules about soliciting QSO's via "non-amateur means". There are many "chat room" Web sites popular with specialized operating enthusiasts - low-band, VHF, EME, meteor scatter, and so forth. While it's best to just avoid public chat forums during contests, if you must chat remember that if you're giving out any information that would help someone make a QSO with you, that's considered out-of-bounds by most contest rules and contesters, too. Jamie NS3T has been covering the chat room debate at <http://www.radio-sport.net/160chat.htm> (Thanks, Ken K4ZW)

## Solar Update via the ARRL Letter

Tad "Let not the Sun go down and disappear into darkness" Cook, K7RA, this week reports: After a solid week of sunspots -- January 29 to February 4 -- the following three days have been blank. February 2 was an active geomagnetic day with a solar wind stream spewing from a coronal hole near sunspot 982. Another solar wind stream from a coronal hole is expected to strike Earth on Sunday, February 10 causing unsettled conditions. The predicted planetary A index for February 8-15 is 8, 12, 15, 10, 10, 10, 10 and 5. That was from NOAA and the US Air Force; Geophysical Institute Prague predicts unsettled conditions February 8, unsettled to active February 9-10 and unsettled again on February 11-14. The Australian Space Forecast Centre's geomagnetic forecast expects mostly unsettled to active conditions with storm periods possible at high latitudes on February 9, and mostly unsettled with isolated active periods and storm levels at high latitudes on February 10.

Following this week end, NOAA predicts the next active conditions around February 28-29. Their prediction for solar flux is flat at 70 for each of the next 45 days; this probably indicates little or no sunspot activity. Sunspot numbers for January 31-February 6 were 15, 19, 16, 14, 14, 0 and 0 with a mean of 11.1. The 10.7 cm flux was 72, 71.1, 71.8, 71, 71.3, 70.5 and 71.6 with a mean of 71.3. Estimated planetary A indices were 5, 18, 19, 12, 6, 3 and 4 with a mean of 9.6. Estimated mid-latitude A indices were 3, 10, 19, 10, 6, 2 and 2 with a mean of 7.4. For more information concerning radio propagation, visit the ARRL Technical Information Service Propagation page <http://www.arrl.org/tis/info/propagation.html>. To read this week's Solar Report in its entirety, check out the W1AW Propagation Bulletin page <http://www.arrl.org/w1aw/prop/>. The first 10 readers who correctly respond via e-mail [k1sfa@arrl.org](mailto:k1sfa@arrl.org) correctly identifying the quote at the beginning of this week's Solar Report will receive a free 2008 ARRL calendar. Please include your call sign and mailing address in your e-mail; we will publish the winners' call signs in next week's ARRL Letter.

