

The VHF Journal

Published by the Rochester VHF Group

February 2001

<http://vhfgroup.rochesterny.org>

Club Memorial Call: W2JTH

Only 17 weeks til June Contest!

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Rochester's Rover Squadron
in FN02

CABRILLO HOW-TO PRIMER

Are everyday Microwave
radiation hazards bogus?

VHFBILL



Welcome to the February 2001 edition of the RVHFG VHF Journal.

This issue is JAM PACKED with stuff- Jantest, Logging, Roving, a startling article on microwave exposure... and fun too.

Which brings us to preparations for April... Well, be afraid- **be VERY afraid.** If you are interested in writing something, contact me NOW. The April issue is a labor intensive thing- *and the more you write, the less work it is for the staff.* So if you were inspired to release your inner writer by last year's surprise VHFBOY, now is the time to do something about it. Of course, the theme of this year's April issue will remain a secret to even the writers, but that's 3/4 of the fun. The deadline will be ONE WEEK after the MARCH meeting.

We're trying a new type style this month: Transit511 BT. Although I've been wedded to Times New Roman for years, maybe it's time for a small change. *I'm still advancing the Journal as an "Art publication," so this goes right along with that theme.. whatever the heck that means! : ^)*

Quote of the month : "It may be that your sole purpose in life is simply to serve as an warning to others." Works for me!
73 es DX 2U, eh! ...de VE3IEY

To Subscribe: Send your address, call, e-mail address and \$10 US funds (or \$15 CDN funds) to: The Rochester VHF Group, PO Box 92122, Rochester, NY, 14692. You may elect WEB or MAIL delivery for the same price. You will be notified the very day it is available for download. If you elect delivery by mail, copies are in Black and White- sorry!

-Commentary and articles: via e-mail to editor VE3IEY: tantonr@kingston.net. Use standard ASCII text, Corel's Word Perfect or send as regular e-mail.

-Photos and drawings: via e-mail, and can be sent in any format that is available (JPG, GIF and TIFF are most common).

-Assistant Editor, Printer, Membership & Data-Magician: Judy, N2KXS

-Production Czar and Supreme Downloader of the Word: Fred, WO2P

-Advertising space is now available in the Journal. Contact the editor for One thru Twelve month rates. Layout services are free of charge.

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Cover picture from FN02

WO2P, Fred <FMiller@crt.xerox.com>

Well I guess we all made it back without any major incidents! Here is a picture I took while ALL 5 rovers were in FN02 on Buckman Rd elevation 1412. From front to back the rovers were WO2P, N2KXS, K2TER, N2OPW and N2JMH. It was windy up there. Note the dark clouds and the snow sweeping across the road. When ya got out of the vehicles the wind wanted to blow your doors off the hinges.

I heard N2JMH worked K2AXX while his tower was in the DOWN position and his dish pointing straight up! I worked K2AXX from inside my van thru the windshield and got an S9 from Mark. What a rush!

The Rochester VHF Group

Club memorial call: W2UTH

Club website @ <http://vhfgroup.rochesterny.org>



Our "Who's Who":

Officers:

Chairman: K2AXX Mark Hoffman
(716) 243-5606 k2axx@arrl.net

Vice Chairman: W2DYY, Russ Schroder

Secretary: N2JMH Jim Howard
(716) 637-4554 n2jmh@arrl.net

Treasurer: N2OPW Paul Meyers
(716) 425-1301 N2OPW@qsl.net

Director (Even year): KB2VGH Jeff Luce
(716) 424-8406 kb2vgh@amsat.org

Director (Odd year): K2DH Dave Hallidy
(716) 728-9517 k2dh@frontiernet.net

Past Chairman: NS9E Tim Stoffel
(775) 972-9470 lionlamb@servtech.com



Appointees:

Contest Chairman: N2JMH Jim Howard
(716) 637-4554 n2jmh@ibm.net

Awards manager: N2JMH Jim Howard(see above)

Club memorial Call Trustee: N2WK Wayne King
N2WK@arrl.net

Banquet Chairman: WA2ZNC Len Gessen
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Picnic Chairman: AA2WV Scott Ballou

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(716) 582-2074 jstonehi@frontiernet.net

Membership Manager: N2KXS (see above)

Internet Webmaster: K2AXX

Mailing list Majordomo in charge: KB2VGH (see above)



Jeff, KB2VGH sez: "There is only *one* mailing list [you'll ever need...]" Rvhfg@vhfgroup.rochesterny.org

It is setup to broadcast to all RVHFG members

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TOM WHITTED, WA8WZG

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PHONE: (419) 732-2168 FAX: 732-2944

E-MAIL: WA8WZG@WA8WZG.COM

February 2001 Meeting Notice

DATE: 09 FEB 01 7:30 PM

PLACE: 111 Westfall Road, Rochester, NY

Subject: Jantest log checking, recap
& The 2001 "Crying Towel" competition.

POST CONTEST RAMBLINGS

...de N2JMH

When you take a week off work to prepare for a contest, then spend 2 days on the road in my make-shift station on wheels one has to really start to judge his own sanity. The only justification for this bizarre behavior is that I really enjoy it. There is nothing more enjoyable in my twisted mind than to pull into a new grid late into any contest and hear the excitement in the voices of the masses that have been tucked away in their tiny shacks all week end waiting for that great opening that never came. Without that opening the next best thing is an all out attack on the rovers who are sounding a little "punchy", as AA2WV put it, after an interesting weekend. Believe me, and I am not complaining either, there is no greater thrill than the total carnage on 2 meters FM that comes along with a January VHF contest. My hat is off to all that enjoy this demented hobby as much as I do. Thanks for the thrilling contest!

Now on to the serious matters at hand. Please, Please, Please send in a log to the ARRL and to the RVHFG. If you need help with the conversion to Cabrillo or any other log related problem come to the February meeting for some expert assistance. Mark, K2AXX has included in this month's journal some helpful hints on getting your log sent in properly. There are important class changes that have taken place since last year that you should be aware of. See last month's journal for complete details.

We are still in need of award sponsors for this years January club awards, if you are interested in this please feel free to contact me at home or by e-mail.

Chairman's Rant

...de K2AXX

Well, it's over. The buildup, the hype – the stress of building another station is now over. The 2001 January VHF SS is in the books – and it was another good one for me! I was somewhat surprised at the amount of local activity throughout the event. Many non-contesters and contesters turned out to fill FM, and SSB was pretty busy most of the time.

The thing I'm most excited about, was working on 10GHz! No, not just the in-the-driveway kinds of contacts – but working 11 stations in 4 different grids! AND – I'm only running one of the barefoot DEMI transverters we built last year! Many of the rovers out there were using theirs, and some of the signals were absolutely INCREDIBLE! More impressive, I worked one rover in FN02 while his antenna was pointed at the GROUND! Another one with the antenna sitting on his LAP in the car! Incredible!

Y'know, someone was talking to me after the contest and said something pretty damn profound (if you ask me). I'm going to paraphrase, since I don't remember what was said – but it went a little something like this:

"When I was roving, there was noone set up to work on the microwaves like that"

Hmmm. What does THAT mean? Well, I interpret it to mean this. For the past few years, we've been a group in transition. People moving, changing equipment, screwing around with other stuff. It really had gotten to the point that it seems NOONE was on the air anymore, save a few hearty souls. Even today, there are a few well-known VHFers without a significant amount of gear ready to be put to use tonight! It really feels like we've lost the "soul" of the RVHFG – the ability to hop on the air at anytime and work stuff. That's a pretty big concern in my opinion. There are enough people around here who've got equipment. GOOD stuff, too.



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to 10 GHz
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preamps
PA's
antennas
components

Downeast Microwave Inc., Frenchtown, NJ

<http://www.downeastmicrowave.com>

Guess I'm wondering about who is there in the area who COULD be active on a bunch of bands. I had been inactive since roughly 1996, except for contests and whatnot. I've finally gotten a nice, basic station built that is relatively permanent. Yeah, I'm gonna gut it periodically when I decide to do something different – but who cares! I can walk outside and work you now. That's where a whole BUNCH more people need to get to. That's something I want to talk about at the next meeting in February as part of the whole contest recap. What are you planning to put up? Or are you? What bands do you OWN, not just what's ready to use? What do you want to try next? Anything?

CU at the meeting- -AXX

RVHFG January Meeting Minutes

Mark, K2AXX opened the meeting at 7:30pm with introductions and contest plans by all the members in attendance. He then motioned to accept the Secretaries and Treasurers reports as printed in the Journal. Dave, K2DH moved to accept and Jeff KB2VGH seconded.

New Business: The RVHFG proposed to hold a mini VHF Academy at the Rochester Hamfest this year and is looking for proctors to come forward and cover a half hour session. K2AXX, K2DH, NQ2O and N2UIO all volunteered to cover the sessions. The club is also proposing to have a hospitality tent this year setup outside at the hamfest near the other local area clubs to help promote each other.

Mark, N2YB brought in the Gavel case for all to see and left it to Jim, N2JMH to take care of.

John, W3OAB showed off the newest intruder to the 900mhz band, a wireless Internet capability phone.

Paul, N2OPW discussed that the radio museum is looking for anyone interested in talking about radio astronomy at the museum should contact him for more information.

Jim, N2JMH talked about the new award structure for the club and is looking for sponsors for a few of the awards.

Old Business: Jeff, KB2VGH still has a limited amount of RVHFG steins available for sale. Paul, N2OPW passed out the club order of 5gig DEMI units and announced that the club had pre-amp devices available to members.

Mark, K2AXX motioned to close the meeting at 8:45 and Dave, K2DH seconded.

Jim N2JMH Secretary

**"Be wary of strong drink.
It can make you shoot at tax collectors, and miss."**

VHF PAGER LISTSERV

Scott E. Olitsky FN03pa, Buffalo, NY AC3A@arrl.net

I have set up a listserv for anyone who has a phone or pager that can be sent email and would like to be notified of VHF/6m openings. A short email is sent to the listserv from anyone when there is a band opening and the subscribers are notified by an email sent to their pager or phone. With this, you can be alerted to a band opening even if you are not home or near a radio.

It has worked great for 6m E and 2m AU openings. The more people on the listserv, the better the chance of knowing when there is an opening.

If you are interested in being put on the list, please drop me an email at the address above.

FOR SALE

- Home brew 500w 222 RF deck and PS \$200
- 2- 4cx-250 pulls \$65
- DEM 432-28 Transverter \$300
- DEM 222-28 Transverter \$300
- 222 2- port power divider \$30
- Dem sequencer \$50
- DEM IFS \$35
- 2 DEM factory assembled TIB boards \$30 ea
- Astron VS50M 50a var voltage and amperage w/ meters \$200
- Teletec 430 Preamp DX-70-A20 \$35
- Mirage 2m Mast mount Preamp KP/2 \$130
- Interface cable for PK-232 to Icom 8 pin \$15
- MFJ-969 160-6m 300w tuner \$100
- 2 - Dowkey style relays made by Advance elec.
No aux contacts SO-239 \$ 25 ea
- 3- Micronta pwr + swr meters 60w max
Mod # 19-320 good for 2m- 440mhz \$ 20 ea
- P75 motherboard + processor \$35
- Analog devices ADSP 2100 designers
Manual + software \$50
- 2+4+6+8 blade Cinch Jones Plug Sets
used \$ 4 per set
- TRW 2 Pos coax switch \$30

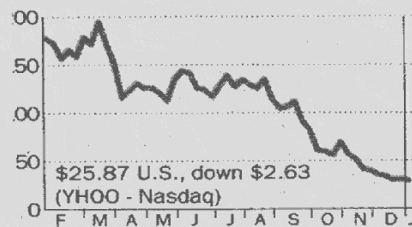
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CHARGES, which are extra.**

John Lamb N3XJX n3xjx@arrl.net
570-275-9433

Yahoo



Only in braindead America could a company get valued at \$125-billion - without anyone being quite sure what it does. With Yahoo stock melting down like a North Korean-made reactor, shareholders have time to ponder the meaning of the word portal. Like, it's sort of a doorway, dude. You throw in all your money and you never, uh, see it again.



From the Globe and Mail.
Analysis by Andrew Bell

Another one of those really fine vaporware companies that we high-tech types are SOOOOO very fond of.

Too bad they didn't have the internet in 1929... then again, maybe if they had, we wouldn't! (a mixed blessing, if ever I saw one!)

It's nice to know that, even when the sky is falling, biting satire still works. :^)

2001 VHF+ Contest Schedule

- April/ May- Spring Single-Band Sprints (SEVHFS)
- June VHF QSO Party - June 9/10
- Field Day - June 23/24
- UHF Contest - August 4/5
- 10 Ghz up - August 18/19 & September 15/16
- September VHF QSO Party - September 8/9
- October Fall Single-Band Sprints (SEVHFS)
- November RVHFG All-Band Sprint
- ARRL EME TEST- November ?

Where's the aurora?

"Paul Kelley" <n1bug@mint.net> Aurora Discussion List



Boy, has it been quiet lately or what? No aurora. No rumors of aurora. Nothing! (at least not at mid latitudes) The amount of aurora related email in my box from the web page has been way down lately too. This long quiet spell has aurora off everyone's mind.

The membership of (the aurora e-mail listserv) continues to grow even if we haven't been saying much. There is no way for me to know the ratio of visual aurora fans to radio aurora fans subscribed, but I can say that both groups are represented. Good!

As for visual obs, we've had a lot of those cold, crystal clear winter nights in Maine (FN55) lately. Perfect for aurora viewing, but nothing to view! I now return you to our regularly scheduled wait for aurora. <yawn>

Editors note: between 0204 and 0304 GMT on Sunday eve of the Jan 'test there was a nice Au (at least on 2m), stretching from FN55 to EN54 and west... best heard but not worked from here in FN14 during the opening was W0VB. Picked up 8 grids I wouldn't have had otherwise on 144 MHz- but it didn't seem to extend very much farther south than the PA line, as far as I could hear.

WX3P 6 meter Dxpeditio

"Jack Plum" <jackplum@servtech.com>

Though I didn't make my usual Gannett Hill trip this year for QRP portable (I'm just wasn't up to getting hypothermia this year), I will be making a mini-DXpeditio to Europe in a couple of weeks.

I anticipate operating from Spain (EA), Ceuta (EA9), Gibraltar (ZB), and Morocco (CN). Though the last one may not happen as I'm taking my 13 year old daughter with me and Tangiers isn't the best place for a young blonde female.

I hope to be on 6m where allowed (still figuring all the allocations out), HF SSB and PSK31 and just for you Ev, BeaconNet at 28.128.

Planned dates are 16 Feb through 28 Feb... That is, of course, IF everything works before I go and while I'm there."

When everything's coming your way, you're in the wrong lane.

Moon Microwave beacon coming soon

The SETI League Inc. (Search for ExtraTerrestrial Intelligence) has received a grant to help it construct a transmitter to bounce microwave signals off the moon's surface.

The project will enable amateur and professional radio astronomers to calibrate their receiving systems by providing a stable reference signal from a known point in the sky.

According to Dr. H. Paul Shuch, N6TX, the SETI League should be ready to start bouncing signals off the moon by early 2001. (Thanks to SETI League, ARRL)

The Greater Buffalo "Winter" Hamfest 18 February, 2001

Sponsored by the Lancaster Amateur Radio Club
Location: Main Transit FD Hall 6777 Main St., Williamsville, NY
Only 1 mile from NY State Thruway I 90 exit 49

Indoor vendor Bldg: Opens at 8AM
Admission : Still only \$5 Tables: \$6
Lots of prizes Talk In: 147.255

General questions & Table reservations :
Luke N2GDU (GBhamfest Chairman)
Email: luke@towncountryflorist.com
<http://arc.hamgate.net>

Future Dates for the Greater Buffalo Hamfest & Exposition-
Western New York ARRL Convention
August 5, 2001 & August 4, 2002

URGENT: FINAL COMPUTER LOG CONVERSION
... de K2AXX

So, you've just finished the contest. Wonderful! Now you are ready to send your log to the ARRL and to the RVHFG Contest committee . . . right? If you used VHFTEST version 5.3, the answer is NO. What do you still need to do? Here's the complete instruction guide that will walk you through the steps as best I can jot them down.

- 1) **Check your log! What are some of the things to do? Here's MY checklist of stuff to do before making the log final.**

Open VHFTEST. Select A for the ASCII file export. Select D for the Dbase file export.

Open the file log.txt. This is the comma-separated data from VHFTEST. It looks a little like this:

```
20010120,"1900","144","SSB","FN12","N2UIO","FN13","","1"  
20010120,"1901","144","SSB","FN12","N2PA","FN12","*","1"  
20010120,"1901","144","SSB","FN12","W2ONP","FN12","","1"
```

From left to right, the date, time, band, mode, your grid, call, their grid, an asterisk if new multiplier and number of points for that QSO.

I look for 0 point QSOs. These are marked in the log as dupes, but often they are not. For instance, I work a station on 6,2,222 and 432. However – I screw up the sequence while in the heat of battle and log that person twice on 222. One is a dupe. If you know you worked that station on 432 – it is easy enough to change. Using notepad or another text editor, change the band information to the correct one (correct: 50, 144,222,432,903, 1296,2304,3456,5760,10G,24G,47G,Li)and change the points from 0 to whatever is appropriate for the band(correct: 50/144=1, 222/432=2, 903/1296=4, 2304+=8)

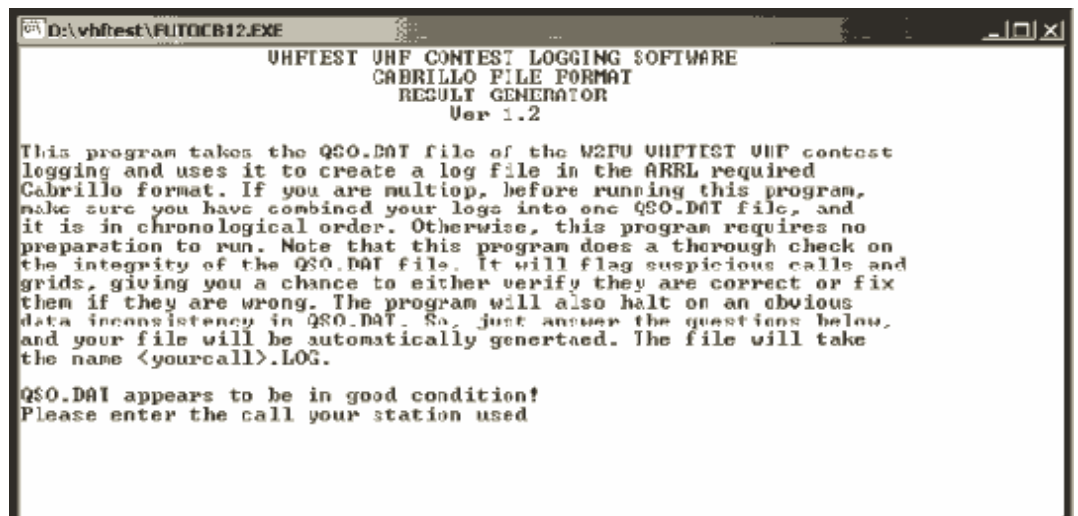
Also, check call signs for any blatant typing errors. In addition, making certain your log was done in GMT, not in local time!

- 3) **MAKE A BACKUP COPY OF THE FILE QSO.DAT.** It will be located in the subdirectory where VHFTEST lives (generally, C:\VHFTEST). This is the raw log information needed by the converter.
- 4) Go to <http://vhfgroup.rochesterny.org> and choose the MEMBERS-ONLY website. As a member, you have access to the new NS9E VHFTEST to Cabrillo converter. Download it and put it on your computer. **MAKE CERTAIN IT IS IN THE SAME LOCATION AS YOUR VHFTEST FILES – OTHERWISE IT WILL FAIL!**

NOTE: Version 1.2 is the only acceptable version at present. That is what is on the website.

- 5) Once installed on your computer, either run futocb12.exe or double click it through windows. You should see something like this appear:

This is the main screen of the conversion utility. -It is a prompt-driven program, which takes your input and writes the cabrillo file for you once completed!



Here are some of the more significant screens you will see:

```

C:\vhftest\FUTOCB12.EXE
Please enter your 2 or 3 letter ARRL section (Ex. WNY)
WNY
Please enter the number of the contest you operated:
1. ARRL January VHF Contest.
2. ARRL June VHF QSO Party.
3. ARRL August VHF Contest.
4. ARRL September VHF QSO Party.
1
Please enter the number of the class you entered:
1. Single operator, QRP portable.
2. Single operator, Fixed, Low power.
3. Single operator, Fixed, High power.
4. Limited multioperator.
5. Full multioperator.
6. Rover.
7. Checklog only.
3
On many of the following entries (Operator call, Address, Soapbox),
Multiple lines of text may be accepted. There is no word wrap, etc.,
so keep your lines under 80 characters. Press 'Enter' on a blank
line to end input on these entries.

Please enter the call of the operator who operated the above
station, even if it is the same operator.
K2AXX

```



Results may vary, but if you see this on your screen, call a doctor! But seriously now, AA2WV will mug for the Wedding-cam on 9 June 2001- Congratulations!

The following items will be prompted for:

Callsign: The callsign of the station submitting the log

Section: The ARRL Section you participated in

Contest: By number (1-4) which contest did you operate

Entry Class: By number, what was your entry class

Operator Callsign: If single-op, the same as the first Callsign prompt.

Club Competition: Enter the ROCHESTER VHF GROUP here for your ARRL submissions (provided you are an eligible RVHFG member!)

Claimed Score: THIS YOU MUST KNOW FROM VHFTEST. It will not calculate your score for you – you must enter this manually. **Name, Address, Soapbox comments:** See the above example. These are pretty well formatted, so make sure you enter them completely.

```

C:\vhftest\FUTOCB12.EXE
line to end input on these entries.

Please enter the call of the operator who operated the above
station, even if it is the same operator.
K2AXX
Please enter club name for club competition, if needed (40
characters max.)
ROCHESTER VHF GROUP
Please enter your CLAIMED SCORE!
118454
Please enter your name. (40 characters max.)
Mark Hoffman
Please enter your mailing address. (4 lines max, 50 char/line.)
5519 Lakeville-Groesland Road
Greenen, NY 14454-9545

Please enter any soapbox comments you wish to add. (4 lines max.,
50 char/line.) NOTE: You may add more soapbox comments by editing
the result file in any text editor. (Use Edit, Notepad, EMACS, etc;
not a word processor!) You will see how the lines are to be formatted
by looking at the existing lines. Of course, you may enter no
comments by simply pressing 'enter' on a blank line.
The contest was a HOOT. 18Ghz finally worked like
it should! Activity seemed OK, but still way down
from years ago. A good time in all!

```

OK, once you enter these items, the program then begins to calculate your log and spit out the Cabrillo-formatted output, titled <callsign>.log. In my case it is k2axx.log. **THIS IS THE FILE YOU SEND TO THE ARRL.**

NOW, for sending a message to the ARRL and a Carbon copy to the Rochester VHF Group – the process is so simple. Compose your message to JanuaryVHF@arrl.org, with a carbon-copy to January@vhfgroup.rochesterny.org. Subject: <callsign> SINGLE-OP ALL HIGH

In the body of the message, you can simply state the following: Attached file <callsign>.logRochester Cup Club: RDXA And attach the logfile to the message.

THERE. You've now sent your log to the ARRL and the RVHFG at once! Pretty easy stuff to do, really. Your VHF SS logs are due to the ARRL and the Rochester VHF Group Contest Committee by February 21, 2001.

Here are some important notes, applicable to RVHFG members:

- 1) If you are a RVHFG member, when you send your log to the ARRL, make certain to note "The Rochester VHF Group" as your affiliated club.
- 2) The log MUST be sent to the ARRL in Cabrillo format. If you created your log using VHFTEST v5.3, there IS a conversion utility available from the Rochester VHF Group website. It is in the "members-only" section, but also available from <http://www.lionlmb.org/vhftest.html> freely. futocb12.zip is version 1.2, that is the only version that is fully-functional. This converter works solely with VHFTEST, and it won't help for CT, NA, etc. There are other Cabrillo conversion utilities available for those programs.

3) When sending your log to the ARRL, in the subject line note your callsign, class of entry and the contest you are entering:
Subject: K2AXX SINGLE-OP ALL HIGH 2001 VHF SS

4) Send your logfile to the following addresses:

JanuaryVHF@arrl.org
january@vhfgroup.rochesterny.org

5) In your message body, show the following information:

Rochester Cup: RDXA

Summary for RVHFG:

MHz	VALID	QSOs	QSO POINTS	MULTS	SCORE
50	97	97	24	2328	
144	207	207	37	7659	
222	74	148	26	3848	
432	79	158	21	3318	
902	25	100	9	900	
1296	29	116	9	1044	
2304	16	128	6	768	
3456	14	112	5	560	
5760					
10 GHz	11	88	4	352	
24 GHz	2	16	1	16	
47GHz					
Light	1	8	1	8	
ALL	555	1178	143	168454	

This information can be obtained from the ASCII log file output from VHFTEST (the previous ARRL format. In VHFTEST choose option A then option A to output the ARRL logfile. This file is named <callsign>.log as well - so create this FIRST, rename it, THEN do your cabrillo conversion!). Then, simply attach your cabrillo logfile to the message and send it along! IF you didn't use VHFTEST, create a simple band-by-band summary sheet on your email and send it along. The RVHFG needs this information for single-band award information.

You've now sent your log to the League, and the RVHFG. You should receive 2 automatic replies to the email. One from the ARRL Contest Robot, and one from Lyris - the RVHFG automatic reply.

If you are NOT an RVHFG member, all we need is the final score and your club declaration for the Rochester Cup. You will not be eligible for RVHFG awards except for FM-Only.

If you've got questions - we will be holding a log session at the next meeting. The subject is a VHF SS recap, which includes discussion, log formatting (I'll have a laptop there, possibly another computer) and so forth. The next RVHFG meeting is Friday February 09, 2001@ 7:30pm, 111 Westfall Road. I'd encourage you to attend. If you need log assistance, BRING YOUR QSO.DAT file on a floppy! Otherwise, we can't do anything to help out. QSO.DAT is located in your VHFTEST directory, and should have a very recent date (1/22/01 more than likely). **Please feel free to contact me or Jim Howard DIRECTLY via email. I am k2axx@arrl.net, Jim is n2jmh@arrl.net.**

Thinking of sending that computer generated log printout in?

Think again!

Startling info from an e-mail by K2AXX, where all is made clear on this subject. Just when you thought you were home free, fellow small log folks...Read it and weep, eh!

The ARRL General Contest Rules say:

4.6. Any log that is computer generated must submit the electronic file of the log in ARRL file format. **Failure to submit** the required electronic file **can result in the entry being designated a checklog**, and thereby ineligible for competition. **A paper printout of the log file is not an acceptable substitute."**

That's right from the ARRL General rules for ALL contests. **You CAN NOT**, without the potential penalty of being classed a checklog, **enter a small log as just a printout**. It wouldn't hurt as far as the the RVHFG local awards stuff goes, but it would bother someone to be DQ'd for following our advice and then their score not count at the ARRL (or show up in QST).

Hand-written logs are FB, but people shouldn't write out logs to avoid the conversion. Send ME the logs, I'll do em for you! OR come to the meeting. I'll do em THERE, too. I don't care.

More ARRL Rules:

"5. Paper Logs:

5.1. Entrants must use official Contest Forms or acceptable facsimile.
5.2. The most current forms should be used, as scoring rules, ARRL sections, etc, do change periodically.

5.3. Handwritten logs files, showing required QSO information, are accepted for all ARRL contests.

5.4. Handwritten logs that have been transcribed after the contest to a word processor, database, or contest-logging program are considered electronic logs and must meet Cabrillo file format and submission requirements.

5.5. Paper entries with more than 500 QSOs must include band by band dupe sheets.

5.6. Paper entries should be submitted to: ARRL, 225 Main St, Newington, CT 06111 with the contest name clearly marked on the envelope.

5.7. **Only one contest entry may be included in each envelope** mailed to ARRL."

We were EXPLICITLY warned by N1ND last year to not send our logs in bulk. SINGLE ENTRIES PER ENVELOPE was his request to all large groups (a'la RVHFG, NEWS, Packrats. .).

ANYHOW, All I'm trying to express is that if you DID log on paper, send it in on paper. If you did it on the computer using VHFTEST, just do the conversion. It isn't fun - but it is better than rewriting a log, or getting DQ's by the ARRL. EVEN the smallest logs (since they are trying to enforce a new policy) MIGHT be under closer scrutiny this year. The conversion file is PERFECT (as you get it out of Tim's Program FUTOCABR). So doing it that way makes the RVHFG look good to the league. If 95% logs from here are computer, 5% paper,

(then) we're heros.

-K2AXX

ATTENTION: THIS ARTICLE IS NO JOKE! (You get those in April) Are you a VHF+ HAM? Then you BETTER read this! Excerpted here because so few people in ham-land read the New York Times- this shows that maybe you should!

A CONVERSATION WITH: ELEANOR R. ADAIR

Tuning In to the Microwave Frequency

By GINA KOLATA

The New York Times 16 JAN 2001
Page 7, Column 1 Health & Fitness; Section F
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Eleanor R. Adair wants to tell the world what she sees as the truth about microwave radiation. New widely reported studies have failed to find that cellular phones, which use microwaves to transmit signals, cause cancer. And most academic scientists say the microwave radiation that people are exposed to with devices like cell phones is harmless.

But still, Dr. Adair knows that many people deeply fear these invisible rays. She knows that many people hear the word "radiation" and assume that all radiation is dangerous, equating microwaves to the very different X-rays. Microwaves, she points out, are at the other end of the electromagnetic spectrum from high energy radiation like X-rays and gamma rays. And unlike gamma rays and X-rays, which can break chemical bonds and injure cells, even causing cancer, microwaves, she says, can only heat cells. Of course, if cells get hot enough, they can die, but the heat level has to be closer to that in an oven than the extremely low level from cell phones.

Yet Dr. Adair realizes that many people have been frightened by sporadic reports that claimed a variety of effects of microwaves on cells, effects that did not involve heating the cells, but some other kind of harm. But, she says, no one has ever been able to replicate any of these effects.

Scientists say Dr. Adair's credentials are impeccable. "She is one of the leaders in that field," said Dr. Robert L. Park, a physics professor at the University of Maryland. Asked if serious scientists disagreed with her conclusions, he said, "Not that I know." Dr. Adair's list of published papers goes on for 11 pages, she has helped set standards for microwave exposure, she has served on national committees on radiation safety and has won awards from the Institute of Electrical and Electronic Engineers for her work. She says she accepts no money from industry.

Dr. Adair, who is 74 and whose Ph.D. from the University of Wisconsin is in physics and psychology, is now finishing a five-year term as a member of the senior executive service at Brooks Air Force Base in San Antonio. The position is equivalent to the

rank of brigadier general. Then she will return to Connecticut, where she is a visiting fellow at the John B. Pierce Laboratory at Yale, and rejoin her husband, Dr. Robert K. Adair, who is also a physicist. But her work will continue, she says. She spoke from her small two-bedroom house in San Antonio, having just returned from a vacation in Costa Rica with her husband and grown children.

Q. You began studying the physiological effects of microwave radiation in 1975, putting squirrel monkeys in a microwave chamber, heating them up so they would either feel slightly warm or noticeably hot. Were there any adverse effects?

A. Never. As a matter of fact, the animals would really thrive on the microwave radiation. If we finished an experiment and went on to something else and had to use a different set of animals for the next microwave experiment, the animals that were taken out of the microwaves would sort of pine away. It was as though they were saying, "Come on. It's about time to go back in the box." We had some animals that were in our colony for as long as 18 years and they had assorted weekly doses of microwaves and we never saw any cancer in any animal. We never saw anything but happy, healthy, thriving monkeys

Q. What about the popular belief that microwaves can cause cataracts. Is that true?

A. They can cause cataracts if the field strength is very high, if the exposure is long enough to heat the eye to a temperature close to 44 or 45 degrees centigrade [about 112 Fahrenheit].

Q. To get the eye to a temperature that might cause cataracts, do you have to put your eye in the oven and essentially cook the proteins in the eye, denaturing them, as protein chemists would say?

A. Well, yes. Unless you can get the temperature of the eye up to this level where you begin to denature protein, you don't do any damage to the tissues.

Q. If normal people stare into a microwave oven, is there any chance that they will develop cataracts from the microwaves?

A. Of course not. You can't stare at the microwaves because if you open the oven door the microwaves go off. And nothing escapes through the door.

Q. What if a microwave oven leaked? Could you get enough microwave radiation to give you cataracts?

A. No, you couldn't.

Q. Can exposure to microwaves make you sterile?

A. That's what the servicemen were saying in World War II, particularly the guys on shipboard where they had lots of radars mounted all over, and radar was new then. Radar uses microwave radiation — this was the great innovation that was devised at M.I.T. in the early days of World War II.

The servicemen discovered that if they stood in front of the radar it would warm them up at night, so a lot of them did that. And then they started putting balls of steel wool in front of the radar

and it would sort of fizz off and glow like a firework. And they used to blow up eggs in the beam and things like that. **Many of them believed that they could stand in front of the radars before they went on shore leave and they would be protected. There was this view that maybe this would make them sterile — but it didn't.**

The Chinese have published several studies in which they tried to sterilize men by concentrated microwave exposure of the testes. It reduces the sperm count temporarily — if you heat the testes then they are going to make less sperm — but it didn't necessarily preclude conception.

Q. You went on from studying monkeys to studying humans, beginning in 1994 when you put humans into a microwave chamber. How many people undergo these tests and how often do they go in the microwave chamber?

A. Each experiment I run on humans usually has used seven subjects, male and female, of a wide age range. The minimum age is about 19 or 20 and the maximum age at the moment is close to 70. The experiment I am about to start now will require 15 test sessions per subject, each about two hours.

Everyone says I am doing my monkey experiments on people — and I really am. I equilibrate the subject to a prevailing environmental temperature for about half an hour. Then I expose the subject to the microwave field for 45 minutes and give them a 10-minute cool down period at the end. I do control experiments in which the 45 minutes is what we call a sham exposure in which no radio frequency energy is turned on.

Q. Do you pay the people involved in the microwave testing?

A. No. They are all volunteers.

Q. How do you find your experiment volunteers?

A. I just ask people if they would be interested and most of them jump at the chance.

Q. Aren't many people afraid of microwaves?

A. The people I work with are not afraid of them.

Q. Have you seen any adverse effects on the people who participated in your experiments with microwaves?

A. None.

Q. Did people like the microwave field, as you said the monkeys did in similar experiments earlier?

A. **Particularly if the environment is cool, they love it when the field comes on. Some of them say, "Oh, the sun just came out."** It is very easy to sense it and it feels good. If they are in a warm environment, and the field is strong they may start to sweat and they may feel quite uncomfortable. **They always have an option of getting out of the chamber at any time, saying, "I've had enough."** And in the experiments we ran last summer we put what we called a kill switch next to the subject so if the subjects got too warm or they didn't like it any more they could turn it off.

Q. Did anybody ever come dashing out of the microwave cham-

ber or pull the kill switch?

A. No. No one ever wanted to get out. I always say to every subject as I instrument the subject, put all the stuff on, I instruct the subject over and over again. I say: "Remember if you want to leave the experiment at any time just say you want out. You will get out and it won't compromise any other experiment you want to participate in." That is a formal part of the protocol procedure.

Q. Did you ever go into the microwave chamber yourself?

A. Of course. **I never exposed monkeys or people or anything into these fields unless I sat in them first. I had to sit in the field to see what it felt like.** I even ate the monkey food before I gave it to them. I had special diets for the monkeys in some of my experiments and I had to try them out — if they didn't taste good to me, I didn't want to give them to the monkeys.

Q. Could you use microwaves as a way of heating yourself to stay warm in winter without heating your whole house? Would it be more efficient?

A. Absolutely. That was first proposed by Prof. Robert V. Pound of Harvard University. A lot of us had thought, Oh, gosh, wouldn't this be a great way to heat yourself in a cool house? He wrote the paper on it. It is known as the Pound proposal, and we are still pushing it as one of the peaceful uses of microwave energy.

Q. If I were to say to people, "Hey there's this really cool idea: **Why heat your whole house when you could use microwaves to heat yourself?**" they would say: "You've got to be kidding. Don't you know that microwaves are dangerous? They can even cause cancer." What do you say to people who respond like that?

A. I try to educate them in exactly what these fields are. That they are part of the full electromagnetic spectrum that goes all the way from the radio frequency and microwave bands, through infrared, ultraviolet, the gamma rays and all that. And **the difference between the ionizing X-ray, gamma ray region and the microwave frequency is in the quantum energy. The lower you get in frequency the lower you get in quantum energy and the less it can do to the cells in your body.**

If you have a really high quantum energy such as your X-rays and ionizing-radiation region of the spectrum, this energy is high enough that it can bump electrons out of the orbit in your cells and it can create serious changes in the cells of your body such that they can turn into cancers and various other things that are not good for you.

But down where we are working, in the microwave band, you are millions of times lower in frequency and there the quantum energy is so low that they can't do any damage to the cells whatsoever. And most people don't realize this.

Somehow, something is missing in their basic science education, which is something I keep trying to push. **Learn the spectrum. Learn that you're in far worse shape if you lie out on the beach in the middle of summer and you soak up that ultraviolet radiation than you are if you use your cell phone.**

Q. Some people say that with the ever-increasing exposure of the population to microwaves — cell phones have really taken off in the past few years — **we need to redouble our research efforts to look for dangerous effects of microwaves on cells and human tissues. Do you agree?**

A. No. All the emphasis that we need more research on power line fields, cell phones, police radar — this involves billions of dollars that could be much better spent on other health problems. Because there is really nothing there.

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Editors note: I say again: This article is the real thing, reprinted verbatim, in its entirety and unedited, from the on-line version of the New York Times. I didn't write it- I'm just reporting it as it came to me. As VHF+ Hams, this kind of thing should makes us think: however, I don't think I'll be staring into the open end of an energized waveguide anytime soon.

Got one of those portable cellphones?
 Still worried after reading that article?
 Check out this site for radiation and field strength test results from the manufacturers of these hand-held devices:
http://www.cnet.com/wireless/0_1923401_7_2587640.html

Northern Rockies Weak Signal Group
<http://www.qsl.net/nrwsq>

**NEVER TRY TO TEACH A PIG TO SING.
 IT WASTES YOUR TIME AND ANNOYS THE PIG.**



The Psycho Rover Team's Magnetic Truck Sign

Treasurers Report- January 2001

By Paul N2OPW January 16, 2001

CHECKING ACCOUNT

Previous Balance..... \$ 163.12
 Income:
 Dues collected..... 90.00
 50/50 profits..... 00.00
 Mug Sales..... 30.00
 PHEMT Sales..... 60.00
 Awards Income..... 180.00
 Expenses:
 Newsletter Supplies..... -13.37
 Postage..... -11.91
 Guest Speaker Expenses..... -110.88
 Current Balance..... \$386.96

SAVINGS ACCOUNT

Previous Balance.....\$1267.57
 Income:
 Interest..... 4.80
 Expenses..... 0.00
 Current Balance.....\$1272.37
 Balance on Hand:
 Checking..... 386.96
 Savings..... 1,272.37
 Total.....1,659.33

**“There are very few problems
 that cannot be solved by orders
 ending with ‘or die.’ “**
 Alistair J.R. Young

2001 International Spring VHF/UHF Sprints Contest

Sponsored by East Tennessee DX Association / NJ4I
 The full rules are on the ETDXA Web site;www.ETDXA.org

- 2m: 7 PM- 11 PM local on Mon (April 9, 2001).
- 222 :7 PM-11 PM local on Tues (April 17, 2001).
- 432 : 7 PM until 11 PM local on Wed (April 25, 2001).
- Microwave Sprint (all frequencies above 903 MHz) will be on Saturday (May 5, 2001) from 6 AM until 1 PM local time. Use of Liaison Frequency is encouraged.
- 6m: 2300GMT Saturday until 0300GMT Sun (May 12 & 13, 2001). Note ONLY the 6M test is ZULU TIME

Logs (paper, ASCII, xls) must be submitted no later than four weeks after the closing of each event.
 Certificates for top three scores in each Sprint, Certificate for top three scores in Rover Category, and Plaque for overall high score. **Questions ? Email vhfdx@etdxa.org**



In the Spirit of St. Valentines day, the Journal Staff offers this bit of advice:

Nobody cares if you can't dance well.

Just get up and dance.



RVHFG Meeting:

09 FEB 2001

7:30 PM, 111 Westfall Road, Rochester, NY



The VHF Journal
The Rochester VHF Group
PO Box 92122
Rochester, NY 14692