Hi gang, Yep, this issue is a couple of days late. I drugged my feet waiting for a column to come in and it did. Last time a reader sent me a email asking if he had missed the KAR?

I had a echo cardiogram of my heart to see what my valves are doing and all is FB. I do find myself slowing down more each day. I will be 82 on the 12th.

As I write, many hams are on the road heading for home from the ARRL Midwest Convention. We should be seeing photos soon and stories of what happened. As you know I don't attend conventions and hamfests any more due to my health.

The CQ SS contest is over and time for logs to be sent in and checked for winners. I remember abt 1949 when Fritz WØADS got his license and got on the air (CW) and all that we heard was CQ SS and did not know what that was.

◆ Niagara Falls View From RC Copter. Radio controlled helicopters are being used more and more for good aerial photography up close pics of Niagara Falls ...http://www.youtube.com/watch_popup?v=cfoLYTKObiU

◆ Here is one for your “Favorites.” Amazing clock! I had not seen this one before You've one......... never seen a clock like this........http://www.poodwaddle.com/worldclock.swf


◆ Larry “LL” - I have just found out about your list and have signed up. Here is some info about the 4-States QRP Society (4SQRP) nets held every Wednesday. If you would like to include this in your list of nets on your website, that would be great. 4 STATE QRP NETS….join the fun!

Comfortable CW Nets [every Wednesday] - 7:00 & 8:00 PM Central time on 3564 KHz. Net control is Terry, WAØITP in Ottumwa, Iowa.

At ~ 7:30 & 8:30 PM Central time on 7122 KHz (Memorial Day to Veterans Day).
At ~ 7:30 PM Central time on 7122 KHz (Veterans Day to Memorial Day).
and ~ 8:30 PM Central time on 1810 KHz (Veterans Day to Memorial Day).

After the 80 meter net, check out 40 meters on 7122 KHz. The start time is approximate depending when the 80 meter net finishes. KCØPMH, Wayne Dillon, is NCS for the 40M nets.

If we have to QSY a little, lets move up a half KHz at a time until we find a clear spot. Both of these CW nets are at "comfortable" CW speeds. Slow and rusty fists welcome!

Wednesday Waarble -

We have an informal roundtable session each Wednesday evening throughout the year at 9:00 PM Central time on the 80 meter band (on or near 3580.5 KHz) using PSK-31 mode. All hams within
range of our signals are invited to join the fun.

Dick Hammond, N0TGR is the NCS for the psk net.

72,

Bruce - KK0S
<bbarley@cox.net>

<table>
<thead>
<tr>
<th>Links for Kansas hams!  TNX to Kent KBØRWI</th>
</tr>
</thead>
<tbody>
<tr>
<td>ARRL  <a href="http://www.arrl.org/">http://www.arrl.org/</a></td>
</tr>
<tr>
<td>Kansas Section Pages and KAR's <a href="http://ksarrl.org">http://ksarrl.org</a></td>
</tr>
<tr>
<td>ARRL Midwest Director's newsletter <a href="http://www.arrlmidwest.org/newsletter/newsletter.pdf">http://www.arrlmidwest.org/newsletter/newsletter.pdf</a></td>
</tr>
<tr>
<td>Kansas ARES Pages <a href="http://ares.ksarrl.org/">http://ares.ksarrl.org/</a></td>
</tr>
<tr>
<td>All Ham Radio Links, nothig but! <a href="http://ksarrl.org/deeplink">http://ksarrl.org/deeplink</a></td>
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<tr>
<td>Skywarn is Wichita NWS Skywarn <a href="http://www.ict-skywarn.org">http://www.ict-skywarn.org</a></td>
</tr>
<tr>
<td>Kansas QSO Party <a href="http://ksqsoparty.org">http://ksqsoparty.org</a></td>
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<td>Newton ARC <a href="http://www.newtonarc.org">http://www.newtonarc.org</a></td>
</tr>
<tr>
<td>Wichita ARC <a href="http://www.warc1.org">http://www.warc1.org</a></td>
</tr>
<tr>
<td>Ensor Museum <a href="http://www.ensorparkandmuseum.org/">http://www.ensorparkandmuseum.org/</a></td>
</tr>
<tr>
<td>S. A. T. E. R. N. <a href="http://www.SATERN.salvationarmy.us">http://www.SATERN.salvationarmy.us</a></td>
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<tr>
<td><strong>Kansas ARRL Section News</strong> <a href="http://www.arrl.org/Groups/view/kansas">http://www.arrl.org/Groups/view/kansas</a></td>
</tr>
<tr>
<td>Midwest Division Home page <a href="http://www.arrlmidwest.org/">http://www.arrlmidwest.org/</a></td>
</tr>
<tr>
<td>KC ham Info <a href="http://www.kchams.net/larrys_list.html">http://www.kchams.net/larrys_list.html</a></td>
</tr>
<tr>
<td>NF9L KC page <a href="http://kchamradio.com/">http://kchamradio.com/</a></td>
</tr>
<tr>
<td>“Orlan's Biblical Notes” <a href="http://home.everestkc.net/orlan/#top">http://home.everestkc.net/orlan/#top</a></td>
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BCNU Next Month   AR   N    dit dit
The past year and a half of planning, preparation and hard work by the Lebanon ARC and the many individuals and clubs supporting them has produced a convention agenda that I believe we can proudly call the Dayton of the Midwest! I hope each of you will join me this weekend November 8-9 for the ARRL Midwest Division Convention at the Cowan Civic Center in Lebanon, Missouri.

Former Astronaut and Col Steven Nagel N5RAW will be presenting on Friday at 5pm in the convention theater. COL Nagel’s presentation is titled: The First Half Century of Space Travel. This should be a great event for adults and children alike. And on Saturday, from 2:00 to 4:00 p.m. Astronaut Nagel N5RAW and Carole Perry WB2MGP will host a youth program in the theater. These are wonderful opportunities to invite a child, grandchild, or other young person to hear an astronaut share his experiences in space and learn about the fun and excitement of Amateur Radio.

Don’t miss the Opening Ceremony on Saturday morning in the theater and the free drawing for a chance to win a Yaesu FT-817nd MF/HF/VHF/UHF transceiver and a Baofeng VHF/UHF UV-5R transceiver. You must attend the ceremony and be present to win. There will also be hourly prize drawings and a grand prize drawing at 4:00 p.m. Saturday.

Have you ever wondered how exciting it would be to operate the historic W1AW station? Now’s your chance to guest operate at W1AW/0 beginning at 2:00 p.m. Friday and 8:30 a.m. Saturday.

There’s a tremendous lineup of forums on topics such as Dxing, Contesting, Emergency, Preparedness, Communications, Satellite Communications, ARES, Antennas for Restricted spaces, HF Amplifiers, Software Defined Radio, Antennas and Grounding Systems, FLDigi, Remote operations, D-Star, Malpeko HK0NA DXpedition, QRP, HF Digital Voice, Army and Navy MARS, Public Service/Red Cross, SEMA, FEMA, and More!

There are approximately 40 commercial vendors and companies committed to attend, including ICOM, YAESU, KENWOOD, ELECRAFT, FLEX RADIO, HEIL SOUND, MFJ (including Hygain, Cushcraft), Alpha/RF Concepts, Associated Radio, WB0W, Ameritron, Ham Radio Deluxe, Quicksilver Radio, Main Trading Co., RadioWavz, Microlog, D&L Antenna Supply, Alpha Antenna, Rigol, Mirage, Ham Crazy, and more.

The weather forecast for Lebanon is delightful for the weekend — sunny and temperatures in the 60’s. I hope you will join your ham radio friends from throughout the Midwest in Lebanon, Missouri this weekend!

73, Cliff K0CA
ARRL Midwest Division Director

Convention Information:
www.arrlmidwestconvention.com

73, Cliff K0CA
Kansas has several nets you can participate with if you like. Let's take a look.

Our flagship net is Kansas Sideband Net. It meets daily at 6:30 PM on 3.920MHz. This is where I make official announcements for the section. You will also hear others making announcements of general interest to the Kansas section. Kansas Sideband Net is also our main traffic net. Radiograms maybe presented for relay around Kansas or for out of state.

For the dawn patrol Kansas Phone Net is another of our traffic nets and meets M-W-F at 6:45AM and Saturday and Sunday at 8AM, also on 3.920.

Central States Traffic Net meets daily except Sunday at 12:30 PM on 7253.5MHz. This is the old Kansas Post Office Net and is associated with Kadiddlehoppers. It is operated as a rag chew, check-in net but there is traffic moved here as well. We currently do not have a liaison from this net to the other traffic nets. If you can help us with that go right ahead. If you have questions about that function please ask me about it.

Kansas Weather Net meets daily at 7AM and 6PM on 3.920. The purpose is to exchange weather information from Kansas and surrounding states. You don't need fancy instruments to participate, you probably already have what you need. A high-low thermometer does help though. Listen so you can pick up the format then go ahead and check-in. If you think this will become a regular activity for you then ask to be added for that particular nite. The morning net is random check-in.

For CW aficionados we have QKS meeting daily at 7PM and 10PM for moving radiograms into, around and out of Kansas. The sister net is QKS-SS, the slow speed net and meets on Mondays at 7:32 PM. QKS-SS also handles traffic when presented but a lot of rag chewing takes place. The slow, 5-10 WPM(mostly 7) makes it fun and is a good place to get used to operating in a net Environment.

That's our section net line up. I hope you will try one or more of them.

73, Ron

Welcome to November. Last month, we wrote about some ideas for winter projects – some things to do inside while you had a little more time on your hands – that could increase your value and your abilities as an Emergency Communicator. Those ideas came from a number of sources based on previous experience in actual deployments and public service events. Remember – public service events can be some of our best EMCOMM training and come almost as close to the real thing as anything we can manufacture as an exercise. Note that I said “almost” above. Good exercises can and should be an integral and regular part of our training as Emergency Communicators, but a good exercise is not easy to put together.

I had the privilege this year to be part of the planning for the KC Metro area SET exercise. The planning for this exercise took place over many months and involved professional Emergency Managers and amateur radio EMCOMM leadership from across
the 7-county Metro Area. This group spent countless hours constructing what was likely the most comprehensive and ambitious exercise ever attempted in the KC Metro area. Along with other SET exercises around the country and throughout Kansas, this one was conducted on Saturday October 5.

The old adage that the more you put into an activity, the more you get out of it was certainly true for the KC SET exercise. All the participating jurisdictions, including the 3 Kansas counties (Wyandotte, Leavenworth, Johnson) learned a lot that they will be taking back to their organizations to help plan training and development in the coming year.

From a statewide point of view, the KC SET exercise included a statewide HF net component. Over a dozen operators from across the state participated in that. While it generally achieved its objectives, we learned a lot from doing that and it was the first time that I’m aware of that a statewide HF net in Kansas had been attempted as part of a SET exercise.

After reviewing the results of the exercise with other KC Metro agencies and with the key participants of the statewide HF net, the following primary conclusions were reached and opportunities identified for improvement in our capabilities.

1. HF communications is difficult – for a number of reasons. Propagation, QRM, and the lack of a well-defined frequency plan hampered our ability to communicate across the state. On that particular Saturday, 20m was of no use to us at all, but we found 40m to work pretty well. We all know that could be different depending on the season, time of day, and solar activity, so having a pre-defined target frequency in multiple bands and practicing the use of those frequencies on a regular basis becomes an important activity to address this finding.

2. Digital modes can be a valuable part of the equation in an event like this. The group felt that if we had used PSK-31 or some other digital mode for some of our communications, we would have had better luck, overcome some of the propagation and QRM issues, and been able to more accurately pass traffic.

So, you can add these two items to your list of things to do over the winter to hone your EMCOMM skills.

From a Statewide standpoint, we’re already doing something to help with this through the twice-monthly Kansas Emergency Preparedness Net. That net meets on the 1st and 3rd Thursday of each month at 7pm Central time. Specifically to address the items above, we move the net around to different bands each month and alternate voice and digital modes each month – using voice in even numbered months and digital (PSK-31) in odd numbered months. The link below if for the full net schedule: https://sites.google.com/site/kchamlink/home/full-quieting/files/KEP%20net%20schedule.pdf?attredirects=0&d=1

The Kansas Emergency Preparedness Net is a Statewide net called twice each month for all operators interested in Emergency Communications. The net moves around to different bands and uses different modes each month to provide operators a chance to experience and understand the limitations and propagation effects of the various modes/bands.

The net is called on the first and third Thursday of each month at 7pm Central time.

This Thursday, October 17 is the 3rd Tuesday of this month. The net this Thursday night will be a sideband net on 3.940 MHz +/-.

If you are interested in Emergency Communications, please plan on joining the net.

See the link below for a full copy of the net schedule.

<https://sites.google.com/site/kchamlink/home/full-quieting/KEP%20net%20schedule.pdf?attredirects=0&d=1>

Thanks,

Herb Fiddick, NZ0F
<hfiddick@gmail.com>
160 meters with the big AM BC towers

I believe that it was 1982 or 83. I got access to the KFRM array for the 160M contests. KFRM at that time was day-time only with 5 KW of power directional. All directional AM stations use multiple towers and KFRM had three. From the base of each tower were 120 radial ground wires each 500 feet long. I assume that where they crossed they were soldered together. I used the center of the three 500 foot towers as the radiator. I used the Heliax that was going to the center tower as the feed line. At the base of the tower I used clip leads to connect my trusty Heathkit KW tuner to match the tower. Using a couple of IC-2 AT hand held transceivers on 52 simplex we were able to get an acceptable flat match across the entire 160 M Band. There were not that many HF transceivers that included 160 at the time. We used an IC-720A with 100 Watts output. At the transmitter building I used clip leads to connect the transceiver to the coax. That's the technical part.

Operating was entirely different. In some places we were the loudest signal on the band. We did not generate pile-ups but if we could hear someone we could work them. One comment I still remember - How many KiloWatts are you running??- We easily worked ALL the lower 48 states. I believe we heard KL7 but could not work them. As with all verticals we heard lightning in all directions and very well. Even during the 'quiet winter' we still heard LOTS of static because we had a big antenna.

I have since done an analysis of the setup. The tower is almost ONE wavelength long. Thus it nearly an end fed wire. The main lobe of the signal was at a very high angle. Today they would label this as NVIS. Therefore the use of the KFRM 500 foot towers was not a good choice. A better choice would be a tower in the 250 to 300 foot range. This would provide about a ¼ to 5/8 wavelength tower and much better propagation. If I could dream I would install a J-Pole for 160M. That would be about 385 feet tall. The ¼ wave matching section would be about 130 feet. A ONE-HALF WAVE vertical antenna elevated to one quarter wave above ground. It sounds like the perfect omnidirectional antenna to me. Oh then install 4 for a 4 square antenna. Dream on....

The FCC has changed policies since we ran the station there. Nearly all AM Stations have some power at night. This may only be 10 to 15 Watts but it makes simultaneous operation nearly impossible. At the NAB broadcast Convention I have talked to a manufacturer about building a combiner that would allow simultaneous operation. If only I had the time to do it.

On a final note was when I was out at the tower trying to remove my equipment before sunrise and the 5 KW started up. It was freezing cold and the key would not go into the lock in the equipment for what seemed like an eternity. It did at last and I got the tuner out and the patch points back just minutes before the Station was back on the air.

I did also load up the KVGB tower on 160 for one contest but the results were much less spectacular.

Operators were

WD0FEN           [W0FEN now]   Robin Cross
WB0TOM           [NN0N now]   Bob Pletcher
WD0CXN           Dennis Hill

Robin Cross w0fen

KCUR
Office   816-235-2880
Reception 816-235-1551

Do your best every day, and your life will gradually expand into satisfying fullness. - Horatio W. Dresser
ARES – Amateur Radio Emergency Service!

Complete list of ECs and a printable State Ares map at http://ksarrl.org/distks.pnp

**Zone 1A – Steve WAØVRS**

ARcE ALPHA 1 KANSAS

On Oct. 17 ARES Alpha 1 was requested to provide back up to our 911 center for Shawnee County and Topeka. The plan for the night was to change out the 911 center UPS which was hard-wired into all functions of the center. At 23:00 hours the 911 center was taken down in steps with the back-up center picking up some of the load from radio traffic to Mobil Data Terminal information. Even the phones had to be changed around. ARES deployed 6 hams with our mobile communications van AMCOM 2 to the 911 center at 22:30. Our group has public safety 800 MHz portables assigned to our EC and assistance EC’s as well AMCOM 2 carries spare 800 MHz portables and batteries. Each console position in the 911 center was given a portable and extra battery just in case back-ups failed. The planned time for change over to a new UPS was around 2 to 3 hours, it took around 7 hours. The phone system did not change over as planned and public lines which we used from the back-up 911 center did not work as planned. Go figure, software drives everything now days and you got to know if you take something down it may not come back as planned. The backup 911 center is located in the local EOC which has a 2 meter unit and a ham there that could man it. The main 911 center also has 2 meter / 70 cm unit and it was manned when it had power. AMCOM 2 had one operator on the 2 meter unit in it also manned.

Our ARES members carry tone and voice pagers on the rural fire paging system for when ARES needs to be called out. AMCOM 2 has the capability of our paging needs as well as we can page out all rural fire departments when required. As it turned out we were the paging center for almost an hour that night. We kept 2 hams in dispatch to pass traffic to AMCOM 2 in the parking lot, 1 ham assigned to rural fire paging in our van and one ham assigned to 800 MHz radio and 2 meters.

AMCOM 2 is written into the back-up plan along with ARES as a unit. This night we got to try our skills and I fill pride to say Ham radio came thru.

The hams that were involved were: John NØOFG, Cindy NØYUR, Galen WBØTXI, Justin KCØYWL, Skip KGØLT and Steve WAØVRS

AMCOM 2 has 800 MHz analog Shawnee County Public Safety system radios, 800 MHz state of Kansas digital inter-op radios, VHF and UHF national mutual aid channels in radios, APRS, ATV UHF and 1250 MHz, 2 meter/ 70 cm radios, ICOM 7000 for HF, as well as a portable cross-band repeater set up for VHF and UHF, 800 MHz, and we have a 800 MHz repeater that is portable. We carry HF antennas, coax reels, phone line reels, generators, and have a 73’ portable tower.

**Zone 1B - Bill KCØNFL**

**Zone 1D – Francis WØEVJ**

ARcE Zone 1D Pottawatomie & Jackson Co. - Francis WØEVJ

October 31, 2013 ARES Net Report to KS DEC & SEC
Jurisdiction Zone 1D – Pottawatomie & Jackson Counties

AMATEUR RADIO EMERGENCY SERVICE

Total no. of ARES members: 8 Change since last month: 0
Local Net name: Pottawatomie & Jackson Co, ARES Net

Repeater: KØHAM 146.955/-88.5 ARES/RACES Net: Thursday 1930 LCT

QNI: 33 QTC: 0 No. of sessions: 5 Person operating hours: 10 hr 35 min

Stations Participating:

5 Sessions  W0EVJ  N0OVT  WV0R
4 Sessions  KC0RRS
3 Session   KC0RYF
2 Sessions: KD0RDM  KD0VEP
1 Session : NO0OO  KD0SFB  KC0HZY  KC0EVM  AC0SL
           KD0EI  KD0VXO

Liaison with other nets: MAARS Manhattan 2m by WØEVJ

No. of ARES drills, test & training sessions: 5 Person op. Hours: 10 hr 35 min
No. of drills/Emergency sessions: 0 Person op. hours:
No Public Service events; 0 Person op. hours:

Comments: EC Francis Sable W0EVJ is net control using battery power.
EC Francis gives a brief tutorial in emergency comm at each session
EC W0EVJ monitors 146.52
Note: Repeater K0HAM not linked Eastern Kansas area last two sessions.

Zone Delta 1: EC W0EVJ Francis Sable (785)-456-9154

Report by: Asst EC WV0R Herm Belderok (785)-437-3077 wv0r@oct.net

cc: Ron Cowan KB0DTI <kd0dti@arrl.org>
Francis Sable W0EVJ<fsable@kansas.net>:
Chris Trudo<ctrudo@pottcounty.org>:
Orlan Cook W0OYH<orlan@everestkc.net>:
John

◆ Zone 2A – David KØKSI

◆ Zone 2B – Stan WAØCCW

Hello All:
NCKARES net activity
Sessions 4 QNI 81 QTC 3
Oct 5 net 7 comm pwr 17 Batt backup or backup gen

Hope this covers it.
73
Stan C, WAØCCW EC zone 2B
Zone 2F – Stan WDØEUF

Zone 3B – Bill AAØOM

Zone 4A – Brian KCØBS
OCTOBER 2013 MONTHLY ARES REPORT TO DEC & SEC

Total of ACTIVE ARES members: 138 +0

Local Net Name: Johnson County ARES

Emergency Coordinator = Brian Short KCØBS 913-638-7373
Alternate Emergency Coordinator = Jim Andera K0NK 913-884-6613
Assistant Emergency Coordinators:
Steve Rainey WD0DPB - Spec Events
George McCarville WB0CNK - Training, Drills
Matt May KC4WCG - IDs, MECC
Bill Gery KAZFNK - Recruiting, Technology
Darren Martin N0MZV - Net Manager
Stan Frear KA5WEI - Membership
Del Sawyer K0DDS - CERT
Duncan Maclachlan KU0DM - Rapid Response, Youth Outreach
Denny Healzer KC0ZDS - KCHEART

NTS liaison is maintained with the KS SSB Net:
Jim Andera K0NK Terry Reim WA0DTH
George McCarville WB0CNK Jim Cordill KI0BK
Debbie Britain AB0UY Rich Britain N0ENO
Wretha Galeener KC0HHO

Net Sessions: 45
QNI: 274
QTC: 0

5 nets = 2 Meter Voice
5 nets = CW
5 nets = 6 Meter
5 nets = 2 Meter Voice Simplex
5 nets = PSK 31 SATERN
5 nets = APRS Packet
5 nets = 70CM
5 nets = 1.25 Meter
5 nets = SATERN 80 meter SSB

Report prepared by:
Darren Martin N0MZV
Johnson County Kansas

Zone 4C - Paul KCØJCQ
NURSE'S HEART ATTACK EXPERIENCE

I realize that this is not a “ham” subject, but each of us has a heart, so Mike Costello, KB0ISQ, thought it important that we all read this.

========================================

This is such a good description of what happens and what to do, it is worth reading again even if you've seen it before. Even though you might be male, I'll bet you know a woman who could benefit from seeing this.

========================================

NURSE'S HEART ATTACK EXPERIENCE

I am an ER nurse and this is the best description of this event that I have ever heard. Please read, pay attention, and send it on!

FEMALE HEART ATTACKS

I was aware that female heart attacks are different, but this is the best description I've ever read.

Women rarely have the same dramatic symptoms that men have... you know, the sudden stabbing pain in the
chest, the cold sweat, grabbing the chest & dropping to the floor that we see in movies. Here is the story of one woman’s experience with a heart attack.

I had a heart attack at about 10:30 PM with NO prior exertion, NO prior emotional trauma that one would suspect might have brought it on. I was sitting all snugly & warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me, and actually thinking, 'A-A-h, this is the life, all cozy and warm in my soft, cushy Lazy Boy with my feet propped up.

A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. You realize you shouldn't have gulped it down so fast and needed to chew it more thoroughly and this time drink a glass of water to hasten its progress down to the stomach. This was my initial sensation--the only trouble was that I hadn't taken a bite of anything since about 5:00 p.m.

After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE (hind-sight, it was probably my aorta spasms), gaining speed as they continued racing up and under my sternum (breast bone, where one presses rhythmically when administering CPR).

This fascinating process continued on into my throat and branched out into both jaws. 'AHA!! NOW I stopped puzzling about what was happening -- we all have read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we? I said aloud to myself and the cat, Dear God, I think I'm having a heart attack!

I lowered the foot restdumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself, If this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else... but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in a moment.

I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the Paramedics... I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so, to un-bolt the door and then lie down on the floor where they could see me when they came in.

I unlocked the door and then laid down on the floor as instructed and lost consciousness, as I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, or hearing the call they made to St. Jude ER on the way, but I did briefly awaken when we arrived and saw that the radiologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions (probably something like 'Have you taken any medications?') but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the Cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed 2 side by side stints to hold open my right coronary artery.

I know it sounds like all my thinking and actions at home must have taken at least 20-30 minutes before calling the paramedics, but actually it took perhaps 4-5 minutes before the call, and both the fire station and St Jude are only minutes away from my home, and my Cardiologist was already to go to the OR in his scrubs and get going on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stents. Why have I written all of this to you with so much detail? Because I want all of you who are so important in my life to know what I learned first hand.

1. Be aware that something very different is happening in your body, not the usual men's symptoms but inexplicable things happening (until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly mistake it as indigestion, take some Maalox or other anti-heartburn preparation and go to bed, hoping they'll feel better in the morning when they wake up... which doesn't happen. My female friends, your symptoms might not be exactly like mine, so I advise you to call the Paramedics if ANYTHING is unpleasantly happening that you've not felt before. It is better to have a 'false alarm' visitation than to risk your life guessing what it might be!
2. Note that I said 'Call the Paramedics.' And if you can take an aspirin. Ladies, TIME IS OF THE ESSENCE!

Do NOT try to drive yourself to the ER - you are a hazard to others on the road.

Do NOT have your panicked husband who will be speeding and looking anxiously at what's happening with you instead of the road.

Do NOT call your doctor -- he doesn't know where you live and if it's at night you won't reach him anyway, and if it's daytime, his assistants (or answering service) will tell you to call the Paramedics. He doesn't carry the equipment in his car that you need to be saved! The Paramedics do, principally OXYGEN that you need ASAP. Your Dr. will be notified later.

3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MIs are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

(I'm a male and have experienced two heart attacks. The first started with chest pains which you would expect. But the second was a different horse of a different color. It began with flu symptoms, stuffy head, tiredness and soreness in the shoulders. It wasn't till after I was forced to crawl on my hands and knees a couple hundred yards in a field to my truck that the chest pains began and it was almost too late. Had the chest pains not begun I would probably have attempted to drive home and not made it. So if you're feeling odd for no apparent reason, forget the "macho" stuff and call the paramedics. it could save your or a loved one's life.)

A cardiologist says if everyone who gets this mail sends it to 10 people, you can be sure that we'll save at least one life.

*Please be a true friend and send this article to all your friends (male & female) who you care about! *

To post a message to all the list members, send email directly to <lstaples@kc.rr.com>

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**S.A.T.E.R.N.**

Salvation Army Team Emergency Radio Network

**The Santa Fe Trail Amateur Radio Club**

presents for the Fourth Year

its Monthly Newsletter for your pleasure & information...
Western Kansas 160 meter net

◆ Hello Everyone,
It has been brought to my attention that there is net being operated on 1.945 at the same time ours is on 1.944. I have never been able to hear them but they are hearing us and we need to make an adjustment to our net so that we don’t interfere with them.

So, starting next week we will change the Net frequency. I'm not sure what frequency it will be but will try to keep it somewhere between 1.950 and 1.965. The new frequency will be announced in next week's reminder email.

We will be searching for a frequency this week and hopefully will find one that is clear before next week's net.

I'm sorry to be changing frequency again, but by doing so hopefully we can gain more of the western stations. By changing frequency they won't be interfering with the folks on 1.945.

On with the net report: we had 26 check in's from 10 states!
We started at 8 pm mountain and ended at 8:54 pm mountain time.
The topic was: Are you going to work “Jamboree on the air” Oct 19-20?

<table>
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◆ The Western Kansas 160m net met on Tuesday 10/15/2013 on 1.960 LSB at 8:02 Pm mountain time and ended at 9 Pm mountain time.
We had 26 check in’s from 10 States!
Please welcome first time check in’s Bob K7TNJ, and Marion KA0RID to the group!

Also Butch (WA0VJR) is looking for a tower, crank up preferred if you have something please contact him at wa0vjr@arrl.net
The Western Kansas 160m net met on 1.960 LSB, 10/22/2013, starting at 8:02 PM mountain time and ending at 9:26 PM mountain time.

the topic was: what is the most rugged triband beam you have seen?

we had 32 stations check in from 10 states.

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<td>TED</td>
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</tbody>
</table>

Thank you everyone for checking in!
See you on the air!
73,
Matt KD0EZS

>Hello All,
Well We had very poor band conditions tonight for sure!
I want to thank John (k0vet) and Dwight (wb0hbj) for helping relay stations!
That was a huge help!

We met on 1.960 at 8pm and ended at 8:40pm Mountain times.
we had 30 stations check in from 8 states.
THANK YOU ALL for checking in on this rough night! thank you again John and Dwight as well!
See you on the Air!
73,
Matt, kd0ezs

◆ Hello all!
I apologize to Jon, N0IGU from Ne. He also checked in last night, but I failed to get him on the list.

I keep getting varying reports on the band conditions take a look at these comments:

Hi Matt,
I tried to check in but you couldn't hear me and then you also faded out. Conditions were terrible even though there was a low noise level, at least at my QTH.
73,
Steve W7JSC

and a "positive report" from Tom:

Last night, WØEAJ was able to copy nearly EVERYBODY, using my friend Roger's SDR "FunCube" receiver (K5JAX), as remoted from his ranch between Wiggins and Fort Morgan, Colorado. He has it online, and I was listening to it in Denver (it's not a public access device). YOU averaged 20-40 over S9, with even the weakest of signals at S2 or S3, copyable. I don't have anything "up" for 160m, but just thought you'd like to know that you got out SWELL, as did nearly everybody else.

73,
Tom "TC" Dailey
WØEAJ "Electric Apple Juice"
Denver

and this from Kevin in San Francisco Ca:

◆ Matt, I actually heard a voice, very faint, for a few seconds on 1.960, but could not copy. First time I ever heard anything on that frequency. Maybe things are looking up.

Kevin
AC6ME

thought id share some of the reports coming in!
see you on the air!

73, matt, kd0ezs
WILLIAM F BOECKENHAUPT, AK0A, is a silent key. This was reported to me by Lee Ward, K0LW. As soon as I can get an obituary, Larry's List will publish it and notify the SK Desk at ARRL for inclusion of his name and call on the Silent Key page of an upcoming issue of QST.

I did not know Bill well, but I knew him well enough to say that he was a class act. Please remember his family in your thoughts and prayers.

73, Larry Staples - W0AIB

William Frederick Boeckenhaupt, 79, of Overland Park, KS, passed away Sunday, November 3, 2013 at his home from diabetic complications. The family will have a service at a later date at Leavenworth Nat'l Cemetery. Memorial contributions may be made to the American Diabetes Association. William was a retired Master Sergeant in the U.S. Air Force and a ham radio operator for 61 years. He was preceded in death by his wife, Naciya. Survivors include his daughter, Debra McKemy; son-in-law, Brent McKemy; granddaughter, Patricia Warner; grandson, William Graves; and a granddaughter, Jordan McKemy. Offer condolences at McGilley & Hoge Johnson County Memorial Chapel, 8024 Santa Fe Dr, Overland Park, KS 66204, 913-642-3565 <www.mcgilleyhogememorialchapel.com>


This obituary was sent to us by Jim Duncan, KU0G, <jdbandman@earthlink.net>

LETTERS to the ED.

◆ Orlan,

Thanks for the usual fine job on the newsletter - down here in the Ozarks it's nice to hear what's going on up there in the frozen North!

It occurs to me that you spend a lot of time with your keyboard - have you ever thought of using a speech recognition program and just dictating to your computer? I use "Dragon Naturally Speaking" (at least, I'm learning to use it) and, as you learn to use the commands, you can eventually get by with little need for the keyboard.

With a wireless headset, you can dictate up to 30-ft. away so you can be doing other things while the computer does the rest. You see the Dragon ads on TV all the time and they're pretty accurate, too. I think they're latest promotion lasts until Oct. 15 and, last time I checked, it was being offered for $49.95 - about $100 of the full price.

Good to hear you're on good terms with your cardiologist; hang in there, and keep those newsletters coming,

Jim McCarthy KCØGDV
Shell Knob, MO - on Table Rock Lake  TU Jim and it will soon be the frozen north, hi hi.
GM Orlan ---- I copied the WX Net on 3920 KHz while running around Galveston County taking the g-kids to school this morning. NCS and 80% were solid copy so we may be approaching winter conditions. The local “Obama Basher’s” net is on 3918 KHz running QRO and they get upset if I take 10 seconds to check into the KS WX Net.

So…..I’ll listen…..and chuckle when your temp is in the 20s and we’re in the 70s! We had tomatoes from the garden all last winter and didn’t even need the greenhouse.

The best news WX wise has been NO HURRICANES this season!

My interest in EMCOM has gone to HF for now because the local groups are heavy into ICS training and dependence on WEB-EOC. The member have no idea how to handle message traffic, what nets are available or what frequencies to use. It’s drifted far from Ham Radio and I had hopes that our new EM would encourage more radio and less protocol……because he is a Ham. There is a good group with HTs and repeaters to support the CERT effort and many CERT members are Techs now and that is encouraging.

I’ve been dusting off old CW skills that I never really had. You never heard me on CW because there was too much fun with RTTY, SSTV, etc. I decided to go paperless and it’s a whole new ball-game. Just like learning Morse all over again. It’s funny how your brain gets wired one way and it’s hard to change ---- and you’re finding out with the balance problems.

I just finished some tower work to replace the Yaesu rotator with a TailTwister so I can aim my 20M signal where it does the most damage. Wonder how many more years

The Good Lord will let me climb? I bought a new climbing belt just the same.

73 de Ken, KØKS Hi Ken! We sure miss you here in KS. Keep em coming.


Rush-hour in Bangladesh! http://safeshare.tv/w/vwncRciSFb

How the Rover got to Mars..... http://www.youtube.com/embed/XRC1zZHptY?rel=0

This month TopBulb

With darkness coming earlier in the day it is worth thinking about the quality of light coming from your outdoor lighting. I was reminded of this recently when I arrived at a home and had trouble navigating the steps because of the intense light coming from a poorly placed landscape light. Glare is the most common problem with outdoor lighting, both for homes and commercial buildings. Glare is caused by direct view of an unshielded light source and by high contrast between light coming from a fixture and the exterior darkness. It is better to use multiple, low light level fixtures that are shielded so they produce indirect light rather than one high brightness fixture. This basic design principle applies to all outdoor entries and walkways. For situations where the fixtures are already in place, experiment with lower light output bulbs or frosted bulbs and use the one that provides just enough light for safety. The brighter bulbs may actually be more of a hazard.

Brian Cook – wØoyh’s Son @Electronics Supply, KC.
A lawyer and a senior citizen are sitting next to each other on a long flight. The lawyer is thinking that seniors are so dumb that he could get one over on them easily.

So, the lawyer asks if the senior would like to play a fun game. The senior is tired and just wants to take a nap, so he politely declines and tries to catch a few winks.

The lawyer persists, saying that the game is a lot of fun..."I ask you a question, and if you don't know the answer, you pay me only $5.00. Then you ask me one, and if I don't know the answer, I will pay you $500.00," he says.

This catches the senior's attention and, to keep the lawyer quiet, he agrees to play the game. The lawyer asks the first question. "What's the distance from the Earth to the Moon?"
The senior doesn't say a word, but reaches into his pocket, pulls out a five-dollar bill, and hands it to the lawyer.

Now, it's the senior's turn. He asks the lawyer, "What goes up a hill with three legs, and comes down with four?"

The lawyer uses his laptop to search all references he can find on the Net.

He sends E-mails to all the smart friends he knows; all to no avail. After an hour of searching, he finally gives up.

He wakes the senior and hands him $500.00. The senior pockets the $500.00 and goes right back to sleep.

The lawyer is going nuts not knowing the answer. He wakes the senior up and asks, "Well, so what goes up a hill with three legs and comes down with four?"

The senior reaches into his pocket, hands the lawyer $5.00, and goes back to sleep.

Chuck KØBOG at ARRL Hq

◆ Young people have theirs, now Seniors have their own texting codes:

* ATD- At the Doctor's
* BFF - Best Friends Funeral
* BTW- Bring the Wheelchair
* BYOT - Bring Your Own Teeth
* CBM- Covered by Medicare
* CUATSC- See You at the Senior Center
* FWIW - Forgot Where I Was
* GGPBL- Gotta Go, Pacemaker Battery Low
* GHA - Got Heartburn Again
* LMDO- Laughing My Dentures Out
* LOL- Living on Lipitor
* WAITT - Who Am I Talking To?

◆ Very funny. Enjoy. Love the brothers at the end. [http://www.youtube.com/watch?v=_YQpbzQ6gzs](http://www.youtube.com/watch?v=_YQpbzQ6gzs)

◆ DONATION!

A driver was stuck in a traffic jam on the highway outside Washington, D.C. Nothing was moving. Suddenly a man knocked on the window.

The driver rolled down the window and asked, "What's going on?"
"Terrorists have kidnapped the entire U.S. Congress, and they're asking for a $100 million dollar ransom. Otherwise, they're going to douse them all in gasoline and set them on fire. We're going from car to car, collecting donations."

"How much is everyone giving, on an average?" the driver asked.

The man replied, "Roughly a gallon."

◆

[Comic: in 50 years a lot has changed in school]

◆ It's clear that the folks behind the prank in the video below know a thing or two about how to successfully freak out even the most skeptic seen-it-alls. The skilled pranksters constructed a fake wall inside West Village coffee shop 'Snice Cafe in NYC, installing a cable and pulley that send an stuntman unsuspecting patron flying up into the air. Chairs, books, and tables are all remotely controlled, giving the illusion that a young woman's anger-induced, out-of-control telekinesis is behind a room full of moving objects. http://www.youtube.com/embed/VlOxlSOr3_M?feature=player_embedded
REASON FOR CROW ROAD KILLS

Researchers for the Massachusetts Turnpike Authority found over 200 dead crows near greater Boston recently, and there was concern that they may have died from Avian Flu. A Bird Pathologist examined the remains of all the crows, and, to everyone's relief, confirmed the problem was definitely NOT Avian Flu. The cause of death appeared to be vehicular impacts.

However, during the detailed analysis it was noted that varying colors of paints appeared on the bird's beaks and claws. By analyzing these paint residues it was determined that 98% of the crows had been killed by impact with trucks, while only 2% were killed by an impact with a car.

MTA then hired an Ornithological Behaviorist to determine if there was a cause for the disproportionate percentages of truck kills versus car kills.

The Ornithological Behaviorist very quickly concluded the cause:

"When crows eat road kill, they always have a look-out crow in a nearby tree.
to warn of impending danger. They discovered that while all the lookout
crows could shout "Cah", "Cah" not a single one could shout "Truck."

Absolutely amazing!

◆ TIC TAC TOE  http://stuff.pyzam.com/toys/tictacscare.swf  Cecil NØCY & Phyllis KA7FIT

◆ Since I posted the "for sale" list on Larry's List, I sold several pieces of gear (which I intended to
deliver when I came to KC). Unfortunately, something decided to delete ALL of my Emails in the
"dumb-box" this morning, and as such, I have NO IDEA who those folks were. Could you post a note
on LL's, (perhaps with the original posting.. which I no longer have, EITHER), to that effect - if they'd
simply send me a new Email, I'll know who bought what - specifically: The Multi-Elmac AF-68, Globe
Scout xmtr, & Gonset converter,

Thanks a bunch - Tom - WØEAJ - <daileyservices@qwest.net>

◆ A bunch of ham-radio related websites, with other projects & info as well. It appeared in "Larry's List" - A
Kansas City based info reflector.

http://www.amqrp.org/misc/links.html

◆ Whilst perusing the HF Aero band this morning, I heard a couple of fellas "chatting" on CW, doing about 25-
30wpm, (with obvious keyers or well-handled bugs).. while using my buddy's Perseus receiver (remoted from Ft.
Morgan, CO - K5JAX)... one callsign I finally heard was a WA7, but didn't get the rest (static crash). As they were
on 5625 kcs... that got me wonderin... DO WE HAVE PRIVLEDGES ON 5.6 Mhz... especially CW? I know we
have USB channels on 60m, but they're CHANNELS, and CW is not allowed on them. I heard another
somewhat slower QSO on 5626 kcs, but never heard callsigns at all.

Tom Dailey, W0EAJ
<daileyservices@qwest.net>

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TC
LET THIS BE A LESSON ... THIS SAYS IT ALL!!!!!!!

The light turned yellow, just in front of him. He did the right thing, stopping at the crosswalk, even though he could have beaten the red light by accelerating through the intersection.

The tailgating woman was furious and honked her horn, screaming in frustration, as she missed her chance to get through the intersection, dropping her cell phone and makeup.

As she was still in mid-rant, she heard a tap on her window and looked up into the face of a very serious police officer. The officer ordered her to exit her car with her hands up.

He took her to the police station where she was searched, fingerprinted, photographed, and placed in a holding cell.

After a couple of hours, a policeman approached the cell and opened the door. She was escorted back to the booking desk where the arresting officer was waiting with her personal effects.

He said, "I'm very sorry for this mistake. You see, I pulled up behind your car while you were blowing your horn, flipping off the guy in front of you and cussing a blue streak at him. I noticed the 'What Would Jesus Do' bumper sticker, the 'Choose Life' license plate holder, the 'Follow Me to Sunday-School' bumper sticker, and the chrome-plated Christian fish emblem on the trunk, so naturally....I assumed you had stolen the car."

Priceless