

# HamGab

Next meeting: May 2nd

May 2014

PO Box 474  
Crestwood, IL  
60445-0474

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

## Special Interest Articles

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## May Birthdays

Donald KC9EQQ  
Brian W9HLQ  
David N9KPD  
Mathew AA9M  
Gregg AB9MZ  
Steve KC9OOL  
Carl Coffelt (no call sign)  
Cathy KC9NRH

## Officers

President-Don KC9EQQ  
Vice President -Jim KB9CYL  
Secretary-Patty KC9LYE  
Treasurer- ED WA9EOL  
SGT at Arm-Rich N9UNQ  
Trustee-Bruno K9QKB

## Board Members

Nora KC9MLV  
Steve W9KXT  
Kurt WB9FMC  
Mike W9MCS  
John WB9JTS  
Cathy KC9NRH

## Hamgab Editors

Steve & Eric  
KC9OOL & KC9OOM  
Scapstone@aol.com

Once again, Dave N9KPD, gave an excellent weather spotting course at the April meeting. Dave masterfully explained the basic concepts of severe weather spotting and gave a useful description of the resources out there for weather spotters. Dave added to last year's presentation and made it even better than before. It was a packed house and both hams and non-hams alike came out well informed and had a great time.



Dave N9KPD



Pete K9OWQ will be presenting the program in May about the annual SS Badger Cruise in September. The SS Badger is the last coal powered ferry ship to cross Lake Michigan. A great time was had by all and some unique contacts were made last year. Be sure to come to the May meeting to get all the information about this unique ham radio opportunity!



Hamfester member Mike Serapin W9MCS passed away on April 5<sup>th</sup>. Mike received his ham license in the 70's and has been a Hamfester's board member for the last 7 years. See Don's column about more of the wonderful things Mike has done. He will be missed.



Mike and John WB9JTS

Perhaps you saw him sitting there with his closest of friends John Sansone at the April meeting of our club as the both of them watched David Bukowski's weather program. Perhaps you spoke to him on the radio, ate one of his famous Hamburgers or were blessed to be given advice from his wise counsel on some matter you needed help on. And perhaps he was to you like he was to Nora and I- a beautiful and grand friend. No doubt he was a cherished soul by many. So when I got the phone call the next morning from John that Mike Serapin W9MCS had passed away in his sleep during the night I felt like a piece of our club had passed away too. Mike was a current member of our Board of Directors, helped out at Field day, sold tickets at Hamfest, cooked for us at Field day and our Fourth of July Veterans Picnics and was a mentor no doubt to so many, just to name a few of the many things he did over the many years with our club.

Outside of Ham Radio, Mike was, as John is too, a brother to myself and others in our club as a fellow Mason where he served out of the Evergreen Park Lodge No. 1171 in many capacities during his tenure there. The Eulogy read at his wake was impressive, not so much because of all the accomplishments he achieved as a Mason, but what those endeavors meant for the world that he came into contact with. His goal was to make the world a better place as was attested to by the hundreds who attended his wake from all walks of life saluting this gentle giant of a man of great achievements and deeds. And he did these deeds not in big gregarious ways, but in quiet movements, made in quiet steps with a quiet voice that got your attention when he spoke. Now those steps and voice are silent, but not within the memories of all who knew him, befriended him and respected him. Let us in Hamfesters honor him by using the same approach of helping others with a firm handshake, pat on the back and a calm and quiet footstep that leaves an imprint of goodness for all to follow in. RIP Mike. You will be missed- sorely. On behalf of our club, I offer our condolences to his mother Estelle, brother David, daughter Staci and his many other family members, friends, Masons and of course Hams. 73 Michael.....

***Back on the beat: Dave Bukowski N9KPD, did an awesome job presenting his second annual Basic Weather Spotters Class last month to an audience of just over 100 people. We as a club, are so lucky to have Dave in our club as a fellow member and friend and appreciate the hard work he put into his presentation. Thank you David!***

***I also want to thank all those who attended the meeting in addition to the various Crestwood Village officials and ESDA personnel who were there also.***



***We had a lot of First Responders from all over attending Dave's program too and hats off to them for the sacrifices they make 24/7/365 keeping us all safe.***

***Please make sure you see Kerry AA9SB at the May program and see how you can help at our August Hamfest, which of course as I recently stated in previous columns, is still very much a go. Thank you!***

***Our May 2<sup>nd</sup> program will be all about Da'Badger! The SS Badger trip of last summer to be exact! Pete K9OWQ and Jim KB9CYL will be the team presenters on this event and should be fun, educational and no doubt will inspire many of you to partake of the next Badger trip for Hams later this summer. Jim will also be running the meeting, as I will be involved with EMA activities that night. Nora will be there of course serving up those good donuts and Coffee to you, so you will still see one Pointer person there- the best one of course!***

***Lastly, As we enter the month of May, let us remember our Moms on Mothers Day and those who made the supreme sacrifice in our Armed Forces and First Responders this forthcoming Memorial Day making our country free and secure.***

***See you soon and 73 to you and yours!***

Don Pointer KC9EQQ

## Board Meeting Minutes de Patti, KC9LYE

W9AA Hamfesters amateur radio club board meeting March 24, 2014 meeting began at 7:30 PM.

**Roll:** Jim KB9CYL, Ed WA9EOL, Patti KC9LYE, Kurt WB9FMC, Mike W9MCS, Cathy KC9NRH, Kerry AA9SB, Jim N9HSH

**Health and Welfare:** Don KC9EQQ, and Nora KC9MLV, are taking care of Don's mom, who is recovering from hip surgery. We wish her a speedy recovery.

**Minutes:** the February board minutes were approved by Kurt WB9FMC, and Seconded by Ed WA9EOL.

**Treasurer's Report:** by Ed WA9EOL, our hamfest for 2014 at the Peotone Will County Fairgrounds the deposit has been made, arrangements have been made to use the North room, and insurance has been arranged.

**Secretaries' Report:** by Patti KC9LYE, I thanked the board for buying Dragon naturally speaking computer software, and a microphone headset so that I could do the club minutes more easily.

**Old Business:** Jim N9HSH, Jim's wife has made a poster for our 2014 hamfest. This poster will be displayed at all club meetings.

**Field Day:** by Jim KB9CYL, June 28 and 29th 2014. Jim N9HSH, will bring the club's trailer, and he has a generator for field day.

Cathy KC9NRH, and Bob N9KWG, will make lunch and dinner at field day on Saturday.

Kurt WB9FMC, will run a 20 meters station.

Kerry AA9SB, will run off 40 meters CW station.

Patti KC9LYE, will collect the money, and hand out the

field day pins. Pete K9OWQ, will run the 6 meters station. Brian W9HLQ, has a generator for field day.

**Program:** the April 4 club meeting will be a basic weather spotter course given by Dave N9PDK. Please arrive at 5 PM to help set up.

**Publicity:** by Kerry AA9SB, publicity has been sent for the April 4 club meeting. The program is basic weather spotting by Dave N9PDK.

**Hamfest:** by Kerry AA9SB, we need a hamfest volunteer coordinator. At the hamfest Jim KB9CYL, will handle gate ticket sales.

Mike W9MCS, will be in charge of security.

John AB9JW, will handle setup.

Bob KB9YXH, needs help at the hamfest, prize table.

Depco, and Dc are possible hamfest vendors.

**New business:** the board has agreed to reimburse Kerry AA9SB, for paper, and ink cartridges for hamfest club duties.

Kerry AA9SB, will sign up people to attend other hamfests, and sell W9AA hamfest tickets, and distribute W9AA hamfest flyers.

Ed WA9EOL, needs new QuickBooks computer software, needs to get data from old software into new software.

**Adjournment:** at 8:45 PM by Kurt WB9FMC, and seconded by Ed WA9EOL



## General Meeting Minutes de Patti, KC9LYE

April 4, 2014

President Don Pointer called the meeting to order at 1935 hours. He asked for a motion to dispense with the business part of the meeting. The motion was made by Kurt Pawlikowski WB9FMC and seconded by Bob Harris N9RAT.

Upon approval of the members in attendance, the rest of the meeting was cancelled and turned over to Dave Bukowski N9KPD who gave the National Weather Service's weather spotter class.



## CQ Field Day de Jim Riley KB9CYL

Believe it or not, it's still snowing. I'm writing this on April 14 and wet snow is coming down after an 80-degree weekend. This is getting old. Maybe it will snow on Field Day, who knows. Who cares? We'll be out there.

We resolved a bunch of issues at the March board meeting. Here are some of the highlights:

Cathy KC9NRH and Bob N9KWG Fleischmann will be cooking up both lunch and dinner on Saturday. If it's anything like last year's lunch, we will eat very well. Bob Richter KB9YXH will be standing by in case he's needed.

The new forty-meter station, to be run by Kerry Nelson AA9SB, is now complete thanks to Jim N9HSH and his Endless Warehouse of Field Day Supplies. Jim offered a 10x10 tent for Kerry to work out of. It seemed like everything we needed, Jim has.

A new duty roster will be coming out in early May. Please check it over and let me know if you are able or not to fill the position you've been assigned.

That's it for this month. If you haven't circled the date yet, Field Day begins on June 28 at 0800 when we start setting up. The place is Altman Park at 116<sup>th</sup> and Oketo, a quarter mile west of Harlem in Worth.



## Hamfest Update May 2014 de Kerry AA9SB Hamfest Committee chairperson

Whenever we lose anyone, it's a sad occasion; but in the last eight months we lost two great Hamfesters, who were also integral parts of our Hamfest operation -- Joe Kratky, KA9KBU, Talk-in and Trailer setup, and Mike Serapin, W9MCS, our Security coordinator. They will be missed not only in terms of their contribution to our annual event, but also as dear friends. But we must go on and excel in their memories. They would want it that way.



We need to get the 2014 Hamfest flyers out, near and far. Are you going to any of the upcoming hamfests in Illinois, Indiana, Michigan, Wisconsin, or elsewhere? Drop them at their club table. And pass them out there, as well as at STARS and Tri-Town. But this year, we're not just going to keep reminding everyone to do this -- we're going to be setting up a schedule of hamfests and assigning at least one or two volunteers who will attend the various hamfests. If you're going to a hamfest this spring sign up here email me and list the hamfest(s) that you're attending and we'll help you out. Let's get the word out.

Buy some tickets for yourself -- either from Dave, N9KPD, or from one of our ticket sellers -- and get some to sell, locally and at the hamfests. We're going to make this 2014 hamfest a huge success. And remember: with Dave moving up to Ticket Sales Coordinator we also need a new Volunteer Recruitment Coordinator to take his place. Interested? We need volunteers to sign up for assignments for the various positions, esp. Trailer setup to assist Bob, N9JYX. Let us know. Thanks!

Hamgab, May 2014

## Hamfesters Roster News

### Welcome New Member

Alma McDonald, KD9AZN is a new ham and anxious to learn about ham radio and get involved with the club. She lives in Gary and works downtown Chicago as a legal secretary. She most likely will need help setting up her ham station.

## Hamfesters VE Testing de Al Bukowski N9ZD VE Coordinator

Hamfester's Radio Club VE's assembled to offer Amateur Radio Exams for April 12, 2014; and we had two candidates who passed the Technician exam. Congratulations to the candidates. The participating VE's team members were Gene KB9RNM, Ron WB9JYZ, Tim AA9BV and myself, N9ZD. Thanks to all the VE's for your dedicated time.



Hamfester's Radio Club conducts FCC authorized tests for Technician, General, and Extra class licenses every 2nd Saturday each month at Oak Forest City Hall 15440 S. Central Ave. Oak Forest, IL 60452. Doors open at 9:00 AM. We begin testing about 9:15 AM. Enter City Hall entrance and look for the Amateur Radio exam signs. We do ask that you park your car in the main parking lot between the Fire Department and the Police Department and not directly in front of the Main doors to City Hall. Our next test session will be held on Saturday May 10, 2014.



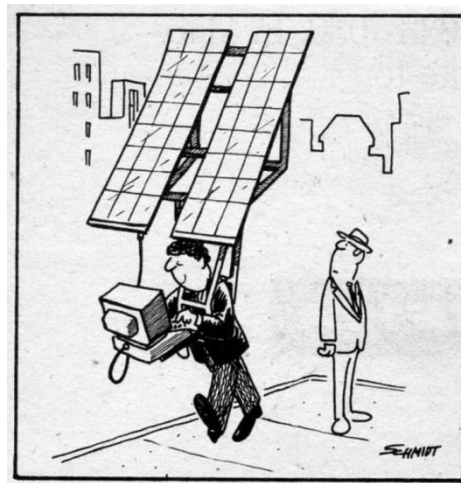
Special instruction note: It is very important to bring the following items to any exam session: The appropriate test fee (currently \$15), A picture ID (driver's license or Student ID Card etc), a calculator if you would like to use one. And it's very important to have your Social Security Number, or if you are licensed, please use the FRN (Federal Registration Number) listed on your license. If you are upgrading, Please bring you're Amateur Radio license and a copy and any issued CSCE and a copy showing proof of recent passed exam(s) if not already processed by the FCC. If you have any questions regarding our test session or about upgrading, please contact N9ZD via e-mail at: N9ZD@arrl.net. Walk-ins are welcome and again the test fee is \$15.00 (cash only -- no credit cards or checks).

Important message for anyone studying for the Technician Class Exam: The NCVEC Question Pool Committee has released the new 2014-2018 Technician Class, Element 2, question pool to the public. This new Question pool will take effect on July 1, 2014, and will remain valid until June 30, 2018. The current Technician question pool, released in 2010, is valid until June 30, 2014.

73's

AL – N9ZD

Wanted: Ethernet hub with 5 ports. Contact Bob Richter  
KB9YXH [kb9yxh@gmail.com](mailto:kb9yxh@gmail.com)  
or call (708) 429-4511.



## Editor's Rambles

### Hints for Healthier Hamfesters

In the last few months, we have lost two young Hamfesters. Joe KA9KBU passed away last August and Mike W9MCS passed away on April 5<sup>th</sup>. While I don't know any details of their passing, I was saddened by their loss and my deepest sympathies go out to their families. As a health care professional, I have some knowledge of ways to live healthier and potentially longer lives. After the loss of two friends, I felt an obligation to share this knowledge with other Hamfesters. I also recently finished a good book, ***The End of Illness*** by David B. Agus, MD. It is a nice summary of what is scientifically proven to avert disease, what may work and what just hype is. All in all this seems like the appropriate time to write about this topic. I have many good friends in the club and want to keep them around as long as possible.



In the age of lawyers we always have to start with a disclaimer. This is not meant to be specific medical advice for anyone. It is just some general concepts for good health. You each need to find your own doctors and work out a health plan that is best for you. Remember each of us has a continuing responsibility for our own health. Some people find this topic boring. If that is the case, Don will give you \$20 to finish this article. Oops! Just kidding, but keep reading anyway.

There are certain habits that can help us to live longer. Yes, a bus may hit any of us tomorrow, but it may not, and if it doesn't, why not live healthier and longer. Many of these habits you already know about, but it never hurts to hear it again. Some of them you may not know about and some things that you think maybe helpful, have no evidence to support them.

Rule number one: **Quit Smoking:** There is a phrase TNTC or *too numerous to count* that is used in medicine. The classic example is if the number of bacteria in a sample is huge, the pathologist will write TNTC or too numerous to count. In my nearly 25 years as a health care provider, the number of people I have seen die prematurely as a result of smoking is TNTC. Quit smoking. Do whatever it takes. Your doctor can help. Do patches, pills, help groups, call the smoking quit line. In fact, I'll even give you the number: **1-800-484-8669 or 1-800-Quit-Now**. Yes, there are people who smoke who live to be 90. They are the exception, not the rule. Once you quit, there's no more cigarette taxes to pay. It's a win win. You need to quit: nuff said.



Number 2: **Move:** People who are active live longer. Chances of heart disease, vascular disease and even dementia later in life are all decreased by physical activity. The classic study was done in England where they found that ticket takers on the bus who walked through the bus during the day had longer life spans than the drivers who stayed in their seats all day. You don't need to go to the gym or run marathons. Any activity is better than no activity. Go walking, biking or swimming: anything is O.K. The point is to be active. Park a little farther away and walk a bit more as you go to work each day. If possible take some stairs. Ride an exercise bike or walk around the room when you're waiting for your turn on the 2 meter net. Also, try to move often during the day. In the ***End of Illness*** Dr Agus points out that there is evidence that frequent shorter bouts of exercise *may* have more health benefits than one long workout. Nevertheless, the whole point is do whatever you can do whenever you can do it. There is always an excuse for sitting: you have to find opportunities to keep active. **Movement.....**It's better than a 20 meter phone contest on a cold afternoon with Sporadic-E-Propagation.





Number 3: **Eat healthier:** There is a lot of controversy about what is the healthiest diet, but some things are clear. For instance, donuts and French fries are bad: fruits and vegetables are good. The fresher the foods are the better. Whole fruits are better than juices. Fish high in omega 3 fatty acids such as salmon, sardines and tuna may help prevent some diseases. Red wine in moderation may be beneficial unless you have a high risk for breast cancer. Avoid things that come in packages and contain long lists of chemicals that only a chemist would understand. Does this mean never splurge like at the monthly Night Patrol breakfast- of course not, but in general try to eat more of the good stuff like fruits, vegetables, fish high in omega -3 fats and less of the bad processed foods.

There is a website I like to use, *thennt.com*, started by a group of doctors which evaluates medical evidence. The basic concept is something called the number needed to treat or NNT which is the number of people needed to have a treatment to have a positive result. For an example, if I have a pill to prevent heart attacks with an NNT of 8. It means I would have to give the pill to 8 people to prevent one heart attack. The lower the number is, the more effective the treatment will be. This website also give a nice summary of what percent of people will benefit from a treatment and what percent will be harmed by the side effects. Interestingly, this site points out that the only diet that has been well studied and shown to prevent deaths from heart attacks or strokes is the *Mediterranean diet*. It's NNT for preventing death after a heart attack was 30 whereas the NNT for cholesterol lowering drugs is 83 and the diet has no side effects. This is a diet with large amounts of fruits, vegetables, fish and low to moderate amounts of red meat and red wine. There are probably other diets out there that are as effective as the Mediterranean diet, but this one does have some large scientific studies behind it. Hopefully, this gives you some *food* for thought.

Along the same lines, I propose a NNTB (Number Needed To Bring) for Field Day. This would be the number of items stuffed in the car in order to have that one item you actually might need for Field Day. For Eric and me, it ran about 50 last year!

Number 4: **Keep a Regular Schedule and Get Enough Sleep:** Excessive amounts of stress are bad for your body. There are "stress" hormones in the body which can be measured. High levels of these hormones can suppress the immune system and increase the risks of cardiovascular disease and premature death. Guess what, it has been shown that irregular habits can increase levels of these hormones. You should try to eat at the same time, exercise at the same time, sleep at the same time and wake up at the same time every day. Sleep deprivation is especially detrimental as it increases the risk of high blood pressure, cardiovascular disease and depression. It has recently been shown that sleep deprivation causes an imbalance of the hormones that regulate appetite. Essentially, it messes up the signals going to the brain that let's our body know we are full which leads to overeating and obesity. Some of you might think I'm the pot calling the kettle black as my sleep habits and schedule are quit irregular (not by choice), but the point of the whole article is to do what you can when you can. Don't smoke, move more, eat better, maintain a regular schedule, sleep more: all of these things will lead to healthier Hamfesters.



Stay tuned for next month when we will talk about vitamins, aspirin and statins, Oh My!



## Hamgab, May 2014

### What Do I Report?

#### Winds over 50 mph and/or wind damage

- If reporting damage, report as many specifics as possible and location
- If reporting measured wind gusts, please specifically state that it was **measured**
- If reporting estimated wind gust, please stress that it was **estimated**
- Estimating wind strength is difficult
- Wind strength is often overestimated



### What Do I Report?

#### Hail (largest hailstone observed)

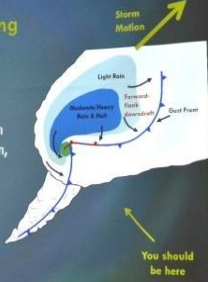
- If it's measured to nearest 1/4 inch, give exact measurement
- If estimated, related to size of coin or ball
- Please don't report "marble sized hail"!



### Spotter Positioning

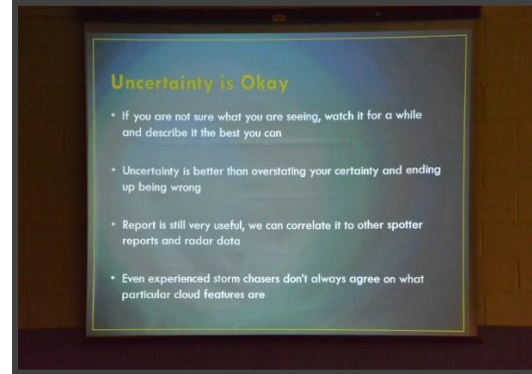
#### "Right Hand Rule"

When spotting a supercell, try to position yourself with heavy rain, hail to your right and updraft to your left



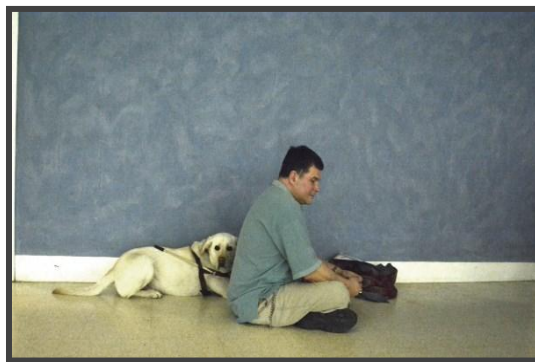
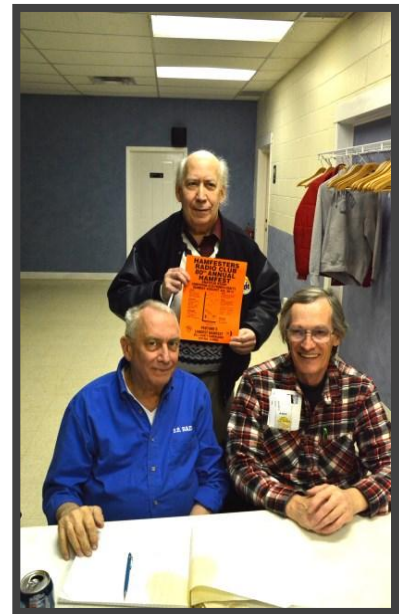
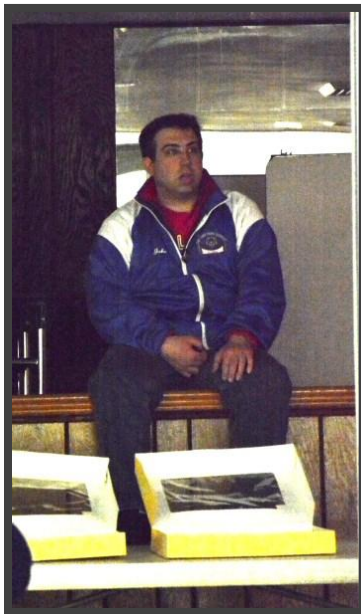
### Uncertainty is Okay

- If you are not sure what you are seeing, watch it for a while and describe it the best you can
- Uncertainty is better than overstating your certainty and ending up being wrong
- Report is still very useful, we can correlate it to other spotter reports and radar data
- Even experienced storm chasers don't always agree on what particular cloud features are





Hamgab, May 2014





## Hamfesters Amateur Radio Club

PO Box 474

Crestwood, IL 60445-0474

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

# Hamfesters Radio Club



### Meetings and VE Testing

Club meetings are held on the first Friday of every month at the Crestwood Civic Center, 14025 Kostner Ave. in Crestwood, IL.

Meetings begin at 7:30 PM. September meetings may vary if our meeting date conflicts with the Crestwood Flower show.

Board Meetings: 7:30 PM on the 4<sup>th</sup> Monday of each month at the Crestwood Civic Center

VE TESTING: Every 2<sup>nd</sup> Saturday of the Month at the Oak Forest City Hall, 15440 S. Central Ave. Testing begins at 9:00 AM but we ask that you arrive 10 minutes early. Exam fee is now \$15.00. AI N9ZD VE Team Chairman

### Special Activities

Hamfesters Big Peotone Hamfest: Our 79<sup>th</sup> annual Hamfest coming August 4, 2013-Will County Fairgrounds, Peotone, IL. Kerry AA9SB Hamfest Chairman.

Field Day: Join the W9AA crew for one of the best Field Days ever on June 28 & June 29 2014 at 115<sup>th</sup> and Oketo Avenue, Worth, IL.

Jim KB9CYL Field Day Chairman

WAHM: Worked all Hamfester Members-work 10 Current members for a beautiful award certificate. Matt KC9JXC Awards

### Nets/Contact Info

10 METER NET: Every Sunday Evening at 8:00 PM on 28.410. Bob W9TOE is Net Control

2 METER NET: Every Monday Evening at 9:00 PM on 146.640. Tom KA9ZXN is Net Control

W9AA Mailbox:145.650 24 hours a day.  
Bruno K9QKB is Sysop. ILOAK:Node on 145.650

WEB SITE: [www.hamfesters.org](http://www.hamfesters.org) Webmaster Granville, W9PNG & Brian, W9HLQ

Club's address:

Hamfesters Radio Club

P.O. Box 474 Crestwood, IL 60445

Patti KC9LYE Secretary

*Deadline for Submitting to the Hamgab is the fifteenth of the month.*