

# HamGab

Next meeting: June 6th

June 2014

PO Box 474  
Crestwood, IL  
60445-0474

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

## Special Interest Articles

Field Day P. 5

Hamfest Report pg. 6

Habits for Healthier

Hamfesters II pg. 7

## June Birthdays

Zygmunt	KZ9DX
David	K9FGB
Paul	WD9GEH
Donald	K9KNZ
Harling	KC9KUX
Robert	K9MUY
Timothy	KC9POS
John	KG9QH
Robert	KB9YXH

## 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  
Kerry AA9SB  
Cathy KC9NRH

## Hamgab Editors

Steve & Eric  
KC9OOL & KC9OOM  
Scapstone@aol.com

**Field Day is coming!** Saturday June 28 and Sunday June 29 at 115<sup>th</sup> and Oketo, Worth, IL. Don't miss our next meeting for what will surely be an entertaining Field Day presentation by our own Jim Riley KB9CY. See Jim's column on page 5 for all of the details.



Thanks Pete K9OWQ for the outstanding presentation on the SS Badger Trip. As Pete pointed out, the SS Badger is the only coal powered passenger ship still in regular use in the U.S. It is a U.S. historic landmark. Interestingly, it also ferries wind turbines along with passengers across Lake Michigan. All you have to do is set up your antenna, hook up your rig and you're ready to make contacts while sailing across beautiful Lake Michigan. The trip will be on September 13&14. Go to [SSbadger.com](http://SSbadger.com) or call 1-800-badger for reservations. Make sure to ask for the ham radio rate. The event call will be W8S.



**Note: The Fourth of July barbeque will be July 11<sup>th</sup>! Don't miss it.**

## Our First Winner!



Congratulations to John WB9JTS our first split the pot winner. Stay tuned for more spit the pot's at future meetings. Don't miss your chance to win. Also, don't forget we still have the door prizes at the monthly meeting. We're always looking for donations for door prizes. If you have something contact Bob KB9YXH 708-429-4511 or [kb9yxh@gmail.com](mailto:kb9yxh@gmail.com).



**FIELD DAY IS UPON US  
WINTER IS BEHIND US**

# **THE PRESIDENTS BEAT**

**DONALD POINTER KC9EQQ**

**JUNE 2014**

Field day means several things to me. It means we Hams can come out of our winter imposed cocoons and spend some good quality outdoor times with each other. It means we get to REALLY try out those new rigs we uh, got ourselves, uh, for Christmas and get that CQ clicking, that 2 meter humming and.....that guy Riley KB9CYL gets to give us his FIELD DAY PROGRAM! Jim does such a great job with not only his program but with the way he runs Field day itself. He does so well that Samuel Morse visits Jim as a ghostly entity this time of the year and promises Jim that Propaganda will be banished, Skip will be skipped and Sun spots will not visit the spot we have our Field day at. Boy does Riley have pull! I mean none of you have ever had to deal with those issues at any Field day of ours have you?? Okay, I will now take my tongue that is firmly planted in my cheek regarding razzing Jim.

To be serious, Jim is without question, a guy we at Hamfesters can be proud to call our own. His many years of dedication to Field Day, Hamfest, board meetings, my humor, and any office he is elected to sit in is worthy to sing praise to and for. For nearly 30 years I have called this man my friend proudly so. His assistance as my Vice President is worth all the gold in the world to not only myself but our board too. When you see him at the June 6<sup>th</sup> meeting of which he will be presenting his Field Day program, please take a moment and thank him for dedication to you and this club. A good father, Husband, Grandfather, EMA Lieutenant, Friend and confidant are well mixed together in the guise of Riley. Thanks Jim for all you do! And God Bless his wife Judy and all his wonderful and lovely family. Nora and I love the Rileys so much.

Now about that Field Day event. June 28<sup>th</sup> and 29<sup>th</sup> are the dates for the weekend extravaganza we all know and love as Field day. It takes a lot of people to put it together to make it work right and I hope you can share in the fun of making it happen.

I must pay homage to the memories of Joe Kratky and Mike Serapin who for so many years were such an integral part of making our Field day rock and be the success it always has been. We will show a moment of silence at Field day itself to reflect upon and remember these two great men and their families. God Bless you Mike and Joe, Nora and I love you both and miss you terribly, and in your honor and memory we will join together as a club at Field day and make it one that you would be proud of. AND I would be remiss to not recall the late Roger Borowski too and his many contributions to this incredible club known as.....Hamfesters. Thanks so much Roger if you're listening.

Pete K90WQ seems to know the best way to get on the mend after being under the weather is to give a wonderful program on the SS Badger trip of 2013 which is what I heard he exactly did at the May meeting. I was at an Emergency Management Conference and was unable to attend Pete's program, but the reviews I heard about his program were full of high marks! Thanks Pete and I am glad to hear you are feeling better.



## ***Back on the beat.....***

***Friday July 11<sup>th</sup> will be our Salute to Veterans coupled with our annual Picnic at the Crestwood Civic Center. Please bring your goodies for all to share- Salads, Desserts, hot foods, and the like are welcome. I do ask that no items containing nuts be brought due to allergies to such that some of our members have. Thank you for your consideration in that matter. We will have a full Military Honor Guard which will present colors that evening too. And remember what I have always said to you all over the years about this event- Bring your favorite Veteran so we can salute them like only Hamfesters can!***

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

Don Pointer KC9EQQ

Questions, comments etc., for Don? Please email him at: [dpointer65@aol.com](mailto:dpointer65@aol.com) or call him between the hours of 10am to 8pm at: 773-426-1936.

## Board Meeting Minutes de Patti, KC9LYE

W9AA Hamfesters amateur radio club board meeting April 28, 2014 began at 7:30 PM.

**Roll:** Don KC9EQQ, Jim KB9CYL, Ed WA9EOL, Patti KC9LYE, Nora KC9MLV, Cathy KC9NRH, Steve W9KXT, Kerry AA9SB, Bob N9KWG.

**Health and welfare:** Board member, Mike Serapin W9MCS, 1955- 2014 died suddenly on April 5, there was a moment of silence.

George W9VOK, is doing better. His granddaughter is studying for the technician exam. Pete K9OWQ, has had a stroke, in the hospital.

**New business:** The board voted Kerry AA9SB, board member filling Mike's position.

Congratulations Kerry, he will continue as publicity and hamfest chairman. Thanks, Kerry! Because of Pete's K9OWQ, health, Jim KB9CYL, and Steve W9KXT, will present the S.S. Badger program on May 2. The program S.S. Badger ham cruise 2013. On May 2nd arrive at 6 PM to help was set up.

**Treasurer's report:** by Ed WA9EOL, bought vehicle license plates for the club's trailer. Starting at the May second meeting we will have a new raffle called split the pot. Ticket prices; six tickets for five dollars, one ticket one dollar. Cathy KC9NRH,

will be in charge of the split the pot raffle. Thanks, Cathy!

**Publicity:** by Kerry AA9SB, publicity for the program SS Badger cruise 2013 has been sent.

**Hamfest;** by Kerry AA9SB, Rich N9UNQ will be head of hamfest security August 3, 2014.

Rich, will be taking over for Mike W9MCS, thanks, for jumping, in Rich. We have sent out welcome packets to the vendors. Don KC9EQQ, at the hamfest all ticket sellers will wear green staff T-shirts. Kerry AA9SB, will talk to John AB9JW, about becoming hamfest recruitment volunteer.

**Field day:** by Jim KB9CYL, field day June 28 and 29th 2014 beginning at 8 AM at 115th St. and Oketo Avenue Worth, Illinois. Field day generators will be provided by; Jim N9HSH, Brian W9HLQ, and Al N9ZD. Steve W9KXT, will help Bob N9JYX, with the club's trailer.

On field day during bad weather, if necessary, please take refuge at the Water's Edge restaurant.

**Adjournment:** at 8:19 PM by Jim KB9CYL, and 2nd by Ed WA9EOL.



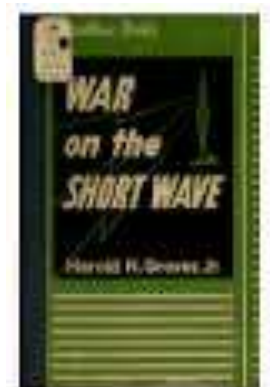
### HERE IS A GOOD READ AND IT'S FREE!

Titled, War on the Short Waves, it was written in 1941 by Harold N. Graves, Jr. It is now available for free download in electronic format.

Contents

- I. Round the World on the Air Waves
- II. The Story of International Broadcasting
- III. Weapons in the Radio Armory
- IV. The Tragedy of Paris-Mondial
- V. The Nazis Tell the World
- VI. The Axis Junior Partner
- VII. The Soviet Enigma
- VII. The Soviet Enigma 48
- VIII. The BBC Takes up the Cudgels
- IX. What Is the Radio Weapon Worth?
- VIII. The BBC Takes up the Cudgels 49

<https://archive.org/download/WarOnTheShortWave/WarOnTheShortWave.pdf>



## General Meeting Minutes de Patti, KC9LYE

Hamfesters amateur radio club meeting May 2nd 2014 meeting began at 7:40 PM

**Roll:** Jim KB9CYL, Ed, WA9EOL, Patti KC9LYE, Rich N9UNQ, Don KC9EQQ, is at a conference tonight. There were 42 members, and 5 visitors at tonight's meeting. Welcome all.

**Health and welfare:** Mike Serapin W9MCS, 1955 2014 died suddenly on April 5th. Mike was a Mason, and a Shriner, Hamfester board member. And, Hamfester's grill master at field day and the annual picnic. George N9VOK, is doing better. His granddaughter is studying for the technician exam. There was a moment of silence for Mike W9MCS, then John Sansone WB9JTS, spoke about how they met in 1975 as students at Moraine Valley community college.

**New business:** on April 28 board elected Kerry AA9SB, board member. Kerry is publicity and hamfest chairman as well. Thanks, Kerry! Jim KB9CYL, received his work all continents certificate. Well done Jim!

**Program:** the SS Badger ham cruise 2013 by Pete K9OWQ. The SS Badger ham cruise September 13 and 14th 2014 for details, call 1 800 841- 4243 or SSBadger.com ask for the ham cruise. The ham cruise is open to all hams and their families. This cruise is not sponsored by the Hamfesters amateur radio club.

**Upgrades:** Pat K9KRT, upgraded to general class license. Well done Pat!

**Minutes:** the April 4 club minutes were approved by Ron KB9TGX, 2nd by Bob N9JYX.

**Treasurer's report:** by Ed WA9EOL, paid Dave

N9PDK, for weather spotter's certificates.

**Secretaries report:** by Patti KC9LYE, on June 6. I will collect money for field day pins.

They are \$5 each, and will be available on field day weekend, June 28 and 29.

**Programs:** June 6th program entitled Field Day 2013 by Jim KB9CYL July 11, 2014 will be our annual club picnic. August 1, 2014 program entitled hamfest 2014 by Kerry AA9SB

**Field Day:** by Jim KB9CYL, field day weekend June 28 and 29th 2014 set up.

On the 28th 8 AM located at 115th and Oketo Avenue Worth, Illinois.

**Publicity:** by Kerry AA9SB, publicity for tonight's program was sent.

**Hamfest:** by Kerry AA9SB, Tim KC9POS, and Linas KC9PCP, will help Bob KB9YXH, at the prize table at hamfest.

Rich N9UNQ, is our security chairman, taking over from Mike W9MCS. Thanks, Rich!

Jim KB9CYL, will be hamfest gate ticket sale chairman.

**More new business:** Mike WA9ZPM, talked to us about improvements being made to our club meeting sound system. We can hear clearly thanks to you, Mike.

**Adjournment:** at 9:29 PM approved by John KC9OOO, 2nd by Bob N9JYX.

**Raffle prize winner:** Tonight's split the pot winner was John WB9JTS,

**Door prize winners:** Bill KC9HRB, Jim KB9CYL, and Nora KC9MLV; the 4th winner was unknown.

### General License!



Congratulations to Pat KB9KRT who passed the test and now has his General license. We're proud of you Pat.

### Worked All Continents!

Congratulations to Jim KB9CYL who received his worked all continents certificate from the ARRL. Great job Jim.







## Hamfest Update June 2014 de Kerry AA9SB Hamfest Committee Chairperson

Good news! The Table Reservation Forms are going out with a couple of new vendors added to the list now. Also, with Dave moving up to Ticket Sales Coordinator we have a new Volunteer Recruitment Coordinator to take his place. John Levickas, AB9JW, our Set-up Coordinator, has agreed to take on the job. Thanks, John! In addition, Brian, W9HLQ, our Web Site manager, has also agree to coordinate our web site info with the ARRL web site. Thanks, Brian!



Going to any of the upcoming hamfests in Illinois or the surrounding states? Wheaton is coming up soon. Let us know. If you do go, be sure to drop our flyers at their club tables. And pass them out there, as well as at STARS and Tri-Town. But this year, 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 including KARS. If you're going to a hamfest this spring, sign up here at the next meetings, or 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. Our goal is to make this 2014 hamfest a huge success. Thanks!

## Hamfesters VE Testing de Al Bukowski N9ZD VE Coordinator

Hamfester's Radio Club VE's assembled to offer Amateur Radio Exams for May 10, 2014; and we had five candidates. Two upgraded to General and the three other candidates earned their Technician ticket. Congratulations to the candidates. The participating VE's team members were Ron N9STU, Bob N9JYX, 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 June 14, 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.), and 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 your 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

## Editor's Rambles

### Habits for Healthier Hamfesters: Part II

As promised in the last HamGab, the following is a continuation of Habits for Healthier Hamfesters. Starting out is a little information about why the media frequently gets things wrong. It's just some advice on sorting out what is probably hype from what might be legit.

**Warning! The following paragraphs contain some math, but read them anyway.** There is a lot of cynicism regarding medical news in that one day treatment A is great and all over the media and it seems like the next day treatment A is found to be not only worthless, but harmful. A good book I have found to help wade through all the medical hype is called **Know Your Chances** by Steven Wolshin MD et al. It explains how incorrect or insignificantly correct medical information can get hyped and how to evaluate medical information for yourself to avoid getting caught up in a media frenzy. Two things are worth mentioning. When they say a study has shown that factor A increases the risk of disease B, it may or **may not** be true. Even if two things are correlated it does not necessarily mean one thing causes the other. For instance, I can mathematically prove a correlation between shoe size and IQ. That means the larger the shoe size, the higher the IQ. Does this mean all of us with big feet are smarter than the people with little feet? Of course not, as my wife can emphatically demonstrate at least one counterexample. The catch is if I take a large population that includes children, it is true that shoe size correlates with IQ. This does not mean it causes a high IQ.



As an example, let's talk about eggs. Remember when eggs were the enemy? All the hype seemed to be that eating eggs was deadly. It seemed even worse for us than missing a Field Day when all of Jim's (KB9CYL's) ducks were lined up in a row. It is true that eggs contain cholesterol and there is an association between high levels of some types of cholesterol and an increased risk of heart disease. However, it is a stretch to go from this association to saying that eating eggs will kill you. In fact the best evidence available shows that consumption of up to one egg per day does not increase the risk of a heart attack or stroke. It is pretty clear that a diet of eggs and cake would be bad, but having some eggs at the Night Patrol Breakfast - not a problem.



Another thing that gets hyped frequently in the media is the so called risk reduction or risk increase. You might hear chemical A doubles the risk of some cancer by 50% or "new treatment" X lowers your risk of disease Y by 50%. Is this significant? It depends. If my risk of getting a certain cancer is 1 in one million and chemical A increases it to 2 in one million, my risk has doubled, but is a risk of 2 in a million that much more significant? The other problem is it is really hard to study enough people to prove that a risk which is small to start out with has actually changed.

Similarly, if my risk of getting disease Y is low such as 2 per 100,000 and treatment X lowers it to 1 per 100,000, it has lowered my risk by 50%, but is that significant? Again, it depends. It is especially important to know what side effects the drug or treatment has. If I have a 20% chance of getting disease Y and drug X lowers it to 10%, it has again lowered my risk by 50%. Now I am much more likely to take drug X especially if it has minimal side effects. The bottom line is whenever you hear that something increases or decreases your risk by 50% (or some other number): always ask yourself 50% of what? You want to know if the risk is actually significant to start out with to know if a change in the risk is meaningful.

As promised last month, I will talk a bit about vitamins. The conventional wisdom has always been that supplemental vitamins are good for us. In the US we spend more than \$25 billion a year on dietary supplements. Is this wise? Let's start with vitamin D supplementation as this is a somewhat typical example.

First of all if your doctor is giving you vitamin D, then you should take it. Some people do need Vitamin D supplements for specific medical reasons. Now let's talk about everyone else. At one time or another, headlines have stated: Vitamin D may prevent heart disease, cancer broken bones etc. The key words here

are "may prevent." This is a good example of associations not necessarily proving causation. For example, look at the claim that higher Vitamin D levels prevent heart disease. People who exercise outdoors for a few minutes a day will have higher Vitamin D levels than people who are never in the sun since your skin produces vitamin D with sun exposure. But people who exercise are less likely to get cardiovascular disease because of the exercise. In this case it is the exercise, not the extra Vitamin D that causes the decreased risk. The truth is that for the diseases in which vitamin D supplementation has been studied in a scientifically rigorous way it has not shown a benefit. It has never been proven to decrease the risk of arthritis, fractures or death from several types of cancers. If you have a nutritious diet and get a little sun exposure (around 10 minutes a day), you should have all of the vitamin D you will ever need.



In fact, the same can be said for most vitamin supplements in general. There do not seem to be any good studies showing that they prevent disease or death. Actually, if you look at the large studies done on vitamins, many of them have shown an increased incidence of some cancers in the vitamin group. Pregnant women are an exception since vitamin supplementation can prevent some types of birth defects. If you live in a country with poor access to nutritional foods, you may also need vitamin supplements. I'm not saying taking vitamins or supplements is wrong, but at least for now, there is no good scientific evidence to prove they are helpful. In **The End of Illness**, Dr Agus gives a nice summary of what is known and not known about vitamins. It is worth reading if you can. For the rest of us, the evidence supports healthy nutritional habits. Vitamins are not a shortcut for a longer life.

There was a recent 60 minutes episode talking about a group of people in their 90's whose medical records and habits had been studied for many years. Here are the links if you want to see it:

<https://www.youtube.com/watch?v=Q0oML2XnXuY>

<https://www.youtube.com/watch?v=3bwShIWcjFs>

Interestingly, there was no correlation between vitamin intake and longevity in this population.

There was a correlation between *moderate* alcohol intake (1-2 drinks per day) and *moderate* coffee intake (1-3 cups per day) and longevity. Again, this does not prove that alcohol or coffee causes one to live longer, but these associations have been shown in other studies so they may have some merit. If you don't drink alcohol or coffee, it doesn't mean you should start. But if you enjoy a little bit of alcohol or coffee, there is no reason to stop.



I also promised to mention aspirin and cholesterol lowering drugs known as statins. Whether or not you take an aspirin a day or a cholesterol lowering drug, you'll have to discuss with your doctor. It will depend on your individual circumstances. There is evidence that an aspirin a day will help prevent a heart attack or stroke, but there is also an increased risk of bleeding. There is some recent evidence that an aspirin a day may also prevent certain kinds of cancers. Cholesterol lowering drugs or statins (common ones prescribed are Lipitor and Zocor ) decrease the risk of heart disease, but also have significant side effects including a risk for diabetes and muscle damage. This is why you need your doctor's advice.

One thing that is talked about in the medical literature these days is some growing evidence that chronic inflammation can contribute to multiple diseases such as heart disease, cancer and Alzheimer's disease. Some known causes of chronic inflammation are obesity and repeated trauma. Think of the 300 pound football tackle. Overweight football players are known to have an increased risk of premature death. Aspirin and the statin group of cholesterol lowering drugs are anti-inflammatories which add to their benefits. Again, taking them will be up to you and your doctor.

It probably goes without saying, but I will repeat it again. It is vital to keep your blood pressure and diabetes under control and stay on top of any routine screening tests that you might need. All of this can only be done with the help of a physician. Well I've rambled about as much as a bunch of Elmers on a Saturday afternoon ragchew, so it's probably time to stop. Hope you found some of this information useful.

Sources: *The End of Illness* by David Agus MD and *Know Your Chances* by Steven Wolshin MD



May 2014 Meeting Pictures





## 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. Al N9ZD VE Team Chairman

## Special Activities

Hamfesters Big Peotone Hamfest: Our 79<sup>th</sup> annual Hamfest coming August 3, 2014-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.*