

**K7LED°RELAY**



CLUB OFFICERS

President . . . . . WA7TOM . . . . . Dave Grant  
Vice President . . . . . K7PKB . . . . . Dick Mowry  
Secretary . . . . . WB7DVX . . . . . Linda Grant  
Treasurer . . . . . WA7HCP . . . . . Jim Long  
Activities Manager . . . . . WA7NIW . . . . . Dick Radford  
Radio Officer . . . . . K7PP . . . . . Pete Policani  
Trustees . . . . . K7WTG . . . . . Pete Hedberg  
. . . . . WA7RJW . . . . . Chris Holt  
. . . . . W7JIE . . . . . M.L. "Gib" Gibson  
. . . . . K7BNN . . . . . Jay Mowrey  
. . . . . WA7WMC . . . . . Clay Freinwald

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The K7LED RELAY is the official publication of the Mike and Key Amateur Radio Club, Inc., 750 South 317th, Federal Way, Washington 98003. Articles for publication should be presented to Karon Policani, editor, at that address or to Kay Eylander, assistant editor, 28832 190th S.E., Kent, Washington 98031. Deadline is the 15th of each month preceding the date of publication. Articles may be quoted in full or in part without prior permission provided the K7LED RELAY is credited.

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ORIGINAL COVER ARTWORK: Janet Patjens WA7WMB

BOARD MEETING MINUTES 4-16-1977

Meeting called to order at 7:33 AM by President Clay Freinwald. Board members present were WA7WMC, WA7WMD, WA7TIB, WA7TOM, WA7RJW, K7PZX, W7GPW, W7JIE, K7YR and K7WTG.

It was suggested that president forego committee reports at General Business meeting and get the elections underway.

W7GPW reported on club trailer. The tower is now mounted on the trailer.

May 7 activity will be a program on antennas by Rush Drake.

Constitution Committee: Questionnaires thus far suggest that members are concerned about club unity and that the annual banquet and field day are very popular activities.

Banquet prize committee reported a good supply of prizes has been donated and purchased for the banquet.

Applications for membership submitted by Tim Schneebeck and Lynn Magnuson were approved.

Pete Heberg then asked Clay's feeling about the club in the past year. "It was fun."

Meeting adjourned at 8:58 AM.

APPROVED: June 18, 1977

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GENERAL BUSINESS MEETING 4-16-1977

Meeting was called to order by President Clay Freinwald. Minutes of the previous meeting were approved as read.

Applications for membership submitted by Lynn Magnuson and Tim Schneebeck were approved.

Treasurer reported a beginning balance \$614.44, income \$196, outgo \$187, raffle balance \$27.96. Total balance \$678.40. A bill for banquet trophies was approved for payment.

Activities reports: May 7 program on antennas by Rush Drake.  
June 4 Tour of Sealand Communications.

Newspaper needs editor and nets at 8 PM Thursdays and 10 AM sundays need check ins.

A motion stating that the proposed amendment submitted by Karon Policani be referred to the Constitution and Bylaw Review Committee to be acted upon, carried.

GENERAL BUSINESS MEETING 4-16-1977 (continued)

Elections: The following people were elected to office: President, Dave WA7TOM; Vice President, Dick K7PKB; Secretary, Linda WB7DVX; Treasurer, Jim WA7HCP; Activities Manager, Dick WA7NIW; Trustee Positions, 1 Gib W7JIE; 2 Jay K7BNN; and, 3 Clay WA7WMC.

A motion to return Clay Freinwald, Past President, to the chair was carried to adjourn the meeting for the last time.

Meeting adjourned at 11:55 AM.

APPROVED: June 18, 1977

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Due to a lack of quorum there was no May Board or General Business Meeting.

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## ACTIVITIES REPORT

### JULY 16

7:30 AM - Board Meeting, The Turkey INN on Southcenter Parkway.  
10:00 AM - General Business Meeting - the United Good Neighbor Center.  
12:00 Noon (or approximate) Field Day Review immediately following business meeting.

### AUGUST 7

11:00 AM until ? (or everyone goes elsewhere) ANNUAL MIKE AND KEY AMATEUR RADIO CLUB FAMILY PICNIC at Lake Sammamish (See map for directions or monitor WR7ACS or WR7ABP).

### AUGUST 20

7:30 AM - Board Meeting, The Turkey INN, Southcenter Parkway.  
10:00 AM - General Business Meeting - United Good Neighbor Center.

### DECEMBER 3

ANNUAL CHRISTMAS PARTY with the Associated Sound band. Now all we need is a place to have the party. McMicken Heights has been tentatively booked. If you'd rather go elsewhere, find us a place and let us know where, how much, etc., and we'll put it to a vote.

Dick WA7NIW

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We, the editors, would like to take this opportunity to welcome the following new members to the club as of the June 18 meeting: Mike Berck, WA7OMP; Jerry Kryszek, WA7MIF; Dave Duchesneau, WB7FEF; Alex Takacs, WB7NXI; and, Steve Skalski, W7LLJ.

Charlie Hough, WA7ZLV has the K7LED call until the July 16, 1977 meeting.

Constitution Committee had a meeting June 28 at the home of Ken Rau, K7YR. We'll expect an extensive report to be submitted for the next issue of the Relay.

Did you see how well the microprocessors worked as dedupers on 3 of the stations at Field Day? One of the most relaxed Field Day exercises to date and yet it looks like we'll be turning in the highest M & K score ever.

PERSONS WITH CLUB DUES OVERDUE:

WA7000	WA7ELJY	WA7UIF	W7YGU
K7SRX	K7NYA	K7DBU	WA7HUL
WA7RYP	WA7HQG	WA7IVO	W7ZSL
WA7RYQ	WA7YNY	WA7WMC	WA7WMD

Del Workman

PERSONS WITH CLUB DUES DUE IN JULY:

WA7AHD	WA7FLI	K7MWC	WB7DTI
WA7MSD	W7GLS	WB7AYU	VE7AZT
K7BNN	W7DVB	WB7ALA	WA7ELI
K7DCG	WA7LNQ	Linda Tillett	

SHORT BURSTS: John and Diana Becker have a baby boy, June 30th.

Thank you John, WA7UWU, for your help with the paper -- we'll have to get you to some meetings and sign you up as a member. Enjoy your new house now that you've finally gotten moved in, Jimmy and Patty. Bill and Gloria Baker will be moving into their new palace about mid-August.

Linda and Dave tore up their yard -- now what? Are you going to plant towers or daisies?

Saw a few new faces, male and female, at Field Day 1977. Missed a few old faces too.

FOR SALE: HR6 Regency -- clean. With 5½ pairs of crystals.  
Ralph Cornell WA7FHZ 878-8119

MISSING: Dave Duchesneau, WB7FEF, is missing an IC60 Serial #1711.

Registration is required for admission to all activities at both the Seattle Center and the Washington Plaza. Room reservations must be handled with the Washington Plaza Hotel, P.O. Box 1826, Seattle, Wa., 98111. Special Event call sign is NW7ARL, which will monitor 146.28-88, to direct visitors into Seattle.

**SEA-Q-DX CONVENTION — JULY 29, 30, 31, 1977**

P.O. Box 25537, Seattle, Washington 98125

NAME (for badge)	CALL	NO.	ADVANCE	DOOR
_____			REGISTRATION PKG.	17.00 19.00
_____			(Tech sessions, exhibits, banquet)	
_____			BANQUET ONLY	12.00
_____			(not eligible for prizes)	
_____			REGISTRATION w/o BANQUET	5.00 7.00
_____			QCWA LUNCH/WAYNE GREEN	9.00 9.00
_____			(Not incl. in registration)	
_____			FRI. NITE SEMINAR (if not	1.50 1.50
_____			registered for Convention)	
_____			REQUESTS FOR CANCELLATION MUST BE RE-	
_____			CEIVED BY 6 JULY 1977. ADVANCE REGISTRATION	
_____			CLOSES 8 JULY 1977.	

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CHECK/M.O. FOR \_\_\_\_\_

ENCLOSED. MAKE PAYABLE TO SEA-Q-DX CONVENTION.  
THANK YOU!

"T.I.C."

What the heck is TIC? According to one book it is a "spasmodic muscular contraction of the face or extremities." Nice, but it ain't the boid I got in mind....

This here TIC has to do with FM handhelds, mobiles and similar contraptions that seem to cause all kind of funny statements. Like: "How does this sound? I'm about a foot away from the mike?" Or: "I set up the gain and deviation but it don't seem to hold if I move the mike a little bit." Or: "Speak up man, you are barely modulating the thing."

Sounds like a "talk" problem and ENTER THE TIC!

If only we could find a way to get good deviation, good mike pickup and gain, cut down the background noise (ever hear some of these mobiles?), and then be able to hold that adjustment. Ah the Land of S-NINE PLUS!) Of course some voices will never be able to articulate the American language with any degree of proficiency or understanding - a POX on them!

For the rest of us -- read on. TIC means "Thumb in Cheek." 'At'a right! Just stuff your thumb in your cheek and make mouth music. Either right or left thumb in the right or left cheek and talk away. Simple but effective. Of course this puts your lips at right angles to the face of the mike, but surprisingly that also improves the "talk power" and standardizes the volume input to the rig. Thus you set the rig for this new approach and use it -- advising all others to use the same TIC on your rig and you will have a nice solution to the common problem.

Check FAA and any other users who have hand held mikes in service and you will find their instructions are "Use TIC." They use TIC because it fits all bodies to the same mold and we don't want to be different do we?

M. L. "Gib" Gibson, W7JIE

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Chris and Deb, Dave and Linda and others spent a recent weekend treeing poor little old Lake Chelan. K7YR was out picking 2500 pounds of cherries last we heard. Has anyone seen or heard him since.

Gib has volunteered to make code tapes for anyone who wants them. Tell him what speed and furnish him a cassette and he'll fix you up

Heard Jan is collecting all kinds of unusual antiques - ladies keep your eyes open. Although Pete doesn't QUITE qualify for an antique yet.

Anybody heard any good gossip lately? Sure could use some input for the paper. Dont all speak up at once tho. Also needed: Articles on cuisine, technical projects, restaurant reviews, maternity reports, unusual hobbies, unusual people, etc. You write - we print it. Just be careful what you say because we'll also put your blame to it.

MORE (?) SHORT BURETS: Did you enjoy your recent vacation trip Kenny of the K7PZX type? Hear you did a little bit of traveling. Hey Little John have you bought Margaret her porta-potti yet? (Nothing to do with K7PP by the way).

Under old information, K7YRQ is now K7YR, K7IPQ is now K7PP, K7GGD is now K7MF. Any others traded in their calls? Sure makes it hard to keep track of you guys!

EXTRA! Chris Holt, WA7RJW, has his VAN running after how long? Dick Mowrey has joined the EXTRA class. If I've missed anybody, let me know, I'm not quite a mind reader.

Hear our new treasurer, WA7HCP, is coming right along on his remodeling project at home. So far Jim tells us he hasn't dipped into the club funds. Shortly after turning over the books, Al, WA7TIB, purchased a new Toyota longbed pickup truck complete with canopy - hammaam!

Anyone who was unfortunate enough to miss our banquet this year missed the nicest and best one to date. Debi deserves a gold ribbon or star for her efforts. Everything was just right. There was something for everyone, even if I didn't win on the drawings as usual.

In case you haven't figured it out yet, nobody came forth as editor of the paper so as a result, yours truly opened her big mouth again so here I am - back again folks. Pete is ready to kick me out if I volunteer for anything else so come on people...lets save Karon's hide and get a few more people to volunteer for things. Upcoming are the Christmas party, 1978 banquet, etc.

Karon Policani, WA7WVJ

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TIME CONVERSION CHART

GMT	EDT/AST	CDT/EST	MDT/CSY	PDT/MST	PST
0000*	2000	1900	1800	1700	1600
0100	2100	2000	1900	1800	1700
0200	2200	2100	2000	1900	1800
0300	2300	2200	2100	2000	1900
0400	0000*	2300	2200	2100	2000
0500	0100	0000*	2300	2200	2100
0600	0200	0100	0000*	2300	2200
0700	0300	0200	0100	0000*	2300
0800	0400	0300	0200	0100	0000*
0900	0500	0400	0300	0200	0100
1000	0600	0500	0400	0300	0200
1100	0700	0600	0500	0400	0300
1200	0800	0700	0600	0500	0400
1300	0900	0800	0700	0600	0500
1400	1000	0900	0800	0700	0600
1500	1100	1000	0900	0800	0700
1600	1200	1100	1000	0900	0800
1700	1300	1200	1100	1000	0900
1800	1400	1300	1200	1100	1000
1900	1500	1400	1300	1200	1100
2000	1600	1500	1400	1300	1200
2100	1700	1600	1500	1400	1300
2200	1800	1700	1600	1500	1400
2300	1900	1800	1700	1600	1500
2400*	2000	1900	1800	1700	1600

ICAO Phonetic Alphabet

Word list adopted by the International Civil Aviation Organization

A	ALFA
B	BRAVO
C	CHARLIE
D	DELTA
E	ECHO
F	FOXTROT
G	GOLF
H	HOTEL
I	INDIA
J	JULIETT
K	KILO
L	LIMA
M	MIKE
N	NOVEMBER
O	OSCAR
P	PAPA
Q	QUEBEC
R	ROMEO
S	SIERRA
T	TANGO
U	UNIFORM
V	VICTOR
W	WHISKEY
X	X-RAY
Y	YANKEE
Z	ZULU

Greenwich Mean Time (GMT) is the time at the zero or reference meridian. Time changes one hour with each change of 15° in longitude. The five time zones in the U.S. proper and Canada roughly follow these lines.

\*0000 and 2400 are interchangeable. 2400 is associated with the date of the day ending, 0000 with the day just starting.

↑  
N

LAKE  
SAMMAMISH

"PICNIC SPOT"

NEXT LEFT TURN DIRT ROAD

PICNIC SPOT

PUBLIC  
BOAT  
LAUNCH \*

EAST  
LE SAMMAMISH  
DRIVE

SAMMAMISH RD

6TH ST

BUNKING  
YELLOW  
LIGHT

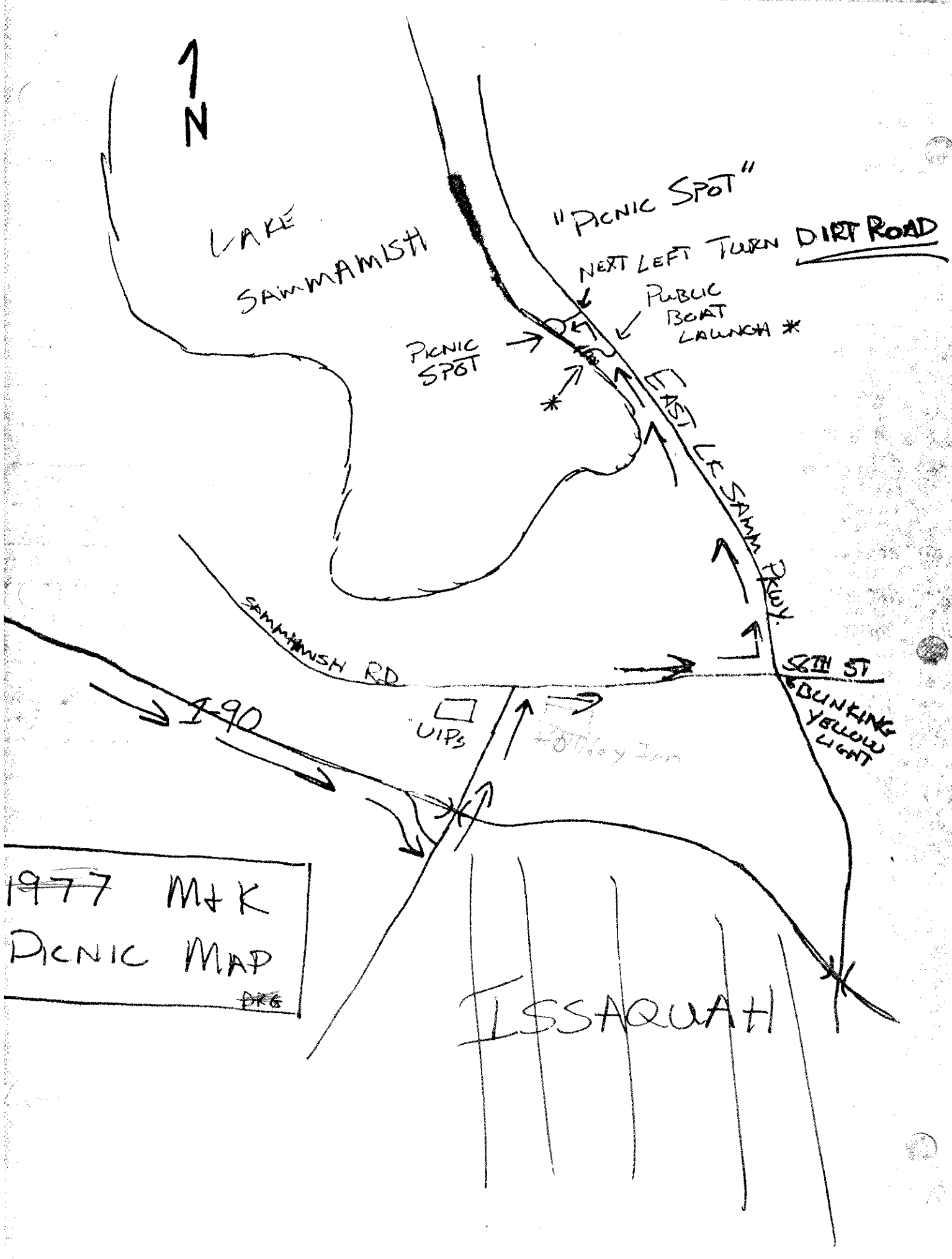
UIPS

Portway Inn

1977 M+K  
PICNIC MAP

DRG

ISSAQUAH

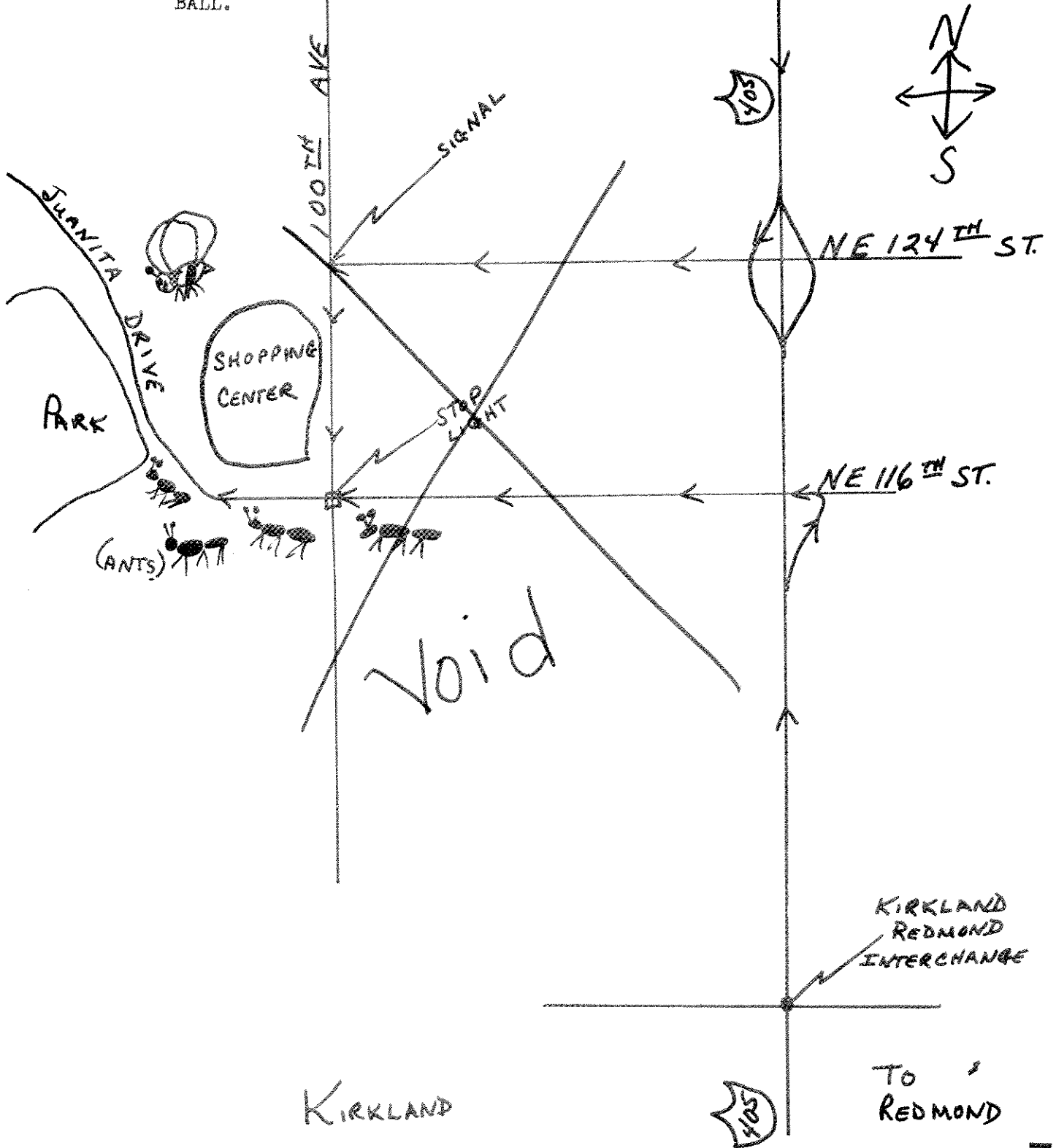




MAP TO MIKE AND KEY AMATEUR RADIO CLUB FAMILY PICNIC

August 7, 1977 - 11:00 AM to ?

Bring your own complete picnic lunch - liquid refreshments will be furnished as per usual - games, etc. Pray for sunshine and have a BALL.

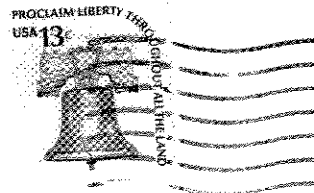


CRESCENT ROLLS WITH BEEF:

- 1 lb ground beef
- 2 single-serving envelopes  
instant onion soup
- 3/4 teaspoon oregano
- 1/3 teaspoon garlic salt
- 1/2 cup catsup
- 2 packages (8 ounces each)  
refrigerated crescent rolls
- 1 cup shredded mozzarella cheese
- Poppy seeds.

1. In medium skillet, brown ground beef; drain. Stir in instant onion soup, oregano, garlic salt and catsup; cool.
2. Meanwhile, separate crescent rolls into 8 rectangles; seal perforations. Equally divide mixture onto lengthwise side of each rectangle; sprinkle cheese on mixture. Roll up lengthwise jelly roll fashion; bring ends together to form a ring, sealing ends tightly. Sprinkle with poppy seeds.
3. Place rings on ungreased baking sheet and bake in preheated 375-degree oven for 15 minutes or until golden. Serve hot or cold.

Variations: Substitute 1/4 cup grated Parmesan cheese for mozzarella cheese.



K7LED RELAY  
c/o 750 South 317th  
Federal Way, WA 98003

FIRST CLASS

MIKE & KEY AMATEUR RADIO CLUB  
FRAN POLICANI K7IFQ  
750 S. 317TH ST.  
FEDERAL WAY WASHINGTON 98002