



K7LED *Relay*

Volume 27, Number 1

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January, 1999

The Prez Sez *Chuck Benefiel, N7STR*

It's amazing how quickly things happen in our lives today. With the advent of computers, micro chips, miniaturization, cell phones and all of the other modern conveniences that have come along in the last 5 years, there isn't a one of us that hasn't been affected. I find it interesting that I can get so upset when my e-mail service goes on the fritz, for a couple of days, interrupting something I didn't even have 3 years ago.

It is also amazing how quickly we adapt to our newly provided innovation, and how quickly we become dependent on it. We become so dependent that if it fails, we go into a virtual panic. That is why I feel Ham Radio is still the invention of the future, still waiting to be discovered by the rest of the world. We are so fortunate to be involved in a hobby that produces satisfaction, results, pride and protection. On top of that we get to know many fine people that are also involved in our hobby, and they have developed into more than just friendships.

Cell phones, the Internet, and computers have speeded up the ability to communicate, and for that I am going to be eternally grateful. They all have one common detractor. They are available to all of the rest of the public without restriction. This may seem like a mute point, but I personally have lumped all of these wonderful inventions into the same category as I did CB. Now don't get me wrong, there are many fine people out in the world of CB, but percentage wise, I have found that within Ham Radio's licensed participants, 95% are fine people. It doesn't take much to figure out the percentages for CB, just turn it on and listen for 5 minutes. My point is, that Ham Radio, with all of it's frequency capabilities, various forms of transmission, and quality of participants is still the communication source that is vital to our communities, our states, our country and the world during times of emergency.

This is one of the reasons I feel it is so important that as Hams we bring into our hobby those people who are interested in perpetuation of Ham Radio, and that we all learn the proper process for participating in Nets during emergency situations. This is as important to me as any other aspect of our Hobby. Participation in ARES/RACES Nets, MARS Nets, Weather Nets, Flood Watch Nets, or even our own Mike and Key Wednesday Night Net at 7:30 PM is a form of training. It is where we learn procedure, and the quality of information required to process the necessary data for emergency services as a Net Participant. It is where we learn how to listen for and confirm that the right data has being transmitted, and how to control the net, as a Net Control, to convey that data to other areas.

I found it amusing that the Internet was running slowly during the holidays because of all of the Christmas Cards that were being transmitted, and that Cell Phones were clogging up the airwaves and making connecting difficult. If we had an emergency at that time, like the Inauguration Day Windstorm, the Thanksgiving Day Storm a few years back, or the Fires of Wenatchee, think about what communication links would have been useful, and which would have

been so jammed, or down, that communication would have been impossible. Think about which you would have wanted to be at the time, an Unlicensed citizen with a Cell Phone, or a Licensed HAM with a radio.

Although I want to see our hobby grow, I also want to see the quality maintained, and we as licensed Hams are the ones responsible for maintaining that quality. I would rather hear quality information transmitted from an old tube type radio, than garbage from a super-duper-miniaturized-high-output, thingamajig.

General Meeting Minutes, 12/19/98

Joyce Stroehrer, N7JPW

Officers present: President - Chuck (N7STR); Vice President - Jed (W7JED); Secretary - Joyce (N7JPW); Treasurer - Chuck (WA7EBH); Activity Manager - Larry (AB7FJ); Radio Officer - Harry (W7JWJ); Trustee #1 - Al (KB7THX); Trustee #2 - Nils (WB7TJK); Trustee #3 - Pete (K7WTG); Trustee #4 - Mike (KC7UFT); Trustee #5 - Adrian (KB7BVL).

The meeting was called to order at 10:00 AM with all members joined in a moment of silence for Mary Lou Brown who died recently. Members and guests repeated the Flag Salute at the Salvation Army Building in Renton. Please announce your name and call clearly for the secretary.

Minutes: It was moved, seconded and passed to approve the minutes of the November meeting as printed in the Relay.

Introductions of members and guests were done. Members are asked to take breaks on the West side of the building at the request of Salvation Army. The coffee and donut fund is self-supporting, free refreshments this month. We are an affiliated club, please be a responsible member and join the ARRL. Please sign the rosters at the table. Visitors are asked to refrain from voting on club matters requiring a vote.

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Any additions or announcements not already on the agenda are to be put into the in-put box to be presented later.

Officers Reports

President: Chuck (N7STR) – The Club had a good Christmas party with a lot of laughs and good food. Public Service committee is working on next year's pamphlet. They will be meeting Tuesday, January 12, 1999, at Sharis restaurant in Renton at I-405. No Education meeting held in January. Novice and Tech class will restart in January on Saturdays. Ray did not receive the ARRL Handbooks, yet. They have been paid for. Sign-up lists for classes for those who want to up-grade and who are interested in Code classes. A sponsor is expected to introduce the new members and assist them as a new member. If a new member does not have a sponsor, a trustee will be assigned to that member. Chuck needs three new people for the audit committee. Dave (KB7PSN), Lou (W7HX) and Stitz (WA7BET) volunteered. The audit generally takes place in January. Two trustees will be appointed at the next board meeting. A club banquet will be held in April. Joyce (N7JPW) will chair. Fliers for the Salem Ham Fest are available. Form for corrections, additions to roster also available. The Board presented the budget to the general membership. Seconded by Sam, (N7RHE) to approve as presented. The motion was approved by the membership for the 1999 budget.

Vice President: Jed (W7JED) - Rita Danielson was presented with a certificate of membership. Carl Barish (KC7ZK) presented for membership (approved by the board). The members approved Carl for membership. There are applications for membership at the front table. See Jed.

Secretary: Joyce (N7JPW) has the Loggers Bark at the table. Joyce states that only the items of business, motions, etc. are required in the minutes. The minutes are a record of the business transacted at the meetings. Questions and answers, discussions do not have to be recorded.

Treasurer: Chuck (WA7EBH) reports books are in good standing. Books available for members to see.

Activity Manager: Larry (AB7FJ) introduced and thanked his committee for a super job on the Christmas Party. The December raffle will be conducted for gifts totaling more than \$500.00. Thank-you to Radio Depot for their support of the Club's raffles last year. The activity for today is a chance for all the members to visit and get to know each other better. The raffle will be conducted at the end of the meeting after the break. Calvin Doss has video on the Christmas Party, which will be available to the club.

Radio Officer: Harry (W7JWJ) states all repeaters working well. Meeting in Washington, D.C. about repeater coordination attended by Clay Frienwald. American Heritage Indian School has electronic equipment and station with books, all set

up by Harry and Mary Lewis.

Relay: May be short some names on the roster. Please give any additions to Jack, (N7IHS). Also any roster corrections.

Alligator: No report.

Committee Reports

Those committees not reporting in the RELAY are asked to report now.

Facilities: No report.

Flea Market: Will meet the first Thursday of every month at the Salvation Army Building at 7:30 PM. Need committee chairs for the sub-committees. Meetings are only about 1 hour. Flea Market is the main way to meet our budget, without increasing membership dues.

C.O.B.: Pete K7WTG) has items from the In-Put box. Flea Market sign-up sheet circulating for helpers. Technical mentor contact source sign-up sheet also circulating. The next Board meeting is December 28. The antenna brackets will be installed next week for the Salvation Army Station.

Logo Committee has a "Husky Can" to bid on and the proceeds will go into the Salvation Army bucket. A bid of \$25.00 was donated for the can. The Salvation Army bucket was passed for donations from the membership.

Field Day: Nils (WB7TJK) - Camping spot sign-up sheets available. He has a list of all sites, names, etc. just in case someone loses his copy.

Public Service: No report

New Ham Report: No report.

Mary Lewis reports that it is now \$200.00 for the use of a room at the Riverside Inn in SeaTac. The VE's will be held at Denny's at exit 156 off of I-5 on Interurban North.

Good of the Order:

None.


There being no further business, it was moved, seconded and passed to adjourn the meeting.

Relay Deadline

Submittals for the February Relay are due to the editor by February 10, 1999.

Yearly Cattle (Flea?) Call

Michael Dinkelman, N7WA

 As I write this, the New Year is just a couple days away and that can only mean one thing... Yup!, I'm hip deep in flyers and labels. That's right, over 10,000 flyers will soon be hitting area mailboxes as preparations for the 1999 (ouch!) edition of the Mike & Key ARC Flea Market continue at a fast pace. However, now comes the time for the members of this Club to come forth and com-

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mit to staffing the event.

Signup sheets went around at the December meeting and 32 people signed up. (Not very good when you consider that close to 90 people must have been at the meeting.) Of course, these sheets will be showing up at the January meeting as well, so please avail yourself the opportunity to sign up. As it takes over 100 people to make this event the shining jewel among Northwest Hamfests, we need everybody we can get. If you have friends willing to work (a minimum of 4 hours please), sign them up too. By February, I hope to be passing out badges based on the signup list. If you cannot make the January meeting, feel free to call me or leave a message on my phone answering machine (253-631-3756).

What's that you say - what kinda jobs need filling? Well, we have positions on the Pallet Crew, Announcing, Talk-in, Country Store, Ticket sellers, Registration, and Security. We even need a buncha big "sons-a-guns" to help do setup on Friday morning. (That's 300, yeah I said *three hundred* tables to put up in less than 4 hours.) As you can see, it takes a Club effort to put this event together. Of course, you benefit by having an well-endowed Treasury as the end result. So sign up and do the last Mike & Key Flea Market before the millennium (depending on how you count the years). See you there!

Handbooks Are Here

Ray Leslie, WA7EKH

Those of you who ordered ARRL 1999 Handbooks please pick the up at the next Club meeting on January 16, 1999.

From the Editor

Jack Grimmert, N7IHS

Thanks to **Jim Hamlin** (W7FKI) we would like to recognize **Pat Wintheiser** (W0OPW) for the articles that he has published in QST and QEX magazines. In the January issue of QST he has an article in the Hints and Kinks column. In the January/February 1999 issue of QEX he has a 3-page article entitled, "A Compact Mobile Tuner." Pat is also has a "New Ham" orientation before each Mike & Key ARC meeting. If you know of a person who is just getting started in to Ham Radio and needs help, have them contact Pat

I attended the board meeting on December 30th with some questions concerning how the budget was put together and how it was handled during the course of the budget year. I believe that some of the Board members thought that I was on a witch-hunt and got a little defensive. Not so, I simply wanted to understand what was going on with the budget.

Chuck Strocher (WA7EBH), the Club's treasurer answered all of my questions to my satisfaction and cleared up several areas in which I was confused. *I found that the Trustees and the Treasurer are conducting the budget activities in accordance with the process defined in the by-laws and sufficient safeguards are in place.* I personally have complete confidence in the way things are being handled.

I appreciate the Board allowing me time on their agenda. I would also encourage all members who have problems with the way the Mike & Key ARC is operated to attend the Board meeting held the last Wednesday of each month and bring your problem for discussion. You should contact the Chairman of the Board, **Pete Hedberg** (W7WTG), for time on the agenda. You have to remember that this Club *can not be all things to all people* but the Board is doing it's best to accommodate everyone who speaks out.

Arizona Mini Meeting of the M&K ARC

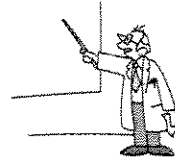
Fred Roberts, W6TKV

Much to my surprise, I ran into another club member in a RV Park in Yuma, AZ during the week after Christmas. **Bill Hughes**, KK7MC, was busily erecting his 20M/75M dipole array with the assistance of his XYL when I happened by. When he said he was from Seattle, I asked if he was a member of the Mike & Key... and when he said, "Yes", I believe I surprised him by saying, "So am I". Anyway, we did get together for a good ragchew, and I suppose we can lay claim to the southernmost meeting of the M&K ARC.

From the W7JWJ Notebook Operation Upgrade

Morse code Sending with the Catlin Method

Young **Fred Catlin**, born March 26, 1848, learned the American Morse code and became a telegrapher. He spent much of his career in New York City with the Western Union Telegraph Company as chief operator. Fred became renowned for his speed, and accurate Morse code sending ability. He had developed what would be known throughout the land as the "Catlin Grip", which would soon be accepted as the correct method of holding a telegraph key. Using his method, telegraphers would never suffer the dread "telegraphers disease," or "glass arm". This method of sending apparently has never been documented, but passed from operator to operator by demonstration and handed down father-to-son. In fact, Fred's son, **Frank Catlin**, working for the united Press, won a



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national sending tournament in 1890 at the age of 21.

My instructor in vocational school, a Mr. Ott, had also learned the Catlin Grip as a teenager growing up in the 1880's, and from him and I also learned to send. My first employment was with the Postal Telegraph/Western Union/MacKay radio at the main West Coast facility on Market Street in San Francisco. Some of the best American Morse code telegraphers inhabited that building and from them I learned much about learning code and sending. Eventually that knowledge would lead to winning 36 Morse code contests, one at 79 words per minute.

But what is the Catlin method of sending? First, the hand key is adjusted so that the extreme edge of the knob may move vertically one-eighth of an inch. The trunion mounts are loosened slightly so that there is at least one-eighth of an inch of side play in the knob, This side movement is extremely important if one is to avoid muscle cramps (Carpal Tunnel Syndrome). The contact pressure is adjusted for the operator.

Next the large finger of ones sending hand is placed on the knob of the key, extending just slightly over the inner edge of the knob and offset from center. The index finger is placed on top of the knob. The thumb rests on the side of the knob. If the key is not secured one might lift the key from the table.

The wrist is now elevated approximately one inch so that it *never* rests on the table. Repeat: The wrist never rests on the table. The hand is nearly horizontal and the fleshy part of the forearm rests on the table. The elbow should not extend over the table edge. When sending, a weight placed on the back of ones hand should never fall off.

In order to send a dot the wrist is snapped upward, approximately on inch. In order to send a dash the wrist is again snapped *upward*, but further, just to the point where the index and large finger begin to straighten.

The Catlin grip protects the ulner nerve from deteriorating. When typing or keyboarding it is also equally important that the wrist be tilted downward, never ever upward.

Events Calendar

January

January 13th, Wednesday - Mike & Key Net, 7:30 PM on 146.82 repeater

January 14th, Thursday - Public Service Net, 7:00 PM on 146.82 repeater

January 16th, Mike and Key General Meeting, 10:00 AM at Renton Salvation Army HQ

January 20th, Wednesday - Mike & Key Net, 7:30 PM on 146.82 repeater

January 21st, Thursday - Public Service Net, 7:00 PM on 146.82 repeater

January 27th, Wednesday - Mike & Key Net, 7:30 PM on 146.82 repeater

January 28th, Thursday - Public Service Net, 7:00 PM on 146.82 repeater

January 27th, Wednesday - Mike & Key Board Meeting, 7:30 PM at Renton Salvation

February

February 3rd, Wednesday - Mike & Key Net, 7:30 PM on 146.82 repeater

February 4th, Flea Market Meeting, 7:30 PM at Renton Salvation Army HQ

February 4th, Thursday - Public Service Net, 7:00 PM on 146.82 repeater

February 10th, Wednesday - Mike & Key Net, 7:30 PM on 146.82 repeater

February 11th, Thursday - Public Service Net, 7:00 PM on 146.82 repeater

February 20th, Mike and Key General Meeting, 10:00 AM at Renton Salvation Army HQ

Amateur Radio Classes

Ray Leslie, WA7EKH

It is tentatively proposed to have another Novice/Technician class starting January 23rd at the Salvation Army HQ, 720 Tobin St in Renton. The dates are not firm yet however that date looks good. Pass the word to your friends. Please notify me of your intention to attend.

Plans are also in the making to have a code class up-grade to Tech Plus (5 WPM) in the very near future. There are approximately 9 people who have signed up and the list is growing. Anyone who desires to up grade to please get on the list at the next club meeting or notify me. My e-mail address is wa7ekh@prodigy.net. Watch the Relay for further information.

Radio Officer's Report For February

De W7JWJ

First the good news. The repeater is on the air and working. As most club members know we have been off the air for some time due to trouble with updating the license.

You will recall that the FCC not only restructured the license classifications late in 1999, but also extended the term of the license from 10 to 20 years, provided that the application is made before the year 2000. The new FCC facility was totally computerized by late November of '99 thus requiring that all renewal applications be done electronically.

We applied for the K7LED repeater license renewal in early December of 1999, but for some reason, possibly a glitch in the computer, the new license was found to expire 20 years before it was issued.

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Board Meeting Minutes, 12/30/98*Joyce Stroehrer, N7JPW*

Officers Present: President Chuck (N7STR); Vice President - Jed (W7JED); Secretary - Joyce (N7JPW); Treasurer - Chuck (WA7EBH); Activity Manager - Larry (AB7FJ); Radio Officer - Harry (W7JWJ); Trustee #1 - Al (KB7THX); Trustee #3 - Pete (K7WTG); Trustee #4 - Mike (KC7UFT); Trustee #5 - Adrian (KB7BVL)

Visitors: Ray (WA7EKH); Ellen (KC7EBC), Larry (N7USB), Mary (W7QGP); Ronnie (KC7UFS), Relay Editor Jack (N7IHS).

The meeting was called to order by C.O.B Pete (K7WTG) at 7:30 PM at the Salvation Army, Renton.

The minutes of the previous board meeting were approved as printed in the Relay.

Officers Reports

President: 14 people have signed up for classes to upgrade. The list has been given to education committee. Information for awards banquet given to Joyce (N7JPW). Mike (K7JML) and Al (KB7THX) will be the trustees on the audit committee. Information for the Public Service pamphlets needs to be in by February 1.

Vice President: One new applicant - Michael A. Smith (No license) from Tacoma. He is a student who wants to get his license. This is a family membership. Applicant was approved for presentation at the general membership meeting in January. Jed will not be at next meeting and needs someone to sit in for him. Jed presented a revised sign-in sheet for the meetings. Board members are again asked to spread out at the general meetings and introduce themselves to the new members and guests. It was suggested that all guests and new members without badges wear nametags.

Secretary: No correspondence.

Treasurer: Looking good. Books balanced. Finished the year in the black. Questions answered regarding the budget and how it works.

C.O.B: Sign-up sheet for technical mentors source information was sent around at the last meeting. The information will be available soon. The brackets for the outside antenna are finished and will be installed soon.

Activity Manger: No report.

Radio officer: Repeaters working well. ARRL membership has dropped 14,000 this last year. ARES is being reorganized in King County. Training classes to be held for ARES. Training classes will be held to upgrade licenses.

Committee Reports

Technical: No report.

Public Service: Mike (K7JML) states next meeting is January 12 at Sharis at exit 4, off of I-405 in Renton. Please get any changes to the pamphlet to the committee.

Education: Ray (WA7EKH) states there are no classes this month. Will restart the Saturday after the

next club meeting (January 23 at 10 AM) and will last 3 weeks. Classes to be held at the Salvation Army Building.

Long range planning: No report.

Facilities: No report.

Field Day: About half of the campsites are still available for the club members. If unable to fill soon, will release the sites back to the state. Nils is contacting the bug spray company and the sani-can company to check on prices.

Flea Market: Next meeting January 7, 1998 at 7:30 PM at the Salvation Army Building. All is going okay. Publicity will be putting article in the Relay. Sign-up sheets available at the meetings. Helpers are still needed.

Mary (W7QGP) asked why the building was not open in December for exams. We are reminded that the Salvation Army Building is not available in the month of December.

Relay Editor: New roster will be done by next week. Jack would like to see more articles from committees in the RELAY.

Old Business

None.

New Business

Larry (N7USB) proposed to start a 2-meter simplex contest. This would be for fun and experience. The idea is to get new Hams involved. Larry presented rules, grids, maps, score sheets and information sheet. The club already has a Friendship award which is 10 contacts - 5 Repeater and 5 Simplex. This has not been awarded in over 2 years. Larry would like to publicize and get this friendship going again. Larry will present his idea at the next general membership meeting.

Adrian (KB7BVL) asked what happened to the talk-in to the general membership meetings. Can this be started again? Perhaps start by the first of the year? Some thing will be done by the next meeting.

There being no further business, the meeting is adjourned.

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K7LED Relay

The RELAY is the official tabloid of the Mike and Key Amateur Radio Club. The Mike and Key ARC is dedicated to the growth and betterment of Amateur Radio. We meet the third Saturday of every month at the Salvation Army Renton HQ, 720 Tobin St., Renton, WA. The Club operates repeaters on 146.82 MHz (103.5 CTCSS) and 224.12 MHz under the call sign K7LED. Two nets meet on the 146.82 repeater: the Club net on Wednesdays at 7:30 PM and the Public Service net on Thursdays at 7:00 PM. All persons interested in Amateur Radio are invited to participate in the Mike and Key ARC and its activities. Yearly dues are \$12.00 for individual memberships and \$18.00 for family memberships.

Volume 27, Number 1

January, 1999

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Return To

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Next Club Meeting

Saturday, January 16th at 10:00 AM
Salvation Army in Renton
720 Tobin, Renton
Doors open at 9:30 AM for donuts
Talk-in on 146.82 RPTR

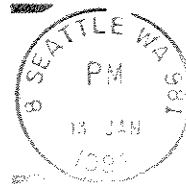
Next Board Meeting

Wednesday, January 27th at 7:30 PM
Salvation 5th Army in Renton
720 Tobin, Renton

January Program

To Be Announced

Sam Sullivan N7RHE 7/00
13626 - SE 232nd
Kent, WA 98042



✓ **Check Mailing Label for Dues Status**

Mike & Key ARC Web Page: <http://www.mikeandkey.com>