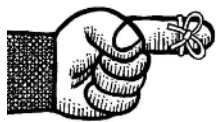


**FYBO 2016**

The first weekend in February can only mean one thing to QRP'ers who like to operate from the field, Freeze Your Buns Off. For well over 20 years now a local group has participated in FYBO from various locations around the city. This year the weather co-operated and no one froze anything off.

For the last few years we have gotten soft, or is it older and have been operating from the grounds at the 55+ Centre and some indoor operations from 'SAO as well. I've noticed that as we age that siren call of central heat and indoor plumbing is getting louder and louder.

We had a very good turnout this year including; Bob, VE3RVA, Mike, VE3EDX, Keith, VA3KSP, Mike, VE3HZW, Brad, VE3MXJ, Cory, VE3ZCV, Gerry, VA3BRN and Bill, VE3XT.



**Next LARC Meeting:  
February 11, 2016,  
7:30 PM, RM 214**

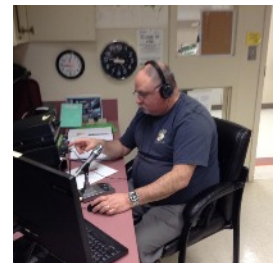
It's also become a bit of a tradition that no FYBO is complete without a hot meal being served and this year it was an excellent one. We all thank Bob's daughter Trisha for an exceptional chilli that she prepared for us this year. In addition to the chilli she also prepared fresh flax seed bread. It really hit the spot and thanks again Trisha.

The photo's show Mike's, VE3EDX pop up pole and his operating position in the yard at 'SAO.

It's hard to determine who has the bigger smiles the folks when they are operating or enjoying the hot meal at 'SAO.

If you missed it this year please feel free to join us next year.

XT



**LARC SENATE**

Robert Hansen VE3RVA  
 Dave Kimpton VE3AVS  
 Laurie Bridgett VE3BCD  
 Terry Stewardson VA3LU  
 Ed Baumann VE3SNW

**LARC EXECUTIVE**

**President**  
 Randy Gottfred VA3OJ

**Vice President**  
 Robert Hanson VE3RVA

**Treasurer**  
 Bill Unger VE3XT

**Secretary**  
 Karl Hamilton VE3RRP

**Board Members**  
 Mike Skillen VE3EDX  
 Andy Malcom VE3INI  
 Terry Stewardson VA3LU  
 Mark Vaillant VA3MVR

**LARC Emergency Coordinator**

Brad Harris VE3MXJ 767-0628

**ARES District Emergency Coordinator**

vacant

**CANWARN**

VA3JMS John 767-3631  
 VE3MXJ Brad 767-0628

**Public Service Events**

VA3JMS John 767-3631

**Accredited Examiners**

VE3FAL Fred Lesnick 577-0789  
 flesnick@tbaytel.net  
 VE3VAI Lori Bedford 622 – 6386  
 ve3vai@tbaytel.net

**ABOUT US**

The Lakehead Amateur Radio Club (LARC) is an incorporated not for profit group of amateur radio operators in the Thunder Bay area that meet for self education, community service and fellowship. Our meetings are the second Thursday of the month at room 191 McIntyre Building, Confederation College, 7:30 PM. Our postal address is 1100C Memorial Ave. Suite 184, Thunder Bay, Ontario P7B 4A3. This newsletter is published monthly except for July and August by Ed Baumann VE3SNW and questions and submissions may be emailed to hiqnewsletter@gmail.com

**Nets in the Thunder Bay Area**

**Sunday** AMETHYST ARES VHF NET, on VE3TBR 146.820- pl 107.2 IRLP Ref. # 9031 @ 0045Z (7:45 pm), also Cook County ARES Response Team ( CARRT) net at 0100Z (8 pm) on the BWARC repeater, Grand Portage repeater - 146.655 with CTCSS 151.4

**Monday** SATERN NET on VE3TBR 146.820- pl 107.2 IRLP Ref. # 9032

SATERN DIGITAL NETS on **Monday & Wednesday** nights

8 pm- 14.065

9 pm- 7.065

10 pm- 3.5835

Mode :Olivia 8/500 1000Hz waterfall centre

**Every Day** The NORTHWESTERN ONTARIO ARES NET , every evening at 8:15PM (local) on 80m 3.750Mhz (note the time does not change with daylight savings time.)

Any questions on these or other nets please feel free to contact me at my e-mail: ve3mxj@rac.ca

**LARC OPEN ACCESS REPEATERS**

VE3YQT(Mount Baldy)147.060 (-600) Phone Patch

VE3TBR (St. Joseph's) 146.820 pl 107.2

442.075 (+5 MHz)pl 100

144.390 APRS

VE3UPP Upsala 145.470 (-600)

Amateur Radio Emergency ServiceA.R.E.S.New RAC Director for Ontario  
North/East

Here is an article that I thought would be good to share.

### Tips for Beginning Net Control Operators:

Here in northwest Ohio, we have acquired many new hams and encourage them to operate as net control station (NCS) for various routine nets to gain them experience, providing us with a pool of competent net controllers in the event of an emergency/disaster. Here are some of the basic tips we convey to our novice net control stations for a smoothly running net:

- Get a glass of water or something to drink.
- Make yourself comfortable. Sit in a good location with plenty of room on a desk or table to write.
- Have a good writing instrument and a back-up along with an extra piece of paper in case you need to jot down notes.
- Take your time; go at your own pace. Remember, you are in control of the net and the frequency.
- Don't worry about making mistakes; there are no mistakes to be made.
- To handle the crowd that is trying to check in, you will develop your own way.
- Stop stations from checking in ("Let's hold it for a minute") until you are caught up.
- Weak stations and stations who give their call signs too fast, are always a problem -- skip them at first. Go back later for repeats.
- Write your log as you see fit. You are the one that has to read it.
- Headphones are a good idea -- they help you focus on what you are hearing and help keep you from getting distracted.

As I mentioned before, there are no mistakes, only experience. When you've finished the net that is what you will have. -- *Steve Bellner, W8TER, Maumee, Ohio*

Thank you,

Brad VE3MXJ CEC

Please feel free to contact me about any ARES questions.

E-mail: [ve3mxj@rac.ca](mailto:ve3mxj@rac.ca)

Cell : 807-474-6246

RAC would like to welcome Allan Boyd, VE3AJB, as our new Director for the Ontario North/East Region. Allan was recently appointed by the RAC Board of Directors as the Director for Ontario North/East to fill the vacant position of RAC's newly elected President Glenn MacDonell, VE3XRA. He will complete the remainder of a two-year term that started in January 2015 and will end on December 31, 2016.

Allan was born and raised in Montreal, Quebec and his family moved to Ontario after he graduated from high school. After completing his post-secondary education, he joined the Ontario Provincial Police (OPP). In fact, Allan just retired as a Senior Officer on December 31, 2016 after 35 years of public service to the people of Ontario. Allan resides in Little Current, Ontario with his wife Judy of 33 years of marriage.

Allan has held many positions with Radio Amateurs of Canada including: Net Manager for the ARES HF Net; Official Bulletin Station Manager; Section Manager; Assistant Director; and Deputy Director. He was instrumental in reorganizing the ARES Districts to align them with Emergency Management Ontario (EMO), and in 2012 he became the Section Manager for Ontario North (ONN) when the Ontario Region was realigned. In addition to serving as the new RAC Director for the Ontario North/East Region, Allan will continue to serve as the Section Manager for Ontario North.

*Glenn MacDonell, VE3XRA  
RAC President and Chair*

## Minutes for the Lakehead Amateur Radio Club

*Date: January 14, 2016*

President, Randy Gottfred VA3OJ Presiding.

### Guest Speaker:

Corry Vickruck VE3ZCV spoke on the Raspberry Pi 2 computer and mesh networking.

Mesh uses Syslink WiFi routers model WRT54G versions 1-4.

### Treasurer's Report: Bill Unger VE3XT

Bill Unger VE3XT moved to accept the report as printed in Hi-Q. Seconded by Karl Hamilton VE3RRP. Passed Unanimously.

### Minutes of Previous Meeting:

Karl Hamilton VE3RRP moved to accept the previous meeting's minutes as printed in Hi-Q. Seconded by Chris Chadwick VA3TBA. Passed.

### Old Business:

**Public Service (John Sacek VA3JMS public events coordinator)**

**Past Events:**

**Upcoming Events**

Sleeping Giant Loppet Saturday March 5, 2016

### **CANWARN John Sacek VA3JMS**

no activity to report.

### **ARES Brad Harris VE3MXJ Thunder Bay EC**

Net: Daily NW ON HF 3750 KHz, 8:15 ET if an operator is available

### **Repeater News**

**Randy Gottfred VA3OJ,**

**Terry Stewardson VA3LU**

All repeaters running.

### **Club Trailer:**

**Bob Hansen VE3RVA**

No News

### **PicAxe Project**

**approximately 9 people interested.**

A costing in progress

### **New Business**

Randy Gottfred VA3OJ spoke on the changes to the Beargrease Sled Dog Race due to the track conditions. Jan 31 – Feb 3.

RAC Bulletin Highlights by VE3RRP

**50/50 Draw:** Mike Skillen VE3EDX

**Adjournment** moved by: Corry Vickruck VE3ZCV

**Next Executive Meeting: February 4, 2016, 7:30 PM, RM 213**

**Next LARC Meeting: February 11, 2016, 7:30 PM, RM 214**

Mesh Networking Links from Cory

<http://www.broadband-hamnet.org/documentation.html>

*Some interesting links courtesy of Jan VA3JRS*

<http://www.pressreleaserocket.net/dx-engineering-introduces-new-572b-tubes-for-power-amplifiers/399343/>

<http://www.parentherald.com/articles/18937/20160203/new-study-tries-to-explain-suns-magnetic-mystery.htm>

<https://www.youtube.com/watch?v=mpsjmXzdC1M&feature=youtu.be>

## What's Happening at LARC Meetings?

At the January meeting of the LARC Cory, VE3ZCV gave us an introduction to the Raspberry Pi computer. As a bonus he then connected it to mesh network using a reprogrammed home router. Cory supplied a link for more info on Amateur Radio uses for the Pi: <http://www.g0hwc.com/raspberry-pi-ham-radio.html>

If you're looking for more info on Broad Band Ham Mesh follow the following link: <http://www.broadband-hamnet.org/> Thanks Cory for a GREAT presentation.

At our February meeting Karl, VE3RRP will be talking about a Contemporary Solar Array he installed at his QTH. It consists of 46 solar panels connected to micro converters capable of generating 215 Watts each. With bright sun this system can generate approximately 10 kW which is fed back into the hydro grid. Come to our meeting on February 11<sup>th</sup> to learn more about it. Also hope for sunny days to help him along. Heck, if our PM can talk about sunny days why can't we!

We also hopefully plan to have a Great Component Giveaway at this meeting. I'm not able to tell you a lot about it, so you will just have to show up to get in on it. We are always looking for speakers so if you're puttering with something, have a new toy or a better way to do something let one of the executive know and we will slot you in. There is lots of time before next June.

The Executive has made a concerted effort this year to make the meetings interesting and with a variety of topics. We hope you can come out and support your fellow LARC'ers.

**Special Note:** There will be a special instructional class at the Rosslyn Library on February 20 at 12:30pm if you want to know more about the raspberry pi micro computer. It is free and all instructional material is supplied so there is nothing to bring. Contact the library at 939-2312

Eric will cover:-Equipment needed to setup your own Raspberry Pi (including costs)

-How to setup a Raspberry Pi

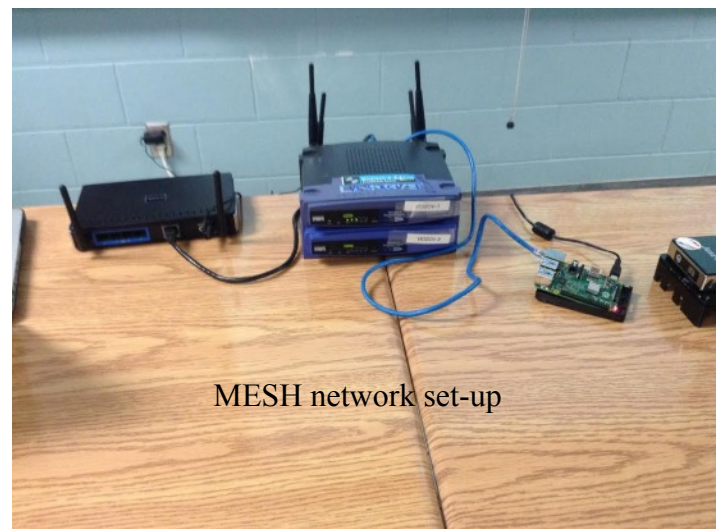
-Different types of software you can put on it

-Introduction to Linux (the operating system I have put on all of the library's Raspberry Pi's

-I'll give a brief introduction to using it for electronic projects (i.e. creating and programming circuits; unfortunately we don't have any real circuit equipment at the library so this won't go beyond examples)



Cory, VE3ZCV introducing the Raspberry Pi computer and MESH networking



MESH network set-up



The versatile Raspberry Pi micro-computer

### From the mind of XT:

Last month it was a brain teaser, this month some groaners.

If lightning hits the caboose of a 3 km long train, how long does it take to reach the engine?

It depends on how good the conductor is.

Normal people believe that if it ain't broke, don't fix it. Engineers believe that if it ain't broke, it doesn't have enough features yet.

Two male engineers were standing at the base of a flagpole, looking at its top. A woman technician walked by and asked what they were doing. "We're supposed to find the height of this flagpole," said one, "but we don't have a ladder." The woman took a wrench from her tool box, loosened a couple of bolts, and laid the pole down on the ground. Then she got a tape measure, took a measurement, announced, "seven point 4 metres," and walked away.

One engineer shook his head and snickered, "A lot of good that does us. We ask for the height and she gives us the length!"

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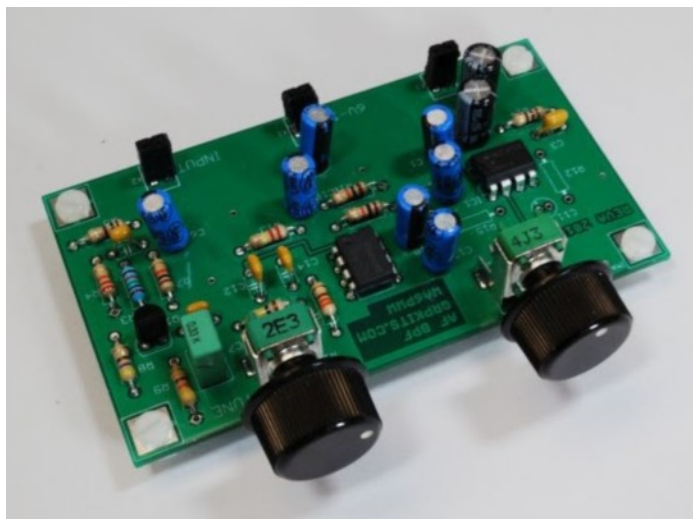
### TIDBITS from VA3ROM

Last year (2015, Doug Hendricks announced that Hendricks QRP Kits had been sold to James Bennett and Kathy Long of Pacific Antenna and we have started the process of transitioning company operations. "I will still be involved with the company as a consultant and they will be managing the day-to-day operations as the new owners."

<http://www.qrpkits.com/index.html>

Well, I just visited the new site and they have/are releasing an awesome lineup of new "Easy" kit products for 2016 as well as keeping some of the more popular kits Doug produced so I ordered a couple of the new and very neat/useful kits at really ridiculously low prices/shipping to go with (even with the diving Canuck buck!). The two I ordered for my QRP kit building needs are the "Easy Audio Filter and Amplifier" and the "Easy TR Switch". I also "borrowed" the LPF design from their "Easy [40m] Receiver" schematic to go with my \$5 eBay bought 40m QRP Pixie II type

transceiver kit which comes with a very poor and not technically legal under today's QRP kit building rules Pi LPF.



More Stuff:

Amateur 'MESH' networks are challenging the big boys

Toppling - or at least subverting - a telecom monopoly is the dream of many an American. The folks at NYC Mesh are actually doing something about it

Morse code: A staple in the Navy IW toolkit

US naval students have been learning Morse code while attending the first revised Basic Manual Morse Trainer (BMMT) course at the Center for Information Dominance (CID) Unit Corry Station

History of the Morse Key

Since the first Morse telegraph systems were introduced, an enormous variety of Morse keys or telegraph keys and keyers have been constructed

All courtesy of the Southgate Amateur Radio News Service - visit this link for links to the above articles  
<http://www.southgatearc.org/>

73,  
Robert, VA3ROM

## Winter Field Day 2016

### By Fred Lesnick VE3FAL

What is winter field day? WFD is based on the same idea as Field Day. Its main purpose though is "To encourage emergency operating preparedness in the winter". Of course taking into mind all safety concerns that go along with WFD should be priority, for us in the North it is hypothermia, for those in the South sunburn and UV is still a concern.

There are bonus points and multipliers and the scoring scheme is the same with callsign, category and section being logged and at the end a Cabrillo log submitted to the score keeper. Bonus points for this event are as follows:

1000 pts for if not using commercial power

1000 pts if outdoors

1000 pts if outdoors away from home

500 pts for working WFDA bonus station W8D.

My plan was to hike into my winter shelter that I have down Walker Road in Neebing Ontario. It is a 3km hike pulling my sleigh, radio gear and survival gear in. Well we had some heavy wet snow the Friday night and it made pulling my sleigh a challenge considering I would have expected some of the locals to be out with snow machines and the trail would have been packed. Well that was not the case, so after 30 minutes and only getting 1 km from the main road I hauled off into the bush and found a open area to call camp, get the fire going, set up the gear and get ready for the 1700 UTC start bell.

My gear consisted of the Xiegu X108G transceiver, Chameleon Hy-Brid Micro with 60' wire and counterpoise, Emtech ZM2 tuner and P-Box battery box. Strung the wire in the tree, set the rig to CW and tuned up the antenna and was ready to go on CW operating QRP 5 watts. Issue was it was now +4c and had lots of snow and drops falling from the trees and onto my gear, so my wool blanket protected the gear.

Bands were not the greatest this afternoon, and I spent time calling CQ instead of the Hunt and Pounce method as there were other contests going on as well. I was able to hear Europe and South America on 20 meters as the day progressed. I kept the fire going and made homemade soup on the fire while watching rabbits frolicking in the great weather. I was able to make 6 contacts that afternoon during 3 hours of operation and

achieve the main principal of WFD. My final score with bonus points was 3006.

I worked into KY(x2),NLI,NTX,GA and QC . The one station in KY was 1M or 1 operator mobile. The station in Quebec is the Nord DX Club and that contact can be seen and heard here on my YouTube Channel: <https://youtu.be/M2FkxvAXWR8>

Was a super day outdoors as always, no mosquitoes, no ticks, warmth and of course radio. I hope next year brings good weather and good conditions as well, and maybe look to stay overnight in the bush and operate and keep up on my outdoor survival skills.

Take care everyone

Fred VE3FAL

Thunder Bay, Ontario



My Gear Set  
Up in Operation  
mode

Gear packed  
for travel in  
sleigh



Here is a picture of me at the operating position of VE3FAL 1O ONN:

## Updated...2016 Worked All NCDXA “RST” Stations: A Special Event Covering All of Northern North America!

Members of the North Country DX Association (NCDXA) will be active in February and March 2016 from several different locations in Alaska, Yukon, Northwest Territories and Nunavut using **KL7RST**, **VY1RST**, **VE8RST** and **VY0RST** to further promote Amateur Radio up north. This is a first for the north- a joint-venture KL7, VY1, VE8 and VY0 special event! All modes 6-160 meters and WARC bands are permissible. SWLs are welcome to participate. The object is to work or log (SWL) as many NCDXA “RST” stations as you can from their different locations. Work/log each “RST” station only once per their QTH/band and mode. No cross band, cross mode or remote operating allowed. For wildcards, **Portable “RST” Stations** will also participate and are worth 3 points each/mode and band but must be the “RST” stations mentioned above! The portable stations must be outside their own prefix to count (ie- KL7RST/KL7 does not count but KL7RST/VY1, VY1RST/KL7, VE8RST/VY0 etc. count- note portable Canadian calls are in accordance with IC Rules and Regs.). Watch the DX spots as we plan to have stations on from Whitehorse, Yellowknife, Anchorage, Fairbanks, a Canadian research station near the North Pole, a diamond mine in NWT and many other cities (maybe an Alaskan glacier or two!). QSL manager is **K7ICE**. KL7YK is LotW administrator for Alaska, VY0CF for Nunavut and VY1MB for Yukon. Please send your logs in adi format to them and myself. Optional full color certificates are also available (email [JohnKL7JR@gmail.com](mailto:JohnKL7JR@gmail.com) for details) for working/hearing any of the “RST” stations.



(QSLs printed by KB3IFH)

**SPECIAL EVENT DATE:** February 15 (0001Z) through March 27 (2359Z), 2016

**EXCHANGE:** NCDXA “RST” stations send signal report and QTH (ie- 5x7 Anchorage, 5x9 Whitehorse etc.). Receiving stations send signal report and state, province or country.

**CERTIFICATE LEVELS:** Beautiful full color certificates are available for working/logging (1) One or two NCDXA “RST” station (s), (2) any KL7RST, VY1RST, VY0RST or VE8RST, but must work one of each (3) for those more competitive (keep in mind the scoring is for certificate levels and this is not a contest), a highest score category. Certificates are different scenery shots from the north for each level.

**Scoring example:** K7QRM works KL7RST in Anchorage on 10m SSB, 10m CW, 15m SSB and 40m CW for his Anchorage total of 4 points. K7QRM works KL7RST at Matanuska Glacier on 10m SSB and 12m SSB for his Matanuska Glacier total of 2 points. K7QRM also works VY1RST in Whitehorse on 10 SSB, 15m digital, 40m CW and 30m CW for 4 points. K7QRM also works VE8RST in Yellowknife on 10m SSB and 20m SSB for a total of 2 points. K7QRM also works VE8RST in Hay River on 10m SSB for 1 point total. K7QRM’s grand total points are the city QSO sum of 13 points (plus any wildcard points). Handwritten or pc generated certificate applications are acceptable. First, 2<sup>nd</sup>, 3<sup>rd</sup> etc. places will be awarded. All certificates will be emailed in pdf format. Certificate deadline is May 15, 2016. As a bonus, pending snow depth and weather, we may also have KL7RST and VY1RST on together from the border of Alaska and the Yukon on the Alaska Highway. That has got to be another first for the north! A special QSL and certificate will be available for the border op. Thanks in advance for your DX spots!  
73 de “Yukon John”, KL7JR



# FEBRUARY 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11 LARC Meeting at Confederation College McIntyre Bldg. 1930 hrs	12	13 Ice Station W0JH Special Event from Frozen Lake Elmo	14 
15 Family Day	16	17 QRP Fox Hunt	18	19 NCCC RTTY Sprint	20 ARRL International DX Contest, CW	21
22 Run for the Bacon QRP Contest	23	24	25	26 CQ 160M Contest, SSB	27	28
29						